

STAR CENTRAL

JULY 2021

VIRTUAL WORLD

How virtual technology is playing a huge part in shaping what the future of the beauty industry will look like

INTRODUCING
AINSLEY ROSS



MEET GLEN MUNOZ

Get to know the singer/songwriter and musician who owns and operates Concordia Sound - a boutique recording studio located in Lower Manhattan

Cover Photography by Roj Miguel

MAKE WAY FOR

Anthea
MURFET

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Anthea Murfet

Find out more about one of the actresses to watch out for in 2021



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OPENING REMARKS



As the first half of the year draws to a close I would like to take this opportunity to thank you all for your continuous support this 2021, this has been a terrific year for us thus far. Maintaining a publication in these difficult times is never easy and the rest of 2021 is definitely shaping up to be a challenging year for us. We will be focusing our efforts towards providing our readers with more razor sharp and gutsy articles and we have even planned innovative projects, initiatives and various events to help our publication and our brand continue to grow and develop. As always, we will keep you up to date with progress as we go through the year. God bless everyone.

Mike Ilagan
Managing Director



6 **Celebrity Interviews**
One on one interview with the beautiful Tara Reid

EDITORIAL



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Editor-in-chief
Vicky I.

Managing Director
Mike Ilagan

Marketing Director
Joselito Ilagan

Advertising Manager
Krissy Anderson

Photographic & Art

Kevin Gomez, FIN Photography, Ash Narayan, James Mao, Brooke B, Tony Palliser, Dave Choo, George Azmy, Eric Fonacier, Raphael Flores, Thang Villanueva

Marketing

Alex Abella, Eileen Maynigo, Barnes Luz, Jason Harris, Lovely Washington, Charles Chan, Albie Pri, Joshua Hu, Annabel Garcia, John Esquerra, Michelle Palmer,

Writers & Contributors

Anjelica Whitelaw, Shiwani Gurbah, Renae Smith, Holly Phillips, Charles Chan, Scott Murray, Vanessa Jensen, Leanne Harrison, Patricia Higgins, Judy Flynn, Angie, Rommel P, Christine Claire dela Pena, Dasein Catedrala

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EDITOR'S NOTES

I just got a flu vaccination and it's finally dawning on me that we're right in the middle of winter and half of this year has already passed me by. Where has all that time gone? For me, the last few months are a hazy blur of birthday parties and baby showers, Sunday lunches with the kids, several hundred loads of laundry washed and hung, and adjusting to life being stuck at home yet again after the government issued another lockdown in light of the recent pandemic scare.

On the cover of our latest issue, we have Anthea Murfet, whose combined passion for acting and modelling is inspiring the lives of emerging actors all over Sydney. In this issue, we're also celebrating several noteworthy individuals such as the rising star Ainsley Ross and entrepreneur Glen Munoz.

It is with great pleasure I bring to you this issue - hopefully, you'll be reading it with your feet up and with a mug of hot chocolate in hand (because that's what I'll be doing)!

Vicky I
Editor-in-chief

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Glen Munoz Pg. 14



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ONE ON ONE WITH TARA REID

By Allison Kugel

Tara Reid burst onto the scene as the flawless blue-eyed babe of the iconic 1999 camp comedy *American Pie*, a *Fast Times at Ridgemont High* for twenty-something Gen-Xers and precocious Millennials. Her flawless all-American looks led to films from cult favorite *The Big Lebowski*, to *Urban Legend*, *Van Wilder*, *Josie and the Pussycats*, *Dr. T & the Women* and *My Boss's Daughter*. She starred and held her own alongside Ryan Reynolds, Ashton Kutcher, Rosario Dawson, Kate Hudson, Richard Gere and other movie heavyweights.

And then, something happened. Reid was young, stunning and famous; and the media began taking more of an interest in her after-hours role as Hollywood's resident party girl; largely ignoring her talent and her work ethic. Unlike most of us, Reid's young adult days and nights were captured by paparazzi for the world to see. During our interview she is quick to point out that, at the very least, mercifully, social media had not yet been invented. Thank God for small favours.

A painful public breakup with then-fiancé Carson Daly and a bout with botched plastic surgery further spun Reid's public narrative out of control. She recently told *E!* news, "They almost make a cartoon character out of you, and they keep going with it," referring to the rampant tabloid journalism of the 2000s.

The experience sent Reid reeling, and into a self-imposed media exile where she learned to reflect, regroup, and re-emerge focused on her craft, and with a healthy sense of humor as she displays in her willingness to embrace the camp genre with the *Sharknado* film series. In addition to working in front of the camera, she's added film producer to her resume, with an upcoming slate of releases under her production banner, Hi Happy Films.

As women in our forties, Tara Reid and I discuss the power of knowing oneself and becoming unflappable in the face of life's inevitable ebbs and flows. Smart, soulful, and creative, Tara Reid has reclaimed her power and found her most valuable commodity: peace of mind.

Allison Kugel: What three events in your life, if you had to narrow it down to three, shaped who you are today?

Tara Reid: Wow, that is a great question! Well, I guess one of them would be my parents making me, otherwise I wouldn't be here, so congratulations on that one (laughs)! I think another one would be feeling the force of getting into Hollywood, which is the hardest thing to do, becoming a working actor.

