

MODELLO NUOVO
May Issue

MIM

Brenna Michelle

THIS ISSUE

COVER STORY

*"Finding Inspiration for
Life"*

"On the Go"
Model, Dancer, Public
Speaker and Aspiring
Photographer

DESIGNER CORNER

James Silvrants

FASHION SHOWS

Paper Fashion Show

STYLE YOUR WAY

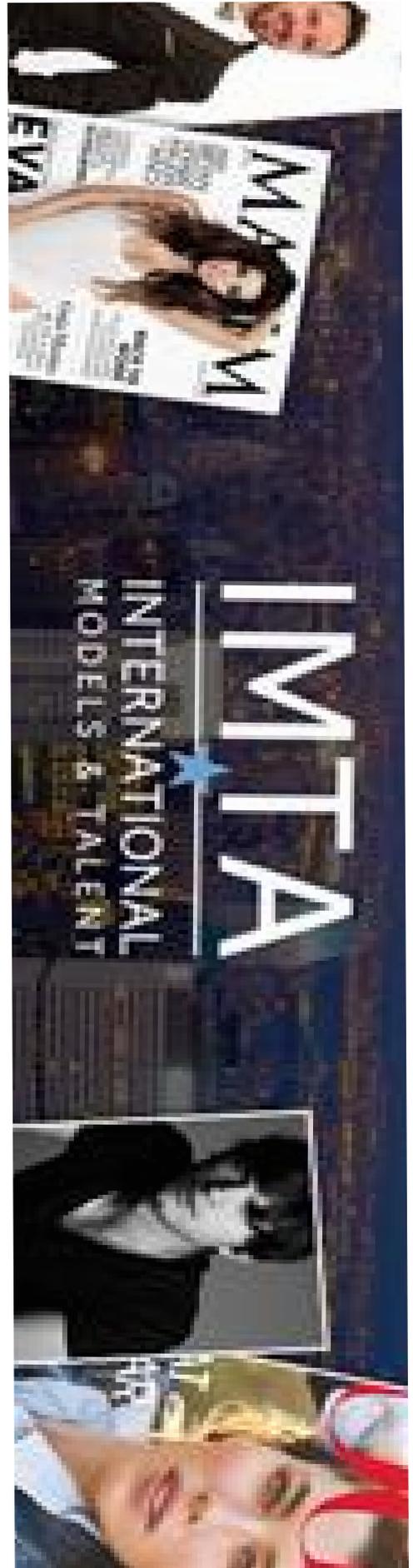
RESTYLE, REFASHION 101





HAVE YOU
DREAMED
OF BECOMING A
MODEL OR ACTOR?

Make That Dream Come True **AUDITION NOW** ▶



IMTA
INTERNATIONAL
MODELS & TALENT

Barbizon ★

Brenna Michelle

Photographer Florence Watts

Rosegal Gown



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ModelloNuovo

Teen Fashion Model Magazine

MISSION STATEMENT

MODELLO NUOVO sets a high standard in support of young professionals making their way in the fashion industry.

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Editor's Corner

What is Modello Nuovo? It translates from Italian to English as New Model. For us, it means more than just new faces. It also means a new way of presenting a fashion magazine. It's about promotion, support, and creativity. It's about recognizing the long commitment that it requires to build a career in this industry. It's about the fashion family.

See in 2001, I found myself in the middle of the fashion world, without any knowledge. My daughter, wanted to be an actress and model. And boy, I learned quickly that I knew nothing about this new world she was entering, but that didn't stop her desire to learn and grow in this new path. Years later, I was doing the same thing for her daughter.

My goal is to offer an option for those who are growing in their careers still. There are talented models, designers, and fashion photographers that work hard and want to build a solid future in the industry.

So, hold on, and join us for a great ride! We hope you enjoy the journey as much as we do.

-Michelle Szynskie,
Senior Editor

BML DESIGNS JEWELRY



Directory Links

Models, Designers, Photographers,
Venues,
MUHA and More!

Head to our print or online directory

SWMT
MODEL AND TALENT AGENCY

DESIGNERS CORNER

Getting to know a designer is like peeling a layer...

On the outside, you see the beautiful results of their talent; the color and detail that for most of us, we cannot even come close to creating. When you get to know them, you learn of the time and energy they put into their creations, which takes a dedication that few can understand. A little deeper and you discover their commitment to being the best of themselves, along with the struggle that comes with being a creative person in a world that still requires paying bills, etc. Even deeper you discover the supporters that have helped them along the way. Finally, after peeling away at all that makes them tick, you find the story, that thing that made them into a designer. Sometimes it's a moment when a lightbulb went off, sometimes it's an evolution of moments. But there's always a story.....

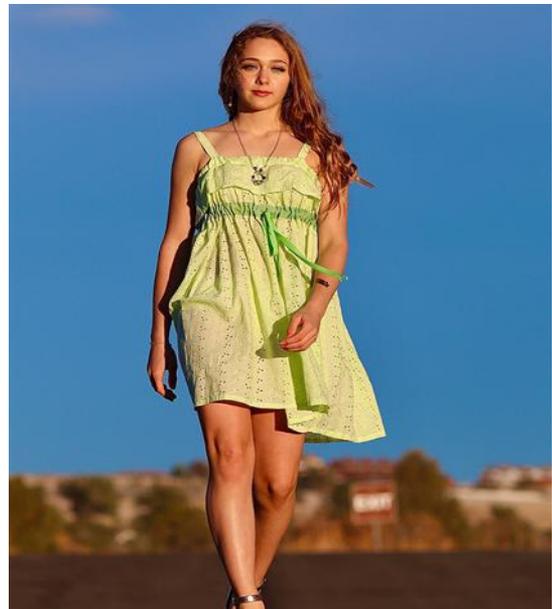


James Silvrants

James Silvrants *JamesETC* started sewing Barbie clothes for his sisters as a kid. As he has grown and developed his talents, he has also become a hair stylist which he has done for more than 40 yrs. He designs cocktail dresses, evening wear and couture.

