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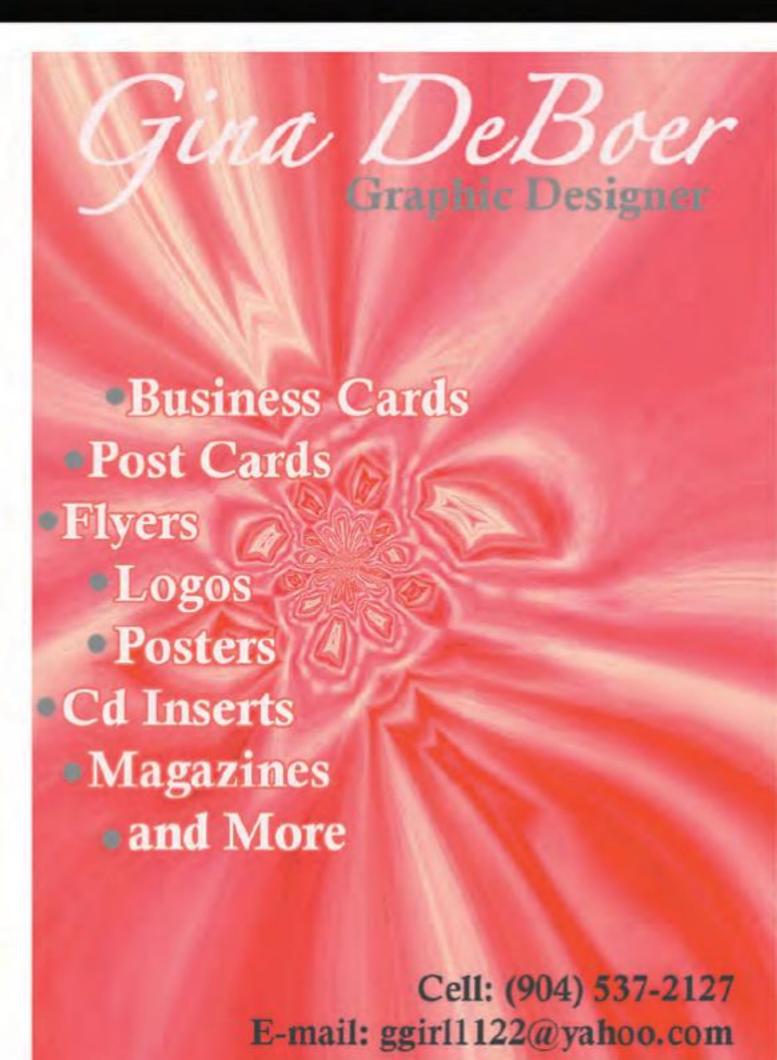


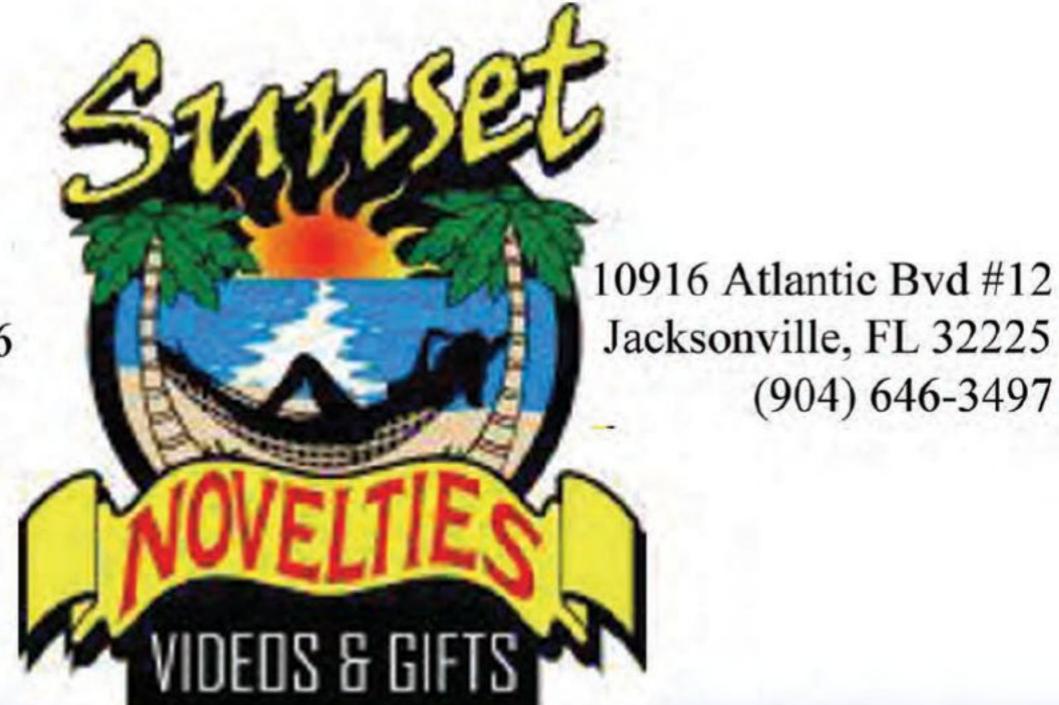
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Girls, Girls, Girls Wagazine Volume 2

| Table of contents | 4 |
|---|-------|
| Staff | 4 |
| Erica | 6-11 |
| Angela | 12-15 |
| Cassie | 16-19 |
| How men can motivate to lose weigh | t, |
| look better and feel great | 20 |
| What are the health benefits of | |
| Saunas? | 21 |
| Rose Ryder | 22-2 |
| Jessica | 24-2 |
| A day in the life of a celebrity person | al |
| assistant | 28 |
| Paranormal phenomena-the story of | |
| Pier Fortunato Zanfretta | 29 |
| Elektra | 30-35 |
| Heather | 36-43 |
| 6 Tips to a More Successful Portfolio | 44 |
| What's In a Pose? | 45 |
| How to Choose the Best Agency | |
| for You | 47 |
| Using the Internet to Further | |
| Your modeling Career | 48 |





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Graphic Designer-Gina DeBoer

Contributing Consultant-Emilian Guci

Contributing Photographers:

Bobby G: www.bobbygphoto.com

Jay Davis

Moda Photographic: Robert Elizarraraz

Chris Cutts-CWC Image

J. Edward Hall

Stewart Smith: www.stewartsmithphotogrpahy.com

Don Kirkendall Darryl Briggs

Rory D. Peters: www.lightscapephotography.net

J. Moon For: www.silentis.com

Robert Elizarraraz: Moda Photographic

www.stylepix.com

Carl Grandolfo

Claude Taylor

Matt Robinson

RWM Productions

SP Photography

Wayne Collins

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web: http://www.myspace.com/girlsgirlsgirlsmagazine

E-mail: girlsgirlsmagazinepublisher@yahoo.com

P.O.Box 595

Ponte Vedra Bch,Fl,32004



I'm a Born and Bred Texan!! And for those of you thinking it - I completely agree with you "Texas knows how to grow 'em". I think we have some of the most gorgeous girls here. As for my Texan life, I've lived your average "All-American girl lifestyle". I was a cheerleader, dancer and good girl/party girl!

