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SPECIAL ISSUE 2018

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OUR OCEANS**

**THE
LILY MARIE
ISSUE**

**ATHLETES
WHO KNOW
THEIR CLOCK
HAS TICKED**

**MAKING
MARRIAGE MORE
PERMANENT WITH
FINGER PIERCINGS**

**A WORLD OF
EMPTY WORDS AND
EMPTIER THOUGHTS
“MESSAGING, SOCIAL
MEDIA AND THE DECLINE
OF LANGUAGE”**

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14

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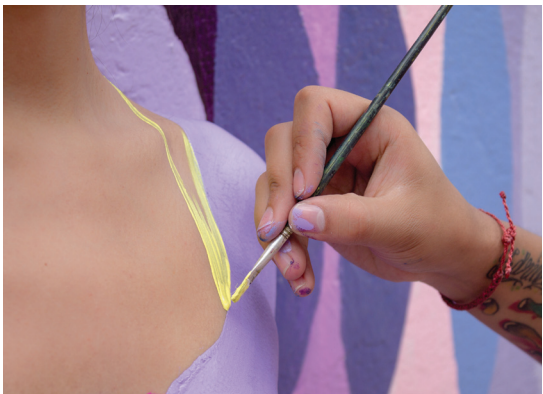
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MAKING MARRIAGE MORE PERMANENT WITH FINGER PIERCINGS

By Jessica

The concept of marriage has been around for longer than written history. Wedding rings have been the long-standing symbol of holy matrimony since time immemorial. When two people choose to spend the rest of their lives together, it's a daring leap of trusting one another through everything. But how can you make marriage an even more permanent part of your life? By taking the logical step of piercing your finger of course. You don't actually have to be married to get on this alternative bandwagon, but you do have to be pretty daring.

People who choose to get their ring finger tattooed do it from either fear of losing their ring or they simply just don't like to wear one. With finger piercings, you don't have to endure the buzzing pain of stabbing needles nor worry about losing a rock worth more than one month's rent. Knowing that your diamond is safely tucked away inside your skin will

give you a piece of mind a traditional ring doesn't.

If you thought there were no drawbacks from voluntarily placing a foreign object in the skin, think again. Most finger piercings are done by the dermal process, which means that your skin suit will have a hole punched away with a metal anchor inserted in its place. Sometimes a barbell is used instead of a needle-like more commonplace piercings. How the process is done can become rather elaborate by incorporating tattoos or multiple piercings in the same area. Others may choose to pierce more than one finger. This surface must be assured the highest quality care provided to it while it takes the time to heal.

After all that is said and done, what could possibly go wrong? Considering that this is a surface piercing your body has a much higher chance of rejecting it than something like a lip or tongue ring. The jewelry can decide it's tired of staying in the same spot and choose to find some new real-estate, migrating to where

it wasn't intended to go. You must also keep in mind that your stone of choice can be torn from your finger if you catch it in something. It can be safe to assume nobody wants that to happen and or think about how painful that is.

Much like any insane sounding trends happening today, the millennial generation is blamed for this craze. Or maybe millennials possess more freedom and imagination than the previous eras were able to. Regardless of who likes it or not, it's catching on pretty quickly. The next trip to the grocery store may provide ample viewing of fingers flashing some heavy bling that appears to be floating off of the skin.

As previously mentioned, you do not have to be married to participate in bedazzling your fingers. Some people are always looking for new, more exciting things to partake in. Finger piercings just might catch on. Soon your grandmother could be sporting one. For proper bragging rights, you ought to go and get one before everyone else does.



ATHLETES WHO KNOW THEIR CLOCK HAS TICKED

By Jessica

Much like in Ancient Rome, sports are a highly valued form of entertainment for the masses and the athletes that play for the people can boast a following of millions of devoted fans. As with anything society enjoys, some aspects

stars who are over-hyped to the max. How he has been named as the greatest quarterback in NFL history is beyond anyone but the most die-hard Patriots fans. To his credit, he has been to four Super Bowls during his career and won three while being named the MVP two times. His streak can be accredited to the head coach Bill Belichick. Belichick has taught

ing his word and retiring every time he says he will. He is now a lot older than most of the NFL players and has to compete against that. He had a great career and relishes it, but maybe he needs to learn to let the past stay in the past. There is nothing wrong with basking in your previous successes, but he should know what he does make him look like a glory hound. Age catches up with everyone, including Favre and every year it gets more obvious.

Danica Patrick

When it comes to male-dominated sports, it's easy to latch onto the success of a sole female athlete like Danica Patrick. She is one of the few females who has participated in the Indianapolis 500 which helped surge her to the spotlight. In addition to that, her other major accomplishment was being named rookie of the year. Unfortunately for her, the bountiful days of her youth are quickly falling behind, and she knows it. Like many celebrities, Patrick seems desperate to hold onto what little she has left of her fame.

Michael Phelps

Everyone has their opinion on the greatest Olympian athlete, in which Michael Phelps is often named. He has won over 20 medals in his swimming career when other Olympians have won more than that. Phelps has also been caught up in the current of many scandals including being caught smoking weed and driving under the influence of alcohol. Surely, he is only human, but the fact that he keeps getting in trouble shows that he is by far not the greatest athlete to exist.



are overhyped to the point of redundancy. Athletes, in particular, are put on a pedestal and expected to retain all of their former glory as time ages them like anyone else. Sometimes this hype can go to their heads and they act pompous compared to their station and the fans see it.

Tom Brady

Tom Brady is perhaps the number one choice when it comes to sports

him everything he needs to know in order to keep the team afloat. Yet when Tom Brady has been out due to injury, his team does just as well. This goes to show that Brady is not the superstar that people believe him to be.

Brett Favre

Brett Favre has always been a fan favorite and he knows it. Maybe that is what has stopped him from keep-



2019-Chevrolet Colorado-ZR2-Bison



THE LILLY MARIE EXCLUSIVE FEATURE

PHOTOGRAPHY BY RICK TROTTIER









**WHERE ARE YOU NOW?
WAS IT ALL IN MY FANTASY?**







BE LURING
BE IRRESISTIBLE
BE YOU





THE LILY MARIE ISSUE







LILY MARIE

CAN YOU WEATHER MY STORM





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THE DAMAGE CAUSED BY PLASTIC

Plastic started out life as a convenient alternative to glass so things would not break, and gradually branched out into all areas of our lives, including plastic food packaging and plastic grocery bags. Plastics have become a major pollutant of land and sea because it is so commonly and so carelessly disposed of, and because it has a long life before it breaks down against water, air and sunshine. Because it is so non-biodegradable, it has become a significant hazard to wildlife.

A recent report about a vast flotilla of discarded plastic making its way to the shore of California and the number of marine animal deaths has finally got people to sit up and take notice. This has in turn led to manufacturers and supermarkets to look at their packaging policies.

