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JULY-AUGUST 2015

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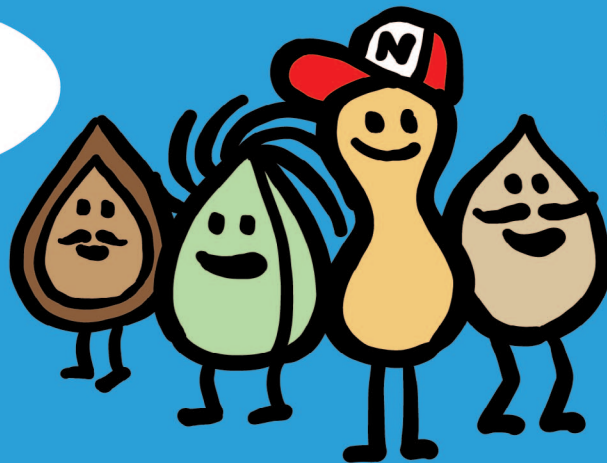
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MODELSMANIA

Contents

HOTTEST MODEL OF THE YEAR



FIRST CLASS

9 PUBLISHER'S NOTE
Find out what the publisher of ModelsMania has to say about the latest ModelsMania news

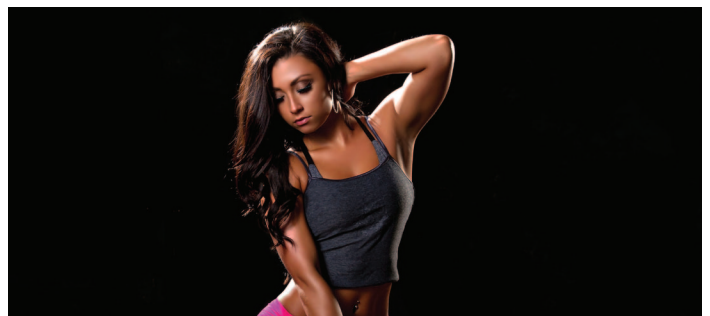
10 WHAT'S NEW
Check out what's new on ModelsMania.com

11 INSTAGRAM
See what's new on the new ModelsMania Instagram

12 NEWS DROPS
The latest trending news

14 ENTERTAINMENT
Featured Movies, Music, Games and more

18 DELICIOUS DISHES
Find out what's cooking in the ModelsMania kitchen



The Sensational
Dutchie
20



Pure Sunshine
Carah Cake
74



Fashionable & Fierce
Liz Debeta
90

Contents

JULY/AUGUST 2015



OVERDRIVE

SPORTS AND FITNESS

30 MODELSMANIA HEALTH CORNER
"THE TRANSFORMATION PHOTO"

32 ENJOYING ICE CLIMBING

36 OUR WATERCRAFT PREVIEW
We preview some of the best watercraft for 2015

TRAVEL

44 WORLD'S NEW HOTELS
We take a look at some new hotels

46 GADGETS GALORE
It's the latest toys

HOT EXCLUSIVES

62 PSYCHOLOGY OF COLOR IN FASHION

68 THE POPULARITY OF MEDICAL TOURISM
Cheaper Medical treatments in other countries

82 THE CANNABIS CRAZE
Is it really a medical cure?

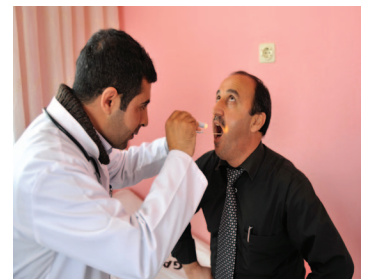
86 LIFEGUARD DRONES
Drones are here to help save lives

FULL FOCUS

96 PURITANS, SEX AND THE MODERN AGE
"THE AGGRESSIVE AGENDA OF NEO-PURITANS IN AMERICA"

SEXY ROOM

102 HOT SUMMER SEX
Having the sexiest and hottest summer
106 BE A SEX DEMON





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&

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PUBLISHER'S NOTE

This Summer has been very busy for ModelsMania. We have been working on old and new projects for the expansion of ModelsMania. By popular demand and by request, we have brought back the adult version of ModelsMania. Our first two cover models are just fab. We are honored to be featuring the gorgeous Joan Divine from Denmark and the sexy Julie Ernes from Arizona. If you are a model interested in being featured in this version of ModelsMania, please contact us using the form on ModelsMania.com or by email at enterprises@modelsmania.com. For the adult version subscriptions please go to ModelsMania.com.

INSTAGRAM

We caught up with the social media and we are finally on Instagram. You can find us at @ModelsManiaMagazine We will soon be adding many new

photos. People love pictures more than ever and we are happy to be part of Instagram. We soon will also be on Snapchat and you will find us at @ModelsMania.

ModelsMania Live

Look for the new ModelsMania Live coming soon! In the September issue of ModelsMania we will be talking about this new part of ModelsMania and how our readers, fans, and friends will be able to explore and be part of the world of ModelsMania. We are extremely excited about ModelsMania Live and having people part of it.

Hottest Model of the Year

We would like to announce that our Hottest Model of the Year for 2015 is the beyond beautiful model Kayla Mariie. She is simply sensational and will be being featured in ModelsMania several times in upcoming issues.





WHAT'S NEW ON MODELSMANIA.COM

Ilka and Justyna



MODELSMANIA INSTAGRAM



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Image by prykhodov/123rf.com

6 HILARIOUS TWITTER ACCOUNTS YOU NEED TO FOLLOW

Socially Comical

Anna Kendrick
@AnnaKendrick47

Anna is amazing and she is truly hilarious and beyond talented. She hates to watch Peter Pan Live and tweets about it?!

Tweet:

For someone with such an intense need to be liked you'd think I would have figured out how to be less of an asshole.

Mindy Kaling
@mindykaling

This is a Twitter account that is funny most of the time. We simply love following Mindy and laughing at the tweets.

Tweet:

I know the point is that he's tiny but I want to see Paul Rudd's handsome

face on my #AntMan advertisements

CHRIS KELLY @imchriskelly
Chris is great and has writer credentials with SNL, Funny or Die, and Broad City

Tweet:

I wish my brain was just like, "I can live way out in the country and be happy for the rest of my life." GODDDDDDD I fucking wish thattttttt.

Andy Lassner
@andyllassner

If you're looking for nice and creative 140-character quips on pop culture events, then you need to start following his Twitter account.

Tweet:

Wide awake mentally organizing all my fears alphabetically.

Ken Jennings
@KenJennings

Ken has nerdy but funny jokes of all types. He is also the author of the Junior Genius Guides. Pretty nice account to be following. We just started following Ken and can't stop laughing!

Tweet:

We should apologize to Mexico for Donald Trump but mostly for people who put olives on tacos.

Billy Eichner
@billyeichner

Billy is extremely funny both on Twitter and off. There was one time when he declared war on Burger King. He has a lot of dedicated followers that love him.

Tweet:

Missed Connections: Met you at Comic Con. U were dressed as a minion. I gave you a hand job. Never saw ur face. Please find me.



THE PLUTO PROJECT

After a decade-long journey through our solar system, New Horizons made its closest approach to Pluto July 14 - making it the first-ever space mission to explore a world so far from Earth.

The New Horizons mission to Pluto has been a dream come true for scientists. They have been waiting for years to get their first close-up glimpse of the distant planet. Since

Some of the names they're giving its distinctive features are out of nightmares. Pluto is named for the Roman god of the underworld, the names of its features are receiving monikers based on subterranean and suboceanic characters from fiction and mythology.

One of the dark regions near Pluto's south pole, first called "The Whale" when spotted from a more distant photo, has now been dubbed Cthulhu, one of the terrible "Great Old Ones" from the stories of H.P. Lovecraft. Cthulhu lurks under the sea in the sunken city

of R'lyeh.

Other features have been named for Meng-p'o, the Buddhist goddess of forgetfulness and amnesia, and Balrog, a demon from JRR Tolkien's "Lord of the Rings" series. Two features, Vucub-Came and Hun-Came, are named for Mayan death gods. There's also Krun, named for a Mandaean lord of the underworld, and Ala, the Ibo ruler of the underworld.

The names are considered informal, but may be presented to the International Astronomical Union, which is responsible for naming celestial objects, to become the official designations of the locations. IAU typically gives naming priority to those who have made the discovery.

A day after its successful flyby, NASA's New Horizons spacecraft sent back the first close-up photographs of Pluto, revealing a young surface dotted with ice mountains. Ice mountains up to

11,000 feet high – comparable to the height of the Rockies – cast shadows across a relatively smooth plain.

The exploration of Pluto and its moons by New Horizons represents the capstone event to 50 years of planetary exploration by NASA and the United States. Because New Horizons is the fastest spacecraft ever launched - hurtling through the Pluto system at more than 30,000 mph, a collision with a particle as small as a grain of rice could incapacitate the spacecraft. Once it reestablishes contact Tuesday night, it will take 16 months for New Horizons to send its cache of data - 10 years' worth – back to Earth.

"After nearly 15 years of planning, building, and flying the New Horizons spacecraft across the solar system, we've reached our goal," said project manager Glen Fountain at APL "The bounty of what we've collected is about to unfold."

FEATURED MOVIES



MISSION: IMPOSSIBLE - ROGUE NATION

Courtesy of Paramount Pictures
Starring: Jeremy Renner, Alec Baldwin, Simon Pegg, Tom Cruise, Ving Rhames, Simon McBurney, Rebecca Ferguson

The IMF agency comes under threat from the Syndicate, a near-mythical organization of assassins and rogue operatives who kill to order. Faced with the IMF's disbandment, Ethan Hunt assembles his team for their final and most difficult mission —to prove the Syndicate's existence and bring the organization down by any means necessary.



MASTERMINDS

In this action comedy based on true events, directed by Jared Hess (Napoleon Dynamite; Nacho Libre), David Ghatt (Zach Galifianakis) discovers the true meaning of adventure far beyond his wildest dreams. He is an uncomplicated man stuck in a monotonous life. Day in and day out he drives an armored vehicle, transporting millions of other people's money with no escape in sight. The only glimmer of excitement is his flirtatious work crush Kelly Campbell (Kristen Wiig) who soon lures him into the scheme of a lifetime.

Along with a group of half-brained criminals led by Steve Chambers (Owen Wilson) and an absurdly faulted heist plan, David manages the impossible and makes off with \$17 million in cash...only problem is he foolishly hands the money over to this wild group of double crossers and has been set up to take the fall. With the bandits blowing the millions on lavish and ridiculous luxuries, they leave behind a glaring trail of evidence. Now on the lam and in over his head, David must dodge the authorities, evade a hilarious hit man, Mike McKinney (Jason Sudeikis), and try to turn the tables on the ones he trusted most.



AMERICAN ULTRA

Courtesy of LIONSGATE
Starring: Kristen Stewart and Jesse Eisenberg,

A stoner and his girlfriend's sleepy, small-town existence is disrupted when his past comes back to haunt him in the form of a government operation set to wipe him out.





Luke Bryan
Kill The Lights



Luke Bryan releases new music this Summer on August 7. Jeff Stevens produced Kill The Lights album and his son Jody Stevens also joins him for “Kick the Dust Up” and many others. Together or separately they helped write four of the 16 tracks. There will also be a special Target edition of the album that fans can buy at Target stores. Luke Bryan has been on the road since May in support of his headlining tour Kick the Dust Up, and scheduled to wrap up on October 30 at Ford Field in Detroit, Michigan.

MUSIC, GAMES AND BOOKS



Rory McIlroy PGA Tour
PS4, XO



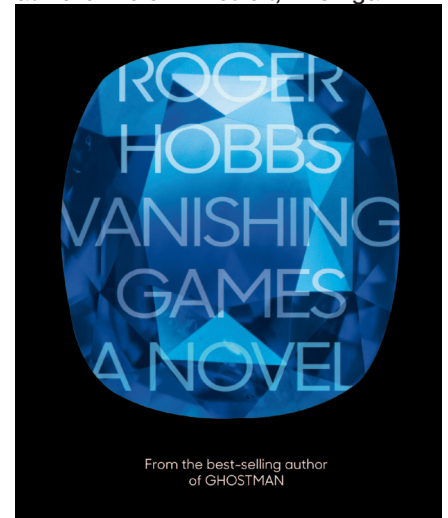
Rory McIlroy PGA TOUR truly delivers Golf Without Limits, opening up the experience like never before. Gorgeous real-world courses and epic fantasy links provide players with the most realistic representations of their favorite locales along with the opportunity to explore brand-new locations. Full course loading offers limitless options.



Madden NFL 16
PS3, PS4, X360, XO



You will enjoy Madden NFL 16 with all-new controls that allow you to dominate in the battle for air supremacy. New QB mechanics including body-relative throws and touch passes provide unprecedented depth and control while under center. Combined with a new risk/reward catch and pass-defend system, get ready for the biggest WOW moments! Released on August 25.



'Vanishing Games'
by Roger Hobbs



The gritty, riveting, highly anticipated sequel to the national (and international) best seller Ghostman, by the critically acclaimed and award-winning Roger Hobbs

It's just before dawn on the South China Sea when three experienced pirates open fire on a small smuggling yacht. Their target: a bag of uncut sapphires worth millions. But when one of them stumbles across an enormous treasure that wasn't on the manifest, everything goes sideways. Within minutes two of them are dead, leaving the third, a coldblooded psychopath, to claim both the sapphires and the mysterious windfall for himself. If he disappears, he won't just be wealthy. He'll have the power to change the course of history.



Image by Nicolaas Weber/shutterstock.com

DELICIOUS DISHES THE BEST SPARERIBS RECIPES: COOKING SECRETS TO PERFECT SPARE RIB DISHES

Mastering the art of cooking is inherently a creative and complex process. Harmoniously combining tough and carefully chosen ingredients into something authentic and flavorful requires more than a tremendous passion for good food. Many legendary chefs have spent long years transforming a simple recipe into a grand cuisine before they have reached the pinnacle of culinary greatness.

Unlike any other versatile forms of art, cooking has the capacity to delight and engage all the senses, particularly taste and smell. When we cook, we add color, flavor and texture to food, turning

it into something much more profound. It is precisely for this reason that the experience has become exceptionally instinctive, intricate and refined. Whether one is planning to prepare a wide variety of extraordinary dishes for the family or aspiring to become a better cook or a great chef, being creative in the kitchen and acquiring a broad repertoire of cooking skills and techniques are the key to mastering the culinary craft.

Good cooking that transcends time, taste and style may be a challenging craft but it is a craft that can be learned through a variety of culinary techniques. There are various meth-

ods and styles of cooking that are designed to create unique interpretations of simple and authentic dishes and pamper the palate, but the most distinct technique and ingredient to good cooking is to learn the secrets of the best and most coveted food and the finest recipes.

