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M G C A N T S

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Lavern McCants

Get to know one of the authors to watch out for in 2021!



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NOVEMBER 2020 ISSUE 112

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Happy new year everyone! 2020 has definitely been an extremely challenging year full of change and uncertainty. As we are all aware, the COVID-19 pandemic continues to escalate globally impacting how we all operate and manage our businesses and lives day to day.

In addition to the immediate and serious health concerns, we are also seeing a much wider impact on all of our lives as well as the global economy as a whole. It is in this context that I would like to express how thankful I am that StarCentral Magazine is still alive and kicking. I would like to thank everyone who always supports our events and our publication for their continuous support and dedication - we couldn't have been where we are now without such a tremendous level of endorsement from all of you. Finally, let me take this opportunity to wish you and your families a very happy and prosperous year! God Bless.

Mike Ilagan
Managing Director

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Remi Ishizuka

Meet one of the stunning influencers to watch out for in 2020.



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Kayleigh Paige Rees Pg 42

EDITOR'S NOTES

I had a strange start to my 2021.

Several things happened in quick succession that had me just scratching my head, but at the same time, it filled me with the conviction that it meant something. So call me nuts, crazy or just plain idiotic, but I'm going with my gut, and I've vowed that my 2021 would be unlike any year I've had so far.

Have you felt that way too?

Have you been at that moment where logic is screaming at you: "NO!" but intuition, in a persistent whisper, is telling you: "Go for it!" I believe we all have. But it's our reaction to it that sets apart the DOERS from the DREAMERS. So, maybe following your gut might not work out, but at least you'll KNOW. There is no worse torture than regret, than asking "What if?" over and over again. So, I'll leave you with one of my favorite quotes, written by a young writer named Erin Hanson - "What if I fail? Oh my darling, what if you fly?"

Jenny Aluning
editor in chief

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ELITE SUPERMODEL
AUSTRALIA

SYDNEY'S

BEST DRESSED

The first-ever Sydney's Best Dressed just had its official event over the weekend and it was definitely a night to remember! Set against the backdrop of Sir Stamford Circular Quay, Sydney's Best Dressed brought together beauty queens, fashionistas, entrepreneurs, and stunning models from all over Sydney as well as sponsors and several high profile individuals. Fabulously facilitated by Mike Ilagan – the managing director of StarCentral Magazine, it was an amazing event where fashion, pageantry, and the elite members of the community came together as one. Sydney's Best Dressed honoured men and women of distinction who were selected for their accomplishments, achievements, services, excellence, and fashion sense.





Set against the backdrop of Sir Stamford Circular Quay, Sydney's Best Dressed brought together beauty queens, fashionistas, entrepreneurs, and stunning models from all over Sydney.





The AGSA is a ceremony aimed at showcasing beauty queens who have made the most outstanding contributions to the pageant industry during the year.

To provide integrity in the judging of the categories, National Directors were invited to nominate beauty queens who have competed in their respective pageant systems in the specified categories. The ceremony was brought to you by MS Entertainment Network in collaboration with StarCentral Magazine.

Unfortunately for 2020, biosecurity measures and travel restrictions have been put in place to help prevent the spread of COVID-19. Thus, Australia's borders were closed and sadly, other National Directors and beauty queens from interstate and overseas are unable to join our 2020 celebration. For 2020, each National Director were able to nominate their own champions from their respective pageant systems and they awarded their champions during the AGSA ceremony.



AGSA 2020





To provide integrity in the judging of the categories, National Directors were invited to nominate beauty queens who have competed in their respective pageant systems in the specified categories. The ceremony was brought to you by MS Entertainment Network in collaboration with StarCentral Magazine.

For 2020, each National Director were able to nominate their own champions from their respective pageant systems and they awarded their champions during the AGSA ceremony.





The [AMFA] Australian Modelling & Fashion Awards brought together the modelling and fashion industry last December 2020 at the luxurious Four Seasons Hotel. The magnitude of originality and fashion design excellence at this event definitely stayed with us. Everyone walked away from the show with a new respect for the diverse cultures and their innovative designers. Although the awarding session by various industry heavyweights was the main event; each of the remaining highlights was riveting to partake in and further enhanced the AMFA experience.

This event was brought to you by StarCentral Media Group, StarGazers Production, and MS Entertainment Network powered by Australia's Next Top Designer, Pedro Virgil Photography, Studio 49, Villoni Boutique, Lepou, Lux Modelling & Fashion Academy, International Fashion & Beauty, Model & Mode magazine, Sassy & Co magazine and Millionaire Alliance.

These were the highlights of the night: Award-giving by various industry heavyweights, Fashion Show featuring PIR CEO Fai Peni's collection – Lepou, StarCentral Magazine's 2020 Covergirl Finalists and StarCentral Magazine's 20 Most Beautiful Australian Models of 2020.





