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THE ADULT VERSION

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**OUR THROWBACK  
ISSUE**

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# MODELSMANIA 5 YEAR ANNIVERSARY

**W**e are very happy about reaching our fifth year anniversary in publishing MODELSMANIA Magazine. We have been involved with the modeling industry for more than 5 years and we will be launching many awesome new adventures and projects this year. During our time in the entertainment, modeling, and publishing industries we have been fortunate to meet many wonderful people. We also have met many great fans and our readers our outstanding. We look forward to our future and we are excited about our new entertainment products.







## Living with Anxiety

**A**nxiety is another word for stress and you may start feeling this when you are looking at everything you need to do for the day. There are more women who suffer from anxiety than there are men and more women are being misdiagnosed. A recent study has found that five times more young adults are dealing with anxiety than before. The signs of anxiety among women are everywhere and there are several commercials for anxiety medication just for women. Doctors have estimated that one in five patients have some sort of anxiety problem and have found that is misdiagnosed among women. The length of time between women start seeing symptoms and being diagnosed is approximately between 10 and 15 years. Some women feel this is normal because they have been living with it for so long.

There are some women who get panic attacks and stress headaches before they realize they have a real problem

and seek medical help. Anxiety is treatable with the correct medication and after reading this article we will show you some things to look for and compare to along with information in this article. Women who do seek medical help are often misdiagnosed with their symptoms with other medical conditions.

### So what is Anxiety?

Anxiety is a normal emotion that helps recognize real problems and correct them. During the healthy part it will help you perform when adjusting to new things such as a baby or job. Some people's anxiety grows out of proportions and becomes disabling. We may feel anxiety is not normal if it lasts longer than the stressful time or even interferes with their daily lives. There are several types of anxiety disorders. The most common would be social phobia which is the extreme fear of being judged by other people. There is panic disorder (with its trademark panic attacks), and generalized anxiety disorder, which is defined as persistent

and unrealistic worry. All the anxiety disorders share common denominators: Unlike depression, they feel physically more like fear, with symptoms like insomnia, heart palpitations and headaches.

The cause of the rise in anxiety experts are saying are saying it could be a number of things. This could be from the world not being as safe as it was to worrying about their jobs and so much more. There is a lot of more stressful news now that it starts to eat at you. Let us not forget about the Great Depression. This was a stressful time for our earlier generations. It seems that that people feel it is more stressful now days because the rates have risen over the past several decades. Over the years women have been told they can have a successful job with a great title, big bank accounts, and even a perfect body. This has put a lot of weight on the shoulders of women and some of these things cannot be achieved. It takes a lot of work to achieve these goals and puts a lot of stress on you.

### The Argument

Our great grandparents and grandparents were able to handle stress easier because they had satisfying values they could fall back on. They also had quieter times to contemplate worries in a productive way. It seems there are no boundaries between work and personal life. You have more things to do now days then before from fixing dinner, bringing kids to practices, and so on. Many feel they should be available at any time of the day or night for anyone in the family who needs help. You see many walking around with cell phones constantly ringing which can cause a lot of stress and for some panic attacks. These things hit women harder than men, because women worry more. Women's brains are more sensitive to stress hormones and less able to adapt to them and also think more about problems. Our diets have a biological impact on anxiety levels which includes a diet high in sugar and saturated fat will disrupt brain functions. This contributes to mental disorders, particularly anxiety. There are ways to alleviate the feeling of panic and fear. Below are some ways to help calm down these feelings.



### Exercise A Couple Days A Week

The link between exercising and improved mental health is almost irrefutable. Researchers have found that exercising is very effective and works just as well as medication. Besides getting rid of anger, physical activity will teach your brain to be anxiety-resistant. The physical stress that works on the body engages the same response that mental stress does. The heart beats faster, blood pressure goes up. Exercise appears to train the body to handle these changes, so when anxiety does strike your body will understand. A study done determined that exercising improved their symptoms, by releasing tension in the brain. The amount of exercise to help you feel better would be around 30 minutes of cardio (whatever type you prefer), three or more days a week.

### More Whole Foods No Junk

Vitamins, minerals and other things in food act like medications on the brain, and research has found that women who are on a diet with more fruits, vegetables, lean meat and fish were less likely to experience anxiety. Eating the wrong foods produces inflammation that will cause diseases on the brain. Fruits and vegetables have the opposite effect and fight inflammation and foods with omega-3 (like salmon and walnuts) and those containing tryptophan (like skim milk and turkey) can be a natural Xanax when eaten regularly. Cutting back on starchy fast foods and eating more fresh produce will make a big difference. Too much caffeine will increase anxiety and trigger panic attacks. Women who have panic disorder are tuned in to their body channel, and sense internal changes which feel similar to a panic attack.

### Mind-Body Therapies

Relaxation can be a great aspect in your life, but particularly good for generalized anxiety disorders. Yoga, meditation and hypnotherapy have also been known to help, along with deep breathing, relaxing to soothing music, and a massage. When you are more stressed you breathe shallow from the chest, which will trigger sympathetic nervous systems. If inhaling and exhaling deeply that activates the opposite, parasympathetic response and the body physically settles down.



This type of relaxation prompts the release of endorphins, which buffers against biological response to stress.

### The Right Treatment

You should be able to tell after a few months whether the changes you have made makes a difference. If not then you may need to receive therapy or medication. You can talk to your physician and see what type of treatment they recommend before seeing a psychiatrist. Make sure you tell the doctor all your symptoms in detail. More women are doing this and the assertiveness is paying off and can be diagnosed better because they are more educated. We are talking more about anxiety without feeling we are being judged and being able to get the help we need.

### How a Panic Attack Really Feels

A panic attack happens anywhere at any time, sitting at your desk at work; shopping in a store and even if you are out with friends or on a date. Your chest tightens up, your blood pressure shoots up, you start hyperventilating and arms and legs go numb. All kinds of thoughts start going through your mind like you are having some sort of aneurysm or an allergic reaction. You know this is impossible, but they still go through your mind. You feel these are all true, and you are feeling scared and within minutes you are hysterical. You have to get out of where you are so you can clear your mind and these thoughts are out of your head. Within minutes you start calming down and the thoughts fade away, you grab a

drink to get yourself together and move on with the day.

### Need Help Right Away? Start Here

Curing anxiety is different than taking care of a headache, because aspirin won't do the trick. Here are some things that will provide temporary relief.