Allison Kugel: What do you mean by "the force?"

Tara Reid: It's so hard to make it in Hollywood to begin with. It's like winning a lottery ticket. To be lucky and fortunate enough to get there was incredible, and then seeing the aftereffects, and everything like that. The third and most painful one was having my parents pass away. That gave me a whole different look on everything.

Allison Kugel: Did it make you think about where they went when they passed? When my grandfather passed away when I was 32, the question that kept going through my mind was, "Where is he?" It started me on this journey of looking into life after death. Did you go through anything like that?

Tara Reid: I would talk about that with my sister, about where we go after this. Honestly, the hardest part, you're going to make me cry now...



Photo Credits: Brooke Mason Photography



Editorial credit: s_bukley / Shutterstock.com

Allison Kugel: No, no, no...

Tara Reid: It's okay. The hardest part is not being able to call your parents up and ask, "Hey, how do I make this lasagna?" or "How do I make this or that?" They were such good cooks. There are so many things I wish they wrote down, like their recipes, or even just to call them on the phone. I feel like I see signs a lot. I definitely feel their energy around me, and it's healing for me.

Allison Kugel: What was your biggest takeaway from 2020?

Tara Reid: COVID was something that, obviously, we never expected, like the Black Plague.

Allison Kugel: Yes, in our lifetime...

Tara Reid: Never. From everyone staying home and not being able to go out or travel, to movies being cancelled, and even people being afraid of other people. A lot of fear was going on. But when I was in my house, I said, "You know what? I'm going to be proactive. I'm not going to sit here and just wait for COVID to come over, or for my industry to come back." I started developing and producing projects for myself. We (Tara's production company, Hi Happy Films) got in touch with a lot of amazing and creative people and got to put a lot of different projects together, from comedy to drama. We've got a pretty

Allison Kugel: What do you have coming up?

Tara Reid: We are doing this one movie called Masha's Mushroom (starring Reid, Vivica A. Fox, Beverly D'Angelo). The director, White Cross, she's also my partner on that particular film, and she is absolutely brilliant. We got connected with such valuable people from financing to distribution, and I learned aspects of the business that I never knew before. I realized how hard it is to make a film come together and it gave me a completely different appreciation for the film business as a whole.

Allison Kugel: You're also working on a vegan handbag line...

Tara Reid: I can't say too much about it just yet, but it's being done with a great handbag maker named Michael Kuluva. As far as the handbags, I can tell you they are not made of pleather, and it might be made out of vegetables and fruit, believe it or not. I know it sounds crazy. You would be shocked at

how it's made. Then, during this whole process, my boyfriend and I went down to Sedona, Arizona. My father told me, before he died, that he went there with his brother and it is very healing; it's where the vortex (swirling centers of healing energy, where the earth is said to be "most alive") is, and it's very hippie and spiritual. We were supposed to stay four days and we wound up staying for four weeks.

Allison Kugel: And that helped set the vibe for the bag designs

Tara Reid: You get it. The process is pretty incredible, and it's not just us that's doing it. I think Hermès is coming out with a bag made from mushroom "leather." We are going to debut our line next year during Fashion Week, and there will be a lot of Arizona-inspired spiritual stuff on the bags.

Allison Kugel: What was your favorite film role, and why?

Tara Reid: This is actually a really good story. Last night I was with my boyfriend watching TV and as we were going through the channels, HBO came up and my boyfriend says, "Oh My God, this is crazy, you're on TV." I looked and it was Josie and The Pussycats. That has always been my favorite movie that I've ever done. It was so much fun, Rachael Leigh Cook is amazing, Rosario Dawson was amazing. We were shooting up in Canada, having fun doing a girl's movie, and the whole movie was the best experience. I played Melody, and she was always happy, a little bit ditsy, but kind of psychic. It was great waking up every day, playing a happy girl.

Allison Kugel: Have you forgiven the media for the way that they treated you years back, or do you still struggle with that?

Tara Reid: That is a really good question. I didn't, and I was upset about it when I was younger, but I realized the only way I was going to grow and get out of that situation was to grow as a woman. So therefore, I do forgive them now. I have moved on, and my press has changed. I'm not angry about it anymore. When you finally let something go, it goes. It's like taking a balloon and putting it up in the air, and it's gone. I'm 45 years old and I'm not a child anymore. I'm not the little girl from American Pie. A lot of things have changed in my life, and I wouldn't take back anything, because again, it put me where I'm at right now. I probably would not be talking to you right this second if everything was different. You're a positive person I feel like you've gone through a lot of what I have, and I really feel like I can relate to you. Would you change anything?

Allison Kugel: I would not change anything. I really am at a place of peace in my life right now. There has been a lot of bumps in the road and twists and turns but I really would not change anything.

Tara Reid: Of course, there are going to be bumps in the road. That's life. No one ever said it was going to be perfect, but if we didn't go through these bumps in the road, it would not define us as who we are.

Allison Kugel: I find that my compassion and empathy muscles have grown, exponentially.

Tara Reid: I think COVID really helped a lot of people with that. People had no choice, they had to be inside. So, what do you do? Call your best friends, call people you haven't talked to in a while, forgive yourself for a lot of things, talk to yourself a lot, and make sense of some of the things that didn't make sense. I think that is where you and I are. I am completely comfortable in my own skin right now, and I'm happy with where my life is going.