As a participant in fashion shows of all varieties, he feels one of his strongest talents is working with fabrics. See his designs as well as his creative talents in hair design:

Facebook, @JamesETC/JSR Hair Design

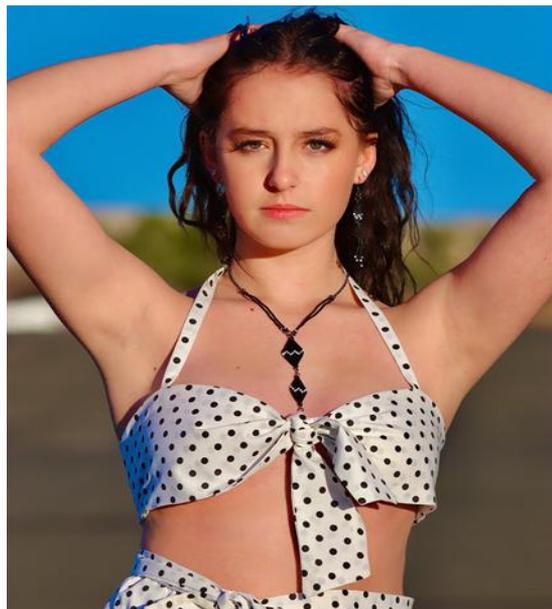


Winter Shoot
Photographer Kaylee Kintz Photography
Fashion JamesETC
Jewelry By BLMDesigns

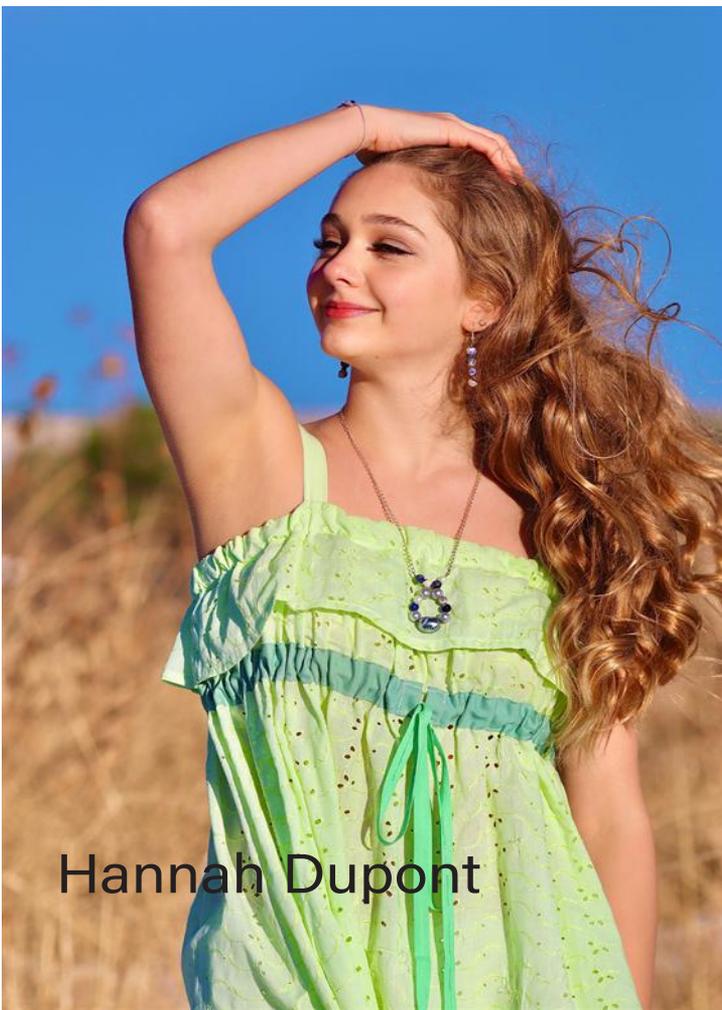
Top Left
Model Hannah Dupont

Top Right
Model Karlee Angelle Watts

Bottom Right
Model Brenna Michelle



Models Hannah Dupont, Karlee
Watts
Photographer Kaylee Kintz
Fashion Designer James Silvrants

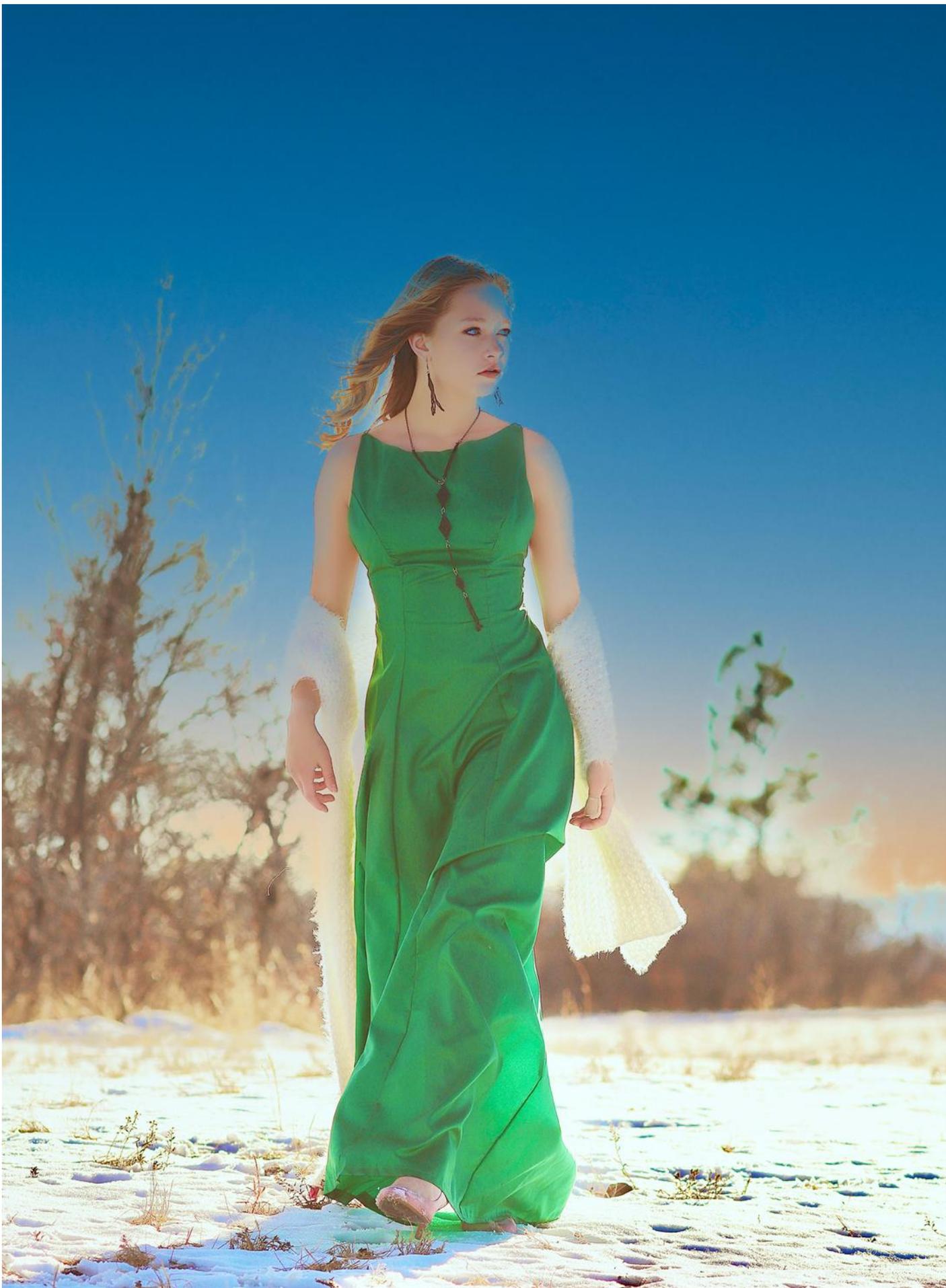


Hannah Dupont



Karlee Angelle





READY FOR YOUR *big break?*

Have you ever
dreamed of
modeling or acting?

