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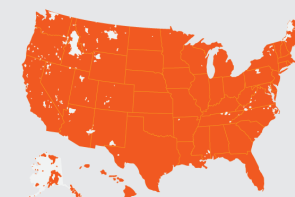
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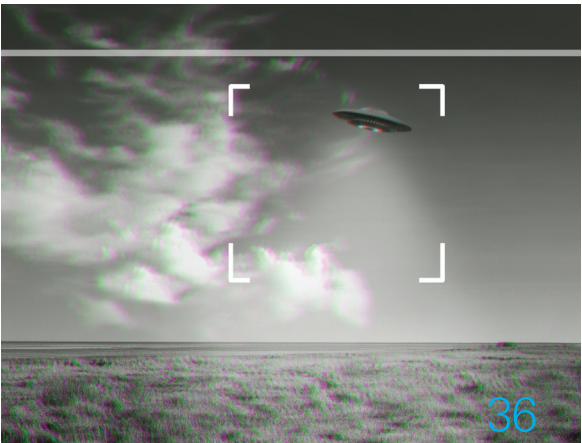
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THE RISE OF THE MODERN
STAY-AT-HOME GIRLFRIEND

A LIFESTYLE CHOICE OR CAUSE FOR CONTROVERSY?

In recent years, a new trend has emerged on social media platforms like TikTok, sparking both outrage and envy. It’s called the “stay-at-home girlfriend” phenomenon, and it’s gaining traction among a niche community of women who choose to embrace this unconventional lifestyle. Similar to stay-at-home moms, these women forego traditional employment and instead focus on taking care of the household while their partners financially support them. But what exactly is a stay-at-home girlfriend, and what are the motivations behind this lifestyle choice? In this article, we’ll delve into the intricacies of this trend, exploring its origins, societal reactions, and the experiences of those who identify as stay-at-home girlfriends.

Understanding the Stay-at-Home
Girlfriend Trend
The TikTok Influence and Lifestyle
Showcasing

The stay-at-home girlfriend trend gained prominence through social media platforms, particularly TikTok. Influencers like Kendel Kay have shared glimpses into their lives as stay-at-

home girlfriends, offering a window into the routines and dynamics of this lifestyle. Kay’s viral video, showcasing her morning routine and daily activities, garnered millions of views and sparked a range of reactions from viewers. **Redefining Traditional Roles: Stay-at-Home Moms vs. Stay-at-Home Girlfriends**
The term “stay-at-home girlfriend” draws inspiration from the concept of a stay-at-home mom. However, unlike stay-at-home moms who care for children, stay-at-home girlfriends assume similar responsibilities within their relationships without the added dimension of parenthood. They take on household chores, cooking, cleaning, and other domestic tasks while their partners provide financial support.

Origins and Motivations of the Stay-at-Home Girlfriend Lifestyle
Personal Choices and Relationship Dynamics

For many stay-at-home girlfriends, the decision to embrace this lifestyle is a personal choice driven by individual circumstances and relationship dynamics. Some women, like Kendel

Kay, found themselves naturally transitioning into this role as their partners took on the financial responsibility. The mutual agreement between partners allows the stay-at-home girlfriend to focus on homemaking and supporting their partner’s goals.

Freedom and Luxuries: Exploring
the Benefits

Stay-at-home girlfriends often highlight the freedoms and luxuries they enjoy in their lifestyle. Without the demands of a traditional job, they have more time for self-care, pursuing hobbies, and maintaining the household. The absence of financial pressure can also provide a sense of security and peace of mind.

The Future of the Stay-at-Home Girlfriend Trend

Shifting Perspectives and Evolving Feminism

The stay-at-home girlfriend trend reflects a shifting perspective on feminism, challenging traditional notions of success and empowerment. As younger generations prioritize comfort, wellness, and freedom over the hustle and grind of traditional careers, the stay-at-home girlfriend lifestyle may continue to gain acceptance and evolve within the broader feminist discourse.

Individual Empowerment and Autonomy

Ultimately, the stay-at-home girlfriend lifestyle is about individual empowerment and autonomy. It represents a conscious choice to prioritize different aspects of life and relationships. As society continues to evolve, it is crucial to respect and support the choices of individuals who embrace this lifestyle.

Conclusion

The rise of the stay-at-home girlfriend trend has sparked a range of emotions and reactions. While some view it as regressive or lacking ambition, others see it as a valid lifestyle choice that challenges traditional gender roles. As with any lifestyle, it is important to recognize the diversity of motivations and experiences within the stay-at-home girlfriend community. By embracing individual agency and freedom of choice, society can foster a more inclusive and understanding environment for all individuals, regardless of the paths they choose to pursue.



12 EXPERT TIPS TO MASTER THE ART OF GRILLING

Grilling is more than just a cooking method; it's a way of life. There's nothing quite like the sizzle of meat on a hot grill, the aroma that fills the air, and the mouthwatering flavors that come from perfectly charred food. Whether you're a seasoned griller or just starting out, these expert tips will help you take your grilling game to the next level. From choosing the right equipment to mastering the art of seasoning, we've got you covered.

1. Invest in Quality Grilling Equipment

When it comes to grilling, having the right equipment can make all the difference. Invest in a high-quality grill that suits your needs, whether it's a gas grill, charcoal grill, or a versatile hybrid grill. Look for features like sturdy construction, even heat distribution, and easy temperature control. Don't forget to stock up on essential grilling tools like tongs, spatulas, and a meat thermometer. With the right equipment, you'll be well-equipped to tackle any grilling challenge.

2. Choose the Right Fuel

The fuel you choose for your grill can greatly impact the flavor of your food. Whether you prefer the convenience of gas or the smoky flavor of charcoal, make sure to use high-quality fuel. Gas grills offer precise temperature control and quick heat-up times, while charcoal grills provide that classic smoky taste. If you can't decide, consider a hybrid grill that allows you to use both gas and charcoal for ultimate versatility. Experiment with different types of wood chips or charcoal briquettes to add unique flavors to your grilled dishes.

3. Preheat Your Grill

Before you start grilling, always preheat your grill. Preheating ensures that the grill reaches the desired cooking temperature and helps to prevent food from sticking to the grates. For gas grills, preheat with the lid closed for about 10 to 15 minutes. For charcoal grills, light the charcoal and let it burn until it's covered with white ash. This process will ensure that your grill is ready to cook your food evenly and give it those beautiful grill marks.

4. Clean and Oil the Grates

Proper maintenance of your grill is essential for optimal performance. Before each use, clean the grates to remove any leftover residue. Use a wire brush or grill scraper to remove stuck-on food particles. After cleaning, lightly oil the grates to prevent sticking. High-heat oils like avocado oil or vegetable oil work best. Simply dip a folded paper towel in oil and use tongs to rub it over the grates. This will create a non-stick surface and make it easier to flip and remove your food.

5. Season Your Food

Seasoning is key to adding flavor to your grilled dishes. Before cooking, season your meat or vegetables with a dry rub or marinade. Dry rubs consist of a mixture of herbs, spices, and seasonings that are applied directly to the food. Marinades, on the other hand, are a combination of liquid ingredients like vinegar, oil, and spices that help to tenderize and infuse flavor into the food. Allow your food to marinate for at least 30 minutes to overnight before grilling for maximum flavor.



6. Control the Temperature

Temperature control is crucial for achieving perfectly cooked food. Most grills have built-in temperature gauges, but it's always a good idea to have a meat thermometer on hand to ensure accurate readings. Different types of food require different cooking temperatures. For example, steaks are best cooked at high heat for a short amount of time, while larger cuts of meat like roasts require lower heat and longer cooking times. Use the thermometer to check the internal temperature of the food to ensure it's cooked to your desired level of doneness.

7. Use Direct and Indirect Heat

Understanding how to use direct and indirect heat is essential for grilling various types of food. Direct heat is when the food is placed directly over the flame or heat source. This method is ideal for searing steaks, burgers, and other thin cuts of meat. Indirect heat is when the food is placed away from the flame or heat source and cooked with the lid closed. This method is perfect for larger cuts of meat that require longer cooking times, like roasts or whole chickens. By utilizing both direct and indirect heat, you'll have more control over the cooking process and can achieve even results.

8. Don't Flip Too Often

One common mistake many grillers make is flipping their food too often. Resist the temptation to constantly flip and move your food around on the grill. Flipping too often can prevent the food from developing a nice sear and can lead to uneven cooking. Instead, let your food cook undisturbed for a few minutes before flipping it. This will allow it to develop a caramelized exterior and seal in the juices. Remember, patience is key when it comes to grilling!

9. Let it Rest

After removing your food from the grill, it's important to let it rest before serving. Resting allows the juices to redistribute throughout the meat, resulting in a juicier and more flavorful final product. For steaks and other smaller cuts of meat, let them rest for about 5 to 10 minutes. For larger cuts like roasts or whole chickens, tent them with foil and let them rest for 15 to 20 minutes. This resting period will ensure that your meat is tender and moist when you finally dig in.

10. Get Creative with Grilled Vegetables

Grilling isn't just for meat lovers; it's also a great way to prepare delicious and flavorful vegetables. Grilled vegeta-

bles take on a smoky char that adds depth to their natural flavors. Some vegetables that are particularly tasty when grilled include bell peppers, zucchini, eggplant, asparagus, and corn on the cob. To grill vegetables, brush them with oil, season with salt and pepper, and cook them over medium heat until they are tender and slightly charred. Serve them as a side dish or use them to create delicious grilled vegetable skewers.

11. Experiment with Marinades and Sauces

Enhance the flavors of your grilled dishes by experimenting with different marinades and sauces. Marinades can be made with a variety of ingredients like citrus juices, soy sauce, herbs, and spices. Let your meat marinate for at least 30 minutes or overnight before grilling to infuse it with flavor. Additionally, sauces can be used to baste the food while it's grilling or as a condiment for serving. From tangy barbecue sauces to creamy aiolis, the possibilities are endless. Get creative and try different combinations to find your favorite flavor profiles.

12. Practice Fire Safety

Grilling is all about fun and enjoyment, but it's essential to prioritize safety. Always keep a fire extinguisher nearby in case of emergencies. Never leave your grill unattended while it's in use, and make sure to keep children and pets away from the grilling area. Use long-handled tools to handle hot food and keep a safe distance from the flames. By practicing proper fire safety measures, you can ensure a safe and enjoyable grilling experience for everyone.

