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# MODELSMANIA

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## Featured Movie

# HIGH-RISE

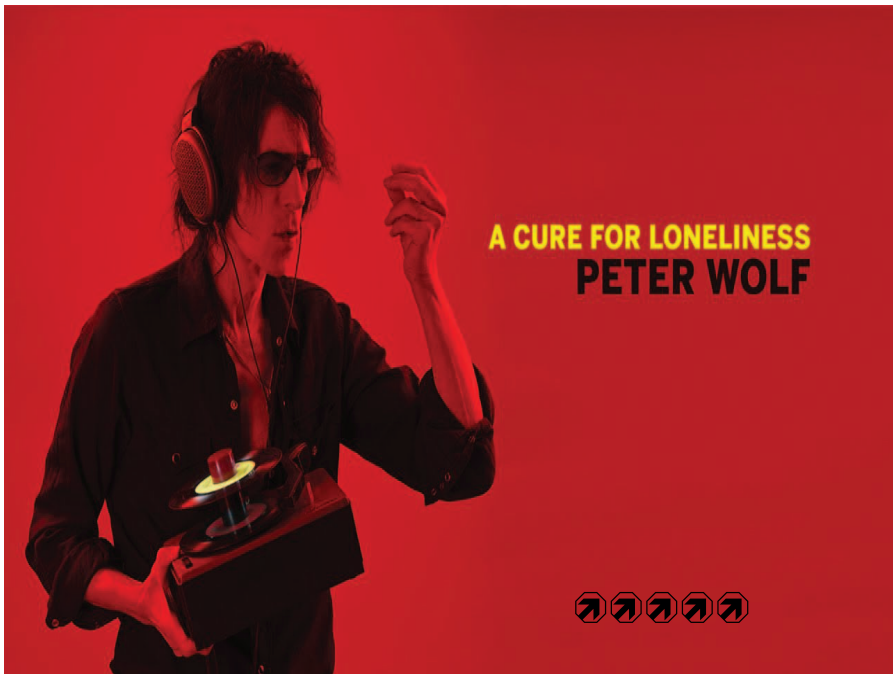
A FILM BY BEN WHEATLEY

COURTESY OF MAGNOLIA PICTURES

HIGH-RISE stars Hiddleston as Dr. Robert Laing, the newest resident of a luxurious apartment in a high-tech concrete skyscraper whose lofty location places him amongst the upper class. Laing quickly settles into high society life and meets the building's eccentric tenants: Charlotte (Miller), his upstairs neighbor and bohemian single mother; Wilder (Evans), a charismatic documentarian who lives with his pregnant wife Helen (Moss); and Mr. Royal (Irons), the enigmatic

architect who designed the building. Life seems like paradise to the solitude-seeking Laing. But as power outages become more frequent and building flaws emerge, particularly on the lower floors, the regimented social strata begins to crumble and the building becomes a battlefield in a literal class war. HIGH-RISE is the latest film by cult British director Ben Wheatley (Kill List, A Field in England), an ambitious adaptation of the J.G. Ballard novel of the same name.





**A CURE FOR LONELINESS  
PETER WOLF**



**PETER WOLF**

**A CURE FOR LONELINESS**

In a musical career spanning half a century, Peter Wolf has earned a reputation as one of rock 'n' roll's most compelling performers. Peter is best known as the lead vocalist for the J. Geils Band from 1967 to 1983. He now has released his eighth solo album. The 12-song album ranks with the artist's most adventurous and accomplished work, showcasing his irrepressible charisma. A Cure for Loneliness includes nine new Wolf originals, four of them co-written with Grammy/Academy Award-winning songwriter Will Jennings.

This new album is another solid solo effort. The production, sound and instrumentation is consistent with the last 20 years of Mr. Wolf's output. This is a must for all J. Geils and rock fans.



**LITA FORD  
TIME CAPSULE**

Lita Ford is ripping open the vault and sharing music no one has heard before. Time Capsule is Ford's gift to fans who love the '80s, when thrilling vocal performances, raunchy riffs, and loud, growling guitars were as essential as oxygen.

This "throwback" record boasts identifiable voices and brilliant players jamming without any planning or pressure. Some of the album's highlights: Billy Sheehan playing bass and Rodger Carter on drums; Dave Navarro playing a mandolin; Jeff Scott Soto singing a duet with Ford; Rick Nielsen and Robin Zander of Cheap Trick actually singing backing vocals; and KISS' Gene Simmons ripping the bass.

Lita has also just published a new book titled, Living Like a Runaway: A Memoir. We recommend buying both the new album and memoir.



**ROB ZOMBIE**

**The Electric Warlock Acid Witch Satanic Orgy Celebration**

The Electric Warlock Acid Witch Satanic Orgy Celebration Dispenser is the sixth solo studio album by Rob Zombie. The album will be released on April 29. In true Zombie fashion, the design of the record is just as provocative as the music it holds. Featuring art by Alex Horley, the album's centerfold needs to be seen to be believed.

In a message to his fans, Zombie reveals: "This time I'm not just putting out a new record like everyone else- I'm offering it directly from me to YOU along with a ton of other limited edition, exclusive badass shit like new album merch, posters and the chance for you to be in THE ELECTRIC WARLOCK ACID WITCH SATANIC ORGY CELEBRATION DISPENSER MOVIE!"





Formats  
PC PS4 XO

MM  
REVIEW

## DARK SOULS III

DARK SOULS III provides players with an all-new world filled with heinous enemies, hidden secrets, and captivating environments as they search to destroy the awakened Lords of Cinder and discover what has happened to this apocalyptic land.

DARK SOULS III pushes a deeper sense of role-playing than previous iterations of the series with key additions that provide players with a set of tools and in-game options to customize their gameplay experience.



Skills, a new addition to the DARK SOULS combat mechanics, adds attack modifiers to each weapon type, allowing players an increased tactical advantage in combat. Increase an axe's attack power with War Cry or break an enemy's guard with a quick upward swing from Ready Stance. The choice of if and when players use these added abilities is up to them. Players will also be able to equip their character with a wide variety of armor sets, medieval weaponry, as well as come across powerful sorceries and miracles as they develop their own personal style of play.



## Quantum Break

Not only is Quantum Break a gaming experience unlike any other, it's the first game to give confidence in next gen gaming.

Quantum Break blurs the line between television and gameplay, integrating the two into one seamless, uniquely immersive sci-fi drama experience. This action-packed, fast paced game lets you bend and shape time in order to survive. Master unique powers, bending and warping time to outmaneuver and outwit the enemy. Epic moments of destruction, captured in time, become your playground.

A Quantum Break digital live-action series is also in production. The game will feature digital episodes that interact with the game based on the player's choices.

