

STAR

CENTRAL

HOW TO TAKE
**CAREER
RISKS**

EIGHT WAYS TO TAKE RISKS
THAT ACTUALLY PAY OFF

May 2023

Find out more about
Raymond
MOWLA

ONE ON ONE WITH THE ARTIST AND MUSIC PRODUCER

TABLE OF CONTENTS

- 6 **Fashion Season:** Effective insider tips on prepping for the Australian fashion week.
- 10 **Motivation:** Seven tips to increase your energy and live a happier, healthier, more productive life.
- 12 **Modelling:** Six ways to boost your confidence in the modelling world.
- 14 **Music:** Six pr tips for independent artists.
- 26 **Business:** How risk-taking can lead to unexpected opportunities.
- 28 **Feature Story:** Meet Peter Jang - a true journeyman through many aspects of the film industry.
- 32 **Wellness:** Ten simple yet effective tips to make weight loss a lot easier in 2023.

20
Cover
Raymond
Mowla

Get to know one of the rising stars to watch out for in 2023



OPENING REMARKS



As a publication dedicated to discovering emerging talents, I believe it is our responsibility to support and nurture the next generation of artists. We have a unique opportunity to provide a platform for up-and-coming musicians to showcase their talent, and I am proud to say that we are committed to doing just that. Music has the power to move people in profound ways, to connect us to each other, and to inspire us to be better. And we believe that everyone deserves the chance to be heard. I want to extend my gratitude to all of the emerging musicians and talents who are working hard to make their dreams a reality. Your dedication and passion inspire us all, and we are honored to play a part in your journey.

Mike Ilagan
Managing Director



28 Introducing Peter Jang
A true multi-hyphenate and journeyman through many aspects of the film industry.



How to get fashion-week ready Pg. 6

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EDITOR'S NOTES

We have some exciting topics to share with you in this edition of StarCentral magazine. First, we feature Raymond Mowla, one of the rising stars to watch out for in 2023. Mowla's innovative ideas and drive for success have earned him recognition as a rising star in the music world. We're excited to see what he will accomplish in the coming year.

Next up is Peter Jang, an up-and-coming talent to watch in 2023. Jang's passion for music and undeniable talent has caught the attention of industry experts and fans alike. We can't wait to see where his career takes him in the coming months.

This issue also offers tips to increase your energy and live a happier, healthier, more productive life. We understand the importance of self-care and wellness, and we hope these tips will inspire you to prioritize your well-being. Additionally, we provide PR tips for independent artists looking to promote their music and build their brands. We understand the challenges independent artists face in a highly competitive industry, and we hope these tips will help them succeed.

Finally, we share strategies to turn adversity into opportunity. Life is full of challenges, and we believe that it's how we respond to those challenges that defines us. We hope these strategies will inspire you to overcome adversity and achieve your goals. We hope you enjoy our latest issue, and as always, thank you for your support.

Victoria Cruz
Editor-in-chief

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Effective PR tips for independent artists Pg. 14



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Fashion WEEK

GET FASHION WEEK READY

Fashion week season is just around the corner, and you don't want to miss out, queens! Prepare your bold shoes, statement sunglasses, and gather your best group of friends. No matter if you'll be sitting front row or attending one of the talks about the future of fashion, we've got you covered.

Australian Fashion Week (AFW) is one of the most anticipated events in the fashion industry in Australia. It's an excellent opportunity to showcase your brand, connect with other designers, and be seen by buyers, press, and fashion enthusiasts. If you plan on participating in AFW, organizing everything beforehand is essential to ensure a smooth and successful show. This article will discuss preparing for Australian Fashion Week, including preparing your collection, building a team, and promoting your brand.

Prepare your Collection

Preparing your collection is the first step in getting ready for Australian Fashion Week. Your collection should be unique and creative and showcase your signature style. You must have a distinct vision of what you want to showcase and convey through your designs. Below are some handy tips to assist you in preparing your collection:

Research and Inspiration

Research is an essential part of designing a collection. You must be up to speed with the latest fashion trends and understand your target audience's wants. Spend time browsing fashion magazines, blogs, and social media platforms to gather inspiration for your collection. Create a mood board that reflects your vision and use it as a reference for designing your pieces.

Set a Theme

Once you have gathered inspiration, choose a theme for your collection. Your theme should be consistent throughout your designs and showcase your creativity. Think about the potential story you want to tell with your collection and how you want your designs to make your audience feel.

Create a Cohesive Collection

Your collection should be cohesive and flow together. Each piece should complement each other and create a consistent narrative. Consider using similar colors, fabrics, and patterns to create a coherent look.