Beyond its nutritional value and its capacity to bring people together, most of us enjoy food for its taste, texture and diversity. The food scene offers rich and vibrant choices that range from simple, rustic dishes to more elaborate meals. While some of the once popular and intricate dishes have gone out of the trend, old-fashioned recipes such as the best spareribs recipes have gained immense and remarkable popularity in the dining scene with their new twists and varied flavors. The best spareribs recipes have remained at the top of the culinary list and have always been considered a timeless dish that embodies the culinary splendor of different cooking traditions and practices. Reasons to Indulge in the Most Flavorful and Best Spareribs Recipes

Spare ribs also known as slide ribs or spareribs are the cheapest cut of either pork or beef ribs that yield the best flavor, texture and succulence when cooked right. They are a cut from the lower portion of the pig or cattle, particularly the belly, breastbone, and the portion behind the shoulder. Spare ribs generally differ in length and size, which ranges from short and round to long and flat. The meat covering is typically found on top and between the bones. The meat has a huge percentage of fats, which make it juicier, surprisingly tender and rich in texture when prepared with the right cooking methods and fused with the freshest and finest culinary ingredients.

Because of their unusual appeal to appetites and the pure textural pleasure one derives from stripping off and chewing bits of sweet juicy flesh, spare rib dishes are widely consumed and incorporated in various cuisines from around the world. Nothing can equate the sumptuous and whimsical taste of a glossy crust and the tender strands of meat hanging off the bones. Cooking the best spareribs recipes is not just having another dish to savor; it satisfies our primal hunger for perfect finger foods



Image by Jacek Chabraszewski/shutterstock.com

and gratifies all our senses. Whether it is an adventurous camping trip, a backyard dinner party or a fine evening meal, spare rib dishes are a great way to celebrate our extreme fondness for food and keen interest in flavorful gastronomic traditions.

The Best Spareribs Recipes: How to Transform Simple Barbecue Spare Ribs into a Savory and Festive Dish
The number of unique dishes that can be made with spare ribs is nearly endless. Spare ribs are incredibly popular in many cuisines, such as those of China, Western Europe and South America. In Chinese cuisine, spare ribs are usually chopped into 3-4 rib lets, then may cooked in different ways. What is best about the Chinese spare ribs recipes is they represent a wonderful fusion of flavors, textures and colors. Indeed, the barbecued pork ribs of many Chinese restaurants have

a distinct taste with sumptuous luster and gleaming red color that signify its sweet and savory flavor. The South American cuisine also has its own incredible version of the best spareribs recipes. Unlike beef spare ribs, pork spare ribs are usually prepared using a variety of engrossing and simple cooking techniques, and one of these is cooking over an open flame. It is indeed the sharp and smoky flavor that makes South American best spareribs recipes so distinctive and heartwarming.

Despite their ubiquity, barbecued spare ribs especially the kind with a lustrous crust, exquisite tenderness and impressive flavor are hard to cook at home. More often than not, barbecued spare ribs prepared on the table lack the juiciness of a perfect meat dish and are flavorless and chewy. While cooking perfect barbecue spare

ribs may be hard, it can be done by learning the right cooking techniques and some of the most essential culinary secrets.

Cooking the best spareribs recipes involves gathering of the most superb ingredients and combining them. It is not all about the ingredients though. To get the perfect barbecue spare ribs, we have to make sure that the spare ribs are marbled with enough fat to avoid a greasy taste, as well as to keep the meat moist, tender and tasty. The toughest challenge is making the meat more tender and imbued with supreme flavor and smoky quality. A lot of traditional recipes call for the rack to be lightly cooked in hot water. This is perhaps to soften the connective tissues that bind them. However, some contemporary kitchen enthusiasts and cooking professionals suggest that such approach has nothing to do with the quality and flavor of the meat itself. Today, there are a number of modern and best spareribs recipes which do not require the rack to be simmered. Instead of simmering, one great option is to bake the ribs at a lower temperature. Baking at a lower temperature helps the meat retain moisture and keep it perfectly tender.

Apart from these kitchen techniques, there are other kitchen secrets for making perfect spare rib dishes. The trick is to learn them. Enjoy your ribs this Summer!



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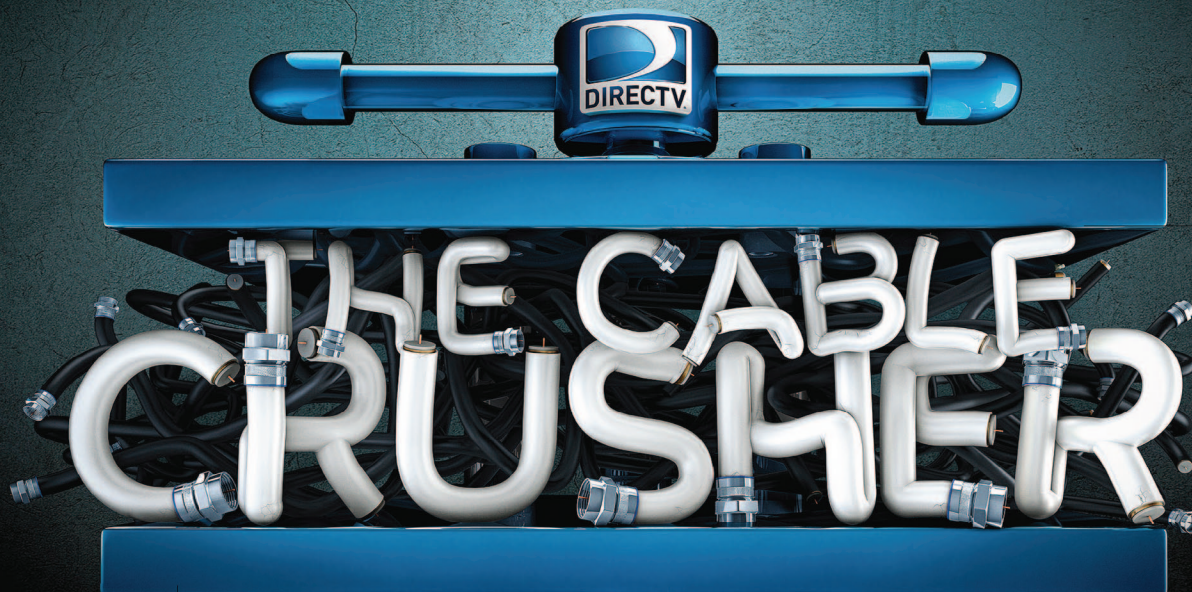
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We Welcome Dutchie

Photography by Chris Armstrong

Can you please tell the readers a little about yourself?

I was born in Canada and my parents emigrated here from the Netherlands. I was home-schooled growing up and graduated at the age of 15, which is also when I got my first job, allowing me to move out on my own at 16 years old. Currently, I own a marketing & communications business and also provide respite for foster families. Modeling didn't start for me until the year I was turning 30, which is a very late start for the typical model. Having been overweight most of my adult life, I decided to get in shape. That journey led me to having the confidence to pursue something I never thought I could do, which was model. I knew there was a huge risk of failing, but I am happy to say that in the past year I have been featured in a number of publications as well as music videos, commercials and film. I try to spread the message that your age shouldn't hold you back from going after something you want. Hard work will always beat any number!

Favorite things to do?

I work so much that when I have time to relax I like to zone out watching reality TV. It gives my brain a break! I also love to get lost in a good book; the perfect day for me would be lying in bed, or out in the sun, losing track of time because I am really into what I am reading.

Favorite food and drink?

Believe it or not, I eat salad once or twice almost every day. That's not to say I don't eat tons of other stuff on top of eating salads, but it is always a go-to favourite food of mine. My weaknesses when it comes to food are candy and chocolate. Also, I don't think I could ever get tired of sushi. I have a bit of an addiction to sugar-free energy drinks and Fresca, and my drink of choice when I am out is always gin with club soda and lime juice.





Favorite music?
I listen to a lot of different types of music, but my favourite has always been gangster rap – the grimmer, the better! Nothing puts me in a better mood than driving around listening to Ace Hood, Vinnie Paz, Ill Bill, and classic rap like Tupac or Jadakiss.



Favorite travel location?

Being that I live far from where I grew up, which is the West Coast of Canada on Vancouver Island, I try to visit there a couple times a year. My friends and family recharge my energy and I love the ocean and will always be an island girl at heart.

**Favorite sports?**

When it comes to watching sports, I get bored very easily. No matter how many football games I watch, I have accepted that I will never understand it – I always end up just staring at a wall if I am somewhere that people are watching it. As for playing sports, I like a good game of ball hockey.

What makes you laugh?

Quick-witted humour, even if it is at my own expense, is something I look for in anyone I hang out with. If I need to be cheered up, I know watching TV shows like Conan O'Brien or Family Guy, and classics like Seinfeld, will always make me laugh.







What is your dream car?
I have always wanted to own a customized 1983 Buick Regal.



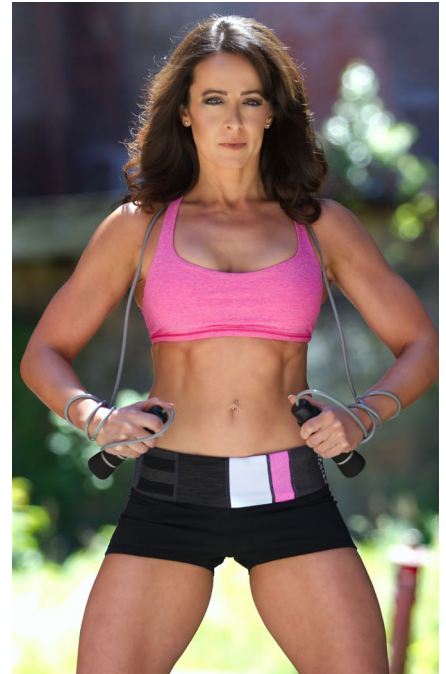




What is the most sexiest outfit you would wear out in public?

I feel sexiest when I am comfortable, so a nice pair of jeans and a simple tank top is my go-to outfit.





THE MODELSMANIA HEALTH CORNER “THE TRANSFORMATION PHOTO”

Written by Bre McGinness – Fire Physiques

Images by Rick Trottier – RJT Images

Transformation photos also set a bad example in the sense that they end a process.

see someone reach a goal they have long strived for.

One thing that is never addressed however is what happens after the after photo has been taken. How long do the results last? Are they maintainable? How much effort is now required to continue? These are questions that many do not think to ask. Working in my field for so long, I have seen the disastrous consequences of the after-photo mentality.

We've all seen the before and after transformation photos, whether it's in a magazine, on TV, or a social media outlet. Typically, the first photo is the average every day person who is easy to relate to, followed by an image showing amazing results that at times seem downright impossible. These photos can be used as motivation, to help show others that the “impossible” is in fact the very possible. They can also be used as marketing tools for supplements, personal trainers, fitness clubs, and other health-related products or services. Some of these after photos are truthful in their results, while others may be exaggerated, claiming results in half the time or with half the effort. Either way, the results achieved are admirable, and it's a thing of beauty to





It's important for the public to recognize that the transformation photo doesn't give you the whole story. The first problem with these photos is understanding that the individual actually achieved these goals. Whether its 3 months or 3 years, the reader is intrigued by the process behind it. It's possible, that through proper diet and exercise, the individual reached a maintainable goal over time. It is also possible that unsafe dieting techniques, fat burners, waist trainers, hours of cardio, and dehydration play a role in the end result. As the reader, you may never know the truth. This is very unfortunate, as it sets the

reader up for failure when they believe they too can achieve these results.

The second problem with these transformation photos is being unable to see how the individual felt a day ago, a week ago, or a month ago. The ups and downs of a transformation are not shown in these photos. Every individual embarked on a similar journey and can attest to the fact that it is never easy, and there will be days you want to simply throw in the towel. These photos don't show the blood, sweat and tears that went into the transformation, or the true struggles of a weight loss journey.

Transformation photos also set a bad



example in the sense that they end a process. Many people see a before and after, and want to achieve something similar. Its only when they are in the process that they realize they don't actually have an end date. How many "after" photos does a person take? Realistically, the process never ends, and you are always reaching for the next goal. It's important for one to realize that there is no after, just a stop on the road. Lastly, transformation photos really focus on what the person achieved in a certain amount of time. They don't explain what comes after that photo is taken. I have known many people to look back at their after photos and realize that's their new goal.... again. Rebounding from a journey is very real. There is no stopping. If you do, there is the possibility of returning to your before photo. It is my opinion that people need the truth about what happens if you don't continue along your path. There should always be an "after the after" photo included in all transformation photos.

In the end, I am someone who actually loves to see transformation photos. They are inspiring and uplifting. I love to see someone achieve greatness and feel proud of the work they have done. These photos can be used as a useful tool when on your own journey to see how far you have come from when you started. However, there needs to be an understanding that they aren't truly "after" photos, they are "during" photos, as the process never truly ends.





Image by Vitalii Nesterchuk/shutterstock.com

Image by sss615/shutterstock.com



ENJOYING ICE CLIMBING

By Polina Tikhonova

Ice climbing requires a great share of strength

What is ice climbing? Many would answer “it’s climbing on ice”, but it’s not that simple. There’s so much to it that it cannot be described as “climbing on ice”. I mean, how do you climb on ice without required techniques and equipment, right?

Mountaineering activities, particularly rock climbing, gave birth to ice climbing. A long time ago, when “ice climbing” used to be a mystery, rock climbers had to adapt to climbing icy and slippery mountains. As rock climbers were encountering a lot of these icy mysterious mountains, they began to realize that this type of climbing needs its own specialized techniques and equipment. And that’s basically how it has all begun. Many of the techniques

that are used in rock climbing are also used in ice climbing. They are a family. A little bit of history. A rock climber Oscar Eckenstein made toothed claws called “crampons” in 1908 that were attached to his boots, making them boots with metal spikes. He designed them specifically for ice climbing and allowed climbers to gain traction on icy and slippery mountains.

Then, in the 1930s, another climber Laurent Grivel upgraded the crampons by adding sharp fangs that jutted out in front of them.

Around 30 years after that, in the 1960s, Yvon Chouinard, a famous designer, completely changed the design of ice axes by shortening the typical (for that time) 25-inch mountaineering axe down to 22 inches. Furthermore, he changed the shape of the pick by

making it curvy. With that kind of tool, climbers could navigate on steeper ice and snow more effectively and easily. All these innovations have made icy climbing possible and inspired many people from all around the world to try themselves in this extreme and dangerous – yet exciting and gripping at the same time – activity.

And that’s where the fun began: the most significant ice climb was performed by Jeff Lowe and Mike Weiss, who climbed Bridalveil Falls – a 365-foot pillar of ice – in Telluride in 1974. Furthermore, the climb was performed without any aid, which definitely inspired many thrill-seekers to try this new exciting thing.

And ever since that time, ice climbing moved to the big ‘scary’ mountains and became a sport competition.



Image by Vitalii Nesterchuk/shutterstock.com

However, it's not for everyone. Ice climbing requires a great share of strength, patience and endurance. This is not something you can learn from an instruction manual. It takes practice, practice, practice.

And, of course, it requires you to be supervised by an experienced and well-trained climber who knows about harnessing.

Obviously, ice climbing IS NOT for kids. Totally not for kids. But if kids are very enthusiastic about it, they should be encouraged to learn all the techniques, get in shape, learn how to climb on indoor climbing walls, and then, when old enough – go into ice climbing.

However, if you are an adult and want to challenge yourself – mentally, physically and morally – ice climbing is a super-fun and thrilling activity. You can start this exciting journey by taking guided climbing lessons. While doing

so, it is imperative to get in excellent shape.

Experienced ice climbers recommend a few specific exercises that are most useful for ice climbing – pull-ups, chin-ups, deadlifts, squats, dips, overhead press and bicep curls. These exercises are great basic exercises, but do not limit yourself in the variety of other exercises.