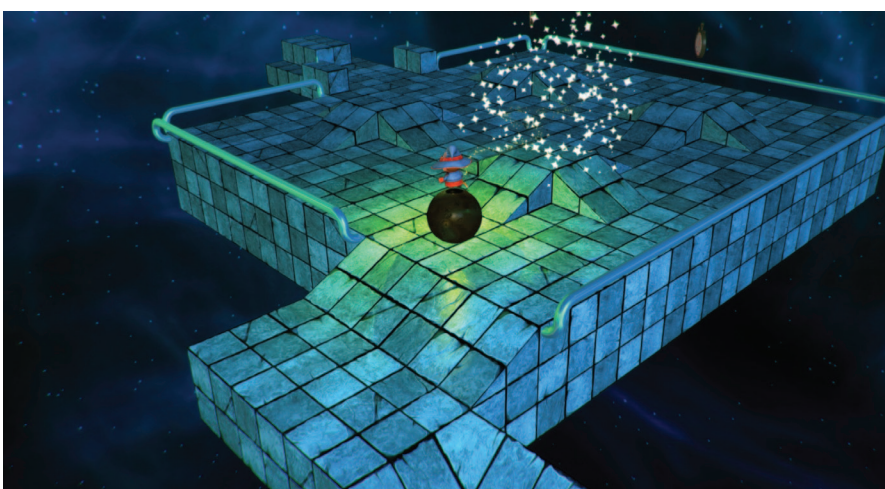


## Dirt Rally

(Xbox One, PS4)

DiRT Rally is the most authentic and thrilling rally game ever made. It perfectly captures that white knuckle feeling of racing on the edge at breakneck speed, knowing that one crash could irreparably harm your stage time.

Every stage tests you differently, as you race on the edge of control across snow, ice, tarmac and dirt and tackle a variety of weather types. As the car suffers attrition and stages string together, your dedicated rally team tries to keep you competitive and each rally becomes a marathon-like test of concentration and skill.



## Lumo

Lumo is being called the first great game of 2016. Consider it a fresh, modern take on the classic isometric adventure style, but also a love letter to the golden age of British game development (the 80s) and everyone that made it so great. Players can spend hours exploring over 400 rooms, finding secrets and solving puzzles, or they can hunt for all the subtle and not-so-subtle nods to the days of the Spectrum and beyond. If nothing else though, Lumo proves one thing: labels are redundant when you've got quality.



# HOT TECH

## AMAZING TV'S FOR 2016



### TCL X1

If you're looking for a TV with bright colors, an excellent backlight and a fantastic range of contrast, then you should try a set with Dolby Vision imaging technology. Chinese electronics company TCL just announced its first 4K UHD TV to include the technology: the 65-inch TCL X1.

The TCL X1 has more than a screen of 3,840 x 2,160 pixels for viewing crispy 4K video. When looking at HDR content, you should be able to see more of everything – more accurate colors, brighter whites and darker blacks, and higher dynamic contrast. The 65-inch will be launching this spring in China with a US launch to follow in the second half of the year.



### PANASONIC DX900

Panasonic claims the DX900 is the first TV to meet the UHD Alliance's recently announced Ultra HD Premium specification, which calls for specific color gamut and High Dynamic Range (HDR) capabilities, among other key performance metrics.

The DX900 has a new 'Honeycomb' structure local dimming tech that makes sure all the new HDR imagery is bright only where it's supposed to be. Inside there's a newly-tuned video processor that's supposed to bring picture quality reminiscent of studio mastering screens, and it's also THX certified, in case you needed more bona fides about its quality.



### Samsung – More SUHD TVs

Samsung has shared they will be including TV's with SUHD for their 2016 lineup. Samsung's new KS9500 SUHD TV features unparalleled picture quality with Quantum dot display, the world's first bezel-less curved design which is beautiful from every angle and the smartest user experience that makes it easy for consumers to access all their entertainment content in one place.

All 2016 SUHD TVs feature IoT hub technology, developed by Samsung with SmartThings that can connect with and control more than 200 SmartThings compatible. This year Samsung is going beyond to offer remarkable synergy of design, engineering and craftsmanship. Go to [samsung.com](http://samsung.com)

## SONY 4K TV Lineup

XBR-X930D Series 4K HDR LCD TV (55" and 65" Class models) and XBR-X940D (75" Class model)



The new SONY TV lineup for 2016 is built to support the highest standard in picture quality with HDR (High Dynamic Range) compatibility and unique backlighting technologies in an ultra-thin design.

HDR reproduces a greater dynamic range of luminosity or brightness levels, bringing greater contrast to the screen. This increased contrast reveals the subtle nuances of the image, from detailed blacks and shadows to the brightest whites and colors. With HDR compatible televisions, and Sony's unique X-tended Dynamic Range PRO and TRILUMINOS Display technologies, viewers will enjoy higher brightness, higher contrast and more vibrant colors, resulting in more depth and detail than ever before. SONY.COM



### LG NEW 4K HDR-ENABLED OLED TV LINEUP

LG Electronics displayed their newest flagship 4K HDR-enabled OLED TVs at the 2016 CES. They were led by the flagship 77/65-inch G6 and 65/55-inch E6 models. All eight new models will feature LG's premium technologies including OLED displays, 4K resolution and high dynamic range, which LG implements in the G6 and E6 as HDR Pro.

All 2016 OLED TV models from LG feature the Ultra HD Premium seal of recognition from the UHD Alliance for meeting the demanding standards set by the industry organization for resolution, high dynamic range, peak luminance, black levels, wide color gamut and audio quality, among other criteria. You can find much more about all the new LG TV's at [lg.com](http://lg.com)



### SHARP n900

In 2016, the Sharp N9000 series will feature SPECTROS quantum dot technology, high-dynamic range and a curved 4K panel option – all firsts for the Sharp brand in the U.S. All models in the series will feature High Dynamic Range (HDR), based on the Open HDR specification, and the latest 4K specs, including octa-core processor, VP9 and HEVC encoding to allow consumers to watch any streaming content they desire.

The N9000 series will offer more local dimming zones for enhanced contrast ratio, enhanced brightness and a deeper range of black and white levels, as well as smoother motion with produced through combination of hardware and software. To find more information go to [sharpusa.com](http://sharpusa.com).



# HOT TECH

## NEW RAZER BLADE



The new Razer Blade houses the latest 6th generation Intel Core i7 quad-core processor and an NVIDIA GeForce GTX 970M GPU with 6 GB of VRAM. PCIe SSD technology offers up to three times faster speeds than traditional solid-state drives. Killer Wireless-AC is included. All models feature 16 GB of DDR4 dual-channel RAM. The Razer Blade is the second laptop in the world equipped with individually backlit RGB keys. Millions of color options for the anti-ghosted keyboard are available thanks to Razer's Chroma technology. For more go to [razerzone.com](http://razerzone.com).



