

STAR CENTRAL

NOVEMBER 2021

Correcting the mistakes of
MAKEUP PAST

How to update those momentous photos with new memories wearing the correct makeup

GET TO KNOW
DANICA PATRICK



EVA MARTINS

One on one with a bestselling author and the amazing founder of the Global Women Leadership Academy

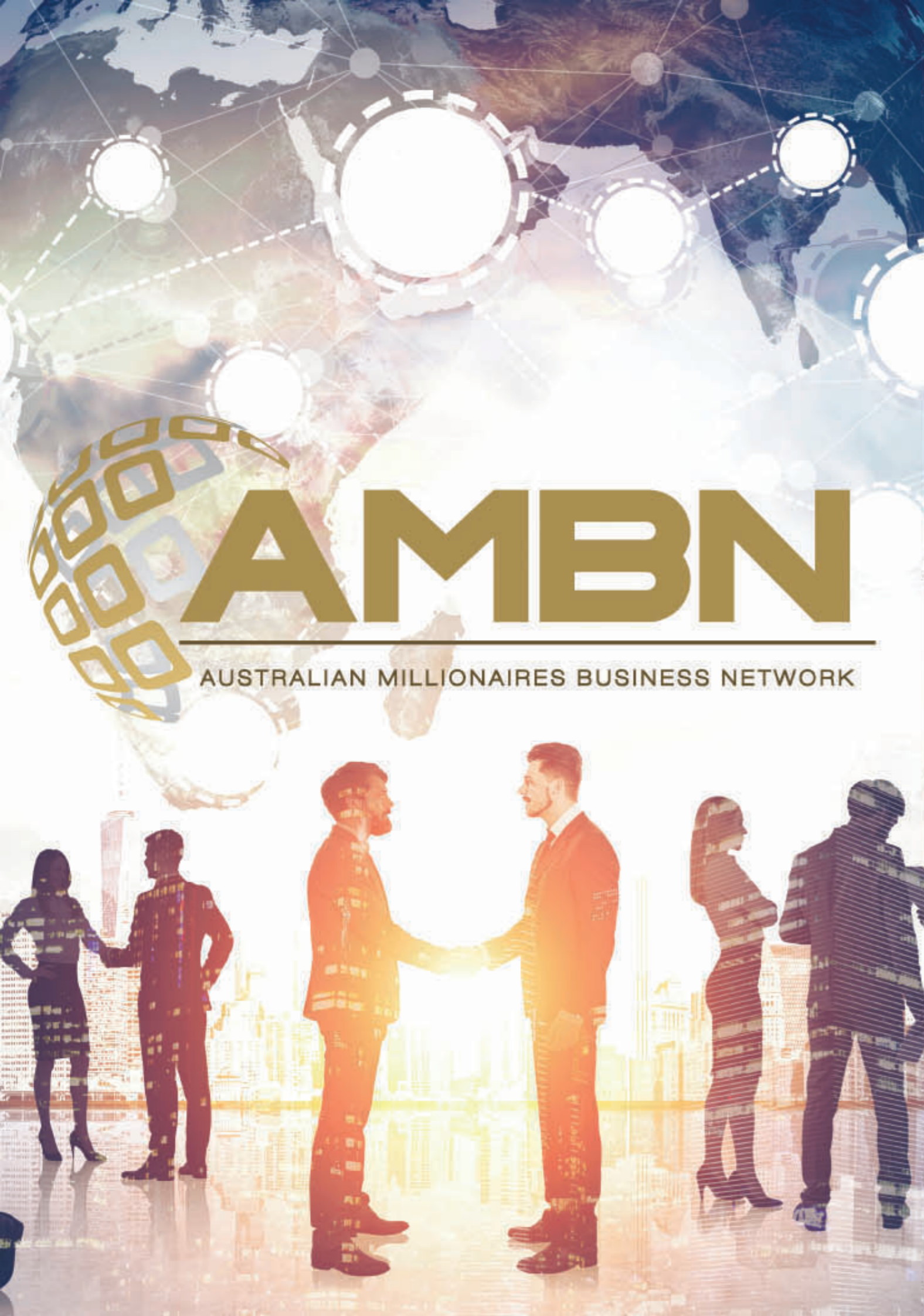
MAKE WAY FOR
Fasmine
NAZIRI

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



OPENING REMARKS



Let's face it, things don't often go according to plan - for instance, who would've thought this Covid pandemic would last this long?? Honestly, my younger self would have had a hard time believing how things always seem to work out. But it almost always does right? This is our 16th year of publishing StarCentral Magazine, a fulfilling life project. But, in case you didn't know, it was born out of job loss and drastic change in an uncertain time. In this issue, we're featuring Jasmine Naziri - a beautiful entrepreneur who also happens to be the co-founder of FlexUp USA. Our readers can definitely learn a thing or 2 from her. Wishing you all a happy, and healthy November, feel free to reach out for any story suggestions. God Bless..

Mike Ilagan
Managing Director



6 **Celebrity Interviews**
One on one interview with the beautiful Danica Patrick

EDITORIAL

Katherine Geren Pg. 12



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EDITOR'S NOTES

I can't believe that there's only a few months left in 2021! When faced with the end of a year, some could look at that end with sadness or even with frustration. This is especially so when you look back at your year with the view of remembering what you DIDN'T do.

But what of the things you did do?

Why not remember those? The nights you spend with family or friends, laughs shared with co-workers, moments that made you cry or think. All of these may seem like little things but to others, because of their life's hardships, those moments we take for granted, to them...is priceless. So, look at your 2021 in the right frame of mind and I bet it was amazing! My wish and prayer for all of you is that your 2021 will be another fantastic year!

Vicky I
Editor-in-chief

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Eva Martins Pg. 16



ALLISON INTERVIEWS
CELEBRITY INTERVIEWS WITH A SPIRITUAL KICK



New Podcast Deep Dives with Cultural Icons / Celebs

Internationally syndicated entertainment and pop culture print journalist, Allison Kugel, brings her spiritually driven long-form celebrity interviews to the podcast space with "Allison Interviews."

For fifteen years, journalist Allison Kugel, has conducted more than three hundred long-form interviews with celebrities and cultural icons, with a philosophical and spiritual spin, taking her audience on a deep dive alongside their favorite pop culture figures.

The "Allison Interviews" podcast will launch its first four episodes with:

Mötley Crüe drummer, recording artist, and headline maker, Tommy Lee, discusses everything from past lives and defying gravity to fame in a pre-social media era and flying squirrel suits.

Actress and film producer, Tara Reid, opens up about losing her parents, freezing her eggs, working on DMX's last film, and forgiving the tabloid media.

Rap music pioneer, RZA, talks about growing up fatherless, the Five Percent Nation, founding Wu-Tang Clan and working with T.I.

Twenty-three-time Olympic gold medalist Michael Phelps reveals his struggles with mental health, what his kids think of him, and helping to re-shape how athletes are treated, both, pre- and post-Olympics.

"I have been immersed in the study of spirituality for more than a decade, learning about the soul, past lives, the spirit world, and why we have all chosen to incarnate on planet earth at this time. This knowledge, coupled with my lifelong passion for telling people's stories, informs every inch of how I conduct my celebrity interviews. I am excited to take listeners on this new journey with me into the podcast space."

About Allison Kugel

Allison has conducted, published, and syndicated long-form, in-depth interviews with: Gwen Stefani, Lenny Kravitz, Regina King, Taraji P. Henson, Shania Twain, Michael Buble, Deepak Chopra, Andie MacDowell, Craig T. Nelson, Mel B., RZA, Rick Ross, Nick Cannon, the Kardashians, Kristin Chenoweth, Gayle King, Joel Osteen, Al Sharpton, Lindsey Vonn, Julian Lennon, Rita Moreno, David Guetta, Rob Reiner, Dr. Drew Pinsky, Curtis "50 Cent" Jackson, Paula Abdul, Vivica A. Fox, Kyle Richards and hundreds of others.