Allison Kugel: Have any journalists ever apologized to you, whether it was a gossip columnist or tabloid reporter?

Tara Reid: To be honest, not really (laughs). If that day ever comes, you are going to be the first person I call and say, "Guess who called me to apologize?" (laughs) But no, not yet.

Allison Kugel: Is there a hobby or another profession that you would like to attempt?

Tara Reid: I think I'm doing that now, expanding beyond being an actress and producing and creating my own films with the roles that I've wanted. I also love arts and crafts. I've been beading my whole life. And I'm really into rose quartz for love, for example. Every bracelet or piece of jewelry that I make with crystals has a huge meaning behind it. I'm an artist and I feel like I'm covering a lot of different areas in that, and I'm definitely satisfied with it.

Allison Kugel: What do you think you came into this life as Tara Reid, to learn and what do think you came here to teach?

Tara Reid: I think I came into this life to teach people to feel good. I think I have a gift. It just seems like everywhere I go, among my friends, if there is something happening in their life, they talk to me, and I talk to them and I get them out of

situations. What I'm here to learn is almost the opposite of that. I've had to learn to be progressive, humble, and to keep myself open to learning information that I can use to help others and help myself.

Allison Kugel: If you could travel back in time and alter one historical event, where would you go and what would you attempt to change?

Tara Reid: I wouldn't want to change anything, but if I were to go back in time to a historical event that was fun, I would have loved to have been Marilyn Monroe singing "Happy Birthday" to the president [John F. Kennedy] (laugh). It was such a legendary moment.

Allison Kugel: Would you like to become a mom at some point in your life, or are you good as you are?

Tara Reid: Well, I feel like I'm a mom already. I have two dogs that I'm so attached to, I take them everywhere I go. These dogs have probably been to eight different countries! Right now, that is where I'm at. Will I have kids? Let's see what is in store for me. It's not a no, and it's not a yes. I have gotten my eggs frozen so there is definitely the potential of that. If it is meant to be, it will happen. If not, I'm very comfortable where I'm at.

Allison Kugel: Where do you see yourself in five years if you had to visualize it?

Tara Reid: I definitely see myself being in a place where I'm excited and happy about producing and acting, and maybe married. I have great friends, so just to keep my friends close. I don't have many friends, just ones that are my favorite and best, and we would do anything for each other.

Allison Kugel: That's all you need.

Tara Reid: I just see myself going on the road that I'm on right now and feeling content. I have a great boyfriend, I have amazing dogs, good friends. Hopefully we can start traveling a lot again because that is one of my favorite things. I kind of see myself moving along like The Little Engine That Could: I think I can, I think I can.

Allison Kugel is a syndicated entertainment and pop culture columnist and author of the book, *Journaling Fame: A memoir of a life unhinged and on the record*. Follow on Instagram @theallisonkugel and AllisonKugel.com.





RISING STAR SPOTLIGHT: INTRODUCING Ainsley

Ainsley Ross is a stunning actress, author, singer-songwriter, influencer, director, as well as an extreme martial artist.

Originally from a small town of 800 people in Beckville, Texas, Ainsley decided to move to California to pursue all of her passions. From the time she could talk, she has had a passion for entertaining and encouraging others. She started acting in a small-town community theater when she was 9 along with writing music. By the young age of 14, Ainsley Ross had written over 80 songs. Ainsley's first project was a feature film working with Fire Catcher Productions in a supporting role as Annie Ross in *The Reins Maker*. She wrote and performed music for the film's soundtrack as well.

Traveling is a passion of hers and she feels so fortunate that it goes hand and hand with the career path she is passionately pursuing. She loves spending time in L.A. and studying with some of the greats. In her spare time, Ainsley is a mentor and a public speaker, encouraging our youth to "Just Be You" (also the title of her first CD released in 2015). Ainsley is very passionate about her work and love for the industry as a whole and hopes to change the way the public views the entertainment industry. Ainsley would like to study Film in Europe and in L.A., allowing her to become an experienced writer/director in the future. She wants to learn every aspect of writing and acting in order to bring amazing projects to life.

StarCentral Magazine recently caught up with Ainsley Ross to discuss her journey in the entertainment industry and here's what went down:

How did you get started in the music industry?

I actually started as a writer, without the sole intention of performing. I was told to get my written songs out there; I had to demonstrate how they should sound. That resulted in a recording studio that turned into an album that went international on iTunes. I got discovered by managers, record labels, etc. from an international showcase at which I performed. My first performance was in front of 2,000 people.

What do you like most about singing?

The vulnerability I get to share with the audience. I love to connect and tell a story. Connecting with people through your vulnerability, and love is so fulfilling. It is even more humbling and rewarding hearing their life stories, and how they can relate to your music.

Can you tell us about your part in *Seven Lions*?

I am blessed to play Ophelia. Ophelia is a character whose sole mission is to find the truth across a Universe with good and evil. Ophelia realizes you can't have the light without the dark and seek good from all walks of life. It has been a true honor to play this character for over three years now. The crew is family, and *Seven Lions* is the most incredible EDM band to work with. Ophelia's journey demonstrates how emotions transcend and the power of growth through years of visuals. The audience has grown and been a part of my life for three years now, and vice versa. *Seven Lions* loved the character of Ophelia so much; they actually opened their own record label called: "Ophelia Records." That is one of the biggest compliments an actress could ever receive! Now Ophelia's journey continues.