I love guy sports, but don't get me wrong, I'm very much a girlie girl. One of my main hobbies is drag racing. I have a Z28 Camero pulling G. at 405rwhp...and if (and that's a BIG IF) you actually get a chance to beat me that's okay. I'll just go grab my other ride, which is a Z06 Corvette pulling at 420rwhp. So yes, I will smoke you!! One of my favorite things to do is to pull up next to a guy I just smoked and roll down my window and they see me -a Girl! Their expression is priceless.

Besides that, I love going to the shooting range, I'm an excellent shooter, so don't mess with me, I won't miss! As far as leisure activity I enjoy going to the driving range, kicking back a few drinks and trying to hit the golf caddy driving by.

Above all - I love watching football! GO COWBOYS!!!

So as you can see I'm definitely a girl that can hang with the boys. Like I mentioned before though, I'm still a girlie girl. I hate getting my hands dirty and I'm always in heels. I always try to look good-sexy clothes, makeup, hair, etc. When I go clubbing I always dress to impress. I don't show anything, just the curves of my body! I like to think of it more as a "Classy/Slutty Look".

continued on page 5 of lingerie



























What Are The Health Benefits Of Saunas?

By: Amy Nutt

There are many individuals in the world that choose to use saunas regularly for the health benefits that saunas are supposed to provide. Studies have shown that the use of saunas is safe for the body. Saunas are typically a small room made out of wood and glass with a heater located inside that can be used to create a steam effect. Saunas are generally created without using varnish, adhesives, or any other items that might add fumes or an aroma to the steamy air inside of the sauna. Saunas are typically found in health clubs, spas, or resorts with very few being found in private homes. So what are the health benefits of saunas?

One of the health benefits of saunas revolves around the saunas use of radiant heat. It is believed that radiant heat has the ability to penetrate into the skin and help dissolve the fat deposits that are located just beneath the skin. It is also believed to help eliminate toxins that are present in the skin and the fat deposits beneath the skin. The detoxifying effects attributed to the sauna are one of the main reasons that many individuals choose to use the sauna. The heat of the sauna has also been demonstrated to improve blood circulation, allowing the toxins present in the blood to be removed from the system quickly and more effectively. The increased blood circulation allows improves the condition of many of the organs of the body, including the heart, lungs, kidneys, and skin.

Another health benefit of saunas that many individuals appreciate is their ability to relax the individual. Stress is seen as having a very negative effect on the health of an individual and any items that are seen as lessening an individual's stress levels is presumed to improve the individual's health. The relaxation allowed by the heat of the sauna is deep and can be just as relaxing as a massage or a session in a hot tub. In this state of relaxation, the tension in the muscles of the body disappears, eliminating muscle aches, headaches, and neck tension. Individuals that use a sauna regularly report increased energy levels and mental clarity when they have finished their session in the sauna.

Many individuals also believe that regular sessions in a sauna result in the reduction of cellulite in the body and can assist with weight loss. A 30 minute session in the sauna can help an individual burn between 300 and 600 calories while doing nothing more than sitting and relaxing. For the average person, usually 15 to 30 minutes per session and drink at to drink least two glasses of water after each sauna are recommended. Individuals with heart problems should check with their Physicians before going to a sauna session. Saunas has become very popular, people have them on their homes for a regular and continuous use. A combination of exercise, sauna sessions, and vitamin therapy is used by many health clubs and spas to facilitate weight loss in their clients.

About The Author:

Sauna Fin offers a vast selection of steambaths and saunas such as infrared saunas. Enjoy the health benefit of saunas with a smile on your face. http://www.saunafin.com/health_benefits.htm

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How Men Can Motivate Themselves To Lose Weight, Look Better And Feel Great By: Deidra Garcia

Any trainer, nutritionist or medical professional can tell you that losing weight is 90 percent psychological. How you approach your nutrition and exercise mentally can make or break any kind of weight program you'd like to follow. Here are some motivational tips to get you on the right path and keep you there:

- Figure out your weight loss goals: are you just looking to lose a few pounds? Cutting back on certain foods in your diet and starting an exercise program could be the answer. Are you trying to build muscle? Consuming more protein while upping your exercise might be your goal. Are you extremely overweight? Consult a doctor to see what the best plan of action will be for you.
- Set realistic goals. Sure, it's easy to say you're going to drop 25 pounds in three months, but faced with a daunting goal, most men are more inclined to throw in the towel. Instead, break it up into smaller, more manageable goals and reward yourself when you reach them.
- Understand that weight loss takes time to happen and everyone's progress is different. You may not see results immediately, but that's no reason to stop.
- Exercise with a friend. If you have a hard time sticking with a regular schedule, working out with someone else can help you stay with it. Plus, you'll also have a partner to encourage you, spot for you and share your pain.
- Don't be afraid to get help. Yes, men are notorious for being DIY champions, but if you find it difficult to keep to your weight management and fitness goals, your next step might be to consult a trainer at a gym or ask your doctor for ways to drop the weight.
- Keep a food journal to track your eating habits. It's surprising how much goes under the radar when you're not
 watching what you eating. Simply writing down the foods you consume along with portion sizes can give you a good
 idea as to how you can eat healthier.
- Discover if you're eating for the wrong reason. Men often use food to cope with stress, depression, anger or just plain boredom. Do you really need that bag of chips from the vending machine at 2:00 pm? Or do you just need an excuse to leave your office desk? Before snacking, ask yourself if you honestly feel hungry. There's better ways to work out mental issues or blow off steam (like through exercise).
- Once men hit their target weight, there's a tendency to back slide. Why? Because maintaining good health is just as
 difficult as achieving it. That's why it's important to stick to your guidelines even when you achieve your initial fitness
 goal.
- Learn from setbacks. Face it: Man is imperfect. A small slip-up now and then is not going to kill you. It's no reason to
 give up and just binge, or stop exercising all together. Instead of focusing on these setbacks, keep your eye on the
 short-term goal. If you find that you are dealing with the same problems again and again, evaluate your weight
 management process and see if you can discover where you are getting sidetracked. You might have to try a different
 approach all together to get over the hurdles.