Her print interviews have been published and excerpted by: USA TODAY and across Gannett's USA TODAY network of newspapers, People, MSN, Yahoo!, UK's Daily Express/Express.co.uk, HipHopDX, AllHipHop, RadarOnline, Life & Style Weekly, First For Women, Music-News, ET Canada and hundreds of other outlets.

The "Allison Interviews" podcast is now available across all listening platforms including Apple Podcasts (on your app), Spotify, Anchor, and Google Podcasts.

ONE ON ONE WITH DANICA PATRICK

By Allison Kugel

As a racecar driver, Danica Patrick broke barriers and set records with her on-track performance. It wasn't long before she joined the mainstream ranks by succeeding in the male-dominated world of professional motorsports. With stunning good looks and an unrelenting ambition to top her personal best in every race, Danica was named to TIME's 100 Most Influential People list, while her figure graced the pages of the Sports Illustrated Swimsuit Issue. Making her mark in pop culture, Danica has appeared in a record-setting 14 Super Bowl commercials.

In 2005, Danica Patrick stunned the world by leading 19 laps and finishing fourth in her first Indianapolis 500. She became the first woman to lead laps and score a top-five finish in the historic race. In 2008, Danica made history again becoming the first woman to win a major-league open-wheel race in a North American series with her victory in the IndyCar Series Indy Japan 300 race. In 2013, as Danica transitioned to the NASCAR Cup Series, once again making headlines with her record-setting performance in the 55th Daytona 500 race. She became the first woman to win a NASCAR Cup Series pole when she set the fastest time in qualifying 500, and then finished in eighth place, the highest finishing position ever for a woman in the "Great American Race."

In 2018, Danica closed out her time in racing with the "Danica Double" and competed in two marquee events that were cornerstones of her career: the Daytona 500 and the Indianapolis 500. That same year, she became the first female host of the ESPY Awards which on the ABC network.

Doing a deep dive with Danica Patrick, it's clear that rising to the top of a largely male dominated sport was as natural as breathing for her. The girl specializes in shattering glass ceilings. Danica is a woman who stands in her truth and unapologetically uses her voice to express her opinions. In this in-depth interview, she bares her soul with strength and vulnerability as we cover everything from her upbringing and early racing days to relationship realizations and overcoming insecurities (yes, she's dealt with imposter syndrome, just like the rest of us).

Now, retired from racing, Danica is focused on her aptly named podcast, *Pretty Intense*, her speaking career, and her new role as vigneron and sole proprietor of *Somnium Wine*, her vineyard in Napa Valley, California, as well as her Provence *Danica Rose* wine brand.

Allison Kugel: You started Go-Kart racing as a kid, with your family. What was the impetus for turning that hobby into professional racing?

Danica Patrick: I don't think there was a specific point where I said, "I'm going to try this." It was more of a natural progression. I remember when I was ten, I thought I would go to college for engineering to learn how to work on my race car. That was my first thought. The next jump was when I was sixteen and I moved to England to continue pursuing racing. I left high school. It was my junior year, and I pretty much didn't even go [to high school] that year. I left halfway through my junior year, during Christmas break. I guess at that point in time I thought, "Hey, let's see where this can go," because there was a talent and there was an interest. I moved to England when I was sixteen and lived there for three years without my family. Then I came back, and I didn't have a ride. I wasn't racing, and at that point in time I think a lot of people, and I think probably a lot of parents would be thinking, "You better get your shit together and go figure out what you're going to do."





Allison Kugel: Did you have a moment of "Yikes, what have I done? I left school"?

Danica Patrick: Honestly, I didn't. I always had a lot of what I would call "blind faith," that it was going to work, and I say blind faith because there is no way it should have (laughs). I'm not from a famous family of racing names. There wasn't some fallback if I didn't make it on my own in racing. It was just me. There really was no good reason why I should make it, other than the fact that I just really had a lot of confidence that it was going to work out. I believed that if someone gave me a chance it could really be a big deal, and I could do the job. I stuck with it, and it was when Bobby Rahal hired me to drive his Formula Atlantic car, which was one step under Indy cars, which was probably the next step for me. The next point after that, because you never know how long stuff is going to last, thank God, was four races into my Indy car career. I had a big Indy 500 month. I almost qualified on the pole, and I almost won the race my first time there. It wasn't one moment; it was a series of moments that got me there.

Allison Kugel: Were you aware at that young age, that, for the most part, this was not a woman's sport? Like, "I'm doing something that women don't do."

Danica Patrick: No, because that wasn't the way I was brought up. It wasn't like I was the only one. Sometimes there was another girl out there. I mean, shoot, at first my sister did it too. It wasn't a complete anomaly, it was just more rare. My dad taught me to be the fastest driver, period. All through my Go Karting career, it was not about being the fastest. It was not about being the fastest girl. It was always about, "How fast can I go?" And so sometimes that meant I was half a second quicker than anybody else, because just being the fastest wasn't my best. My best was more.

Allison Kugel: You had an awareness that you were not competing against the other drivers, you were competing against your own best performance.

Danica Patrick: Yes. I think that was a core value. It's almost like, there is no ceiling on this. How far can you take it?

Allison Kugel: Were there naysayers? Was there any bullying or sexism that you encountered?

Danica Patrick: That's such a common question, especially being a girl in a guy's sport, but that is not what happened.

Allison Kugel: That's good, that it didn't happen.

Danica Patrick: You know, any amount of it is human. Trust me, living in England and being a teenager with a bunch of teenage guys and having them gossip, or make jokes, or you could tell they're whispering about you... but it wasn't about being a girl. That was about being that age, you know? Maybe part of it was about being a girl, but that's not what I chose to focus on. What I chose to focus on was that I was at a really pivotal age. Teenage years, boys will be boys, and this is just human nature. If this didn't just happen at the racetrack, it would have been happening in school.

Allison Kugel: Good point.

Danica Patrick: Look, if someone is pinning me down for something that I've done that they don't agree with, it's like yeah, okay. But they're also talking about me when I finish fourth, and you know what, they're not talking about the guys when they finish fourth. You can't go off and criticize the bad, because it seems like they're coming at you because of your gender or something like that, because then there are other things that are happening because of [of your gender] that are great. I've always chosen to focus on the good that came with it, and not the bad, and I think it's given me a really good non-victim mentality. Playing the victim is like an epidemic, and it's hindering to progress. There is really nothing good that comes from it.

Allison Kugel: Do you think the age we are living in now, with cancel culture, is that what you are referring to as the "victim epidemic"?

Danica Patrick: I think it's just a dangerous place to be. I think that anytime you are focusing outside of yourself, is not the right focus.

Allison Kugel: During your racing career, did you ever think about the possibility of grave injury, or the possibility of death?

Danica Patrick: It is an awareness, but I don't think it's something you really think about a lot. I guess sometimes it's contrast that gives you that perspective, in hindsight. I did the broadcast for



the Indy 500 the year after I was finished, in 2019. I'm sitting on this pit row in the pit box with [sportscaster] Mike Tirico. We do a lot of the pre-race coverage, and then it shifts to the booth after that, and we're done doing the majority of the work. The cars were coming down the front straightaway to take the green flag, and I remember I was having this moment where I was laughing and thinking this is such a different place to be [sitting]. Then I remember also thinking, "They are so crazy." I knew how dangerous it was. From the vantage point of a spectator, I was able to let it get into my mind more, and into my body, and realize what the consequences were of a bad day, of a crash. Our perception is what creates our reality. If I would have had the perception of how dangerous it was, maybe it would have changed me as a driver, or changed how long I did it, or even if I did it. But I didn't have that perception. There was an awareness, because I'm human and I'm not blind, but it wasn't something that I put any huge amount of attention on.