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is scouting new faces in Colorado!

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audition today



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SWMT
MODEL AND TALENT AGENCY
ALBUQUERQUE CHARLOTTE DENVER PHOENIX TUCSON

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COVER STORY

MODELLO NUOVO'S 2021 SPOKESMODEL

FIND OUT MORE IN THE PAGES AHEAD!

COVER STORY



Finding Inspiration

It is through inspiration and dedication, that our 2021 Spopkes-model Brenna Michelle Livingston lives her life. She is a dancer, model, actress and aspiring photographer. Although dance started at age 2 for fun, she soon realized dance grew to become a place of emotional and mental escape. When she walked into the modeling and acting classes at John Casablanca, it was really meant to help her with some creative dance classes and some after school acting programs. However, just like dance it didn't take long for her to realize it would become a big part of her life.



Brenna lost her Mom at age 12, and when that happened, it was her love of dance and modeling that really helped her find joy again. Especially when she participated in The Parachute Goddess Project with Embrace Beauty Magazine, a photography magazine by Laylonna Hurley. Her modeling has taken her all over the country, including New York Fashion Week. She has met lots of friends through dance and modeling and plans to keep moving and growing in her career, both in front of and behind the camera.

Brenna truly lives her life on the go. Beyond her creativity, she enjoys being an equestrian, hiking and camping with her Dad, babysitting, being a big sister and hanging out with her friends and family.

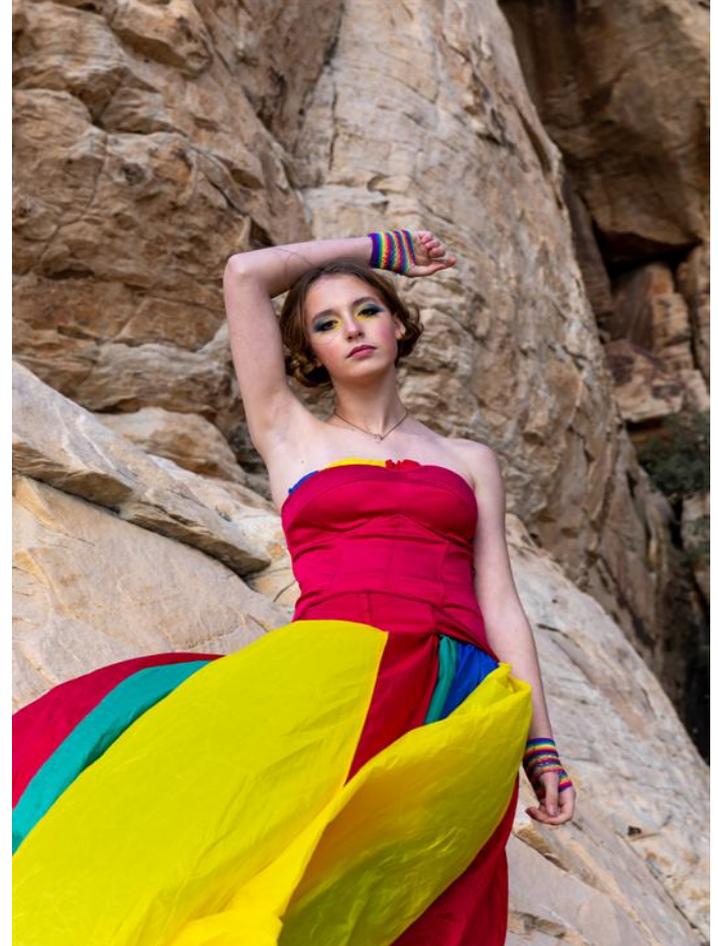




Water Shoot
Athletic Wear, Sugarlulu
Photographer, Bill Murf

Bottom Left, NYFW
Phtoshoot with Artkeh,
Alexander DiMauro

Bottom Right, The Parachute Goddess
Project, Embrace Beauty Magazine
Photographer, Laylonna Hurley





NYFW Society Fashion Week
Hemistry Designs
Photo Credit Getty Images
Jewelry Vanessa Winchester

Oklahoma City Coastal
Fashion Week
Photographer Christina Weeks



FASHION SHOWS

HERE WE WILL FEATURE THE FASHION SHOWS THAT ARE MAKING A DIFFERENCE FOR NEW CREATIVE DESIGNERS AND FASHION PROFESSIONALS.

OUR FIRST FEATURE IS NOT ONLY GIVING AN SHOW TO SOME OF THE MOST CREATIVE MINDS, THEY ARE ALSO PROVIDING A SOURCE OF FUNDING FOR THOSE STUDYING ART AND DESIGN.

PAPER FASHION SHOW



16TH ANNUAL PAPER FASHION SHOW TICKETS ON SALE NATION'S LARGEST PAPER FASHION SHOW

The One Club for Creativity Denver's 16th Annual Paper Fashion Show, the largest show in the nation, which features extravagant fashions and ensembles made by local designers at the The Fillmore Auditorium in Denver, CO. Paper Fashion Show, The One Club For Creativity Denver's largest fundraiser, is a volunteer-run event and features creative talent across Denver and the Rocky Mountain Region. The event highlights paper fashion specifically to showcase the medium's beauty and versatility in a digital-era. This year, 56 designs will be showcased made entirely from paper donated by Neenah Paper, Mohawk, CTI Paper USA, and coordinated by Spicers Paper. These fashions are showcased at the runway show and voted on by a panel of judges, who are top Denver-area designers. "We believe art brings our communities together," said

Michael Garcia, Paper Fashion Show event co-manager. "This event was created in 2004 to elevate Denver art and design to the national level by providing a creative platform that encourages diverse industries to

come together and push artistic boundaries through this exceptionally unique paper fashion medium.” Twenty percent of the proceeds from this event will benefit Downtown Aurora Visual Arts (DAVA). Since the inception of Paper Fashion Show, The ONE Club for Creativity – Denver has raised more than \$62,000 for Downtown Aurora Visual Arts (DAVA). This community organization provides art education and after-school arts programs for urban youths. “In addition to receiving a portion of the proceeds, DAVA students get the incredible experience to participate in the event by designing fashions, modeling, and even judging the entries.” said Kara Taylor, The ONE Club for Creativity – Denver president. “Creating a venue that celebrates both the professional and student’s design perspective is extremely rewarding.” Here’s a sampling of some of the incredible designs from the 15th Annual Show.





HOLLISTER

MODEL BRENNA MICHELLE,
PHOTOGRAPHER FLORENCE WATTS



MODEL CORNER

HERE YOU WILL FIND SOME OF THE MOST
TALENTED 12-19 YR OLDS BUILDING
A FUTURE FOR THEMSELVES IN
FASHION. JUST STARTING OUT
THESE BRIGHT STARS ARE LEARNING
YOUNG THAT TO BUILD A DREAM,
YOU HAVE TO PUT IN THE TIME,
THE PRACTICE, AND MOST
IMPORTANTLY THE HEART!