About The Author:

Deidra Garcia is a freelance writer and communications manager for MenScience Androceuticals, a men's skincare, grooming and nutritional company. You can find more articles by Deidra, as well as further tips and advice, at http://www.MenScience.com.

Article Source: www.isnare.com

Rose Ryder

I am 23yrs old and was born in Butte, Montana. I now live in Jacksonville, FL and love the weather!! You come see me more at www.roseryder.com, but I will share with you some more personal things about me first.

I currently am going to school at University of North Florida for a Bachelor's degree in Communications with a minor in Criminal Justice. I plan on graduating in mid 2009. My hobbies and interests include: collecting swarovski crystals, ballroom dancing, getting dolled up, and modeling. Right now I have about 20 crystals in my room and are still counting. I have formed a tradition, every time I go into old city of St. Augustine I buy one from a certain store, in memory of the trip. One day I hope to become a yearly member of the swarovski club. I also love to go ballroom dancing. I am presently taking lessons so that I may become much better at Salsa, East Coast Swing, Waltz and Tango. To me the Waltz is my favorite, its just so pretty, exaggerated and elegant!!

One of the other things that I love to do is, get dolled up to go out to dinner or clubs. From getting my hair done to brand buying new shoes just then to top it off with an elegant or fancy dress!! And wow I cant forget modeling!!! I am extremely photogenic and love the process of the shoots. When I was younger I took modeling classes, and it educated me with powerful modeling knowledge. I have been in 2 other magazines and I will assure you, there are many more to come!!

Thank you for this opportunity and please come visit me some more at www.roseryder.com.













A Day in the Life of a Celebrity Personal Assistant

By: Shelley G. Anderson

I'm a celebrity personal assistant. People often ask me, "What's a typical day look like in the life of a personal assistant?" The answer is emphatically, without question, a definite, positive: there is no typical day! Each and every day is unique to itself. For example, one day you can be setting up a photo shoot for your celebrity, arranging for stylist, hair and makeup people, and the photographer all to converge at a certain time and place. The next day you can be calling the Oprah Winfrey show to explain that the private jet carrying your star will not be landing in Chicago due to a tornado warning but your celebrity will be at the taping of the show on time no matter what. Or you may just spend a day waiting for the telephone company to repair a television at the star's summer home. I remember the time line I was once given from AT&T was: we'll be there sometime between 8:00 am and 8:00 pm. Are they serious?

But being a celebrity personal assistant obviously has its perks too. I've ridden in more limousines and planes than I can count. I've hobnobbed with other famous people at lunches, dinners and events because they were hobnobbing with my famous person. I've been to the Academy Awards (that's where the little golden statue called The Oscar is bestowed on a chosen few). I'll never forget my husband at the time calling a friend to find out where to rent a tuxedo. "We're going to the Academy Awards," he said. His friend replied, "What do you need a tux for if you'll just be sitting on the bleachers outside?" "We're going *inside*," he gloated.

And the hand-me-downs are often quite wonderful too. Many assistants I know have been given designer clothes, shoes, handbags, nice gifts they've received and didn't want to keep like candles and holders, paperweights, picture frames, silk wall hangings, etc. I often take beautiful bouquets of flowers home to enjoy because my boss will out of town and not there to appreciate them.

But being a celebrity personal assistant isn't all roses and Chanel sunglasses. The job has its hazards and roadblocks to maneuver around too. Insert name of derailed celebrity here, such as, oh I don't know, let's say Britney Spears?

The key to finding success in this job is to understand the job title. *Celebrity*. Okay this is pretty straight forward. Anyone who is recognized in their field as a household name is a celebrity. *Assistant*. Most agree that this describes a helper, supporter and often a secretary. *Personal*. Ah. This is where the job title gets tricky. Personal means working in the celebrity's home. Interacting with everyone in their world on a day to day, personal level. Being the confidante to the celebrity. Being one of the few people in the world to see the good, the bad, and the ugly side of a person. Being in a relationship with the celebrity, almost like a marriage, for better or worse.

Being a celebrity personal assistant is both exhilarating and sometimes exhausting. Most don't receive phone calls in the middle of the night or on weekends from their boss. Most people don't go home every night having just dealt with their employer's goofy friends, stressed out relatives, hyper children, and neurotic pets, all the while handling the celebrity's needs and desires for the day, and maybe getting some real work done in the process.

Most people aren't as crazy as I am. Take it or leave it, I'm a celebrity personal assistant, and I love it.

About The Author:

Shelley G. Anderson is the personal assistant to self-help author Louise L. Hay, and writes the column Dear Miss Know It All. She is the author of Dealing With Divas: A Survivor's Kit for the Celebrity Personal Assistant (or Anyone with a Pushy Boss). To learn more about her, visit the Way of the Celebrity Personal Assistant (or Anyone with a Pushy Boss).



Paranormal Phenomena -the Story Of Pier Fortunato Zanfretta: 11 Times Taken By The Aliens On The Shoreline Of Liguria.

By: Gwen Daylar

Liguria is still an ancient and strange territory. Here you can still taste a coastline not polluted by human intervention, as the wonderful shorelines of Cinque Terre. But the splendour of its coasts it's not the only feature of Liguria.

Liguria is the Capital of the UFOs in Italy, after the Pier Fortunato Zanfretta file. At that times he was a night guardian in Liguria, and he sustains he has lived, between 1978 and 1981, 11 episodes of meetings with alien beings. He describes these aliens as being grey, tall almost three meters, with great yellow triangular eyes.

The problem of regressive hypnosis – Lies from an unconscious mind?

The conflicting opinions of the experts The psychoanalysts Mauro Moretti and Caesar Musatti, that Zanfrettas submitted to sessions of regressive hypnosis, affirmed that the declarations around such events would be done in good faith. On the other side, Roberto Pinotti and Henry Baccarini of the Center Ufologico Nazionale (CUN), also holding important the "case Zanfretta", they wrote on UFO Notiziario that the hypnosis would irremediably have been polluted by the intrusion of an enquirer, Luciano Boccone.