What inspires you to be creative?

Everywhere I look, I gain inspiration, and it sparks creativity. History inspires me to be creative; also, generational family stories inspire me. A song is something you feel inside... a story and message that deserves to be shared with the world. Overall, it's people that inspire me to be creative.

Is there anything special that you do to get into a creative mindset?

I draw to get in a creative mindset. I feel like when I draw; it allows my creative juices to flow freely. When I draw, my mind can think outside of the box, just like the words and metaphors within a song. I believe that these two artforms run parallel with each other.

What message, if any, do you try to put into your work?

The power of positivity, perseverance, and determination are the messages I always try to display and convey within my songs.

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

It was a moment in which I was 15 on tour.... And one of my fans came up to me after my set and just hugged me. It was a middle school kid, and he started crying into my shoulder. At first, I was nervous like Oh Gahh, did I say something wrong!? Then he explained how he was in the middle of committing suicide when he heard my song play on the radio, and that those words gave him hope. Those words changed his life, and that was the most humbling moment I have ever had in the entertainment industry.

Do you ever find yourself unable to express your creativity to the fullest? What kinds of things inhibit you?

Yes, absolutely. I feel like there are seasons of creativity. There are some seasons that I have writer's block, and I can't find the words to create a song. Life events and prior obligations are usually what inhibits me.

Who is your greatest influence?

My mother is my greatest influence. She inspires me daily to be the best that I can be.

Do you feel that you chose your "passion" or did it choose you?

I feel that my passion chose me. It was a fire in my soul that I can't explain. That fire and burning wouldn't go away and was genuinely un-extinguishable until I pursued my passion.

If you hadn't chosen your field, what would your alternate field have been?

The medical field. Currently, I am going to college to be an Occupational Therapist, and working in the industry, etc. You don't have to choose between a career and your education.

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

Film multiple TV series, movie releases, song releases, as well as a new brand launch in 2021. I will graduate from college and attain my degree as an OT. Eventually, my goals are to have a family, get married, and have kids.





ENTREPRENEUR OF THE MONTH: GLEN MUNOZ

Glen Muñoz is a singer, songwriter, and musician who owns and operates a boutique recording studio in Lower Manhattan. He also oversees a podcast production and distribution company and the owner and executive producer at Concordia Sound.

At Concordia Sound, they have partnered with artists ranging from Grammy-Award winners to up-and-coming garage bands . . . from platinum-selling artists to cutting-edge indie-acts . . . all of them are uniquely talented as songwriters, singers, and musicians. At Concordia, they also collaborate on audio and sound design with multimedia storytellers like filmmakers, podcasters, advertising agencies, Fortune 100 brands, and global NGOs.

The Covid crisis and the need for social distancing resulted in a pivot for Concordia Sound over the summer. They refocused the business on putting money into the pockets of closed venues and the musicians that typically work there. They do this via safe, innovative, immersive, hi-fidelity, hi-definition, interactive, remotely-produced, live-stream, events performed by artists located anywhere and delivered to ticketed fans everywhere. Our hour-long shows have been averaging between \$3,000 and \$5,000 in ticket sales . . . with their largest show generating over \$20,000 in ticket sales.

StarCentral Magazine recently caught up with Glen to discuss his journey in the music industry and here's what went down:

Could you please tell our readers a brief background about yourself and how you started your business?

I am innately curious, hungry to learn, and driven to manifest positive change – which are essential traits for any entrepreneur. This mindset is reflected in my career choices.

My first job out of college was in Advertising in New York City. My job was managing teams that developed and implemented innovative growth strategies for brands ranging from Sony to T-mobile to Michelin.

I subsequently jumped into the early days of Web 2.0 to help a massive ISP change its business model 180 degrees. We ultimately propelled the org from \$600.0 million USD to \$2.0 billion USD in annual advertising revenue.

All the while, I fed my artistic side-hustle at night and on weekends. I was regularly writing music, recording in the studio, and playing live shows up and down the east coast of the U.S. So – as my time in Web 2.0 was winding down, I realized that it

was time to become a full-time entrepreneur and bring those two worlds together.

Over the course of a few years, I launched four companies:

- Glen Muñoz Music LLC (to handle my personal music performance and publishing royalties)
- Due South Studios (a boutique recording studio in SoHo, NYC)
- Concordia Sound (an in-studio and live-stream production company)
- Pod Pro Audio (a podcast production and distribution company)

What are you currently doing to maintain/grow your business?

Given the impact of COVID-19, I was forced to identify services that could be provided safely (socially distanced). As a result, my focus has been on Pro Pro Audio and the ticketed, live-stream productions by Concordia Sound – both of which can be operated remotely. These businesses have grown rapidly in the last year – mainly through positive word-of-mouth from my network and satisfied clients.

What social media platforms do you usually use to increase your brand's awareness?

While my businesses have a presence on a handful of social media platforms (focused mainly on LinkedIn and Instagram), social media is not a high priority within my overall marketing plan.

My main channel for growing my brands is the strong network of industry professionals that I have built over the years.