See if worrying helps solve the problem, for example if you start freaking out about losing a job see if there is something you can do right away to reduce the risk. If there is start doing it. Taking action alleviates those life-swallowing feelings of anxiety.

Set aside worry time, and if you can't solve the problem think about it for awhile. At the end of the day sit down and fully address what is stressing you out, usually the feelings start passing and you can continue your life.

### Do You Really Need Drugs?

Anxiety medication can help women suffering, but experts are afraid they are going for the drugs before they need too. Many doctors feel that if you are dealing with short term stress, deal with the stress rather than going for the medication. If you feel anxious a lot then it implies you worry no matter what. Your symptoms are peaking now and been there to some degree and in those cases antidepressants will help. Some of those would be Celexa, Zoloft, and Cymbalta and these medications shouldn't be taken casually. Drugs like Valium and Xanax are addictive and have side effects that are potential.









# Hay Fever Relief

**N**ow that summer has arrived, there are many of us that suffer from the effects of pollen. There are several types of pollen that cause these allergies. Here are a few: birch, flowers, even cut grass. Not everyone suffers the same amount of time. If you are unlucky enough to have a prolonged hay fever season that is caused by wet, damp weather the effects of the pollen will last longer. There is relief with over the counter allergy medications, but you may also find relief with supplements. Some of us need a prescription to help relief our allergies, but the supplements may be another alternative to a prescription.

If you are taking a Vitamin C continue taking it. Quercetin/B5 complex and Bilberry & Eyebright is recommended for hay fever sufferers. Bilberry and eyebright are herbal remedies which have long histories in aiding eye health, protecting and reducing inflammation. Quercetin which is found in the fruit rind is a natural anti-inflammatory, anti-oxidant and anti-histamine. B5 is also an anti-stress hormone which will help to regulate the body's anti-inflammatory response.

If you happen to suffer from itchy

eyes make sure you wash eyes out regularly with water. You can do this with a plastic eyebath, which is much easier than trying to do it with your hands. You may also use a remedy that you make with herbal tea. Let the tea cool and then use with the eyebath to rinse out your eyes. You may keep this remedy in a jar in the refrigerator and use with your eyebath as you need it. It will work just as well as medicated eye drops, but instead you are using a natural remedy.

Drink plenty of water to help your throat if this bothers you during hay fever season. You may want to use some honey in warm water for a more soothing effect, but if you really have trouble and it gets really rough try using a throat spray. If you are having an increase with mucus, decrease the amount of milk you drink. Using some oils such as eucalyptus, ginger and peppermint for example will help when inhaling steam. Put a towel over the head and lean over the bowl and drop one of the oils in the water to help clear up sinuses. Check the pollen count to see whether you are going to a good day.

If you do not suffer from hay fever you are still away of the anticipated season

when you see the commercials for allergy medicine and the weather report lets you know the pollen count for the day. Some of you may still need to take antihistamines to find a better cure. The same applies for hay fever relief. You take those antihistamines that may make you drowsy, but you prefer to find an all natural relief. Finding the right remedy may be something you need to research and develop using different types of supplements. You may need to go back to prescriptions, but we are going to let you know some other alternatives that hopefully will work for the relief of hay fever.

**MSM:** This is a potent multi-vitamin/mineral supplement. MSM (methyl sulphonyl methane) and Vitamin C, which is a combination that works good together and you will experience no hay fever symptoms. Make sure you get the correct vitamins from a reliable supplier in order to have the right ingredients to get the relief you are looking for.

**Butterbur:** The alternative to MSM is an herbal supplement called Butterbur. Make sure you exercise caution when taking Butterbur because this plant contains pyrrolizidine alkaloids which is very deadly to the liver. The best supplier for this is Linpharma, which filters out the alkaloids and are the best quality of butterbur available in the UK. Adults can use this for 6 months and then need to stop for a while before continuing if necessary. You may also use for children, but only half the dosage for only four months.

**Other nutritional ideas:** Nutritionists recommend taking the following to combat symptoms

Increase the intake of Omega 3 foods, which include oily fish, or you may even get the supplements in the vitamin aisle of your local store, pumpkin seeds and increase your vegetables which have powerful anti-oxidants.

You might want to try bromelain which is found in pineapple and quercetin which you will find in apples and red onion. Solgar, Lamberts and Biocare have ranges in MSM, bromelain and quercetin plus various strengths of Vitamin C. Viridian has their own recommendations for combating hay fever which is taking Quercetin B5 complex together with herbal Bilberry & Eyebright capsule.









# FEATURED GAME

# HOMEFRONT<sup>®</sup>

## THE REVOLUTION





# MANHATTAN NIGHT

Courtesy of Lionsgate

Cast: Adrien Brody, Yvonne Strahovski, Campbell Scott, Jennifer Beals, with Linda Lavin and Steven Berkoff

Based on Colin Harrison's acclaimed novel Manhattan Nocturne (a New York Times Notable Book of the Year), MANHATTAN NIGHT tells the story of Porter Wren (Adrien Brody), a New York City tabloid writer with an appetite for scandal. On the beat he sells murder, tragedy and anything that passes for the truth. At home he is a model family man, devoted to his loving wife (Jennifer Beals). But when a seductive stranger (Yvonne Strahovski) asks him to dig into the unsolved murder of her filmmaker husband Simon (Campbell Scott), he can't resist. In this modern version of a classic film noir, we follow Porter as he is drawn into a very nasty case of sexual obsession and blackmail — one that threatens his job, his marriage, and his life. MANHATTAN NIGHT will be released by Lionsgate Premiere in theaters and On Demand May 20, 2016.







## FEATURED MUSIC

# 3OH!3

# “NIGHT SPORTS”



“NIGHT SPORTS” – which includes the tracks “Mad At You” and “Hear Me Now” – has already begun earning advance acclaim. Alternative Press recently praised the duo’s “reckless disregard for genre boundaries” while hailing the album’s “space-age hip-hop and quirky soul grooves.” The video for “Hear Me Now,” the latest song from “NIGHT SPORTS,” premiered today via the official Fueled By Ramen YouTube channel.

3OH!3 will celebrate “NIGHT SPORTS” with a series of select appearances on this year’s Vans Warped Tour. The dates run from July 21st in Cincinnati through a hometown appearance in Denver on July 31st. For updates

and more, please see [www.3oh3music.com/tour](http://www.3oh3music.com/tour).