Allison Kugel: Has there been any type of fear or phobia that you have had to overcome?

Danica Patrick: A million (laugh). There are many things that I've had to overcome. I've had to overcome the fear of not being good enough. I think that was a programming I got from a young age, from my dad pushing and pushing me. But if I had to choose between a dad that pushed me really hard and got me to where I am or have a dad that let me just do whatever I wanted and was easy going and not hard on me, they both have consequences. I'm happy to get the one that I got, but it doesn't mean that I didn't have something to deal with. My dad pushed me a lot and I had this sort of narrative in my head that nothing was ever good enough. If anyone ever criticized me for being lazy or not trying hard enough, I would get defensive. I would get triggered by it, because that was a wound, that feeling that I wasn't good enough. That could show up in perfectionistic ways in work or in my relationships. It's something I feel like I've had to deal with, and I've had to learn how to take compliments and to own the good things I have done, and to acknowledge that they are enough and that I am enough.

Allison Kugel: By the way, that is one of the most common things I hear from people I interview. These are all people at the top of their respective industries. It's a common trait among high achievers.

Danica Patrick: Thank you for sharing. I think the more it's talked about, the more we understand. It's important for people to understand that you get your patterning and programming from your family; from your parents, generally speaking, and that there is work to do later. My biggest accomplishment outside of my racing career, my biggest personal accomplishment, has been accountability and taking ownership for my part in things. It's knowing that I attract my current reality based on my perceptions, based on my fears, based on my frequency. All of that stuff gives me my reality, and I am the creator. What we resist persists. If you constantly have a fear of not being good enough, you are going to constantly attract people that make you feel not good enough.

Allison Kugel: That reaffirm that, yes.

Danica Patrick: Exactly. What we are trying to do is correct the original wound, right? We think, "Well, I'll prove it to this person, that I'm enough."

Allison Kugel: Yes, and that shows up, big time, in our romantic relationships.

Danica Patrick: Exactly. We can't fix it. It's just a pattern showing itself over and over again to get you to change, do it differently, and see yourself and your part in that pattern. Another one is the mom stuff. This sort of fear of abandonment, which lends itself to co-dependency and being afraid to be alone. Once I was alone, I was like, "Wow, there is a lot of empowerment here." I realized that the way I would show up would be really not as empowered and not as confident. I think the professional lessons have been more along the lines of effort, and I'm not going to bullshit around, you get out of it what you put into it. Sometimes things happen that are wonderful and they're natural and they flow. When you are in flow, you're doing what you should be doing, and things do come to you when you're doing what you should be doing. Once you know what you want, things just happen, and it flows.

Allison Kugel: Whenever somebody says to me, "Well, I really wanted to do this, but I have to make a living," my response to that is, "I don't care where you get your paycheck from. If you want to do something and it resonates with your soul, do it. Do it at night, on the weekends, join a club for it. Don't let anybody take that away from you and don't shortchange yourself."



Danica Patrick: You can turn your passion project or something that you do on the weekends into your whole world. I always feel like the ceiling for things that are your job, but not your passion, at best is like an eight out of ten. There is no ceiling to what happens when you do something you are passionate about. All of the best stuff we have in this world comes from someone's passion. When you set out solely with the goal of making money, I could almost guarantee you that it's not going to last forever, or it's not going to be that successful. Even if it is, it won't feel good because that's not what the human experience, your emotions, and your heart wants. Your heart wants something so much more expansive. Money is just energy. It's just an exchange of energy. You do something great, and you get money. It's over. That's transactional. When you set the goal to change people's lives, to inspire people, to give people hope, to make them smile, there is no end to that.

Allison Kugel: Absolutely. It just expands and expands. Let's talk about your podcast, *Pretty Intense*.

Danica Patrick: The name of the podcast comes from the title of my book, which came out in 2018, as a three-part book. It's the mind, food, and then it's fitness and the body. It starts with the mind, because what stops us from finishing anything that we want to accomplish? Our mind. We all know what it takes to eat healthy, we all know what it takes to work out or to lose weight and get fit and strong or build muscles. It's not rocket science, but it's our mind that stops us from being consistent and disciplined. So, the mind is where it starts. Then it gets into food and talks about the diet and how I live and eat, along with recipes that I wrote and photographed. The last part is on the body, with a workout program that I wrote that takes you through 12 weeks. I love health and wellness, and anything to do with physical and mental wellness is just my jam. The idea for the podcast, *Pretty Intense*, really got going in the beginning of 2019. I love to talk to people. I love to ask questions. I learned that I had to learn how to listen better (laughs), because I'd never done interviews, previously. I'd always been the one being interviewed, and my job is to ramble on to give you things to write or to air on TV, but I had to learn how to listen which was a good lesson. My podcast is all about diving in with people, and the most rewarding thing is when I get to the end of the interview, especially if it's someone who does a lot of interviews, and they say, "You ask questions and got me to talk about things I've never even talked about before."

Allison Kugel: Isn't that the coolest feeling?

Danica Patrick: Yes, that's the best. Your thinking, "Wow, all these years and I'm the one that got an interview out of you that you've never given before!" You do such a good job too. I love these questions.

Allison Kugel: Aww, thank you.

Danica Patrick: I'm sure you get that too, and that always feels so good. I believe one of my jobs here is to wake people up and to be a little bit of an initiator and that spark. I want to teach people that we are more alike than we are different. Division is another epidemic right now. We are finding and figuring out every possible way for people to divide. It just seems like it continues to compound, and it's such a detrimental process to the human experience because community is literally the foundation of wellness. When people are taken out of community, just like in the body, when you take a cell out of its cell community, it goes rogue or kills itself. The same thing happens in the human experience, and we have been put in the worst of positions in the last year and a half to be out of community.

Allison Kugel: If you could travel back in time and be able to alter any famous historical event, where would you go and what would you attempt to change, or bear witness to?

Danica Patrick: I just want to go back to the time of Jesus and see how that really went down, be there for it, and see what happened. I also have such a deep fascination for Egypt, for Egyptian mythology, and for the ancient times of the pyramids. I would really want to go back to how the pyramids were built, who built them, who used them, and how people were living back then. What was the technology that was used? And to be able to see if there were really giants, was it extraterrestrial, was this anti-levitational or gravitational technology they had back then, that they decided to not use anymore? The building of the pyramids, I would love to see what that was like, what living was like then, and how they did it. And maybe Adam and Eve. Was there really Adam and Eve? Was it just two people and where was the Garden of Eden? Did they just appear? That would be interesting, because I think I'd just be sitting there watching nothing happen. Things in books from that long ago, we get the story wrong. If two people look at exactly the same thing happen, there are two different stories, and now you're expecting these stories to get passed down in the Bible years after it actually happened. You're telling me they got it verbalim? You're telling me they didn't get poetic with it? You're telling me there wasn't interpretation being written? I think there was probably a lot of stuff that didn't happen exactly like we think it did.

Allison Kugel: It's the new frontier, right? The previous generation didn't have access to this information.