What is your experience with paid advertising, like PPC or sponsored content campaigns? Does it work?

Earlier in my career, I operated in the world of paid advertising – on behalf of advertising agencies, brand advertisers, direct-marketing advertisers, and – ultimately – digital publishers. As a result, I am very familiar with the entire ecosystem and understand how it can be leveraged effectively.

For my businesses and brands – however – it has not been a priority. My main focus has been my flesh-and-blood network of contacts and building out SEO-friendly websites.



What form of marketing has worked well for your business throughout the years?

There are countless avenues for spreading your marketing message – and in the digital age, they continue to proliferate. Still – the core of my successful marketing efforts is my happy clients.

Return customers and referrals represent – by far – the largest portion of my client base.

What is the toughest decision you had to make in the last few months?

When the pandemic hit, countless working musicians and the live-music venues that host them couldn't pay their bills. As a result, I pivoted "Concordia Sound" to allow those musicians and live-music venues to produce hi-fi, hi-def, ticketed, live-stream shows for ticketed fans around the world.

I am pleased that this pivot is allowing musicians and venues to generate revenue and pay their bills. Still . . . with the overwhelming demand for the service, we have had to – at times – decline requests for the production service. That's heartbreaking.

We're working hard to scale up so that everyone that wants to live-stream a ticketed show can do so. Stay tuned.

What money mistakes have you made along the way?

It's my nature to want things to be as perfect as possible before launching. That mindset has occasionally cost me time and money as I iterate on those things.

I have since learned that there are times when "good enough is good enough", I need to go "live" as soon as possible and then make adjustments as I go.

If you could go back in a time machine to the time when you were just getting started, what would you do differently?

I've long prided myself on being self-sufficient – but as with anything, too much of a good thing can be bad.

If I knew then what I know now, I would have been more willing to acknowledge where I was stuck and would have relied more heavily on my network of willing contacts and my mentors to help me get unstuck.

What is the best advice you have ever been given?

"Surround yourself with good people . . . people that are honest and curious." After all – whether these are employees, friends, or business contacts – these are the sort of people that are best positioned to help me identify what's working & what's not, help me to learn & grow, and will also learn & grow along with me as I develop my businesses.

What advice would you give to a newbie Entrepreneur setting up their first business?

My advice to any newbie entrepreneur is three-fold:

– to help you maintain balance while making constant progress, it's important to thoughtfully develop a long-term plan that is broken down into addressable steps with specific, realistic deadlines.

– don't try to accomplish everything in one day, one week, or one month. Lasting success comes through slow and steady work rather than brief but brilliant flashes of productivity.

– be humble, be open to new knowledge and be prepared to pivot. Most successful entrepreneurs – in order to succeed – ended up building a business that is different from the one they originally envisioned.






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INTRODUCING ANTHEA

Murfet

Anthea Murfet is a known personality in the Philippines. She represented the Philippines along with two other beauties for Asia's Super Model Competition in 2009 and she has made several guest appearances in various local TV shows in the Philippines. Together with the other 4 co-hosts, she hosted a TV show in the Philippines which was shown on the TFC channel. In her first feature film, *Chasing Fire*, she played the lead role of "Kristine" – this indie film went on to win an award during the Barcelona, Spain Film Festival. She also played another lead role in "So Much Pain" and "So In Love." Furthermore, she co-produced *Trafficked* and worked behind the scenes in building the character of various artists during 2013.

She has modelled for several high-profile brands such as Bench, Guess, and Kasheica. She has also appeared in various TV commercials such as Royal Thai Airways, Splenda Sweetener, NIVEA cream, Fit & Right Delmonte, Nestle Products, HSBC bank, BDO bank, Lucky Me pancit canton, Coffee Mate, Skechers Shape-Ups, Hush Puppies, Coca Cola, Marlboro, and several others. She's also the image model for Dr. Jart's BB Cream campaign.

She has appeared in catalogs for Sundance, Tupperware, Natasha, Boardwalk, Orotan, SM Catalogue, and Zalora and during the year 2018 to 2020, she became the brand ambassadress of Shangri La Hotel, Anchorland, and Okada Casino and Resorts.

StarCentral Magazine recently caught up with Anthea to discuss her journey in the entertainment industry and here's what went down:

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

Believe it or not, I actually started out wanting to be a tennis player! On my fifteenth birthday, my father passed away on the tennis court, and after that, I decided to switch careers, in part because competitive tennis just costs so much. It's the second-most expensive sport, after golf. So, I dropped the tennis racket and told my mum that I wanted to be an actress. Of course, she had painfully high standards and didn't want me to do showbiz in the Philippines because she wanted me to aim higher and enter Hollywood.

Even before I had quit tennis, I was already making inroads into modelling and acting. When I was 12, I was the youngest model in a workshop called Enigma, hosted by Levenson Rodriguez. It was similar to the personality development workshops June Delly Watkins does here in Australia. Since my mom was with me, she helped me to do my outfits, and I remember one time one of the models asking, "Where did you get your stilettos? They're wicked!" Little did she know that me and mum had purchased them from a pole dancer's boutique store. (chuckles)

What do you like most about acting?

Having no limitations to become whoever I want to be.

How different is it to act in a movie and to act in a TV series? And which one do you prefer?