Durable shopping bags are available for free or very cheaply, and one brand of yogurt has even started to package its product in small glass tubs. In Europe, supermarkets are banning plastic from their products and encouraging people to bring along refillable containers so they can buy bulk foods from storage bins each week.

While it is true that many plastics can be recycled, many cannot, and even the recyclable ones do not always end up where they need to go. In developing nations, there is a lot less access to these kinds of programs. In developed countries, it depends on location and how willing people are to take the trouble to get their items recycled.

The Effect of Plastic on People

In terms of humans, the effect of plastic is alarming - if not outright dangerous. Plastic has been associated with endocrine imbalances such as diabetes and thyroid issues. It also plays havoc with the sex hormones. Some studies even suggest that plastic can significantly lower men's sperm count, leading to sterility.

When buying plastic, avoid ones with BPA in them for these reasons. Don't drink out of plastic water bottles; use a water filter and a stainless steel water bottle instead.

Certain plastics, such as those made outside the US, are believed to include cancer-causing agents.

Killing Sea Animals

Many sea animals get tangled up in plastic and die. Some even eat the

plastic, and die of complications when it gets twisted in their digestive tracts. The plastic holder for soda or beer cans can get wrapped around, for example, a turtle, and over time lead to deformity and death.

Experts have found that whale mothers nursing their young have a high infant mortality rate due to their milk being poisoned by the chemicals in plastics. Plastic is also making ocean water more acidic, leading to "dead zones" where no life can be sustained.

The number of dead whales being washed up on beaches all over the world is growing. Studies now suggest that baleen whales are literally starving to death, partly because there isn't enough krill for them to eat, but also because their filtration system is not able to deal with plastic and their stomachs are literally filling with plastic trash. Many sharks have also been found with vast amounts of plastic in their bellies.

While plastic pollution is indeed a crisis of planetary proportions, we do all have a choice about what we buy, whether or not we recycle, and what charities we support. Learn more about plastic pollution and take action to reverse this deadly trend.



WHY PLASTIC STRAWS ARE A PROBLEM

Many people take plastic straws for granted as a part of daily life if they are having a soda, smoothie, or other chilled beverage. But as more and more people are starting to look at the dangers of plastic pollution, straws are coming under their scrutiny as being harmful to the environment.

Recent moves by certain fast food restaurants and other eateries to ban plastic straws has been met with approval by those who want to cut back on plastic waste as quickly as possible.

The Problem with Plastic Straws

Plastic straws are not recycled. Estimates show that Americans throw away half a billion every single day, including drinking straws, plastic coffee stirrers, cocktail straws, and so on. That is enough to circle the Earth twice, or fill 125 school buses. Just think how many straws that is in one year. They may be small, but they are part of the eight million tons of plastic dumped into the oceans every year.

While it is true that a small number of people need to drink with a straw for medical reasons such as having trouble chewing and swallowing, it is also true there are alternatives to plastic. Paper straws are the most

obvious example. But now there are also glass, stainless steel and bamboo reusable straws. The only downside is remembering to take your straw with you everywhere when you dine out, and to not leave it behind at the end of your meal.

The Effect of Plastic on the Environment

Plastics can sit in landfills for more than 70 years. In the ocean, they have become a floating obstacle course that kills millions of marine animals every year. The plastic debris also washes up on the beaches, leading to unsanitary conditions and an unsuitable environment for marine life who nest, live or find food on the beach.

Plastic increases the temperature of the water and makes it more acidic, therefore killing off many sensitive microorganisms upon which the balance of ocean life depends. Marine animals can get entangled in plastic and drown, or eat it and die of poisoning.

What You Can Do to Save the Planet

There are a number of things you can do to save the planet. The first is to say no to straws. The second is to start educating others about the pollutions straws cause, and the harm they do. There are a number of groups that fo-

cus on spreading the word, including: www.plasticpollutioncoalition.org/no-straw-please/

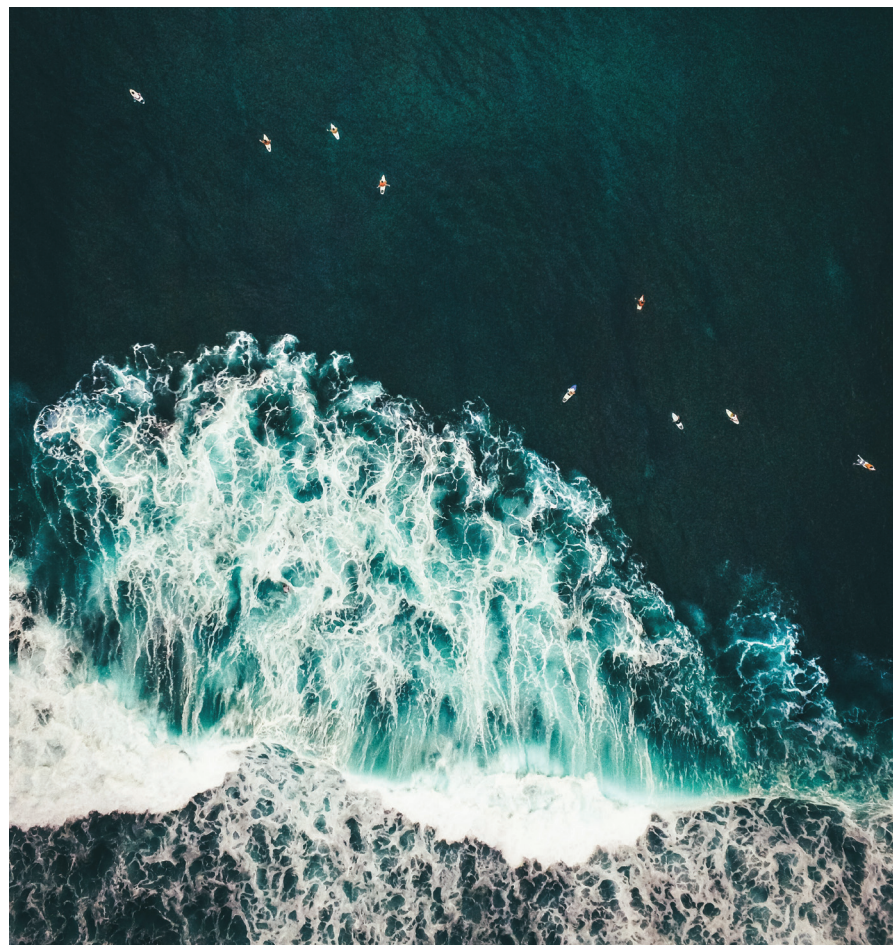
In addition to taking your own personal pledge to go straw-free, and encouraging friends and family to do so as well, there are a number of awareness-raising activities that can help. Discuss the issue in the local eateries you attend. Give copies of this printout, or leave it when you pay your check:

In addition to taking your own personal pledge to go straw-free, and encouraging friends and family to do so as well, there are a number of awareness-raising activities that can help. Discuss the issue in the local eateries you attend. Give copies of this printout, or leave it when you pay your check:

An obvious benefit to most businesses is the amount of money saved by not buying plastic straws. Paper ones can be given on demand if requested, and will be much cheaper.