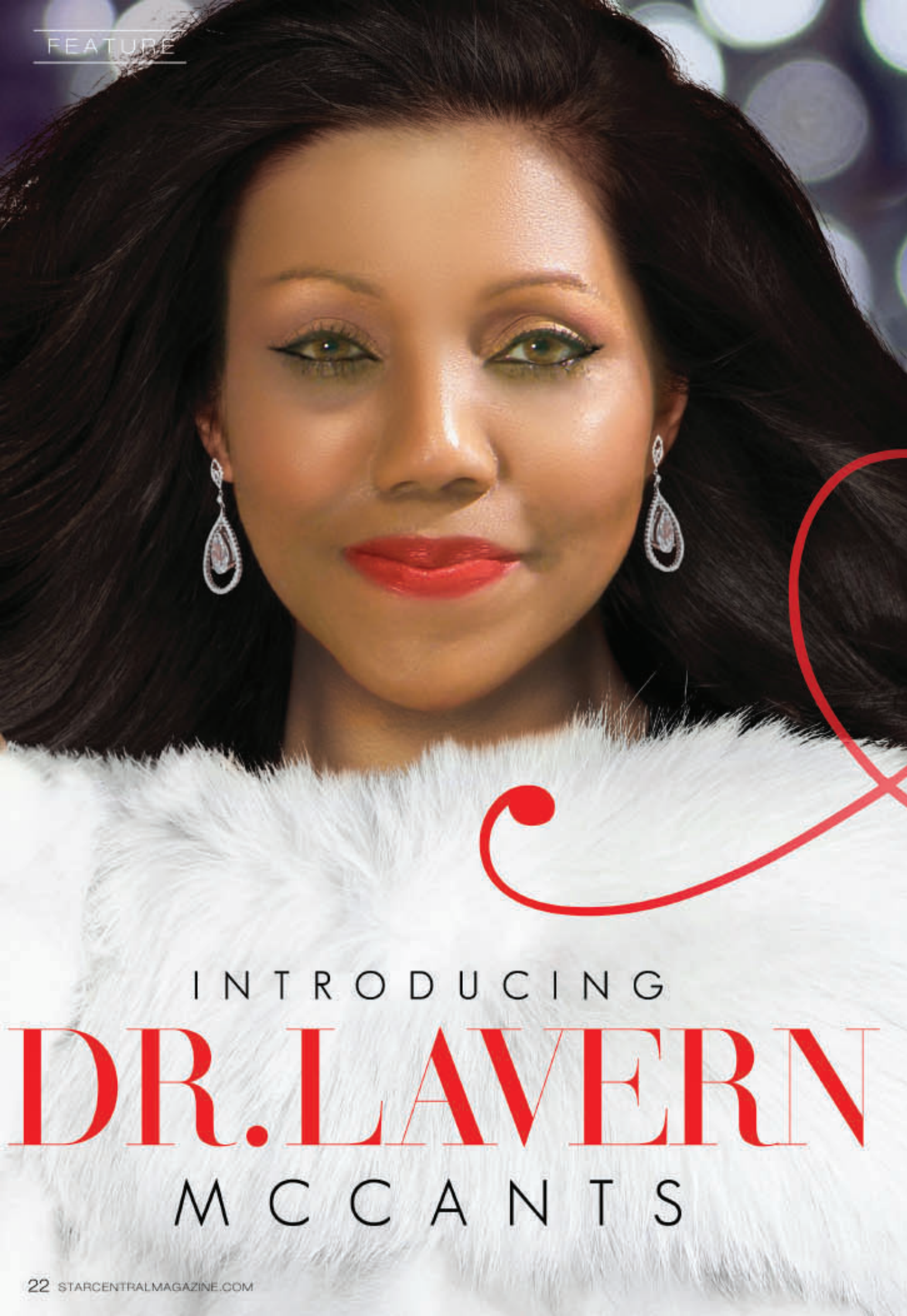


A woman with long brown hair, wearing a white wide-brimmed hat, a white short-sleeved dress with puffed sleeves and a ruffled waist, and brown leather boots, is sitting on a sand dune. She is holding a brown leather crossbody bag and sunglasses. The background shows a blue ocean with white waves and a clear blue sky with light clouds. Two wooden posts are visible in the sand.

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INTRODUCING
DR. LAVERN
 MCCANTS

“OUR SOCIETY IS
 LEANING MORE
 TOWARD DIGITAL
 READING. THOUGH
 STUDIES SHOW
 THAT PEOPLE STILL
 APPRECIATE PRINT”

LaVern McCants, the talented, brilliant, and fascinating author, has established herself as one of the hardest-working professionals with her latest book, “Wise Girl Talk.” Besides being an author, she’s also a motivational speaker and a School Improvement Consultant. She followed the footsteps of her late mother, who was also an author. McCants says, “My father and mother were extremely gifted with words of wisdom. Their influences provide a major impact on my writing.” Many of her self-help books are influenced by the wisdom that she gained from her late father and her late mother. She says that her parent’s possessed great wisdom.

She’s done quite a lot of writing on diverse topics from numerous genres, but most of her books are self-help books and books related to youth guidance. Soon after entering the field of education, she developed an unyielding passion for providing youth with valuable guidance through writing books. In fact, she wrote her first book for youth in the 1990s.