### THE BREWIE

The Brewie is the World's First Fully Automated Home Brewing Machine. Brewie is the first and only machine that fully automates the entire brewing process including step like mashing, sparging, boiling, hop addition and cooling. One can select from a menu of hundreds of pre-installed beer recipes or even develop their own brewing process in order to create the perfect beer. To enable the largest possible variety of selectable beers, Brewie can adjust 23 distinct parameters during the entire brewing process. [brewie.org](http://brewie.org)



### Major II Bluetooth

The Major II Bluetooth keeps the music going with over 30 hours of play time on a single charge. Turn on, tune in and rock out to the custom 40mm dynamic drivers tuned for excellent bass response, smooth mids and sizzling highs. Major II Bluetooth connects to your device using Bluetooth aptX. Not only can you blast your favorite tunes in CD-like audio quality, aptX also minimizes audio/video syncing issues, allowing you to watch movies without experiencing horrible lip sync. The double-ended coil cord with mic & remote is completely detachable and compatible with any music player that has a 3.5mm jack. When listening to music wirelessly, you can use the empty 3.5mm socket to share audio with someone else. With the integrated analogue control knob you can play, pause, shuffle and adjust the volume. Phone functionality is also included so you can answer, reject or end a call with a few simple clicks. The built-in microphone allows you to have conversations or record voice memos through your device. The price is \$150 at [MashallHeadphones.com](http://MashallHeadphones.com).





### Withings Go and Thermo

The Withings Go is a low-cost fitness tracker with many features. It tracks how far you walk, lets you log the duration and distance of a run, and monitors your sleep patterns. It's water resistant up to five atmospheres, so you can take the Go swimming and Withings says it should recognize the activity automatically.

The Withings Thermo takes about two seconds to read your temperature once it's pressed against your forehead. Your body temperature reads out in a dotted LED display. A small light on the front will blink green if your temp is registered as a healthy rate. If you have a fever, a red light flashes notifying that you're in poor health. For more go to [withings.com](http://withings.com).



### Ring Stick Up Cam

Now available at [www.ring.com](http://www.ring.com), the self-install, wire-free, outdoor security camera features two-way audio, motion detection, cloud HD video recording and night vision. When used with RingTM Video Doorbell, Stick Up Cam provides a full ring of security around customers' homes.

Unlike traditional home security cameras that only offer video monitoring, the \$199 Stick Up Cam also enables users to engage in two-way conversations with whoever is on their property in real time via their mobile devices.



### Huawei MediaPad m2

The new Huawei MediaPad M2 10.0 features a 10.1-inch IPS display with a screen resolution of 1920x1200 pixels and is powered by 64-bit 2GHz octa-core Kirin 930 processor. It supports expandable storage up to 128GB (via microSD card). The Android 5.1 Lollipop-based MediaPad M2 10.0 runs Emotion UI 3.1 and sports an 8-megapixel autofocus rear camera with LED flash. There is a 2-megapixel front-facing camera as well. Connectivity options include Bluetooth, Wi-Fi, GPS/ A-GPS, and Micro-USB. [gethuawei.com](http://gethuawei.com)



## The “FocusLine” by Döttling

**A**s its name already implies, Döttling’s “FocusLine” concentrates on the essentials: maximum security at an affordable price. This model fulfills VdS/EN Class N security requirements, with VdS/EN Class 4 also being possible upon request. In addition, the “FocusLine” offers certified, 60-P Class S fire protection. This means that documents inside the safe are preserved for one hour at an ambient temperature of 1,090 degrees Celsius. The lock is equipped with an emergency opening function, meaning that in the event of a technical defect – e.g. due to fire or

attempted burglary – the safe can still be opened with the high-security key. This eliminates the need for a costly emergency opening.

The new modular system comes into play inside the “FocusLine”. The safe can be equipped with individual modular boxes to store documents, jewelry, or watches. For instance, one of these modular boxes can accommodate four watch winders by the renowned Swiss manufacturer SwissKubiK.

In addition to all of these inner values, here are some details regarding the exterior: The body of the safe is lined with Alcantara, a material that many

will be familiar with from high-quality automotive engineering. The keypad for code entry and the handle are chrome-plated in the basic version, but can also be upgraded for an additional price, for example with gold or ruthenium plating.

Has your focus been drawn to our new “FocusLine”? Then we cordially invite you to design your own. Among other options, you can select three safe sizes, a variety of interior and exterior colors, and, of course, the safe’s centerpiece: module boxes in various designs. For more information please go to [doettling.com](http://doettling.com)





# **Recon Jet Glasses**



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# Exclusive Feature

# Nicole Ferreira

Photography by Rick Trottier







**Model** 





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**Nicole Ferreira**



















# 2017 Corvette Grand Sport







# AUTOMATED FARMING

**A**s children, we used to think of a time when robots would enter our lives and would be used for industrial production. This thought will soon not be a thing of the future, since the first automated factory is set to be in operation in mid-2017, in Japan. The word is for a Vegetable Factory in which everything but the planting of seeds will be mechanically operated. Before we get too excited about this technological development let's take a minute and see what kind of effects that might have into our lives.

Let's start with the advantages of industrial robots. First of all, industrial automated robots perform applications with precision and high repeatability, every time. This consistency is hard to achieve in any other way. Also the production speed is higher with the use of industrial robots, because robots

don't have the need to take a break, sleep or go on vacation, they have the ability to work at a constant speed without pausing. Another advantage of the industrial robots is the safety of the workers. Workers no longer have to move and perform dangerous tasks themselves, instead they operate the robots to do these tasks. And last but certainly not least, savings. By replacing humans with robots, factories have a huge amount of savings since keeping in it shape, a robot costs less than hiring a human to complete the same task. In addition, improved worker safety leads to financial savings with fewer healthcare and insurance concerns for employers.

Even though the idea of an automated factory seems to be pretty good, there are some disadvantages to it. The most important of them is the initial high cost. The investment that has to be made in order to purchase these robots for a factory are really high and demand an

already existing asset, which means that only factories who already have a lot of profit will be able to make more of it and that smaller companies should make an application for a loan taking a risk. Which leads us to the possibility that the robots don't give guaranteed results and the fund might go to waste or even worse, the company declares bankruptcy. But let's say that the fund is available, then the company has to hire staff who are able to control the robots. And so this leads to another problem: expertise. The employees will need to be trained in how they will program and interact with the robotic equipment. This requirement leaves the company with two options: one is the education of the employees who already work at the said factory and the other, hiring employees already educated. Both of these options will cost money to the company.