You might even be able to get local businesses to sign a pledge and show that they are committed to greening their businesses:

Plastic straws may seem like a small thing to cut down on, but it can have a huge beneficial impact on the environment.



HOW DRONES WILL HELP SAVE OUR OCEANS

By Jessica

We've all seen pictures of a sea turtle with its face wrapped in plastic, the dead whale with more than 50 kg plastic in its stomach or the polluted beaches in what used to be exotic places. The truth of the matter is that we are slowly and surely killing our world. But is it really a slow process?

If one reads a bit about the pollution of our oceans, the problem seems more like an unstoppable runaway freight train, clattering along at break-neck speeds, on the way to destroy every living being that lives underwater. Think it is a bit dramatic? Listen to this. Scientists estimate that anywhere between 5 to 13 million metric tons of plastic trash flows into our oceans each year.

They go on to estimate that by 2050 we will have more plastic by weight than fish in our oceans.

What most people don't know is that plastic floating in the ocean is not just a threat to sea life in the sense that it could wrap around their heads and prevent them from eating, plastic is similar to plankton and other food sources in that it emits a chemical signal that makes it attractive for birds and fish alike. When swallowed, plastic builds up in the animal's stomach, it is not easily secreted. In the end, the animal either dies of starvation or their stomachs literally explodes. National Geographic has pointed out a long time ago already that the toxins from plastic eventually ends up in the human food chain and we don't know

what the effect of that will be ten or twenty years from now. Higher cancer statistics? Probably.

The problem is not just in floating debris, it is also on the bottoms of our oceans where plastic build-ups are creating chaos. The small size of many of these materials make it extremely difficult to trace back to its sources and even more difficult to remove from open ocean environments, suggesting that the most effective mitigation schemes must involve lowering current trends of waste creation. Scientists estimate (unfortunately) that we are from mitigating plastic pollution. In fact, it is estimated that we will only reach a peak in global waste in 2100. Our waste grows as the world population does.

The harsh reality is that we are the cause of pollution. Our careless approach to keeping our world clean will only implode once we struggle to feed our children. And it might be too late by then.

The bottom line is that we can't wait, something has to be done. Fortunately, there are several groups of scientists and entrepreneurs working tirelessly to find solutions. And what ties many of them together? Drones. Yes, drones. Before we go on, we need to specify what a drone is. These days, when someone mentions a drone, we all tend to look up at the sky, expecting to see a flying object that buzzes like a large mosquito. Drones are not just flying machines – any unmanned vehicle that moves without carrying a pilot or driver or, in the case of water, a ship's captain.

Richard Hardiman is an entrepreneur from England who got an idea while watching two men on a fishing boat struggling to clean out an area of polluted water with a pool net. The inefficacy of the task frustrated him so much that he decided to do something about it. Starting in his garage he started to play with the idea of building automated scoops which could pick up litter and filter the plastic out. As time went on, he coined the phrase, Unmanned Surface Vehicles, USV's, and started planning to involve drone technology to automate the plastic collection. After getting investors on board, Hardiman built several prototypes of his WasteShark which are in the process of testing in various conditions all over the world.



Marco Simeoni, the president of the Race for Water Foundation, certainly feels the need to act urgently and fight pollution. Race for Water is a Swiss-led project that recently left their shores on a state-of-the-art trimaran yacht as part of a research expedition to study the impact of plastic pollution. The scientists goal is to evaluate the five main trash 'vortexes' located in three oceans and the impact of the pollution on island populations near these zones or vortexes. They are taking samples of all the plastic to get a better idea of what we are dealing with. Two American scientists from Oregon State University and Duke University are working parallel to the Swiss, using drones to create a digital map of the plastic rubbish. They had been using these drones previously to count animals such as seals or penguins in remote places and thought it would be a good idea to pair up using drone technology with the boat. The drones are outfitted with special lenses that can separate images of plastics from the background. One of the areas that the boat and drone combination will troll is the uninhabited atolls in the South Pacific. The idea is to count the debris, identify it and figure out where it is coming from. Once you know that, you can start working on preventing more pollution while cleaning up the

other areas.

Another company, Drone Major Group is a platform that tries to connect professionals with manufacturers and suppliers in order to fight ocean pollution. Their CEO, Robert Garbett, believes that the level of plastics in the oceans first has to be mapped out and that large-scale ocean cleaning drones will be employed to combat the problem. These drones will be accurately led by satellites to get to the heart of each polluted area and start cleaning it up.

UK based founder of Plastic Tide, Peter Kohler saw what the pollution is doing to the South Pacific seas several years ago and decided to do something about it. He quickly came to understand that not only have we a very serious pollution problem, we don't know where it comes from, who the culprits are. When plastics are dumped into water sources, they are quickly disappearing, making it difficult to find those who broke the law.

Kohler's approach is very interesting and somewhat different to the others. At Plastic Tide, they aim to use artificial intelligence or machine learning algorithms to train computers to recognize images of plastic trash in water. Simply put, they employ drone-mounted cameras to take thousands of aerial pictures of the ocean. These photos are used to train the computer to dif-

ferentiate between fish and plastic. What's really nice about this project is that they incorporate the public's photos as well. Their nonprofit website is open to all of us who have drones and are willing to send it into the ocean to take pictures. The more the merrier.

Drones are also used in other research projects where water is involved. The oil industry is doing research on the use of drones to monitor water quality through sampling processes. In other research natural and public waterways near intensive farming is monitored by drones to help prevent nitrate runoff, a major cause of water acidification and toxicity. There is potential to greatly improve the efficiency of routine water monitoring of lakes by eliminating the need for boats, but current models are limited to calm weather and stationary or slow-moving water.

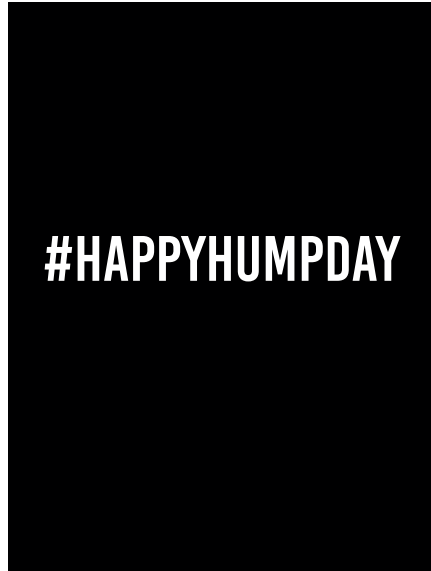
The application of drones to fight pollution is not restricted to water. Drones are also used to monitor air quality, noise pollution and even checking volcano activity. But drones alone will not change a polluted environment.