BEHIND THEM ARE THEIR SUPPORTERS.
THANK YOU TO THE PARENTS WHO ARE
“HOLDING” THEM UP THROUGH THE PROCESS.

Introducing Alissa Moudy Model, Designer



We first met Alissa during New York Fashion Week, while she was there working as a runway model, and with Christina Weeks on the Time Square Parachute Experience. So, we decided to get a little Q&A.

Q-Can you introduce yourself and where you are from?

A-Hello, I'm Alissa Moudy from Lindsay, Oklahoma!

Q-How did you get started in modeling?

A-We saw a post on Facebook and thought it would be fun to try!

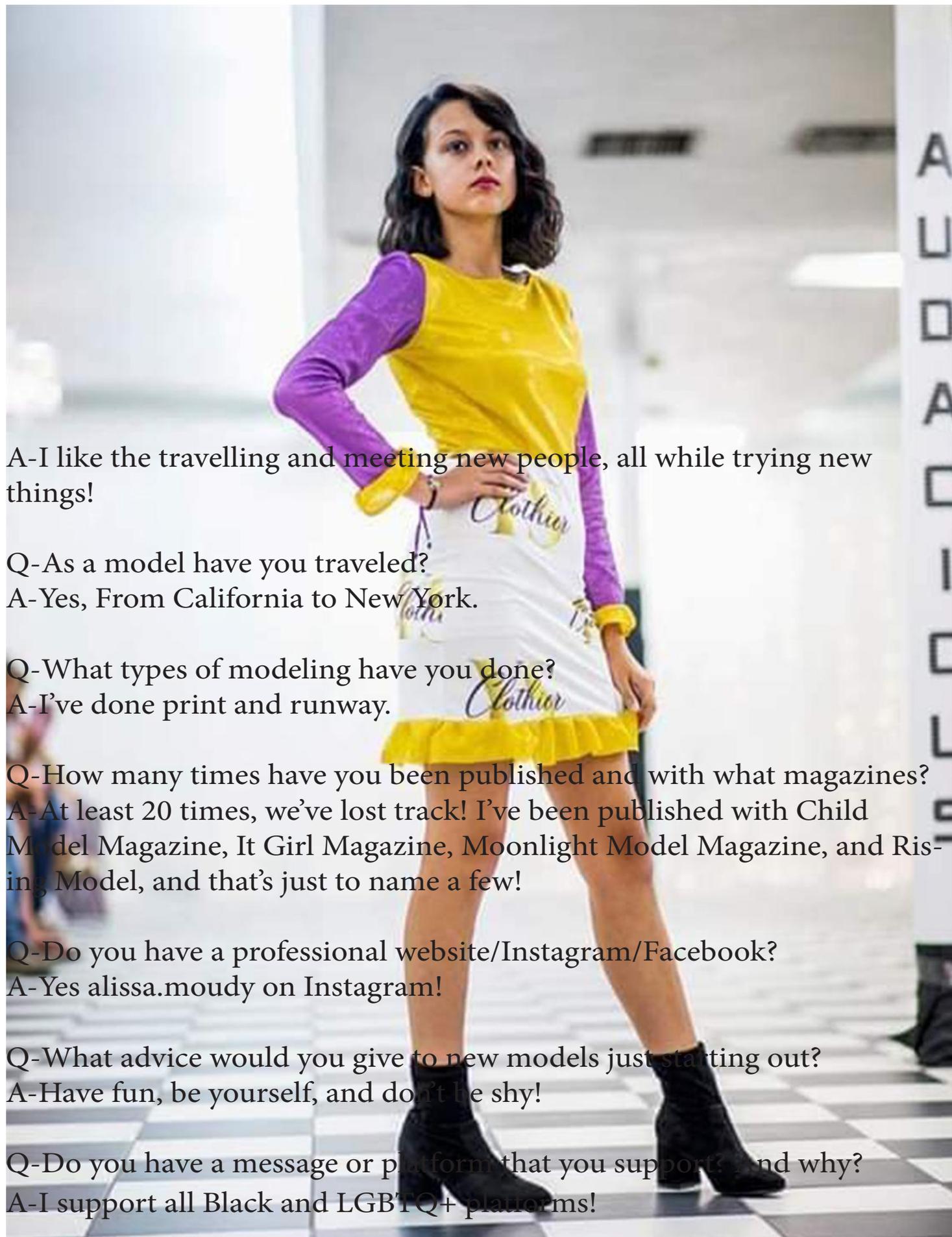
Q-What was your first professional photoshoot like and who was the photographer?

A-It was very short but fun and Garth Griffiths.

Q-How long have you been modeling?

A-For almost 4 years!

Q-What do you like about modeling?



A-I like the travelling and meeting new people, all while trying new things!

Q-As a model have you traveled?

A-Yes, From California to New York.

Q-What types of modeling have you done?

A-I've done print and runway.

Q-How many times have you been published and with what magazines?

A-At least 20 times, we've lost track! I've been published with Child Model Magazine, It Girl Magazine, Moonlight Model Magazine, and Rising Model, and that's just to name a few!

Q-Do you have a professional website/Instagram/Facebook?

A-Yes alissa.moudy on Instagram!

Q-What advice would you give to new models just starting out?

A-Have fun, be yourself, and don't be shy!

Q-Do you have a message or platform that you support? and why?

A-I support all Black and LGBTQ+ platforms!





BML DESIGNS JEWELRY

Custom Pieces For Your
Custom Design



INTRODUCING CADENCE ARCHER

At most any Coastal Fashion Week show you will find Cadence. That's where we met her. She's busy, active and full of spirit. Here's a little Q&A so you can get to know this bright go getter!

Q- Can you introduce yourself and where you are from?

A- My name is Cadence Archer and im from Mobile Alabama.

Q- How did you get started in modeling?

A- My mom was looking for like things for me to try like theater and stuff like that and asked if I wanted to try out modeling and I have been doing it ever since.

Q- What was your first professional photoshoot like and who was the photographer?

A- I was really shy and nervous my first photoshoot I didn't really talk much but it was a lot of fun and I met so many new people and the



photographer was Lance Boggan

Q- How long have you been modeling?

A- Ive been modeling for about 4 or 5 years now

Q- What do you like about modeling?

A- I like all the opportunities you get and all the different experiences and people you meet and things you learn about like networking and making connections and things like that

Q- As a model have you traveled?

A- Yes, Ive been to New Orleans, New York, Atlanta, Tennessee, Miami, Destin, Texas, and more other places.

Q- What types of modeling have you done?

A- Ive done runway, editorial, and athletic modeling.

Q- How many times have you been published and with what magazines?

A- Ive been in Exalte magazine twice but multiple times in those 2 issues.

Q- Do you have a professional website/Instagram/Facebook?