Choose the Right Pieces

Choose the right pieces to showcase in your collection. You need a mix of statement pieces and everyday wear that will appeal to buyers and customers. Make sure that your collection is balanced and caters to a variety of tastes.

Build your Team

Preparing for Australian Fashion Week can be overwhelming, so building a team that will support you throughout the process is essential. The following are some tips on building your team:

Hire Professional Models

Professional models can bring your designs to life and give you an idea of how they will look on the runway. Choose models that fit your brand aesthetic and have experience walking the runway.

Hire a Professional Hair and Makeup Team

Your hair and makeup team can make or break your show. Choose a team that understands your vision and can create looks that complement your collection.

Hire a Professional Photographer and Videographer

A professional photographer and videographer can capture your show and create content that you can use to promote your brand. Choose a team with experience shooting fashion shows and understanding how to showcase your designs.

Promote your Brand

Promoting your brand is essential to attract buyers, press, and fashion enthusiasts to your show. Below are some handy tips on how to promote your brand:

Create a Press Kit

Create a press kit that showcases your collection and brand. Your press kit should include high-quality images of your designs, a press release highlighting your brand story and collection, and contact information for interviews and inquiries.

Reach out to Influencers and Bloggers

Influencers and bloggers can help promote your brand and create buzz around your show. Reach out to influencers and bloggers that fit your brand aesthetic and invite them to your show.

Host a Pre-Show Event

Hosting a pre-show event can generate excitement and create a buzz around your brand. Invite buyers, press, and influencers to your event and showcase your designs. Offer refreshments and create an ambiance that reflects your brand aesthetic.

Utilize Social Media

Social media is an incredible tool that can help you promote your brand before, during, and after Australian Fashion Week. Use social media platforms such as Instagram, Twitter, and Facebook to share sneak peeks of your collection, behind-the-scenes content, and live updates from your show. Use relevant hashtags and tag AFW to increase your visibility and reach.

Follow up with Buyers and Press

After your show, it's essential to follow up with buyers and the press that attended your show. Send a thank-you email or note and include your press kit and lookbook. Provide information on how to place orders and where to find your collection.

In conclusion, preparing for Australian Fashion Week requires creativity, organization, and hard work. To prepare for AFW, you must prepare your collection, build a team, and promote your brand. Following the tips outlined in this article, you can create a successful show showcasing your unique style and attracting buyers, press, and fashion enthusiasts. Always stay true to your core vision and have fun with the process. Good luck!



FIVE TIPS TO LIVE A *Happier* HEALTHIER LIFE

Living a happy life is a universal goal that every person aspires to. But happiness is not just a feeling; it is a state of being that requires a conscious effort to achieve. Here are some tips on how to live a happy life:

Practice Appreciation: Appreciation is the practice of being thankful for the good things in your life. When you focus on the positive parts of your life, it becomes easier to find happiness and contentment. Make it a habit of listing down three things you are thankful for in your day-to-day existence. This will help you appreciate the good stuff throughout your life and shift your concentration away from negativity.

Develop Positive Relationships: A solid relationship with family, friends, and loved ones is essential to living a happy life. Positive relationships provide us with emotional support, a sense of belonging, and a source of happiness. Invest time and effort in building and maintaining positive relationships, and avoid toxic or negative ones that drain your energy.

Take Care of Your Health: Taking care of your health is crucial to living a happy life. Eat a solid eating regimen, work out consistently, and get sufficient rest. Taking care of your physical health will make you feel more energized and positive, contributing to a happier life.

Pursue Your Passion: Seeking after your passion is quite possibly one of the most rewarding ways to find happiness in life. Whether it's a hobby or a career, doing something you are passionate about gives you a sense of purpose and fulfillment. Pursuing your passion allows you to tap into your creativity, learn new skills, and make progress toward your goals.

Be Mindful: When you are mindful, you know your thoughts and emotions without judgment, and you can better manage stress and anxiety. Integrate mindfulness into your routine by taking a few seconds to breathe deeply and shift your focus on the present moment.

Give Back to Others: Helping others is a powerful way to find happiness in life. When you give back to your community or volunteer to help others, you experience a sense of purpose and fulfillment. It also provides an opportunity to connect with others and build positive relationships.

Practice Self-Care: Self-care is about looking after our emotional, mental, and physical health. It involves setting boundaries, prioritizing your needs, and doing activities that promote relaxation and rejuvenation. Practicing self-care helps you maintain a healthy balance and avoid burnout, contributing to a happier life.