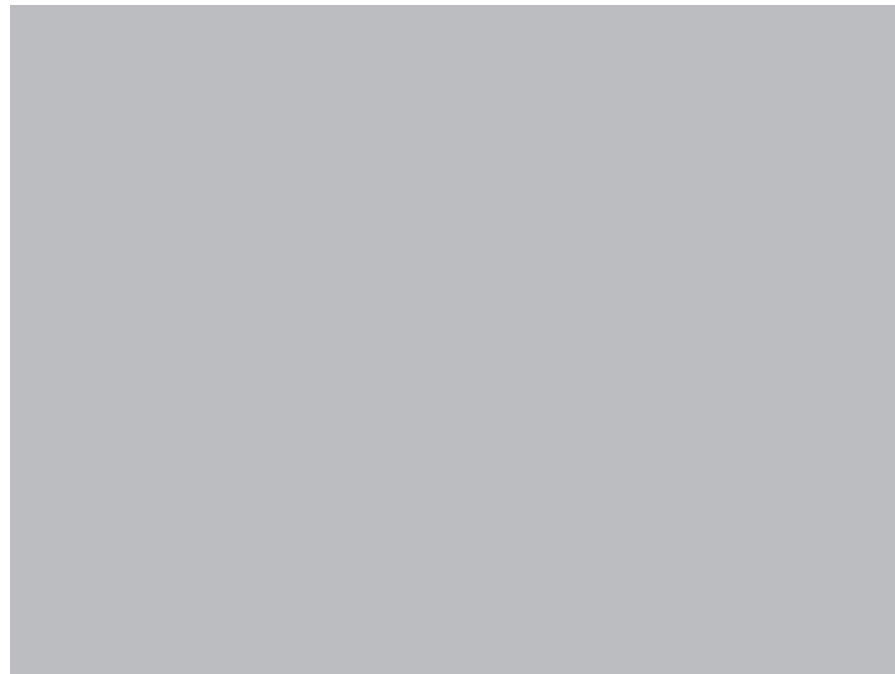
So, as we can see based on a quick research, an automated factory may seem to have more advantages than disadvantages. But the disadvantages seem to be more catastrophic if the ground isn't prepared well enough to make the technological changes. And so, we come to the conclusion that before thinking about making these changes and adding robots to a factory, a large fund is needed.

**G**ermany has legalized prostitution since 2002. Under current laws, sex workers are now able to collect public unemployment insurance and medical coverage. But still most of them don't use protection while working. Now a new law is proposed. Under the proposed new law, sex workers will have to meet with health counselors and will also ban sex workers to work in the same place where they live.

Many people, men and women, meet regularly with prostitutes. These prostitutes though, or should I say sex workers, often don't use protection while working and ignore basic personal hygiene. Sadly, even people in relationships or married people might be interacting with sex workers. The problem is, of course that in our time, sexually transmitted diseases (STDs) and infections (STIs) are very common. From simple but annoying herpes to life threatening Aids, diseases that are sexually transmitted are not to be taken lightly. Mostly because it's not only our health that becomes threatened but also the health of our current and/or future sex partners.

By using a condom you reduce the chance of sexually transmitted diseases and reduce the chance of getting pregnant. Condoms are also easily available, since you don't need a prescription and can be purchased in any drugstore or pharmacy. They are also inexpensive.

Although condoms are really effective they are not perfect. Condoms can break, tear or slip off during use. Sometimes the couple may not be



## **SAFE SEX IN GERMANY**

aware the condom has torn while having intercourse. The Mayo Clinic states that two out of 100 condoms break. A lot of men and women would argue that since they're paying to have sex, they should be able to enjoy it in the fullest and that by using a condom the pleasure they get is not the same. Some men say that they don't even feel anything while using protection. The time to put on the condom may also interrupt foreplay and intercourse, or

even ruin the mood.

There is however another product that might prevent STDs. The female condom is another product that can be used for protection but it doesn't offer the same protection as a condom. The condom is safer, easier to find and less expensive.

Under the new proposed law, sex workers will not only have to use protection but they will also have to meet with health counselors to keep in track their sex health. That way, even if a sex worker gets offended by a sexual transmitted disease or infection, they will know and then get treated for it.

Whether you're a sex worker, a client of one or even a sexually active individual, your health is something that has to be taken seriously. By using protection you don't take a chance of becoming ill or offended by a sexual disease or infection that will afflict you possibly for the rest of your life. Safe sex is a lifestyle that should be adopted by everyone and the German government by approving this new law shows a good example and begins a battle to reduce sexual transmitted diseases and infections.

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# NEW WAYS TO TREAT DEPRESSION

BY JANE

In the recent news model Cara Delevingne has opened up about her battle with depression.

**D**epression is one of the most crippling medical disorders. According to the American Psychiatric Association, depression afflicts one in 15 of the adult population and approximately one in six adults will go through depression at some point. These statistics also grow at an alarming rate year after year. Depression also dominantly affects women and people who are 45 years old and above.

Depression does not just affect the patient's mental well-being, but it can also lead

to complications to the victim's physical health. Depression is also a prevalent condition among people who lack access to health insurance policies and those who suffer from sleeping disorders, obesity, heart conditions and stroke.

#### Feelings of Depression

A depressed patient goes through more than two weeks of loneliness and feelings of isolation. One also suffers from feelings of guilt and worthlessness and finds the once pleasurable activities uninteresting anymore. When a patient is gripped with severe depression, he also encounters suicidal thoughts.

Not only does depression affect the

mind, but also the patient's physical well-being. A depressed patient loses his appetite, thus resulting in weight loss. The patient may also have trouble sleeping or may sleep too much leading to feelings of extreme fatigue and restlessness. Headache and muscle pains are also common symptoms of depression.

Depression cripples both the mind and the body and it can have significant impact on the patient's overall well-being to the point of not being able to function at home, at work and in the community. Moreover, severe depression can cause the patient to entertain the idea of a suicide, leading to his death.



Fortunately, depression is a treatable condition. A patient needs a holistic treatment approach, including but not limited to self-help, medications and therapies in order to beat depression.

Breakthrough Treatments for Depression

While traditional ways of treating depressions have shown success among patients, new and breakthrough treatments now promise significant success rates.

- Transcranial Magnetic Stimulation (TMS)

TMS is a non-invasive procedure which involves sending magnetic fields to certain parts of the brain and eases the symptoms of depression. TMS is specifically recommended for patients with treatment-resistant major depressive disorder.

During the treatment, the physician places electromagnetic coils on the scalp corresponding to the parts of the brain where mood activities are located. Electromagnetic fields are then sent painlessly to these areas, which many patients describe as the “brain lighting up.”

TMS has become a promising treatment particularly to patients who do not respond well to traditional depression treatments. The treatment also boasts of minimal side effects, including soreness of muscles, headaches and minor seizures. But in general, TMS is a safe

treatment that last for less than 30 minutes per session.

