

# STAR CENTRAL

SEPTEMBER 2021

MAKE WAY FOR  
CYBIL LAKE



ROXETTE ARISA  
A beauty and fashion  
expert to watch out for

MAKEUP HACKS

A list of five of the easiest,  
freshest and most time-  
saving tips, tricks  
and hacks you'll ever read

HOW TO CREATE A  
KILLER MODELLING  
PORTFOLIO

ONE ON ONE WITH

*Fasmine*  
CURTIS-SMITH

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## Cover

Jasmine Curtis-Smith

Get to know one of the lead stars in The World Between Us



## OPENING REMARKS



2021 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 projects 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.

Mike Ilagan  
Managing Director



# 36

## Remi Ishizuka

Meet one of the stunning influencers to watch out for in 2021.



Sydney's Best Dressed Pg. 6

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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 fall? Oh my darling, what if you fly?"

Vicky San Pedro Editor-In-Chief

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Versace courtesy of Medusa Hire Pg. 10

Video Viral

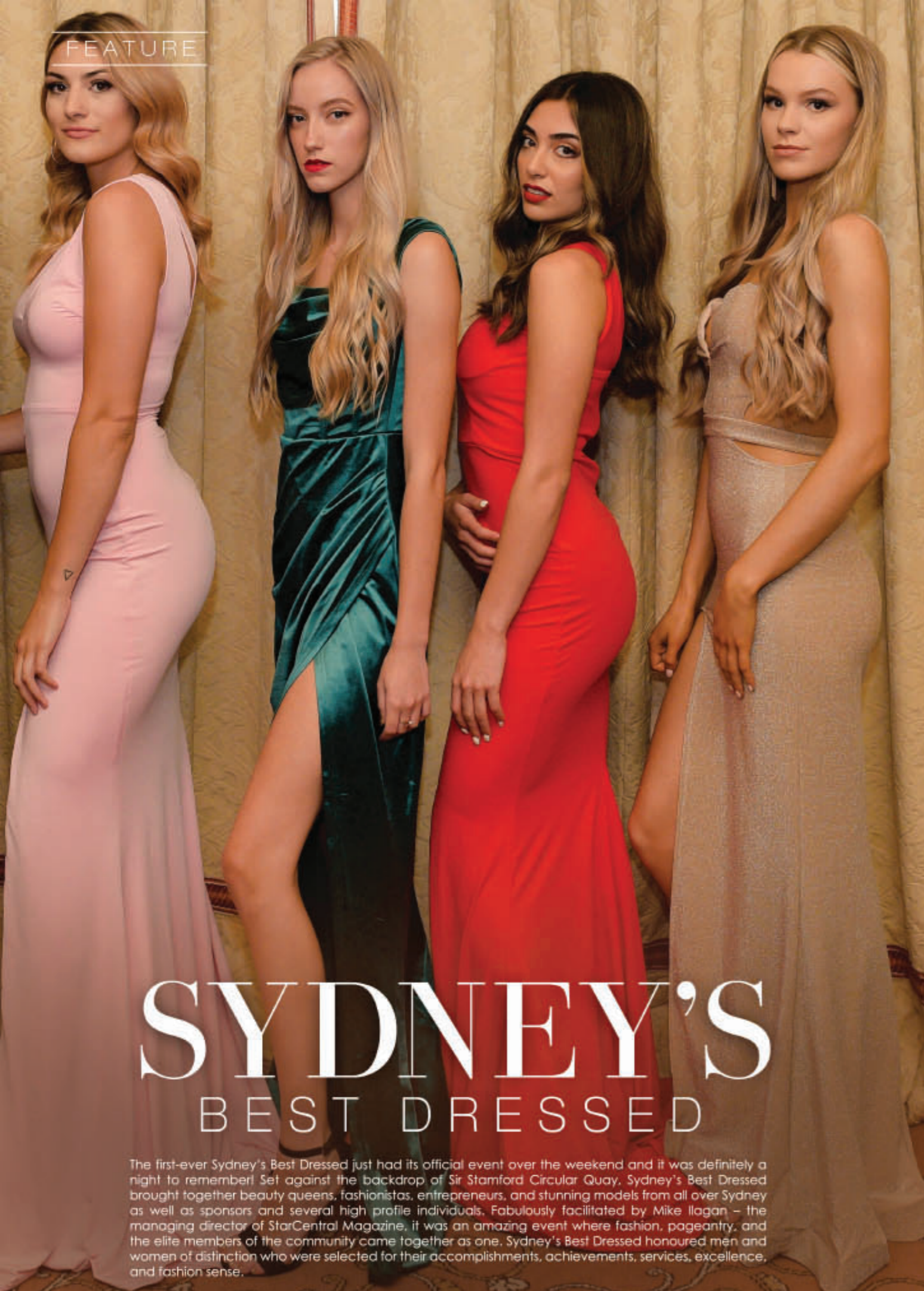
Blog

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# 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.