In conclusion, living a happy life is not about accumulating wealth or material possessions; it's about finding joy in the simple things in life. You can live a happy and fulfilling life by practicing gratitude, developing positive relationships, taking care of your health, pursuing your passion, being mindful, giving back to others, and practicing self-care.



6 WAYS TO BOOST YOUR CONFIDENCE IN THE

Modelling Industry

The modelling industry requires a high level of confidence. Whether you are just a beginner or have been in the industry for years, it is essential to maintain a positive outlook and a sense of self-assurance. However, this is easier said than done, especially with the pressure to always look and perform your best. We'll discuss ways below how to boost your confidence in the modelling industry.

Know your strengths

One of the most vital things to do when working in the modelling industry is to know your strengths. Whether you can pose, your runway walk, or your facial expressions, identify what you do well and focus on those aspects of modelling. By honing in on your strengths, you can perform at your best and feel more confident in your abilities.

Practice, practice, practice

Another way to boost your confidence is through practice. The more you practice, the more you feel at ease and assured in front of the camera or on the runway. Take the time to practice different poses, facial expressions, and walking styles. The more you do it, the more natural it will feel and the more confident you will become.

Surround yourself with positive influences

Surrounding yourself with positive influences is essential for maintaining a positive outlook. This can include other models, photographers, or even family and friends. Surround yourself with positive, motivating individuals, and avoid those who bring you down. Keep in mind that your mental health is just as vital as your physical health, and surrounding yourself with positivity can go a long way in boosting your confidence.

Take care of yourself

Taking care of yourself is crucial for feeling confident in the modelling industry. This includes getting enough sleep, eating a healthy diet, and exercising regularly. When you feel good physically, you will feel good mentally, reflecting on your work.

Learn to handle rejection

In the modelling industry, rejection is a common occurrence. Not every audition or job will go your way, and learning how to handle rejection is essential. Rather than dwelling on the negative, use rejection as an opportunity to learn and grow. Look for constructive criticism and use it to improve your skills.

Be true to yourself

Finally, it is essential to be true to yourself in the modelling industry. While it is important to take direction from photographers and designers, don't lose sight of who you are as a person. Be confident in your own style and personality, and let it shine through in your work.

In conclusion, the modelling industry can be a challenging and competitive field. Still, by focusing on your strengths, practicing regularly, surrounding yourself with positivity, taking care of yourself, learning to handle rejection, and being true to yourself, you can boost your confidence and achieve success. Remember that confidence is critical, and with the right mindset, anything is possible.



SIX PR TIPS FOR *Independent* ARTISTS

As an independent artist, it can be challenging to get your music heard in today's crowded music industry. While social media has made it a lot easier to reach a wider audience, it can still be difficult to cut through the noise and stand out from the crowd. That's where public relations (PR) comes in. PR can help you build your brand, get your music heard, and attract new fans. Here are some PR tips for independent artists.

Define Your Brand

Before you start pitching your music to the media, you need to define your brand. Who are you as an artist? What is your music all about? What sets you apart from other artists? Providing an answer to these questions will help you establish a unique brand that will make you stand out in the crowded music industry.

Build Your Press Kit

Once you have defined your brand, it's time to build your press kit. Your press kit should include your bio, press photos, album artwork, and any other information that will help journalists and bloggers write about your music. Your press kit should also include links to your music and social media profiles.

Pitch Your Music

Now that you have your press kit, it's time to start pitching your music to the media. Start by researching blogs, magazines, and radio stations that cover your genre of music. Make a list of the journalists and bloggers you want to pitch to and start reaching out to them via email subscription or social media.

When pitching your music, be sure to personalize your pitch. Demonstrate that you have actually done your research and that you are familiar with the journalist's work. Also, make sure to include a link to your music and press kit.

Collaborate with Other Artists

Collaborating with other artists can assist you when it

comes to reaching new audiences and build your brand. Look for other artists who have a similar sound or audience as you and reach out to them about a collaboration. Collaborating can be as simple as featuring on each other's tracks or as complex as creating a joint EP.

When collaborating, make sure to promote each other's music on social media and include links to each other's music in your press kit.

Leverage Social Media

Social media is a powerful tool for independent artists. It allows you to connect with fans, promote your music, and build your brand. Make sure to create profiles on all the big social media platforms such as Instagram, Twitter, and Facebook.

When using social media, be sure to engage with your fans. Respond to comments, repost fan content, and share behind-the-scenes glimpses of your life as an artist. This will help you build a loyal fan base and create a community around your music.