In the end, all of us have to become more aware of where our waste goes. It starts with us, in our homes. Surely, our legacy shouldn't be an ocean filled with plastic where once there were beautiful coral reefs.





HERE GOES SOME
HATERADE, GET YA
THIRST QUENCHED!







BODY PAINTING

Since the beginning of time, humans have always had passion for creating art. And perhaps it is this passion that gave breath to body painting, an art form that has become a significant part of many cultures all over the world. From being an essential part of the tribal celebrations and ceremonies, this form of art has evolved into a way of expression today.

Body Painting Since the Ancient Times

During the early 12th to mid 14th century, body painting was a very common art form used in religious rituals in Germany and France. Body painting, which uses natural pigments, also existed in many tribal cultures in Africa, Australia, Pacific Islands, and New Zealand. In the late 1990's, a type of body painting called mednhi was used on brides in the Middle East and India. This type of body painting uses dyes of made henna and is now one of the most popular type of body painting.

Another form of body painting, which uses huito, annatto, or wet charcoal to decorate bodies and faces, was also used by indigenous people in South Africa.

Body painting was also prevalent du-

ing the ancient times in Egypt, where high class individuals like Pharaohs had their faces painted in white pigments and red ochre.

In India, body painting was also used to signify a person's status in the society or to identify key individuals (witch doctors, chiefs or priests). For centuries, Indians have used the human body as a medium of religious expression, as a form of art, or even just a medium to tell a story. Indeed, body painting was practiced across cultures for a multitude of reasons or purposes and using a multiplicity of paints.

Today, body painting is still being practiced for many purposes. It is not only popular for performing arts around the world, it has been found to be of great use especially in the military operations to camouflage armies. And rather than being part of a religious belief, this form of art has now become a fad or is treated as a fashion accessory among the youth.

Body painting is a great way to decorate the body for an event. You need to know how to do the body painting correctly and we will show you tips and techniques to do this safely and correctly. The first thing you need to know is the type of design you want to do. If

you are an artist you will be able to do these designs yourself. The next things you need to look at are the body paints that are out there and you should find a large variety at craft stores along with how to use them. It is important for artists to check the label of the latex before buying, because there are brands that are not for body painting. Make sure the label says "suitable for use as body paint" or "for cosmetic use". Also check whether the liquid latex contain toxic chemicals and make sure you buy from a reputable supplier to ensure getting the material that is made for skin application. You want to make sure when you apply the body paint that your skin is able to breathe. There are guidelines for body paints to be safe and before buying any make sure that the body paint you get meets these guidelines.

Here are items you should have to help with this process: Body paints and containers to hold them, drop cloth, sponges or brushes, mirrors to see how the progress is going, blow dryer to help dry paint and washcloths for cleaning hands and smears.

Other tips and techniques are the following: Remove all hair and make sure skin is moisturized before applying body paints. Use thin layers of body paint and if necessary reapply if necessary, sponges for better coverage over large areas. Using the right sponges or brushes is also essential in body or face painting. Brushes are used for smaller designs or details while sponges are very important for big designs or designs that cover a big area of the body. If you are planning to paint an intricate design, make sure to have sponges and brushes of different sizes to avoid smearing your work.

Another thing to keep in mind is to be patient and take your time without rushing so you are not smearing your work or making mistakes. If you make mistakes or smear you will need to do the job all over again, so instead go slow, express your feelings and then enjoy the finish work.

A body painting session normally is completed and photographed the same day and the model is then free to wash off the art. Models usually pose nude or with a scant covering over private parts. The breasts are either painted nude or with nipple covers, that will make breasts appear more flat and less

exposed. Prosheild is used for breasts and female private parts and stretch clothing or even liquid latex is used as the base covering. The human canvas is then painted.

Airbrush Body Art Tips for Beginners and Painting

Take classes: If you're planning on investing in airbrush body kit you should really take a class on the different techniques. Many art classes, beauty shops, and even tattoo shops offer lessons on outlining, color and freehand designs with the airbrush.

Practice strokes: Even when taking classes you will still need to practice the techniques to create the correct design you are looking for. Use paper towels for canvases, and start practicing how to make big dots and dashes until there is enough control for making tiny dots and dashes.

Prepare skin: Proper skin preparation is the key to creating an attractive and lasting piece of body art. Your skin should be free of dirt, oil and dead skin. Make sure you wash the skin and dry well. Use rubbing alcohol on the skin to wipe away oil before using the paints and make sure the alcohol is completely dry.

Avoid moisturizers: Moisturizers or lotions should not be used before or after airbrush body art is painted. Strands of hair that has a lot of conditioner will rub against the airbrushed area and

will cause paint to fade, so dust it lightly with talc powder to help preserve the art once the paint is dry.

Use the right materials: Airbrushing is used for more than body art and is used to paint any metal, wood or fabric. The type of airbrush paint you use depends on the type of medium you are working with, so make sure you use airbrush paint that is intended for skin when creating your body art. **Keep it clean:** Attractive airbrush designs start with clean tools, flush airbrush with water after each use and make sure the wet paint is fully washed away. Dismantle brush and clean as instructed on the package after every other use.

Body Painting With Henna

Ever wondered what the secret materials are that body artists use to make their stunningly beautiful artworks? There is actually a wide range of materials that artists use in body painting and one of the most popular paint is henna. The practice of body painting with henna is actually not new. It dates back to the ancient times, around 5,000 years ago, in India where it was used in painting the body of brides. Today, body painting with henna has become an increasingly popular trend in many countries mainly because this paint takes 4-5 weeks before it wears off and it is cheaper and easy to use. Thus, anyone who is looking for semi-

temporary tattoo or body paint can opt for henna. However, using henna in painting the body with delicate and intricate designs can be time consuming, and can cause allergies if not purified henna is used.

More Contemporary Materials

Traditionally, people paint their bodies using natural materials, such as plant extracts and clay. However, this method takes about 12 hours or more to complete. With the new body painting materials though, it is now a lot easier to do body painting. Most importantly, because many of these materials are especially made for body painting, they are safe to use for the skin. Below are some of the new body paints that are designed to produce maximum effect.

Airbrush makeup: This is considered the best material to use for body painting as it is easy to use, safe, and it does not crack or peel like other materials such as airbrush acrylics.

Liquid latex: Liquid latex is less messy than many other kinds of body paint. This is a really great option for experienced body artist. Liquid latex sets in just 10 minutes and stays longer.

Mehron and Magic Color face paints: The advantage of using these paints is that they are cheap, safe for the skin, easy to apply and dry quickly. They are available in many colors, including glitter metallic.