Grilling is an art that takes time and practice to master. With these expert tips, you'll be well on your way to becoming a grill master. Remember to invest in quality equipment, choose the right fuel, and season your food to perfection. Control the temperature, flip your food sparingly, and let it rest before serving. Get creative with grilled vegetables, experiment with marinades and sauces, and always prioritize fire safety. Now, fire up your grill and get ready to impress your family and friends with your grilling skills!



OUTSMARTING SCAMMERS: PROTECTING YOUR FINANCES AND PERSONAL INFORMATION

Photography by Edaccor/shutterstock.com

In today's digital age, scammers have become increasingly sophisticated in their attempts to deceive and defraud unsuspecting individuals. From phone calls and emails to fake websites and social media scams, it's important to be vigilant and proactive in protecting yourself from these fraudulent schemes. This comprehensive guide will provide you with valuable insights and practical tips to outsmart scammers and safeguard your finances and personal information.

Understanding Scammers and Their Tactics

Scammers are constantly evolving and adapting their tactics to exploit vulnerabilities and manipulate their targets. By understanding their strategies, you can better protect yourself from falling victim to their schemes.

The Rise of Scams

According to the Department of Agriculture, Trade and Consumer Protection, consumers lose over \$40 billion annually to telemarketing fraud alone. Phone scam attempts have increased by over 116% in recent years, reaching record highs. Scammers prey on emotions and create a sense of urgency to cloud judgment and persuade individuals to act quickly.

Common Scams to Watch Out For Scammers employ a wide range of tactics to deceive their victims. Some of the most common scams include:

- 1. Grandchild Scams:** Scammers pretend to be a grandchild in distress, asking for immediate financial assistance.
- 2. Lottery or Prize Scams:** Victims are told they have won a large sum of money or a valuable prize but must pay a fee or tax to claim their winnings.
- 3. Charity Scams:** Fraudsters pose as charitable organizations and solicit donations for a cause, often during times of crisis.

4. Email and Phishing Scams: Scammers send emails that appear to be from trusted sources, tricking victims into revealing personal or financial information.

5. Romance Scams: Scammers create fake profiles on dating websites or social media platforms to establish romantic relationships and exploit their victims financially.

How Scammers Manipulate Emotions

Scammers know how to evoke powerful emotions to manipulate their victims. They may use fear, excitement, sympathy, or urgency to pressure individuals into making hasty decisions. It's important to recognize these emotional triggers and remain calm and rational when faced with suspicious requests or offers.

Protecting Yourself from Scams While scammers are crafty, there are several proactive steps you can take

to protect yourself from falling victim to their schemes. By implementing these strategies, you can outsmart scammers and safeguard your finances and personal information.

Pause and Reflect

One of the most important things to remember when dealing with potential scams is to pause and reflect before taking any action. Scammers rely on individuals acting impulsively without taking the time to think things through. By taking a moment to assess the situation, you can avoid making hasty decisions that may lead to financial loss or identity theft.

Trust Your Instincts

If something feels off or too good to be true, trust your instincts. Scammers often create a sense of urgency or use high-pressure tactics to manipulate their victims. If you feel uncomfortable or suspicious, it's better to err on the side of caution and decline any offers or requests that seem suspicious.

Guard Your Personal and Financial Information

Never share personal or financial information with unknown individuals or organizations. Legitimate businesses or institutions will never ask for sensitive information like your Social Security number, bank account details, or passwords via phone, email, or text message. Be cautious when providing information online and only do so on secure websites.

Verify Before Taking Action

Before making any financial transactions or commitments, verify the legitimacy of the request or offer. Contact the supposed sender or organization independently using their official contact information. Avoid using the contact details provided in suspicious emails or messages, as they may be part of the scam.

Strengthen Your Online Security

Protect your online presence by using strong, unique passwords for each of your accounts. Enable two-factor

authentication whenever possible. Regularly update your devices and applications to ensure you have the latest security patches. Be cautious when clicking on links or downloading attachments, especially from unknown sources.

Stay Informed

Stay updated on the latest scams and fraud tactics by following reputable sources such as government agencies, consumer protection organizations, and financial institutions. Being aware of emerging scams can help you recognize and avoid them before falling victim.

Reporting Scams and Seeking Assistance

If you believe you have been targeted or victimized by a scam, it's important to take immediate action. By reporting the incident and seeking assistance, you can not only protect yourself but also help prevent others from falling victim to the same scam.

Reporting Scams

Report scams to the appropriate authorities such as your local law enforcement agency, the Federal Trade Commission (FTC), or the Consumer Financial Protection Bureau (CFPB). Provide as much detail as possible, including any relevant documentation or communication records.

Seeking Assistance

If you have been scammed or suspect fraudulent activity, consider reaching out to an attorney who specializes in fraud cases. They can provide guidance on legal options and help you navigate the process of recovering any losses or resolving the situation.

Conclusion

Scammers continue to devise new and elaborate schemes to defraud unsuspecting individuals. By understanding their tactics, staying informed, and implementing proactive measures, you can outsmart scammers and protect yourself from financial loss and identity theft. Remember to pause and reflect, trust your instincts, and guard your personal and financial information. By taking these steps, you can stay one step ahead and keep your finances and personal information secure.



KINDS OF KINDNESS

COURTESY OF SEARCHLIGHT PICTURES

KINDS OF KINDNESS is a triptych fable, following a man without choice who tries to take control of his own life; a policeman who is alarmed that his wife who was missing-at-sea has returned and seems a different person; and a woman determined to find a specific someone with a special ability, who is destined to become a prodigious spiritual leader. The idea for KINDS OF KINDNESS had taken on multiple narrative forms over the years, eventually evolving into an anthology. “We had started out with one story, but as we were working on it, we thought that it might be interesting to make a film that has a different structure to what we had done before,” Lanthimos explains. “As we identified the subsequent stories, we wanted to keep athematic thread, so it felt as if it all belonged under the same umbrella.” Lanthimos admits that both him and Filippou have a very similar sensibility when it comes to writing. “We’re able to build upon each other’s ideas,” he continues. “If one of us comes up with

a story, the other person can find elements to make it more interesting, or more complex. That works really well for us and that’s why we keep working together.” Adds Filippou, “Our main concern is to observe people, behaviours, clothes and reactions and create a story that relates to something almost real and relatively believable. Our process throughout the years is the same: back and forths of drafts, mutual trust, disagreements, and mutual trust once more.” During the writing process, Lanthimos had sent the script to his frequent collaborator Academy Award winner Emma Stone, who was immediately fascinated by the project. Says Stone, “I loved the script and how it developed into a triptych. The stories weave together in a way that is not necessarily clear but capitalises on what has come before. I thought the prospect was really exciting.” This very good film stars Emma Stone, Jesse Plemons, Willem Dafoe, Margaret Qualley, Hong Chau, Joe Alwyn, Mamoudou Athie, and Hunter Schafer.

OUR RATING



MARVEL RIVALS

A NEW SUPER HERO TEAM-BASED PVP SHOOTER



COURTESY OF NETEASE GAMES AND GAMESPRESS

NetEase Games and Marvel Games are excited to announce their latest collaboration: Marvel Rivals, a cooperative, Super Hero Team-Based PVP Shooter that lets players assemble an ever-evolving all-star squad of Super Heroes and Super Villains while battling with unique super powers across a dynamic lineup of destructible maps from across the Marvel Multiverse. Marvel Rivals is in development for PC by a NetEase team composed of global talent who previously worked on hit franchises such as Call of Duty and Battlefield. “We are overjoyed to bring Marvel Rivals to players around the world. We have always loved Marvel’s universe and its characters, and we are so excited to develop this game,” said the Marvel Rivals Producer, Stephen Wu. “This is the game we want to make, and we feel very lucky to be the team who made all of this come true.” “NetEase Games is excited to collaborate with Marvel Games to deliver a thrilling, fast-paced cooperative gameplay experience featuring all of your favorite Super Heroes,” said Ethan Wang, Senior Vice President, NetEase, Inc. “This partnership with Marvel Games continues our commitment to build world-class development teams and reach global audiences with cutting edge experiences.” “Marvel Rivals is one of our most ambitious game development projects. Since the conceptualization of the game

and throughout our collaboration, our Marvel team has poured our hearts and souls into this project, and we are thrilled to work with the incredible team at NetEase Games to help deliver the ultimate Super Hero Team-Based PVP Shooter,” says Jay Ong, EVP and Head of Marvel Games. The Marvel Multiverse brings infinite possibilities! Each seasonal drop will introduce new Super Heroes to the battlefield along with challenging and diverse maps! Unlock new content to implement across various gameplay strategies while experiencing thrilling action and endless possibilities in these adventurous team battles! Marvel Rivals features a storyline crafted by the NetEase writing team where the merciless clash between the tyrannical dictator Doctor Doom and his future counterpart from the year 2099 has forced countless universes to collide in the Timestream Entanglement, creating new worlds and crises still unknown. Now, Super Heroes and Super Villains from across the multiverse must fight together and against one another as disparate groups seek to defeat both Dooms before one achieves domination of these realities. Familiar faces become newfound foes while former enemies become the greatest of allies in Marvel Rivals! For more information about Marvel Rivals, please visit marvelrivals.com.



STEAM DECK OLED

A NEW ERA OF GAMING

The gaming industry is constantly evolving, and the launch of the Steam Deck OLED has taken it to a whole new level. Packed with powerful features, this handheld gaming device offers an immersive gaming experience like no other. In this article, we will explore the incredible features of the Steam Deck OLED and how it has revolutionized the way we play games. So, let's dive in and discover the future of gaming!

The Steam Deck OLED is equipped with an OLED screen that showcases your games in a whole new light. With its vibrant colors, deep blacks, and amazing motion rendition, you'll experience your favorite games like never before. The HDR OLED display has been designed specifically for gaming, providing striking contrast, brilliant clarity, and a larger picture. Whether you're exploring vast open worlds or engaging in intense battles, the Steam Deck OLED delivers stunning visuals that truly immerse you in the game.

Longer Battery Life, Faster Downloads
One of the major improvements in

the Steam Deck OLED is its enhanced internals, which result in longer battery life and faster downloads. With a bigger battery and the OLED display drawing less power, you can enjoy 30-50% more gaming time on a single charge. Say goodbye to interruptions and dive into extended gaming sessions without worrying about running out of power. Additionally, the inclusion of WiFi 6E technology ensures faster downloads, reducing latency and providing a stable online gaming experience. With up to 3 times faster download speeds, you'll spend less time waiting and more time playing.