The regressive hypnosis is considered generally a method a great deal are not trustable, since it is easy for the experimenter "to feed" the patient with false memories. This type of technique in fact it's not admitted anymore today in the courts. For the thesis of the forgery it also deposes the fact that the beings drawn by Zanfretta are similar to a monster of the film "The monster of the black lagoon" of the comic strip Zagor.

The witnesses' declarations – Something strange is really happened in Liguria

Some witnesses, among which different colleagues of Zanfretta as well as numerous residents of the communes of Torriglia in Genoa declared to have assisted to strange correlated episodes to the presumed abductions. The marshal Carlo Toccalino, that the night between 6 and December 7 th 1978 was of turn to the operator of the cooperative of guardianaggio, told for example an interview that just before the first presumed meeting, happened around the 24, Zanfretta had asked help to his colleagues via radio exclaiming: "Damn, they're too hugly! They are not men, they are NOT men!". Just in those times, some inhabitants of the near Torriglia would have seen where a strong shine in direction of the place Zanfretta it was found.

Alarmed by the interruption of the contact radio, the colleagues Walter Lauria and Raymond Mascia they put on to the search of Zanfretta: they found him tand affirmed that his body was very warm despite the cold of that night. Zanfretta was in state confusionale and feverish.

During the sopralluogo during the next day it would be noticed on the ground two horseshoe imprints having a diameter of around three meters. The thickness was of around 15 cms. Subsequently the was compiled "informative Relationship around the sighting of flying objects not identified and umanoidi from Zanfretta Fortunato"; it will be sent to the Pretura in Genoa.

A life destroyed between science and superstition in Liguria

Under hypnosis, Zanfretta told he would have suffered clinical examinations on board of an UFO. It will report, besides, that the presumed alien would have manifested the intention to move in the future on the Earth.

The history of Zanfretta has inspired, in 1984, a book joint today to its third edition, to signature of the journalist Rino Di Stephen that can be considered "the father of the Zanfretta case".

Zanfretta affirms besides that the story of that events provoked repeated and humiliating episodes of derision invading his private life: "Unknown people phone me. I don't know what I have seen, however I have seen them. I am not a liar".

About The Author:

Gwen Daylar is a "freelance" ufologist, writer and consultant of the N.F.A. club. Thanks the sites WIKIPEDIA, http://www.arbaspaa.com Cinque Terre and http://www.regione.liguria.it comune of Liguria fot the information.

Article Source: www.isnare.com



Elektra































6 Tips to a More Successful Portfolio

By: Sarah Ferguson

One of your biggest marketing tools, as a model, is your portfolio. A portfolio should contain at least 6 to 8 pictures, and no more than 24 pictures. Every picture needs to be of a very good quality, although it isn't necessary to pay for professional photography from the very start. As you progress through your modeling career, winning your first shoots and working with photographers you should aim to include the best shots from each of your jobs. If you can afford an expert portfolio photographer then it may pay dividends towards landing your first shoot.

Your First Portfolio

Your first portfolio should consist, at the very least, of two different head shots, two fashion shots, and possible even an action shot. One full length body shot, including feet, should also be included.

Balance

Try to get a strong balance in the photos you include. Try to include studio shots and outdoor shots. For the head shots use two different expressions and you might also consider using one color photograph and one black and white. In one of the head shots you should use very little makeup so potential agents and clients can get an idea of your natural look.

Tailored Portfolios

Once you have a greater stock of photographs to choose from, you can tailor each portfolio to the particular person viewing it. If you're contacting an agency that deals primarily in fashion shoots then provide your fashion portfolio. This means that the agency has much more information to go on in order to determine whether you have what they are looking for.

Quality Over Quantity

Quality always wins out over quantity when choosing pictures for your portfolio. Average and even good photographs simply do not belong in a successful portfolio. Those pictures that will make you stand out from the crowd should take pride of place for any portfolio and including sub-standard photographs only detracts from the high quality of your best shots.

Magazine Tears

To start, six to eight photographs is ample. You may include more, even as many as 20, but it is essential that you only include photographs that are all a very high standard. Once you have some shoots to your name, you can begin to include tears from magazines and other publications to also show off your experience, but primarily because these are the exact types of photographs that agencies and clients are looking for.

Presentation

The quality of your portfolio is also portrayed by how well kept and presented it is. Keep your portfolios in excellent condition and they will do the same for you in return. If necessary, get another copy. Always check your portfolio before attending an interview or call and look for crumpled, bent, or torn photographs and remove them.

Using Your Portfolio To Sell You

Your portfolio is what will sell you to agencies and clients. Everything about the portfolio needs to smack of quality and really stand out when people view it. Offering a good range of high quality pictures makes it much easier for an agent or client to see just how good you look on camera.

About The Author:

Sarah Ferguson is the founder of http://SFViper.com/ttp://www.sfviper.com/ America's next top model website. Her first product will be a 52 Week National Calendar with winners chosen to represent their state.

What's in a Pose?

By: Sarah Ferguson

Along with a great look and professional attitude, poses and expressions are among the most important weapons in a model's arsenal of desirable traits. Once upon a time, models were expected to learn a staple set of poses but that's not as necessary any longer. Generally speaking, though, photographers and clients prefer natural looking expressions and poses that require little work to achieve. Having this ability in your repertoire makes you a more desirable model to hire so working on them will help you achieve your goals.

Practice Makes Perfect

Practicing expressions in a mirror and striking poses may seem odd at first, but it is the only way you can really achieve the look. Smiles, pouts, and action poses are all necessary and you will undoubtedly be called upon to strike one or more of these expressions during a shoot. If you have the capability to do so without spending an age preparing then your shoot will be quicker and you will be deemed as a professional. Photographers and clients, and therefore agencies, always remember the most professional models.

Grace And Poise

Graceful movement is a must-have. If you can move gracefully and supply then you will be able to pull off the majority of the required stances that your photographer asks for. Even if you are asked to model in a pose you've not practiced, you will be able to quickly master it and the shoot will turn out well.

How To Develop Poses

Dance, ballet, and general fitness exercise all help towards this end. Ballet is particularly useful because it combines suppleness with graceful movement to give you the perfect all round attributes. You don't need to become a ballerina but learning the stretching exercises and having to quickly move from one position to another will develop your skills quickly and efficiently.

Why Photographers Will Love Working With You

Most photographers prefer to work with models that can naturally and instantly call upon given expressions. While many will have the ability to drag a desired expression from a model, this takes longer and requires more effort. If you can assist in finishing a shoot in a matter of minutes or a couple of hours rather than an entire day you earn your money quicker and are more likely to get a recall for your services.