Markers: Markers are safe to use for the skin, dry quickly. And because they are washable, you can remove them easily through washing, making them kid-friendly. Also, they do not wrinkle or peel off. However, using markers with small points is not advised for big designs as they are time-consuming to use.

Tempera: This material is only good to use for certain designs. When it is dry, it looks powdery and it flakes off. PAX Makeup Adhesive based paint: This is a long lasting paint. Use this paint if you want your body paint to last longer.

Textile acrylics: These materials are actually meant for fabrics, but they are proven safe to use for body painting and they wash off easily with just soap and water. For best results, use bristle brush to apply textile acrylics on the skin.

Types of Body Painting: The Contemporary Body Painting

Body painting is one of the most popular types of body art. Compared to other types of body art like tattoos that are meant to last forever, body painting is temporary. Depending on what material is used, body painting lasts only for a couple of hours to a couple of weeks. And what is best about this type of body art, although it requires the expertise of an artist, is that it can be done in a jiffy. You can have smaller designs on any part of your body, such as hands, legs, chest and face in minutes to a few hours.

Body painting is not only full nude bodies but also includes painting on smaller parts of the body such as arms, face, chest or legs. Two of the most popular choices are: face painting, a common entertainment in fairs parties, festivals and theme parks all over the world; and creating body paint bikinis. 1. Learning how to paint the body does not have to be a daunting task. After all, body painting is an art that is both easy and fun to do! You can have fun painting your body or face to express your emotions and creativity by following the tips below.

2. Choose figures of designs that fit the person wearing them. When creating face painting for children, for example, choose the figures or designs that appeal to them or that fit the occasion that they will be attending.



3. Use the right paints. Most especially if you will do face painting, choosing the correct paints that are made specifically for face painting is essential. Also, make sure that the paint you choose are appropriate for the skin of the model. Since you will be painting on human skin, using paints that are not FDA approved or are not water-based may cause severe allergic reaction.

4. Paints such as PAX Makeup Adhesive based paint, and Mehron and MagicColor face paints are great materials for face painting as they are cheap, easy to apply on the skin, and dry quickly. Always remember to use tools that are of superior quality as you will be painting on a human body.

5. Invest in quality brushes. You do not have to spend money for very expensive brushes. There are actually very inexpensive brushes that are made of natural fibers and that are soft enough to use on human skin.

6. Use the right amount of water. If you are applying paint on a large surface, use a sponge. And if you don't want it too result in cracking later on, never paint on too thickly. Also remember, the most water you use, the easier it will be to spread the paint around. This same principle also applies in painting the body with the use of a brush.

7. Learn how to color and practice. If you intend to create three dimensional

effects, the rule is to start from the palest color to the darkest. You can learn the basic tips on coloring through reading instructional materials online or joining art workshops. And of course, theories are not enough. Body painting is a skill that is nurtured or improved through practice.

Enjoy the craft! Body painting, like any art, is both an easy and fun thing to do most especially if you exude happiness in your work. The results will surely be exceptional!

Face Painting

Face painting refers to the artistic application of paint on the face. While body/face painting in the ancient times used natural paints or dyes, artists today use water-based cosmetic paints that are made especially for face painting to protect the skin.

Since the ancient times, face painting has been practiced all over the world to decorate faces, to show people's emotions or for some other purposes. For instance, in the ancient Egyptian civilization, women paint their eyes/face to either make their eyes/face look more attractive or to scare enemies away.

Today, face painting is still practiced but merely as a form of entertainment. For example in fairs or theme parks, actors and clowns paint their faces to entertain guests. And while clown and cartoon character designs are popular among children in children's parties, theme parks and festivals, face painting designs like animals are more popular in plays or dramas.

Fun Face Painting Ideas and Tips

Learning how to paint a face may be a difficult task most especially if you are running out of face painting ideas. But here are some ideas you may want to try in face painting to spice up your designs.

Use Glitter: Using glitter can actually give life to your face painting by adding a new dimension to it. What's more, it is easy to apply and it is pretty cheap! It is ideal for doing face painting on kids, and it works well with fantasy-themed designs. But as with paint, only use glitters that are made especially for the skin. Never use aluminum glitter as it can hurt the skin and the eyes.

Combine Make Up with Face Paint: Doing so will save you a lot of time as well. Most importantly, cosmetic makeup is safe to use. For example, you can use eyeliner pencil to outline or highlight the eyes. You can also experiment by blending eye shadow with paint.

Stick-On Jewels: This is ideal for face painting on kids. Stick-on jewels also add a new dimension to the face. Most importantly, these stick on jewels are easy to use and easy to remove.

Experiment: You can combine different costume and face painting. For example, you can do face painting of a princess with a tiara and match it with a vampire or animal costume. Experimenting and practice definitely makes perfect.

Liquid Latex Tricks and Tips

There are different ways the application of liquid latex is varied, by either making it easier to work with or achieve different effects. The main benefits of using this over many other kinds of paint include the durability of the body paint. Once it has dried on the skin, it cannot be smudged against fabric or rubbed off very easily. Latex lasts for many hours; so many artists use it for whole body painting. The painting area needs to balance ventilation, as liquid latex lets off a small amount of ammonia vapors, and warmth, so the model doesn't become chilled by the drying/evaporating latex. Be sure to let all coats dry completely before applying the next one, and use several coats for the best coverage. Make sure you don't dry out the brushes. Foam brushes and rollers provide the smoothest finish and for large areas and full body coverage, 2"-3" widths are good, with a 1.5"-1" working well for edges and details. Have some other ones available because once latex dries on the foam brush, it ruins it, as the dried latex will keep sticking to the latex that is dried on the model and will actually rip it off. Keep the brushes in water if you take a break while working and then make sure you squeeze them out well before starting again.

Tips and Tricks

Bristle brushes, sponges and fingers work for applying liquid latex and gives different effects and textures. Liquid latex looks pastel when wet, and dries

a darker shade. If you apply colors over each other when still wet they will run together and discolor, so make sure each layer is dry all the way before applying your next layer. The first thing people worry about when working with liquid latex is the sensitivity. Before using latex for body painting though, it is essential for the artist to test it first on the model's skin to check for any allergic reactions or irritations. Paint a small area on the leg of the model and wear for a couple hours before removing to see if there is a reaction.

Another concern with liquid latex is absorbs into anything that is made of cloth or fabric. Put down a plastic tarp or drop cloth and wear old clothing. Make the area you are working in is warm; because when the latex dries it gets very chilly for the model. The latex contains ammonia and make sure that you let it sit for a few minutes with the lid open before working with it to get rid of the aroma.