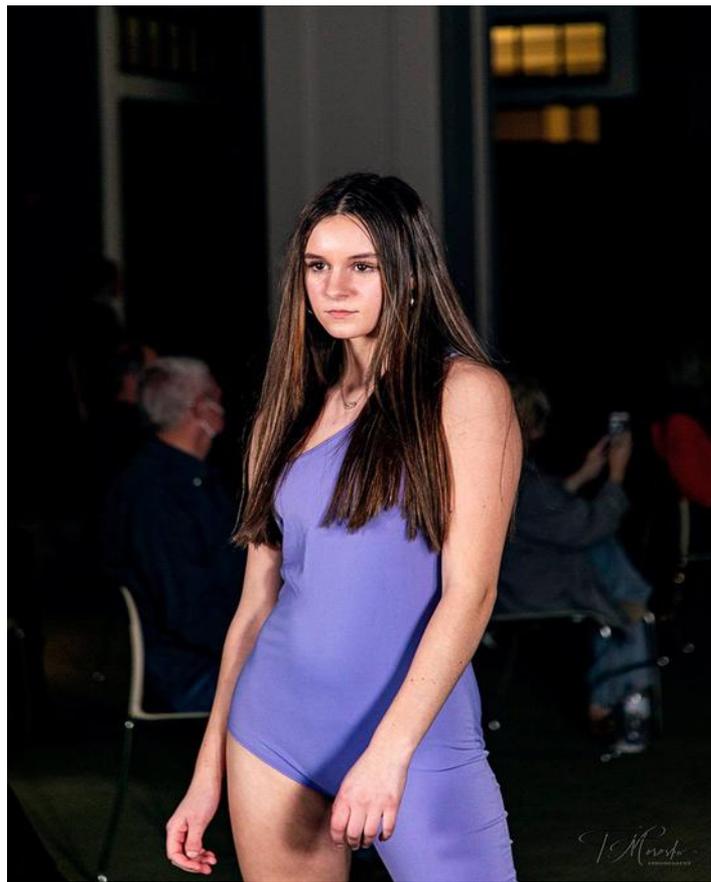
A- Instagram : @ cadencemodel

Q- What advice would you give to new models just starting out?

A- To do research on companies and agencies before you work with them and to submit to a lot of agencies and things like that before you stick to one because theres tons of opportunities with different agencies and you must find the best fit for you and what you want to do.

Q- Do you have a message or platform that you support? And why?

A- Definitely keep options open because things can always change and opportunities can open up anywhere in life.



OPPORTUNITIES, RESOURCES
AND MORE

THESE PAGES WILL BRING YOU WAYS TO
BUILD ON YOUR CAREERS.

OUR MISSION HERE AT MODELLO NUOVO
IS TO HIGHLIGHT AND HELP ASPIRING
FASHION PROFESSIONALS!

OPPORTUNITIES



MODELS AND DESIGNERS SOCIETY FASHION WEEK DATES

<https://thesocietyfashionweek.com>

Are you looking for one of the most coveted tickets to Fashion Week's spanning the globe? Now is your chance to experience what the general public only dreamed of. Whether you are looking for Fashion Week Dates for a singular market, or more, you are in the right place.

City	Date	Venue	T
New York	September 9-12, 2021	Fashion Week	New York, NY
New York	February 10-14, 2022	Fashion Week	New York, NY



Model casting is done ONLY online through our Casting Website. Please make sure to attach the files required. If you are not able to upload a video please submit without and you can send separately to casting@coastalmodelcasting.com.

*There is no height requirements or size requirements to walk for any of the Coastal Fashion Week Shows. If you are wanting to walk for multiple cities please submit a form for each one.



DESIGNERS there are several cities on the Tour to showcase your work.

Please click the button below to be redirected to the designer application.

We will contact you via email with more details once submitted.

<https://www.coastalfashionweek.com>

DESIGNERS, PHOTOGRAPHERS AND MODELS

SBFW

<https://www.smallboutiquefw.com/>

Upcoming 2021 Tour Dates

July 3rd Essence Fest New Orleans
July 17th Atlanta
July 24th or 31st Miami Swim Week
August 14th Houston
August 24th Mexico Shoot
Sept 11 NYC Fashion Week
Sept - Oct LA Fashion Week TBA
October 16th Chicago
November 13th Oklahoma



RESOURCES

Within the resources section each issue, you will find businesses that we have sourced and found reputable for modeling needs, additionally we will offer some reference material for parents who may need additional support for their models dealing in the high pressure world of fashion. We want models to have all the tools they need for health, strength and beauty on the inside.



<https://resume-now.com>

gets results

Stays Picture Perfect

We work with recruiters to design resume templates that automatically.

Finish Your Resume in 15 Minutes

Resume Now helps you tackle your work experience by r you what you did at your job.

Land an Interview

<https://www.barbizonmodeling.com/>

Barbizon Isn't Just About Walking On A Runway Or Reading Lines From A Script, It's So Much More! The Barbizon Experience Is About Discovering What Makes You Special, And Developing Your One-Of-A-Kind "Star" Quality For The Whole World To See. We Invite You To Review The Barbizon Programs To See How Our Expert Modeling And Acting Training, Along With Life-Skills Instruction, Will Give You The Confidence And Tools To Shine For A Lifetime.