“NIGHT SPORTS” sees 3OH!3’s Sean Foreman and Nathaniel Motte embracing cutting edge production and more creative songwriting than ever before, resulting in their most idiosyncratic collection thus far. Produced, engineered, and mixed entirely by Motte, the album retains the duo’s trademark raw humor while also embracing a surprising new edge and eclectic sensibility. Tracks like “Mad At You” and “Freak Your Mind” layer propulsive beats, soaring pop choruses, and spitfire hip-hop energy, their diverse energy fueled by 3OH!3’s extracurricular forays into producing and songwriting for such

superstar artists as Ariana Grande, Beck, Maroon 5, Kaskade, Fitz & the Tantrums, and Lil Jon. Inventive, imaginative, and utterly inspired, “NIGHT SPORTS” is the convergence of everything 3OH!3 has picked up on their multi-million-selling journey as well as an undeniable and natural evolution forward.

A truly explosive live act, 3OH!3 has sold out shows around the world, earning a “Best Tour” nomination at the 2009 mtvU Awards. Other accolades include a pair of prestigious MTV Video Music Awards nods, including “Best New Artist” and “Best Collaboration” (for “My First Kiss”).

We recommend this hot new music!





**THROWBACK**  
**with**  
**SANDIE**



































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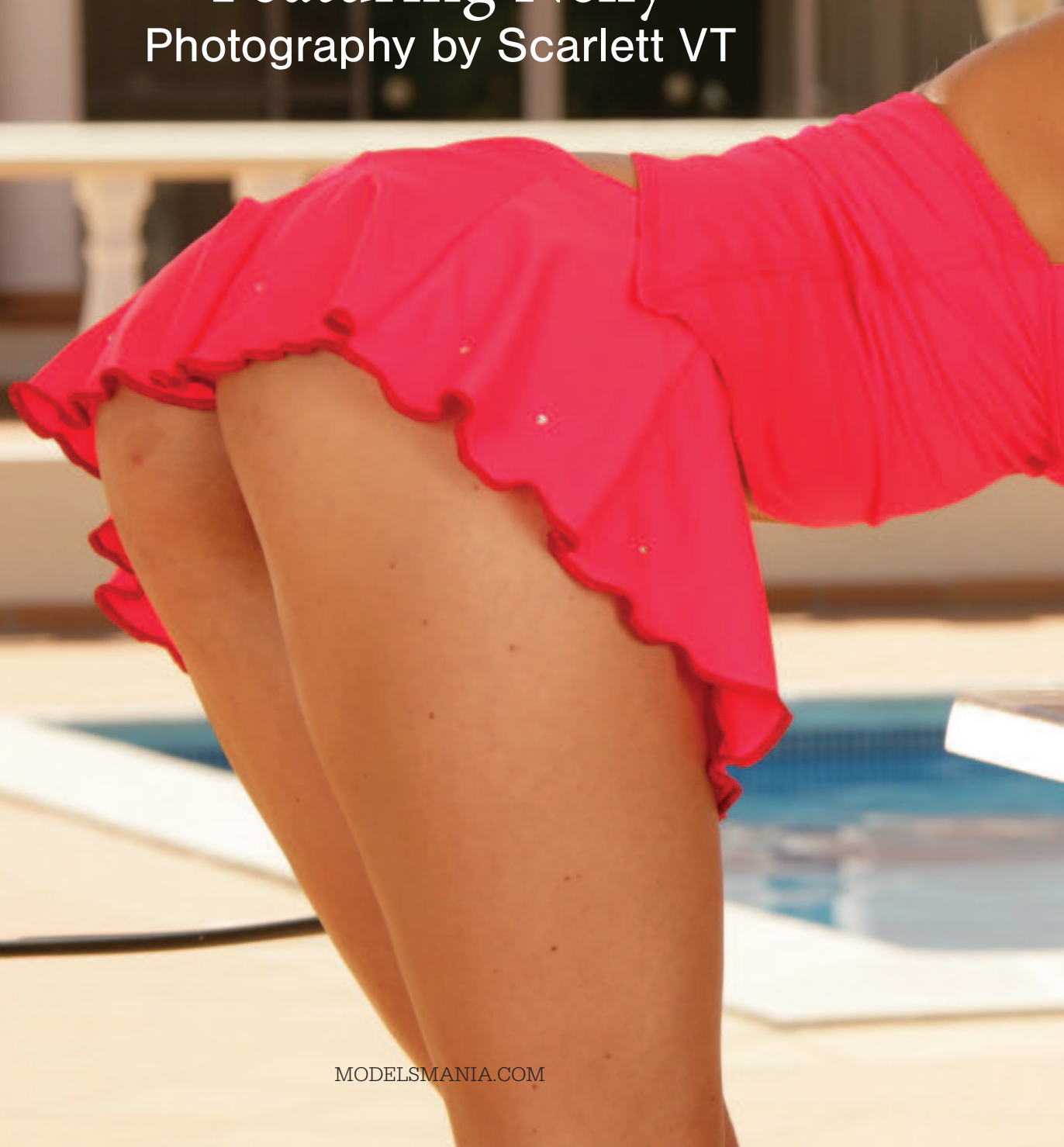






# THROWBACK

Featuring Nelly  
Photography by Scarlett VT











































# HOT MODELS WORLD

**O**n a Hot and sunny July day in Florida, Melanie sat in the extra large overstuffed chair and kicked off her stiletto sandals. She wiggled her toes and leaned back, allowing the furniture to conform to her weary body. The photo shoot had been exceptionally brutal. It had lasted more than 9 hours because one of Dean's assistants had forgotten one of his lenses and had to rush back to his Orlando studio to get it.

She can forget working in the industry ever again. Dean was furious and had called her every name in the book. He was still cursing when the poor girl got back, red-faced and embarrassed, two hours later. Her apologies went unnoticed and she'll certainly never use Dean as a reference.

Melanie yawned and wondered if she had enough time to take a nap be-

fore she showered and got ready for the promotional party for Elle Conte Fashions was throwing in a few hours. There was no way she could get out of going to the party after all, she'd just been named their top model. Melanie smiled and raised her arms over her head, stretching and thinking about all the other girls she'd beaten to win the title. The competition had been fierce, but she'd come out on top.

Looking at her watch, Melanie reached for her Blackberry in her purse thinking to call Steve, her husband, but decided not to. Melanie then smiled wickedly thinking about a quick hot and sexy encounter with Brad. Brad, a well known fashion designer, had the looks and body that would shame Adonis. Black curly hair, green eyes, broad shoulders, narrow hips and a tight, firm ass; all the things Melanie liked. Deciding to call Brad first, she quickly hit the '69' speed dial on her phone which was programmed espe-

cially for him.