Ice Climbing Equipment. As mentioned above, Yvon Chouinard designed a brand new type of ice axes in the 1960s. And ever since that time, it has been used by climbers from all around the world as it offers great flexibility, safety and functionality on ice and snow.

Having a reliable ice axe (often called ice tool) is the most essential part of ice climbing. Your ice tool has to be your friend and your partner. Your life depends on it, after all.

How does it work? You swing the ice

tool into the ice so that it becomes a grip for you to be able to push yourself up by using the strength of your legs. Ice axes are available in all sizes, weights and colors. There are two types of ice tools: traditional and leashless.

A traditional ice axe is mostly for the beginners and unexperienced climbers. This type of ice axe has a leash that wraps around your hand so that you are always tied to it. The benefits: it's easy to drop a tool, and when it's tied to you with a leash – you can be always certain that it is safely with you. Or, for example, when you lose your footing and need to hang from the ice. The drawbacks: you can't freely switch between your gear.

A leashless ice axe allows you to switch between your gear and becomes more and more popular among climbers. It offers great flexibility and functionality and is mostly used by



Ice Climbing Top Locations

1. Ouray, Colorado
2. Rjukan, Norway
3. Canmore, Alberta
4. Frankenstein Cliffs, NH
5. Kandersteg, Switzerland
6. Valdez, Alaska
7. Helmcken Falls, B.C.
8. Canmore Canada

experienced climbers.

Now, the crampons. They are designed specifically for ice climbing and allow climbers to gain traction on icy and slippery mountains. Crampons are sharp metal spikes, which can either be attached to the bottom of your boots or come built-in in your boots. There are mono-point and dual-point crampons. The difference? Mono-points have one point in front of the shoe, while dual-points have two points. These “points” make first contact with ice. Mono-point crampons offer more flexibility when you perform mixed climbing: rock and ice. They also allow you penetrate snow and ice better than dual-points. Dual-points, on the other hand, offer more stability. Ice screws and ropes. That’s probably the most important part of your equipment as it can save your life if you fall. Climbers protect themselves from falling by placing ice screws in particular areas and clip in a rope (to learn how to do it it’s imperative to take ice climbing lessons).

Another essential part of your equipment is cold weather clothing and warm gloves as problems may arise with your hands and feet in extreme temperatures – your fingers and toes may become numb, which will make the use of tools complicated.

And the helmet. Why helmet? Think of all the chunks of ice that may fall onto your head.

Ice Climbing Techniques. There are two ice climbing techniques: the French and the German.

The French technique requires you to open your feet up and keep all crampon points flat on the ice. This technique is best suited for low-angled slopes.

The German technique, on the other hand, requires you to dive your front crampon directly into the ice and step up. This technique is best suited for steeper and more vertical areas.

Remember: if you’re climbing level or low-angled ice, you don’t really need to use your ice axe. If you are performing a vertical climb, on the other hand, then you need it.

Another thing to note is how good you are with your ice tool, particularly: how you swing it. And, of course, the only way to learn how to swing it properly is to practice. Failed swings always cause ice to break off, while decreas-

ing your energy as you will have to swing not just one time in order to get it in properly.

If you feel like the tool isn’t fully planted or feels wobbly, then pull it out and try again. It is also important to remember to aim for the ice which looks the strongest. Both ice axes and crampons have to be driven in a quarter-inch or half-inch to secure a hold.

To perform a successful climb, you have to find good footing, swing the ice axe into the ice, get higher with your feet, swing the ice axe a little higher, get higher with your feet etc.

Remember: your feet are supposed to support more weight than your arms. Sometimes you will have to dive your crampons into the ice multiple times in order to get good footing. Also, keep your legs shoulder-width apart for more flexibility.

There are a few other, less common, climbing techniques such as Cane (when you use your ice axe like a cane), Traction (swinging two ice axes into the ice), Cross-body (when you turn your body sideways to the slope), Low dagger (swinging the ice axe into the slope at waist-chest level), High dagger (swinging the ice axe into the slope above your head).

Experienced and well-trained ice climbers alternate between these ice climbing techniques as each of them has its own advantages.

Safety. As we know, avalanches happen without any prior warning so it’s essential to carry a shovel every time you climb.

Furthermore, there’s always a risk to fall into a deep crevasse, which cannot normally be seen under a layer of snow. So being careful and on alert is paramount.

And, based on the information mentioned above, you already know about the importance of fall protection. So using the right equipment properly and knowing what techniques to employ is also paramount.

Additionally, it is recommended to carry first aid kits and educate oneself on how to apply a splint, tourniquet etc. Gadgets, particularly GPS devices, are recommended as well. But it’s not a problem for modern ice climbers as pretty much every cell phone has GPS.

Another gadget to consider buying is avalanche beacon as it might save your life. Multiple times.



OUR 2015 WATERCRAFT PREVIEW



The New 2015 Yamaha FZR

Industry leading race performance, 2-passenger

\$14,699





2015
Yamaha FX Cruiser SVHO
\$15,799




2015
Yamaha V1 Sport
\$8,499

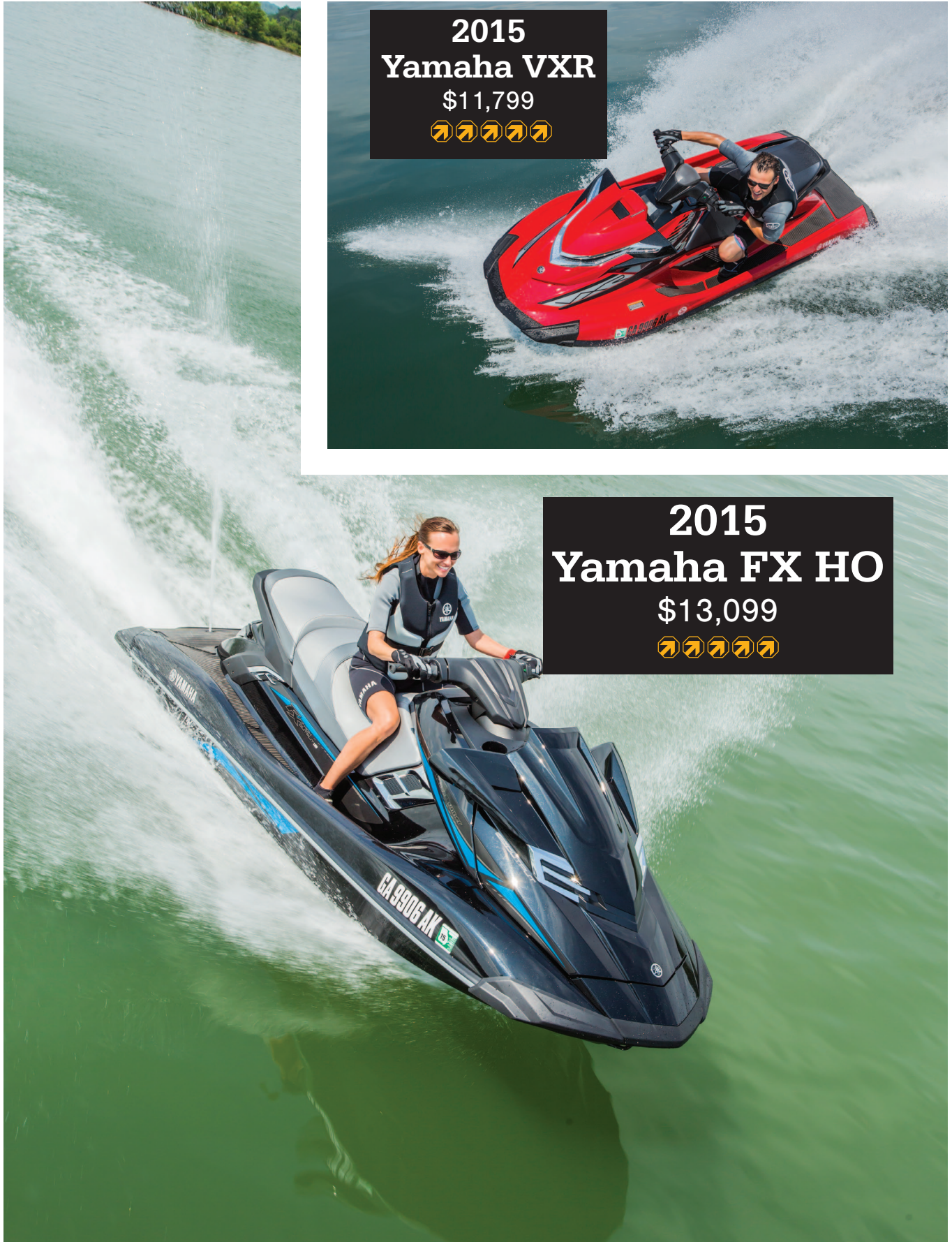

**2015
Yamaha VXR**

\$11,799



**2015
Yamaha FX HO**

\$13,099





**2015 Kawasaki
JET SKI ULTRA 310X**
\$15,299




**2015 Kawasaki
JET SKI ULTRA 310X SE**
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2015 Sea Doo Spark

Starting at \$4,999



2015

Sea Doo GTI SE 130 / 155

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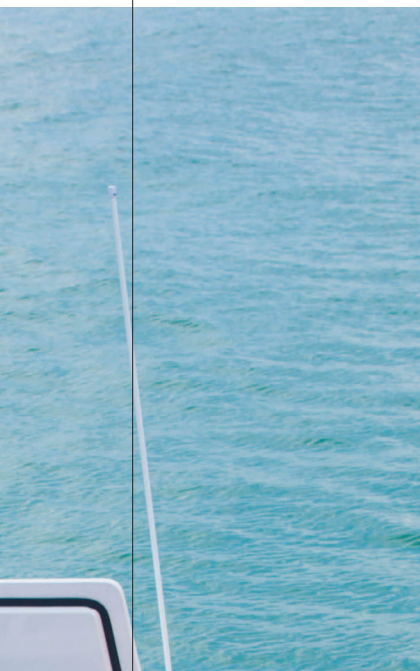




THE EGO SEMI-SUBMARINE

EGOSUBMARINE.COM





You can explore the ocean while staying dry with the EGO semi-submarine. The EGO Gives hours of pleasure, there is no doubt that EGO is the king of the underwater environment. EGO exemplifies the people's dream to connect with the ocean environment, allowing the passengers to be at one with the underwater life.

The EGO SE 450 – commercially available for leasing – comes with an upgraded propulsion system and has more powerful electric thrusters, which vastly improves running time and thrust. She runs for a minimum 5 hrs and maximum 8 hrs at a proper cruising speed up to 4 knots; all while delivering even better battery life.

The scenes captured by the high resolution camera mounted onto the cabin front are transmitted to the LCD screen inside the helm station, which lets the pilot know exactly where he is and what is surrounding them.

The EGO Gives hours of pleasure, there is no doubt that EGO is the king of the underwater environment. EGO exemplifies the people's dream to connect with the ocean environment, allowing the passengers to be at one with the underwater life. The EGO benefits from large windows and great views of the underwater ecosystem.

You can find out more information by going to egosubmarine.com.



Kempinski Hotel Cathedral Square Vilnius, Lithuania



THE WORLD'S NEW HOTELS

By Polina Tikhonova

Are you looking for a hotel to stay for pleasure or business but have been to all the 'old' hotels in the area and need something new and fresh? Well, there is a wide variety of stunning 4 and 5-star hotels in all around the world to choose from. There are hundreds of new hotels built every year globally, but not all of them deserve to be even looked at.

When considering staying in a newly built hotel, it is important to know all of its advantages and disadvantages. You don't want to check in a hotel and find something that you were not expecting or didn't want to be there, do you? But who could provide you with such an information honestly? The reviews from the travelers that have already stayed in such hotels!

That's why we've put together a list of the newest hotels around the world opened in the recent 2 years. The hotels presented in the list include only

4 and 5-star hotels with credible and lengthy reviews.

Hotel Casa San Agustin, Cartagena (Colombia)

The hotel is located in the very heart of Cartagena in Colombia. According to some guests, luxurious Casa San Agustin has "great service staff and amazing atmosphere." Its design preserves some elements of colonial style, though the furniture looks quite up-to-date. The hotel comprises of 24 guest rooms and 6 suites. The local restaurant offers traditional Colombian meals, which are often presented by seafood delicacies, as the city is washed by the Caribbean Sea.

Kura Design Villas Uvita, Uvita (Costa Rica)

Kura Design Villas Uvita is characterized by minimalism in design and an accent on eco-friendly system (solar batteries, separate waste collec-

tion). This luxury hotel rests on the Southern coast of Costa Rica within walking distance of tropical forests and sandy beaches. The guests enjoy ocean views in the hotel rooms. Kura Design Villas Uvita is equipped with a 62 feet long swimming pool and provides its guests with yoga classes, spa, and extra paid whale watching and diving tours.

Taj Palace Marrakech, Marrakech (Morocco)

Taj Palace Marrakech was highly criticized. Guests complained about the staff strike, allegedly caused by poor team relationships. Another grievance was the hotel bar, which was out of service. A huge swimming pool and calm atmosphere were mentioned among the advantages. An interesting thing is that the hotel is located in a former palace, surrounded by gardens. The hotel offers 161 rooms, including 25 suites.



21c Museum Hotel Bentonville, Bentonville (USA)

21c Museum Hotel Bentonville performs functions of both a hotel and a Museum of Modern Art. It holds its own exhibitions (with constantly rotating expositions). Besides, the hotel is close to Crystal Bridges Museum of American Art. Moreover, 21c Museum Hotel Bentonville has its own cinema showing the latest movies.

Kempinski Hotel Cathedral Square, Vilnius (Lithuania)

Kempinski Hotel Cathedral Square is a deluxe hotel, consisting of 96 VIP rooms. This five-star hotel has a restaurant, a bar, and a lounge area. Additional services include a spa center and a fitness studio. The hotel is situated in the center of Vilnius not far from the main tourist attractions, for example, the Presidential Palace.

Mandarin Oriental Pudong, Shanghai (China)

According to the site of Mandarin Oriental Pudong, among the advantages of the hotel there are stylish design, a spa center with a wide range of services, and a restaurant with classical Asian cuisine. The hotel offers traditional oriental cakes. Not far from here, there is a bay with Shanghai Yacht Club. The pool is open 24/7. Guests recommend visiting a local library and

taking a ride on a Segway.

Refinery Hotel, New York (USA)

Refinery Hotel occupies the building of a former hat factory of the 20th century. Some small elements remind of the fact: hats installations at the entry, scissors patterns on the carpets, and tables in the rooms, resembling those ones from sewing machines. The hotel consists of 197 spacious rooms with original mosaic in bathrooms.

The Ampersand Hotel, London (Great Britain)

In collaboration with Multiplied Art Fair, the Ampersand Hotel presents an art exhibition, showcasing the artists' latest masterpieces. The hotel offers its own baked goods. There is a fitness studio working 24/7. In the surrounding area you can enjoy horse riding or roller skating. The guests praise the hotel favorable location (near Hyde Park) and the local cuisine. Street noise makes a reason for complaints.