When she entered the educational field, she knew early on that education was her niche. Soon after commencing in education, she became determined to make a difference by making significant contributions in the field. She became extremely dedicated to this profession. She also elected to advance herself in the field. She earned two master’s in education: one master’s in educational leadership and a doctorate in Education Policy, Organization, and Leadership.

She held varied positions on the K-12 grade levels. Her diverse experience with students on the secondary, junior high, elementary, and pre-school levels with students, parents, teachers, and school administrators significantly influences her writing on a wide range of school-related issues. She has a passion for addressing issues that society deems as problematic. She believes in getting to the root of a problem, then developing solutions to address the problems at hand. Years later, she’s still addressing predominant issues with their youth population globally through various means, including her data-driven books for youth, parents, teachers, and school administrators.

StarCentral Magazine recently caught up with Dr. Lavern to discuss her journey as an author and here’s what went down:

What inspires you to write?

Since my early twenties, I had a passion for writing books, or maybe even earlier, but my late mother likely inspired me. She was also an author. Also, she encouraged me to complete Single Lady Wise Talk: The Rule-Changer. Based on the sections that she reviewed before her death, she stated that she believed that it would be a real winner that would help many single women in significant ways.

I promised her days before her death that I would complete it. However, I became extremely busy with work, school, and life. But even though I had every intention to complete this book, it took years to complete. Finally, I knew it was time, and I moved forward to complete it despite my hectic schedule.

What is your writing process?

Your question is very interesting. Before your question, I never realized that it is a pattern on how I started the writing process. I believed about 99% of the time, I come up with a topic first, then the process begins.

Do you do a lot of fiction writing?

I do a lot of non-fiction writing. Most of my writing is technical and involves years of research. I have only written a couple of books that are fiction writing.

What advice would you give to other authors?

You have to realize that all books do not become bestsellers. Besides, I suggest that a person should write because they desire to write, not for financial gain. Even if a book becomes successful, the

writer earns an exceedingly small portion from the sales of a book. A traditional publisher pays an author about \$1.00 to \$1.25 per book in royalties typically. Writing a book reminds me of becoming an educator. They are both professions that I would recommend pursued because of a passion.

What do you think about the future of publishing?

I know more about writing than publishing, but I can say that our society is leaning more toward digital reading, though studies show that people still appreciate print.

I appreciate print. When I find reading that intrigues me, I like to refer back to the material. I also enjoy having the opportunity to keep good reading as a keepsake.

What drove you to the field of writing?

Two people influenced my work. One was a writer, and one was not. Those individuals were my late parents. My late mother was an author, but my late father would have been an excellent writer as well, but he did not elect writing as a profession. They both had amazing wit.

As a young child, teenager, and as a young adult, I cherished spending time with them and learning valuable things about life and life choices. I avoided many unnecessary mistakes as a teenager and young adult because of their valuable and wise guidance. I believe their guidance was a driving force for me electing to become a professional writer.

How do you spend your leisure when you are not writing?

During my downtime, I love to read, play tennis, and go out to dinner. I also always make time for worship.

What is the hardest part of writing?