Kelly turned her back to the hot water shooting out of the shower head. She leaned back and let the shampoo run seductively down her spine and round butt cheeks. Tilting her head back and forth and from side to side, she ran her fingers through her squeaky clean locks, then turned around and shut off the water. Stepping out of the tub carefully, she reached for the fluffy white towel hanging on the back of the door. First wringing her hair into the sink, Tanya began to pat herself dry. She brushed off her arms, slid the towel over her breasts, flat tummy, up and down and between her legs and across her backside. When she was satisfied that she was dry, Kelly dropped the towel and turned to stare at her nude reflection in the mirror next to the sink.

On my worst day, I still look better than my sister Melanie. One day, the world will recognize that.





Kelly, the oldest in a family of five, had initially been the apple of her parent's eyes. Her mother and father had doted on her and treated her like a princess. She remembered feeling so special when her father tickled her to tears and called her his 'angel'. Kelly had fond memories of being in the kitchen with her mother, making pancakes on Saturday morning and how delicious her mom's hot chocolate tasted. Her life was like living in paradise. That was until they had other children. After Kelly, a boy, Hunter they named him, was born. Even though Kelly was no longer the baby in family, she was still the only girl and therefore lost none of the special attention she had grown used to. She grew used to sharing the spotlight with her baby brother. However, Melanie was the third child born into the rich family and that's when things changed. Instead of Kelly getting all of the 'girlie' attention from her parents, it was now Melanie who seemed to be the twinkle in her father's eye. During school, Kelly was known

only as "Melanie's' sister". Kelly's identity was completely lost in her younger sister's shadow. Boys talked to Kelly only to get to Melanie. Melanie was beautiful, athletic and popular. If that wasn't enough, she was also a good student. She always made the honor role, never missed a day of school and was always the teachers' pet. In her junior year in high school, Melanie was the cheerleading captain, student body president, junior prom queen and was voted most popular - all in one year. Outwardly, Kelly loved her sister, but jealously often got the best of her and she found herself resenting Melanie. She found herself wishing Melanie had never been born.

As she continued to peer into the full length mirror, Kelly admired her firm, pert breasts. She turned sideways and smiled. Her stomach was flat and her abdomen was nice and tight. Her thighs held no fat or unsightly, gross celluloid. She should look good, after all, her workouts at the gym were brutal - almost sadistic - but they were worth

it, as evidenced in the mirror, which of course, never lies. After Melanie was discovered and began working steadily as a model, Kelly was more determined than ever to stay fit and to somehow break away from her sister's shadow.

Someday, I'll be known for being more than 'Melanie's sister', she thought to herself as she stood on her tippy toes and admired her strong calf muscles.

When she was satisfied that she was perfect, Kelly swung the bathroom door open and walked into her bedroom. Her sudden appearance through the doorway startled Sammy, her big collie dog who was sprawled out on the bed licking his front paw. Giving her his customary look of detachment, Sammy only glared at Kelly for a moment before resuming to more important things - like raising his hind leg and licking his crotch. Kelly smirked at her feline companion.

"Nasty dog!"

Kelly scowled at Sammy as she crossed the room to her large walk-in closet that was larger than most efficiency apartments in New York City.

What should she wear to the Elle Conte Fashions party? Kelly flicked through the racks of clothes - most of them given to her by her sister from fashion shows and photo shoots - looking for just the right outfit. Kelly often dressed to impress, always trying to keep in style step with Melanie.

Resigning herself to a simple but beautiful black party dress, Kelly went about the task of finding the right shoes to go with it. Fuschia? Periwinkle? Red? Black? Choo? Boss? Gucci? So many choices...Kelly was distracted as the phone rang. What was she going to do with her hair? Should she wear it down? Or up in a French role?

Padding back across the room still completely naked, Tanya snatched the receiver out of the cradle.

"Hello?" she said into the receiver.

After listening for moment, Kelly's face grew angry and she placed an indignant hand on her hip.

"Fine, then!" she screamed into the phone. "WE'LL JUST SEE ABOUT THAT!"

Without another word, Kelly slammed down the phone and stormed back into the closet. Sammy never stopped licking.

\*\*\*\*\*





Melanie fell back onto the pillow, sweaty and completely sexually satisfied. Her chest heaved as she gasped for breath. Throwing one of her long legs across her lover's back, she giggled.

"That was fantastic," she said in a raspy voice. "But it always is."

Brad rolled over onto his stomach and leaned over to pop a still-erect nipple into his mouth for a quick suckle.

"Keep doing that and you'll make me late," Melanie purred.

Brad's dark curls were plastered to his head, slick from perspiration. His body was tanned, his abdomen cut into a perfect six pack. He had premature gray hairs on both his head and his private area – something that turned Mel on.

Brad had sexual prowess and an appetite that was insatiable. If only Steve, Melanie's husband, was as sexually uninhibited as Brad, she wouldn't be having such an illicit affair. But the truth was, Steve was a prude and sex only served as something that was necessary – nothing to be adventurous with and enjoyed Brad most likely scheduled screwing his wife in his day planner and prepared for it 3 days in advance. He never wanted to experiment with new positions or techniques, NEVER consented to oral sex – either given or received – and got right out of bed to go wash up, insisting that Mel get up too so he could change the sheets. He refused to sleep in the "icky" spot. Steve preferred sex in the missionary position, didn't care if Melanie had an orgasm, or rather, couldn't tell if she had or not. He only lasted exactly three minutes and twenty-nine seconds. Mel had timed him. There was no fore-play, only a few boring kisses and Steve was climbing on top of her trying to find his way inside. It was so disappointing, all Melanie could do, after Steve had fallen asleep, was to finish what he'd started all by herself fantasizing about hot men and women. After she'd satisfied herself, she lay in the dark and fantasize. Then she'd call Brad the next day and take out her sexual frustration on him. And he loved it.

"Baby, when are you going to dump that loser and come to me so we don't have to sneak around anymore, mmm?" Brad asked while rubbing Mel's belly,



kissing her just above the juncture of her legs.

He was frustrated with having to sneak around with Melanie. He wanted to be her full time lover, not someone that she had to hide from her husband. Brad wanted to have Melanie on his arm every day, proud to have such a beauty at his side. However, Brad attraction to Mel was to more than her beauty. Brad really loved her and wanted to be with her.