According to experts, delivering small doses of electromagnetic stimulation repeatedly to the brain is an effective way of combating depression and its symptoms. In 2014, 42 TMS clinics in different parts of the US were examined and the results revealed that 58% of the patients experienced significant improvement while 37% went full remission, according to the report of Depression and Anxiety in 2012.

But TMS can be an expensive option. The treatments can total to 20-30 sessions, and the patient can receive 3-5 treatments per week, lasting for a month and two weeks. In total, the cost of TMS can range between \$6,000-\$12,000.

- Low-Field Magnetic Stimulation

According to researchers of low-field magnetic stimulation (LFMS), physicist Michael Rohan, “LFMS is unlike any current treatment. It uses magnetic fields that are a fraction of the strength but at a higher frequency than the electromagnetic fields used in TMS [transcranial magnetic stimulation] and ECT [electroconvulsive therapy].”

Rohan is a lecturer in Harvard Medical School and works in McLean Hospital’s Brain Imaging Center as a physicist. As the first author of said study, LFMS provides immediate effects and improvements in mood, a far cry to

traditional anti-depressants’ effects that can take effect in a month or so. Also, unlike the conventional ECT, low magnetic fields with higher frequency that comes with LFMS have no side effects.

Rohan believes that this breakthrough can “provide relief in emergency situations.” In his study, Rohan used portable tabletop LFMS device to examine the effects of said innovation to 63 volunteer patients. These patients have severe depression and bipolar disorder and have been taking anti-depressants for the past 6 weeks. 34 of the volunteers received LFMS treatment while the remaining 29 did not.

Rohan observed that those who received the treatment experienced immediate mood boost while the 29 volunteers did not.

While low-field magnetic stimulation seems to be promising at this point, researchers believe that more studies are needed to ensure the efficacy of this treatment in addressing depression.

- Ketamine Infusion

Ketamine was not originally used treatment for depression, rather as an anesthetic. However, it was more popular as a club drug that provides anti-depressant effects in a matter of hours. Ketamine may induce hallucinogenic effects, but experts believe that same effects can life-saver especially to depressed patients with suicidal thoughts.

Ketamine-infused treatments aren’t FDA-approved yet, but a number of patients are already seeking off-label treatments. According to Kyle Lapidus, a psychiatrist from Stony Brook University, “the benefits I’ve seen are pretty impressive, and the data are very strong.” Ketamine is seen as a remarkable depression treatment that can take effect in an hour or less with noticeably lesser to no side effects.

Meanwhile, psychiatrist Dr. David Fiefel from the University of California has provided Ketamine treatments to around 100 of his patients. He knows that doing so can put him at odds with other psychiatrists since Ketamine has been approved by FDA yet, but he also feels compelled to provide depression treatments that work, Ketamine being the case here. Dr. Fiefel argues that Ketamine has proven to be an effective anesthetic over the years with the ability of blocking pain without



compromising the body's other vital functions.

Ketamine infusions can be purse-wracking too, starting at \$600 per infusion and the effects per infusion can short-lived as well.

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#### Protein-targeted Studies for Depression Treatment

Experts from the University of Michigan in collaboration with Molecular & Behavioral Neuroscience Institute, found out that the protein FGF9 is higher in people with depression while people with no depression seems to have no excess of such protein. Elyse Aurbach, a neuroscience doctoral student at the University of Michigan believed that depressed people have 32% more of the FGF9 protein, but also saw the remarkably lesser amount of the protein FGF2.

Aurbach says that "depressed individuals can simultaneously have too little of some chemicals, like serotonin, and too much of others, like FGF9. By identifying genes like FGF9 that are too high in depressed brains, we have the opportunity to determine if blocking their activity helps with the symptoms of depression."

From here, Aurbach believes that the next anti-depressants could now specifically target blocking the activities of FGF9. "We're working on many studies to better understand FGF9. We're

interested in how FGF9 levels change in depression for many brain regions and we're trying to understand if and how FGF9 interacts with other genes to have effects on mood," she continues.

#### Self-Help Strategies in Dealing with Depression

While studies on new depression treatments are under way, dealing with depression is still the best option for people who have it. While it may seem difficult for a patient to feel better when washed with bouts of depression, there are a number of coping mechanisms that can help in elevating their moods.

1. Know the difference between depression and sadness. It's easy to confuse depression and sadness, but



believe that being alone can provide you more comfort, but connecting with people you trust is a good way of lightening up your emotional loads.

3. Try to sleep better. Studies show that getting ample sleep help improve the mood and energy of a depressed patient. It is also not advisable to get too much sleep. To get you into routine sleeping, set an alarm and rise on the same hours consistently.

4. Modify your diet. Your food intake can have profound impact to your mood. Instead of eating three huge meals, divide them into four-six smaller ones. This can help stabilize your blood sugar. Also consider switching out refined carbs and add more fruits and vegetables into your meals. Take vitamins like omega 3 and

watch your alcohol and caffeine consumption.

Depressed people feel like they're in a cold, dark place but the new treatments and technological breakthroughs provide promise of breaking through from this pit of darkness. Coupled with other techniques like therapy, support from friends and family and self-help coping strategies, it really is possible to break free from the grasps of depression.

knowing the difference can lead to specific and effective treatment solutions. If you're constantly sad for long stretches of time, you are most likely depressed.

2. Surround yourself with positive people. Connect with people who give you support during your down moments can help pull you out from the pits of depression. Depression may urge you to wallow in isolation and you might

Model



**EXCLUSIVE FEATURE**

**Julie Carole**

Photography by Joan Divine





MODELSMANIA  
EXCLUSIVE FEATURE  
**JULIE CAROLE**

**What is your dream car and what do you like about it?**  
My dream car is a classic Jeep. Preferably yellow. I think it looks super cool and it's kinda unique. It doesn't look like most other cars. I've always liked things that are different.

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

Nothing, to be honest. I'm in peace with who I am and with how I look, and I'm fully accepting and loving myself just the way I am. God makes no mistakes.

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

Uh, there are plenty. I have experienced so many lovely things in my life. But to mention one: The day I met my best friend. We connected instantly and had loads of fun together. She's just as silly as I am.



MODELSMANIA  
EXCLUSIVE FEATURE  
**JULIE CAROLE**

**What do you think of the modeling industry today?**

I think that the modeling industry today is developing in the right direction. There is more and more room for different types of people and looks, but I still think that there is a long way to go. The industry is far from perfect yet in my eyes.