Four Seasons Hotel Baku, Baku (Azerbaijan)

Luxury Four Seasons Hotel Baku is situated in the Old City. Almost all the suites (there are 27 of them) have balconies with a view on the Caspian Sea. The pearl of the hotel is its pool in a glass-roofed atrium. Among the other amenities, there are a spa center,

a hamam (a Turkish bath), a fitness center, a steam room, and babysitting service. Guests appreciated the Azerbaijani hospitality at its true value: "While leaving the hotel, we felt like leaving the family."

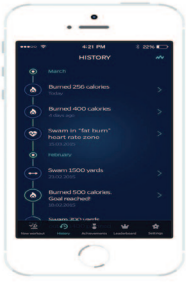
Zero George Street, Charleston (USA)

Zero George Street occupies a historic building which dates back to the 19th century. 18 studios and suites are at the guests' disposal. For more details and pictures, you can check it out on the site of the hotel. Guests comment on the wide range of services and amenities – from a delicious continental breakfast to wines and cheese hours. The hotel even has a cooking school.

The above-listed hotels give you a clear idea of where the modern hotel business stands. It is progressing and aspiring to bring creative and original ideas to make hotels' guests happy. There is also a clear competition between this kind of progressive and high-end hotels. Each one of them has a goal to be better than some other hotel. And that's what makes the constant improvement of the modern hotel business possible.

If you are a geek-traveler, you will surely include a few – or all – of the mentioned-above hotels in the list 'to visit'.

GADGETS GALORE



Your Swimming History



Workout Analysis

Swimmo

It's the new Swimmo, a smartwatch and personal swimming coach. Swimmo breaks down the barriers of current monitoring devices available to swimmers by offering personalized training and real time progress. Swimmo helps swimmer's train smarter by tracking distance, pace, heart rate and calories burned all from one simple, waterproof device. Swimmo's innovative technology makes sure that users stay within their ideal training zones by alerting them with vibrations when it is time to speed up or slow down. Swimmo is the ideal tool for professional athletes, tri-athletes or anyone who is trying to improve their strength get in shape through swimming. For more go to swimmo.com



LightRunner Armbands

Griffin Technology, creator of award-winning mobile accessories, announces the availability of their LED illuminated armband, LightRunner, and their redesigned armbands for adidas. Whether jamming out to favorite tunes, training with a 5k running app or just to have nearby in case of an emergency, the smartphone has become an integral part of any workout. Griffin's LightRunner armband not only protects a smartphone during intense workouts, but its high visibility safety feature protects runners as well. You can find more at griffintechnology.com.



STYLUS TOUGH TG-4

The latest member of the Olympus Tough family, is the Stylus Tough TG-4. This is great for the most extreme conditions. Underwater modes includes Underwater HDR, night time Live Composite Mode, integrated Wi-Fi and the Olympus Image Share smartphone companion app for instant sharing. Go to olympusamerica.com



Sena 10C

The 10C combines Sena's leadership in Bluetooth communications technology with its world-class high-definition camera designs into a single device. Users with the 10C can enjoy crystal-clear intercom and phone communications while having the ability to record high-definition video, listen to music and record music playing from connected mobile devices as live soundtracks – all in the same device. The 10C features an aerodynamic unibody design, revolutionary Bluetooth 4.1 technology and is firmware upgradeable to ensure that it always stays current with the latest features. Look for more at sena.com



Kisai Quasar

Kisai Quasar combines the simplicity of a digital watch with a geometric, patterned display that camouflages time. Featuring date & alarm mode, stop watch, animation and EL backlight, Kisai Quasar was originally a concept on the Tokyoflash Design Studio Blog. For more information go to tokyoflash.com.



The Python Catch

The team at booq, has unveiled their newest addition to the photography-oriented Python collection: the Python catch. Its unconventional design features rugged, sustainable material, customizable organization and enough space to accommodate two DSLR cameras, up to four lenses and a MacBook Pro Retina. The Python catch is available now for \$295 at www.booqbags.com and other retailers.



The Thuraya XT-PRO

Thuraya Telecommunications Company today launched the industry's most advanced satellite phone, the Thuraya XT-PRO. The Thuraya XT-PRO offers the longest talk-time, the largest display, and all three major navigation systems. It brings unparalleled flexibility for government, energy, media and NGO users in all regions. Go to thuraya.com.



THE NAKED



WWW.ANGELSFORA

BY JOANNA KRUPA AND



PAWS ANIMAL RESCUE LIES HIDE THE HARSH TRUTH



Photo Credit: Christopher Ameruso

ANIMALRESCUE.ORG

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ModelsMania's
2015 Hottest Model of the Year

Kayla Mariie

Photography by Rick Trotter





How do you feel about being chosen Modelsmania's hottest model of the year?

It is such an honor, and when I heard the news I was so ecstatic! My hard work has paid off this year for sure!

Where have you never been but want to go?

I would love to go to Rome, Italy. I have traveled a lot in my 22 years but I have yet to go to Italy.









Do you consider yourself to be an open minded person?

I consider myself to be a very open person. I love trying new things, going new places, meeting new people and getting out of my comfort zone.

If you could change anything about yourself, what would it be?

That's a tough question. I am pretty confident with myself but if I could change one thing it would have to be my driving. Although I'm a great driver, I always tend to think I'm on the race track and drive a little faster than I should.



What's it like being an international published cover model?
When I found out I was an international published cover model I said to myself, "wait this is really happening"?!? I was very thankful to the people that helped me get to where I am, especially my photographer Rick Trottier. If you follow your dreams and work hard there are no limits!



Featured Model



Do you consider yourself adventurous?

I definitely consider myself adventurous. It makes life so much more fun. I love being random and spontaneous. I couldn't have a dead set schedule, it's just not me!



What types of music do you enjoy listening to?

I absolutely enjoy all kinds of music. I like music I can really get into and gets me in a great mood. I like music I can sing and dance too. However, country is just not my thing.

What types of modeling do you enjoy doing?

I love all the aspects of modeling. I love implied nudes because it keeps people wanting more, and I love working on the beach. But I love all that comes with modeling or else I wouldn't be doing it!



Do you have any future goals you would like to accomplish?
My future goals include a lot more modeling and to make it into as many magazines as I possibly can. It's exciting when you find out different magazines want to publish you, I'm very happy that ModelsMania gave me that first opportunity and I am very grateful for what's to come!





PSYCHOLOGY OF COLOR IN FASHION

By Rod White

Everyone's reaction to color is not one hundred percent the same.

The five human senses of sight, hearing, taste, smell and touch are how we interact with and experience the physical world around us. Our five senses have a tremendous impact on our brain and how it responds to the stimuli that we are experiencing. Most of these stimuli and the subsequent decisions made due to them are quite often subconscious in nature and are rarely noticed. We go through life making constant conscious and subconscious decisions based on how our senses perceive our environment.

Color is a strong stimulus. The various perceived colors of the spectrum each provide a psychological response in the minds of those that view them.

Color has such a powerful effect that business gurus and advertisers utilize it heavily to attract people to their brands. How effective is color on purchasing and selection decisions? One study entitled Impact of Color in Marketing revealed that as high as 90 percent of purchasing decisions are based solely on color. Another study called The Interactive Effects on Colors shows the link between color and brands is based on appropriate perception, or a color rightly fitting the brand personality. Still another study dubbed Exciting Red and Competent Blue emphasizes how certain feelings are generated by certain colors creating expected consumer reactions as in a red Ferrari producing excitement, a black Harley Davidson representing

ruggedness, or a white dress depicting purity and innocence. Therefore, the success of major brands and the specific colors and combinations of colors used by them is not a coincidence. Color strongly impacts the way people react.

Color is not only a powerful marketing tool, but it also deeply affects the way people feel. It is commonly known that those folks feeling hot and sexy often don red clothing or purchase red sports cars and those wishing to feel relaxed and peaceful will wear or deck out their bedrooms with blue, gray, brown or other earth tones. The colors we choose for our clothes, cars, furniture and homes are those that make us feel a certain way, whether we realize it or not.



Image by Vladimir Veronin/123rf.com



Color and Clothing

Clothing choices reveal the foundational personality of the individual, both from the styles and colors worn. As far as style is concerned, it is easy to pick out the very feminine felines by their delicate, sleek and ruffled designs, the athletes by their logo-spattered sportswear and the rebels by their attention-grabbing grubs. Because certain colors make us feel certain ways, we select our duds according to certain hues.

Fashion is a two-way street. First of all, we choose our clothing because of how items make us feel personally. Certain colors make us feel more vibrant, confident, joyful, or intelligent. We often make clothing and wardrobe changes to coordinate with our changing moods. That fiery red dress, shawl, shoes and purse may be the perfect selection when seeking a night of passion, but blue is best for peaceful and serene socializing, something green when you're feeling outdoorsy or yellow attire when the happy bug hits.

Secondly, we make fashion selections based on how they will affect those that are graced by our presence. Color is used in combination with style to exude our sexiness, accentuate our figure, make us look taller or convey our authority. The colors as well as the styles of the clothes we choose to wear, therefore, are used to make us feel certain ways and to send messages to those around us.

The Meaning of Colors

Everyone's reaction to color is not one hundred percent the same. Our personal likes and dislikes of certain colors are formed by various factors such as environment, cultural influence, experience and personal preference. Therefore, not everyone views the same color in the exact same way.

However, certain colors do tend to psychologically affect the majority of people in certain ways. This has been shown in numerous studies throughout the years. Following is a listing of the most common colors and how they tend to affect those who view them.

Red

Red is a definite attention-grabber. It is instantly associated with excitement, adventure and action. Studies have shown that when people see the



Image by [ssilver/123rf.com](#)

color red, their heart rates actually increase. Red is a color of power and authority and wearing red clothing can help those that are shy or have a low self-esteem to feel and exude more confidence. Of course, red is also the color that inspires passion and conveys sexuality. According to vari-

ous studies, men find women wearing red more attractive, increasing male arousal and the desire to "chase".

On the negative side, red can also convey anger, aggression and stress. This message can be toned down by wearing pink, light green or blue, or other soft, pastel colors.



Blue

Blue is the most popular color in fashion and for good reason. Clothing of this color invokes feelings of calm, peace, dependability and higher intelligence. It is also the color of communication. Dark shades of blue suggest reliability, responsibility, power, authority, loyalty and respect while lighter tones suggest a communicative mood that is light, airy and honest. Blue is non-threatening and has been shown to help people sleep, induce deeper thinking and provide better interaction between people.

The negative aspect of blue is that it can reflect a cold and allusive nature. Green

Responses to the color green run deep within the human psyche since it is the main color of nature. It is a color that is associated with good health as well as promotes harmony, generosity, growth and abundance. Green reflects balance, good judgment, sensitivity and sympathy and is a good color to wear to alleviate stress. Service and contribution are other characteristics of green and many people in service industries wear clothing of this color.

Negatively, green can be associated with being too emotional, greedy, or materialistic.

Yellow

Happiness, hope and fun are the emotions most associated with yellow.

The color blue is the color of trust and responsibility

low. According to research, yellow inspires the release of serotonin, which is the hormone that makes people "feel good", and it has also been shown to increase metabolism. Yellow affects the logical part of the brain associated with deeper perception and agility of thinking which prompts people to become inquisitive and thoughtful.

However, stick to lighter, softer hues of yellow. Bright yellow conveys a high amount of energy and has been shown in some studies to increase emotional turmoil resulting in elevated bouts of crying and fighting.

Orange

Orange is another high energy color like red and yellow and is actually a combination of the two. Clothing of this color sends a message of wanting to have fun and being light-hearted and adventurous. Orange clothing inspires optimism and rejuvenation as well as independence and confidence. Orange fashion is uplifting and great to wear for social outings since it is both mentally and physically stimulating.

However, orange clothing is not so appropriate for serious business meetings. It also stimulates appetite so is not a good color to wear around those trying to diet!

Brown

Brown, like green, is a psychologically powerful earth tone that evokes an image of friendliness yet seriousness. It produces feelings of security, comfort, protection, and material wealth. It is the color of responsibility, duty and the fulfilling of obligations and it produces psychological connects to sincerity, honesty and genuineness. Brown fashion items signify quality that is simplistic and on a grounded, down-to-earth level.

The negative aspects of brown clothing are that such items can cause people to think you are dull, stingy, or cheap.



Image by Yann Poirier/123rf.com

Gray

Compromise, detachment, impartiality and indecision are what gray conveys in fashion wear as it is a neutral and unemotional color representing the fence-sitter. However, a variation of moods can be instigated by choosing either darker shades of gray that spark more mystery and drama or lighter gray clothing that offers a tad more liveliness and illumination. The very nature of gray representing a motionless state of neither positive nor negative makes it a color that exudes calm, relief and composure. Gray is sometimes considered to be formal and elegant, but it does not cause rejuvenation, stimulation, or excitement like other colors do.

Wearing clothing that is primarily gray can give the impression that you are overly boring and conservative as well as sad, depressed and isolated.

White

Those wanting to provoke feelings of cleanliness, purity, innocence, or perfection wear white clothing. White is worn by those who want to feel empowered and rid themselves of negativity. It is a good color to wear when starting a new phase in life as it portrays a blank slate. Clothing items that are white do not stimulate the senses, but instead leave them open to conceive and create their own ideas and judgments. White fashion items leave people feeling purified, cleansed and refreshed.

The only real problem with white-colored clothes is that they can produce feelings of isolation, detachment, emptiness and lack of creativity. Of course, wearing white can also work to repress effort and confine creativity as you may fear getting dirty.

Black

Black is a base color that can be worn in combination with practically every other color. This color is associated with authority, mystery and protection and is used to hide emotion as well as weight. Studies have shown that the color black helps people look and feel thinner. Black clothing helps its wearers to project a personification that is strong and sophisticated as well as more intelligent, confident and disciplined.

Beware donning too much black as it can also produce feelings of grief,



The Color of the Year for 2015 is Marsala

depression, fear unfriendliness and intimidation. It is best worn in moderation or during formal, evening events.

Pink

Clothing items of this color project child-like playfulness, adoration and unconditional love. It is the color of femininity, romance, tenderness and kindness. Those wearing pink are considered to be sensitive, empathetic and comforting. The color pink has been shown in studies to calm nerves and ease emotions, even in aggressive, violent and hardened criminals. It is non-threatening, nurturing and supportive. As mentioned, pink is a good color to wear with red since it softens the fiery energy of that color.

However, pink, like black, should be worn in moderation since too much can imply insecurity, immaturity, weakness and a lack of will power.

Turquoise

Turquoise clothing items have gained in popularity over the past several decades. This color is a combination of the colors blue, green and yellow. Studies

have shown that turquoise conveys and increases friendliness, sociality and communication. Research also reveals that turquoise calms nerves and assists with digestion. Turquoise has a strong emotional calming and balancing effect and it helps to alleviate confusion and feelings of loneliness.

On the negative side, those who were a lot of turquoise clothing can be considered to be withdrawn, unemotional, deceptive, or unreliable.

Purple

Royalty and nobility have chosen to wear clothing and accessories that are purple in color throughout history as it gives the impression of wisdom, authority, wealth and honor. It is also associated with higher spirituality, compassion and sensitivity and is often worn by clergy or people that have awakened spiritually. This color has been shown to inspire creativity and artists of many genres tend to don purple clothing. It is the color of the seeker, dreamer and imaginer and it calms the mind, providing peace and stability. Because purple has such a powerful affect on the psyche, it is generally worn by those who are highly

self-assured.