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ELEGANCE WITH VERSACE



Photographed by GEORGE AZMY  
Models NICOLE MORALES, GEORGIA ROPER, CHLOE ZREBIEC, SHERIDAN MORTLOCK, STEPHANIE MACDOUGALL, PAIGE TONKIN, CALI LLOYD and WINTA  
Location MEDUSA HIRE HQ | Styled by MEDUSA HIRE  
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Medusa Hire translates the Versace allure into a Versace experience by servicing the exquisite demands of high-end events and special occasions. It injects a touch of luxury Italian glamour into your event with signature Versace statement pieces.

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Model GEORGIA ROPER  
Location MEDUSA HIRE HQ | Styled by MEDUSA HIRE  
Clothes VERSACE courtesy of MEDUSA HIRE



Photographed by GEORGE AZMY  
 Model WINTA  
 Location MEDUSA HIRE HQ | Styled by MEDUSA HIRE  
 Clothes VERSACE courtesy of MEDUSA HIRE



Photographed by GEORGE AZMY  
 Model PAIGETONKIN  
 Location MEDUSA HIRE HQ | Styled by MEDUSA HIRE  
 Clothes VERSACE courtesy of MEDUSA HIRE





## WHERE WE ARE NOW ON THE ROAD TO EMBRACING BODY DIVERSITY

By Patricia Higgins

The female body has long been the promotional tool of advertisers, even before the widespread proliferation of mass media. As both an aspirational ideal, and as a testament to the fact that sex sells - the use of attractive females in advertising can be traced back to as early as 1871, when Pearl Tobacco featured a 'naked maiden' on their packaging cover.

Fast forward to 2020, and we are now accustomed to the amplification of beauty standards in the online world. A recent study by the University of Melbourne shows that a display of 'low levels of diversity in body size, ethnicity and age among models' comprise a typical fashion magazine's imagery. This is even more disturbing given that this content is afforded a viral reach through digital media platforms.

With the rise of 'insta models' and influence marketing, we can see that cruel and fickle beauty standards are very much alive and kicking. And what's the consensus?

To be a relevant, acceptable and bankable female in today's digital era still, for the most part, means being young, white, attractive, and slender. Although, depending on the prevailing mood of the moment, it may also equal the addition of a 'bubble booty' or 'kick-arse abs'.

The narrow representation of body image in the media is linked to 'body dissatisfaction' - this may take the form of eating disorders, suicide, depression - or, some other myriad manifestation. This is accountable for the vague, yet still very palpable, psychology of 'not feeling good enough'.

This viewed is echoed by author and ad critic Jean Kilbourne. She deconstructs the subconscious messages in advertisements and described how they create a 'toxic cultural environment'. "Women and girls compare themselves to these images every day, and failure to live up to them is inevitable because they are based on a flawlessness that doesn't exist," said Kilbourne (in a 2016 address at Harvard University).

The question remains: has anything really changed when it comes to promoting body diversity in mass marketing? Are we gaining any ground in the name of female empowerment? Or, are we still back in 1871?

Let's have a look at the positives. It's true that some countries have implemented initiatives to improve body image diversity in the media and the fashion industry. This has included efforts to regulate

minimum body size of models (for example in Israel and France), and the development of codes of practices such as the Australian Industry Code of Conduct on Body Image.

In recent years, global brands JCPenney, Dove and Nike have all attempted some form of marketing mission in a bid to promote body diversity. JCPenney provides a controversial example with its 'Here I Am' campaign. Launched in 2016, this ad series featured several prominent plus-sized women 'breaking the beauty-standard mold' on 'their journeys of both worldly success and personal self-acceptance'. However, detractors slammed the campaign as 'glorifying obesity'.

On the homefront, we have seen several brands follow suit. One to make the news: activewear label The Upside, who launched an ad campaign (also in 2016) that featured five 'inspiring women', including 'plus-size' model Laura Wells. However, it's really up for debate if this model could even be considered voluptuous (apparently she is a size 14 and between 3-6 sizes larger than a normal, industry standard model but, she looks pretty taut and trim overall).