"Come on, now," Melanie replied softly. "Don't ruin the few moments we have together. I love being here with you, but you know..." her voice faded.

Brad fell back onto his back and ran a hand through his hair, looking up at

the ceiling and the slow rotation of the ceiling fan.

"Yeah. I know," he said flatly.

"Brad, I love you, baby. I just can't leave him right now. It's just not the right time."

"Is it because you think I can't care of you? You know that I can provide a very good lifestyle for you, Melanie," he said.

"Of course not, Brad! Money has nothing to do with this."

Brad hesitated for a moment.

"Or is it that you don't love me?"

Melanie sighed and rolled over to face him. She laid her breast upon his chest and planted a soft kiss on Brad's lips. Her heart fluttered before she spoke.

"Of course, I love you," she said. The fact was that she really did love Brad.

"It's just not that easy."

"Nothing in life is, Melanie. Nothing worthwhile or worth having in life is easy."

"Look baby, let's not go there right now. Let's just love each other – right here and right now - and enjoy the time we do have. Look, I've got to head out of here in a minute to get ready for that party. Are you going?"

"Yeah, I have to," Brad answered nonchalantly. "I'm covering it for Vogue."

"Good," Melanie said. "Then I'll get to see your handsome face again later. Now, if you don't mind, I think I'll partake in a little after lovemaking dessert," she added wickedly as she slid down the mattress and pulled the sheet over her head. Brad's eyes widened as he was suddenly consumed and a wide grin slowly spread across his face.

\*\*\*\*





"Gimme that boom, boom, BOOM! Gimme that boom, boom, BOOM!"

Steve sang along with Fergie and the Black Eyed Peas as he maneuvered his Jaguar through the thick New York traffic. He drummed his fingers on the steering wheel as he switched lanes without turning on his signal. He was excited to get home to his sweet wife, Melanie. Steve felt like a lucky man. Great career, beautiful wife, financially independent, handsome, rich and brilliant! They had it all.

Except for a child.

Steve, unsuccessfully, tried to push the thought from his mind. 'In time', she had said.

Steve wanted children desperately, but Melanie's career was just getting off the ground really and to change her immaculate figure at this point could mean suicide to her dream and the reality of becoming a top super model. But the longing for a family was strong and it stirred Steve's soul. He could almost see the beautiful children, both girls and boys their union could produce; little girls with Mel's beauty and handsome little boys with Steve's mind and heart. Look at Heidi Klum, Halle Berry, Jessica Alba, Jennifer Lopez – god, she had TWINS even – all of the beautiful actresses and models were embracing motherhood! Their bodies look just as good now as they did before they had children. Steve was hopeful that he would eventually persuade Melanie to become a mother, sooner rather than later, and that he would have the family he craved. As a matter of fact, his mind was made up and not only was he hopeful, he was determined to make Mel see things his way.

Dean sucked his teeth and shoved his iPhone back into his hip holster. Brad wasn't answering the phone, which could mean only one thing...he was 'tied up', probably literally. Dean picked up the rocks glass in front of him and stared at the ice cubes floating in the amber liquid inside of it. He was in trouble. Again. This time was different though, he was in BIG trouble and he couldn't think of a way out. If he didn't come up with the money, they'd kill him this time and he knew it. He'd pushed their level of patience to the limit and Dean knew he'd never survive by messing with these guys. Dean took

a hefty swig of his drink and set the glass down on the table beside him. Picking up a pack of cigarettes, he took one out with his teeth and flicked his lighter. Pulling in deeply with his lips, he inhaled and blew the smoke out through both his mouth and nose. Then Dean rested his head against his seat back and stared at the ceiling. He had to come up with a way to get the money back to those guys before next week or he was a dead man. Dean had been sure that the horse Baby Needs New Shoes was going to win the last race. Why else would he have put all that money on one horse? It was a sure bet! And the damn thing was winning until the final stretch.

"Fuck!" he said out loud, taking another drag of his cigarette.

There was one way he could try to raise the money if Brad couldn't or wouldn't help him out ... again. He could always go back to...selling himself. He'd done it before in a pinch. Selling himself to old, horny rich women; it wasn't something he preferred, but he didn't have time to worry about technicalities like morality. He had to get twenty thousand dollars together quickly. The thought to quite gambling never crossed Dean's mind. He was in it too deeply. He'd been a petty gambler since he was 13 but had moved on to high balling within the past five years. Not many people knew about his addiction, but Brad did. Dean spent his days working as a fashion photographer. He spent his off time, however, gambling any way he could. Whether it was at the tracks, in Vegas or Milan or Monte Carlo, or online, Dean had a bet going on somewhere. Once he'd had to sell all of his camera equipment which amounted to thousands of dollars just to pay off a debt. But fortunately, he'd won it all back the following week.

Dean was walking a dangerous path and addiction was beginning to get out of control. His best friend, Brad, had tried to talk sense into him, but Brad ignored him and argued that he knew what was best for his life. Brad had bailed Dean out of trouble a number of times but on the last occasion, swore he would never help his friend again. Dean was betting that Brad didn't really mean it. At least he hoped he didn't.

Maybe he'd turn a few tricks, sleep with a few hags to raise the money. It

wasn't that horrible, he tried to rationalize with himself. It was business.

"Fuck!" he said again, downing the glass of liquor and flicking his ashes into the ash tray.

Dean stood up and stretched his long legs, then ran a hand through his long blond hair. He could have been a model himself if he'd wanted. He was gorgeous and he knew. He'd gotten most of what he wanted in life by using his good looks to his advantage. Dean learned early on that good looking people had an easier time. Teachers 'ooh'd' and 'ah'd' over him when he was a boy, young girls always liked him and did things...special things...to him just to gain his favor. Dean was athletic in high school and played on the football team. Even though he wasn't a star player by any stretch of the imagination, he was wildly popular. He was voted "Most Attractive" and was both Homecoming and Prom King. In college, Dean slept with a few of his female professors which earned him good enough grades to graduate. In a city like New York, it had been easy for Dean to play the field with the right players to get him to the top of his field fairly quickly. Making the right connections and sleeping with a few wives had been extremely beneficial for his career.