I love both! It's so rewarding being able to enter another world and hold onto a character for a certain amount of time – whether that's the length of a film shoot, or across many episodes of a TV series. At the end of the day, there's no difference when it comes to technique. Every actor is the slave of their character, whether they're on the big or small screen. You just have to react to what the director wants from you and adapt to the country you're in while targeting a global appeal that everyone can relate to.



Working on TV was a good learning experience because we frequently had different directors for each episode, and the producers and writers were often on set, too. I loved "interviewing" the writer during breaks so that I could really delve into my character and unearth the hidden gems that helped bring my characters to life.

It was a lot of work, too. Like on "Garlic," a TV series that aired on the Signal channel. I was a lead villain during the day and a serial killer with superpowers during the night. I'd be in a green room doing CGI effects with one cameraman for six hours straight, and that was after the daytime scenes were done. Sometimes, I'd reach almost three days with no sleep, but I always tried to give it my all, even when the camera was focused on my co-actors. So, even when my energy levels were at their lowest, I always tried to give, like, a really scary face in the dark, so that the scene would be as good as it could possibly be.

I spent a lot of time working on commercials for both TV and the web, early on. That gave me less time I had to be on set, which was just what I needed as a newly single mum of two. The key to shooting commercials was, "Be happy, familiarize yourself with the storyboard, and always remember your lines." That helps save production costs, and they will love you for it. Doing commercials helped me to become a chameleon because I always hoped that clients or brands wouldn't realize it was me again and would have me back for a different part.

Film has also been a big part of my growth as an actor. I've never done a supporting role. In all three of my films, I've been a lead. Chasing Fire won an award at the Barcelona Film Festival. We shot it for a year and a half, and I basically grew with the crew. By the end, they felt like my family and when the shoot was over, it just broke my heart.

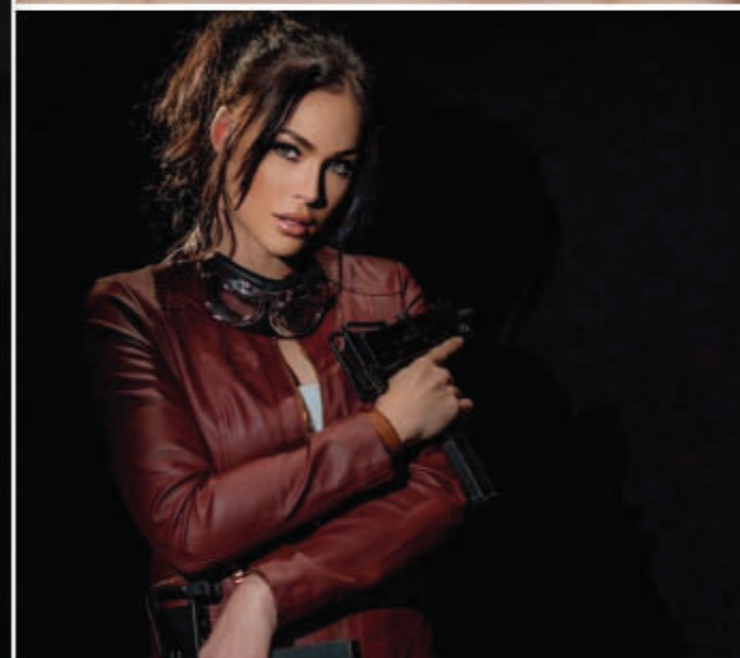
What are your weak points when it comes to acting? How do you try to improve them?

When a character reminds me of some of the hardest or most troublesome moments of my past, it's like a knife that cuts through my soul. It can be incredibly painful and difficult to work through. Sometimes, though, I'm grateful for it, because it helps to build and enrich the character. The challenge is how to then snap out of it!

What are your strong points as an actor?

It might not sound like a big brag, but I've worked hard to be able to memorize long lines because I want to be sure that I can deliver them accurately, regardless of the intensity of my emotions. I rehearse my lines thousands of times to embody them so that even when my emotions flow, the words come out naturally. I think of the lines as like a boat, and my emotions are the river that the boat floats upon.





One of my favourite books is *On Acting*, by Sanford Meisner. He used to tell his class that a performer has two barrels. The first barrel contains acting, talent, musical ability, and so on. The second barrel has troubles. Then he'd ask, "Which barrel has more juice?" The answer was, "Troubles." I was stunned and grateful that I kept my sanity despite all the troubles in my past, and I think my children helped to play a big role in keeping me sane and helping me convert all that angst to productivity. I'd like to thank them and my mother for all they've done to help me succeed in this business.

I'm also very observant of the people I've worked with on various productions, and mindful of our chemistry both on and off the set, though sometimes I end up with this sort of shell around me that makes me seem like an introvert. Really, though, it's just because I'm carrying my character with me everywhere I go ... not that everyone around me knows that. (chuckles)

Sometimes, that shell is necessary for self-preservation, too. As an actor, you need to be able to access your emotions for a scene, but you also need to be able to keep yourself together. That's why at times you'll find me off in a corner, totally in my own world, just trying to feed my imagination and keep my energy up.

What have you learned from the directors that you have worked with throughout your career?

I've been lucky to work with some very talented directors who took the extra time to do workshops and rehearsals outside the set, especially when they knew that a scene would be heavy. Even when we were working within a limited time frame, they knew how to use methods that would help to make an impact on the actor's performance, even in that short window of time.