Attend Industry Events

Attending industry events such as music festivals, conferences, and showcases can help you network with other artists and industry professionals. These events are also a great way to get your music heard by new audiences.

When attending industry events, make sure to bring business cards and your press kit. Network with other artists, industry professionals, and fans. You never know who you might meet!

In conclusion, PR is an essential tool for independent artists looking to build their brand, get their music heard, and attract new fans. By defining your brand, building your press kit, pitching your music, collaborating with other artists, leveraging social media, and attending industry events, you can definitely take your career to the next level.



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**PEDRO
VIRGIL**
P H O T O G R A P H Y



INTRODUCING Raymond MOWLA

Raymond Mowla's artistic journey began with a simple aspiration - to record a single and leave a mark in the music industry. However, little did he know that this small ambition would grow into something much bigger than himself.

Through sheer determination and hard work, Raymond Mowla has transformed his personal project into a thriving organization that invests in the development of other aspiring artists. Collaborating with various producers, artists, photographers, and creatives, his journey has been a remarkable one, characterized by exponential growth and an unwavering commitment to excellence.

From releasing 'one track a month' with the help of a producer in 2019, Raymond has progressed to producing his own music and releasing close to 'one track a week', alongside multiple albums each year in 2022. This impressive trajectory has not only propelled Raymond's career to new heights but also allowed him to help other budding artists achieve their dreams.

Throughout his journey, Raymond has gained valuable insights and developed a deep appreciation for artists who are more interested in improving their craft and learning from one another rather than just seeking fame. His collaborations have spanned across various genres, including Gospel, Hip Hop, Rap, R&B, Soul, and Reggae, a testament to his versatility and willingness to experiment with different styles.

Despite his many achievements, Raymond remains grounded and committed to using his success to uplift others. Through his organization, he seeks to inspire and empower the next generation of artists, providing them with the tools, resources, and support they need to succeed in the competitive world of music.

Raymond Mowla's journey from a simple aspiration to record a single to becoming an influential figure in the music industry is a testament to the power of hard work, perseverance, and a deep passion for one's craft. Through his dedication and commitment to helping others, he has cemented his place as a true role model for aspiring artists everywhere.

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

How did you get started in the music industry? How were you 'discovered'?

I've loved music all of my life. I had a few cousins who were DJs who introduced me to a wide variety of music since I was maybe as young as ten years old. That love grew over the years as I listened to other artists, saw the expression of their creativity, and marvelled at this way of expressing yourself in so many ways I never thought possible. But my real ascent to actually recording my own track came through my Christian faith. I was definitely late to answering the call, starting out with my first single in 2019 in my thirties called "The Coming Storm." I literally thought that was going to be the way I satisfied this itch and then simply moved on. Over seven albums later, and with over a hundred accumulated individual songs, I think it's safe to say that I've officially let the cat out of the bag and there's no putting him back in. That first song was almost prophetic in more ways than I would've ever imagined.

What do you like the most about music?

Music captures feelings; it carries messages in blatant ways, and also in secret codes. Music is like starting a painting with colours and texture and never quite knowing what the end will be until you arrive there. I especially love the process of writing and finding unique ways to tell a story. It's an artistry of stringing together words, phrases, proverbs, and moreover a beat, but then also coming up with creative designs to try to communicate that through the designs of your track or album covers. All the individual pieces add something to the final experience. I love the challenge of my own creativity, and I've definitely seen growth in it over the years.

Can you tell us more about producing music for other artists?

By the time I wrote my second song, I had found an inner desire to express something that was in me but was inexpressible. In the grand plot of what could only be described as divine planning, I was introduced to a singer who was able to articulate that musical expression I was hoping to release. So I began writing lyrics for her, Tonisha Dumaresq, to record with me as a featured artist. In the months and years to follow, I began finding new creative expressions within me that continued to be met with divine introductions to other new features. I now write and produce music for more than ten feature artists – though I should clarify that some of them do write their own music for features too.

What sort of person is going to love your music?

Anyone who loves Hip Hop, R&B, or Soul music with a message is going to vibe out to my music for sure. There's such a diversity of instrumentals and vocal styles, it's impossible to not find at least five songs that make your own top ten playlist.

What inspires you to be creative?

Hope. All of my music addresses real-life struggles coupled with an underlying message of hope to inspire people no matter where they are on their own journey. In trying to speak as transparently as possible about a wide array of topics, I hope that some listener somewhere in the world will find encouragement and inspiration to persevere.

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

I listen. I listen to the stories from the lives of my friends; I reflect on real-life situations happening or that have happened in my own life, and I sincerely think out the things I observe happening in our culture that I feel need a voice.