Danica Patrick: They didn't, and I think possibly people were repressing this information. I think a lot of things have been repressed over time, because the answer to ninety-nine out of a hundred a question is money. A lot of things have happened because someone was making money from it. Whether it's wellness, whether it's Nikola Tesla who had free energy figured out and they decided instead to figure out how to get people to pay for it. Even water. It seems silly when I go to the store and buy a five-dollar bottle of water, if I'm traveling or something, they find ways to monetize everything.

Allison Kugel: Let's talk about your wine company, *Somnium Wine*. Why have you chosen to purchase a vineyard and invest in your wine brand?

Danica Patrick: I bought a piece of dirt, planted it, and made *Somnium Wine*. It started from nothing and then *Danica Rose* came about more recently with the opportunity to make an authentic rose. I always felt my brand has been rooted in authenticity, so I felt like this was in alignment, to make a rose from Provence, the birthplace of rose. The purpose of wine is about being present with the people that you are with. The goal is to get people to connect and to create memories together, to tell stories, to open up to one another. I want my wine to facilitate old school gatherings where you talk to each other, spend time together, make a meal and sit down at a table together. Communities are, again, a hallmark of wellness.

Hear the extended, unfiltered *Danica Patrick* interview on *Allison Interviews*. *Allison Kugel* is a syndicated entertainment journalist and host of the *Allison Interviews* podcast. Listen at Apple Podcasts, Spotify and YouTube. Follow on Instagram @theallisonkugel.

Learn about *Danica Patrick's Somnium Wine* and *Danica Rose* collections, and tune into *Danica's Pretty Intense* podcast at DanicaPatrick.com and Apple Podcasts. Follow on Instagram @DanicaPatrick



RISING STAR SPOTLIGHT: MEET KATHERINE

GEREN

Latin actress, writer, and producer Katherine Geren is behind the hotly-tipped new pilot series "Elisa's Almost Thirty" that follows 'Elisa' (played by Geren) who on the brink of turning thirty meets a father she never knew existed, throwing her into a quarter-life crisis after learning her newly moved-in father is sleeping with her roommate. This new show is in the vein of BRIDESMAIDS meets "Emily in Paris" and currently filming in Los Angeles.

"Elisa's Almost Thirty" has been fully cast and in addition to Katherine it stars Ryan Carnes ("General Hospital"), Matt McKane (40 Year Old Virgin, Knocked Up, Superbad), Manson Mathews ("Sorry Not Sorry"), Selita Ebanks (Victoria's Secret Angel), and onboard, Raquel Gardner ("Agents of S.H.I.E.L.D") is set to direct, with Emmy-nominated DP Matt Valentine who is known for "The Office," "Parks & Recreation," "The Bridge", "Entourage," Shameless," and "Chicago Fire," and legendary 5x Emmy award-winning cinematographer Don Morgan. The show is expected to be taken out to cable, streaming, and broadcast networks in the fall, and production wraps at the end of August.

Katherine is a California native, who grew up in the Silicon Valley attending one of the most academically competitive high schools in the country. She decided to take her dreams down south to Los Angeles to pursue a career in acting and writing. After a successful 6 years of working as an actress in national TV commercials for companies such as Target, Honda, Wells Fargo, and Lexus just to name a few, she decided she wanted to tackle telling her own stories. Her debut short film, Amelia's Story won fan favorite at the Danny Elfman Rabbit and Rogue LA Film Festival, and her follow-up short film, Behind Her Eyes can now be streamed on Amazon Prime. StarCentral Magazine recently caught up with Katherine to discuss her journey in the industry and here's what went down:

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

My first encounter with the entertainment industry was when I was scouted to model in a local mall fashion show. I was still in High School at the time, and playing sports was of utmost importance; so I chickened out on the opportunity, but the seed was definitely planted. Then, when I moved to San Francisco for college I got scouted by agents and photographers while walking the streets of San Francisco. The first time I brushed it off as a fluke, but then it happened two more times; making my interest peak, I didn't have internet in my apartment yet, so I went to the local library to look up the agencies and found them to be reputable so I set up some appointments and ended up signing with a really great commercial agency in San Francisco. I had no idea there was a genre of modeling for "commercials" and it opened my eyes to how amazing and vast the industry really is. I started to work regularly and made more money than my friends in college, so I decided to drop out (to the horror of my parents) and move down to Los Angeles to really make a career out of it. I loved everything about the process; auditioning and meeting the clients, then working on set and creating an entire world in a mere few hours. Creating a vision that someone had in their mind and making it a reality. I knew I had found my home. Then it was the icing on the cake to see my work on a screen or in a store. I also loved how close everyone got on set, I have made some of my closest and lifelong friends from working on set with them. Something about being together for 8-12 hours together really makes you get to know people on a very personal level.

What do you like most about acting?

I love being able to express and convey deeply passionate emotions through the art of storytelling to convey the human condition to other people; to make others feel something, and to perhaps connect in such a way that it makes the viewer question the world in ways they hadn't thought of before.

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

Vastly different! To be a producer one must be available to all others 24/7 (literally). You must be completely at will to the production—whatever the production needs you have to be able to deliver at a moment's notice. On the other hand, acting is deeply personal, and to be honest, for me, while prepping on set, I would much rather be by myself or with my scene partners and listening to music and getting into the space of the character. While producing my most recent project, I brought on an amazing Line Producer, Larry Kaster, who was my producing rock throughout the shoot. I told everyone on set that all production needs must go through Larry when I am acting, as being pulled out of character for production needs can be very distracting to an actor's performance. I honestly love both, but for very different reasons. They are both deeply satisfying and rewarding, however, acting will always be my number 1.

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

I am so thankful for my mentor, and acting coach, Raquel Gardner, who directed Elisa's *Almost Thirty*. She and I have such an amazing relationship and I trust her guidance like no other. She completely transformed the way I work as an actor. I am very much a perfectionist and before I started to train with Raquel, I very much wanted every one of my performances to be "perfect" which is such a weird, unquantifiable statement to make. She saw right through me and broke down why I felt the need to perform this way, as it was making me too rigid in my performance and too unwilling to commit fully to the moment. Once I broke down those emotional barriers and felt confident enough to be "imperfect" I saw an acting performance like I had never seen before in myself. I am now fully committed to my performance meaning I let everything that I have rehearsed go and really listen and play off my scene partners allowing whatever emotion comes up to come through—instead of forcing things. I can't begin to describe the freedom it has allowed me, it truly feels like I am living the moment instead of "acting" it. Raquel is AMAZING!

What are your strong points as an actor?

Now that I have fully committed to each of my performances I think honestly, I'm just not afraid to look like an absolute idiot. I committed so hard to my character Elisa that I had everyone in tears from the completely outlandish, hilarious, weird, and outright crazy things that came through while performing. I think with comedy in general, you have to learn to let go; to let go of ANY insecurity you may have. We watch comedy because we want to laugh, not to watch a wooden actor stand there too afraid to look stupid.

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

I think working with Raquel has taught me the most. Watching her be so fully committed to her work made me only want to commit to mine. She had a vision in her mind and she was able to convey that vision so beautifully that I only wanted to support her vision by doing everything I could to make it come to life. I think noticing how symbiotic an actor-director relationship can be, and if they are on the same wavelength true magic can happen, and it did!

What are some of the difficulties of the acting business?

It is ruthlessly competitive. Back when there were more in-person auditions pre-COVID, it was always a stark awakening going to an audition and seeing twenty other girls who look exactly like you all auditioning for one role. You have to learn to really trust yourself and your gifts and know that whatever is for you, is for you. I had to learn that being my most authentic self was the most powerful gift I could give myself, for it's the only way you stand out.

What's challenging about bringing a script to life?