The Steam Deck OLED not only offers incredible performance but also boasts a sleek and lightweight design. Weighing just 30g less than the LCD model, this handheld device is comfortable to hold and play for extended periods. The updated thermals and bigger fan ensure that the device runs cooler, preventing overheating during intense gaming sessions. Whether you're gaming on the go or relaxing at home, the Steam Deck OLED's ergonomic design

provides a comfortable and immersive gaming experience.

Valve has gone above and beyond to enhance the overall gaming experience with the Steam Deck OLED. Along with the OLED display, several other improvements have been made to the device. The carrying case has been updated for better protection, making it perfect for travel or throwing into your backpack. The touch-screen's responsiveness and fidelity have been significantly improved, providing a smoother and more accurate gaming experience. Haptics have been upgraded, resulting in higher fidelity and more consistent feedback. Additionally, the Steam Deck OLED is now easier to repair and mod for trained professionals, with improved accessibility to internal components.

The Steam Deck OLED offers a range of core features that set it apart from other handheld gaming devices. The full-sized controls, including thumbsticks, buttons, and triggers, provide a familiar and comfortable gaming

experience. The trackpads offer increased precision and customizability, giving you an edge in fast-paced FPS games. With the addition of an IMU and capacitive touch thumbsticks, the Steam Deck OLED helps you aim better, allowing for more precise movements. The grip buttons, located on the back of the device, provide additional control options while keeping your thumbs on the trackpad or thumbstick.

In addition to its impressive visuals, the Steam Deck OLED delivers an immersive audio experience. The stereo speakers, equipped with an embedded DSP, provide exceptional clarity and a wide soundstage. Whether you're listening to the in-game soundtrack or communicating with friends through the onboard dual microphones, the Steam Deck OLED ensures that you don't miss a beat. For an even more immersive audio experience, you can connect your favorite headphones to the device.

The Steam Deck OLED offers a seamless gaming experience with its fast suspend/resume feature. With a simple press of the power button, the device suspends your game and enters sleep mode. When you're ready to resume playing, just press the power button again, and you'll pick up right where you left off. This feature is perfect for gaming on the go, allowing you to pause and resume your game whenever you want without losing progress.

Storage limitations can be a thing of the past with the Steam Deck OLED. All models of the device support expanding storage via microSD cards. Games stored on a microSD card will instantly appear in your library, giving you quick and easy access to your entire game collection. Say goodbye to deleting games to make space and enjoy the freedom of expanding storage as needed.

The Steam Deck OLED is not just a handheld gaming device; it can also be used as a PC. With Bluetooth connectivity and a USB-C port, the device can be connected to various peripherals, including TVs, monitors, and even old CRT displays. When docked, the USB-C port carries video, audio, and input, allowing you to seamlessly switch between handheld and desktop gaming. The official Steam Deck Docking Station provides a convenient way to connect your peripherals and



transform your Steam Deck OLED into a full-fledged gaming setup.

The Steam Deck OLED comes in three different models, each offering its own unique features and storage capacities. Each model offers its own set of features, allowing you to choose the Steam Deck OLED that best suits your gaming needs.

The Steam Deck OLED has set a new standard in handheld gaming. With its OLED display, enhanced internals, and improved design, this device offers an unparalleled gaming experience. Whether you're a casual gamer or a hardcore enthusiast, the Steam Deck OLED has something to offer everyone. So, why wait? Get your hands on the future of gaming and embark on epic gaming adventures with the Steam Deck OLED! For much more information about the Steam Deck OLED, go to



THE NEW BLACKMAGIC URSA CINE 12K

Blackmagic Design recently announced the new Blackmagic URSA Cine 12K, a revolutionary new digital film camera that introduces new advanced technologies with total integration into the post production workflow. This new model includes a new large format RGBW 36 x 24mm sensor with larger photo-sites for 16 stops of dynamic range, interchangeable PL, LPL and EF lens mounts, and industry standard Lemo and Fischer connections. Blackmagic URSA Cine 12K comes with 8TB of high performance storage built in and also includes high speed networking for media upload and syncing to

Blackmagic Cloud. Blackmagic URSA Cine 12K is available immediately from Blackmagic Design resellers worldwide from US\$14,995. URSA Cine features a revolutionary new sensor designed for incredible quality images at all resolutions from 4K to a massive 12K. The larger sensor builds on the technology of URSA Mini Pro 12K with larger photo-sites leading to an astounding 16 stops of dynamic range. The unique RGBW architecture provides equal amounts of red, green and blue pixels. This means it is optimized to deliver incredibly rich colors at all resolutions and

provide the ultimate in image quality and flexibility.

URSA Cine is designed to meet the demands of any high end production. The evenly weighted camera body is built with a robust magnesium alloy chassis and lightweight carbon fiber polycarbonate composite skin to help customers move quickly on set. Standard Lemo and Fischer connectors let customers control the camera remotely while providing power for lens motors and other accessories. Customers also get 12G-SDI out, 10G Ethernet, USB-C, XLR audio and more.

The full sensor area gives customers a stunning 3:2 open gate image which lets customers reframe their shots in post production. Or customers can use the large sensor area to shoot anamorphic and deliver in a range of aspect ratios with 1.3, 1.5, 1.6, 1.66, 1.8 and 2x de-squeeze factors. Plus, customers can shoot in 4K, 8K or 12K using the entire sensor without cropping, retaining the full field of view of their lenses. There are even 9K Super 35 4-perf, 3-perf and 2-perf modes for full compatibility with classic cinema lenses.

Different projects require different lenses which is why URSA Cine features an interchangeable lens mount. Customers can quickly switch between PL, LPL, EF and Hasselblad mounts. Plus, each mount has contact pins to read lens metadata for monitoring and for use in post production.

URSA Cine lets crews work faster on set with multiple monitoring options. The fold out monitor has a large 5" HDR touchscreen on one side and an external color status LCD on the other. On the right side of the camera, there's a dedicated assist station with a second 5" HDR touchscreen which allows crew to work around the camera without needing external monitors. There's even a dedicated focus puller's mode to help customers get perfect focus.

The wide range of industry standard connections on URSA Cine make it perfect for high end cinema production. The 7 pin Lemo and 3 pin Fischer connectors at the front provide record start/stop and 24V power so are ideal for on board accessories such as focus motors. Camera power is provided by a standard 24V 8 pin Lemo connection, plus there's an additional 2 pin Lemo 12V connection at the rear for lower voltage accessories.

Blackmagic RAW files store camera metadata, lens data, white balance, digital slate information and custom LUTs to ensure consistency of image on set and through post production. URSA Cine records to the included Blackmagic Media Module 8TB, allowing customers to capture over 4 hours of Blackmagic RAW in 12K or a massive 20 hours in 4K.

URSA Cine includes a high performance, optical low pass filter that is precisely matched to the sensor. The



OLPF also incorporates updated IR filtering that improves far red color response which, when combined with Blackmagic RAW processing for the URSA Cine, preserves color and critical image detail for new levels of image fidelity.

URSA Cine is the first digital film camera with ultra fast high capability Cloud Store technology built in. Blackmagic Media Module is fast, rugged and includes a massive 8TB of storage. The high speed storage lets customers record at the highest resolutions and frame rates for hours and access their files directly over high speed 10G Ethernet. Or customers can use the media customers already own with the optional Blackmagic Media Module CF, which has dual CFexpress slots.

Blackmagic Media Dock accelerates post production workflow by making it faster and simpler to start editing and color correction. Mount up to three Blackmagic Media Modules for high speed access to media from multiple URSA Cine cameras all at the same time. The four high speed 10G Ethernet ports allow up to four separate edit workstations to connect directly and it is extremely fast, even when a lot of users are connected at the same time.

URSA Cine supports creating a small H.264 proxy file in addition to the camera original media when recording. This means the small proxy file can upload to Blackmagic Cloud in sec-

onds so their media is available back at the studio in real time. The ability to transfer media directly into the DaVinci Resolve media bin as editors are working is revolutionary and has never before been possible.

Now customers can live stream from film sets. URSA Cine features a built hardware streaming engine that supports RTMP and SRT streaming to major platforms or directly to clients. Simply connect to the internet via Ethernet, high speed wifi or even connect a 4G or 5G phone for mobile data.

URSA Cine supports the optional Blackmagic URSA Cine EVF to make outdoors and handheld shooting accurate and easy. Customers get an integrated high quality 1920 x 1080 color OLED display with built in proximity sensor, 4 element glass diopter for incredible accuracy with a wide focus adjustment. A built in digital focus chart ensures customers get perfect viewfinder focus setup.

URSA Cine includes an 8-pin Lemo power connector at the back of the camera that works with 24V and 12V power supplies. That means it's easy to use the camera with existing power supplies, batteries and accessories. URSA Cine comes with a massive 250W power supply and B Mount battery plate so customers can use a wide range of high voltage batteries from manufacturers such as IDX, Blueshape, Core SWX, BEBOB and more.



MODELSMANIA 13TH ANNIVERSARY

We began publishing in 2011 and Modelsmania Magazine remains committed to delivering a visual extravaganza. The collaboration between renowned photographers and some of the industry's hottest models results in breathtaking editorials, cover shoots, and exclusive features that redefine the boundaries of artistic expression. The magazine is more than just a collection of images; it's an immersive experience that transcends traditional expectations, pushing the boundaries of what a fashion magazine can achieve.

While the undeniable allure of hot models gracing the pages is a significant draw, Modelsmania Magazine goes beyond mere aesthetics. Exclusive interviews with featured models provide readers with a rare glimpse into the personalities, struggles, and triumphs of these iconic figures. This depth transforms Modelsmania Magazine into a narrative of resilience, success, and individuality, enriching the reader's experience.

The upcoming Modelsmania TV is poised to redefine the viewing experience with its hot action TV shows. From high-energy reality competitions that unearth new modeling talent to behind-the-scenes glimpses of the fashion industry's inner workings, Modelsmania TV promises to be a feast for the eyes. The channel brings the hottest models to the forefront, showcasing their charisma, talent, and allure in the most thrilling scenarios.