**Have you traveled to any exciting destinations for photo shoots?**

Where would you like to go? I was in Mexico last year to film a Danish TV show and in that connection I was doing a couple of shoots, it was a lot of fun to shoot in such a beautiful landscape. I would like to shoot in Miami or Hawaii







MODELSMANIA  
EXCLUSIVE FEATURE  
**JULIE CAROLE**





MODELSMANIA  
EXCLUSIVE FEATURE  
**JULIE CAROLE**

Measurements: height 175 cm, bust 90 cm, waist 65 cm, hips 91 cm

Booking info: Divine Models

Photographer: Joan Divine

Mua: Julie Carole

Bio: 21 year old all natural Danish glamour model and blogger residing in Odense, Denmark. Dreaming of and aspiring to become an internationally known and published model.

**What are your thoughts about nude modeling?**

Do you enjoy posing nude? I think being nude is a completely natural thing. I think most nude pictures, as long as they are kept classy of course, are so beautiful. I really enjoy posing nude and I think that I make a good role model by being 100% natural and comfortable in my own skin.

**If you only had 5 days left to live, what would you do with your time?**

I would spend the time with my friends and family and make sure that I let them know how much I love them. Do a lot of fun stuff with them, maybe go on a road trip or something. I'd listen to all the good music in the World. And then I would eat..and eat..and eat..and eat..

## SOCIAL

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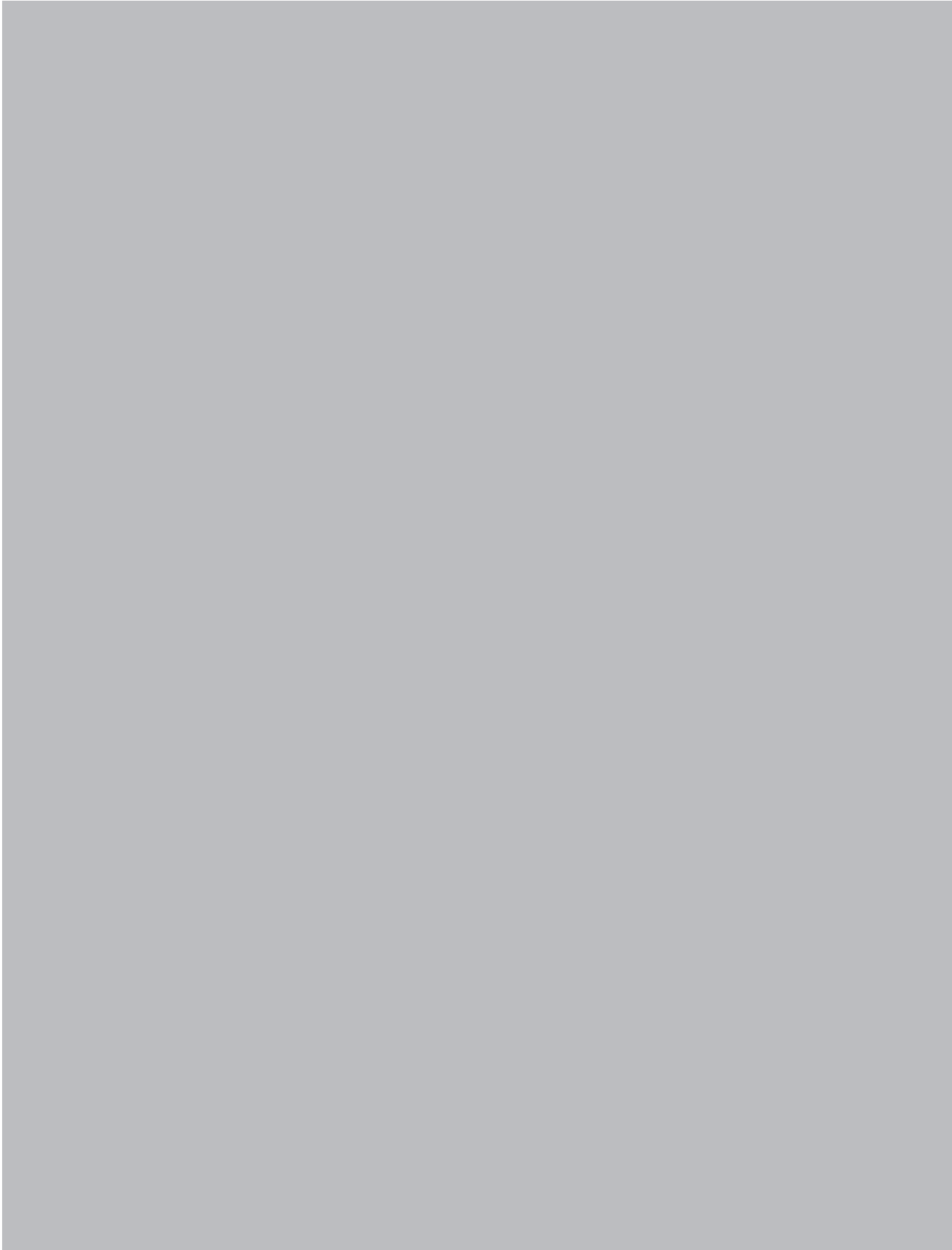


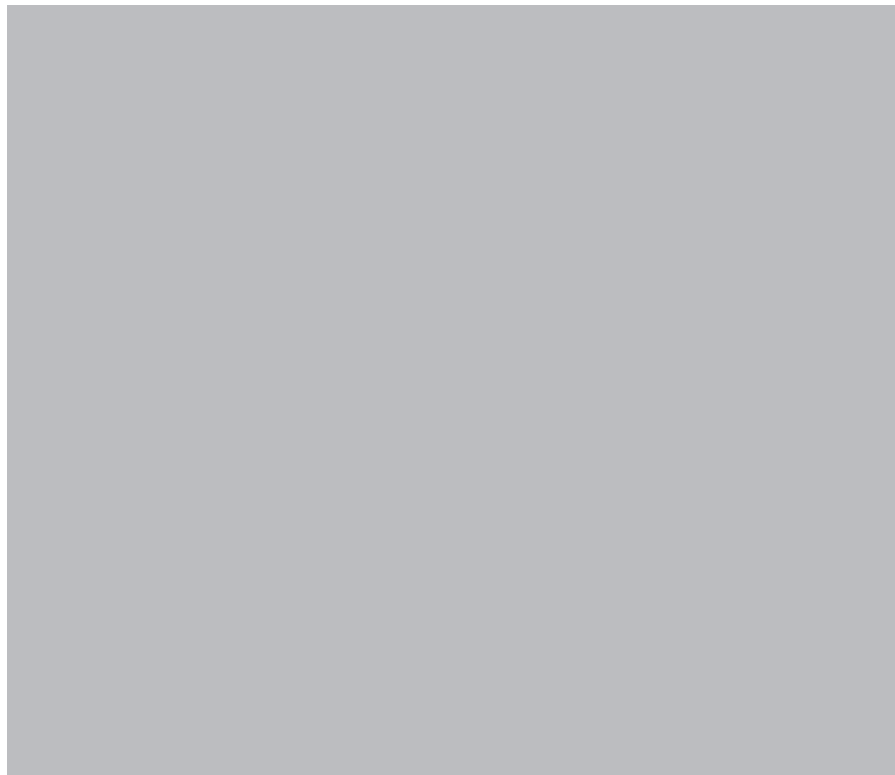


Model









# SEX Q&A

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

Q: What is the fastest way to reach orgasm for my female partner?  
Mitch  
Phoenix, AZ