Feeling better about his decision to turn a couple of tricks for the money he owed, Dean toed off his shoes, took one final drag off his cig and stamped out his cigarette. Then he headed to the bathroom to take shower. Initially he'd thought he'd skip the party but he had to put his plan into action and the party would be the perfect opportunity to pick up a horny cougar or two and give them a proposition. Once he was naked, he stood looking at his reflection in the mirror over the sink. Dean smiled and studied his jaw line and his facial features. He pouted his lips, ran his tongue over his teeth and scrutinized his face carefully, looking for any wild hairs, pimples, or any signs of aging. He was completely flawless. Dean flexed his muscles and growled at his image in the mirror and laughed. He turned on the shower head, adjusting the water until it was just right, then stepped inside the stall.

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# SEXY STACY THROWBACK

Photography by Scarlett OHara





































# HOW TO BUILD THE BEST HOME GYM

**T**here are many reasons as to why an individual would want to build a home gym. One of those reasons is feeling intimidated by the body builders. This intimidation can lead to discouragement. That discouragement then leads to a lack of motivation to work out at all. Another reason why individuals build home gyms is so they can use their own workout methods and not have them scrutinized by others. One of the last things you want is for someone to walk up to you in the gym and say, "Here, let me show you this technique." If you're like most, you have your own routine you want to use and a technique that you, as an individual, are comfortable with.

In addition to privacy, there are a number of benefits to having a home gym. They include:

- Saving time – You most likely live a very busy life and you don't have time to wait for the power rack to become available. You also don't have to spend the time driving to and from the gym

3 or more times per week.

- Saving money – You no longer have to worry about the gym membership. Although your home gym requires an investment, you will make your money back in three years at the most. Because gym equipment never loses its value, reselling later on is not a problem. You also save money on the gas you use to drive to and from the commercial gym.

- Flexibility – There are a number of weights that commercial gyms forbid, such as Deadlifts. Some individuals also prefer to use chalk on their hands, but the local gym may forbid the use of chalk. With a home gym, you can train how you want and when you want.

And, of course, there are drawbacks as there are drawbacks with any investment. For instance, you do need space for all of your equipment. You will need to assess the size of the types of equipment you want your gym to have and see what you can and cannot make fit. Also, you will most likely not have

a spotter unless you have a friend or family member come to your home to work out with you. Not having a spotter can be dangerous, which is why you want to be careful when choosing the amount of weight that you take on. And the third drawback is not having people around you to motivate you when dealing with heavy sets, unless you are a more private person.

## Determining Your Fitness Goals

You will have to evaluate your fitness goals to determine what kind of gym to build. You may wish to have one that focuses primarily on cardiovascular, primarily on building muscle, or both. You may find that your fitness goals will change over time. This means if you begin with building muscle now, you may want to integrate cardiovascular exercise into your workout later. Always assume that you will be adding

equipment to your gym.

If your goal is to build muscle, your main focus is going to be resistance training. This means working as many muscle fibers from every possible angle in order to sculpt your muscles. In this case, the focus of the gym is going to be on resistance equipment with one piece of cardiovascular equipment.

If you are focusing on cardiovascular fitness, then you may want to place your focus on one high-end treadmill or exercise bike. You may desire to add multiple pieces of equipment to give your workout some variety. It can help to work different parts of the body during a cardiovascular workout for the best results.

## Gym Specifics

When calculating space, you need to do so by using the formula Width x Depth. It is recommended that the room that is used is 120 square feet. This means the room needs to measure 10 feet by 12 feet. And yes, you will have to calculate height as well for taller pieces of equipment, such as power rack lifts.





In the case of an overhead press, you will need to add 3 feet to your own height to ensure you have the ceiling height to accommodate you. If you don't have the height, you can always press seated.

The flooring will need to be changed as well. This is because you want to protect the actual flooring and reduce the noise that occurs when barbells hit the floor during certain exercises. Here are some flooring options that you can use:

- Rubber mats – You can visit your local farm supply store and buy stall mats of 2 square feet each and place them underneath the barbell plates when doing Deadlifts. You will also want to place mats underneath a treadmill or other piece of cardiovascular equipment to keep from making marks in the flooring. This will also help prevent slipping.

- Platform – You can build a platform if you are into Olympic Lifts. This platform will keep you in place and will ensure that when you drop the weight the floor will not be damaged. The platform takes the abuse.

You do not want your gym to be too crowded. Being crowded means you could bump into or trip over equipment. You also don't want to risk any machinery components hitting one another. Most importantly, when using a piece of equipment you need the full range of motion that you are meant to have with it. If you are cramped and cannot move properly, you risk injury.

#### Home Gym Equipment

To have the best home gym, you need to have the right equipment. The first piece of equipment to possibly invest in is the power rack. You have your squat and bench press, as well as at-

tachments that include a dip bar and pull-up bar. You should be able to do an overhead press or you can press seated. This is a piece of equipment that allows you to lift safely within a home gym because there is no need for a spotter. If you are unable to purchase a power rack due to budget or space constraints, there are some alternatives that you can investigate. These alternatives include the squat rack, squat holds, and a Smith Machine. While the traditional power rack has pins that allow you to adjust the weight, the alternatives do not and this can compromise safety.

In regards to cost, a power rack can sell for between \$300 and \$500 brand new. However, if you like to build things, you can build your own. This can be a very cost-effective method, but you have to ensure that you understand the mechanics so that safety is not compromised. Then, of course, there is the option to buy used. You do have to ensure that the equipment is in great shape. This is so safety is ensured. This means not having any cracked or chipped plates, ensuring all cables are intact, and that no strange sounds are coming from the equipment when in use.

You are also going to need barbells. This is an area where you want to make a good investment because the higher quality barbells are going to be safer and they are going to feel better in your hands. You want to look for qualities such as, no bending, revolving sleeves, and spring collars.

Next are plates with holes of 50mm so that the plates fit the barbell. Many times, barbells and weights come together in a set as opposed to buying them separately. This can save you money. You want to make sure you have 4 plates of 20 pounds and 6 plates of 45 pounds. You also want iron plates rather than the rubber coated. They are cheaper. However, those interested in Olympic Lifts may benefit more from bumper plates, which are made of rubber. You also want to make sure you choose plates that are round and not angular. This is because angular plates can make exercises where you must pull the bar from the floor more difficult, if not impossible. Consider a weight tree to organize your weights. This will keep your gym looking nice. Another must have item is the bench



so that you can do bench presses. You want to make sure it is not too wide so that the movement of your arms and shoulders is not restricted when you are in the bottom position. It should also be able to handle up to 440 pounds of weights and stays in place when a heavy weight is racked into the uprights. While a flat bench is adequate, you can invest in an adjustable bench if you want to have more flexibility.