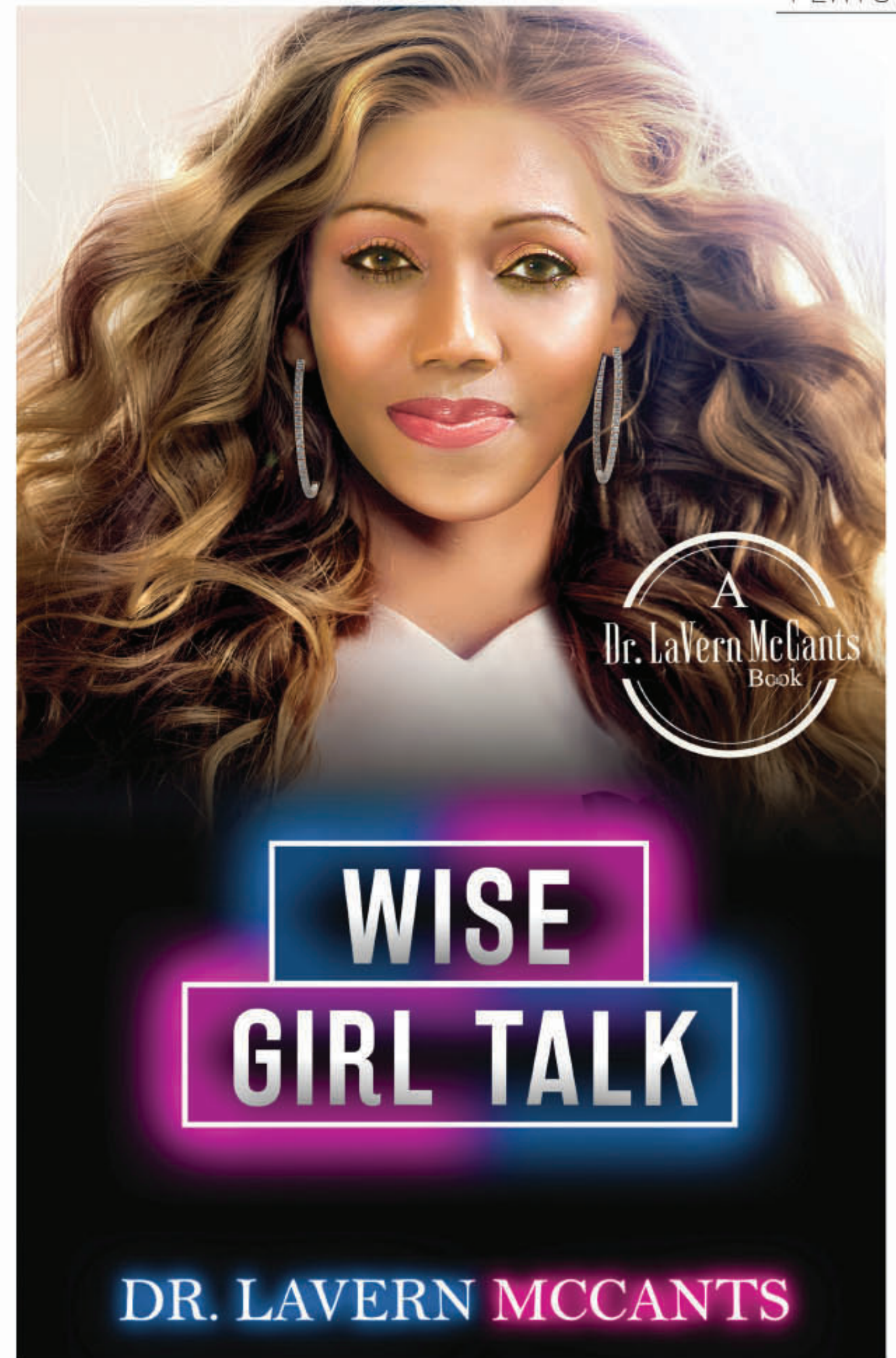
The greatest challenge that I often experience as a writer is finding adequate time to write.

What does the word creative mean to you?

When I think of the word creative, I think of using my imagination to develop or design something that meets the requirements of what I set out to do.

How do you hone creativity?

I spent a lot of my adult life in the educational field working in various positions, whereas I had to hone my creativity to ensure that students advance academically. I also have a highly creative side of me outside of the educational field. The creative side of me has been evident as a professional in traditional educational settings, alternative settings, and outside the education world.



In the educational field, I appeared to flourish in positions where I could use creativity to develop methods to improve student learning. Even books that I have written to enable children to perform better in school allowed me to use my creativity while supported by research.

Besides having a passion for aspiring youth, I have always loved fashion. I have been a lover of fashion for as long as I could recall. My late mother was an author and a fashion executive. She also had a love for fashion. I loved her style of dress. She would say that my love for fashion came from admiring my parental grandmother, but in essence, it was my late mother that demonstrated a chic fashion style and business savvy that I admired and adopted.

In late 2016 following my late mother's footsteps, I became an entrepreneur in the fashion industry. I evolved professionally in fashion by establishing "LaVern McCants Corporation™" that features LaVern McCants and McCants fashion lines. My late mother had a keen insight into the fashion industry. She demonstrated her enterprise ideas, venture, and implementation of fashion lines' presentations through fashion shows and other sorts of domestic fashion presentations. From her training, my fashion experience launched my preteen through my college years though I did not start a professional journey as a fashion executive until 2016.

I am positively not a universally recognized or widely acknowledged fashion designer, but I enjoy designing. I find it therapeutic and rewarding. I plan to remain a writer for the rest of my life, but I am unsure if I will remain a fashion designer in the future.

Tell us about your two recently released books.

Two of my books were released last month. Those books were Single Lady Wise Talk: The Rule-Changer and Wise Girl Talk. Single Lady Wise Talk: The Rule-Changer is an excellent empowerment book for single women. It reminds them of their value, and it offers much more. Though it is not one of my books filled with several hundred citations from other scholarly works, I find this book to have great value for single women. The other recently published book was Wise Girl Talk. It offers sound guidance for teenage girls.

Are you releasing anything else? If so, what, and when is the release?

In addition to my two recent releases, I have several other books for teenagers and children released this year. Those books include, What Every Teenager Needs to Know: Choices That Lead to a Promising Future, What Every Child Needs to Know: Choices That Lead to



Futures, Parents Right to Know: Proven Methods on How to Influence Youth to Make Wise and Responsible Decisions That Lead to Promising Futures; From Boy to Manhood: Every Boy Has an Opportunity to Become a Great Man, Every Girl Deserves to Live Her Dreams and Bullying Stops Here. I also have a few education-related books that are scheduled to go on the market later this year. The release dates always appear online at www.lavernmccants.com and on Facebook at [Facebook.com/lavernmccants](https://www.facebook.com/lavernmccants).