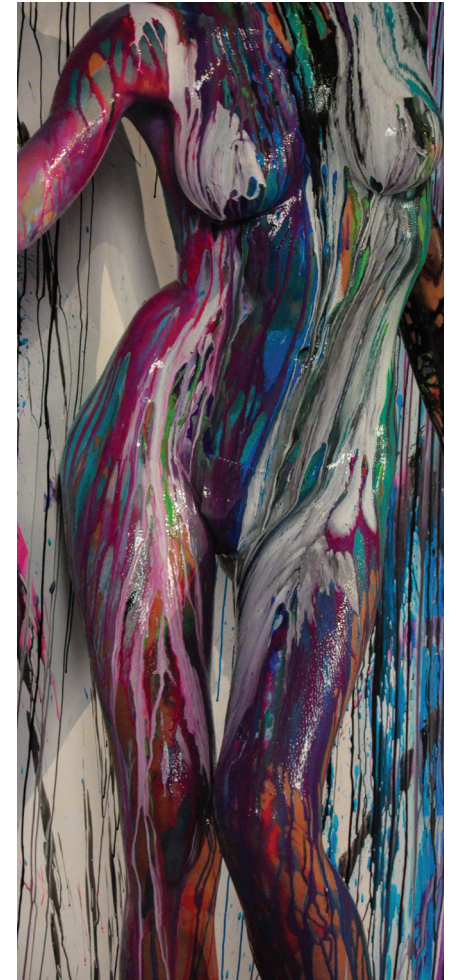
Body paint modeling is a great experience that builds confidence and opens a person's character that is just being explored and any one can do this. Here are some things to help you get ready for this experience that will change so many lives.

Getting ready: Remove body hair, moisturize the night before. Bring a white g-string without lace and the black g-string is more for UV painting. Make sure you have a hair brush, soap and even some oil if you have trouble removing paint and a towel and clothes that you can get dirty.

Stretches: Stretch before painting time to start with a warm body which helps to avoid cramps and stay focused. This makes it easier to pose after painting is finished.

During the day: Try keeping your body relaxed, drink water in small mouthfuls spaced over time. Drinking too much water at once makes you need to use the restroom more often. Keep muscles warm by relaxing, do small stretches that doesn't interrupt the artist, eat food produces plenty of energy. Eating fruit, grain breads will give you plenty of energy for snacks, but sugar products will give the boost but will not last through the day.

Performance: The performance needs a beginning, middle and end, move the appropriate way to reflect your body art. Make eye contact with your audi-



ence, photographers and all other crew and last but not least enjoy, make the performance something to remember.

Photography: Photographing the art work is important; doing a variety of poses complements artwork. Moving too quickly will not allow the photographer to get the correct picture. Be aware of the flashes the camera is making. If your photographer is getting a lot of clicking in the camera you know that your poses are what they are looking for and keep doing a variety of them. When you are not hearing a lot of flashes some other pose, make eye contact, change expressions, use the air, do some jumping and create some other exceptional poses.

Finishing: When you are finding that the paint is hard to remove try a little baby oil. If you have used glues attach things that will remove the glue easily. Then you are able to jump in the shower and finish cleaning off the paint. Make sure that you stretch and do some relaxing before climbing into bed.



Top Festivals in the World The World Body Painting Festival

Established by Alex Barendregt in 1998, this festival will include stunning body painting that is seen in the world today. The three day program includes dancing, music and fireworks along with several competitions. Thousands of tourists from all over the world flock to this festival each year to witness this flamboyant festival. Each year, thousands of body painting artists from many different countries converge with music artists, professional photographers, models and electronic technicians. Here is more information on when and where this takes place. **Where: Seeboden, Austria**

Duration: Takes place Friday to Sunday in the park starting at 11am and later your artwork is judged by professionals. Awards are categorized as follows: Brush/Sponge and Airbrush **Events:** World championships in three categories; night contest for UV effects, special effects awards; classes and workshops; Body Circus; music and dance performances; international photo contest; huge fireworks show.

Canadian Body Painting Festival

This festival showcases stunning artists and finished work. The quality of the art is similar to the World Body Painting Festival with the theme this year being "It's A Jungle Out There." Dubbed as one of the best body painting festivals in the world, the Canadian Body Painting Festival features artists and artworks similar to those seen at the World Body Painting Festival in Austria. Information on this event is as follows.

Where: Nanaimo, British Columbia

Duration: Two days

Event Includes: Competition in body painting, brush and sponge, and airbrush

Artistic Range: Stunning, best overall, life-like and fantastic double take images

International Body Painting Festival

This festival has taken place over thousands of years and located on the river Rhine, in Mainz and founded by the Romans during 13 BC. The first inhabitants are believed to have Celtic roots and practice the art of body painting. Mainz celebrates this

legacy through the stunning International Body Painting Festival where body painters converge to showcase their talents. Competitions in the festival include face painting and special effects. The artistry ability and range is stunning at this festival. Information is as follows.

Where: Mainz, Germany along the Rhine river

Duration: Weekend

Events Include: Competitions include special effects and face painting

Artistic Range: Very stunning, high artistic skill

Welsh International Body Painting Festival

Established a few years back, this festival is younger than and not as established as the above ones. The atmosphere is fun oriented, less high art and family participation is encouraged. This festival is the most highly anticipated competitions in the festival and includes hands on demonstrations, flower specialists, and horror specialist's competitions. This is a good festival for family outings and seeing some great work.

Where: Wales

Duration: Two days

Events Include: Hands on demonstrations; horror and flower specialists

Artistic Range: High, impressive smaller sized event

Family Friendliness: Excellent for all ages and events for the younger group

UK Body Painting Festival

This festival showcases the least impressive-amusing-body painting even though it has been said it is not a stuffy affair, but a circus or fair type outing for the whole family. Fun, relaxed atmosphere allows more surprising and purely body art.

Where: Ashford, UK

Duration: Two days

Events Include: Family face painting, body painting competitions, craft fair, children's activities, workshops and a bouncy castle

Artistic Range: Fair, more of a family outing with lots more than spectacular art

Family Friendliness: Very high family event and lowest cost body painting

US Body Painting Festival

There is impressive body painting

seen at this festival, lots of creative innovation with hair and unusual design that you won't see anywhere else. The US Body painting Festival takes pride on the body paintings showcased here but on the unusual hair designs of the models. One particular thing that stands out is a model that was dressed in a racecar theme with her hair blowing in the wind with red, white and blue in it. This is not a family oriented event and you must be 18 or older to attend.

Where: Albuquerque, New Mexico

Duration: Three days

Events Include: Demonstrations, workshops and body painting competitions

Artistic Range: There is a mix of impressive artistic works

Family Friendliness: This also is not family oriented and you need to be 18 or older to attend

There are some observations on some of the body painting festivals held around the world. If you are thinking about attending a body painting festival you will be able to bring your paint and paintbrush for an evening of fun and excitement.