Ha, so many things! Money? Definitely financing. But also just completing the script. Sifting down to write a fully fleshed story is hard work. It is not easy to write a story that has a cohesive beginning, middle, and end that is engaging to watch on screen. My screenwriting teachers have always taught me to write what I want to see happen on the screen. I really try to remember that while writing; no wasted space, no wasted exposition, and definitely NO telling. I think one should study the craft of screenwriting to really understand the nuance of writing for the screen. Then, once you have your first draft, begin the super fun job of re-writing. Ha, I would say most of writing a script is re-writing. Also, hear it out loud—have your friends and family read it so you can hear the words outside of your head. Listen to how others talk, and emulate that in your script. I watch a lot of reality television for this exact reason.

What do you do when you're not filming?

I spend time with my family and friends. I love my family so much, they mean the world to me. Also, my husband and I like to go on mini outings to fun places when we both have the time. We love getting away to Palm Springs for the weekend, or to Santa Barbara, or Vegas. We also love playing sports together, like soccer, beach volleyball, paddle boarding, biking, hiking, anything outdoors, and being active. We also are huge foodies (he is actually a Sommelier), so we love trying new restaurants around LA. I also love to watch TV and films for research and read scripts for fun. I really love to read scripts while watching the show or movie while reading it at the same time, it really helps me see how words translate on screen. My brain is never not working.

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

Recently I met and got to work with Don Morgan, the 5x Emmy Winning Director of Photography, and Lifetime Achievement Award winner. We are honored to have him be a part of Elisa's *Almost Thirty* as the DP and what an amazing man he is. We can all only hope for a career like Don's and he couldn't be any nicer. He truly is a gem of a person and we are so incredibly grateful and honored. He was an absolute joy to work with.

If someone is going to make your life into a movie, who would play you? Me of course!

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

I hope to have Elisa's *Almost Thirty* up and streaming very soon, as well as my feature film *The Whistling Trees* in production next year. Hopefully, you will be seeing more of me on the screen next year!





ENTREPRENEUR OF THE MONTH: INTRODUCING EVA

MARTINS

Eva Martins is the founder of the Global Women leadership Academy, a number 1 international and best-selling author, international speaker, executive leader in Fortune 500 Company, and a business owner with a mission to empower women to skyrocket their lives.

She started her career in a male-dominated corporate industry where she soon grasped that if you do not have power, you go nowhere. Eva understood that if you do not have a strong voice, you are not heard. That if you do not adopt a more masculine attitude you will be blocked from excelling. It took Eva more than 10 years of operating in many different leading roles to realize things needed to change.

She now dedicates her energy to empowering other women to step up in their lives through the Global Women Leadership Academy and has trained hundreds of women. Her mission is to drive gender equality at all levels of society and encouraging women to raise their voices and goals, that's why her Leadership Academy to empower women was created.

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

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

To start, I remind myself of all women who might need my support, women who are struggling but with a wish to play a bigger game and have an impact in the world. So every day I ask myself if I have done everything I could to reach out to them or I am betraying them for not showing up. I create new content, to provide value on a daily basis, whether through my social media (IG, Facebook, and LinkedIn) or to my mail list or even through the creation of freebies such as ebooks, meditations, digital programs. I believe that by giving we always receive back, so I give as much as I can to support as many women as I can in their own fulfillment journey. I also love interviewing them, asking for feedback, asking in which ways I can support them. It has been a beautiful journey of continuous growth and development for both my business but also at the personal level.

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

I use the main social media platforms such as Instagram, Facebook, and LinkedIn.

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

I have been using continuously Facebook ads with great results as I know my audience is there, having a growth rate of over 1000% in the last 6 months. I think paid advertising definitely helps to increase the community and list but only when there is a great value behind and with the right target in mind, those have been my priority.

What is your main tactic when it comes to making more people aware of your brand and engaging your customers?

I use 3 tactics: ads, webinars, 5-day challenges, organic growth through social media and press but also testimonials, especially in the area of personal development and transformation hearing from peers and the impact it had in their life is the most impactful strategy you might have in place and of course ensuring your customers are happy as they would refer to others.

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

The best marketing strategy has been to embody my customer, know exactly their pain points, breathe as they breathe, think as they think, and deeply understand how I can help them. This has helped me develop content of great value, deeply transformational group coaching programs because I deeply empathize with them, with their struggle. So in a nutshell it is customer-centricity in everything I develop, create or envision and always asking myself, how can I bring value to 'her.'

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

As an entrepreneur, it is not always easy to have boundaries and relax, especially with COVID having to work from home, so I saw myself working endless hours during the week and weekend and feeling exhausted. So I had to make the really difficult decision to prioritize myself and my self-care instead of my clients which is definitely not natural for me and required determination and focus. Due to this reprioritization I had to reschedule the launch of one of my Global Women Leadership Academy group coaching programs, I had to detox from digital and take care of myself. Now I realize that it is definitely not nice to have as an entrepreneur but a must. The only way to serve others is to serve ourselves first.



What money mistakes have you made along the way that others can learn from (or something you'd do differently)?

I would not say that I have done any money mistakes, as all situations present a wonderful opportunity to learn and grow and I believe our professional life, as well as personal life, is simply a journey of self-growth. I believe I have done the right investments at the right time and I am happy for the mistakes I did as I learned with them; such as investing too much in Facebook ads in wrong audiences, having 600 ladies registered for a webinar but the systems crashed...The problem is that we take events too seriously as a drama, especially if we want to bring high value and maybe having a perfectionistic side, but with a more relaxed mindset, with more fun, everything becomes easier. Having a mindset of abundance, an abundance of resourcefulness, an abundance of support always attracts abundance to us.

What new business would you love to start?

I am soon going to launch the certification side of my Global Women Leadership Academy. My wish is to empower other women to be their own coach or be able to coach others!

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

Nothing as all events were really important to be who I am



now, even the difficult period, they made me the strong and determined woman I have. I would not have the same drive, the same self-awareness without them.

What is the best advice you have ever been given?

The best advice I was ever given is to stop trying to change your external environment because the solution is not in them but in us. Our life is a mirror, a reflection of our subconscious mind, the way we think, what we believe, and past experiences. So the solution is to deep dive into it and understand which part of us is co-creating any challenge and reframe it. That's exactly what I teach today in the Global Women Leadership Academy.

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

I would focus on keeping your passion alive. You will encounter endless challenges, whether lack of clients, lack of funds, sometimes feeling like an imposter...so always keep close to your heart your reason WHY and how you can contribute to a better world.

The second piece of advice is to know your customer better than they do, interview them, ask them which are their pain points and they always ask yourself if your product or solution fits their needs.

Photographed by: Arash Tebbi
Hairstylist: Stephanie Vallejo



INTRODUCING

Jasmine
NAZIRI



Photographed by: Arash Tebbi
Hairstylist: Stephanie Vallejo

of working in the modeling industry for 8 years which had its ups and downs but was an incredible learning experience and was a good percentage of what has molded her as a person today. She learned at a young age in the industry all about business and what it took to be a good businesswoman. Her father and family are brilliant at starting their own businesses and becoming successful entrepreneurs, and that was her foundation.

Being immersed in the modeling industry at a young age teaches the importance and the power of self-branding and marketing overall. It was at a young age that her greater passion was not posing in front of the camera but operating business and promotion along with all evolving elements of marketing. She went from interning in Marketing at Paramount Pictures to marketing for PBS Television then deciding she had the tools to start her own modeling agency. From there she went on to graduate school to sharpen her skills more so and came back working for a dream job in the beauty industry as head of business development and marketing.

Jasmine will always have an entrepreneurial streak in her, so it has been a lot of work but an absolute joy to start her new business venture with her business partner and focus on empowering women all around the world with quality workout pieces that not only look good but are crafted for comfort. FlexUp USA is a brand that stands for women's strength in every aspect.