Using Test Shoots To Improve Your Skills

Test shoots with a professional photographer can prove an invaluable tool in helping you develop and finely hone your skills. Poses and expressions look different in photograph than they do when practiced in front of a mirror. By seeing photographs of your own poses you can quickly pick up tips on how to perfect them. Plus, a professional photographer will instinctively be able to point you in the right direction.

Better Poses Mean Better Shoots

The easier that you make the job of the photographer, and the better your images look, the quicker you will become recognized as a professional. Those same clients and photographers will either begin to ask for you or will recognize you as being a professional when presented with your portfolio or zed card. Word almost always gets back to the agency too, and this gives you greater potential for more shoots.

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2085 A1A South # 205 St. Augustine, FL 32080 9 0 4 - 5 4 0 - 9 7 2 2 savagemodels@live.com

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The Internet has opened doors in various industries and for a number of people. For models, it has provided an opportunity for increased exposure as well as quick and simple access to modeling agencies, shoots, and opportunities. The Internet not only offers excellent opportunities for aspiring models but can help established ones improve their networking and generate even more opportunities.

Post Your Pictures And Portfolios

There are many modeling sites, and a number of these allow unaffiliated models to post their pictures or portfolios along with a description or bio. Some of the more popular sites of this type are frequented by agencies, agents, and scouts, as well as potential clients and photographers. Self branding is important and by posting your picture or your portfolio to as many of these sites as possible you will begin to make a name for yourself and build your reputation.

Forums And Networks - A Great Potential Source Of Work

Forums and modeling networks are also relatively easy to find. Many of these boards are used by other models, as well as photographers or scouts. They can be a great source of potential work and may give details of open calls for models as well as interviews. Besides this, many of the members are open about their own experiences and willing to share tips and secrets that have helped them succeed in modeling. Certainly don't take everything that's written as being the gospel truth, but do willing accept help when it is given.

Contacting Agency Websites

More and more businesses are using the Internet as their primary method for generating business. This includes the photographers, clients, and agencies that you need to contact. Look for those that accept portfolio submissions online and submit your portfolio. Alternatively, use the contact details provided and don't spam the websites that specifically state they do not accept digital submissions. You will make a name for yourself, but it won't be a positive one if you conduct yourself in this way.

Your Own Online Portfolio

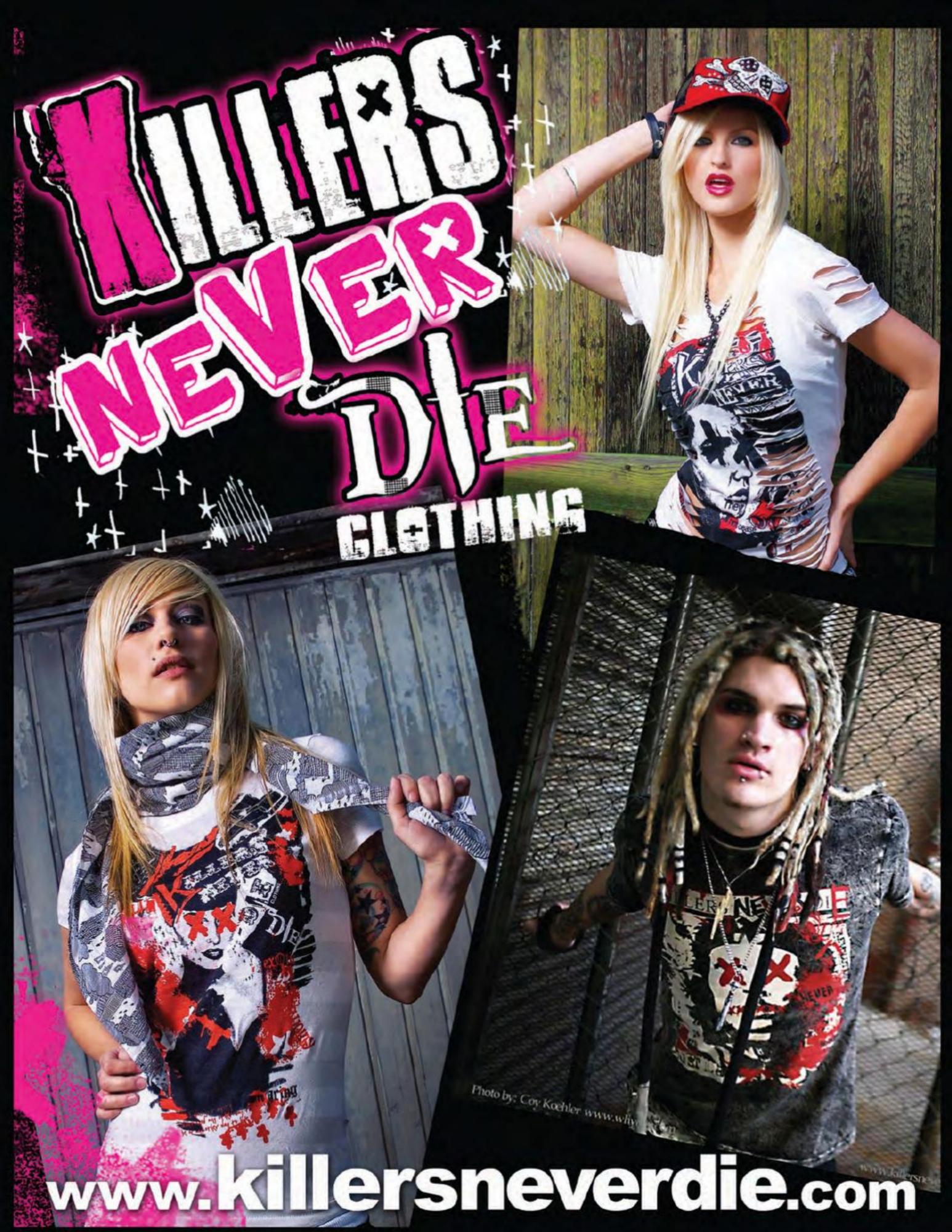
You might also consider the benefits of having your own modeling website. Portfolio sites are an excellent way to promote yourself and they provide a point of reference for any potential clients or agents. The site needs to look reasonably professional and you should ensure that the images you use of yourself are protected. Offer model release details, pricing details, and contact details so that any interested clients can contact you directly.