Body Paint Swimwear

The concept of painting swimwear on human bodies may seem unusual or perhaps taboo to many people as it involves nudity, this fascinating art has made waves in the art world in recent years. This art form has been featured in many magazines, including the swimsuit issue of Sports Illustrated. Body paint swimwear is sexy and realistic and creates an illusion of a bathing suit for any style or color painted on the skin. The swimwear covers the breasts and crotch just like any type of swimwear. Plenty of times magazines will use these on models or even on the movie screen. It takes plenty of work to achieve the look you are going for, but the end result is amazing. The lining and strings of the swimwear are actually glued on to make the effect of real swimwear characteristic. Any garment can look real but the swimwear looks more realistic because they are supposed to fit tightly. The possibilities you can do with a brush and paint is amazing, because you make anything you want. Let your inner beauty out with your own project by starting out painting the hands or arms to get used to the brush. It takes time to adjust and remember to glue strings or anything

you think is part of the painting. The suits you can wear in the water are done with Deviant Liquid Latex and peel off when finished. Creating body paint bikinis or swimsuits is now seen as a fascinating method for body painters to explore styles to imitate the real thing. This type of body painting takes two to ten hours to complete depending on design and detail involved. More and more body paint artists and famous personalities are embracing this art form. Even Hollywood celebrities like Paris Hilton and Singer Rihanna posed in nothing but body paint.

Body Paint Bikini

All body types on women are different and no proportion or skin tone is the same. A painted bikini will show off the unique stature and sex appeal. If you are thinking of doing this don't hesitate because it is easier than you may think. It is something you are sure to enjoy. Getting a body bikini can be a great experience and a unique way to show it off to your friends. Here are some steps in doing this.

Step 1: The first thing is to find an artist to work with that you admire. An individual that can paint on canvas will surely be able to do the body and make sure you have references and talk to other artists to compare work.

Step 2: Make sure you are able to pose nude in front of the person without feeling uncomfortable in any way. If you do not know this person well you may want to bring a friend with you and ask if there will be any other females in the room that may work with this person.

Step 3: Make sure you have removed all hair from the body and a total body wax is done before your session.

Step 4: The day of consider giving input as to what you are looking for and let the artist know whether you want a traditional, Brazilian or micro bikini or whether it is to be exotic.

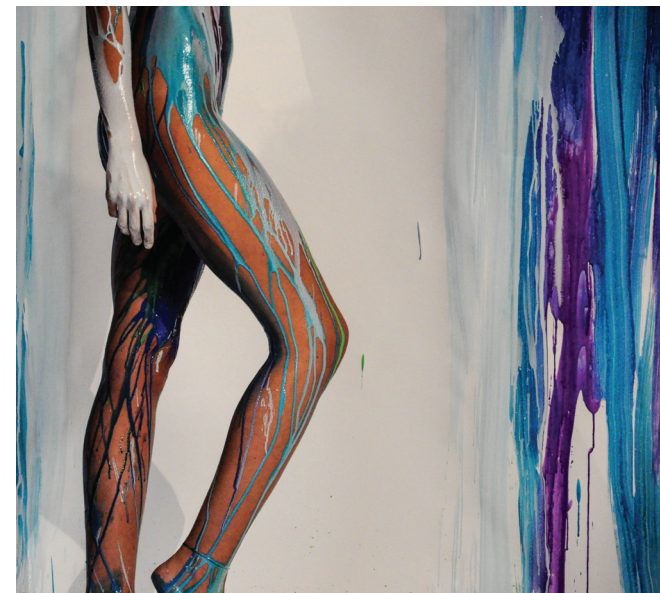
Step 5: Sit back and enjoy. After most of the paint has been applied the artist will then use a brush for details and touch ups. It usually takes around two to three hours to complete.

Step 6: After completion there will be one to two hours in which you can take your pictures and show off the swimsuit design, because after that time the paint begins to crack, especially if you move around a lot.

Body Painting Promo Model Jobs

The market for body painting is huge, and many people across the globe make a living from this industry. Works of great body painters are even seen regularly in television, fashion shows, and international body painting events. Body painters also even find great opportunities in the film industry, most especially in science fiction arena where they do creations like aliens and animals.

It may be hard to believe, but there are actually so many different great career opportunities in doing body painting and in the body painting industry itself. Apart from the great opportunities in the film industry, you can also work as the official body painter for a dance company or work as an



in-house makeup artist for a circus or theme park. You can also offer your services for events like birthday party, graduation, reunion and even sport events. Then, you can hold body painting workshops. And for a fee, teach adults and children how to do body painting.

Another interesting opportunity that anyone can venture into in the field of

body painting is to work as a model. The success of body painting has led to publications on this art form, and thus today, various magazines emerge to feature body painters and their works. And many young models use these opportunities to improve their modeling careers. Photographers are also taking great career opportunities in this industry.

Beverage manufacturers use body painting models to promote their products. Painting their logos on these models boosts the image and sales. Miller Lite girls get their bodies painted and are getting more attention than ever. Body painting beautiful models for all advertising is a great way to promote sales and target audiences. Beverage manufacturers have to spend around a \$1,000 to get a body painted and the models get paid \$300 an hour for a weekend to promote the miller lite event. The art work is amazing and the models made the artist look fantastic. There are more and more companies using body painting on models to promote their products such as

car and trade shows, even some promote new club openings. The return on their investment is extremely successful. If you are interested in modeling for a body paint manufacturer you need to have a great body and expose your body to a group of people. You can make up to \$300 an hour and have a great time doing this.

SoBe Lifewater recently did a body paint photo shoot to promote its new beverages in Turks & Caicos. The model Ashley Greene was painted with a pink and orange scale skinsuit and the way it was done no one knew the suit was painted on. Two photo shoots were done, one on the beach and

one in a secluded jungle setting and took 12 hours to paint the SoBe scales on the skinsuit.

So you see if you want to be a body paint model there are several opportunities for you out there and you can make money being a promo body painting model. Just decide what you really want to do and check it out and you will have a blast doing it.



A WORLD OF EMPTY WORDS AND EMPTIER THOUGHTS

Written by Rick Trottier – RJT Images-Light Works Studio

“Messaging, Social Media and the Decline of Language”

From the earliest days of recorded human history, mankind has marveled at his uniquely separate nature when it comes to language. We are not alone when it comes to creating artifacts like lodging. Creatures other than man build structures of all sizes and shapes. Mankind is not even singular in his use of tools, for a few other animals do that as well. It has become apparent through years of study that we share the planet with other species that have methods of communication. But it is mankind's use and consistent development of language for a wide variety of reasons, both practical and fanciful that has set us apart from all the other denizens of this Earth. That is until this recent age of language denigration and academic decline. Today, we have a greater number of means of communicating with our peers and “keeping in touch” than at any other time in history, but we say little of consequence and much of what passes for

communication is not all that different from the squawks of seagulls and the chattering of chickens. As our technology advances and allows us greater ease of almost everything, some of the most uniquely human traits of which we should be most proud are draining from us like blood lost from a wound.