GROWING UP FASHION

INTRODUCING NEW
FACES IN FASHION

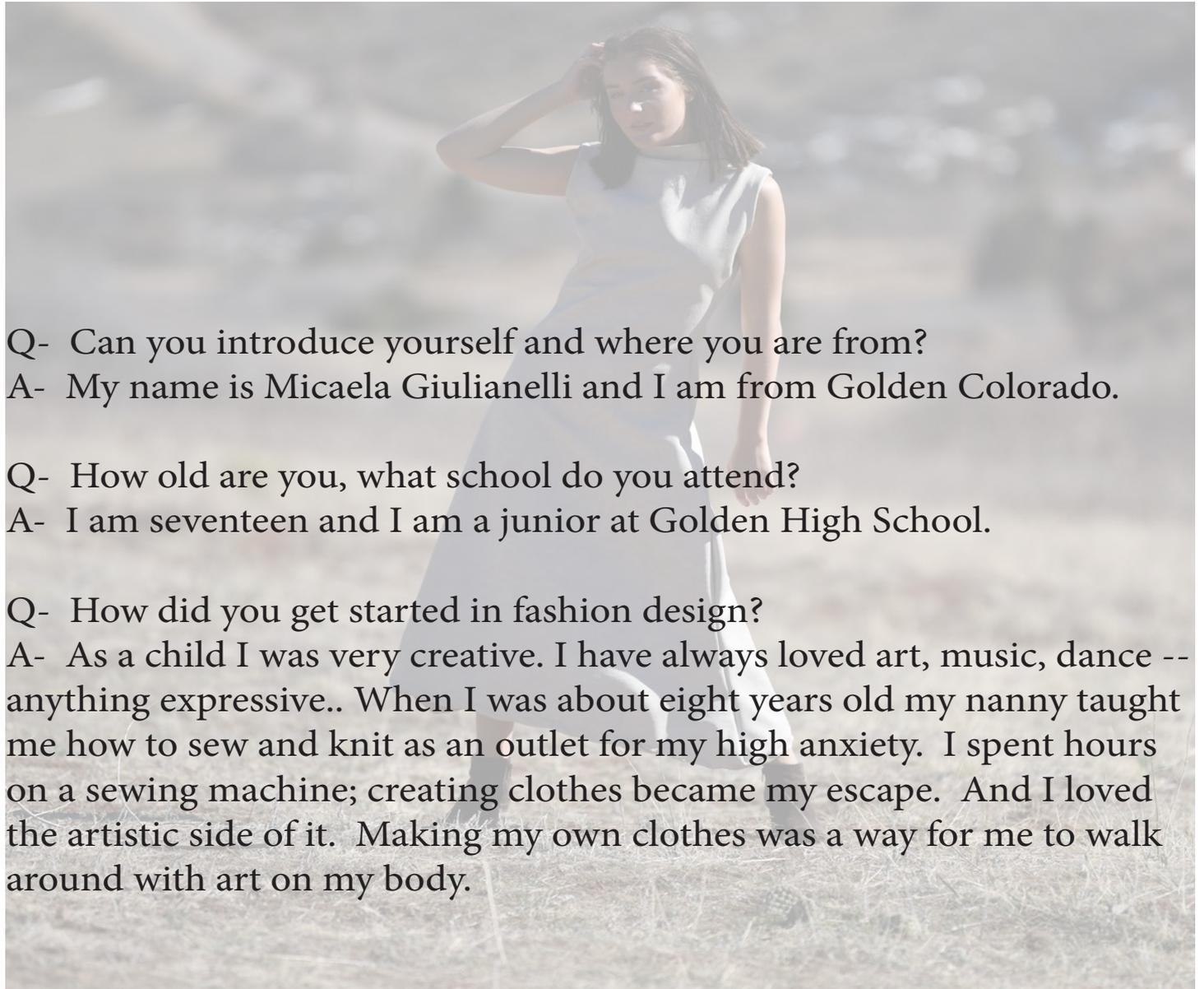
DESIGNERS, PHOTOGRAPHERS
HAMU AND MORE

WHO'S ON THE ROAD TO
BUILDING THEIR DREAM?

MICAELA GIULIANELLI CONE

Often in the fashion industry, you find designers, models and photographers who have felt the fashion industry in their blood from very early in their life. That would certainly be the case for our young designer Micaela Giulianelli Cone that we have the pleasure to introduce.

We first learned about Micaela as we begin our journey into the publication world. As an intern for a major fashion resource near her home in Colorado, she isn't just working in the public relations side of fashion, but she is a designer as well. Meet Micaela through our tradi-



Q- Can you introduce yourself and where you are from?

A- My name is Micaela Giulianelli and I am from Golden Colorado.

Q- How old are you, what school do you attend?

A- I am seventeen and I am a junior at Golden High School.

Q- How did you get started in fashion design?

A- As a child I was very creative. I have always loved art, music, dance -- anything expressive.. When I was about eight years old my nanny taught me how to sew and knit as an outlet for my high anxiety. I spent hours on a sewing machine; creating clothes became my escape. And I loved the artistic side of it. Making my own clothes was a way for me to walk around with art on my body.

Q- Have you had the opportunity to present your work at a fashion show?

A- I have not yet had the opportunity to present my work in a fashion show.

Q- What do you like about fashion?

A- I like fashion because it is like any form of art: it puts the human experience into a physical form. But unlike other forms of art, you get to wear fashion, expressing what you feel simply by walking around. Fashion is not only an outlet, it creates the possibility to portray yourself the way you would like others to see you.

Q- Where do you find inspiration?

A- Nature inspires me and emotion drives me. When I am designing I think to myself, “what would I feel good wearing?” -- a universal question as everyone wants to feel good about themselves. In this way, fashion has a profound ability to impact one’s emotions. I also pull inspiration from nature when I am in the process of designing. For example, I painted a butterfly print on one of my pieces as it’s beauty inspired me.

Q- What would you say, your unique perspective and/or best skill is?

A- My best skill is designing clothes that are both unique and wearable.





Q- How do you define your style?
A- I would define my style as classic, with a twist of modern. I like to think of my clothes as interesting yet ready-to-wear. Each of my designs has a different unexpected twist, yet is subtle. Nothing is “over the top” or loud.

Q- Do you have a professional website/Instagram/Facebook?

A- My instagram is @giulianellide-signs

Q- What advice would you give to new designers like yourself just starting out?

A- My advice for fashion designers starting out is find your style. Work on liking what you make and worry about skill level, like sewing, later. Just find your own style first.

Q- What are your plans for your future in design/fashion?

A- In the future I would like to start my own fashion brand, combining fashion with business.

Q- Do you have a message or platform that you support? And why?

A- I think “art is the journey of the soul” because what is in one’s soul finds expression in art, and at the same time, art allows the soul to explore.









Taryn Rockne

  TARYNROCKNE



NEW TANNING PRODUCTS

Introducing your new favorite way to tan! Our tanning drops come with a dropper. You mix a few drops with your moisturizer. Apply to your skin and wait 6-12 hours. You will have a gorgeous tan that lasts about a week.

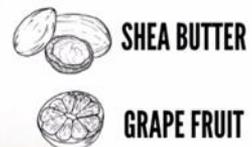
Our new body cream can be used as a:

1. Barrier cream to prevent the drops from overdeveloping on hands/knees.
2. Carrier cream to mix with the tanning drops and blend into the skin.
3. Tan extender to moisturize the skin and help your tan last longer.



- ♥ You don't need a mitten or glove.
- ♥ You can control the depth of your tan.
- ♥ It gradually fades evenly.

BODY CREAM



TANNING DROPS



80%
SOLD
OUT



STYLE MY WAY

BRINGING INDIVIDUALITY TO FASHION

EDGE TO FUNCTION

POP TO SIMPLE

WHATEVER MAKES FASHION

UNIQUELY YOURS

MAKE IT YOUR FASHION

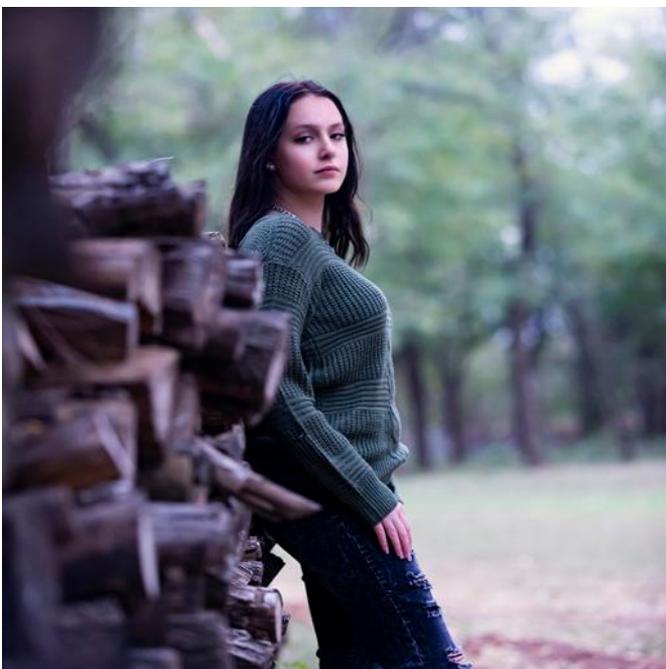
Taking fashion and adding touches including accessories, mix and matching, and even throwing in a vintage piece is a great way to fit your lifestyle and your personality. This is the truest form of personalized styling. One of the ways that we, here at Modello Nuovo want to salute individuality, will be in personalized styling.....”Style My Way”.