Wearing too much purple can have a negative influence on how people feel, causing them to think that you are arrogant or counterfeit. It can also promote feelings of depression. Therefore, wear purple fashion items moderately.

Having Fun with Fashion

As you can see, there are a host of exhilarating and interesting moods and traits that can be created with color. Therefore, a lot of enjoyment can be had by experimenting with various colors and their enhancing combinations. Many people get stuck in ruts and will only wear certain colors, feeling uncomfortable if they wear those that they tend to avoid.

However, fashion should be seen as an adventure, one that is tackled with the same enthusiasm as the many moods that are experienced in life. You have now been armed with the psychological power of color. So go ahead, energize and revolutionize your wardrobe both to enjoy personally and to evoke responses in those that behold your selections of color. You just may find that is stimulating, energizing and outright fun!



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MEDICAL TOURISM

By David Pearce

Medical tourism is rising, with many countries offering high-quality health care at lower prices than the United States.

The tourism industry has come a long way since the pioneering days of Thomas Cook in the 19th Century, when the enterprising businessman started offering excursions to adventurous Brits to exotic European destinations. The industry has seen numerous innovations since then, including the advent of cheap air travel, package holidays, adventure travel and eco-tourism for environmentally conscious travellers. However, perhaps the strangest development is the rise of medical tourism. Although it is not entirely new, with spa towns having attracted visitors since the 18th Century and the Greeks travelling all over the Mediterranean to the temple of the healing god Askeplios, it's only in recent years that the practice has become truly global, with an estimated 7 million people fuelling an industry worth a staggering \$40bn.

Medical tourism involves visiting a foreign country in order

to receive treatment in that country, with travellers aiming to take advantage of cost savings, shortened waiting times or medical technology that is unavailable in their own. Although people have traditionally travelled from poorer countries to better developed ones, due to the more sophisticated care available, it is becoming increasingly popular for those wishing to obtain treatment to travel to third world countries, thanks to the significant cost savings or because the desired treatment is unavailable in their own country, due to being illegal. Although people travel in order to obtain virtually every form of procedure, some of the most popular ones are cosmetic surgery, dental surgery and fertility treatment, along with treatment for genetic disorders and even burial.

So, how do you go about obtaining medical treatment overseas? It's not exactly a smooth process with a multitude of bewildering options open to the potential client. The first step is to contact a medical tourism service provider, a company which can supply complete information on medical facilities, insurance, travel agencies and other relevant details, such as ethical and pre-travel issues. Once the client has provided all pertinent information about their case, certified consultants offer advice about treatments, costs are agreed upon and then recommendation letters are provided, allowing the client to obtain a medical visa.



Travel can then be carried out, the treatment received and typically the patient will remain in the country for a short while afterwards.

However, before considering medical treatment in another country, there are a number of factors which should be considered. If travelling from a first world country to a third world one, then standards of service may be very different to those which the patient is accustomed to, while systems for complaints may not be implemented to the same degree. Thus, if the treatment is not carried out to the client's satisfaction, it may be more difficult to lodge a complaint. In cases of medical malpractice, limitations of the legal system (which often contribute to the lower costs involved) may inhibit recourse to compensation, while if successfully sued, some hospitals or doctors may be unable to pay any damages due to not having appropriate insurance or indemnity.

Ethics also comes into play when considering the risks. In countries such as China, India and the Philippines cases of illegal harvesting of organs and tissues have been reported. If the reason for travel involves such transplants then the traveller must be extremely wary of receiving an illicitly obtained organ, but this is not easy to confirm. Another ethical problem has arisen in places like Thailand and India, where doctors have become so busy treating foreigners that it is becoming increasingly difficult for locals to obtain quality medical treatment, thus leading to what some are calling a deepening of the inequality between the masses and the classes.

Potential travellers also need to consider health-related matters beyond the scope of their immediate problem. Popular medical destinations such as Thailand or South Africa often have infectious diseases which travellers already weakened by whatever medical problem they are affected by being even more susceptible than usual due to a combination of their illness and their lack of a naturally developed immune system. Similarly, when returning long distances home, travellers must be aware of the increased risk of complications such as deep vein thrombosis and pulmonary embolism, which can arise due to lack of mobility during long haul flights, while scars will become more noticeable if they become sunburnt while healing.

If you are considering becoming a medical tourist, your choice of destination largely depends on your specific problem, with certain countries being more suited to treating certain conditions than others, thanks to available facilities, standards and expertise. Costs are also a key factor, so here is a quick rundown on some of the most popular destinations, along with their relative advantages and disadvantages.

Asia has many options for travellers, and Taiwan has some of the finest healthcare standards in the world, making it a pretty safe choice for anyone considering the country. There are more than 20 establishments that have been certified by Joint Commission International, a US-based organization that accredits such facilities, while costs for surgeries such as facelifts can be up to 50% lower than in the States. Similarly, Singapore is renowned for its top quality service and healthcare system, and which has been ranked as the best in Asia, and with cancer being a particular specialism.





Image by mangostock/shutterstock.com



Thailand offers treatments which can be 50-70% cheaper than in the US and has more than 30 establishments accredited by the JCI. The country is popular for sex-change operations and has a long-established and high quality dental system, while the Ministry of Public Health also does much to promote scientific-based education of public healthcare. More than a million tourists visit the country for the purposes of medical tourism each year, making it perhaps the most popular destination in the world.

India is another commonly visited country, with medical tourism being a fast expanding industry, with growth of 30% per year and with expectations that it will be an industry worth \$2bn in 2015. A huge number of tourists now head to the country, mostly from the US, thanks to its low costs, advanced technology, lack of a language barrier and growing adherence to international standards.

Costs can be around a tenth of that in other countries, depending on the treatment required, with some of the most popular being bone-marrow transplants, eye surgery and heart surgery, with challenging operations such as coronary artery bypass graft surgery available at much less than elsewhere. However, despite these low costs, standards are still very high, with over 20 internationally accredited facilities and with the principal destination being the city of Chennai, thanks largely to the availability of beds and short waiting times.

South and Central America are also proving popular with travellers, thanks to their mix of top notch tourist facilities and weather and the quality and variety of the services they provide. Mexico receives over a million visitors a year, many from the US and who travel there for dental work and weight loss procedures. However, potential travellers should be wary that it is almost impossible to sue Mexican doctors for malpractice thanks to the legal system in place. Several practices that have been proven to be ineffective or even illegal in the US are also known to be carried out, although the Mexican government has made rigorous efforts to shut the offending facilities down. This followed a series



of controversial cases such as that of civil rights activist Coretta Scott King, who died in a Mexican rehabilitation center which was later found to be unlicensed to perform surgery, take X-rays and other similar activities.

Brazil is particularly renowned for its plastic surgery facilities, with operations available at around 60% less than in the US and with more than 4500 licensed surgeons listed in the country. One hospital, the Albert Einstein Hospital in Sao Paulo, was the first JCI-accredited facility outside the US and the country now receives around 200,000 visitors a year, with some even taking advantage of plastic surgery for their pets. Costa Rica is one of the best destinations to head for in the Americas, thanks to its high standards, with the country being ranked above the US by the World Health Organization for its healthcare system, while costs can be 30-70% lower than in the US.

North America also receives significant numbers of visitors each year, with both the US and Canada proving highly popular. Both countries are attractive for their high standards and availability of advanced techniques performed by highly trained physicians, although costs are likely to be significantly higher than in other countries. There are facilities in the US which do offer low cost treatments similar to overseas, but it must be stressed that these are not JCI accredited, so the quality of service available may not be as high as elsewhere. Canada however can offer significant cost savings, thanks to the healthcare system implemented in the country, with reductions of 30-60% potentially available.



Image by Thomas Kochi/shutterstock.com

Heading across the Atlantic, Turkey is a highly popular country for those seeking cheap eye check-ups and surgery and now has more American accredited facilities than any other country. Other challenging operations such as spinal fusion may be 60% less than in the US, while doctors and available technology are of a very high standard and tourist facilities for recuperation are also highly appealing.

Europe also offers several destinations that can prove attractive, both to natives of other European countries and to those from further afield. France has long been a destination of choice for Brits, thanks to the offer of hip, knee and cataract surgery to British nationals in order to reduce waiting times in a heavily overburdened National Health Service. The country is also popular thanks its first place ranking in the world for health care standards. Germany too is known for its high standards and significant savings of around 50% less than in the US. The UK however only has a very few facilities that have undergone international accreditation and although there are a few private hospitals attracting international visitors, the numbers are low compared to other countries.

Africa and the Middle East have numerous countries which are tapping into the growing market for medical tourism. Perhaps the leading nation in the area is Jordan which managed to attract a quarter of a million international patients (plus another half a million companions) and which translated into revenues over \$1 billion. The country also won the Medical Destination of the Year award in the 2014 IMTJ Medical Travel Awards., a good sign of the quality of

treatment and facilities available.

Israel too has long been famous for the supposed healing properties of the Dead Sea and many medical tourism facilities can be found in the area, with the industry having grown significantly from the \$40 million in revenue that it enjoyed in 2005 to \$120 million in 2012. Most visitors are from the US, Cyprus and various countries in Eastern Europe, with particular specialities being surgery, bone marrow transplants and in-vitro fertilization. Cypriots come largely for bone marrow transplants as the treatment is not available in their own country. IVF in Israel is known for its high success rates and costs that are 75% lower than in the US, with bypass surgery also available at similar savings, while the country's pleasant climate and surroundings also help patients to recover and relax.

The medical tourism industry is still one which is in its relative infancy but the appeal of travelling overseas to receive much needed treatment at significantly lower costs than in one's own country is difficult to ignore. Findings reported by the Medical Tourism Association suggest that many who have experienced treatment overseas would be happy to do so again, with most very pleased with the service and quality of treatment received and which has caused some to predict that the industry is poised to become worth a trillion dollars in very short order. There are still concerns for prospective clients and risks need to be weighed against benefits on an individual basis but thanks to ever increasing standards, driven largely by competition, it seems there is now another legitimate reason to travel the world.





The Glittering Princess

Carah Cake

By Rick Trottier

What impact has your decision to become a model had on your personal life? If you weren't modeling, what would you be doing instead?

Modeling has brought me other job opportunities like being a ring girl. It has also improved my self-confidence and a desire to try new things. It has made me recognize who might be fake and who might be real. If I weren't modeling, I'd like to try acting. I love to make people laugh.

Modeling images have a huge impact on men and women alike. Do you think of yourself as a sex symbol, a role model, both or neither?

I think of myself as both. I like being able to sell my image of looking sexy and desirable in a bikini or lingerie, but I am a role model because I believe you can achieve anything. Most people don't believe in themselves. This is my way of showing them that they can achieve success.

What interests/hobbies do you have that reveal your true inner self? What is one thing that these interests would give people a chance to know something about you that they don't?


Hobbies that I like are food, fishing, cars, maybe I should put food down more than once since I love cuisine so much. I also love dancing and music which probably helps me keep in shape because of my love of food. Most people look at a model and her face and body and not realize we all have interesting and quirky personalities.

Where do you hope to be in 10 years if you had your wish? And what ultimate goal in life do you most want to accomplish?

In 10 years I would LOVE to be on the cover of Vogue Magazine and doing Paris Fashion Week. But in the end, my most important goal is to have a house so I can take care of my mother and siblings.

Featured Model 





If you could travel back in time, which time would you go to and why? Who would you most want to meet and why?

I'd like to travel back to the 1950s and meet Marilyn Monroe and Audrey Hepburn. Both women were icons of beauty but Marilyn was a disaster while Audrey really made something more out of her life than being pretty. I am fascinated by this comparison.



What is your worst bad habit that you want to break and why? What is the weakness you want to make a strength?

I tend to swear a lot and have a bit of a dirty mouth. I'd really like to break that habit and be better about how I speak. I would like to see my self-confidence be better. I am not as strong in my self-esteem as I'd like to be even though modeling has made it better.





Featured Model



What is one thing or memory that brings an instant smile to your face and why?

I will never forget the time that Mom taught me how to skip rocks on a pond. I named that pond "Skippy Lake" and I always remember that because I felt so good about being able to do something well and her being so proud of me.



Skippy Lake





THE CANNABIS CRAZE

IS IT REALLY A MEDICAL CURE?

By Rod White

Jeff Waters and others are using Cannabis Oil to treat their COPD and they say it's been helping them.

Cannabis has been used for thousands of years to treat medical conditions. The earliest recording of its use is from a book written in 2737 B.C by Shennong Bencaojing, China's emperor at the time. He and following Chinese authors recorded cannabis and cannabis tea as being used to treat such ailments as bad memory, rheumatism, gout and malaria. It was used as an anesthetic by Hua Tuo, a Chinese surgeon that practiced early in the first century A.D. The ancient Egyptians recorded using cannabis medicinally according to the Ebers Papyrus (cerca 1550 B.C.) and the Fayyum Medical Payrus dating to the second century A.D. lists it as an in-

gredient in cancer medicine. Cannabis was also used by the ancient peoples of India to alleviate gastrointestinal disorders, headaches, pain and insomnia while the ancient Greeks used it to treat inflammation and earaches as well as wounds their horses received in battle.

Cannabis began to be used as a medicinal treatment in England in the 1830s after William Brooke O'Shaughnessy, an Irish physician, visited India and witnessed its widespread use. The success of marijuana as a treatment for such ailments as epilepsy, rheumatism, pain and muscle spasms caused its use to spread rapidly throughout Europe and eventually to North America.

U.S. Illegalization of Marijuana
Cannabis was listed in the U.S. Dis-



pensary of 1854 as a treatment for hemorrhage, neuralgia, pain, depression and muscle spasms. It was used freely as a medication for these and other health issues for many years. However, the medical use of cannabis began its decline with the passing of the Pure Food and Drug Act of 1906 which significantly hindered the use of marijuana since ingredients of medicines were then legally required to be included on labels, mainly to prevent medicines from being polluted with narcotics. The Harrison Act of 1914 further escalated its fall by making it illegal to use narcotics such as cocaine, morphine and cannabis unless their use was registered, recorded and special taxes paid.

The American public, already in a panic over rampant narcotic use,



Image by lightwise/123rf.com

particularly opium that was being brought to the country by Chinese immigrants, was further outraged when a flood of Mexican immigrants entered the country during the Mexican Revolution of 1910 bringing with them marijuana for recreational use. By the time of the Great Depression, marijuana was further demonized into a drug that incited insanity, violent behavior, sex crimes and deepened drug addiction and abuse, although such behavior was more likely due to 25 percent unemployment and rampant economic suffering.

Through the 1950s, the main drive of Congress was to control the use of narcotics. However, the generations of the 1960s through 1980s began to use marijuana as an act of rebellion in social-political drives which prompt-

ed even more several legal whiplash against the recreational use of drugs. In 1970, Congress passed the Controlled Substances Act which designated marijuana as a Schedule 1 drug that has high potential for abuse, is unsafe and has no medical value, a classification that exists to this day. This has also made it extremely difficult for modern scientists and medical researchers in the United States to complete medicinal studies on marijuana.

Confirmed Benefits

Cannabis contains substances known as cannabinoids which are known to actively assist certain medical conditions. The human body naturally creates its own type of cannabinoids that are used to reduce pain. Marijuana's main two cannabinoids are THC (tet-

rahydrocannabinol) and CBC (cannabinichromene). THC interacts with the body's CB1 receptors located in the brain, nervous system, lungs, kidneys, and liver which leave the user feeling "stoned", while CBC has therapeutic benefits without causing the high feeling. Both THC and CBC from marijuana can be received into the body via smoking, vaporizing, or ingesting it either in a pill or through eating marijuana laden cookies, brownies, etc.