Local suppliers and beauty industry brands are also joining the ranks. Royal Society, an Aussie tanning brand with a vegan stance is making headway on social media with a current 12.6K following. They also buck the trend on body diversity with a smattering of candid shots of 'everyday ladies getting a tan and enjoying themselves out and about' displayed amongst the obligatory starlets and aspirant lifestyle content. It's a refreshing step in the right direction.

What does this all equate to? Let's face it. It's a hard road impacting beauty standards. Both the studies and the practical examples show there's still a long way to go.

Whilst it's in our best interest as an altruistic human collective to represent all sizes, appearances, cultures and creeds - it's not always in the best interest of advertisers and their bottom dollar. In a world where everything is for sale at the right price, ethics came off second best. It's probable we will be seeing advertising's 'naked maidens' for a while yet!

There is some hope that lies with the more 'grass roots' initiatives to influence the tides of change for the greater good. So, if you are an influencer in the world of advertising, branding - or, perhaps own your own business in a relevant industry - then do remember, the power to promote body diversity might just rest with you.

# HOW TO BUILD AN EFFECTIVE MODEL PORTFOLIO

“Always keep this in mind when creating and maintaining your model portfolio. Remember that your portfolio is a representation of yourself as a product – it’s almost as though you are a merchandise.”

So, if you’re reading this you’re likely one of two things: an aspiring model or an accomplished professional in the field. In any case, what’s of prime importance to you is the standard of your portfolio (or keeping it maintained). It’s what gets you noticed and keeps job opportunities firmly coming your way. In short, it’s your calling card. So, what are some tips for a good model portfolio?

## 1. Quality over quantity

You may feel tempted to include images that you have gathered from almost every shoot you have ever been a part of, but you have only one chance to make a first impression. Therefore, don’t include photos that are of poor quality.

It’s better to have a handful of outstanding images than a whole lot of average photos in your portfolio. Think of it this way: you could have one Rolex or a whole bunch of generic, plastic watches. Which option would you choose?

If you are a new model it may be difficult to source quality images. Remember, you get what you pay for. Look for a reputable photographer who produces visually stunning work and make an investment. Sometimes, it takes money to make money.

## 2. Keep it relevant

Not only should you only include images of high visual quality in your portfolio, but it is wise to keep them limited to a representation of work within your niche field. If you’re a high fashion model, littering your portfolio with bikini shots might not be the best idea.

You want to think about the sort of career that you wish to establish or maintain for yourself as a model and fit your portfolio around this. Be realistic, however, to the specific physical requirements that are inherent to particular fields of

modeling (catwalk requires a minimum height of 5’7” for example).

A good thing to remember is that you should include at least one headshot without makeup in your portfolio to give those who cast you an idea about your real, unaltered appearance. As a model, you are in effect, a canvas – being transparent about your bare features is always a requirement. Also, shots that accurately depict your current appearance are necessary. If you change your hair colour, for example, you will need to reflect this in your portfolio.

## 3. Market yourself

A model portfolio is undoubtedly important, however, marketing and distributing it effectively is the other essential part of the equation. If you have a good agent having a good portfolio should mean that you are finding work – they should go hand in hand. If you are a freelance model, then it is absolutely imperative that you employ methods to market yourself.

You can join various casting sites and can also set up a social networking page that displays prominent links to your portfolio. Facebook and Instagram are great ways to get exposure for free, however, keep in mind that being Insta famous is not quite the same deal like the real thing. Align yourself with opportunities that stay true to the type of modeling that you are pursuing, and wish to pursue in the future.

You have to look at yourself as a product. Your particular look, style, and talent are potentially desirable to specific brands that are aligned with the same aesthetic. Always keep this in mind when creating and maintaining your model portfolio. Remember that your portfolio is a representation of yourself as a product – it’s almost as though you are a merchandise. Employ a business-minded approach at all times to succeed to the best of your ability in the industry.



MAKE WAY FOR  
*Jasmine*  
 CURTIS-SMITH

On the 17th of April 2018, Curtis-Smith signed an exclusive contract with GMA Network. She has since appeared in various GMA shows such as Pamilya Roces, Sahaya, Descendants of the Sun, and I Can See You and she's currently one of the leading protagonists in the drama romance series *The World Between Us* where she plays Emilia "Lia" Libradilla-Carlos.