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

I attempt to break down the walls that hinder people from seeing God in everyday life. It's my belief that He is already intimately a part of it all. My hope is to give people a lesser-known vantage point that helps them to begin to see Who is already there with them through it all.

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

I think working with three of my features; Tamira Roza, Rayon Anthony, and Daniella "V" Neyra, has been an exceptional gift to me. These three creatives, I think, deserve a place on the billboards! I feel like they inspire me as a producer to constantly sharpen my craft so that I can do justice to who they are as

artists. These are three artists that are definitely going somewhere. I hope that when that time comes, I have done my job to inspire and adequately prepare them to answer the calling of their own destiny.

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

Production has been a vast ocean to learn, and working with other producers quickly taught me how little I know about it all. It's hard to see a song fall flat when you feel like it was your own limitations as a producer that caused that. But luckily, I'm a bit stubborn when it comes to things that I love. So, challenge accepted!

Who is your greatest influence?

I grew up absolutely mesmerized by the lyricism of Nas and his ability to narrate stories that made you feel like you grew up on his block, sat in his situation, felt what he felt, and lived his life. My first time free-styling with my own circle was inspired by listening to his ice-cold beats while trying to tell the story of my own upbringing.

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

Both. Many people are called to things, but you also have to answer the call. So it chose me, and even at this later stage of my life, I'm choosing to answer the call. I meet a lot of talented people who could be doing more with their giftings, but simply because it might never be to the calibre that they envision right now, they fail to invest and begin the process. Whatever comes of pursuing music for me, I'm just happy to have started the process, and I'm thankful that I took the first step, the second, and then the third. If it doesn't amount to anything more than it is at this moment, I still think we've all come pretty far in our development and our community as creatives.

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

I would definitely be a writer. I did publish a biography in 2016 called, "Broken Hearted Joy," which tells the story of how I went from criminal to Christian, but I feel like there are so many other topics to speak on still left in me. I do find outlets for those, too, through blogs and devotional writing within my community, but I feel like there's a book or two still left in me.

What are your future plans?

Future plans? Ummm... does "happen upon a beautiful, driven, Christian songstress and then spend our lives making beautiful music together" sound too corny? [laughs] Truly, I'm just taking one day at a time and enjoying letting the lyrics of my life's story write themselves.

You can check out Raymond's full library via www.raymondmowlamusic.com

"Many people are called to things, but you also have to answer the call. So it chose me, and even at this later stage of my life, I'm choosing to answer the call."



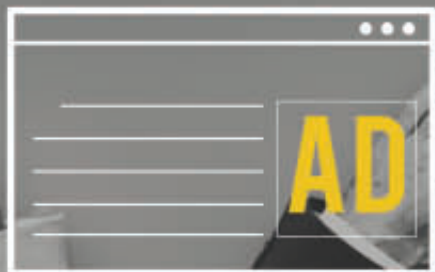
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COMING SOON...

GEQ

ACADEMY

EIGHT WAYS TO TAKE RISKS That Pay Off

Taking risks is an essential aspect of personal and professional growth. Risks come in all forms, from starting a new business venture to speaking up in a meeting. While risks can be intimidating, they can also lead to significant rewards if approached strategically and thoughtfully. Below are some tips on how to take risks that pay off:

Identify your goals and priorities

Before taking any risk, it's essential to understand what you're trying to achieve. Define your goals and priorities and ask yourself if the potential risk aligns with them. Taking risks that don't align with your goals can lead to regret and wasted time and resources.

Weigh the pros and cons

Once you've identified your goals and priorities, it's time to assess the potential risks and rewards. Take the time to list the potential benefits and drawbacks of the risk you're considering. Looking at all the pros and cons can enable you to decide more intelligently and mitigate any negative consequences.

Start small

Taking significant risks can be overwhelming, so it's often best to start small. Begin by taking more minor risks that will help you build confidence and develop your risk-taking muscle. For example, if you're nervous about public speaking, start by speaking up in smaller meetings before moving on to larger ones.

Be prepared

Taking risks requires preparation. Before taking a risk, take the time to research and gather information. Understand the potential consequences and have a plan in place to mitigate any negative outcomes. Being prepared can help you feel more confident and in control.

Embrace failure

Let's face it; failure is a natural part of taking risks. You can build resilience by accepting failure as an opportunity to learn and grow from your experiences. Instead of dwelling on failures, take the time to reflect on what you can learn from them and how you can apply those lessons to future risks.