In the dynamic realm of fashion, glamour and entertainment, Modelsmania stands as a beacon of alluring sophistication, captivating audiences through its exquisite magazine spreads, electrifying Modelsmania TV shows, and a groundbreaking Creators website set to redefine the interaction between models and their devoted fans. This comprehensive article embarks on a thorough exploration of the scintillating world of Modelsmania, delving into the captivating content of Modelsmania Magazine, the promising allure of Modelsmania TV, and the transformative potential of the upcoming Creators website.

Modelsmania Magazine has been at the forefront of championing diversity in the fashion industry. Breaking away from traditional beauty standards, the magazine proudly showcases models of various ethnicities, body types, and backgrounds. This commitment to inclusivity contributes to the magazine's unique identity, making it a true reflection of the multifaceted beauty of the world.

At the core of Modelsmania TV's appeal lies the parade of hot models gracing every frame. The channel acts as a visual stage for these iconic figures, bringing their charisma, talent, and allure to the forefront. Whether it's on the runway, in interviews, or during thrilling challenges, Modelsmania TV ensures that hot models are at the heart of the viewing experience.

Modelsmania's Next Frontier: The Creators Website

As Modelsmania continues to push boundaries, the introduction of the Creators website emerges as a groundbreaking venture that promises to revolutionize the relationship between models and their audience.



THOMAS DOLBY ANNOUNCES RELEASE OF NEW HISTORICAL NOVEL "PREVAILING WIND"

Renowned musician and technology innovator Thomas Dolby is set to release his highly anticipated novel, Prevailing Wind. This gripping historical fiction will be available on June 25, 2024, marking Dolby's significant foray into the literary world.

On the eve of WWI, the young Haskell brothers, Davey and Jacob, dream of escaping their impoverished lobsterman life in Deer Isle, Maine. Their sailing skills attract the attention of the powerful New York Yacht Club, offering them a shot at glory in the prestigious America's Cup race.

Their bond is tested as they both fall for Edith, a captivating Irish maid, and family loyalty is at stake. A near-fatal accident leaves one brother hospitalized and consumed by revenge, but a compassionate Latina nurse helps him heal. Meanwhile, millionaire yachtsmen harbor dark secrets, including a hidden concubine leading to blackmail and scandal.

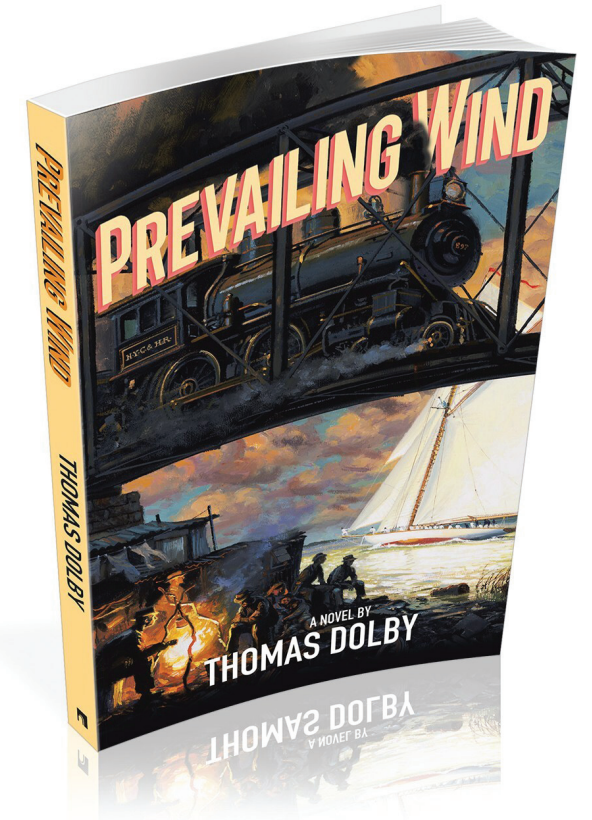
As the heir to the Vanderbilt railroad fortune grapples with his future, the Haskell brothers must navigate choices

between love, family, and ambition. Can they overcome the trials that threaten to tear them apart, or will the winds of change leave them stranded in the past?

Thomas Dolby is best known for his innovative contributions to music and technology. A five-time Grammy nominee, Dolby's hit single "She Blinded Me with Science" became an iconic anthem of the 1980s. Beyond music, he has significantly impacted the tech industry, notably by creating the synthesizer used in billions of Nokia mobile phones. His memoir, The Speed of Sound, chronicles his journey through the music and tech industries and was well-received for its insightful storytelling.

Dolby has also contributed to the film industry, providing original music for productions by George Lucas, Steven Spielberg, Barry Levinson and Ken Russell. He has performed with musical legends such as Stevie Wonder, David Bowie, and Roger Waters, and his technological innovations have left an indelible mark on the entertainment world.

Prevailing Wind is available for purchase at local and major bookstores, including Barnes & Noble and Amazon. For much more information visit thomasdolby.com/about-prevailing



ASTON MARTIN INTRODUCES THE NEW VANTAGE



The new Vantage. The quintessential Aston Martin sports car and the most driver focused and fastest Vantage in the famous nameplate's 74-year history, it is an authentic, unadulterated celebration of pure performance, engineered to deliver maximum thrills with maximum confidence.

A design refocused through a contemporary lens, Vantage champions the qualities that have gripped enthusiasts for generations but are increasingly hard to find in today's sports car market. As such Vantage makes a stand for disenfranchised devotees of breathtaking power, razor-sharp handling and the perfect balance of a finely-tuned front-engine, rear-wheel drive chassis.

The announcement of a new Vantage follows the successful introduction last year of the acclaimed DB12 Coupe and Volante. Further strengthening Aston Martin's next generation of sports cars, Vantage reaffirms the brand's position in the ultra-luxury, performance sports car market alongside its leading roles in the ultra-luxury sporting GT, SUV and hypercar arenas, and the highest echelons of world championship motorsport.

The new generation Vantage continues a remarkable lineage that can be traced back to 1950, when the Vantage name was first used to denote an uprated engine package for the race-proven DB2. The first time Vantage was applied as a model designation was in 1964, when a high-performance Vantage-badged version of the DB5 became the new flagship of the range. A standalone Vantage model was introduced in the early 1970s, from which

point the nameplate has played an increasingly prominent role in Aston Martin's model line-up. Synonymous with immaculate style, unforgettable performance and inimitable character, Vantage embodies the sporting qualities for which this evocative name has become renowned.

This new Vantage reflects the most dynamic period in Aston Martin's 111-year history. A formidable force in the 2023 Formula One® season, a dominant presence in international GT racing, where Vantage has a rich history as the most successful endurance GT racer and – with the recent announcement of Aston Martin's quest for outright victory in the Le Mans 24 Hours race with the Valkyrie AMR in 2025 – a front-line challenger in the World Endurance Championship.

Powered by a heavily reworked, hand-built 4.0 Twin-Turbo V8 engine the new Vantage is the fastest in the nameplate's history. With peaks of 665PS and a colossal 800Nm of torque it also makes the biggest-ever jump in power and torque compared to the model it succeeds, those increases of 155PS and 115Nm equating to gains of 30% and 15% respectively.

These higher outputs have been achieved through extensive tuning by Aston Martin engineers, the adoption of modified cam profiles, optimised compression ratios, larger turbos, and increased cooling yielding the impressive new figures and creating an engine with a sharper, more visceral and more vocal character. has been fitted to the charge cooler water circuit, with a further two auxiliary coolers added to the existing central main radiator to further increase thermal capacity.

For more go to [astonmartin.com](https://www.astonmartin.com)



Photography by Volodymyr TVERDOKHLIB/shutterstock.com

EXPLORING THE ART OF WHISKEY TASTING

A COMPREHENSIVE GUIDE

Whiskey tasting is an art that allows enthusiasts to appreciate the unique flavors, aromas, and textures of this noble brown spirit. Whether you're a seasoned connoisseur or a novice drinker, understanding the intricacies of whiskey tasting can enhance your enjoyment and deepen your appreciation for this beloved beverage. In this comprehensive guide, we'll delve into the world of whiskey tasting, covering everything from glassware and tasting techniques to flavor profiles and food pairings. So, grab your favorite bottle of whiskey and let's embark on a sensory journey through the fascinating realm of whiskey.

The Importance of Glassware

Choosing the right glassware is crucial for a proper whiskey tasting experience. While the iconic tumbler is often associated with whiskey, it is not ideal for appreciating the complex aromas of single malt whiskeys. Instead, opt for a tulip-shaped glass that concentrates and directs the aromas towards

your nose. This type of glassware allows you to fully savor the nuances of the whiskey's scent, enhancing your overall tasting experience. Additionally, consider investing in a whiskey nosing glass, specifically designed to maximize the whiskey's aroma.

The Art of Nosing Whiskey

Nosing, or smelling, is an essential step in whiskey tasting. It involves taking the time to appreciate and analyze the whiskey's aromas before taking a sip. When nosing whiskey, approach the glass cautiously to avoid overwhelming your nostrils with the alcohol's potency. Take gentle sniffs, gradually moving closer to the glass to capture the full range of aromas. Professionals often keep a slight distance between their faces and the glass to prevent the alcohol vapors from overpowering their senses. By nosing whiskey, you can detect a myriad of scents, from fruity and floral notes to hints of oak and spice.

The Tasting Process

After nosing the whiskey, it's time to move on to the tasting itself. When taking your first sip, hold the whiskey in your mouth for a few seconds to allow the flavors to develop. It's important to note that whiskey's high alcohol content can be intense, so take small sips and savor the nuances. As you explore the whiskey on your palate, you'll discover a range of flavors, from sweet and fruity to smoky and spicy. Pay attention to the whiskey's texture, noting whether it feels smooth and velvety or robust and full-bodied. Swirl the whiskey around your mouth to fully coat your taste buds and appreciate its complexities.

Adding Water: To Dilute or Not to Dilute?

The debate over adding water to whiskey is a contentious one. Some argue that a few drops of water can unlock hidden flavors and aromas by reducing the alcohol's intensity. Water can help open up the whiskey, making it more approachable and allowing you to appreciate its subtleties. However, others firmly believe that whiskey should be enjoyed neat, without any dilution. Ultimately, the decision to add water is a matter of personal preference. If you choose to experiment with dilution, start with a small amount and gradually increase until you find the perfect balance for your palate.