Using The Internet To Your Own Ends

Online networking offers a number of advantages – primarily, it can be done in your own time and from the comfort of your own home, but it is also an inexpensive option and provides you with a global market for your talents. However, just sitting back and waiting for agencies and clients to contact you is not the best way to progress your career. Be pro-active, always be on the look out for new sites and new opportunities, and be willing to take the plunge quickly when one presents itself. The Internet should be treated as another potential avenue for building your own network and shouldn't be seen as the sole method of generating new contracts.

About The Author:

Sarah Ferguson is the founder of http://SFViper.com/ttp://SFViper.com/ttp://www.sfviper.com/ America's next top model website. Her first product will be a 52 Week National Calendar with winners chosen to represent their state.











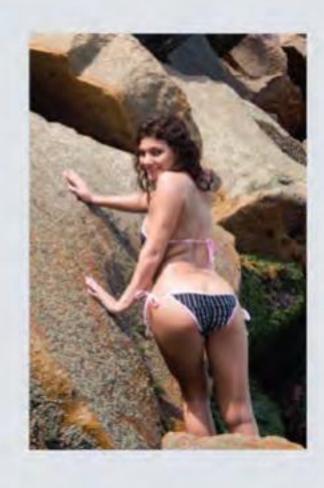


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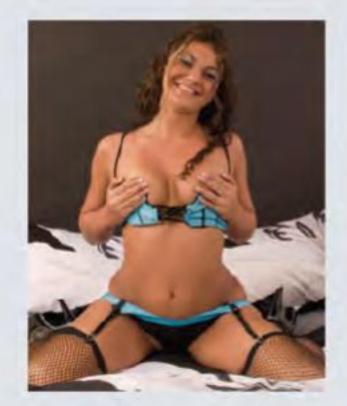
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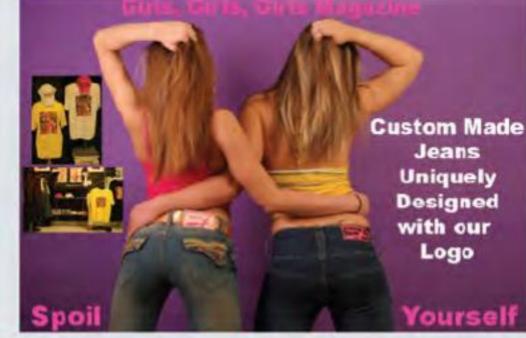
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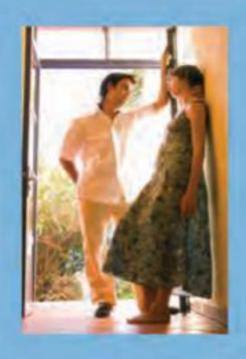












How To Be A Great Flirt And Attract Women By: Michael Dat

What exactly is flirting all about? Is it a sexual thing? Perhaps it might even sound a bit perverted to you.

Flirting is definitely not perverted. In actual fact, flirting is a clever, playful, powerful and sexual way of communication that turns a woman on. First of all, let try to define what exactly is flirting and what it is not.

Flirting is a mindset of having fun, being natural, being yourself, being confident, being cocky, well just a little cocky without seeming to be too arrogant. Even if you are not a very attractive or a very rich man, if you flirt in the correct way, it will create a kind of sexual tension that will naturally attract more women to you.

Natural confidence in a man is a display of power and yes, women are sexually attracted to such power even though they will never be able to explain it clearly to you.

Good, clever flirting will result in women being sexually attracted to you. Teasing a woman by cleverly playing with your words in your conversation is a great way to flirt. Flirt well and they will respond very favorable to you or should I say, sexually favorable to you.

It is very important that you flirt, right from the start, even if you only say a few clever lines. If you say them early in the conversation, guess what? You will leave a huge impression in her mind which will cause her to remember you as a clever, witty and interesting guy to talk to. Your first impression will really last, especially in the mind of a woman.

One good way of doing it is by using gender reversals. By that I mean taking gender stereotypes and turning them around. Here's one example. If you catch her looking at you, you can say:

"I saw that...I know you keep looking at my sexy body and you want it so badly you're drooling, but can't we be friends first?"

Memorizing silly, over-used pick up lines and corny little jokes, will only work, if it was still in the 1970s! One thing about women is that they just love men who are real. Men who are natural. Men who are secure in themselves and do not bother to try to be someone else, display an aura of attractiveness that most women can never resist.

Most men always forget the fact that women are pretty sharp mentally and they can pick up signals much faster than men. Women can spot it when you are trying to act like someone else or when you are being yourself.

So take your time to flirt in the right manner and see how women respond to you. You will be surprised to know how simple it can be done.

If she challenges or engages you back, it's on! You should then proceed to increase the stakes and carry on flirting. Do not turn into a nerd at this time and revert back to normal conversation tone. Otherwise, all that you have done will backfire.

About The Author:

Michael Dat specialises in dating techniques for men. Visit http://www.datingquestionsformen.com for more dating and seduction tips.









Speeding Up Metabolism - Secrets To Keep Your Metabolism In Hyperdrive By: Mike Lee

With a slow metabolism, it's very likely that you have a strong chance of retaining fat in your body. To get around this, you need to know the principle behind speeding up metabolism. At the same time, you're also going to need to work hard in order to reduce your body fat. Don't be fooled by all the claims saying one's metabolism can't be changed; there are plenty of ways to speed up your metabolism. All it takes is a little effort.

Your metabolism contributes greatly to weight loss, so you need to make sure that you're always speeding it up. For example, you might think that skipping meals or going on crash diets will improve your chances of losing weight. But what this really does is deprive you of much needed nutrients and ruin your metabolism by slowing it down; starvation diets will make your body believe that it's being starved and will then go on to store every fat and calorie it has.

When speeding up your metabolism, you need to know a few important things. First of all, remember to eat breakfast in the morning. This jumpstarts your metabolism, especially after you have gone without food the whole night. Skipping breakfast leaves you with less energy and contributes greatly to obesity.

Don't forget to get plenty of exercise. You can do high-intensity resistance training in order to build your muscles, or cardio workouts to keep you on the move. If you don't have time for lengthy exercise sessions, just walking around and doing short exercise routines can burn some calories.