A: Studies such as Kama Sutra offer a wide range of choice when it comes to the best sex positions to reach orgasm for the female partner, but the “woman on top” seems to be the one that offers the fastest result. This is because it provides the safest contact of the penis with the G-spot, irrespective of the shape and size of the vagina. Most opinions plead for this position when it comes to reaching fast orgasm for

the woman, and the best of it is that you also get to see the best part of her body fighting you against her vagina with sexy humping moves.

Q: Why does massage oil make my boyfriend’s penis stay hard for so long and impedes him to come even after 45 minutes?  
Jill  
Orlando, FL

A: Unlike lubricant, the regular massage oil has a different dilatation effect on the penis nerves, which in some cases arouses the penis more than

lubricants and keeps the erection going sometimes for even more than girls want. Massage oil can, however, be used in sex marathons if you ever get so horny or miss him so much that you just want to feel his penis inside of you for no matter how long he resists. If you’re not a marathon lover, you can try to do him a blowjob first, which usually leads the penis to coming faster when feeling the tongue nerves playing with his head stimuli. Many women love and long for this effect, but I guess it’s a matter of taste that can be replaced with regular lubricant in case this really bothers you.

Q: Are there any themed lesbian pubs and bars that we can visit on a regular basis?  
Lola  
Cleveland, Ohio

A: The variety of lesbian-centered pubs has gained a lot of popularity lately both in the USA and in Europe, so you are very likely to find your preferred club by a simple Google search. Moreover, you can create your membership in the clubs created and dedicated to lesbians, where you will also find great ways of meeting new people and socializing whether you are in a relationship or single. Lesbian clubs and pubs are getting more and more numerous which offers you the chance to participate in events, spend quality time with your date and just be yourself and enjoy your free time. Moreover, if you love to travel you can also try the lesbian getaways that are usually organized by the member clubs for all of their coupled and singles.

Q: Which are some reliable sources to find lesbian events for me and my girlfriend?  
Mary  
Las Vegas, NV

A: There are quite numerous websites dedicated to events for lesbian couples. From classical evening get-togethers to the popular erotic rendezvous, you can find a wide palette of events organized, that will allow you to spend quality time with your date and with other lesbian friends interested in socialization just like yourself. You can find many to enjoy.





# MARY BASSETT

# EROTIC ARTIST

# EXCLUSIVE INTERVIEW

See more at [esotericaartagency.com](http://esotericaartagency.com)

We are honored to be able to interview erotic artist Mary Bassett and feature her art work.

**When did you first learn you wanted to become an artist?**

I have no memory of not wanting to be an artist. I think I had a brush in my hand the moment I was born. My parents were brilliant and gave me everything I needed and encouraged me all the time.

**Can you please tell the readers a little about your style of art?**

I believe the Western world has become too puritanical. When we look back in time over hundreds and even thousands of years, sex and the human form were celebrated. There were many sacred rituals in many religions

that saw this. Then something happened to kill all that and make it appear dirty and perverted. We are shocked when we see a pair of breasts and yet we are all born with the desire to suckle. If we outlawed sex mankind would die out. And so, my art is a reaction to the puritanical hogwash that our modern age has become. It is a celebration of our desires. I look for emotion in the work, for sensuality. I don't look to paint just sex in its raw state, I want to see feeling. Because it is an emotion I like to paint in an emotional state, I feel the sex of it as I paint and this results in a painting that is more of a dream than a reality

of a photograph. When people want to send me a photograph and ask me to paint, I always ask them to not send me posed pictures. I prefer the real thing. I want to see a state of excitement so that I too can join in, become part of the feeling with them. Then and only then will I paint!

**Where do you get your inspiration for your artwork?**

My inspiration is exactly that, it comes from within. I may see an image or a model and recognise the beauty of the sensuality and that touches something inside of me. I then express that inner connection with my art.



## **MARY BASSETT EROTIC ARTIST EXCLUSIVE INTERVIEW**

What's the best thing about being an artist?

Apart from being able to get out of bed whenever I want, I would say it's being able to be part of the subjects life in an intimate way. I suppose sometimes it's like being a sex therapist.

Do you have any favorite artwork you have created?

To be honest I don't. I am always striving for the next work to be different and better. I don't look back in that way, I look forward.

Do you have any favorite artists?

I know this sounds strange, but I absolutely love H. R. Giger, the guy who envisioned the art for Alien. So bizarre and out of this world. It's so very sensual too!





## **MARY BASSETT EROTIC ARTIST EXCLUSIVE INTERVIEW**

**MARYEROTICARTIST.BLOGSPOT.CO.UK**

### **What do you think of today's modern art?**

How to put this nicely. There's a lot of really good art out there and art by no means has to be realistic. But a pile of plates is a pile of plates. Emperor's Clothes. Writing a few words on a piece of paper and putting a million dollar price tag on it would be OK if you were going to donate the money to an animal charity, but it's not art, it's a con. The only skill and craft in something like that is in the art of marketing and networking. Let's call it what it is shall we? Bullshit.

### **Did you ever go to an art school or did it come naturally to you?**

I suppose because I was drawing and painting from birth I didn't need to!

### **What do you think the future will be for the art industry?**

I really do hope there is a backlash against some of the stupid art. There are street artists out there who have more talent in their little fingers than some of the modern artists who are being paid huge sums of money because they worshipped at the feet of Andy Warhol. Everybody likes art, whether they are aware of it or not. The Apple style is a work of art, Aston Martin's are a work of art. The human form is one of creation's works of art. The universe is a work of art. Being an artist is knowing this, feeling it and revealing it for others to recognise. My art is not my art, it is the art of the universe and I am an interpreter.

We would like to thank Mary Bassett for taking time for this interview and we invite you to learn more about her and her work.





# REMEMBERING DAVID BOWIE: THE MAN AND LEGEND

By Sarah Moore

**W**hen it comes to David Bowie there is no dichotomy between David Bowie the man and David Bowie the legend. The genuinely intriguing and ever evolving creature, nothing short of a musical genius, can not be reduced to Bowie the man and the Bowie of the stage. He lived through his art, whole-heartedly exploring the new and the unknown through his personas, personas that were never just a facade.