There are many examples of how language has declined in complexity and beauty, from the common use of “text speak” to the saturation of abbreviated forms of slang that render understanding nearly impossible. But one of the most egregious losses is that of “letter writing”. Sitting down and thoughtfully composing a letter is a lost art and we are worse for its disappearance from the landscape of language. Even though parents use to “require” children to write “thank you” letters to family and friends for birthday and Christmas gifts, and schools taught varied styles of business letters, writing to someone and mailing out that

letter was once a regular occurrence. I wrote A LOT of letters, all the way to the point where my arthritis made my handwriting unintelligible. People wrote for myriad reasons. Sometimes it was as formal as a letter to a company's customer service department or fan mail to an admired sports hero. But more often than not, letters had deeper emotional and intellectual meaning. When looking at the historical record, there are some incredibly moving examples. Over the last decades of their lives, former presidents John Adams and Thomas Jefferson conducted a correspondence which has since gone down in American History as one of the most important and influential series of political and personal discussions ever. Each exploring their thoughts cogently and voluminously, the two Founding Fathers set forth philosophical ideas and expressions of deeper friendship that are beacons to us as a people for what language and communication of the very highest order should be. American writers Walker Percy and Shelby Foote also corresponded back and forth over the majority of their lives, examining ideals, thoughts and feelings in such a manner as to be both charming and insightful, as well as intimate. Throughout history, the object and action of writing a letter to a family member, friend or colleague was one of the most important endeavors humanity has undertaken. The opportunity to share experience and beliefs through words and to then have those words set down in such a manner that posterity COULD benefit from them if those letters were preserved is priceless. The transmission of experience and knowledge from one person to the next and one generation to another is how mankind has forged links with the past and built bridges to the future. But as the electronic age progressed and our adherence to methods of communicating through its channels deepened, written letters slowly faded from the stage of language as texts or other forms of instant messaging shouldered them aside. The problem here is simple, the whole idea of “instant messaging” is that of speed. So messages tend to be short, without depth and they convey only tiny bursts of thought and virtually no consideration when it comes to crafting language. Most electronic

messaging is commonly deleted and lost forever. I once had some texts on a phone that really mattered to me, words of affection from someone dear that were deleted when my phone was replaced. But I still have letters from people, written long ago, that I treasure, just as John Adams and Thomas Jefferson once treasured each and every exchange that became the pattern of their lives until both men passed away on July 4, 1826. I remember walking to mailboxes filled with eager anticipation, hoping in earnest for the arrival of a special letter. To see hand-addressed envelopes and then to read a handwritten letter, sometimes fancifully decorated was a delight the like of which is absent from today's world. As decorative as Snapchat has become, it just isn't the same.

The most complicated change in our use of language, especially the written expression of thought is in the realm of “writing for an audience”. There is still a lot of this kind of writing going on today and there is a medium by which it is easier to reach an audience than at any time in history. But such kinds of positive outpouring of the written word are often overshadowed by the crass, coarse and crude modes of reaching an audience that are the preferred vectors of transmission today. Once upon a time, people wrote in thoughtful and persuasive ways to explore points so that others might benefit from their efforts, even if it was just themselves. Whether it was writing as public as a letter to an editor of a newspaper or a magazine or as personal as a diary entry (what we now refer to as journaling), they were lucid efforts to put thought to paper and come out of the experience emotionally and cognitively better for the time and energy spent. Long ago, one of my favorite activities was to read the letters sent to the editors of Time Magazine, National Geographic and Sports Illustrated. Whether the missives were paeans to a job well done exploring a worthy topic in a past issue or an attempt to thoughtfully refute a point and add another intellectual perspective, most of the letters were deeply engaging and an audience was reached. I stopped reading such fare when I began to realize that many letters were shallow exercises in self-absorbed raving or ponderously stating the obvious.

Instead of examining a concept in a compelling fashion, letters to the editor became regurgitations of material far less pleasant. Similarly, diaries/journals that have come down to us through history are often some of the most absorbing reads. A TRUE journal is an attempt to make meaning from the day's events, often times mundane on the surface but never trivial when set against the backdrop of human experience, emotion and reflection. To delve into the thought processes of anyone who takes the time to really explore matters of the mind and the heart is beyond fascinating, it is a blessed gift. But today, what passes for journaling, even though there are people who still do such a thing, are often miserable rants on Facebook and Twitter, short and useless invective, diatribes without meaning and with even less value. Instead of thoughtful analysis, they are pungent in their venting of emotional gas pent up inside that is not addressed in a mature, adult manner; it is simply allowed to burst forth. But just as the persons writing such garbage have no patience to sit and create something meaningful, too many people today have even less

patience to actually read something of merit. And therein is the tragedy for in the early years of the internet was birthed the concept of “blogging”. And while blogging can be insipid, it can be and often is something quite useful from an informational and educational standpoint, not to mention entertaining. The problem with blogging is that people have to be able to easily find worthwhile blogs and wade through the thinking of someone who MAY or may NOT have some authority to speak on a subject. If I were reading a blog on military history, I would want the writer to have more than just an affinity for such a topic, I would wish to read the thoughts of someone who has actual life or academic experience, just as a blog on French cuisine should be written by someone who learned from a luminary like Jacques Pepin. Blogs are certainly a wonderful possible place of audience-centered writing to burgeon, but too many people turn to the “recommendations” post on Facebook or the feed of their Twitter account and receive the dubious ramblings of those who really aren't writers or experts on much.

It is simply amazing how many skills





mankind has amassed over our long history, only to lose them when some new and popular trend comes along. These "Lost Arts" should be sources of shame and sadness that we have allowed something worthy to pass from us, rather than preserve it. There are forms of metallurgy that we can no longer duplicate today that were commonly practiced a few hundred years ago. Many building techniques of long ago can no longer be replicated and that continues today. I hear many older contractors complain that finish carpentry is fast becoming a lost art. And language,

especially writing, is rapidly finding its way onto that list of losses. I often hear young people make cute commentary about my 19th century manner of speech when it comes to word choice, old sayings or other linguistic embellishments. And that is just my speech. I can only imagine how challenging it was for them in high school to read Shakespeare, or Thomas Hardy or Jack London. Maybe they don't read those authors or ones like them anymore. I remember glorying in the style and usage of Nathaniel Hawthorne and being awed by the audacity of James

Joyce's language in classes I once took. I have striven ever since to find a voice of my own whose use of the written word would reflect credit on the impact they had on me, those men and many other writers both male and female. I wonder how many people today will walk forward into a world where not only their voice, but those around them are so simplistic as to convey little or nothing to the mind and the silence that is created by our misuse of language and the inability to find beauty in it becomes one of our vilest deeds in a long history of such misery.





THE SPECIAL LILY MARIE ISSUE









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Every adventure has a beginning

BUMBLEBEE



CHRISTMAS



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