Lastly, you need a set of dumbbells. The type of set you invest in is up to you. You can purchase adjustable dumbbells, which some individuals prefer these because you change small plates to change your weight. This is opposed to fixed dumbbells, which is the more traditional type. Fixed dumbbells do not adjust. They are made with their weight built into them. Your local gym may have a rack of fixed weights along a wall that start at as low as 5 pounds and the weight increases as you move down the rack. If you prefer fixed, then you can purchase a set that comes together or you can purchase them individually in order to have only your desired workout weights. Keep in mind, however, that you may later want to add to the set. This is why some purchase the adjustable dumbbells so that they only have to purchase the plates and conserve space within their gym by not having to have a rack.

Furthermore, there are extra pieces of equipment you can invest in. For example, you may wish to add a treadmill, an Elliptical, or another such piece of motorized equipment. These make for great cardiovascular workouts. And depending upon what types of exercises you wish to do, you may invest in a stability ball or resistance bands. These are small pieces of equipment that take up very little space.

When looking to purchase the more extensive pieces of equipment, you may want to visit a fitness depot in your community so that you can try out the equipment that you feel will fit your home gym needs. This will ensure you make the best possible investment. You can also use the opportunity to take measurements. Visiting the fitness depot does not mean that you have to buy your equipment there. If you try something that you like, you can purchase it online for a lower price.

### **Preserving Your Equipment and Yourself**

When building the best home gym, you do need to do what you can to preserve your equipment. You also want to integrate certain safety aspects into your gym so that you are not injured. For example, you need good shoes. The sole needs to be hard and incompressible so that you have good stability beneath your feet. Standing on a firm foundation means you can make the most of your workout. At the same time, the shoes need to support you as well so that you do not cause injuries to your feet, legs, and back.

You may also wish to use chalk to prevent your hands from sweating. You need to have the best grip possible and chalk also prevents calluses from forming on your hands. But while you are wearing good shoes and chalking your hands, a support belt can help protect your back. You may want to designate an area on your wall to hang your belt for easy access and to remind yourself to put it on.

When doing exercises such as push-ups, chin-ups, and dips, you can put on a rucksack. This is a sack that is filled with plates that will allow these exercises to become weighted. This

will help ensure maximum results and increases the scope of your workout inside your gym. You do, however, need to make sure you don't use too much weight or you could injure yourself, otherwise a workout with a rucksack is very beneficial and inexpensive.

In regards to your equipment, you want to do all you can to keep your plates from becoming damaged. This means using bumper plates if you are doing Olympic lifts. Olympic Lifts means your plates are going to hit the ground very hard. In addition to having the ground padded to avoid damage, the bumper plates are solid rubber. All other plates you can purchase in iron, but Olympic Lifts, Power Cleans, and Quick Lifts can damage both the plates and the bars.

If you desire to do box squats, one of the items that you will need is a sturdy box. Doing box squats with a box is ideal. Of course, you can build your own box. However, you may wish to purchase one specifically made for box squats for durability reasons. You may also have more than one person working out in your gym and this means an adjustable box will suit just about anyone.







It is obvious that there are many options. You may also wish to invest in an exercise mat and designate an area of your gym to do exercises that don't require equipment. You can do sit ups, crunches, push ups, and a variety of exercises on a mat. The mat will help protect your joints and other areas of your body when doing those exercises. Mats are relatively inexpensive and they can last a while. Even if you wear a mat out quickly, replacing it is a relatively inexpensive endeavor. You may even decide to have a couple on hand if friends want to come over and work out or so you can have one ready if the one you're using becomes torn or cracked.

#### Calculating Cost

The cost is going to vary from person to person when building the best home gym. This is because everyone is going to have different pieces of equipment based upon their workout goals. Space is also a factor that determines cost because your space will tell you how much you are able to buy. You can, however, count on spending approximately \$1,000 for a bench, an Olympic barbell, a power rack, and at least 400 pounds in plates. That is if you buy new and if you don't buy the most expensive models on the market.

Your overall cost is also going to be determined by your individual taste. To some, the best home gym is going to be one that possesses the necessities. In other words, everything needed to get the job done will be present. However, you may want to have the ultimate dream gym. An example of a dream gym is this: A heart rate-controlled treadmill that will run you over \$2,000, an elliptical trainer and/or spinning bike that costs over \$3,000, a multi-station gym that is highly adjustable and is outfitted with many attachments with a cost in excess of \$3,000, dumbbells ranging from 15 to 80 pounds with an adjustable bench for over \$200, and Powerblock weights that cost over \$100.

You do have a lot of flexibility. However, you can have a combination of low cost or high-end equipment. You may want to have the \$3,000 gym with all of the attachments, yet have something as simple as a jump rope available. Not only is your budget a determining factor, but so is your taste. If you're going to build your own gym, you need to be comfortable with it, so it must suit your personality or you could lack the motivation you need to meet your goals.

#### New Versus Used

If you are unable to buy new equipment to construct the best home gym, you can buy used. However, you will need to thoroughly inspect the equipment prior to buying. This means making sure there are no cracks, extensive wear and tear, that any cables are intact, plates are not chipped or cracked, and that bench foam is not cracked or missing chunks. You will also need to listen for strange sounds, such as squeaking. Taking the equipment, such as power racks and other machines, for a test drive means that you can feel the fluidity in the movement. If there is a catch, then there is a problem. The movement should be fluid to avoid injury.

In the end, you are able to build the best home gym when you assess how much space you have, shop around for your equipment, and measure your equipment prior to purchasing it. You can measure by visiting your local fitness depot, if you have one. If not, you can visit other retailers to have an idea of what you are looking for. But before you know what you're looking for, you do have to assess your needs. Are you more into cardiovascular fitness, building muscle, or both? This question will determine which equipment type you will purchase.

In the meantime, you have cost to think about. Most individuals like to buy new equipment, while others buy used to stay within their budgets. For some, their dream gym is simple, while others have more expensive tastes. That is one of the major benefits of having your own gym – you can match it to your own personality. Every piece of equipment fits your specific needs, which means nothing will go to waste.

But while nothing goes to waste, make sure you have protected your floor and your equipment from damage. This ensures your investment will last a long time. Longevity is important to the well-being of your gym and to your finances, which is why you do need to research the quality of the equipment as well. And when protecting your equipment, make sure you have the proper safety tools for yourself, such as the right shoes, a support belt, and chalk. When you have all of this in place, you have built the best home gym for you and one that many others can envy. You will enjoy your gym for many years to come.