There are numerous proven health benefits of cannabis. It is primarily used for pain relief, especially in patients with chronic diseases such as HIV/AIDS and Lupus. THC blocks neuropathic pain signals sent to the brain, even more effectively than opiates like morphine. Marijuana is particularly effective at lessening the sharp pain in



the hands and feet, as well as muscle spasms, experienced by those suffering from AIDS, spinal injuries, diabetes, etc.

Marijuana has long been known to relieve pressure and discomfort in the eyes of glaucoma patients, although relief lasts only a few hours and consistent intake of the substance is required to maintain relief levels. So far, scientists have not been unable to produce a synthetically reproduced THC eye drop equivalent. Although it may seem contradictory, research going back to the 1970s has shown that smoking marijuana improves the breathing of those suffering from asthma. Also to date, no synthesized THC treatment has been created to provide the same results.

Marijuana has also been shown to reduce nausea and vomiting in the short-term of patients that undergo chemotherapy. As a matter of fact, both CBD and THC have been shown in lab studies to further benefit cancer patients by slowing and even stopping tumor cell growth. Another added benefit of cannabis use in cancer as well as AIDS patients is that it stimulates appetite, encouraging those that are underweight to eat more as a result of what is commonly known as the “munchies”.

Furthermore, cannabis is currently being used to reduce both tremors and arm and leg stiffness in Parkinson’s disease patients and to reduce progression of or even prevent Alzheimer’s disease. It also is very good at quelling seizures in those afflicted with difficult types of epilepsy such as Lennox-Gastaut Syndrome and Dravet Syndrome. Early tests indicate that cannabis reduces the need for patients with inflammatory bowel disease to take medication or undergo surgery. Smoking medical marijuana cigarettes provided relief to 45 percent of one epilepsy test group in a Tel Aviv University study, although the majority relapsed when they stopped treatment. It is also successfully used to treat certain sleep disorders such as sleep apnea because it improves overnight breathing and reduces interruptions, common ailments of the condition.

THC and other compounds found in marijuana are being synthetically reproduced and used with good results. The FDA has approved two synthetic



Image by Danilo Biancalana/123rf.com

Medical marijuana dispensaries will be highly increasing throughout the United States.

forms of THC, nabilone and dronabinol, which are used to lessen nausea and vomiting in chemotherapy patients. The oral spray Sativex is one such product that has been effective at easing symptoms associated with Multiple Sclerosis patients in studies being carried out in the United States and Britain.

Whether smoking marijuana offers the same relief has not been sufficiently studied. Synthetic THC pills produced under the name Marinol have been given to cancer patients to relieve nausea and vomiting since the 1980s and a more recent synthetic pill, Cesamet, is currently given to those undergoing chemotherapy. Marinol has also been used effectively to help anorexic patients gain weight.

Psychologically, medical marijuana has been found to reduce stress in those suffering from anxiety disorders. In some studies and cases, the terrifying nightmares, flashbacks and other harsh symptoms of Post-Traumatic Stress Disorder (PTSD) are also reduced by taking oral forms of marijuana. However, other studies and cases seem to point to such symptoms being worsened through marijuana use. Schizophrenia patients are others that seem to benefit from cannabis use in the early stages of trials.

Side Effects of Cannabis

There are certain known side effects to consuming marijuana, but they are not as harsh as has been advertised. The cannabinoid receptors of the brain are linked to a person's memory, coordination, thinking, pleasure and perception of time. THC in cannabis alters the normal function of these receptors and causes interference in the areas of balance, judgment and attention. It has been proclaimed by some sources that smoking marijuana causes lung cancer. However, actual study results of the drug are conflicting and do not provide clear evidence for or against this notion. Medical marijuana is distributed as a prescription under most circumstances, so any cancer risk that it may have would be limited and under the watchful eye of medical doctors.

State Laws and Requirements

The drive to make marijuana a legal medication for certain patients has been ongoing over the past decade or so. To date, 23 states allow the use of medical marijuana as well as Washington, DC and the U.S. territory of Guam. Although the possession limits vary between states, there are several requirements that they all hold in common.

First of all, those wishing to acquire cannabis for medical purposes must receive a doctor's prescription. There is also an ID card required by participating states, except for Washington State, which must be shown either during the patient enrollment process or at designated dispensaries. Most states require patients to fill out a specific application, which includes providing personal identification, and pay a fee. Many of those states that require an application to be filled out offer them online for patient convenience. ID cards are only issued when documentation is presented that shows a doctor's diagnosis and detailed description of the condition requiring cannabis for treatment.

Due to the movement to legalize cannabis in individual states, there is also a current drive in Congress to re-schedule marijuana from its Schedule 1 classification. Proponents of marijuana for medical use would like to see it reclassified as a Schedule 3 drug, placing it in the same category

Following is a listing of states that allow medical marijuana and their possession limits presented according to the years in which laws were passed.

- 1996 California 8 ounces and/or 6 mature plants or 12 immature plants
- 1998 Alaska 1 ounce and/or 6 plants (3 mature; 3 immature)
- 1998 Oregon 24 ounces and/or 24 plants (6 mature; 18 immature)
- 1998 Washington 24 ounces and/or 15 plants
- 1999 Maine 2.5 ounces and/or 6 plants
- 2000 Colorado 2 ounces and/or 6 plants (3 mature; 3 immature)
- 2000 Nevada 1 ounce and/or 7 plants (3 mature; 4 immature)
- 2000 Hawaii 3 ounces and/or 7 plants (3 mature; 4 immature)
- 2004 Vermont 2 ounces; 9 plants (2 mature; 7 immature)
- 2004 Montana 1 ounce; 16 plants (4 mature; 12 immature)

as certain appetite suppressants and codeine.

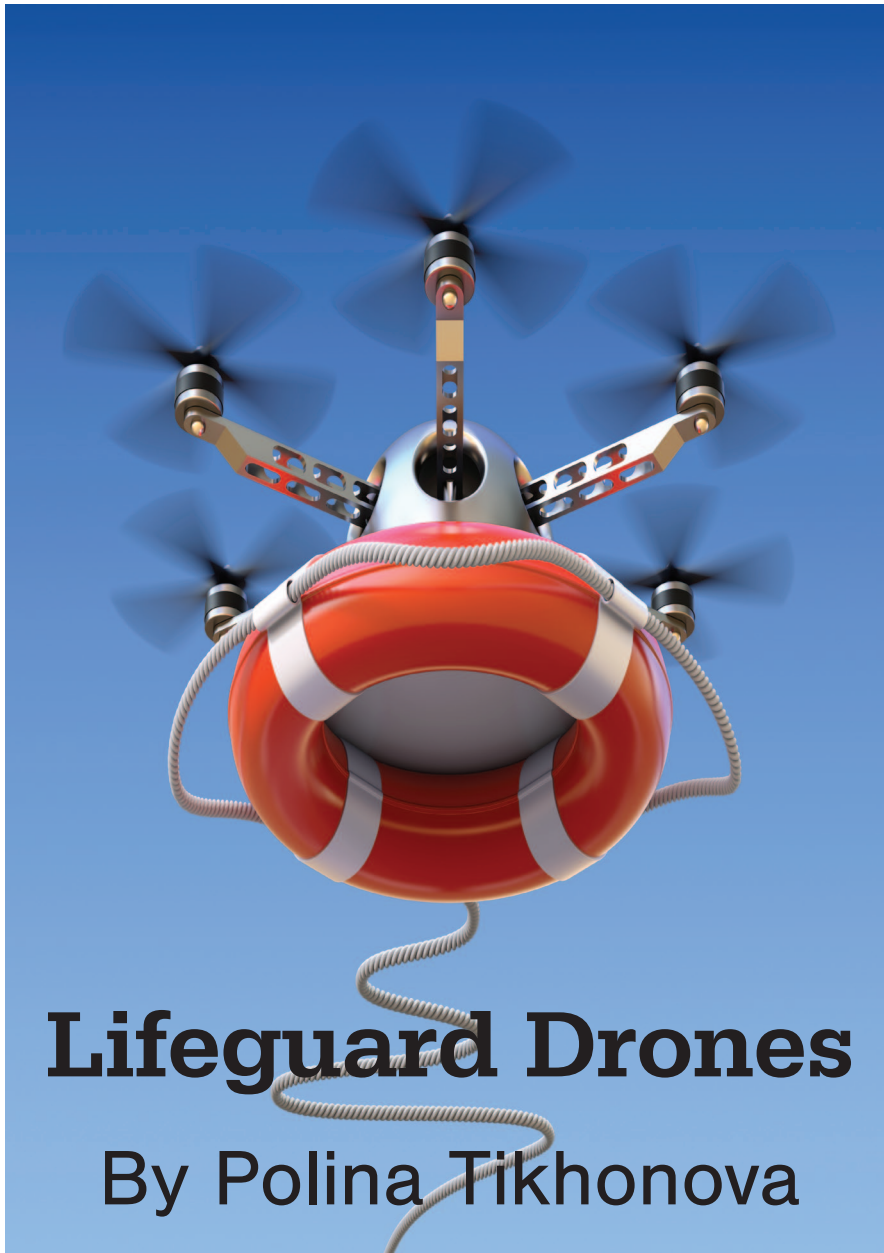
Marijuana is legal for recreational use in Colorado, Washington State and, most recently, Alaska where it was just legalized for recreational consumption on February 24, 2005 (although it remains illegal to sell). Both Colorado and Washington State have permitted the sale of cannabis in designated dispensaries. Oregon has also passed an initiative similar to that of Alaska which is due to take effect in July of this year.

Bottom Line

If you have a medical condition that a doctor deems might be benefited by the use of marijuana in one of its forms

- 2006 Rhode Island 2.5 ounces; 12 plants
- 2007 New Mexico 6 ounces; 16 plants (4 mature; 12 immature)
- 2008 Michigan 2.5 ounces; 12 plants
- 2010 Arizona 2.5 ounces and/or up to 12 plants
- 2010 New Jersey 2 ounces
- 2010 DC 2 ounces dried (other form limits yet to be determined)
- 2011 Delaware 6 ounces
- 2012 Massachusetts 60-day supply
- 2012 Connecticut One month supply (amount to be determined)
- 2013 New Hampshire 2 ounces within a 10-day period
- 2013 Illinois 2.5 ounces within a 14-day period
- 2014 New York 30-day supply (non-smokable)
- 2014 Maryland 30-day supply (amount to be determined)
- 2014 Minnesota 30-day supply (non-smokable)

and you live in one of the mentioned states, you may be able to obtain it for such use. As the laws are relaxed concerning cannabis as a Schedule 1 drug, more available access could arise and more thorough studies could be conducted on its benefits as well as side effects. The moves to legalize marijuana is definitely being made by more and more voters, state legislators and medical experts that, in turn, are catching the eye of the federal government. It should be the decision of such medical doctors and their affected patients whether or not they have the option of using cannabis to alleviate symptoms and conditions associated with harsh and debilitating diseases.



Lifeguard Drones

By Polina Tikhonova

Image by Slavoljub Pantelic/shutterstock.com

We have gotten used to seeing Hollywood movies and TV shows about lifeguards portrayed by beautiful women and handsome guys in swimsuits, for whom performing mouth-to-mouth resuscitation as part of CPR on drowning people is a piece of cake.

However, doesn't matter how much we like to see PEOPLE doing it, a human is far less effective as a lifeguard than a flying drone, which is able to reach a drowning victim within just a few seconds and bring him or her to life. Such a lifeguard drone has been recently developed by a British company RTS Ideas. The first lifeguard drone

named PARS carried out operations in Brazil, Italy and Mexico in April this year.

So it is safe to say that Pamela Anderson times are over.

Unmanned aerial robotic vehicles have been repeatedly introduced in aiding humans during emergencies, elimination of consequences of natural disasters and searching for missing people. Not only are lifeguard drones able to pull out people from the water or debris, but also bring people to life thanks to their automated external defibrillator (AED) and plug people in to their resuscitators.

The PARS lifeguard drones are programmed to rescue the drowning victims. They are able to identify their 'target' (a person who is in need of help) within a few seconds, and drop life rings to them.

Amin Rigi, 28, engineer, director and co-founder of RTS Ideas, first thought of inventing an aerial robotic lifeguard after he had found out that in the Caspian Sea alone drowned more than a hundred of people in 8 years. Amin came up with the most effective way of rescuing people – a drone that flies out to a potential drowning victim at a speed that is much greater than a human lifeguard, and doesn't create large waves as lifeboats with coastal lifeguards do when approaching a drowning victim.

"This is the future of lifeguards I believe. We tested it and ensured it could be effective and efficient," Amin Rigi, the father of the PARS drones. "People should see the good side to drones where they can save lives."

The first testing of the PARS drone indicated that the robot could reach a drowning victim, who requires immediate help, within 22 seconds, considering the fact that the victim is 330 feet away from the coast.

Compared to a human, such a robot has a number of advantages: it is able to see a person in the dark thanks to its night vision camera and motion detector, it is equipped with three life rings, which means it is able to rescue three drowning victims at once. The drone also sports a heavy lifting capacity – it is able to pull out one or two drowning victims with the combined weight of up to 155 pounds from the water.

Amin and his partner Amir Taheri, 27, hope that the drones will eventually be stationed on floating platforms so that they could be charged from solar energy.

"This is the future of lifeguards I believe. We tested it and ensured it could be effective and efficient," Amin explained.

"In a competition, we found a lifeguard could perform a rescue in 90 seconds, but the drone took 20 seconds - that 70 seconds could be the difference between life and death."

According to the inventors, a typical human rescue team needs 10 to 12 minutes to get to a drowning victim, while a drone needs less than a minute,



Image by ChameleonsEye/shutterstock.com

which thus increases the efficiency of rescuing operations and decreases risks for lifeguard.

Furthermore, the great thing about the PARS drones is that they can also be used in floods and deploy a wide variety of features for flood rescues.

The inventors of the wonderful robot are also hoping to eventually enter international market with it. The current drone model costs \$9,185 apiece, but Amin hopes the future developments will make it cheaper.

However, while we all wait for the robot to go global, there are a few tips to remember that will save you from drowning. The tips are provided by the UK Royal Lifesaving Society.

If you fall into water:

- Try to remain calm
- Get on your back and attempt to float
- Try to conserve as much energy as possible

If you come across someone drowning:

- Call for help
- Never enter the water to rescue someone else
- Try to pull them in from the shore or throw them a flotation aid

However, let's say there is a situation when you are drowning and you know about the existence of the lifeguard drones. You would most likely not be able to see the drone, but if you are aware of its existence, you must remember that he detects your movements, so make sure your movements above water are noticeable to the drone. That 'trick' alone would significantly increase the chances for your rescue.

The invention of the drones have already sparked a discussion on whether our society needs them or not. And while the benefits are obvious: the drones are faster and more efficient and decrease the danger for lifeguards, many people argue that

no robot can replace a human mind. The supporters of such a notion say that such robots are ineffective in unexpected circumstances. A human mind of a trained and educated lifeguard can always think of something that would help a drowning victim under this kind of circumstances, while a robot would be "too stupid" to do that.