The inspiration behind these books is to influence my readers to live their lives to their fullest. I believe in aspiring people to choose the best path laid out for them.

I have many books on the market this year, but I started my research and writing drafts many years ago. Finally, these books are going on the market.

How do you research for your projects?

I use multiple ways of researching. I received training as a researcher in several courses while pursuing a doctorate and master's degrees. After much training, research feels natural to me.

Dr. McCants, in a recently published article on Yahoo News, you encouraged parents to avoid in-person learning for their children and to have their children take advantage of remote learning only. Please state your reasons and concerns on this issue.

Yes. Before opening the 2020-2021 school year for most K-12 school districts across the nation and some school districts in international countries, I pleaded with parents to ensure that their children had the opportunity to take advantage of remote learning and avoid in-person learning at all costs.

After doing a massive amount of reading and research about this unprecedented pandemic, I realized that the costs were too significant to open schools. By opening schools, students, teachers, school administrators, support staff members, and the families of all mentioned would be at-risk of the virus.

I presented facts to parents about the risks. Having many years of experience working closely with parents of youth in K-12 schools, I have keen insight into the value of a parent's voice.

I did not know or care about parents' reactions; I just wanted to get some facts to parents concerning risk factors in the hope that many parents would make informed decisions.

What are your goals as an author?

I started writing books in the early nineties to enable youth to make wise choices. Early in my career as an educator on the elementary and secondary levels, I developed a yielding passion for guiding youth in the right direction. Youth are incredible individuals that await sound and robust guidance from adults. Since the early



nineties, I have done extensive research on issues related to children, teenagers, and other school-related issues, which have influenced my writing.

Where can we buy your books or find out more about you?

Books currently on the market and pre-orders can be purchased at www.lavernmccants.com, on Amazon, Barnes & Noble, Powell Books, teacher stores, university presses, or other bookstores globally. The publisher also provides order taking via phone at 212-692-0000. My official website sponsored by the publisher is www.lavernmccants.com. This website lists my tour dates and locations, forthcoming books, and other information related to me.

Can you please share your social media handles so we can follow you?

My social media handles are as follows:

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Facebook.com/drlavernmccants
Twitter.com/lavernmccants
LinkedIn.com/lavernmccants
Pinterest.com/lavernmccants
Instagram.com/lavernmccantsofficial
My official website is www.lavernmccants.com



MICHAEL JACKSON'S NEVERLAND RANCH SOLD FOR \$22 MILLION

No longer the wicked real estate stepmother that has been on the market since 2015, Michael Jackson's storied 2,700-acre Neverland Ranch has, at long last, sold for \$22 million - a \$78 million reduction from the original ask.

Michael designed Neverland as the childhood amusement park he wished he could have had growing up in Gary, Indiana. One of ten children born to a steel-worker father who was also a part-time-musician, and a stay-at-home mother who had country singing aspirations, Neverland had everything to fascinate a child: carnival rides, an electric train ride and a plethora of zoo animals. After his death in 2009, the ranch was stripped of every reminder of Jackson's tenure there and renamed Sycamore Valley Ranch, its former name. It was put on the market in 2015 at an initial price of \$100 million.

Located on the edge of a national forest, Jackson first saw the ranch in 1983 when he visited Paul McCartney who was staying there while filming a video. In 1988, Jackson purchased the ranch from land-developer William Bone. Bone had bought Sycamore Valley Ranch in 1981, moved in with his family and worked with architect Robert Altevers to design all of the buildings from ideas Bone was unable to use in his real estate business.

Today, the buildings consist of the 12,000-square-foot main house, a four-bedroom guest house, a two-bedroom guest house, several barns, animal shelter facilities and a maintenance shop. The main house, designed in French Normandy style, has large rooms including formal living and dining, multiple fireplaces, and a chef's kitchen which can also be used for large functions. There are six bedrooms, one of which is a two-story master suite with a fireplace in the sitting room, two large baths and cedar walk-in closets. One of the closets contains a hidden safe room. Grounds contain a free-form swimming pool, large covered barbecue area, basketball court, tennis court and a 50-seat movie theater with a private balcony and stage. The four-acre lake also has a fountain.

The ranch was purchased by billionaire-businessman Ron Burkle who was a former associate of Jackson. Burkle built his fortune by buying and selling grocery store chains and is invested in U.K. and U.S. talent agencies. He has purchased several other unique homes including Bob Hope's spaceship-looking home in Palm Springs and Frank Lloyd Wright's Mayan-Revival Ennis House in Los Angeles. Burkle is also part owner of the National Hockey League's Pittsburgh Penguins.

Photo Credit: Suzanne Perkins | Source: TopTenRealEstateDeals.com



HOW TO GET ORGANISED FOR THE NEW YEAR

It's hard to believe 2021 is already here. 2020 has definitely been an extremely challenging year full of change and uncertainty. As we are all aware, the COVID-19 situation continues to evolve further and we are still dealing with a massive global challenge as the COVID-19 pandemic continues to escalate globally impacting how we all operate and manage our businesses and lives day to day.