His death affected not only a following

of dedicated fans, it devastated the entire world. It seemed to come as a shock that we could have a world without Bowie. Because how could a man who came from out of space succumb to death like a mere mortal? His departure from our time and space left the world in mourning, Bowie had genuinely been important to millions across the globe. This was more than the loss of a superstar, it was the loss of a true visionary who had unarguably moulded the world in which we live in.

Forceful lyricist, crusader of sexuality and artistic chameleon are just some of the ways that are fitting in describ-

ing one who was born in Brixton and named David Jones. From the beginning it was more than the colour of his eyes that was odd about him. But Bowie was never afraid of embracing the odd, propelling the unusual and elevating the different. At age 17 his strength in his convictions was already clear when he was interviewed about his newly formed Society for the Prevention of Cruelty to Long-Haired men. For a man it seemed lived as dozens of different selves, he clearly had a strong sense of self from an early age.

During his early years Bowie had continually shown an interest in music.





The Groninger Museum displaying a tribute to David Bowie.  
Image by Cookie Nguyen

He learned to play the saxophone and was introduced to beat literature and rock music through his older brother Terry, whom he looked up to. As a teenager Bowie played in several bands, most notably he fronted his

as a stint in a Buddhist monastery in Scotland. His return to music in 1969 was to change the landscape of music, if not the world, forever.

The flamboyant, androgynous and surreal alter ego of Ziggy Stardust

## Tributes and mourning for David Bowie continue to this day around the world.

own band 'Davy Jones and the lower third'. Although his time with this band was marked with the release of several singles their music didn't manage to stir enough commercial attention. Following The Monkees' rise to fame, David opted to change his name from Jones to Bowie to avoid confusion with himself and the Davy Jones of The Monkees. Bowie released a solo album under his new identity, the first of many, but this wasn't the breakthrough he needed. The ever curious Bowie with his insatiable sense of urgency spent the next few years as part of the mime troupe called 'Feathers' as well

landed to earth, or so it seemed in 1969. But you'd be forgiven for believing he was from another era entirely, futurist in his sound and look Ziggy captured the imagination of a generation. Bowie's distance from reality and vision into the future gave him prophet like status, something that continued throughout his entire career. Ziggy's ethereal presence was completely captivating, but what cemented his place in the hearts of a generation was his ability that with all his oddness he still remained relevant. While his look was magical and alien, his lyrics were potent, unapologetic, witty and

kids who heard them instantly felt an affinity to Bowie. An affinity to be felt for his entire career. Throughout his ever morphing faces and flirtations with new styles of music, Bowie never lost touch with his audience. In fact the only aspect of Bowie that was unchanging was this ability to maintain his relevance.

Bowie's personal and musical evolution was always one step ahead. As an artist you could sense his eagerness to push forward and explore. His curiosity was untiring. From Ziggy Stardust Bowie morphed into other alter-egos such as Aladdin Sane, The Thin White Duke, and Pierrot. Bowie continued to reinvent himself throughout his career, and even when he seemed to get it wrong he got it right. The universally unpopular Tin Machine, a band Bowie fronted in the late 80's, is said to have been the catalyst for the 90's grunge era. Without knowing it, yet another generation were being influenced by a musical revolution that again had its roots with Bowie. The 90's was witness to a totally different Bowie both creatively and visually. In this era he embraced the persona of the outsider, and while this era is often his less well remembered it still has value musically.

In this period Bowie was creating some truly experimental music, and again he was ahead of the game, exploring the virtues of drum and bass music years before the movement gained popularity with the masses.

Retrospectively it seemed that Bowie had the ability not only to influence the future by paving the way in fashion and music, but also to see into the future. Perhaps he truly was a man who came from out of space, his sense for what was to come was eerie. One night in 1989 will be remembered in the hearts of thousands who witnessed it. Years of heartache and separation finally came to a climatic end when the Berlin wall was torn down between East and West Berlin. Friends and family became reunited after 3 decades of separation, and it happened to the what is arguably Bowie's most popular song, Heroes. The song can still bring tears to the eyes of thousands who were there, it fitted the occasion

perfectly, as though it had been written for it as a film score suits a film. But the song was originally released in 1977, 12 years previous. Did Bowie have a sense of what was to come? Posthumously Bowie was thanked for his role in helping to bring down the wall by the German government. A sign that his time spent in Berlin will not soon be forgotten in the hearts of those who live there.

In 1981 Bowie released Under Pressure, the lyrics to which depict the homeless epidemic in the USA before it had even begun. It's not difficult to speculate that The Man Who Fell to Earth may have possessed superhuman powers, that time did not confine him. However, distill the intrigue and mystery from the man and perhaps we are left with an incredibly clever and intuitive human being who witnessed the world that we live in with such clarity that he sensed things to come.

It's difficult to remember David Bowie

by only recalling his musical success, he was a man of multiple talents, and he was not limited to success in only one. Just as he appeared to fall to earth as Ziggy Stardust, David once more was reborn and fell to Earth a second time. As a man who could never stand still, by the mid 70's Bowie had tired of rock and roll and sought to quench his creative thirst through acting. Bowie landed the lead role in Nicolas Roeg's film adaptation of Walter Trevis's novel, The Man Who Fell to Earth. Now a cult classic the film it was Bowie's breakthrough into the world of film, and the role couldn't have been more suited to him. An alien who crash lands on earth, with his own planet facing drought he is in search of water. Using futuristic alien technology he becomes an inventor in order to make money to enable him to return to his doomed planet. Bowie's endeavours in film continued, arguably his most memorable performance was as Jareth the Goblin King in the magical and at times rather unsettling Labyrinth. No one other than Bowie could have pulled off quite a character, a combination of disgust and lust in skin tight leggings.

With the image of Bowie's portrayal of Jareth the Goblin King in mind, let us not forget the personal qualities of David Bowie. Although he was a man who took his art very seriously, he was not lacking in humour. As incredibly intelligent people often are, Bowie was tremendously witty, he was a genuinely funny man. A fitting example of Bowie's enjoyment and understanding of humour is his appearance in Ricky Gervais's Extra's.

There have only been a select few individuals who have graced the world with their presence whose absence from which has caused such a genuine disturbance. His talent coupled with his intellect allowed him to understand the world and therefore us better than ourselves. Through his musical talent he showed us this world, and was therefore always able to connect with people. He is a man who will always be remembered, through the ways in which he shaped the world. He brought about changes in the way we live, inspired artists, fashion and music in way that means Bowie will forever exist in the creativity of the millions he inspired. He will live on in his music and our hearts forever.



Image by MICHAEL SOHN / THE ASSOCIATED PRESS



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