For this issue, we took a page from the life of our spokes-model Brenna Michelle, who along with comfort likes to add a little edge, or surprise. She’s more tomboyish than girly, which means she has more black, blues, reds and other neutrals in her wardrobe instead of the softer more feminine colors such as pinks, purples, pastels or floral prints.





Casual or dressed up, Style Your Way!



RESTYLE, REFASHION 101

SUSTAINABLE FASHION
USING THRIFT FINDS, REMAKING
AN OUTFIT TO FIT, OR REINVENTING
A VINTAGE PIECE

FOLLOW THE LATEST TREND
OF UPCYCLING IN FASHION

As our Style My Way section continues, we would like to introduce Mandy Wildman. Her Facebook Group, Upcycled Clothing and Creations brings us closer to the trend throughout the fashion industry of upcycling. Mandy will help you understand how you can apply this great sustainable fashion trend to your wardrobe...and help you bring a little more creativity in your everyday style. Her feature “Restyle, Refashion 101” will appear in every issue. We hope you enjoy her tips, examples and refashioned designs.

LET'S MAKE A DRESS IN AN HOUR OR LESS

This is what I call the “two-cut-one-seam” dress. It's wickedly easy to make. First grab a top that fits you. The fabrics that work best for the top are stretch knits. Think soft, T-shirt material.

Next, find a skirt that works with that top. It doesn't matter if it fits at the waist because you'll be chopping that part off. Hold the top up against you, and mark under your bust where you'd like the skirt part to start. Add 1” and cut off the bottom part. Lay the top flat and measure the width where you made the cut. Find a place on the skirt that is just a little bigger than that measurement. So if the top measures 15” across, find a place on the skirt that's about 17” across. Cut off the top of the skirt at that point.

Stitch the top and skirt together, matching the side seams and stretching the top slightly as needed to make it fit the skirt. And boom. You have a new dress. In less than an hour. That's crazy, and also super earth-friendly. Have fun! I'm Mandy Wildman and I make fun garments using pre-loved clothing. Instagram @mandywildman and Facebook.com/groups/upcycledclothing/



MAKING A DIFFERENCE



Besides trying to be a great big sister, daughter, friend, model, dancer, jewelry designer and aspiring photographer, Brenna tries to give back. Before her mother passed away, she was passionate about making a difference in her Denver community. She created the “I’m Not Lost” project to help the homeless in her community. She wanted them to know they were not invisible, and that there were lots of people in the community that cared. To continue her legacy, Brenna helps crochet beanies and masks to hand out to homeless. Brenna also volunteers. Raising money for organizations is also another way Brenna gives back. Currently she is raising money for The Ehler’s Danlos Organization.

YOU CAN VOLUNTEER



JustServe.org

JustServe.org is a website where the volunteer needs of organizations may be posted and volunteers may search for places to serve in the community, providing opportunities to help those in need and enhance the quality of life in the community.

JustServe is a service to help link community volunteer needs with volunteers and does not discriminate based on race, religion, gender, ethnicity, or sexual orientation in posting projects or in encouraging volunteers to serve according to our guidelines.



The network of local Girls Inc. nonprofit organizations serves girls ages 5-18 at more than 1,500 sites in 350 cities across the United States and Canada. Our evidence-based programming is delivered by trained professionals who focus on the development of the whole girl, supporting, mentoring, and guiding girls in an affirming, pro-girl environment. Here, girls learn to value their whole selves, discover and develop their inherent strengths, and receive the support they need to navigate the challenges they face.

Girls Inc. girls live healthy and active lifestyles and are less likely to engage in risky behavior; they are eager to learn, successful in school, and more likely to graduate from post-secondary education; and they display diligence, perseverance and resilience.



The National Center for Missing & Exploited Children is a private, non-profit 501(c)(3) corporation whose mission is to help find missing children, reduce child sexual exploitation, and prevent child victimization. NCMEC works with families, victims, private industry, law enforcement, and the public to assist with preventing child abductions, recovering missing children, and providing services to deter and combat child sexual exploitation.





THE
Parachute Goddess
PROJECT
— EMBRACE THE EXPERIENCE —

EMBRACING THE EXPERIENCE

I have always had a curious mind on how the inner emotions of someone affect the outer expression of themselves, always inquired with the humans that surround me. I am eager to capture that essence and spread that knowledge to my peers. Take a look around and explore The Parachute Goddess Project experience. Feel free to get in touch if you have any questions, or would like to learn more about investing in your personal experience. The Parachute Goddess Project is pending a trademark and a vendor for Barnes & Nobles we are contracted for a 5 book series and will be available to purchase online. We just launched our first series, and is available on

<https://www.barnesandnoble.com/the-parachute-goddess-project-laylonna-hurley>

We are a community that loves to give back % of proceed will go to L.O.V.E early childhood education, Seeds of Hope-Indy for women battling drug addiction, PHINC for female mental and emotional health awareness, Change the face of Depression, Beauty from Ashes & Her Song both to stop Sex Trafficking and Keep it Green, Keep it clean. This is a perfect opportunity to give back to so many who are facing some struggles in their lives.

HOW TO CORNER

YOUR PLACE TO GO FOR
TIPS, TRICKS AND HOW TO

NEED A LITTLE HELP?
WE'LL FIND THE EXPERTS!

What to bring to a PHOTOSHOOT

In addition to what you are directed to bring, you should always bring these things to a photoshoot

Assortment of Undergarments (for ladies)

- Nude Bra
- Nude Strapless Bra
- Black Bra
- Nude Seamless Underwear

Heels (for ladies)

- Black Pumps
- Nude Pumps

Dress Shoes (for men)

Makeup

- Always: Foundation, Concealer, Mascara
- Additional: Eyeliner, Lipstick, Blush, Eyeshadow, etc.

Hair Brush/ Comb

Water Bottle

Healthy Snacks



Preparing for a: PHOTOSHOOT/ CASTING/ FASHION SHOW

1. Pack your Model Tote Bag the Night Before
2. Drink a lot of water
3. Shave/ Wax
4. Exfoliate Face 2 Days Before Job
5. Use a Hair Mask to Deeply Condition Hair
6. Groom Nails (Clean Polish)
7. Arrive in a Comfortable Outfit
8. Wear Nude Undergarments
9. Look up Job Location
10. Practice Model Walk & Photomovement

Modeling TIPS



SWMT
MODEL AND TALENT AGENCY



"If at first you don't succeed, don't let that get you down. If it was easy everyone would do it so keep working hard and great things will come!"