In addition to the immediate and serious health concerns, we are also seeing a much wider impact on all of our lives as well as the global economy as a whole. Understandably, there is a considerable sense of unease all over the world.

So how do you plan to welcome the year ahead?

New Year, like the sun, is almost shining its rays on us. A couple of days from now, we will be celebrating the coming of new hope, a new inspiration, and a continuing triumph against the challenges in life. It is a display of loud and colourful fireworks thrown into the vast sky, a grateful celebration of the year we bid goodbye to, and a hopeful invitation to a new slate in our life. But what does it really mean to you?

Every year, we are faced with heightened anticipation as we lay out our goals and plans for the year ahead. We think of it religiously in the promise of daily opportunities and 365 days of chances. The more it draws itself to us, the brighter we see ourselves in its glorifying blessings and exciting beginnings. We look forward and bombard the first midnight with endless wants and wishes that we sometimes tend to forget the sturdy platform where these plans of ours stand –our inner self. So how do we work on ourselves to be able to successfully map out an organised 2021 despite the pandemic looming over our very heads?

Leave Unnecessary Things

Needless to say, de-cluttering may be one of the most neglected words we have but this year, be the difference that you desire and start by offloading stuff that you don't actually need. This goes beyond tangible things since often, your negative emotions like anger and grudges take over your life. Release the bad vibes in your life and carve a path for a peaceful surrounding and stress-free day to day living.

Prioritise Big Things and Lift Your Littlest Ambitions

Maneuver every now and then to reckon if you're doing the right thing at the right time. Are you caught up between the rocks of your short term goals and long term aspirations? Visualise yourself and maximise time by weeding off your life-destroyers and pick up the points that strongly contribute to your self-effectiveness and spectacular rewards.

Make Friends With Your Calendar

Mark important dates such as school and business appointments and devote a time that is solely assigned for you to face your to-do lists and accomplish those set-off goals.

Start a Healthy Financial Management Strategy

Know all your finances by heart and arm yourself with strong self-discipline and a realistic budget. File your bills accordingly and limit your credit card expenses.

Stay Focused

The way to an organised year entails hard work and conviction. There will be days when following all your set life draft may seem impossible and this is where staying focused on your vision comes in. Your self-productivity and time management play a lead role in keeping you present and motivated.

The countdown for New Year begins with you. It's a blank space waiting for you to take as you shape your destiny so take it, draw your vision of life, write your big dreams in it and get up to steal them. 2021 is here, embrace it!

RISING STAR SPOTLIGHT: INTRODUCING

CYBIL LAKE

Tom Sizemore and Cybil Lake star together in the upcoming horror/thriller film *CENTRAL PARK DARK* (out this January), about a one-night stand that turns into a never-ending nightmare. Cybil is also the director of this mind-bending horror film that follows 'Thomas' (Sizemore), an alcoholic married doctor who has a one-night stand with 'Nina' (Cybil).

CENTRAL PARK DARK is a 'Fatal Attraction meets Blair Witch Project' set in Central Park. Cybil recast Central Park as a darker place of unknown forces. The picturesque parts of the park are displayed, but Cybil's film digs into the park's underbelly, the off-limits woods that might as well be in the middle of nowhere. This film illustrates how individuals can be completely isolated in a city of nine million people.

Tom Sizemore has established himself as an unforgettable tough-guy actor, sought by the most respected directors in Hollywood. His first break came when Oliver Stone cast him in *BORN ON THE FOURTH OF JULY* and *NATURAL BORN KILLERS*. Sizemore wowed audiences and critics in Michael Mann's crime thriller, *HEAT*. He was then cast in Martin Scorsese's *BRINGING OUT THE DEAD*, *RED PLANET*, *PEARL HARBOR*. He then starred in Steven Spielberg's WWII epic *SAVING PRIVATE RYAN* followed by another leading role in *BLACK HAWK DOWN* directed by Ridley Scott. Recently, he starred in "Shooter" on USA Network with Mark Wahlberg and the reboot of the TV series "Twin Peaks" directed by David Lynch.

Cybil Lake is an American actor and filmmaker who has significant experience in the TV and film world. Her TV credits include "The Black List" with James Spader on NBC, "The Following" with Kevin Bacon on Fox, and "Show Me a Hero" directed by Academy Award Winner Paul Haggis for HBO. She has written, directed, and acted in numerous shorts, including *An Echo Remains*, which she screened at the Cannes Film Festival. Cybil was selected by NBC for a new filmmaker's program, *The Screening Room* in 2010. She's a graduate of NYU's Tisch School of the Arts where she majored in film and acting.

StarCentral Magazine recently caught up with Tom Sizemore and Cybil Lake and here's what went down:

Can you tell us more about yourself? How did you get started in the entertainment industry?

I've always had an equal love for writing and acting. I started writing very early and by four years old I knew I wanted to be an actor. I was the lead in the high school performances and I did these dramatic performances for the speech club which involved playing all the roles in a play. I went to Tisch School of the Arts and acted in all the other students' films and my own.