StarCentral Magazine recently caught up with Jasmine to discuss her journey as an entrepreneur and here's what went down:

When did your entrepreneurial flair first reveal itself?

Instantly once I started modeling at age 14, I had to learn how to promote myself and build a portfolio, negotiate with businesses and brands on a daily basis, network constantly, etc. I was eager to finesse these skills on a larger scale and learn from my family members that had been excelling in the field. I love creating, I love owning my creation and I love all the hard work that goes into it, the rewards afterward are the most fulfilling part.

What did your life look like before being an entrepreneur?

Working for someone else definitely provides the right tools for you to set yourself up for success prior to starting your business. Yes, working 9 to 5 jobs plus overtime can be mundane but the experience of hands-on learning (outside of schooling teachings), rolling up your sleeves, making mistakes, learning from them, and growing is the most essential part. I had to work several corporate jobs which I still enjoyed the experience, but nothing beats working for yourself and creating the guidelines, product, or service as you see fit, then onboarding talent you feel strongly about - you're nothing without an incredible team to help elevate what you've already started.

As an entrepreneur, what is it that motivates and drives you?

Innovating, Creating, Learning, Building, and of course, making revenue off of the many months or possibly years of planning, preparing, researching, and implementing.

In one word, describe your journey in the industry and explain why.

A Student.

I am committed to always studying my craft. To me, it's lifelong learning that separates those who will continue to rise in their fields from those who are content to just float along.

Successful CEOs know they have to keep learning to stay fresh, whether it's a new management technique or an industry pivot. No matter what stage of your career, having that thirst to keep learning - looking for more

Jasmine Naziri hails from a mixed ethnic background which always allowed her to stay open-minded and instilled a constant curiosity and appreciation to learn as much as possible about different cultures, which is where the love and passion for travel came about.

Naziri has been fortunate to travel throughout her life, a lot of this started from professional modeling. She was scouted in Los Angeles to model at the age of 14 and had the excitement and adrenaline rush

“If you think starting a small business would merely be “a nice thing to do,” or something that you simply want to try, you probably aren’t dedicated enough to ensure your success at it.”

inspiration, more knowledge, more mastery – will be pivotal in your success. Almost all industries adapt in some way, meaning you need to as well. Constantly researching and staying up to date with the trends and doing my best to keep up with the everlasting changes is something I live for! Most importantly, no matter how successful you may become, always stay humble.

Can you tell us more about your new startup FlexupUSA?

FlexupUSA is an online fitness apparel and accessories brand based in Los Angeles, California. It was established in July 2021 by two female entrepreneurs with a fashion background. At the forefront of fitness design, FlexupUSA designs are all pieces with quality materials made for comfort, which cater to women of all shapes and sizes. FlexupUSA has gained popularity because of its performance-enhancing clothing and its innovative approach to product design. Its goal is to not just provide fashionable, comfortable fitness apparel, but a community of women who support one another. FlexupUSA’s online channels provide bi-weekly tips on healthy living through exercise and meditation guides. At last count, FlexupUSA has had over 200,000 social followers since launching and has consistently gained in popularity, particularly within the Southern California region.

What were your top three motivations for starting this business?

- Pursue your passion.
- Control your own schedule and lifestyle.
- Create and innovate from scratch.

What would you say are the key elements for starting and running a successful business?

Be passionate and particular

If you think starting a small business would merely be “a nice thing to do,” or something that you simply want to try, you probably aren’t dedicated enough to ensure your success at it. Being fully committed and devoted while believing in your product, service and business model is a must!

You should carefully consider a broad range of factors before committing to starting a particular business. Factors such as the state of the market, market segments, the competition, your strengths and weaknesses, and available opportunities are all elements that need careful planning. These are all factors that venture capitalists demand are solidly researched and carefully evaluated before they consider investing even a nickel in a startup.

Solid Strategy

I view having a great business plan as one of the most critical factors when determining your likelihood of business success. Much of the work that goes into a solid business plan you should already have conducted even before deciding on your area of business. This is vital for every business no matter what industry you are in.

Knowing your target market and how to target them is equally as important to what you are selling, they go hand in hand. Knowing what makes you stand out from the competition and capitalizing on that is extremely important.

Marketing, Marketing, Marketing!

Your mindset and approach to marketing will also greatly impact your chances of business success. You don’t need a Madison Avenue background to create a powerful marketing program, but you’ve got to give it some deep thought and probably try a lot of different approaches. It’s hard, but you can do it.

You want to strike a balance between carefully developing well-thought-out marketing plans and also being flexible enough to quickly change them. Basically, it means to succeed at marketing you need to give a lot of thought and effort to carefully trying many different approaches.



Photographed by: Arash Tebbi
Hairstylist: Stephanie Vallejo

What are the three biggest challenges you have faced in the modelling industry and how did you overcome them?

Inconsistency, inferiority complex, and overworked!

I say inconsistency because at times there is no real financial stability. Like any avenue within the field of entertainment, you get paid when you're casted for a gig. Who knows when to say one will be hired for a project at a constant frequency that one can make a living off of. Don't solely focus on modeling, keep your options open and make sure you are physically, emotionally, and most important, mentally healthy when working and going on castings.

Inferiority complex: Agencies have specific standards and if you don't fit "their mold" you instantly know it. You'll feel and be pressured to lose weight and fit sample pieces. Times have definitely changed for the better promoting positivity compared to 10 to 12 years ago when I used to model professionally. However, when I was immersed in the industry I would practice gaining a thick skin and not taking ANYTHING personally. I also learned to find my uniqueness and appreciate and love myself the way I was and am.

Overworked: Times when you do get that "dream" gig, some projects can run over 12 hours and in hindsight, you're really underpaid. I learned this one through experience simultaneously while building my modeling resume. I overcame this by learning my value and worth and making sure I'd never put myself in an abusive, overworked situation again.

What would you still like to attempt in your career?

The sky's the limit, I always want to do more and try more! I'd love to use my marketing skills towards major fashion publications such as Harper's Bazaar or Vogue. This would be taking my two loves of fashion and marketing and morphing them together.

What advice would you give to those hoping to follow in your footsteps?

Believe in what you create and put your whole heart into it. Never be afraid of failure because risk is always involved when being vulnerable and pushing a project you believe in while working your hardest to get others to understand your vision. Failures are natural and what you learn from, don't ever let a small failure clip your confidence. The secret is letting go of the past disappointment, focusing on the next big thing to spur your business, and staying hungry!

Networking is key! There is a common saying "your network is your net worth", this statement is 100% accurate. You will quickly learn good contacts that believe in your product or service and want to be on your team will take you a long day, and doors will continue to open for you. This doesn't just increase your confidence level but allows you to conquer new ideas and take advantage of new opportunities by referrals, etc. If you do not naturally have a "friend of a friend" that can easily get you to where you'd like to be, some great ways to expand your network is by attending online webinars and live seminars to meet like-minded individuals.



Photographed by: Arash Tebbi
Hairstylist: Stephanie Vallejo



Photographed by: Arash Tebbi
Hairstylist: Stephanie Vallejo

Tinder Fatigue

AN ILLUSION OF ABUNDANCE

“Dating is a probability game. A game that involves shedding your socially acceptable façade and opening up your heart to a person and asking that them to love you with warts and all. However, in the modern era of digital inter-webs, there is an abundance of potential mates waiting for you at your fingertips.”