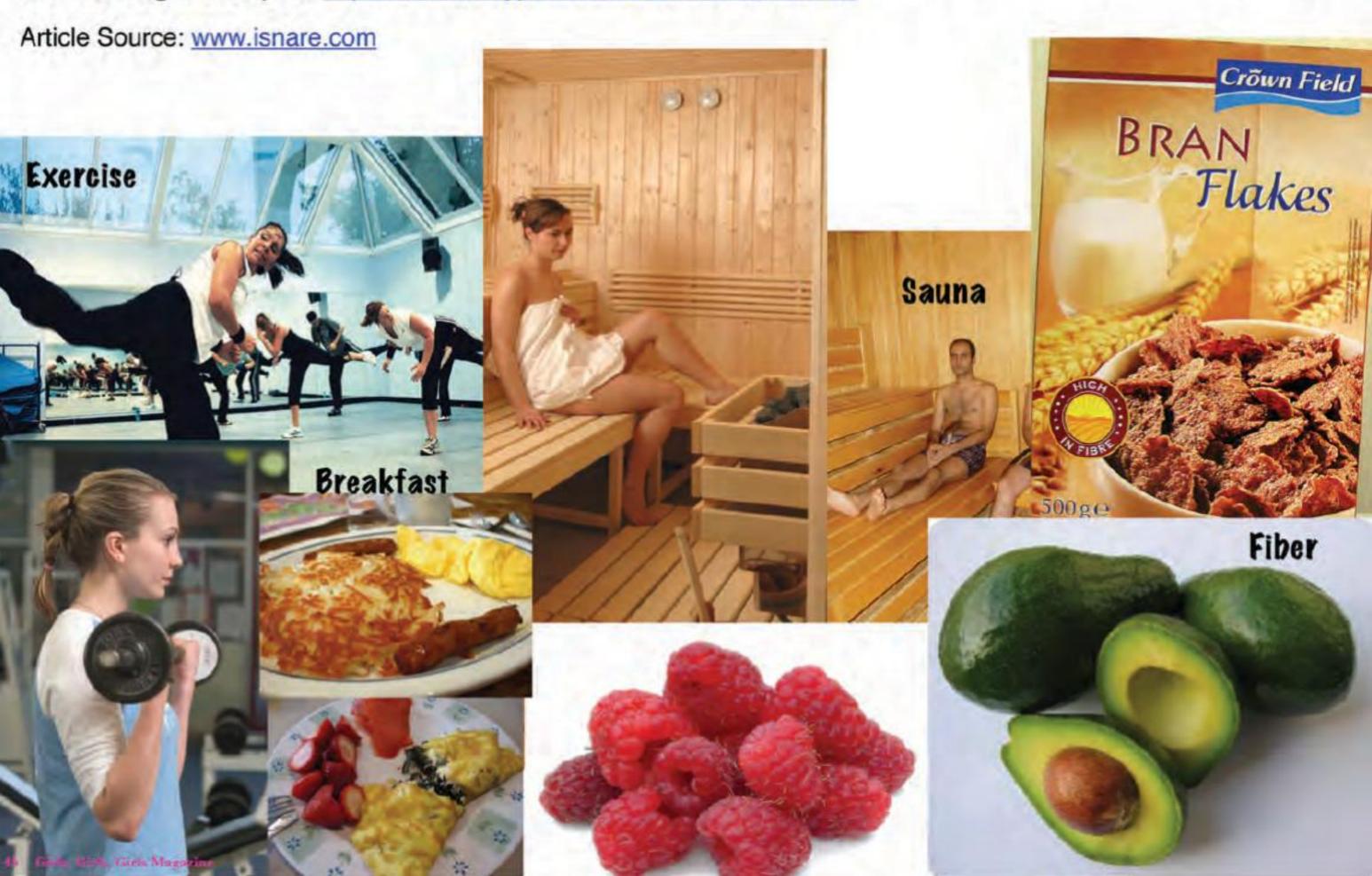
After your workout, you should also consider sweating it out in the sauna. Staying in the steam room even for just a few minutes can help you burn up calories.

Eating the right food to speed up your metabolism should also be on your list. Foods that are rich in fiber, for example, will be more difficult for your body to break down, thus making sure that you use up energy while your body processes the nutrients. Spicy foods, particularly chili peppers which contain capsaicin, can also burn calories.

A fast metabolism means that you will be able to burn calories much faster and keep them from accumulating in your body as stored fat, so make sure to get a move on and speed up your metabolism!

About The Author:

Michael Lee has prepared a FREE revolutionary fat-burning course that reveals secrets on how to lose belly fat quickly and fast weight loss tips at http://www.20daypersuasion.com/fat-secret.htm



Be Committed!...You'll Never Be Famous If You Don't Show Up!

By: Sheena Metal

Everyone wants to be famous: live in a mansion, drive a sports car, tour the world in your private plane, date a model, float around in the pool while collecting royalties for CD sales, and drink beer right out of your private tap. But not everyone is aware that, with any career that has the potential to end in a bounty of riches and beautiful babes, climbing your way to rock stardom is very hard work.

So, how does your average musical genius go from penniless Pop Tart-eater to Lifestyles of the Rich and Famous? How do you move on up from mom's garage to a deluxe apartment in the sky? What's your first baby step on the Yellow Brick Road to fame and fortune? That's simple...be committed!

It sounds silly, but many a musical boat has sailed with a crestfallen unsigned artist standing confused on the dock, for lack of nothing else but follow-through. Commitment to your deeds and plans is the single most essential skill towards achieving your goal of Ultimate Superstardom. Entertainment is a fickle business and chances don't come along every day. One missed opportunity now could have spiraled into dozens even hundreds of opportunities down the line.

It may be true that talent is a gift you carry with you from birth, but commitment is a learned skill that you need to hone every day. So, how can you make sure that you've got what it takes to gather up your supreme musicality and conquer the universe with it continuously?