What do you like most about acting?

The spontaneity. The moment by moment freedom of expression. It's the most exhilarating and liberating feeling in the world.

Can you tell us about your role in *Central Park Dark*?

This role is multidimensional which was thrilling to play. It's probably the most complex role that I've ever played. On the surface, Anna is a thwarted lover seeking revenge. She suffers from unrequited love. But she is also possibly a witch/demon or mentally ill. She looks good on the outside but once she cracks, her trouble is deep. She speaks to her ancient ancestor, Sarah Mae from the 1850s, who appears to her near a fountain in Central Park. Also, she desperately wants to become a mother, despite her failings. It's hinted at that she's in fact homeless; she wakes up in the park where she brushes her teeth and hair. She's also an alcoholic, she's constantly drinking to escape her feelings and remain in her fantasy world.

What sort of person is going to relate to this character?

Most people can relate to the experience of unrequited love or being the person not picked. Also, most folks can identify with wanting something that's out of reach — in



Anna's case; that would be a child of her own and Tom. And maybe some audience members can understand Anna's obsession with Tom. Perhaps some of the audience has experienced obsession and feelings of revenge...specifically getting back at an ex-lover.

How is this character like you? Different?

I've suffered from a lot of unrequited love myself. Plus, I wanted a child of my own when I wrote the script so that was easy to relate to. Also, I'm a sober alcoholic so I know firsthand the endless drinking that Tom and Anna do. It's a vicious cycle that's nearly impossible to end. However, I'm not a witch or mentally ill. But I can relate to getting stuck on something or someone. I've been there and it's miserable.

Besides yourself, what celebrity would you like to see tackle this character?

Taraji P. Henson would be amazing.





Besides yourself, which actor/s in this movie is going to blow people away?

Of course the inimitable Tom Sizemore!

What's the biggest challenge to taking on this role?

We had no time to prepare or rehearse. I was pregnant at the time and we needed to shoot asap because I was showing a little already. Of course, we ended up reshooting and I used my pregnancy for the new 'mythology' that I wrote. Directing and acting can be challenging. However, there were two absolutely giant challenges; we lost the production manager just before shooting so I was essentially doing that as well and that was far too much; micromanaging all sorts of minutiae on the set. For example, making sure that the props were in the same spot as the last shot. The second huge challenge was making sure that Tom, my co-lead, was feeling 'taken care of' and that he had what he needed.

If you could play any other character in this series, who would it be?

It would be fun to play the wife of Tom's character, particularly when she explodes because she finds out that he has been cheating.

What has been the most memorable experience of your career so far?

Perhaps the first time I was on national TV – on the Blacklist with James Spader.

Who have been the most interesting people you've met so far?

Tom Sizemore; he has many sides to his personality. Also, a fire swallowing extra on a tv show. I still can't believe someone would do that.

How active are you on social media?

I've been into Instagram these days. Less interested in Facebook. Years ago, I was all about Twitter. I am considering plunging into Tiktok soon. Maybe...

What are your future plans? Inside your career or out of it.

I have written several films, tv shows, and books. I want to get my work out there, produced. My two most recent projects are a tv show called, Bicoastal and a feature film called, White Lies and Dark Ones. Bicoastal is a fish-out-of-water dramedy about a New Yorker who moves to LA to become a talent agent while struggling to stay sober, reconnect with her husband, and find forgiveness. White Lies and Darker Ones: Nina, a mother who seeks revenge for her teenage daughter's death, instead uncovers her small town's darkest secrets, including those within her own marriage.

I want to make larger, projects of my own, and others, I'd love to be cast in some fantastic projects. I'd love to find an agent and/or manager, and producers who championed me and my work. Outside of my career, I have two toddler boys who rock my world every day.



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INTRODUCING REMI ISHIZUKA

Remi Ishizuka originally started her blog to document her homemade healthy meals, and that escalated to her love affair with working out and how the combo of the two was making her feel SO good.

Remi Ishizuka (pronounced 'Ray-Me'), is an LA-based fitness and wellness blogger with a passion for healthy living and self-care. She originally started her blog to document her homemade healthy meals, and that escalated to her love affair with working out and how the combo of the two was making her feel SO good.

HōmeBodies co-founder Nate Pontious (and Remi's boyfriend), has the certifications and education when it comes to working out, including ISSA (International Sports Science Association), NASM (National Academy Sports Medicine), Crossfit Level 1 Coach, and USA Boxing trainer (sheesh). He has boxed at the semi-professional level, raced triathlons, competed as a top-level CrossFit athlete, ex-military, and won a world fitness championship. He gained a deep knowledge and appreciation for fitness during his time serving in the US Marine Corps as an infantryman.

Together, cheerleader Remi and coach Nate make the perfect team because they are so incredibly different (Nate is more extreme and Remi more balanced) but their commitment to growing and giving their best to changing your life is how they meet in the middle.