Therefore, it must be concluded that the drones should be used for rescuing operations, but not as a replacement of humans, but rather as a tool. The drones should merely assist humans to make rescuing operations more effective.

However, in general, based on the benefits mentioned above, the PARS drones are clearly an effective and essential tool. It has absolutely no drawbacks if used the right way during rescuing operations, if the lifeguards know all about its capabilities and properties, and if they have been trained for a well-coordinated work with it.

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LIZ DEBETTA

“A Treasure Unlooked For but Happily Discovered!”

By Rick Trottier – RJT Images

In the Spring of 2011, I was hired to shoot a large number of suburban New Jersey women, some of which were serious models, others had dabbled, others had never done anything like it before. I was expecting the weekend to be successful, fun and there to be some people there I had already worked with, and as such it would be a pleasure to be there just for them alone. The entire weekend was a great success. Every single lady I worked with was a joy in their own way. But like Lewis & Clark, who were sent to The West for a specific purpose and found other discoveries far more valuable than The Northwest Passage they were dispatched to seek, I did not expect to find a treasure that was totally unanticipated.

Liz DeBetta was a gently shy redhead that I met and shot on the first day of my stay and when I left late on the next day, I was certainly impressed by her. But little did I know that a colleague who would be my most enduring of all those people in NJ that weekend, a studio model who has brought endless creativity, innovation and bright enthusiasm to each and every time we've worked, and a friend who has always given kindness and positivism, even

when she has faced her own stiff challenges in life, would be the bright and sparkling discovery of that lovely Spring weekend more than four years ago.

Liz has been a regular part of the many articles and columns I have created for ModelsMania Magazine up to this point, along with some other articles and features I have done for additional magazines, but this is her first full feature here, and I couldn't be happier. One of the endless reasons I love working with ModelsMania is because it is a smart, slick, sharp publication that reminds me of some of the best periodicals I have had the pleasure to delve into over my long life. Liz is stylish and intelligent, chic and inventive, energetic and yet serene and her personal qualities and unique beauty meld perfectly with the soul of ModelsMania. It is easy to look at ModelsMania and the sexy features and articles that are consistently part of the pages of the magazine and think, “that's all they do”. Well, sex does sell, but a great Men's Magazine always wants to be more than just about selling sex. And that's why Liz is an impeccable fit. She certainly is beautiful and sexy, but she is so much more than that and that's why she is one of the most prized treasures of my studio and in my life.













with the lasting repercussions of past experiences each and every day with the hope that wisdom and strength will grow from our trials and tribulations.

When it comes to understanding the past of the United States, what few people truly appreciate about the development of Our Nation; which stands for freedom and liberty more than any other in this world is that our land was initially settled by several waves of Separatists whose desire to live apart from what they considered to be a corrupt and unsaved homeland dictated each and every aspect of how they shaped their society. And what grew from the Puritan concept of a religious community in the Massachusetts Bay Colony in its initial years was a brand of social and political intolerance that is difficult for Americans of the modern age to grasp, especially when one considers few school text books really broach the intensity of the subject. Most of the entire first century of Massachusetts history was one of actively discouraging social, religious and political dissent within the colony, the diametrical opposite of life today.

PURITANS, SEX AND THE MODERN AGE

“THE AGGRESSIVE AGENDA OF NEO-PURITANS IN AMERICA”

Written by Rick Trottier – RJT Images

Americans do not learn their lessons well in school when they are taught about the roots of the democratic system.

One can never escape the past completely, no matter how much effort is expended trying to address where one comes from. Be it an individual, a community, a people or a nation, the past leaves its indelible mark and colors or shapes perceptions of those on the inside and the outside of the event. Say the words “Love Canal” and anyone who lived through that time will recall the horrific environmental disaster visited upon that town. Whisper the names “Chelmino” or “Birkenau” and all through the annals of history, darkness will persist in the souls of those who understand

the true meaning of Holocaust. No matter how he tried, how successful a politician and leader he was, Senator Edward Kennedy was never able to escape “Chappaquiddick” and the impact that one evening would have on his life and career. The events and experiences we live through and grow from make us who we are for the Newtonian Principles of Physics do apply to psychology and the mind/emotions of human beings. For every action, there is an equal and opposite reaction. External forces cause us to change our course of spiritual development and become something other than what we might have become. And we live



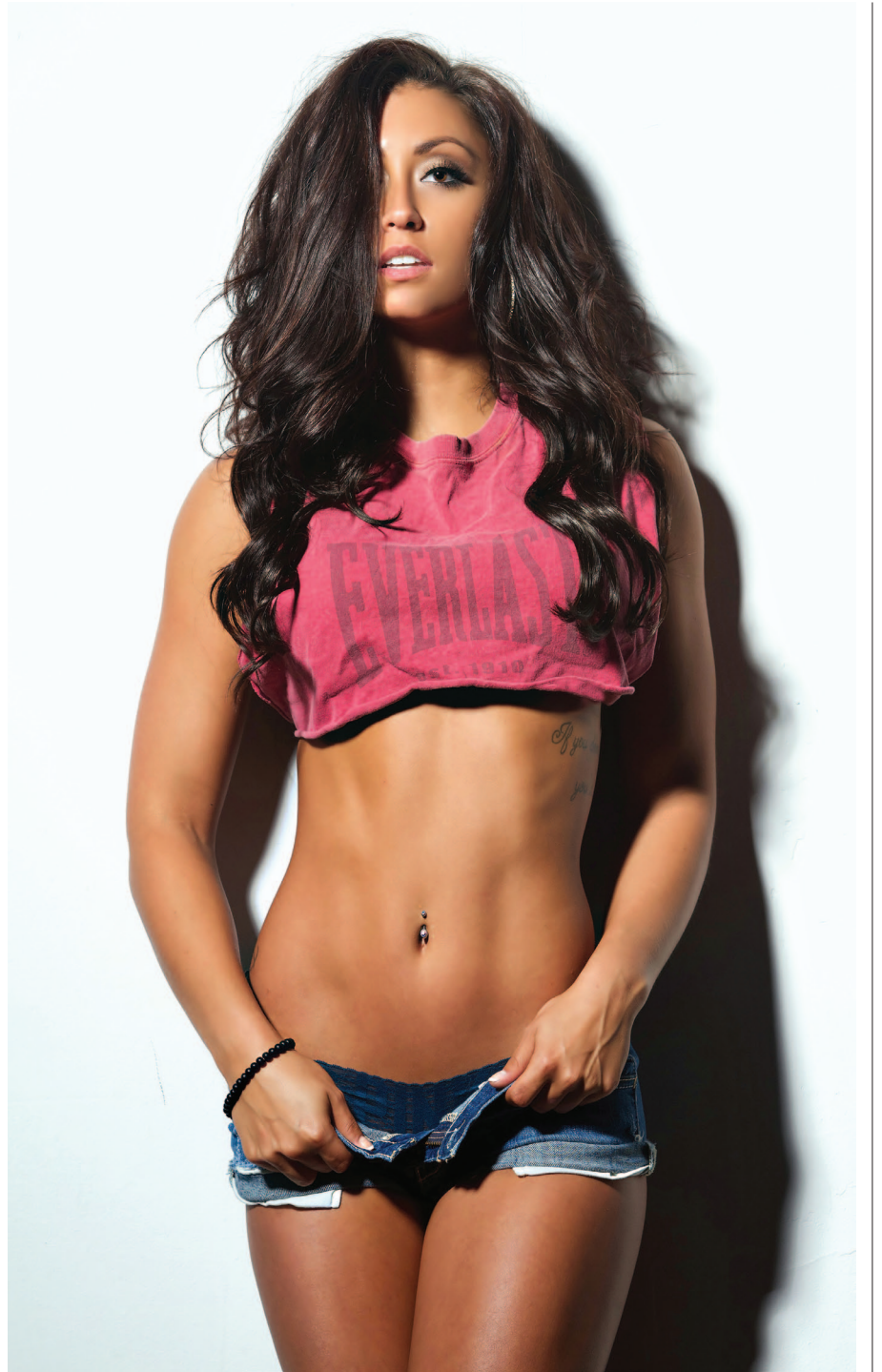




Those who spoke out or acted in a non-conformist manner were silenced by whatever means necessary. And it was precisely that Puritan desire to be so “pure in mind and heart” and “intolerant” of difference that led to a birth of diversity that would truly be the beginnings of American Democracy and Freedom. Outcasts like Roger Williams and Thomas Hooker would leave Massachusetts to start settlements in Rhode Island and Connecticut, enshrining within the charter of their colonies the ideas which would ignite the growth of true principles of liberty that would become our Declaration of Independence and Constitution much later and after MUCH discussion on the topic in churches, meeting houses, town halls and other civic gathering places across the American Colonies.

But we still feel and especially hear the echoes of our Puritan beginnings in our lives today. And over nearly four hundred years of history, the melding of our Puritan Past with modern American Democratic tenets of a freer society which openly encourages a wide range of beliefs has created a troublesome, potentially dangerous environment where neo-Puritan ideals are curtailing American free speech civil liberties guaranteed in The Bill of Rights. A steady erosion of the understanding of what freedom of speech and freedom of expression truly is has led to a rebirth of zealous pseudo-moral activism in individuals and groups that espouse a basic creed that “freedom is just fine so long as you think, act and believe as I do”. Nothing today could be more like the ways of Cotton and Increase Mather and the Puritan Leadership of America’s Theocracy of the 1600s.

The Puritans of Colonial Massachusetts believed in an ultra-rigid code of conduct when it came to actions, speech, dress and behavior but what was far stricter than the code itself was the expectation of unyielding conformity to those standards. Anyone whose behavior deviated from the norms set down by The Ruling Elders could expect pressure brought to bear against them and their families in a variety of manners, and the weight of the Massachusetts Bay Leaders was onerous in the extreme. Few felt the need to step from the straight and narrow path and those who did suffered. Recall



the Nathaniel Hawthorne short story *The Scarlet Letter* and one gets only an echo of the means and ends that existed to compel orthodoxy in citizens then. Shirley Jackson’s *The Lottery* might be even nearer to the mark. State-sponsored use of fear, intimidation, shame, brutality and bullying were the modus operandi of The Puritans’ efforts in an attempt to bring about a Paradisiacal Christian State on Earth.

And such “methods of barbarism” were kept as a community arsenal, hidden away in mental and emotional closets of the Morality Police, to be used again whenever the need arose. During the McCarthy Era of the 1950s, similar tactics were used to besmirch the good names of Americans that the Wisconsin Senator felt would bring more notoriety to his Witch Hunt. And so it has gone throughout American History.



And that brings us to The Modern Age of Social Media and The Internet, where at no time in human endeavor has there ever been more opportunity for freedom of speech and expression. Imagery and intellectual content abounds in all manner of delivery mechanisms, sometimes so much so that it is a tad bewildering. But it has also given rise to a new form of Puritan Intolerance and zealous cyber-harassment. People who disagree with the nature of whatever content they find objectionable find license in “their right to free speech” to attack expression in whatever forms it takes. Such is most commonly the case with sexually-oriented imagery or writing that is showcased on websites, Facebook, Instagram and other means of internet dissemination. Whether it is reporting images on social media, mean-spirited posts, formal attacks on website content or other means of intimidation, the pattern is the same and is borrowed from the Puritan Playbook of Old. Whatever method of coercion that can instill fear in others, cause the recipient to bow to pressure and conform to behaviors induced through bullying are utilized time and again, creating an atmosphere of threat and pulling us farther away from the true tenets of liberty and freedom.

Americans do not learn their lessons

well in school when they are taught about the roots of the democratic system. They listen with apathy to the list of freedoms safeguarded in the Bill of Rights and choose only those freedoms that chime with their interests as those worthy of preservation and discussion. But this is contrary to the entire intention of the Founding Fathers and their vision for liberty. A



“virtuous citizenry”, as Thomas Jefferson put it, was essential in defending freedom with the understanding and participation of those citizens in the system. But that participation must be leavened with an appreciation that each person will bring to the process their own take on the American Dream. As such, their hopes for “life, liberty and the pursuit of happiness” will have a different spin. There is absolutely nothing in The Constitution that says we are “free to” do anything. Rather, the wording is carefully laid down that we are “free from” having our rights curtailed by government. The Founding Fathers understood that a virtuous citizenry would need to be accepting of religious and social differences, understanding of the fact that times and peoples would change and that tolerance of differences of opinion and ideals would be at the heart of making a true democracy, one based on compromise and concession, and would have to work out its differences peacefully and patiently. And when we don’t do such a thing, disastrous consequences have ensued, from armed conflict to race riots to violent opposition to political upheaval. This is not generally productive, but fortunately it tends to be the exception, not the rule. But what is no longer the exception is the need to return to Puritanesque methods of bludgeoning people’s emotions to create a sense of moral and ethical conformity.

What is especially strange about the nature of neo-Puritan intimidation tactics is they come in the wake of the Political Correctness movement of the 1990s and early 2000s which sought to increase awareness of acceptance for all types of people physically, ethnically, religiously, emotionally and intellectually. One would think that a movement designed to open people’s minds and expand tolerance would have laid the groundwork for a deeper acceptance of sex in this nation. But for some reason, even though SOME gains have been made on the battle front of sexually-oriented expression, this is still a theatre of conflict where understanding and tolerance is lagging. Partly this is because of the emotionally charged nature of a subject that is so tightly enmeshed with religious and moral guilt that is indoctrinated into people’s hearts from



the youngest of ages. Thinking about and looking at sexually-themed imagery is “bad” and “naughty” according to social constructs that are centuries old. It really doesn’t matter what church you grew up going to, what school you attended and what organizations you were part of, a stigma is attached to “sexy pics” and we are made to feel ashamed at our natural reactions to provocative content. And most commonly, shame leads to deeply felt guilt, from which comes anger. And most people do not have the courage to

address their own issues and face the demons in the mirror, so they take the path of lesser resistance and point the fingers at others. Instead of showing true strength and faith in their convictions, secure in their beliefs and personal ethics, they go on an offensive designed to tear down others, rather than build a stronger tower that is an example in life, a contrast to what they disagree with and a lasting testament to what they wish for society. I see a Baptist Minister at the gym almost every morning. He is strong in his faith

and conservative in his beliefs and moral stance. And when we discuss various topics related to philosophy, history, religion and ethics, he has some impressive points and even more impressive supporting knowledge of why he believes as he does. But he does not attack anyone for their differences of belief and is a productive and important member of our morning workout discussion group. He is what I wish more Americans would emulate; he has a stalwart set of beliefs but does not foist them on others just



as he wishes that no one will require of him a change in his morals simply because they disagree. He is precisely that virtuous citizen that Thomas Jefferson opined. He is involved, educated and accepting of differences because he is steadfast in his faith and does not want to see others forced to adopt something that does not fit their own ethical system. He knows full well how Baptists suffered under the Puritan Leadership of yore, knows that new versions of such intolerant believers wish to return to conformist thinking

of the past and that such would be catastrophic for American Democracy. His is an example I wish more people would follow.