Surround yourself with support

Taking risks can be scary, but having a supportive network can make all the difference. Surround yourself with supportive people who can see your vision and believe in you and your goals. Seek out mentors or peers who have taken similar risks and can offer guidance and support.

Take calculated risks

While taking risks is important, taking calculated risks is also essential. A calculated risk is one where you've assessed the potential benefits and drawbacks and has a plan in place to mitigate any negative outcomes. Taking calculated risks can help you feel more confident and in control.

Trust your instincts

Finally, trust your instincts. Sometimes taking risks requires stepping outside our comfort zones and trusting our gut instincts. If something feels right, trust yourself and take the risk. Your intuition can be a powerful tool when it comes to taking risks.

In conclusion, taking risks is essential to personal and professional growth. By identifying your goals, weighing the pros and cons, starting small, being prepared, embracing failure, surrounding yourself with support, taking calculated risks, and trusting your instincts, you can take risks that pay off in the long run. Remember that taking risks requires courage, but the rewards can be significant if approached with a strategic and thoughtful mindset.





GET TO KNOW Peter Jang

A true multi-hyphenate and journeyman through many aspects of the film industry, including acting, writing, directing, producing, and stunt work, Peter Jang is the up-and-coming talent to watch in 2023.

Coming off a big win for his award-winning short film MASK, which he starred in and directed, at the 2022 Marina Del Rey Film Festival for 'Best Narrative,' Peter is now ready to tackle his next slew of projects, including his recently wrapped production of SHADOW FORCE directed by Joe Carnahan and starring Kerry Washington, a feature film that is currently in development, as well as a screenplay titled SIMULATION. Along with his current projects, Peter will most recently be a featured panelist at this year's Los Angeles Comic Con for their "The Art of Action – AKA How to be a Badass in Film" special panel.

Peter moved to California from Columbus, Ohio, to pursue his BA in Economics from UC San Diego. Once finishing his time at university, Peter moved to Los Angeles and began pursuing a career in acting/stunt work and absorbing as much information about the industry as possible while getting started. With a background in Taekwondo as a junior Olympian fighter with 5 US National Taekwondo Championship medals and 3 Ohio State Champion titles, Peter was naturally drawn to stunt work as a fight specialist. Peter also excels in wirework, high falls, parkour, air rams, and weapons training (firearms and blades), to name a few. Over his time in the industry, Peter has acted and performed stunt work on multiple big-name projects, including THE SUICIDE SQUAD, THE FOREVER PURGE, BAD TIMES AT THE EL ROYALE, "NCIS: Hawaii," "General Hospital," and "American Horror Stories," to name a few.

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

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

I was born in Columbus, OH, and grew up in rural Delaware, OH. While earning my BA in Economics from The University of California, San Diego, a friend of mine showed me a casting call for extras on a TV pilot being shot in Ocean Beach. I ended up working on the show and had a great time, but I still did not quite understand the industry and that there are real career paths within it.

Years later, I moved to Los Angeles to work at a market research firm, doing extra work and music videos on the side for fun. I started taking acting classes and eventually earned my SAG card by doing extra work. With that, I earned more per hour than my Market Research job and learned I had a passion for acting and filmmaking, so I took the plunge and became an extra full-time.

While on set, I took them as learning experiences, carefully watching every position from lighting to directing, how the crew talked to each other, and how the director talked to the department heads and actors. I fell deeper in love with performing and filmmaking in general. I got to work on everything from no-budget short films to 200 million dollar blockbusters, in every position, from Production Assistant on a fitness video to standing in for months on huge films by JJ Abrams and Michael Mann. In my acting school, I also got to take seminars and Masterclasses from greats like David Mamet and Jim Belushi, as well as winning international screenwriting contests, to which a prize was a screenwriting seminar from Robert McKee. But my largest break in the industry has been through the amazing stunt community. As I started working on bigger and bigger projects, I've had the honor of working with amazing talents within the stunt industry and found a family through blood and bruises.

Finally, I have become a filmmaker myself, and since 2016 I founded and am CEO of Simplicity Pictures, Inc. With four short films and my first feature film on the way, I am just getting started.



What do you like most about acting?

Oddly enough, I see acting as the last leg of my martial arts training. People tend to look at the physical side of martial arts as what defines it, but for me, the way of life, philosophy, and system for self-improvement and enlightenment defines it. I have been a martial artist since eight and have even achieved five national championship wins in Taekwondo. What I love about martial arts is that it has taught me mental toughness, discipline, hard work, and control over mind and body. But what martial arts, and really nothing else I have found, can teach is emotional control. With acting, I love pushing the boundaries of my psychology and emotions and coming back to the center. While entertainment for audiences can inform and change perceptions, it can be transformative and enlightening for the actor, allowing us to embody another person's psychology, learning about our own. I love acting because it allows me to learn about myself and the world through another's eyes.