Photography by Vlas Telino studio/shutterstock.com

Understanding Whiskey Flavors

Whiskey is a complex spirit with a wide range of flavors, influenced by factors such as ingredients, distilling techniques, and maturation processes. Each type of whiskey, from bourbon to Scotch to Irish whiskey, has its own distinct flavor profile. Bourbon, for example, often exhibits notes of caramel, vanilla, and oak, while Scotch can feature smoky, peaty flavors with hints of honey and dried fruit. To fully appreciate whiskey's diverse flavors, it's important to explore different varieties and regions, allowing your taste buds to discover new and exciting taste sensations.

The Role of Age and Maturation

Age plays a significant role in whiskey's flavor development. As whiskey matures in oak barrels, it undergoes a chemical transformation, absorbing flavors from the wood and developing greater complexity. Older whiskeys tend to have a smoother, more refined taste, with a richer depth of flavors. However, it's essential to remember that age is not the sole indicator of quality. Younger whiskeys can still possess exceptional flavors and character, showcasing the craftsmanship and skill of the distiller. Exploring whiskeys of

various ages allows you to appreciate the differences that time can impart on this beloved spirit.

Pairing Whiskey with Food

Whiskey's versatility extends beyond sipping it on its own. It can also be a delightful companion to various foods, enhancing the overall gastronomic experience. When pairing whiskey with food, consider the whiskey's flavor profile and intensity. Lighter whiskeys, such as Irish whiskey, pair well with seafood, while richer, smokier whiskeys like Scotch can complement grilled meats and strong cheeses. Experiment with different combinations to find your own personal favorites, and let your taste buds guide you in creating harmonious flavor pairings.

Organizing a Whiskey Tasting Party

Hosting a whiskey tasting party is an excellent way to share your passion for this remarkable spirit with friends and loved ones. To ensure a successful event, start by selecting a variety of whiskeys that represent different styles and regions. Provide each guest with their own tulip-shaped glass and encourage them to follow the nosing and tasting techniques discussed earlier. Consider offering water and pal-

ate cleansers, such as plain crackers or bread, to refresh the taste buds between samples. Engage in lively discussions about the flavors and aromas, allowing everyone to share their impressions and insights.

Developing Your Whiskey Palate

Becoming a true whiskey connoisseur takes time and practice. As you continue your whiskey tasting journey, challenge yourself to explore new varieties and expand your palate. Attend whiskey tastings, visit distilleries, and engage in conversations with fellow enthusiasts to deepen your knowledge and appreciation. Keep a whiskey journal to record your tasting experiences, noting the flavors, aromas, and overall impressions of each whiskey you try. By actively seeking out new whiskeys and refining your tasting skills, you'll gradually develop a discerning palate and gain a deeper understanding of this captivating spirit.

Responsible Whiskey Consumption

While whiskey tasting is a delightful pursuit, it's crucial to consume alcohol responsibly. Moderation is key, and it's essential to know your limits and drink in moderation. Be aware of the alcohol content of each whiskey you taste, and pace yourself accordingly. If you're attending a whiskey tasting event, arrange for transportation or have a designated driver to ensure everyone's safety. Additionally, be mindful of the effects of alcohol on your body and avoid operating machinery or engaging in activities that require full concentration after consuming whiskey.

The Whiskey Tasting Experience: A Journey of Discovery

Whiskey tasting is more than just a sensory experience; it's a journey of discovery and appreciation. By exploring different whiskeys, understanding their flavors and aromas, and engaging in thoughtful discussions, you'll deepen your connection with this remarkable spirit. Whether you're sipping a smooth bourbon, a peaty Scotch, or an elegant Irish whiskey, take the time to savor each sip and marvel at the craftsmanship and artistry that goes into creating these liquid masterpieces. So, raise your glass, embark on this whiskey tasting adventure, and let your taste buds be your guide. Sláinte!



WE WELCOME **ELISANDRA**

**OUR 2024 INTERNATIONAL
GLAMOUR MODEL OF THE YEAR**

PHOTOGRAPHY BY CLAUDIO PANATTA

Have you traveled to any exciting destinations for photo shoots? Where would you like to go?

I often travel for work, I travel all over Italy, recently I had two workshops in Europe (Tenerife and Prague). But in general I am a girl who already loves to travel. Well obviously I would say my country of origin, I like it very much and in the end I always carry it in my heart.

If you could meet anyone, in any time, who would it be....and why?

Well obviously apart from the people closest to me, obviously, I would say my favorite photographer Claudio, he is crazy for me, he always makes me laugh out loud, he would take photos of me from morning to night and treats me like a princess.

What one word can accurately describe your style?

My style?! Being a professional model I'm a bit of a chameleon, but I would say Latin style, that's in my blood!







What is one memorable moment that made you literally laugh out loud?

One day when my photographer friend Claudio greeted me on set as soon as he arrived, he looked me straight in the eyes seriously, and in Spanish (knowing my origins well) he told me with the right pauses and the right tone: "Elisandra! ... I don't like you ... you drive me crazy!"

Is there a hobby/sport/activity you'd like to try that you haven't?

Sport... no I wouldn't consider it... I really don't like it, in fact I don't practice it. Let's say that in general I almost always do what I like. Maybe I would be interested in trying a new, particular and out of the ordinary photographic set.



What is one thing you wish people knew about you...that they don't?

So the thing I would like you to know about me is that even if sometimes, very often as a model and girl I play a sexy and fatal femme role, in reality I am a very simple and easy-going girl. One thing I wouldn't want them to know about me?!? If I tell you then everyone will know! Ahahahahaha

Is there something you have currently become obsessed with?

Obsessed, not really... but I'm afraid of not having enough time for all the people dear to me.

What do you consider sexy?

I would say sexy is a woman's prerogative... I would say the way of speaking, using a certain type of outfit, sometimes being sexy is innate. In men, things are a little less complex, all you need is a nice physique and a macho face





IT'S ALL IN THE DETAILS

“Some of the Finer Points of the Modeling-Photography Industry”

Written by Rick Trottier – RJT Images-Light Works Studio

We've all heard the maxim, “It's all in the details” as it applies to whatever enterprise we become absorbed in and seek mastery of. The problem tends to be determining what those essential details are, which ones need thoughtful attention and those that are extraneous and can be ignored. In most cases, people make poor choices managing details due to lack of knowledge. But that weakness can easily be amended with a degree of serious study. However, there are times when simple vanity is the hindrance and the hubris/immaturity of wanting something “your way” can cause stumbles aplenty. When the two afore-mentioned problems combine and take root in the field of ineffectiveness, a real absence of professional understanding is the culprit. In the world of photography-modeling where social media and easily accessible tools make everyone “think” they can be “a photographer” or

“a model”, obvious deficiencies stand out time and again and all that is missing is some careful attention to detail. A handy guide to some of the most important details worth considering is something that most hobbyists and dabblers would do well to embrace. Even a few “professionals” could really benefit from some technical “soul-searching”.

Photographers

Photographers live by the understanding that lighting is everything and to a large extent that is true. Fabulously absorbing use of light has the ability to draw any audience into an image and hold them there. The problem is determining precisely what kind of lighting works for the situation that is presented. I see images on Instagram where a PORTION of the naturally lit picture looks fantastic, but because of the limitations of the natural radi-

ance details in the hair and outfit of the model are lost due to low intensity of ambient light. So the question is a simple one, what is the purpose of the image? In the case of the photograph I recall, there was no obvious reason for its existence except showcasing the fabulous physique of the model. It had clearly not been created for commercial and publication purposes and was just another “social media” attention-grabbing pic. But even then, the image could have been superb had the photographer just paid attention to some details. The model was dark-haired, dark-skinned and wearing a small amount of swimwear. As such, the low light meant the image was certainly going to be atmospheric, but it was too much so. When a model's hair disappears against the background, there is clearly a lighting problem. Adding a bit of fill light from a reflector or some type of fill flash or static light would have preserved the moodiness of the image but still have made the missing details more evident and improved the overall impact of the picture. Shadows, highlights, rim lighting, gradations of light, backlighting and all kinds of other techniques to create dynamic lighting are part of the arsenal of a great photographer, but so is having a grasp of the reasons for creating an image. Choosing the right kind of lighting source for the correct occasion is one of the best details



to consider before clicking the shutter. Just “winging it” and using a type of lighting you feel a degree of comfort with could very well produce unimpressive results.

Few photographers today seem to have a grasp of the principles of composition and are more about just pasting a hot girl in a picture, showcasing her assets and calling it “art”. If an image breaks all the accepted doctrines of composition, it isn't art, it's a mess. Pablo Picasso may have turned the Art World upside down many times because of his ability to re-think STYLE and art PHILOSOPHY, but he always used principles of composition in his paintings. Understanding details and how they relate to the manner in

which a photograph is composed is nearly as important as the quality of the lighting in an image. I've seen images with brilliant lighting fall flat on their faces because they do not apply some time-honored artistic concepts. The lines of any image, whether it be a painting, photograph, mosaic or etching must create a harmonious flow and be balanced in several ways in regards to the subject and the background of the picture. The eye of the viewer must enter the composition at a specific point and exit at another point, moving sinuously and easily through the pose of the subject. Background lines should be composed in such a fashion that they create dynamic energy assisting that flow from entry to exit,

bringing the eye of the viewer easily to the most engaging elements in the image. An image must be appropriately weighted for its primary subject and have at least one significant area of “negative space”. And that weight has to be carefully considered for too little negative space and the picture will be exceedingly busy. Too much negative space and the image will lack energy and intensity. Whether it's the Golden Ratio or the Rule of Thirds, composing lines to achieve an appropriate sense of flow and weight is essential to a harmonious composition. Partly this thoughtful arrangement is achieved before bringing the camera to the photographer's eye in some form of planning, partly it is achieved “in camera” by assessing the plan and managing its execution and then the crop of an image finalizes the process by tightening all the components. Without careful thought as to how an image is composed, the likely outcome is something that does not engage the viewer intellectually and emotionally. Composition is a detail that must be considered and then re-visited to achieve the impact desired.