The following are a few tips that may help you to make sure that you're truly committing yourself to your musical career on a daily basis:

- 1.) Follow Up On All Leads—No matter how insignificant they may seem at the time, it's important to follow up on every musical lead that's thrown your way. Letters, calls and emails should be answered politely and in a timely fashion. New contacts should be logged in your address book for future correspondence. Opportunities should be taken, invites accepted, and chances to network relished. By starting out with just these simple rules you'll watch your resources and mailing list grow. Suddenly you'll have music community friends with which to share your leads and ideas, ask advice, trade experiences, and combine talent and energies. Through these friends, you'll meet new friends and fans and from them even more new connections. Soon, you'll have so many opportunities that your concern will change from lack of opportunity to lack of time in the day to pursue each new chance.
- 2.) Just Show Up---Sounds so simple it's stupid, but you'd be surprised how many talented people have fallen by the wayside because they were unable to simply show up. Cancelled gigs, forgotten meetings, and missed auditions say to the Musical Powers That Be, "I'm a huge flake who doesn't think your opportunity is worth a half-hour of my precious time." This is a really bad thing. Entertainment is a small town with a huge memory. Don't give people any reason to think that you're not the person they want to work with, give the job to, book for the gig, sign to their label, write about, talk about, and help any way they can. Remember there are tens of thousands of musicians waiting to take your place, so step up to the plate and seize each chance with optimism and enthusiasm.
- 3.) Take Initiative---Don't wait for opportunities to come to you. The world is a virtual cornucopia of information, so reach out and nab yourself some chances at stardom. Comb the internet, join music communities, visit open mic nights, take classes and workshops...put yourself out there where there are cool musical happenings and let others know that you can be relied upon and want to be involved. By going out and seizing your own opportunities, you may double, triple, etc. your resources and chances, and expedite your journey to success.
- 4.) Do The Best Job You Can---As important as it is to show up, it is also essential that you come off efficient, talented, and professional when faced with a new opportunity. Being there is half the battle but the other half is being the best that you can be and impressing industry, press, clubs and your fellow musicians enough to make them want you to be involved in anything and everything they do. Make a commitment to put on the best live show possible, to have a terrific CD, to make a professional presskit, and to spread the word about your music. Be punctual, be courteous, be positive and be fun. Don't give anyone any reason not to work with you again and you'll see that it becomes easier and easier to get what you want for your artistic career.

It really is as easy as simply showing up, following up and giving it your all. Making it in music is not impossible; it's just a lot of elbow grease, a little organization, a bit of strategy, and the simple sculpting of your talent into a marketable commodity. There are thousands of chances offered every day to musicians...reach out and grab them by the handful, make every opportunity your own, get everything you want from this business and when you're richer than Oprah and more famous than Madonna, remember that it was you who made it happen. You were a pro. You showed up. You committed.

About The Author:

Sheena Metal is a radio host, producer, promoter, music supervisor, consultant, columnist, journalist and musician. Her syndicated radio program, Music Highway Radio, airs on over 1000 affiliates to more than 126 million listeners. For more info: http://www.sheena-metal.com.



























Get The Right Guy: Flirting Tips For Women

By: James S

There is a new object of interest in your life, and you want him to know about it. Flirting would be just the right thing to do in this situation – but how? You definitely don't want to fail. Luckily, there are plenty of flirting tips for women to try.

1. Find Out What He Likes

This might be one of the most obvious flirting tips for women, but it is also the most successful one. If you know his friends or people close to him, then this is something that can be easily achieved by asking them about your object of interest. However, if he is someone you just see on a regular basis – probably, while getting your coffee – this becomes a more difficult task.

In such a situation, take some time to observe what he is doing. Does he always read the paper? Does he always have an iPod? What kind of coffee does he drink? Take note of little things like that, and remember the things that you could easily start a conversation about.

2. Don't Pretend

You have found out that he likes to jog, but you really couldn't care less about exercise. Nevertheless, you go out and buy a new track suit and just "happen" to jog past him now everyday. This is a really stupid thing to do – you are changing yourself to have something in common with him, in fact, you are just pretending. Indeed, the worst start for a relationship. Remember, that the truth will come out sooner or later.

3. Use Body Language

One of the greatest flirting tips for women says to use body language to convey your interest. Verbal flirting is often not successful for women – guys respond faster if body language comes into play. When you are talking to him, touch his shoulder – this shows that you are comfortable enough to be in his personal space, which can also indicate an attraction.

What If Nothing Works?

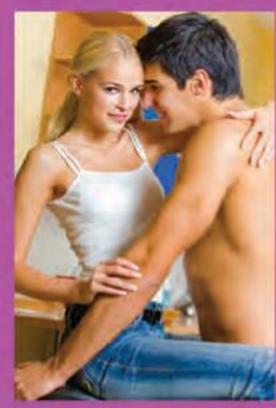
If you have put into practice all known flirting tips for women, but the guy still doesn't seem to be really interested, then maybe it is time to move on. Accept the fact, that he is just not the right person for you – lack of chemistry is not going to work miracles. However, don't be discouraged and think of yourself as a failure – try and use flirting tips for women that you have learned on a new guy. You will master your flirting skills, which eventually will help you find the right person. Just believe, that all the efforts are worth it!

About The Author:

Article Source: http://www.topicinto.com Flirting Tips for Women check out http://www.flirtingforfun.com





























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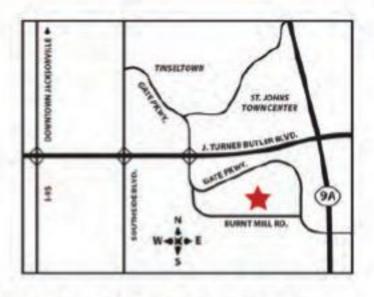




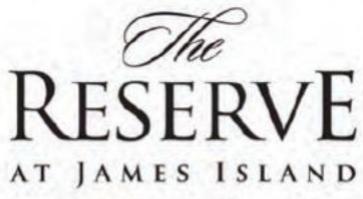








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5 Girls, Girls, Girls Magazin

Girls, Girls, Girls Volume 2 agazine

| Table of contents | 4 |
|--------------------------------|-------|
| Staff | 4 |
| Erica | 5-13 |
| Angela | 14-17 |
| Cassie | 18-21 |
| Rose Ryder | 23-25 |
| Jessica | 26-30 |
| Get the Right Guy: Flirting | |
| tips for Women | 31 |
| Elektra | 32-37 |
| Heather | 38-43 |
| Be Committed!You'll never be | |
| famous if you don't show up | 44 |
| Speeding up Metabloism-Secret | S |
| to keep your metabolism in hyp | |
| drive | 45 |
| How to be a Good Flirt and | |
| attract Women | 47 |
| Heather-Center Page | 49-50 |
| | |





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Bobby G: www.bobbygphoto.com

Jay Davis

Moda Photographic: Robert Elizarraraz

Chris Cutts-CWC Image

J. Edward Hall

Stewart Smith: www.stewartsmithphotogrpahy.com

Don Kirkendall Darryl Briggs

Rory D. Peters: www.lightscapephotography.net

J. Moon For: www.silentis.com

Robert Elizarraraz: Moda Photographic

www.stylepix.com Carl Grandolfo

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