Can you tell us about your role in Mask?

I play the role of Nick, a combat veteran who suffers from severe PTSD. We find Nick in the boxing gym trying to escape his symptoms by working out while being on hold with the VA and avoiding calls from his wife due to his shame. As the story progresses, we see that Nick's mental illness is causing him to have fits of crying and rage and that he is suicidal. When a mysterious man in the gym confronts him, his worst fears are brought to the forefront, and we watch him struggle with his inner demons.

What sort of person is going to relate this character?

Anyone that has experienced trauma in their life will relate to this character. The human tendency to withdraw and isolate ourselves when we deal with trauma and put on a mask to our friends and family to not be a burden is an experience that most people share, and this piece emphasizes that we should not choose to suffer in silence, and even the strongest of us need help sometimes. The deepest hope of this piece is to let people know that they are not alone and that their lives are worthwhile.

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

Directing and acting on this project was the most challenging aspect since it was so emotionally charged. Going from a complete emotional breakdown, taking off my actor's hat, calming down, and then asking to see and critique the shot was an exercise in emotional control that I love. I live for these kinds of challenges.

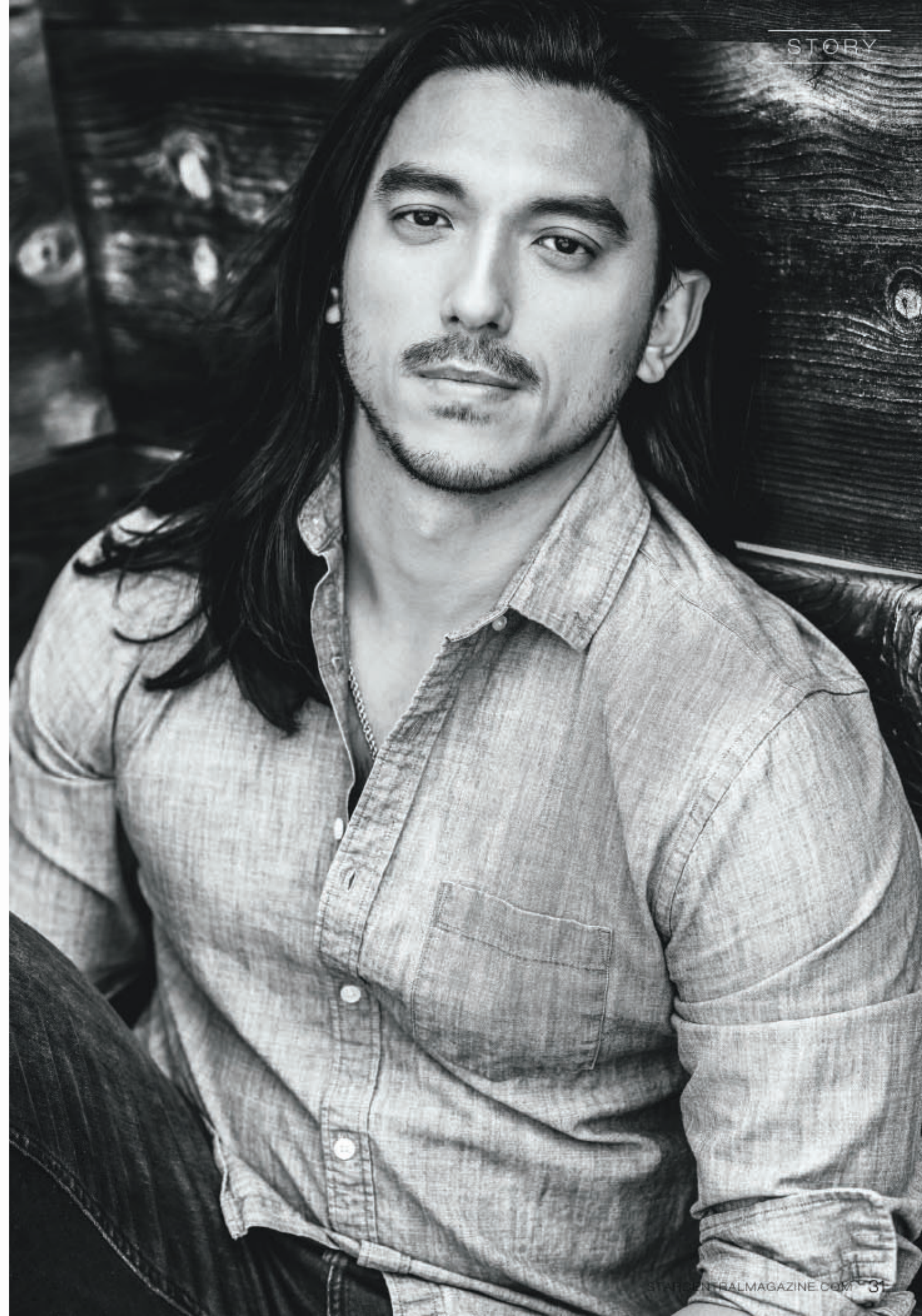
What has been the most memorable experience of your career?