Finally, I've heard a lot of talk over the years about editing images and how pictures should be natural and un-retouched, but at the same time phone apps and AI have made images so overly edited as to be unrecognizable. There is always an idiotic knee-jerk reaction and over-compensation to either overly edited images and the hyper-edited content found in social media today, but poorly processed or under-processed images can look blah and unprofessional. Like it or not, digital photography needs to be appropriately processed and those who disdain that necessity walk outside the realm of realistic understanding. For example, nature images in some of the best magazines showcasing outdoor photography are HEAVILY edited and processed, from color saturation, to noise reduction, to dodging and burning details, to removing distracting elements using the clone tool to a thousand other methods of strengthening the impact of a fabulous photograph. When editing photographs of models, understanding who your audience is and balancing it with what a client wants is essential. As to audience, since most images today are ending

up on some form of social media without any possible use of the image for publication, commercial promotion or advertising usage, “photographers” can edit images without restraint and without any concern for the picture’s usability. As such, what is seen on Instagram is not always an accurate depiction of the “photographer’s” skills when it comes to lighting, composition and posing a model. And certainly you may not be seeing an accurate representation of the model either. On the other hand, I see images on social media that are entirely unedited and look like they have been taken with a Polaroid found in someone’s attic covered in decades of dust and mouse droppings. In the case of images for publication and commercial use, the levels and techniques of editing fall somewhere in the middle. As a magazine editor once said to me, “we want these girls to look polished and beautiful but we also want them to look like people”. So finding a middle ground where editing looks as natural as possible but where a glamorous “glow” is achieved is one of those details that can support the photographer who achieves outstanding lighting technique coupled with a deeper understanding of artistic composition.

Models

Being on the other side of the camera does present an interesting challenge for any model. Of paramount importance is looking her best and an experienced/talented model who has mastered her posing technique and range of facial expressions is well on her way to doing that. Since lighting, composition and editing are the province of the photographer, the details a model must be concerned with are issues that are within her control. Women, by their nature, tend to be highly attuned to focusing on details, and this can be both a huge benefit to the serious model but it can also be a serious detriment if she finds herself “stressing” about insignificant details and losing sight of what’s really important. For example, when a model selects outfits for a shoot, she needs to keep some basic “rules of thumb” in mind. First, be totally honest with yourself about the strengths and weaknesses of your figure. Too often I see girls become enamored of some piece



of attire that looks fabulous on the girl in the catalog. However, they fail to assess whether their own figure is anything like the build of the model wearing that garb they chose and if that article of clothing will fit appropriately. No one likes to admit weaknesses, but a smart professional model knows what side the bread is buttered on and plays to all her strengths. In that same line of thinking is evaluating what kinds of looks a model can most successfully accomplish and pursuing those as opposed to what she “wants” to do. I once heard a 5’2” curvy young lady talk about her desire to be a fashion

model. It was a delightful goal, but unattainable. But when she put on sexy, glamorous looks, she shone like a star. Being honest about what is possible and what isn’t is another guiding principal when choosing outfits for shoots. Finally, don’t fall into the trap of shooting the same color over and over. For some girls it’s black, for others it’s pink. Successful models know how to market their looks masterfully and moving past personal tastes and finding what prospective clients want from them is one of the most important details a model can learn to control.



As was mentioned before, women can often time focus on details with such overwhelming intensity and precision that they miss some the most important components of “the big picture”. A perfect example of that is how often a girl has come to me just before a shoot has begun, torn asunder by her concern about the condition of her toenail polish or some related minutiae. My response has often been to get her to reflect on where these images are going to end up. “A Men’s Magazine,” is her gentle reply, to which I respond that most men looking at these magazines really don’t care in the least about your toenail polish and that it is the other qualities that make her special that will draw their attention. A sweet smile ensues as the model sees the wisdom in my statement and the stress she was feeling begins to sluice away. Often times such minor issues like a bruise, a small rash, a minor blemish or other tiny “issues” take up far too much of a model’s mental energy for she is thinking about details that WOULD be of concern were she to be going out on the town with friends or on a date. Almost always, these are issues that are rendered unimportant by careful composition, thoughtful lighting and on-point editing. The “issues” that a model SHOULD be contemplating are short and long-term concerns that lead

up to the shoot and are part of that day. A model MUST be good about her nutrition and hydration in the days leading up to the shoot and on the day of the shoot itself. Hydration is absolutely key to success as is keeping the furnace stoked with foods the help maintain energy and do not lead to bloating. No model should ever starve herself prior to a shoot and drinking plenty of fluids is crucial to looking your best. In addition, a girl MUST get plenty of rest prior to a shoot and try to manage her stress levels. All of this will bolster her chances of looking FANTASTIC in front of a camera. Another small but important detail is making sure that her “model bag” is packed with everything that can be brought like a wide selection of footwear, jewelry, toiletry items, an array of different hues of undergarments and more than enough attire to choose from. It is always best to over-prepare and have more than is needed. Nothing is more stress-inducing than arriving at a shoot without modeling necessities because you have been worrying needlessly about toenail polish and other niceties.

Just as a photographer has work to do after the shoot is over when it comes to editing images with a thoughtful plan in mind, a model’s work doesn’t come to an end when the shoot “wraps”. Work-

ing in concert with a photographer to effectively promote her pictures and find ways to build her resume is essential. Most photographers don’t do much with images, so a model has to thoughtfully balance what manner of social media promotion she must ignite, which images should be held in readiness for use with agencies or to be sent to legitimate publications and at what pace her promotion should be done. Too many young ladies simply splash images out there like milk thrown across a kitchen floor, without thought to strategy or a target audience. As such, little comes of their “posting pictures” and frustration leading to apathy is the end result. Knowing when and where to post an image, how to bring attention to it that will result in something positive and how to manage people’s impressions of your efforts is both an art and a science. Models with a sense of business acumen learn the ins and outs of this stream of consciousness and ride the waves with adroitness and skill. Smart models listen to the advice of knowledgeable, experienced industry professionals knowing there is always something more to learn, their abilities can always use a little fine-tuning and that evolving their promotional abilities will allow a wider range of accomplishment to occur.

Success is not something that happens by accident. All the most prosperous people, groups and teams reach the summit and stay there through hard work, knowledge and planning. Some people have the ability to see The Big Picture and struggle with small details, and for others the converse is true. In the Modeling-Photographer Industry, having a grasp of both of those handles is something that can’t be ignored. And too often it is the small details that are left to chance and come back to bite hard at times when it is least propitious. More than likely such falls occur due to a lack of good time management, which is a detail we didn’t discuss, but that is often times of the most imperative. Figuring out which details come easily and which will need to be refined is part of any learning curve and anyone seeking a degree of success in this field has to address those issues with an open mind and a desire to seek honest improvement.



Unidentified flying objects (UFOs) have piqued the imagination of humanity for millennia. Various historical writings and paintings tell of strange phenomena witnessed in Earth's skies. The ancients are accused of mistaking such events as comets, meteors, planetary sightings, or unusual weather phenomena as the objects of their curious reporting, but can they all be explained away so simply?

In recent history, reports of unidentified flying objects rose significantly after flight was achieved, placing humans in the skies, and ultimately, closer to objects traversing them. Although the majority of sightings have been determined to be nothing more than birds, windswept trash, drones, weather balloons, or other identifiable sources, some remain a puzzling mystery – even for the experts. For example, during World War II, numerous reports of strange lights and objects were reported by Allied pilots across the European theater, which they labeled as 'foo fighters.'

The first popularized sighting in the United States that kicked off the

modern UFO craze was made by Kenneth Arnold in 1947. While flying his small plane, he claimed to have seen a group of crescent-shaped objects he estimated were traveling several thousand miles per hour and were "like saucers, skipping on the water." The term 'flying saucers' was coined from his description. That same year, a rancher reported finding a crashed "flying disk," which was quickly labeled as a secret, experimental weather balloon by an information officer from nearby Roswell Army Air Field. However, the Area 51 incident persists to this day with suspicions of a government cover-up of hauling off and reverse engineering the vessel as well as studying the corpses of several unlucky occupants.

Over the next decade, various other reports of sightings and even abductions added to the fervor of otherworldly visitations, prompting the government to initiate Operation Blue Book, which ran from 1952 to 1969 and focused on examining over 12,600 UFO cases. One of these was the publicized reported extraterrestrial abduction of Betty and Barney Hill, their story re-

counted in the 1966 book *The Interrupted Journey* and the subsequent 1975 television film *The UFO Incident*. Of course, the sightings didn't stop with the cessation of the government's program. Travis Walton of Arizona also reported being abducted by aliens, and his story was told via the movie *Fire in the Sky* released in 1993.

In 1997, thousands of people witnessed a string of lights moving through the night sky that appeared to outline a massive triangle or V-shaped object. These lights were seen over a 300-mile distance by people from the Nevada border, through Phoenix, and to Tucson, Arizona between 7:30 and 10:30 p.m. on the same evening. The phenomenon was explained away as a pilot training exercise out of Davis-Monthan Air Force Base in Tucson, but – like the Roswell incident – many folks were left suspicious of the 'official' explanation.

A Present Surge of Activity

Over the past several years, a sudden uptick in UFO activity has occurred, or what the government has rebranded as

UAP (unidentified aerial phenomena), which has since changed again to unidentified anomalous phenomena. According to an unclassified government document entitled 2022 Annual Report on Unidentified Aerial Phenomena, 366 new sightings were reported to government intelligence agencies since March 2021. That number more than doubled the previous documented 144 sightings over the previous 17 years, bringing the total to 510 cases up until that period of time. The majority of these incidents were reported by U.S. Air Force and Navy personnel, both of which log a lot of flight hours. The uptick in documented sightings are most likely due to the creation of yet another governmental entity dubbed the Unidentified Aerial Phenomena Task Force, which was launched on August 4, 2020 and is charged with the task of investigating unexplained sightings in our skies.

Although the government is well-known for stifling reports of UFO sightings by military personnel, the current public mood for disclosure appears to be producing results. Some events have been declassified while others

have been leaked to the public to satisfy their appetite for truth. One such recently exposed encounter occurred in October 2018 when a strange object flew over a military base in Iraq at night and continued its course to the ocean. Numerous military personnel observed the unidentified craft that they described as jellyfish-like due to its bulbous top and dangling 'tentacles' that were reported to be stiff and unmoving. Once over the ocean, the object dove into the water and remained submerged for 17 minutes before exiting and zipping off at a speed described as faster than any known technology could achieve. This particular UFO/UAP lacked any sort of typical propulsion signatures. Also, it could not be observed with the naked eye. Observers were either watching through thermographic tracking equipment or wearing night vision goggles using a thermal setting.