Perfecting your RUNWAY WALK



Confidence is key and the more you practice, the more confidence you will have in your walk

Top to Bottom Posture

- Eyes Forward
- Chin Parallel to the Ground
- Shoulders Back
- Stomach Tight
- Hips Forward
- Begin in Model Stance

Walk One Foot in Front of the Other

Walk Heel to Toe

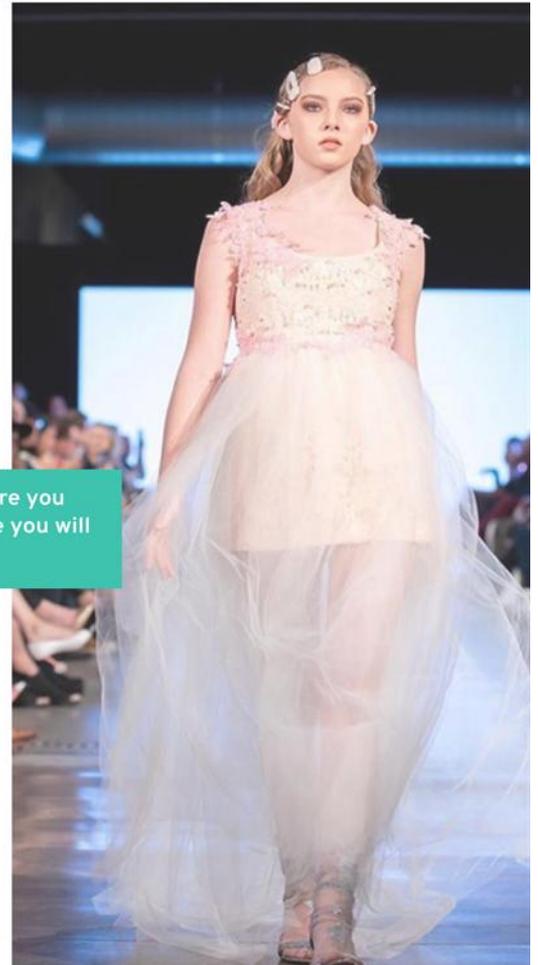
Practice Runway Face in the Mirror

- Think Fierce
- Smize (Smile with your Eyes)

Record yourself to Self-Review

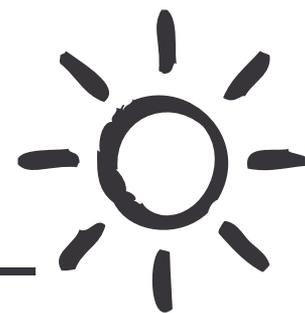
Tips From a TOP MODEL

1. Always arrive to a job 10-15 minutes early
2. Be kind & respectful to everyone- remember you can always be replaced
3. You are in charge of your own success so be the hardest working person in the room
4. Take any job you can even if it is unpaid- you can't put a price tag on experience & networking
5. Live a healthier lifestyle by not restricting or dieting but substituting for healthier options
6. Get moving/ workout for 30 minutes 3-4 times a week
7. Be prepared & do your research



Beauty 101

BY TARYN ROCKNE ROGERS



SUMMERTIME SKINCARE

As soon as the sun comes out, I'm looking to get outside as soon as possible. What I've learned? The sun is damaging. It's the number one cause of most skin issues. If you haven't gone shopping for your new summer hat and sunnies you're missing out on protecting your beautiful face.

Adding a UVA/UVB lotion to your daily routine is going to be key to protecting your skin. Look for the words broad spectrum and face specific protection. I love the Sun Bum brand!



FRECKLES ARE A GIRLS BEST FRIEND



We can TOTALLY show off our freckles in the spring and summer while still minimizing imperfections and acne. Using a primer will help even out any skin texture issues you're facing (acne etc.). Then you follow up with a light and moisturizing bb cream. Add in your Twisted mascara and Luxe Lipgloss and your summer look is perfectly ready to go! I love simple & quick makeup looks that allow us to show our natural beauty!

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PARENTS OF TEENS NEED TO KNOW- TEXTING, ZOOM, SNAPCHAT

Modern communication tools have expanded our reach around the globe. There is messaging through dozens of apps, Face Time, Snap-chat, ZOOM, WhatsApp and more. And while our kids are texting, “sexting”, posting selfies and so much, they are on a forum they don’t quite understand completely. While we all try to keep up with the ever evolving world of communication tools, there are very specific things that teens and parents need to be aware of. The public exposure can be a place for good healthy relationships that cross boundaries from state to state, and around the world, parents need to insure that safeguards are in place.

We all know there are predators in the world. But have you heard that there is software out that can plaster a fake picture with an active video link to make a 50 yr old predator male look like a 16 yr old kid? Yes it is out there. And with all the tricks and manipulative behaviors that already exist within a predators briefcase.....this adds an extremely dangerous tool to their collection.

Beyond predators, there is something else that we need to be aware of. Elements of communication and socialization that are missing in technology. Words account for less than 10% of good communication.

Interpretations of the Basic Elements of Communication

Content - What is being said, the actual words

Environment - What is going on in the relationship/situation, literal external environment

Personal Knowledge/Experience - individuals interpretation

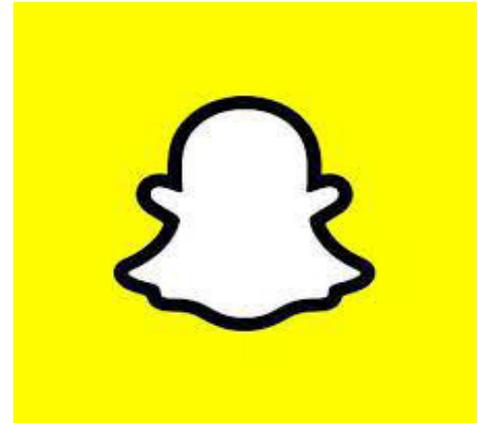
Verbal - tone, voice inflexion

Non-Verbal - Facial expressions, hand gestures, touch, body posturing

Context - “mood” of the dialogue

So, with today's technology, what's missing? TONS! The basic elements of good human interaction are critical in relationship development, overcoming conflict, establishing trust and so much more. What can we do?

Finally, we need to try to talk on the phone more than we text in relationships. You can also use video chats more than simply texting or messaging. Real interaction requires non-verbal more than actual words. In fact, words make up less than 10% of real communication. So be mindful. Real communication will also help in that ever critical area of avoiding predators. A predator might be able to fake a picture or a video, but if they get on the phone, would a 50 yr old man sound like a 16 yr old kid? And if they don't want to really talk, if they only want to "text", that screams red flag! So if your a parent, beyond just monitoring, teach them about real communication.



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