StarCentral Magazine recently caught up with Jasmine to discuss her role in *World Between Us* and here's what went down:

**Can you tell us about your role as Lia in *The World Between Us*?**

Lia is the daughter of Rachel and sister of Brian Libradilla. Their family owns a tech company; she's always had a good life but she just doesn't have her father around anymore and this is something she's always held onto because she was close to her dad. When her dad was lost, she clearly lost someone whom she looks up to in life. Lia is very naive; she leans on the people around her whom she loves. She relies on them a lot because with any of her life decisions - it's either she'll rely on someone to tell her what to do or she'll wait until she makes a mistake so that someone can tell her what to do.

She's not that mature and experienced in life yet. So with this naivety, whether it's with her mom, her brother, or with Louie - unfortunately, it brings her to these different bad situations while growing up. She is experienced though when it comes to love and how to grow love because she sees it in a one-dimensional manner - she feels that if you love someone, it's 'us against the world,' or 'we can do this on our own' but at the end of the day, you also need to think about the people around you. That's what Lia is still trying to figure out or trying to grow into - the maturity and at the same time, the confidence in herself. It's about being sure about her own decisions so that she knows that her decisions about love are right.

**How is this character like you? Different?**

I think it's we're both really sensitive. She's really sensitive when it comes to love for her family. She tries to be as thoughtful as she can be but because she's so sensitive about love - it's also her weakness because she can't assert her sureness about love. If you love yourself then you'll assert yourself in such a manner that you can be sure people will love you or at least attempt to understand you. I'm similar to Lia in this sense that sometimes I'll be like, 'you know what, you don't understand so I'll just keep to myself, I'll carry the whole burden on my own, I don't want to make a big deal out of this.'

We're also similar when it comes to young love - your first love. I'm exactly like Lia, playing it out as 'us against the world,' or 'we can do this on our own.' It doesn't matter if our parents are mad or if your older sibling doesn't like it - it's okay! I've actually had such a relationship but at the end of the day, my similarity with Lia that I like the most is the fact that she's always trying to have a great relationship with her mom because I feel like I'm the same with my mom. I'm on good terms with my family but I really want my mom's approval out of everyone and it's not bad because at the end of our conversation she always says that 'as long as you tried your best, as long as you did it with good intention, then you won't feel bad about it.' It's something I appreciate.

Jasmine Curtis-Smith is a prominent Filipina-Australian actress, host, dancer, endorser, writer, and model. She first came into prominence around mid-2010, when she appeared in ABS-CBN's noontime variety show *Showtime*. She eventually signed an exclusive three-year contract with TV5 and her first miniseries for TV5 was a television remake with JC de Vera of the 1991 Philippine action-romance film *Ang Utal Kong Hoodlum*, which was originally top billed by Robin Padilla and Vina Morales. In 2012, she played the role of Epifania "Anyra" Dionisio in *Nandito Ako*, where she co-starred with Eula Caballero as Holly Posadas and American Idol season 7 runner-up David Archuleta as Josh Bradley.

When it comes to Curtis' film career, she started with two independent film productions: *Puti*, a 2012 psychological thriller in which she played Nika; and *Transit*, where she played Yael, an Israeli-Filipino child of an Overseas Filipino who faces deportation. *Transit* received wide critical acclaim, competing at the 18th Busan International Film Festival, receiving 10 awards at the 9th CinemaLaya Independent Film Festival, and eventually became the Philippines' entry to the 86th Academy Awards for Best Foreign Language Film. Curtis' performance as Yael, which required her to quickly learn Hebrew just before production, earned her critical praise from both local and international critics and earned Curtis the Best Supporting Actress award.

It's the same with Rachel and Lia; Lia gets the chance for her mom Rachel to soften up on her. Though there are times that mommy Rachel is extremely strict - that's something I can't relate to because I'm used to my 'chill' mom. My mom is so chill it's like we're sisters. I also can't relate to her fight with Brian; like what Tom said - the similarity he found in Brian was with Tom when he was 13. When it comes to Lia's naivety in love, I hope I don't have to go through that now at the age of 27 because I was 18, 19, or 20 when I experienced that. I'm hoping that by now I've learned my lesson, I know what I'm doing, and that I'm more mature about it.

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

For me personally, I feel like the biggest challenge is to not get carried away in my crying scenes because I've been learning to control my acting a bit more for TV especially since there are a number of technical things that we have to be aware of in a TV set. Sometimes we don't use the same number of equipment - sometimes there are three cameras, sometimes it's just one or two. So you have to be aware of these things and you just need to reserve your energy and emotions when the time is right. I think that's the biggest challenge for me because I'm used to being spoiled in a TV set where no matter how many cameras there are today, as long as you get the scene in one take, you're good. It's very rare for there to be a close-up. Even in film sets, they've always allowed me to distort my face more, or be more realistic.