By: Jenny Hu

Dating is a probability game. A game that involves shedding your socially acceptable façade and opening up your heart to a person and asking that them to love you with warts and all. However, in the modern era of digital inter-webs, there is an abundance of potential mates waiting for you at your fingertips through apps such as Bumble, Tinder, Coffee Meets Bagels, and Hinge. All at your disposal. However, to the individuals who are seeking love and a relationship, it can be challenging to navigate in the ebbs and flows of Tinder surfing.

A Paradigm Shift: From Being Family & Marriage oriented to An “I Don’t Need Nobody” Focus

I would say that the majority of the relationships that exist in your social circles are narrowed down to two things; being at the right place at the right time. If you dated early in your teens or met your significant others at university, then you are probably the lucky ones. But for the rest of us, online dating is our best bet.

According to Jean M. Twenge, an American Psychologist who researches the dating patterns of Gen X (1995-2012) in her book, *iGen*, she stated that there is an abrupt change in teen’s behavioural and emotional states around 2012, where smartphones reign supreme. According to Twenge, there is an upward trend towards individualism, instead of starting a family.

“In general, relationships conflict with the individualistic notion that “you don’t need someone else to make you happy — you should make yourself happy. That is the message iGen grew up hearing.” *Jean M. Twenge, American Psychologist and Author of iGen*

As a result of “I Do Not Need No Man to Make Me Happy” paradigm shift, there is a rejection towards the traditional notion of commitment and relationships. The emphasis on being an independent woman was ingrained within me ever since I was a young child. The sentiment was echoed within my female friendship circles.

We were encouraged to be career-oriented and make a legacy for ourselves, instead of thinking about marriage and relationships in high school. (So, I was reverse-engineered socially when I was younger. Very grateful to my mother for instilling these values.)

When prioritising dating and relationships become second place to my career, it has become more of an add-on, instead of a soul-search. According to two of the founders of Tinder, Sean Rad, and Justin Ma-teen, “the app was designed to challenge and supplant online dating websites by offering a more fluid experience. Tinder was designed to ‘take the stress out of dating’, being a type of ‘game’ that requires less time and emotional investment to play.”

It is encouraged in this day and age, to explore your options, rather than just find someone and stick with them for the rest of your life. Dating in your twenties is especially hard because, as a young adult, you haven’t found your footing yet. I ask myself that question too, How am I able to keep a relationship if I’m not stable myself? Therefore, I needed to work on myself a lot. With the excuse of being busy and being career-oriented, I actively avoided pursuing long-term relationships, rather seek for casual relationships. (Not anymore, because I realised how sad and unfulfilling they are in the end.)





tinder

Barry Schwartz, author of "The paradox of choice: Why less is more?", said that what's modern about modern society is that we have the ability to exercise one's freedom, and to do so, we have to maximise choice.

"The reason for this both that freedom is, in and of itself, good, valuable, worthwhile, essential to being a human, and because if people have freedom, then each of us can act on our own to do things that will maximise our welfare, and not one has to decide on our behalf. The way to maximise freedom is to maximise choice." - **Barry Schwartz, The Paradox of Choice**

Now, how does Barry Schwartz's concept, Paradox of Choice factor into mobile online dating, you may ask? Isn't it good to have an abundance of candidates at your disposal?

Well apparently, it creates the opposite effect. The more candidates that gets presented to anyone via the online dating apps, the more desensitised they will get.

"One effect paradoxically produces paralysis rather than liberation. With so many options to choose from, people find it very hard to choose at all. The second is that if we manage to overcome the paralysis and make a choice, we end up second-guessing ourselves and wonder if we can find something better."

Although with me, I never had the nerve to date a lot of people simultaneously. Rather, I pick one person that I have a great conversation with and see what happens from there until the relationship runs its course. Apparently, I was doing dating wrong. I was supposed to keep my options open and talk to other people to foster ongoing connections, rather than focusing on one. Sometimes, I was naïve enough to believe that the other person was only talking to me, but in actual fact, they are also keeping their options open. It left me cynical in the end as I realised dating has always been a number's game, rather than an avenue to meeting people and cultivating relationships.

Pronk and Desnissen, who are Dutch psychologists explain that having an extensive amount of choice can produce adverse effects and is actually detrimental to your life - it causes "Tinder fatigue."

"There is some indirect evidence that having more choice in the domain of dating also has negative consequences. For example, when asked to pick the best partner, access to more partner profiles resulted in more searching, more time spent on evaluating bad choice options, and a lower likelihood of selecting the option with the best personal fit. Likewise, when a choice set increases, people end up being less satisfied with their ultimate partner choice and more prone to reverse their decision."

Although, to the folks who are looking for something serious, finding a partner with high compatibility is low, which unintentionally creates an illusion of 'abundance.'

Generally, romantic relationships are hard, no matter what avenue you decide to take. Dating apps just make it easier to meet someone. Finding someone who has the right intention and compatibility as you, can seem improbable. You can find anyone attractive- when you have your initial meeting- the way they dress, the scent of the clothes, and their physique. The problem with dating apps is that they reduce a person to just merely a picture and three-line bio and only take a swipe to message and meet a person. It's low effort and efficient.

When in actuality, it requires time and commitment to get to really know someone's heart and soul of a person. Due to our (former) fast-paced lives and constant busyness, dating apps may be a good avenue to meet people, however, it makes us cherish relationships and commitment less, trading them out for non-committal casual hookups.

Although my days of swiping may be over, for now, it won't be long until I download the app again.



SNEAK PEEK: CELEBRITY HOMES UNLOCKED

KANYE WEST'S

ORIGINAL BACHELOR PAD

Kanye West's first home in the Hollywood Hills, where he lived for almost 15 years, is for sale. Its clean and sophisticated architecture and jetliner views are the vibes that seem to be abundant in Kanye's style. It is listed at \$3.699 million.

It was in 2003 that West emerged as both a solo rap artist and producer and began to chart both simultaneously. It was when 'Slow Jamz' went to No.1 across all three Hot 100, R&B, and Rap charts, becoming West's very first chart-topping song. It was also the year Kanye bought his charming bachelor pad for \$1.75 million.

With hardwood floors, high ceilings, smooth Venetian plaster and abundant natural light, Kanye's former house is complete with ocean and city views from every room. It is filled with sun-drenched formal living spaces, a media room, a primary suite and an ensuite bedroom with a deck. The veranda begs for candle-lit dinners overlooking the twinkling city lights below.

West's interest in architectural style has always been as strong as his interest in music and fashion, all of which he places under the umbrella of creativity and art. Minimalistic and somewhat stark in poured concrete and clean lines, West's preferred architectural-style preferences seemingly have not changed much from his original bachelor pad 18 years ago to the \$57 million Malibu Beach house he recently purchased. Kanye's new house was designed by Japanese architect Tadao Ando constructed with 1,200 tons of poured concrete and 200 tons of steel reinforcement.

Forty-four-year-old West hit the ground running in 2004 as an award-winning rapper with his album *The College Dropout* and has never had time to look back. His rap music has gained him wealth and status, but astute in the ways of the world, Kanye branched out into business, fashion designing, singing and record producer. Now divorced from Kim Kardashian, both admired and vilified for his outspoken opinions, Kanye will likely remain a popular voice and style-setter long into the future.

West's former bachelor pad with spectacular views is co-listed with Myles Lewis at Compass and Skye Louise Lamb at Premier Realty Services.

Source: www.compass.com

Photo Credit: Jack Spitzer | Source: TopTenRealEstateDeals.com





CORRECTING THE MISTAKES OF *Makeup past*

By Chi de Jesus

One of the nicest things to do is go down memory lane by looking at your old photos to remember the wonderful moments of past occasions. But how many of you out there have found yourself looking at photos of yourself with your face lighter than the rest of your body or appearing a bit grey or ashy? This total buzzkill is what usually happens when you aren't careful putting on make-up. So, what should you do?