What are some of the difficulties of the acting business?

Everyone has their own agenda. You have to carry yourself well and make careful decisions if you want to earn respect – and keep it.

What's challenging about bringing a script to life?

Mastery. It's never enough!

What do you do when you're not filming?

Well, before COVID I used to travel a lot, but I haven't gotten to do that as much these days, obviously. I spend a lot of time practicing my British and Russian accents, daydreaming, mixing and matching clothes, sketching, creating set designs for my health and workout vlogs, reading plenty of books, and I enjoy creating portraits for people in high society. I did a portrait of Josh Calata, who was the former youngest billionaire in the Philippines, who has been a real inspiration and mentor to me, as well as "His Majesty of Johor Bahru" Sultan Ismail Ibrahim. The Sultan placed the portrait as a wall sculpture in his private entertainment space. His expression in that portrait was the happiest I've ever seen him, and I really enjoyed creating it because of his great sense of humour.

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

Well, first off I still want to make it to Hollywood. I know that's going to take a lot of hard work, but I'm willing to do everything I can to get there. But I think every actor needs to have a backup plan, too. Mine is to own a design firm (I'm currently designing T-shirts during my free time) and maybe do some real estate on the side. Whatever it takes to keep living and traveling the world with my family.

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SNEAK PEEK: CELEBRITY HOMES UNLOCKED
SUGAR RAY LEONARD'S
 CHAMPIONSHIP MANSION

Gold Medal boxing champion for the United States at the 1976 Montreal Olympics, named 'Boxer of the Decade' in the 1980s and the first professional boxer to win more than \$100 million in purses, Sugar Ray Leonard is one of the wealthiest boxers in the world with an estimated net worth of \$120 million. He has recently listed his beautiful Pacific Palisades mansion for \$46.5 million.

Had it not been for his brother Roger, Sugar Ray would likely be just a regular guy named Ray Charles Leonard. However, Roger loved boxing so much he convinced his local recreation center in North Carolina to start a boxing program and goaded his brother, Ray, into taking it up as a sport. Little did Roger know that his brother would become one of the biggest names in boxing history.

Sugar Ray electrified the boxing world both as an amateur in the Olympics and a pro in memorable fights against Roberto "No Más" Durán, Thomas "Hit Man" Hearns and Marvelous Marvin Hagler, finally retiring in 1997 after winning world championship titles in five different weight classes. With his charismatic personality, Leonard has been a longtime boxing announcer for HBO, ESPN, ABC and NBC, a sought-after motivational speaker, made television commercials for Coca Cola, Ford and 7 Up, and has dabbled in acting. His television appearances include Half & Half, L.A. Heat, Married with Children, Renegade and Tales From The Crypt. Ray has also appeared on the big screen in I Spy and The Fighter. As godfather to Khloé Kardashian, he has appeared in Keeping Up with the Kardashians numerous times. He also devotes much of his time to a number of charitable foundations, especially juvenile diabetes.

In 1993, Leonard purchased just under two acres of land in Pacific Palisades with ocean and canyon views and, in 1997, he and his wife, Bernadette, built their dream home. Measuring in at 16,773 square feet with seven bedrooms, it was designed with different wings having planned space for various types of entertaining from small intimate gatherings to full-blown fundraisers. Built in the style of Italianesque old-world architecture, the exterior of the house is covered with ivy and the entrance opens into a grand foyer and center hall opening to the various formal rooms. Fireplaces throughout were imported from Europe and the stone floors from Jerusalem. There is a chef's kitchen with professional appliances and center island with breakfast bar that adjoins the family room. Included is a solarium, a media room, large gym and a master suite with fireplace, large bath and walk-in closets, and a balcony that takes advantage of the views. Grounds include a pool, spa, putting green and tennis courts all set on rolling lawns, terraces and lush landscaping. The detached two-story guest house by the pool has a first-floor kitchen and entertaining space, while the second floor contains a guest bedroom and bath.

Considered to be America's equivalent to the French Riviera, California's Pacific Palisades was founded in 1922 and has drawn many celebrities seeking a slightly quieter life than Hollywood. Some of its current residents include Brooke Shields, Michael Douglas and Catherine Zeta-Jones, Adam Sandler, Billy Crystal, Kate Hudson and Steven Spielberg. Former residents include Cary Grant, Matt Damon, Barbara Hutton and David Selznick. Downtown has excellent restaurants, boutiques, yoga facilities and home decor shops as well as purveyors of luxury brands.

The Leonard Estate is co-listed with Jade Mills, Coldwell Banker and Drew Fenton of Hilton & Hyland.

Photo Credit: Coldwell Banker | Source: TopTenRealEstateDeals.com



HOW TO Lose Weight

AND ACTUALLY KEEP IT OFF

It's not impossible to shed those extra pounds all on your own. In fact, with a few lifestyle changes, anyone can shape their body into a healthy vessel that they can feel confident in.

Losing weight can be a lot harder to do for some people than others and keeping it off can be a whole new challenge all on its own. For everyone, it takes two things to effectively lose and maintain weight in the long run. You need to understand why it is important to maintain a healthy weight and have an honest dedication to the effort you put in.