Writing, directing, and starring my own films has the most rewarding experience of my life. It has allowed me to explore the inner workings of my mind, objectively craft those explorations into emotional experiences for my audience and play them out on set while collaborating with artists that expand my perspective. The combination of catharsis and teamwork is addictive, and I am so humbled to be able to commit my career to something I am truly passionate about.

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

I'm looking forward to shooting my first feature film this year, as well as publicly releasing Mask and entering an action short film called Boss Uzi into festivals. Beyond this year, I look forward to further developing my production company Simplicity Pictures, and continuing to make the library of films I have and will write. I hope my work will help change how people see the world and inspire positive change. Aside from my own projects, I am excited to see what opportunities will arise as an actor and stuntman in the years to come. This year, I will appear in three TV shows, one feature film as an actor, and one feature film stunt doubling. I'm looking forward to expanding myself as an artist and look forward to continuing to collaborate with amazing artists around the globe.

Outside of my work, taking care of and creating memories with my parents, sisters, and friends as best I can, travelling around the world, learning at least one other language fluently, getting married, and starting a family are the goals I have for my life. We only get one life, and I plan to live mine to the fullest!





Weight Loss

TIPS: TEN STRATEGIES FOR SUCCESS

A healthy diet is essential for maintaining physical and mental well-being. However, with so much online information, getting started can be challenging. Here are some tips to help you maintain a balanced diet and make healthy dietary choices.

Eat a variety of foods

A varied diet from several food groups makes up a balanced diet. This ensures you get all the right vitamins, minerals, and nutrients your body requires to function properly. Focus on consuming whole foods, including fruits, vegetables, whole grains, lean proteins, and healthy fats.

Reduce eating processed foods and added sugars

These items are frequently high in calories. Sodium and bad fats can often lead to weight gain and other health issues. Limit your intake of processed foods, including sugary drinks, candy, and pre-packaged snacks.

Watch portion sizes

Be mindful of portion amounts to prevent overeating. Use smaller plates, bowls, and cups, and measure serving sizes to ensure you eat the recommended amounts of different foods.

Keep yourself hydrated

Water consumption is crucial for maintaining optimal health. It helps regulate body temperature, flushes out toxins, and keeps your skin and organs healthy. Drink at least eight glasses of water daily and avoid sugary drinks, which can add unnecessary calories and lead to dehydration.

Avoid skipping meals

Overeating and bad food choices later in the day might result from skipping meals. Make sure to eat a balanced breakfast, lunch, and dinner, and consider incorporating healthy snacks in order to maintain your energy levels throughout the day.

Eat mindfully

In order to eat mindfully, you must pay attention to your body's signals of hunger and fullness while also appreciating each bite – enjoy the taste and texture of your food. This might assist you in limiting your intake and selecting healthier foods.

Plan and prepare meals

Planning and preparing meals in advance can help you make healthier food choices and save time and money. Consider batch cooking and meal prepping on the weekends, and keep healthy snacks on hand for when you're on the go.

Choose healthy fats

Healthy fats, including monounsaturated and polyunsaturated fats, are essential for maintaining optimal health. These include foods such as avocado, nuts, seeds, and fatty fish like salmon.

Don't restrict certain foods

Restricting certain foods can lead to cravings and overeating. Instead, focus on moderation and balance, and allow yourself to indulge in your favorite foods in moderation.

Seek professional guidance

If you're struggling to make healthy food choices or have a medical condition that requires a specialized diet, consider seeking guidance from a registered dietitian or another qualified healthcare professional.

In conclusion, maintaining a healthy diet is essential for optimal physical and mental health. By eating a variety of foods, limiting processed foods and added sugars, watching portion sizes, staying hydrated, not skipping meals, eating mindfully, planning and preparing meals, choosing healthy fats, avoiding food restrictions, and seeking professional guidance when needed, you can create a healthy and balanced diet that works for you.

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

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