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*It's the fastest and easiest way to get professional financial advice without adding more debt to do so.*

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ferent, but most people see their total monthly debt payments reduced by up to 30 to 50 percent as they get out of debt faster. The program is usually completed in around 40-60 payments, so you can be debt-free in just a few years instead of taking decades to eliminate everything you owe.

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Additionally, consolidating debt through a certified credit counseling service may help save your credit score from additional damage. You stop future penalties and prevent further damage from missed payments and overdrawn credit lines. Even better, as you work your way through the program, you're able to build a positive credit history while reducing your overall debt level. As a result, some people see their credit score even increase over the course of their time with a credit counseling service.

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# THROWBACK

## Featuring Ariel

Photography by Scarlett VT







































# SEX Q&A

Q: What suggestions could I get of some hot and unusual places in the house where to have quick sex with my boyfriend?

A: Well, starting with the dishwashing machine (while it's running), continuing bar stools that offer great front or back penetration experiences and ending with the wet grass on the terrace, you can choose any unconventional place that comes to mind as long as you both get horny out of unusual quickies. Another interesting idea is that of using the garden swing for your "household" sexual experience, which will definitely offer great sensations to both of you, as it really works on the vagina stimuli even more than the bar

stool. So you can try just about any spot that she can lay on easily but just to be on the safe side, watch out for spots that are not very steady to avoid any household accidents.

Q: What's the big deal with the "love sofa"? Why is it so popular?

A: Most experts and sex lovers have reported the best orgasm experiences for women in the positions in which they get to be on top. The "love sofa" is the piece of sex furniture that offers you a new alternative, based on the "woman on top" principle. It provides deep penetration and great mobility for the woman to move the vagina in any direction while the man enjoys

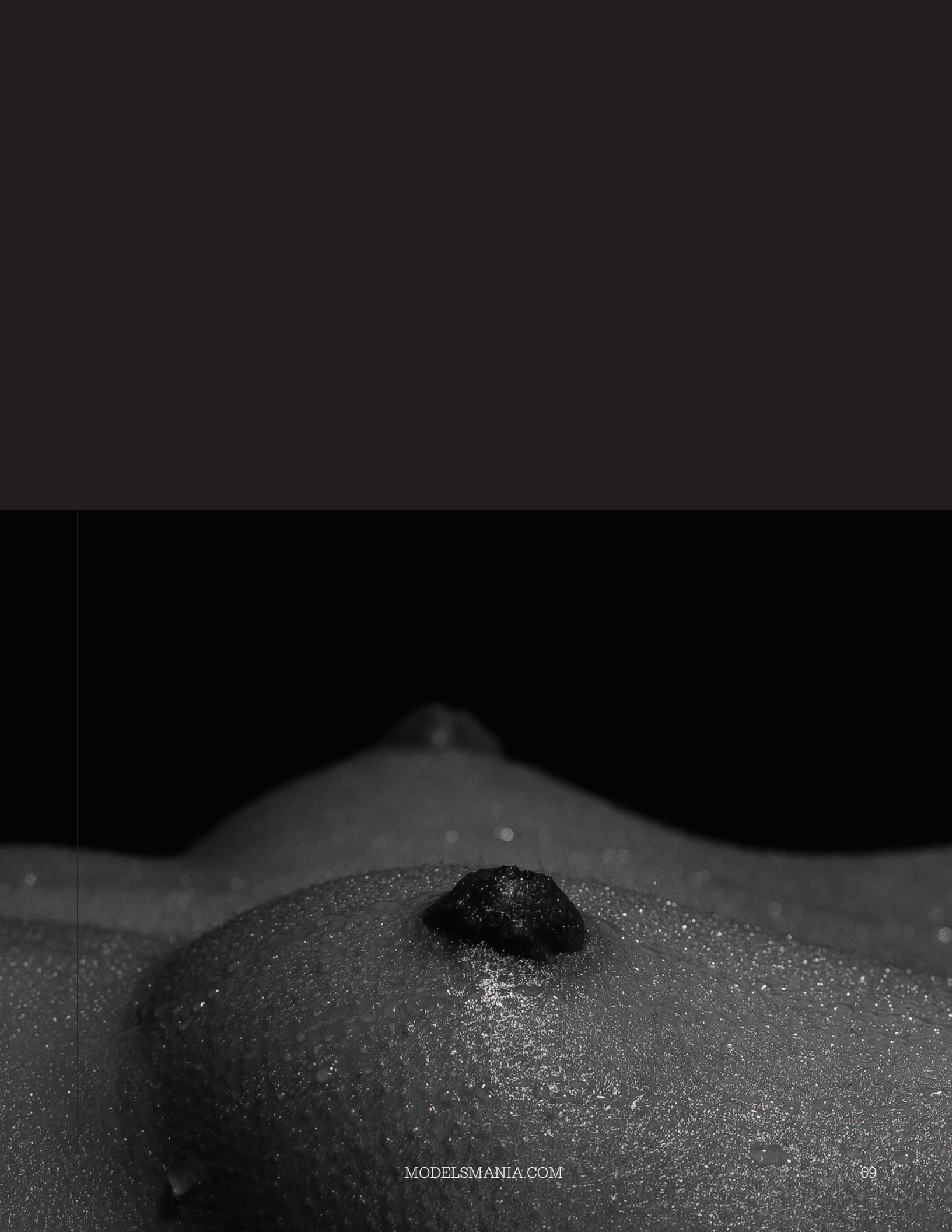
great comfort and gets a great view of his partner's body and full access to playing with her tits.

Q: What type of condom should I choose for offering first time quality sex with my new partner considering that she is freaked out by STD until we get to know each other better?

A: In such cases, the best condom to use is the model with the round prominences that has been tested for sensations and really seems to work out great for the ladies that get freaked out by first times.

Send your sex questions to [enterprises@modelsmania.com](mailto:enterprises@modelsmania.com)













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M.Zuiko 17mm f2.8	\$429.99	<b>\$100</b>	\$329.99
M.Zuiko 75-300mm f4.8-6.7 II	\$699.99	<b>\$100</b>	\$599.99
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M.Zuiko 14-42mm f3.5-5.6 EZ	\$449.99	<b>\$150</b>	\$299.99
M.Zuiko 14-42mm f3.5-5.6 II R	\$449.99	<b>\$200</b>	\$249.99
M.Zuiko 14-150mm f4.0-5.6 II	\$749.99	<b>\$200</b>	\$549.99

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