The health problems that can develop due to being overweight may not be noticeable at first, but minor issues that go unchecked can eventually lead to more serious complications. Here are five ways to lose excess weight that will improve your physical and mental health for the rest of your life.

Change Your Diet

The best diet for losing and maintaining weight is one that focuses on all the parts of the body, and not just your waistline. This doesn't mean that you have to start eating kale every day, but you do have to stop indulging on pizza and ice cream. There are plenty of beneficial foods that are surprisingly delicious and versatile to use in meals. Instead of concentrating on what kind of foods you have to avoid, make a specific list of everything that you should be eating. Doing this will help you to visualize how many different kinds of food you can still enjoy.

- Fruits and berries
- Fish and seafood
- Lean beef, chicken breasts, and eggs
- Vegetables
- Healthy grains like brown rice and oats
- Nuts and seeds
- Legumes
- Dairy

Plan Meals Ahead of Time

It's important to maintain a balanced diet and not overindulge in one particular type of food. Plan out multiple options for meals that include a variety of nutrients. Along with your food list, put together a list of go-to meals and snacks that you can quickly choose from. For those who don't like to cook every day, pre-made meals can be portioned out and saved to be eaten later on in the week.

Get Your Body Moving

It's well known that exercise and diet go hand-in-hand to successful weight loss. If going to the gym isn't an option, simple activities like walking or swimming are just as effective. Not only will this help you continuously burn calories, it activates the cardiovascular system. This promotes more blood flow in your body to supply nutrients and oxygen to all of your cells. Good blood flow ensures fully functioning bodily systems that keep you internally balanced for good health.

Be Aware of Stress Triggers

Stress signals your body to release hormones, such as adrenaline and cortisol. High cortisol levels stimulate the appetite and are the reason why so many people fall off the bandwagon with stress-eating. As a lifestyle change, remove yourself from situations or habits that tend to stress you out. Be more mindful of your thoughts and try adding meditation or calming activities to your routine.

Get Some Sleep!

Studies have linked poor sleep to weight gain. The two hormones that are affected by sleep are ghrelin and leptin. Ghrelin is released when your stomach is empty, triggering hunger in an appropriate way. Leptin is released from fat cells and signals the brain to recognize feeling full. When the body is deprived of sleep, more ghrelin is released, causing you to feel hungry and consume more. Give your body the rest it needs to maintain a healthy hormone balance.

Everyone has their own reason for wanting to slim down, but these are the most important things to consider in order to lose weight the healthy way. You will give your body the time it needs to adjust and eventually crave these changes.



HOW THE *Virtual World* COULD SHAPE THE FUTURE OF THE BEAUTY INDUSTRY

The tech industry shows never-ending growth. Although it's not a new concept, virtual or augmented reality has truly reached a peak in the last couple of years. It's changing the way people interact with not only one another, but the world. Previously having its main legs in the gaming world, it's interesting to see that VR - technology is making its way into our everyday life and surprisingly, the beauty industry has hopped on this trend as well. With focus on the beauty industry, we've looked at 5 reasons why the future of it is in a virtual world and discuss them below.

1. One Location, Many Advisors

Millennials and Gen-Z are here to stay. They make up the population of the coming years and as the target audience, it has been established that they prefer taking beauty advice from their favourite socialites rather than in-store personnel. This not only gives them access to the advice they like even though they're thousands of miles away from the advisor, but it also allows them to get advice on one product from multiple sources while never leaving the comfort of their home.

2. Unrealistic Standards

With the standards already set, there's no surprise that people who aren't able to meet them will look for the easiest solution. Unless you're a professional make-up artist, the chances of you achieving the picture-perfect look you're going for is minimal. With so many app-based filters already available, most people simply turn to them to achieve whichever outcome it is they desire. The beauty industry isn't a late sleeper and immediately jumped on this train to accommodate those who don't know how to apply make-up. The ability to enhance your appearance on social media without needing any skills is very appealing, and the beauty industry keeps developing to keep up with this exciting trend.

3. Experimentation is Fun

Another reason why the future of the beauty industry is leaning towards more advanced virtual reality experiences, is because people like to experiment. Being able to try on different products without the hassle of actually applying them on and taking them off, keeps the process fun and people engaging.

4. The "Try Before you Buy" Culture is Growing Rapidly

This mantra has become very popular amongst Millennials and Gen Z. Not being able to try something before purchasing it, makes many leave the store empty handed. Some beauty products can't be made available as testers, not to even mention that tester products aren't always in stock. A virtual beauty experience helps customers try out all available products, recreate complete looks and order whatever product it is they like from an alternative store if one close to them doesn't have stock. Keeping up with this demand is only possible in a virtual world.

5. Virtual Reality is the Future

Virtual Reality is undoubtedly the future. The best reason to believe that the beauty industry will establish a future in a virtual world is simply because they're adapting to changing times.

Although going to the store and interacting with another human being is an experience that is hard to beat, more people are leaning towards a world where they can be whoever they want to be without even getting out of bed. A virtual world offers them this opportunity and it's only wise for the beauty industry to tag along.

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

studio 49

photography

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A close-up, high-contrast photograph of a woman's face wearing sunglasses. The image is framed by a film strip border with sprocket holes at the top and bottom. The lighting is dramatic, highlighting the contours of her face and the texture of her hair.

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