On TV, we like things to be more glossy and polished. Especially in our show where it's so clean and minty to the eyes and you don't want to be the one to bring ugliness to the set! I think that's what's challenging me the most - to portray and be part of a project where one of the goals is to produce something that's very clean and very precise. It feels quite meticulous compared to it being organic or shooting a low-budget film.

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

I'm glad and thankful that I get to work with Sid Lucero in this series because I've never worked with him before and I've always wanted to experience that. Within us in the cast, whenever we see a co-actor perform so well in their own careers, we've always wanted to see how we'll measure up to them in a scene or a project. So the scenes that will be asked from Sid in this series well... let's just say it's going to be powerhouse! And we all know he's going to shake the house down! But if I may also just say, if not Sid I was going to say Tom because he literally just transformed into "Kuya Brian." He is snarky, he's so mean - I see where my dad is coming from right now and I'm with him 100%. I'm just totally blown away by these 2 guys. I'm thankful I get to experience Tom in this character because I've seen him as Father Xavi before who was a priest with an attitude.

I'd also like to mention Alden Richards because his character transformation is something to watch out for. I saw one of his fans tweet how excited they are for his character transformation because they've seen him act in all these 'good boy' roles, but in his transformation in this series, it's going to be no holds-barred when it comes to his revenge. It's not going to be just an act of minor revenge - it's going to be full-on! He's going to go there and he's going to be a different Louie - it's an acting piece that I don't think Alden has really fully immersed in yet.

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

I would have to say this series. But as a highlight in general, I think being part of GMA. I'm so glad to be part of this network, to be doing projects under GMA - I think that's been a big highlight for me. I'm glad to have work in this pandemic and that they've chosen me to be cast in a show. Having the viewers enjoy our work satisfies and fulfills us as actors. The feedback from viewers is always a highlight for me.

*The World Between Us returns with new episodes on November 15. It also airs abroad via GMA's flagship international channel, GMA Pinoy TV. To subscribe, visit [www.gmapinoytv.com/subscribe](http://www.gmapinoytv.com/subscribe).*





# MS ENTERTAINMENT • NETWORK •

MS Entertainment Network is an entertainment company that empowers young people to bring awareness to the less fortunate. MS Entertainment Network not only celebrates the beauty of each of its beauty queens, but it also empowers them to help others in need. Established by Maryrose Salubre of Salubre Models International, our projects and publications aim to raise funds for a variety of worthy causes, chief of which is to help Bunga National High School (BNH) in Leyte, the Philippines rebuild.





TV1 is an entertainment and lifestyle global streaming platform offering Australian content. TV1 promotes the most exhilarating events, the most glamorous and successful people, the most in-demand celebrities, the hottest rising stars, and the most exciting trends down under. TV1 may be new but it's most certainly in demand and 100% Australian. We are committed to making Aussie local talents, events, and entrepreneurs easily accessible to both our local and international audiences via the highest quality streaming technology.

Co-founded by the StarCentral Media Group and the Australian Millionaire Business Network, the TV1 channel is the home for independent Australian Screen content. We very much welcome our local screen practitioners from emerging through to the established to make TV1 their home. By streaming your content on TV1, you join a family of rising stars, entrepreneurs, celebrities, and various artists.

**MISSION:** Our mission is to present the most unique and compelling original Australian content by tapping into the hottest local talents and events.





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



# M

# FIVE BEST

# Makeup

# TIPS AND HACKS

Makeup is undoubtedly women's first love and they spend a lot of time using it. Here's the thing though, not everyone knows how to apply makeup like a pro. If you want to know some great tips and hacks when it comes to applying makeup, then you're at the right place as we have rounded up 5 of the best makeup tips and hacks of 2021.

#### Apply Powder on Lashes

Bigger and fuller eyelashes are every woman's dream, but it is almost impossible to have fuller eyelashes without wearing false eyelashes. Mascara can surely help to make the eyelashes look longer and fuller so here's a good tip: After the first coat of your mascara, apply translucent powder or baby powder on your eyelashes with the help of makeup brush and then apply another coat of mascara. You'll see that your eyelashes will look thicker and fuller by this hack.