Let's identify the culprits first. These make-up eyesores commonly happen with the application of three products – foundations, concealers and face powders. Aside from the incorrect application, chemical contents and other ingredients can be contributory to deconstructing your beautiful face.

THE GRAY FACE. This happens to a lot of women who usually like their foundation colours lighter than their actual skin colour. (That's why whitening products are a smash hit in Asia.) Remember that you have to know your undertones first to better guide you in choosing your foundation colours – some may have cool undertones, some warm and others neutral. Applying a foundation that is not within your skin tone range, makes your face look ashy or grey, especially with flash photography.

SOLUTION: Learn how to identify your actual skin tone. The easiest way to do it is by looking at the veins on your wrist – if its blue, then you have a cool undertone and if its green, you have a warm undertone.

THE WHITE FACE. So, you've seen the photos from your cousin's garden wedding last spring and you notice a white face standing out from the crowd – yours. Though you remembered a lot of people appreciating your make-up, you wonder why this happened?

THE REASON: Sunscreen. Check if your foundation or concealer has titanium dioxide or zinc oxide. These components protect the skin by reflecting the rays of the sun – it does the same to artificial light from flash photography.

SOLUTION: Do not use make-up with sunscreen when there's a guarantee that there will be flash photography. If you can't do away with it, make sure that your foundation is evenly applied to skin that's exposed. Remember that your neck, chest and sometimes your shoulders are still considered part of what make-up should reach in situations like this.

THE BLOTCHED FACE. This is a result of make-up flashbacks caused by powders with the component silica – effective in diffusing light. It can be found in powders used for finishing the make-up look like the HD powder. In flash photography, this powder reflects light making the areas where it was applied more pronounced than the rest of the face making it appear a bit blotchy.

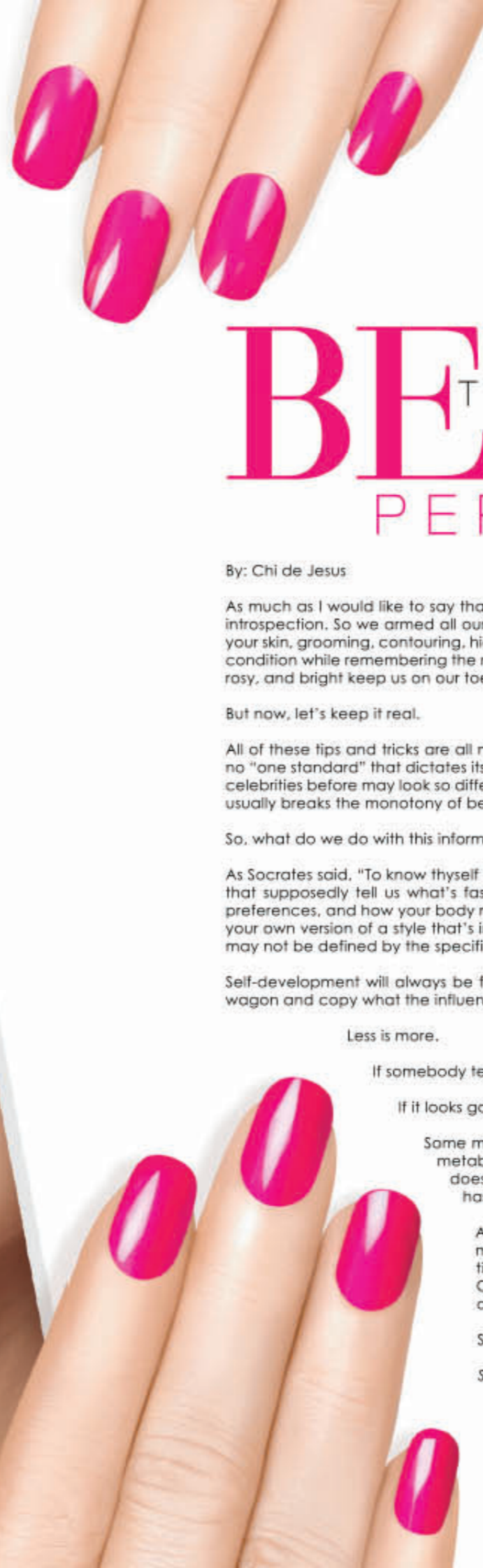
SOLUTION: The statement "less is more" applies to this make-up innuendo. These powders may be a good life diffuser to the naked eye hiding imperfections and mattifying the skin but could stand out in a make-up look with flash photography. Apply sparingly – only to necessary areas and if you feel you've just went to town with it, get a clean powder brush and start brushing the face to knock off excess powders before it fuses with the skin.

THE SHINY FACE. Yes, the healthy glow will always be in. But glowing is different from looking shiny, bordering on oily. This is caused by using too much shimmer from highlighters. The statement that "if your highlights can't be seen from the moon, you haven't applied enough" may have spread when the products went viral with every beauty social media influencer using it and attesting to how fabulous they look.

But unless it's a look for a music video or a sci-fi movie that you're making, I suggest you refrain from using it as a face powder. Too much highlight makes the skin look tired and sagging especially in summer. Again, "less is more". There's still time to update those momentous photos with new memories wearing the correct make-up. So start practicing and updating your products because it's never too late to do it the right way.

Source: *The Australian Filipina*





BE^{THE}BEAUTY PERSPECTIVE

By: Chi de Jesus

As much as I would like to say that we had a fabulous year, I know that most had to settle with the company of introspection. So we armed all our readers with updated knowledge on being stylish, finding the correct hues for your skin, grooming, contouring, highlighting, puckering up, and smoking it out based on your own skin, shape, and condition while remembering the most important rule – keep it healthy. Healthy is beautiful. Thus the words supple, rosy, and bright keep us on our toes to strive for that perfect look... at least your own perfect.

But now, let's keep it real.

All of these tips and tricks are all meant for you to understand an important perspective in beauty – that there is no "one standard" that dictates its identity because it changes all the time. The beauty queens, supermodels, and celebrities before may look so different from the women who represent beauty these days. A woman's uniqueness usually breaks the monotony of beauty standards that society may have followed for several years.

So, what do we do with this information?

As Socrates said, "To know thyself is the beginning of wisdom." Before getting swept away by the waves of trends that supposedly tell us what's fashionable, understand first who you are – what's your lifestyle, what are your preferences, and how your body reacts to the elements around you. Which only means that you will always have your own version of a style that's in fashion, a concept may not be taken as is but as you can wing it, and a look may not be defined by the specifics but by the general "feel."

Self-development will always be fun especially if you are doing it for yourself. So, before you get on the bandwagon and copy what the influencers are doing online remember some very important facts:

Less is more.

If somebody tells you that you have to suffer for fashion, she must be selling you something.

If it looks good on you, there's always a look for less.

Some may say that it only goes for naturally beautiful women or those with a fantastic metabolism. If scrolling up and reading from the top does not do it for you, this writer does not discount the fact that what mother nature did not provide, father science has something to help you tweak things in your favour.

And as a final note, as my idol, Kevyn Aucoin used to say, "No amount of make-up can mask an ugly heart." I believe that keeping yourself naturally beautiful allows more focus on who you really are and what you are actually saying. One's purpose and advocacy become the more beautiful aspect of who you are. If there's none, then Kevyn hit the nail on the head.

So, enjoy the rest of the year with a new perspective on beauty.

Source: *The Australian Filipino*

A woman with long brown hair, wearing a white wide-brimmed 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.

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