Another literary example of the frightening outcome of conformity to unbending moralist pressures is Arthur Miller's play *The Crucible*, which is a dramatization of the Salem Witch Trials, written during the height of the 1950s "Red Scare" and blending artfully the horrors of both gauntlets of misery. Whether one were to read the original play or watch one of the

many film adaptations of its hauntingly grisly actions, the neo-Puritans of our modern times would do well to experience it and imagine themselves on the receiving end of such hate and fear-induced savagery. All too frequently, human kind has allowed the "mob rules" mindset to overwhelm our empathy and God-given right to reason and thought. When we abandon what makes us uniquely human, and resort to the most animal of behavior, "pack mentality", we fall from our high estate and take steps back on the path to higher consciousness that mankind has been pursuing for generations. A person may not like or agree with sexually-themed imagery, but they don't have to look at it or be engaged by it. Freedom means turning away from something distasteful and pursuing that vision that you find more appealing. If those today who disagree with sexy imagery feel that their use of Puritanical Witch Hunt thinking makes them paragons of virtue, then they might wish to learn the lessons of history better. By the time of the American Revolution, Massachusetts had turned its back on its Puritan past and had embraced a far more "American" approach to society and thank goodness it did. It is almost inconceivable to think of America today without the contributions of John and Sam Adams, James Otis, Joseph Warren, Isaiah Thomas, John Hancock and the other Massachusetts Firebrands who helped us towards that great consummation of liberty that became the Freest Nation on Earth. Nowhere do we hear the names of the Puritan Leaders of the 1600s when it comes to being the genesis of such thinking. That was not their intention, and we are far better that we rejected such a course. We need to utterly reject such thinking today.

This article is dedicated to the many models, photographers and magazine editors I have known who have had to show courage and strength aplenty in the face of vicious assault from those who wish to dissuade them from following their passion and their muse. It is that same courage on the battlefield that is praised for keeping our nation free. But far too often people forget some of the greatest battles for the heart of America have been fought right here at home.



HAVING THE SEXIEST AND HOTTEST SUMMER

By Polina Tikhonova

Summer means hot sex

Summer is called 'hot' for a reason. Not only is it hot due to the boiling sun, burning days and warm sea, but also because it is the greatest time to have hot passionate sex!

Sex activities during a hot summer can bring a spark into the sexual relationship between a man and a woman, and spice up sexual harmony between you and your loved one. What you need to do is just open up and enjoy all the fun that a hot summer offers you. However, take all the precautions.

Summer gives you an opportunity to realize all your erotic fantasies and desires. And sexual activities can 're-heat' the sexual connection between you and your loved one that has chilled during the cold winter season.

The suggestions for the sexiest and hottest summer listed below are just for you to get an idea of what it should be like. You can come up with so many more ideas and turn your summer into

a hot paradise!

Some thrill seekers even manage to have sex underwater in a diving suit and flippers! There was even one couple that had sex in front of the White House. Well, this is too much and will not be suggested in this article as you can easily get in trouble. The kind of trouble nobody considers sexy.

Other thrill seekers have sex in a fountain right in the heart of a city or in a recreational park in daytime... Others claim that the best sex is in a tent during sunrise. There are so many ways to have sex outdoor that we cannot possibly list them all! It is all good as long as outdoor sex is safe for your health.

1. In water.

It seems very romantic. Particularly if you do it at night beside a moon glade. Or during sunrise if the beach is empty. It has been proven that water has a positive impact on the mind. That is why sex in water gives you a feeling of flying and soaring beyond gravity.

For the risky ones, you can spice it up and have sex in daytime. If you both swim well, swim further away with an air-bed – and everyone will be too naive to think you are just splashing around. Or you can get to a deserted beach and have sex in shallow water.

However, if a woman has gynecology related issues, this kind of activities is not the best option as during water sex activities, contracting an infection is a piece of cake. Also, remember that there is a high chance that a condom is going to break or slip off, while lubricant and spermicidal agents can be easily washed away. The most reliable and safest option for water sex is hormonal contraceptives, but they do not protect you from infections.





Image by George D./bigstockphoto.com



image by Kasia Bialasiewicz/bigstockphoto.com

2.Kama Sutra

Reading Kama Sutra and looking at its pictures is far more fun when you do it with your loved one than if you do it alone. Why lying on the beach doing nothing, right? Take this wonderful creation of the ancient Indian culture and read the 'chapters' you like to one another.

And then, when the sun reaches its zenith at midday, give yourself some privacy in a hotel room and prove to one another that sexual desires and sex are one of the greatest joys of

human life. Reading books can be easily combined with the outdoor sex described below.

Take a blanket, suitable literature, some fruit and water and let your soul and body have a great time. Some Kama Sutra positions are designed only for yogis or acrobats. So choose the simpler positions in order to avoid getting injured. Nobody needs that, right?

And do not worry if a position, say, 'A wild monkey, wrapped around a vine, eating on a banana' does not bring you the biggest orgasm. Do a classic

cowgirl position instead!

3.Outdoor sex.

You've seen it in the movies thousands of times. And your friend has probably told you from her own experience how great it was when she had it. But you should try it yourself! Of course, it is rather difficult to find a deserted place on our densely populated planet, but the things we do for sex...

For example, let's say you and your large group of friends are going on a picnic. Why not leave your company of friends for half an hour and go with your loved one to have some privacy? Your friends are all smart adults, they will get it and will not go looking for you as if something has happened to you. However, the risk of being caught having sex gives you an additional drive and spices things up.

Take a blanket, it will protect you from the stinging nettles and pine needles. Make sure there are no anthills around. Do not forget to apply a mosquito repellent to your entire body, or mosquitos will attack you before you and your partner 'attack' one another.

4.Sex under a downpour.

We love it when it's raining. It's so romantic and sexy. Imagine yourself and your loved one on an empty beach. Imagine that clouds have covered the sun, and the air started smelling of an impending storm. And obviously, all rationale people are packing their stuff up and rushing off the beach.

And it happens to be too late for you to do the same. When the first heavy drops of rain touch the hot sand, you, having put your stuff in a bag, run toward the closest tree. To warm one another, you press your bodies against one another...

According to the sex adventurers who had sex in such circumstances, the most pleasurable feeling during it is when large warm drops of rain drip on your back. The most desperate ones even try doing it directly under a downpour. It is far more romantic than doing it under a shower head though. By the way, if your balcony is not glassed in, take advantage of it.

When you get home, take a hot bath and drink tea with berries and lemon just in case. If you have a low immune function and are prone to illnesses, try not to get under the rain at all.



image by trebuchet/123rf.com

5. Sex adventures in a train.

The day of going on a vacation has finally come. You and your partner get cozy in a compartment coach. Why waste time, right? Railroads are a classic place to have a delicious and thrilling sex. It does not matter what exactly arouses you about it: the movement of the train and the rhythmical beat of its wheels or the fact that it all looks like a romantic story about some runaways.

If the couchette seems too small to have sex, do it standing up or use a table to spice it up. Don't worry, the trainman won't find out! However, do not have sex in a sleeping car.

There are no guarantees that your fellow travelers are sleeping even at night. Besides, there is always someone walking through the aisle. Well, you can always cover yourself with a bed sheet. When you are in a compartment coach, check if the door is closed. What if your train is approaching a border and a couple of customs officers storm into your car during the

naughtiest moment?

6. Museums.

You might not believe it, but when looking at erotic exhibits, we tend to get a great sexual pleasure. Of course, it cannot be compared to the kind of sexual pleasure we get when having sex, but you will love it anyway.

If your most anticipated dream comes true this summer and you are finally packing up for an around the world trip (or going abroad, for that matter), among other landmarks, visit erotic art museums.

Apparently, such museums exist in many European, American and Asian countries. For example, the Erotic Art Museum of Paris is open to 2am, and the exhibits occupy 7 floors of the museum! Among the exhibits, there are not only pieces dedicated to the beauty of a human body and sex, but also a wide selection of such sex trinkets as spoons, forks, knives, and even lipsticks.

In the Erotic Art Museum of Copenhagen, you will be told about the sexual relationships of Hans Christian Andersen and Sigmund Freud. In the Erotic Art Museum of Hamburg, which is a 4-storey residence, you will be presented with a collection of pieces of art of the last five centuries for just 5-8 euros.

If you are eager to conquer all 7 floors of the Parisian museum in one day, do not wear high heel shoes. And do not forget a camera so that you do not miss an opportunity to impress your friends afterwards.

As you can see from the above-mentioned suggestions, summer gives you a great deal of opportunities, sexy fantasies and erotic desires. And if you truly want to have the sexiest and hottest summer, you can have sex in a hotel room, in a tent, in a forest, or on a beach. It's all up to you! It's time to get sexy and enjoy your hot summer sex!! You can easily make the hot summer much hotter!!!



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Image by Sorbis/shutterstock.com

BE A SEX DEMON

By Jane Susaeta

Unleashing the Inner Sex Demon in You

Ever dreamed of burning the sheets with that heated passion and scream-inducing orgasm? As innately sexual creatures, we all have a sex demon in all of us. These aren't demons darkness per se, but a wilder version of our sexual selves that are waiting to come out for a good and unforgettable romp. Or two. Or more. But what matters is that you have another side of yourself that could very well take your partner surprised inside the bedroom. Here are the top tips on how to let your inner sex demon out.

Be vulnerable

Vulnerability may be the last thing in

your mind where sex is concerned, but if you make it top priority you will discover a lot about yourself you never knew existed. Being vulnerable means putting yourself out there, surrendering your body and submitting to your desires. Furthermore, being vulnerable also allows you to be bolder later on when you know how to approach sex in a way that believe will be most satisfying to you and your partner.

Treat Every Part of Your Body as a Sex Weapon

Your fingers, your tongue and every little inch of your body is a sex weapon, so don't just focus on what you have down south. Engage every single cell and nerve into the act and use your

senses to get your partner in the mood and keep him there until after you're done. Using some unexpected body parts to further tantalize your partner, like your toes, hair and even your teeth are small but important recipes for excellent orgasms.

Let Go of Your Imperfections

When you're in the bedroom along with this special person getting for an adventurous sex, your inhibitions and insecurities should be kept at bay. Those scars, stretch marks and other imperfections should mean nothing to you and your partner. What should matter at this moment is how you're going to perfect your performance to make this act as meaningful as possible.



Image by Juice Team/shutterstock.com

Focusing on your physical imperfections will keep you from unleashing your inner sexual self and enjoying the act altogether.

Be Willing to Experiment

There is so much to experience about sex so don't box yourself with you already know. Continuously educate yourself with the various techniques and positions that will take you and your partner to new heights and dimensions of sex. Read the Kama Sutra and similar literature; watch porn and invest in a more flexible mind and body. One can't be a sex demon without knowing variations that can provide unmatched pleasure.

Take the Lead

In a very pleasurable and sensual act, you have to forget who wears the pants once in a while and initiate on it. Domination during sex often portrays power and authority so let it be known that for tonight, it is you who will call the shots. Taking the lead also displays that you are the person who knows what he/she wants and knows exactly how to get it.

But Take Your Partner's Cue Also

Don't forget that sex is two-way street so even if you're the one setting the pace, you're also paying attention to the hints and cues from your partner. Even if you want to unleash the inner

sex demon in you, you shouldn't be selfish. This is called being attuned to your partner's needs and sexual wants. You can't be great at sex if in the end it was only you who was happy and satisfied. Your partner may be bored or tired with a certain sex position for a long time or want to introduce new things into the picture. If you have good communication from the very beginning, figuring out what your partner wants through hints should come easy. Introduce New 'Things'

As previously pointed out, introducing new things into the act will make the act more unpredictable and fiery, therefore holding you in the edge of anticipation and suspense. These things could be as simple as a feather or fancy handcuffs, or as elaborate as a textured dildo or a whip. The inner demon in you would prompt you to be the first to use these things on your partner, so be game for a fun role-playing. Being in control of the blindfold or the whip will provide you with a feeling of domination and power so indulge in it. Would you like to know how fun it feels to be at the receiving end of your partner's authority? Switch roles in the next round. You don't have to introduce all of these at the same time; doing it one night at a time will keep you both in suspense.

Indulge in Fun Punishment

In line with using new things, how

about introducing a dose of "cruelty" to make sex even more exciting? Yes, the whip is a good place to start, but there are other fun yet cruel things to make your inner sex demon known to your partner. Spanking can fuel your libido and turn your inner demon on, especially if you get it right. If you're the one doing the spanking, have your partner lie on her stomach on your lap and spank the bottom. Seeing the butt turn pink and the tingling sensation of the punishment are good recipes for some hot erotic sex later on. Punishments like this provide a feeling of submission to your partner while you heed in an air of power and dominance.

Talk Dirty

The mouth can do many wonderful and erotic things which are not always limited with just physical contact. Talking dirty is a surefire way of getting your inner demon excited for the following events. Talk dirty at all stages of the seduction: by sending naughty text messages to your lover during the day to get the emotions building up before you meet tonight. Talk dirty during dinner and most especially, talk dirty as you are undressing one another. Tell your lover what you want to do to her/him. Be gentle yet convicted when you let out the words. To add a sensual touch, deliver your message with your lips ever so close to your lover's ears.



Image by Juice Team/shutterstock.com



Go Down South

Remember that every part of your body is a sex weapon but for many, nothing beats the feeling of one's lips grazing his/her lover's body downwards. Oral sex is an integral act of the whole sexual experience. If you intend to practice your sex demon, never skip this step. To do this, you

can either begin trailing kisses and sucking from the neck downwards or begin from your lover's toes. As you reach the thighs, linger there a little longer, constantly tease your partner with sensuous nicks and nibbles of your tongue and lips. Finally, indulge into the central treat with a variety of strokes and pleasurable sucks.

Engage the Hands and Fingers

While performing oral sex, you can multitask with a finger/hand job to elevate the pressure, tension and variety of texture. Your tongue and lips are already amazing as they are, but adding your palms and fingers as they are will certainly take your partner to another dimension. The key there is to have your palms or fingers readily available to tease your partner's sex organs while giving mind-blowing oral sex.

Have Sex other than in the Bedroom Okay, so sex in the bedroom is the norm and ensures privacy, but soon it can get boring. Being creative with romping venues provides a new level of excitement: one that may get you caught but not quite, if you know what that means. This simply implies that the sheer thrill of being caught while doing the act adds an element of suspense and excitement and makes sex even more unpredictable. As for the sex demon in you, you'd want to outdo others with the many creative ways to have sex and where to do it. What about on top of the dining table or the washing machine; your partner's office or in your parent's living room?

Have an After-sex Plan

Remember that you are only after unleashing your inner sex demon, but you are not actually a bad person. While having a planned main event can be a good thing both to you and your partner, knowing what to do after it should also be considered. A few minutes of chatting and whispering sweet nothings will help seal the deal for your future sexcapades. Do not sleep on your partner right away or rush to the bathroom to wash up. That's a good way to show rejection and unsatisfactory performance. Instead, linger in the moment of you being skin-to-skin with your lover even for just a few minutes before you go ahead and go on with your daily lives.

Releasing your inner sex demon may take some practice, guts and confidence but it can certainly be rewarding to have it finally liberated. It shows you are comfortable in your own skin; the issues don't bother you and acknowledge that a good mind-blowing sex is a recipe for a happier and healthier relationship.

A man and a woman are sitting at a desk, looking at a laptop screen. The woman is typing on the keyboard. The background is a blurred office or home setting. The image is overlaid with a large, semi-transparent graphic consisting of overlapping circles in shades of pink, purple, and blue.

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