#### White Eye Pencil

If you don't own a white eye pencil, then you are seriously missing out. A white eye pencil is helpful in so many ways. If you want your eyes to pop out, then you need to apply a white eye pencil on your lower waterline and see the magic. Your eyes would look bigger than before. Another great tip is that if you want a certain color of eyeshadow to stand-out or pop then apply it all over your eyelids before applying eyeshadow. Your eyeshadow would surely look better than before. Always carry your white eyeliner pencil with you because you never know when you'll need it!

#### Set Your Lipstick

All women want their lipstick to stay all day. Thanks to liquid lipsticks which stay all day - you don't have to rush to the washroom after eating a meal or drinking a glass of wine. But if your favorite lip color doesn't stay all day or you are not a fan of makeup retouching, then this hack is for you. After applying lipstick take a tissue paper, a big fluffy brush, and a translucent powder. Put the tissue paper on your lips and apply translucent powder on the tissue paper generously with the help of makeup brush. Your lipstick will become matte and it will actually stay all day.

#### Heat Eye Lash Curler

We know every girl loves longer eyelashes so here's another eyelash hack for you. Heat your eyelash curler for 1 minute with a blow dryer before curling your lashes. Now curl your lashes with an eyelash curler for 20 seconds. Repeat the step for your other eyelash as well. Your eyelashes will definitely look longer and fuller. Remember, don't overheat it and always touch it with the help of your fingers before curling your eyelashes to avoid burns.

#### Use Pink Lipstick as a Color Corrector

Don't have a color corrector? No worries, because we can use pink lipstick as well. If you have dark under eyes or have dark spots on your face, then apply a little bit of pink lipstick before applying concealer. The pink lipstick will work as a color corrector and you will save a few dollars as well.

Don't forget to follow the above 5 makeup tips and hacks if you want to make your life easier.





RISEING 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



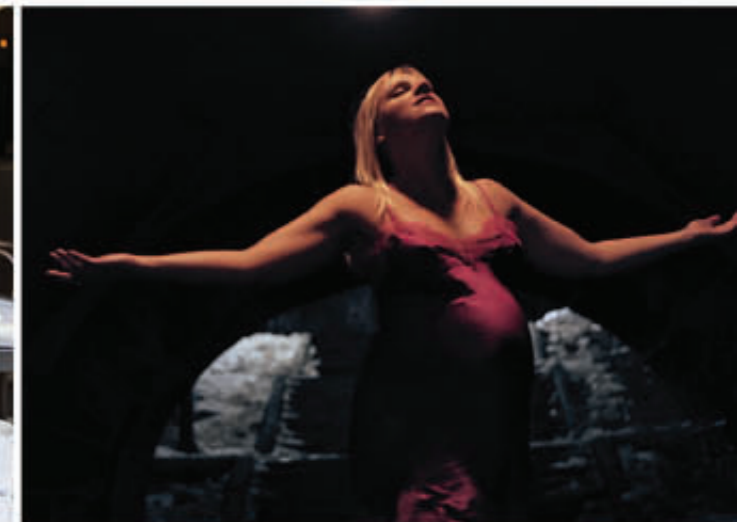
Anna's case; that would be a child of her own and Tom. And maybe some audience members can understand Anna's obsession with Tom. Perhaps some of the audience has experienced obsession and feelings of revenge...specifically getting back at an ex-lover.

**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.

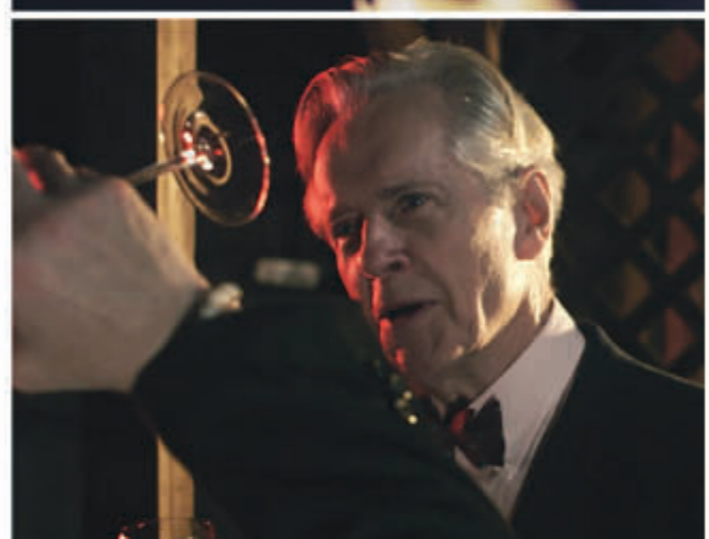
**How active are you on social media?**

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!





# AMBN

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