The surge in UFO sightings has not been confined to those serving in military branches. Each year, there are over 6,000 sightings reported by the general public, 98% of which are deemed to be identifiable objects such

as airplanes, Chinese lanterns, or other known items. The top two states reporting odd occurrences are California with 15,849 and Florida with 8,068 total sightings as of August 1, 2023.

Conclusion

There is enough convincing evidence that has been accumulated throughout the centuries to concur that humans are not the sole beings inhabiting this vast galaxy and universe we find ourselves living in. Those of us who conclude we are not alone must dig a bit deeper and ask ourselves if Earth is indeed being visited by otherworldly beings, and most importantly, are they here simply to observe us or do they have more nefarious intentions?

Hopefully, the rise in UFO sightings combined with our own increase in technological development will provide us with favorable answers in the very near future. Perhaps, extraterrestrials will deliver real solutions to our long list of geopolitical, economic, resource, and environmental problems. We could sure use all the friendly help we can get!



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THE LIFE AND MUSIC JOURNEY OF SABRINA CARPENTER



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Introduction

Welcome to the captivating world of Sabrina Carpenter, a multi-talented artist who has mesmerized audiences with her acting, singing, and songwriting abilities. In this in-depth article, we will take a chronological journey through Sabrina's remarkable life and delve into the evolution of her music career. From her early beginnings to her latest releases, we will explore the key milestones and influences that have shaped Sabrina Carpenter into the artist she is today.

Early Beginnings and Passion for the Arts

Sabrina Carpenter, born on May 11, 1999, in Quakertown, Pennsylvania, discovered her passion for performing at a young age. With unwavering determination and a love for music and acting, Sabrina embarked on a journey that would lead her to great success. At the tender age of ten, Sabrina started attending auditions with her supportive parents by her side, and it wasn't long before her talents caught the attention of industry professionals.

The Disney Channel Breakthrough

Sabrina Carpenter's first taste of stardom came when she landed a guest role on the hit NBC drama, Law & Order: SVU. However, it was her role as the best friend of Rowan Blanchard on the Disney Channel's coming-of-age sitcom, Girl Meets World, that catapulted her into the spotlight. This sequel to the beloved '90s sitcom BoyMeets World provided Sabrina with a platform to showcase her acting skills and connect with a young and enthusiastic audience.

Musical Pursuits and Signing with Hollywood Records

While making waves on the small screen, Sabrina Carpenter also embarked on a musical journey. At the age of 12, she signed with Hollywood Records, setting the stage for her future success as a recording artist. In March 2014, Sabrina released her debut single, "Can't Blame a Girl for Trying," which showcased her



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ability to infuse her unique style into popular tracks. The same year, Sabrina worked with the Vamps and Mike Perry on the track "Hands," which reached the Top 30 of Billboard's Hot Dance/Electronic Songs chart.

Debut Album: "Eyes Wide Open"

Building on the momentum of her debut single, Sabrina Carpenter released her first full-length studio album, "Eyes Wide Open," in 2015. The album showcased Sabrina's growth as an artist and peaked at number 43 on the Billboard 200 chart. With a blend of catchy pop tunes and heartfelt ballads, "Eyes Wide Open" cemented Sabrina's place in the music industry and garnered a dedicated fanbase.

Acting Ventures and Continued Musical Success

While her music career was gaining traction, Sabrina Carpenter continued to explore her acting talents. She starred in the Disney Channel's version of Adventures in Babysitting and

appeared in the Netflix original film Tall Girl. Despite her flourishing acting career, Sabrina remained committed to her music and released her sophomore album, "EVOlution," in 2016. The album showcased Sabrina's growth as both a songwriter and performer and was met with critical acclaim.

Collaborations and Chart Success

In 2017, Sabrina Carpenter collaborated with social media star Jasmine Thompson on a soulful cover of Harry Styles' "Sign of the Times." This collaboration demonstrated Sabrina's versatility as an artist and showcased her ability to infuse her unique style into popular tracks. The same year, Sabrina worked with the Vamps and Mike Perry on the track "Hands," which reached the Top 30 of Billboard's Hot Dance/Electronic Songs chart.

Singular: A Journey of Self-Discovery

In 2018, Sabrina Carpenter released her third solo album, "Singular: Act I," which marked a significant milestone

in her career. This album showcased Sabrina's growth as a songwriter and explored themes of self-discovery and empowerment. With tracks like "Almost Love" and "Sue Me," Sabrina's music resonated with listeners and solidified her position as a rising pop star.

A Dynamic and Ever-Evolving Sound

Sabrina Carpenter's music has continuously evolved over the years, reflecting her personal growth and maturation as an artist. Her fourth album, "Singular: Act II," released in 2019, showcased a more mature and introspective side of Sabrina's artistry. This album further solidified her reputation as a versatile and innovative musician, experimenting with different genres and pushing creative boundaries.

The Future of Sabrina Carpenter

As Sabrina Carpenter continues to captivate audiences with her talent and charisma, her future in the entertainment industry looks bright. With her unwavering work ethic and dedication to her craft, Sabrina shows no signs of slowing down. Fans can expect to see her grace the stages of iconic venues such as the O2 or Wembley, fulfilling her dreams of performing in front of adoring crowds.

Influences and Inspirations

Sabrina Carpenter draws inspiration from various sources, including her own life experiences, films, books, and the ever-changing world around her. She is inspired by artists who constantly challenge themselves and push creative boundaries. Sabrina's music reflects her unique perspective on life, love, and personal growth, resonating with listeners who connect with her relatable lyrics and infectious melodies.

Conclusion

Sabrina Carpenter's journey from a talented young performer to a bona fide pop sensation is a testament to her passion, hard work, and unwavering dedication to her craft. With her acting and music careers seamlessly intertwined, Sabrina continues to leave an indelible mark on the entertainment industry. As she forges ahead, captivating audiences with her mesmerizing performances and heartfelt music, the world eagerly awaits the next chapter in Sabrina Carpenter's extraordinary story.

THE SCIENCE BEHIND HIGH PERFORMANCE WORKOUTS: YOUR ULTIMATE GUIDE



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In the quest for optimal fitness and performance, it's important to understand the science behind high-performance workouts. With a blend of art and science, you can design a workout plan that is tailored to your individual needs and goals. This comprehensive guide will delve into the key factors that contribute to high performance, including routines, focus, practice, exercise, and rest. By incorporating these elements into your fitness regimen, you can unlock your full potential and achieve extraordinary results.

1. Routines: The Foundation of High Performance

Establishing routines is crucial for maximizing your performance. According to Tony Schwartz, author of "The Power of Full Engagement," implementing rituals can transform your behavior and make it automatic over time. By creating highly precise behaviors at specific times, you can conserve mental energy and reduce decision fatigue. This allows you to focus your attention

on more important tasks.

One example of the power of routines is demonstrated by former President Barack Obama. In a profile by Michael Lewis, Obama revealed that he wears only gray or blue suits to eliminate the need for decisions about his attire, enabling him to conserve mental resources for more significant matters. Companies like Google also recognize the importance of minimizing decision-making for their employees to enhance productivity.

To harness the benefits of routines, you can develop your own rituals. Whether it's a morning stretching routine, a specific time for focused work, or a consistent exercise schedule, incorporating these behaviors into your daily life can optimize your performance.

2. Focus: Enhancing Cognitive Performance

Achieving high performance requires the ability to focus and concentrate on the task at hand. David Rock, author of

"Your Brain at Work," emphasizes the importance of eliminating distractions during periods of intense mental work. Switching off communication devices and blocking out external disruptions allows your brain to fully engage in the task, leading to improved cognitive performance.

Combining routines with focus is the sweet spot for high performance. For example, Mark McGuinness suggests tackling creative work first before engaging in reactive tasks like checking emails. By prioritizing your most important work, you can ensure that your mental energy is dedicated to tasks that require deep focus and creativity.

3. Practice: The Path to Mastery

Experience alone does not guarantee improvement. Geoff Colvin, author of "Talent Is Overrated," highlights that simply accumulating years of experience does not necessarily make individuals better at their jobs. To truly excel, deliberate practice is crucial.

Deliberate practice involves mindful

and focused efforts to master even the smallest details of a skill. It requires pushing beyond your comfort zone and continually challenging yourself. This approach is different from mindless repetition; instead, it involves targeted and structured practice with specific goals in mind.

Working with a coach can be immensely beneficial in facilitating deliberate practice. A coach provides objective feedback, identifies areas for improvement, and keeps you accountable. They can guide you through each stage of skill development, from conscious incompetence to unconscious competence.

4. Exercise: Boosting Performance and Well-being

Regular exercise is a cornerstone of high-performance workouts. Exercise not only improves physical fitness but also enhances mental alertness, cognitive function, and overall well-being. John Medina, author of "Brain Rules," highlights the numerous cognitive benefits of exercise, including improved long-term memory, reasoning, attention, problem-solving, and fluid intelligence.

Incorporating strength training into

your workout routine is essential for building a strong foundation. It targets all major muscle groups, enhances muscular strength and endurance, and promotes overall functional fitness. Additionally, incorporating high-intensity interval training (HIIT) and metabolic conditioning workouts can help maintain power and explosiveness.

To ensure heart health, it is recommended to engage in moderate-intensity cardio for at least 150 minutes per week. This can be achieved through activities such as running, cycling, or swimming. Balancing high-intensity workouts with low-intensity activities and recovery days is crucial for optimizing performance and preventing overtraining.

5. Rest: The Key to Recovery and Performance

Rest is often overlooked but plays a vital role in high-performance workouts. Quality sleep and adequate recovery time allow the body to repair and rebuild, leading to improved performance and reduced risk of injuries. Prioritizing rest is essential for sustaining long-term high performance.

Creating an optimal sleep environment is crucial for quality rest. Setting

the thermostat to a cooler temperature between 60-67 degrees Fahrenheit, as recommended by the Cleveland Clinic, promotes better sleep. Additionally, winding down from stimulating activities, avoiding late-night eating, and minimizing exposure to light can enhance sleep quality.

Stress management is another crucial aspect of rest and recovery. Chronic stress negatively impacts performance and overall well-being. Incorporating stress reduction techniques such as regular exercise, good nutrition, quality sleep, and breathing exercises like the 4-7-8 technique can help manage stress levels and support optimal performance.

Designing Your High Performance Workout Plan

Now that we've explored the key elements of high-performance workouts, let's outline a comprehensive workout plan that encompasses strength training, cardio, and recovery.