How HōmeBodies Got Started

The day the governor shutdown gyms in California, Remi & Nate decided to hop on Instagram and share their how to workout without a gym. Since that day, They've been showing up Monday through Sunday at 9:00 AM without fail - rain or shine. They made it so that "all our readers had to do was get dressed and turn on Instagram live every day at 9:00 AM." It was the best things they did during the quarantine - connecting through sweat, finding a new routine, and creating a sense of normalcy during a really scary time. They changed platforms to hold their workout videos because Instagram live crashed a lot, there were annoying spammers, and they weren't allowed to play copyrighted music. With the new Homebodies new platform, they can now give better quality video shot horizontally to fit computer and TV screens.

Since launching in early August, Remi & Nate have committed to uploading one brand new 1 hour workout every single day. They release seven brand new workouts a week - that's a new workout EVERY SINGLE DAY. And each workout is created with their in-ear coaching style as they guide you through the entire workout, reminding you to have the right form and keep moving. Instead of boring repetitive circuits and basic movements, they are always challenging you to move in different ways.

StarCentral Magazine recently caught up with influential health coach/wellness blogger Remi Ishizuka and here's what went down:





Can you tell us more about yourself? How did you get started in the industry?

I was born and raised in Los Angeles and am the 1st generation born here. My mom is Japanese and my dad is Taiwanese. They don't speak each other's language so we all communicate in broken English but we're all great at reading body language and communicating through love so to speak. I got my positive outlook from my mom and my hard-working drive to be an entrepreneur from my dad. Growing up my parents were mindful of eating healthy and we always ate homecooked meals. Of course, I was always jealous of the kids that got take out, or Lunchables for lunch and had a pantry full of snacks and soda. That was never the case for me so I went a little crazy in college because I was finally free to eat everything I wanted. I had a stint of about 8 years of eating unhealthy, partying, and not taking care of myself. I always banked on being "skinny fat," but it wasn't long until it started catching up with me and it was affecting my focus, productivity levels, and energy during work. I walked around the office like a zombie and didn't really wake up until after lunch when I would then be hit by food coma again eating take out. This was about the time that my confidence was at its lowest low and I started questioning what my purpose in life is and how to fulfill it. I didn't want to live paycheck to paycheck anymore, but I just didn't know how I would get there. That aside, I was becoming intrigued with all the colorful, yet healthy bowls that I was seeing on Instagram and it tempted me to want to try them out too. This was the first time I started dabbling in superfoods, adding fresh veggies into smoothie bowls and making blue colored smoothies. Once I made one bowl, I was drawn to make more. I work up 2 hours earlier every day before work to work out, shower, and make a new breakfast recipe bowl. I took an elevator downstairs to the lobby with my bowl and shot a picture of it on a cement bench because I liked the texture of it. This simple gesture repeated every single day for 2 years got me to where I am today. If you would have told me that 6 years ago, I would not have believed you. Sharing my journey discovering a new healthy lifestyle that energized and brought me happiness is what started this all.

How did you develop an interest in fitness and what drove you to pursue that passion onto social media?

The moment I made the commitment to myself and my health was the moment I fell in love with the active lifestyle. The passion I had for discovering energy I never knew I had driven me to keep showing up and sharing on social media (which was my personal Instagram at the time) and kept me going. Influencing my circle of friends and family in a positive way was my motivation and I kept doing it because it made me feel good. I felt aligned with what I was supposed to be doing even though some people around me thought it was a waste of time. It's crazy to think back at it now but quitting my



full-time job to pursue being a content creator was the best decision I made 6 years ago!

What do you like most about being an influencer?

Having a community/ virtual BFFs to vent to, ask for advice, make connections with, sweat with, and then also being their friend that pushes them to be better.

In what way has social media changed your life?

It's held me accountable! I'm that person that gets dressed in workout clothes and then procrastinates on the couch. Knowing that I have a community behind the screen that is also on the same journey as me, motivated me to get up and start moving. I would say we are a positive influence on each other and without social media that closeness wouldn't exist. I am so grateful every day for my Pancake Fam. Pancake Fam is our nickname for our virtual sweat fam and everyone that does our HomeBodies workout program because we end every workout in a pancake stretch.

What are some of the difficulties of being in the industry?

Finding a healthy balance of work and real life. It's such a blurred line when your brand is based around your life and relationships around you, but it is also important to respect boundaries and find time to log off, share moments with people you love without a phone and be completely in the present.

How does your thought process differ when creating content for Instagram versus content for YouTube?

When I create content for Instagram, I am thinking about not only the story behind the photo but how I can compositionally make it beautiful. It's how I funnel my creativity.

For YouTube, I am less concerned with aesthetics and more focused on showing up as my authentic self and speaking to the camera as if I'm speaking directly to my reader.

I think that's the beauty of IG stories- is they are not curated and where I can be my raw self and show my personality more.

What are your future plans? Inside your career or out of it.

To do one thing and to do it well- my boyfriend Nate (@nates_beard) and I built HomeBodies during a very uncertain time and our plans are to keep showing up to provide the most fun, explorative and inclusive experience to keep progressing our health and fitness journey together. We have some exciting things we are working on and we can't wait to share them!





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