Your High Performance Workout Schedule

To maximize your results, it's important to establish a consistent workout schedule. Here's a sample weekly schedule:

- Monday: Strength (Full Body)
- Tuesday: Low-Intensity Activities & Stretching
- Wednesday: HIIT / Metabolic Conditioning / Power
- Thursday: Strength (Full Body)
- Friday: Low-Intensity Activities & Stretching
- Saturday: Strength (Full Body)
- Sunday: Long & Slow Cardio

Pre-Workout Dynamic Warm-Up Routine (10 minutes)

Before each workout, it's essential to prepare your body for action. Here's a dynamic warm-up routine to incorporate:

Strength Days:

- World's Greatest Stretch x 5 each side
- Cat Cow x 5
- Lateral Lunge x 10 each side
- Bodyweight Squat x 10
- Lateral Lunge x 10 each side
- Push-ups x 5
- Superman x 10
- Plank hold x 20 seconds

- HIIT/Cardio Days:**
- World’s Greatest Stretch x 5 each side
 - Cat Cow x 5
 - Lateral Lunge x 10 each side
 - High Knees x 20 seconds
 - Butt Kicks x 20 seconds
 - Plank hold x 20 seconds

Post-Workout Static Stretching Routine (12 minutes)

After each workout, it’s crucial to cool down and stretch your muscles to support recovery. Here’s a static stretching routine to follow: (Repeat 2x)

- Forward Fold x 1 minute
- Seated Twist x 1 minute each side
- Frog Stretch x 1 minute
- Pigeon Pose x 1 minute
- Lat Stretch x 1 minute
- Pec Stretch x 1 minute

Your High Performance Workouts

Now let’s dive into the specific exercises for each workout day. Remember to gradually increase the resistance or intensity as you progress:

Monday: Strength (Full Body)

- Plank: 5 sets x maximum hold
- Weighted Squat (of choice): 5 sets x 10-12 repetitions
- Bent-over Row: 5 sets x 10-12 repetitions
- Chest Press: 5 sets x 10-12 repetitions
- Biceps Curl: 5 sets x 10-12 repetitions
- Triceps Pushdown: 5 sets x 10-12 repetitions

Tuesday: Low Intensity Activities (e.g., easy bike ride, hike, etc.) & Stretching

Wednesday: HIIT / Metabolic Conditioning / Power

Perform as many rounds as possible in 12 minutes:

- Thruster: 5-10 repetitions
- Mountain Climber: 5-10 repetitions
- Lunges: 5-10 repetitions
- Push-Ups: 5-10 repetitions
- Squat Thrust: 5-10 repetitions
- Jumping Jack: 1 minute

Thursday: Strength (Full Body)

- Hollow Hold: 5 sets x maximum hold
- Lunges (Forward or Reverse): 5 sets x 10-12 repetitions
- Lat Pulldown: 5 sets x 10-12 repetitions



- Overhead Press: 5 sets x 10-12 repetitions
- Hammer Curl: 5 sets x 10-12 repetitions
- Triceps Skull-crusher: 5 sets x 10-12 repetitions

Friday: Low Intensity Activities (e.g., easy bike ride, hike, etc.) & Stretching

Saturday: Strength (Full Body)

- Bird Dog Row: 3-5 sets x 10-12 repetitions
- Leg Extension: 3-5 sets x 10-12 repetitions

- Leg Curl: 3-5 sets x 10-12 repetitions
- Pull-Up: 3-5 sets x maximum repetitions
- Push-Ups: 3-5 sets x maximum repetitions
- High Pull: 3-5 sets x 10-12 repetitions
- Eccentric Biceps Curl: 3-5 sets x 10-12 repetitions
- Eccentric Triceps Push-down: 3-5 sets x 10-12 repetitions

Sunday: Long & Slow Cardio

Engage in 30, 45, or 60+ minutes of Zone 2 cardio of your choice, such as running, rowing, or cycling.



Your High Performance Meal Plan

To support your high-performance workouts, it’s essential to fuel your body with proper nutrition. While individual needs may vary, a general guideline is to consume 40% protein, 40% carbohydrate, and 20% fat in each meal. Adjust these percentages based on your specific goals and requirements.

Here’s a sample meal plan that can serve as a starting point:

Breakfast:

- Eggs (combination of whole & whites)
- Oatmeal and/or whole grain toast
- Side of avocado

Snack:

- Mix nuts of choice

Lunch:

- Mixed greens salad with grilled chicken, tofu, or fish
- Two to three vegetable toppings
- Quinoa or brown rice
- Extra virgin olive oil

Snack:

- Performance Pudding: Protein powder, chia seeds, oatmeal, Greek yogurt, unsweetened almond milk, water

Dinner:

- Grilled chicken breast, turkey, or fish
- Brown rice or sweet potato
- Vegetable of choice

Remember, individual nutritional needs may vary, so it’s essential to consult with a registered dietitian or nutritionist to tailor your meal plan to your specific requirements.

Conclusion: Unlocking Your High Performance Potential

By understanding the science behind high-performance workouts and incorporating the principles of routines, focus, practice, exercise, and rest, you can unlock your full potential and achieve extraordinary results. Develop a consistent workout schedule, prioritize deliberate practice, and fuel your body with proper nutrition. Remember to listen to your body, make adjustments as needed, and consult with professionals to optimize your performance. With dedication and the right strategies, you can reach new heights in your fitness journey.



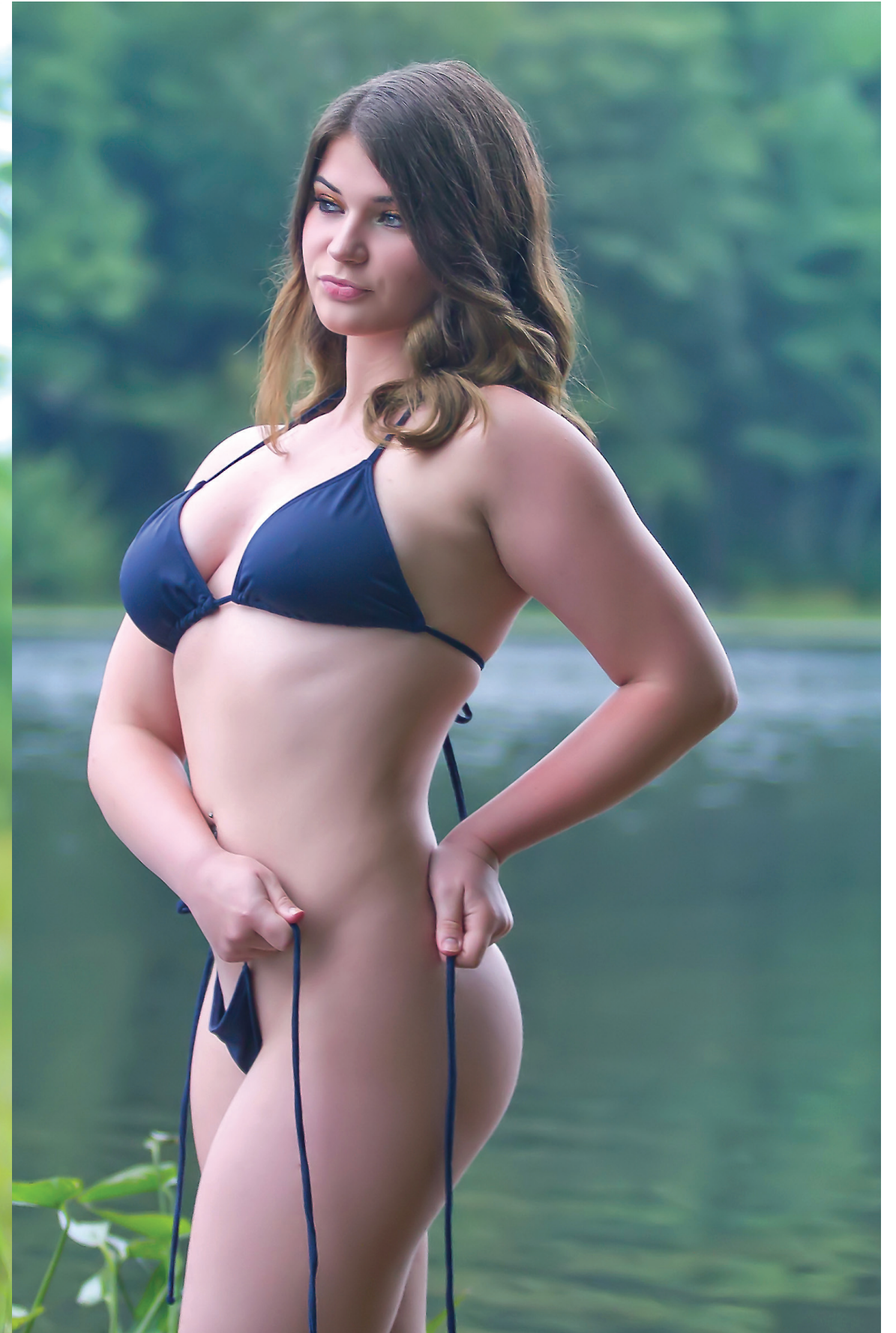


Singing the Praises of Mia
**Written by Rick Trottier – RJT Images-
Light Works Studio**

Debuts of any type can be exhilarating experiences. Brand new TV Shows can add some wonderful entertainment to what might have become a dreary viewing selection. A new restaurant can offer a place for you, your family and friends to try new cuisine in a setting of unique décor. Attending a new school or moving to a new town can offer all the stimulation of a new environment. But there is something about the debut year of a brand new model, especially someone with the gifts and charms of Mia that is uniquely special!

Mia and I have shot together several times since early Spring of 2023 and each experience gets better from each and every possible angle. Her skills as a model, stylist and MUA get stronger every time I see her. Mia's ability to take direction and then focus on making her poses and expressions more compelling and more her own continues to impress. And her beauty is simply off the charts and what makes that all the more incredible is her very best years are ahead of her.

Life has taken some surprising directions for me over the past few years, limiting not only the time and energy I have to shoot, but also my interest level. But I know one thing for sure, if I am granted the blessing to continue my artistic and professional relationship with Mia, I will count myself deeply grateful for the gift.







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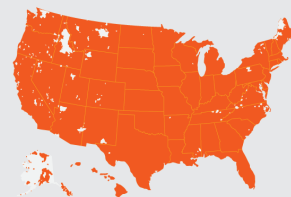
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