

✦ A CELEBRATION OF BEAUTIFUL AND SEXY WOMEN AROUND THE WORLD ✦

# GLAM JAM

AUGUST 2013 | GLAMJAMMAG.COM



GLAM JAM DISCOVERY

★★★★★

**KRISS  
CUNNINGHAM**

★★★★★★★★★★★★★★★★

BECOME THE NEXT  
**GLAM JAM**  
COVER MODEL!  
DETAILS ON THE  
BACK COVER!

★★★★★★★★★★★★★★★★★★★★

# ALLIE MASON

★★★★★★★★★★★★★★★★★★★★

A NAME YOU WILL  
WANT TO REMEMBER!

**MODEL  
PSYCHOLOGY**

MARKETING: THE ONLY WAY TO  
BE SUCCESSFUL IN TODAY'S  
GLAMOUR MODELING INDUSTRY!

★★★★★★★★★★★★★★★★



FLORIDA'S BABE OF THE MONTH

★★★★ **KATIE HALL** ★★★★★



## 6

### ALLIE MASON

This little bombshell is loaded with talent and curves. Something you will surely appreciate!



#### ON THE COVER

Model: Allie Mason

Photographer: Prado Foto



#### EYE CANDY

16



*GIRL NEXT DOOR*

**KAREN  
LEAH**

28



**EMELLE  
LE DONNE**

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*FLORIDA'S BABE OF THE MONTH*

**KATIE  
HALL**

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**MODEL PSYCHOLOGY  
MARKETING: THE ONLY WAY TO SUCEED IN  
TODAY'S GLAMOUR MODELING INDUSTRY!**

# GLAM JAM

**Editor-In-Chief and Art Director**

**Pete Valentino** ( [info@glamjammag.com](mailto:info@glamjammag.com) )

**Staff Photographers**

**Urban Stylz Photography**

*Canada* - ( [www.urbansylz.net/glamourandfitness](http://www.urbansylz.net/glamourandfitness) )

**Nick Krzywdzinski**

*Australia* - ( [www.nickartphotography.com](http://www.nickartphotography.com) )

**Mike Prado**

*United States of America* - ( [www.pradofoto.com](http://www.pradofoto.com) )

**Contributing Photographers**

**Matthew Cousins** - ( [www.matthewcousins.com](http://www.matthewcousins.com) )

**Julian Wilde** - ( [www.wildevision.com](http://www.wildevision.com) )

**Reuben** / [glamtography.com](http://glamtography.com)





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# EDITOR'S NOTE

BY PETE VALENTINO

This month in Glam Jam we celebrate the beauty of women with both a newcomer and a well known model! Allie Mason is a name you will want to remember. This young 23 year old model comes to us from Sin City and is becoming one of the most requested up and coming models in the industry. Kriss Cunningham is a name some of you may already know, but one thing we know is that Kriss is the perfect definition of << All good things come in small packages! >>

As always, Glam Jam is primarily a submission driven magazine to showcase the hottest new glamour photographers and models all over the world! This is your platform to finally get that valuable exposure to bring you to the next level in your craft, as a model or photographer! Get the visibility you deserve, politics-free and above all with the focus solely on beautiful women and great photography. The way it should always be!

A CELEBRATION OF **BEAUTIFUL AND SEXY WOMEN** AROUND THE WORLD!



A NAME YOU WILL WANT TO REMEMBER

# allie mason

PHOTOGRAPHY: PRADO FOTO





COVER  
★ GIRL ★







**“ I LOVE A GUY WHO CAN MAKE ME LAUGH AND SHOW ME NEW THINGS! ”**



Allie Mason is originally from Scottsdale, Arizona and currently resides in Las Vegas, Nevada. Allie has been modeling for the past five years and is thankful for all of the fun opportunities it has brought her! Allie loves traveling, action sports, and being outdoors. Modeling for companies such as Rockstar Energy, Monster Energy, and Red Bull has allowed her to enjoy all three! Allie also does print work for various calendars, magazines, and catalogues. Playboy has been one of her favorite companies to model for and a dream come true! Most often Allie is happy making memories with her friends and family and living in the moment!

**HOW DID YOU GET INVOLVED WITH GLAMOUR MODELING?**

I started glamour modeling when I was seventeen just for fun and it eventually turned in to a really awesome job!

**WHO INSPIRED YOU TO BECOME A GLAMOUR MODEL?**

When I first started modeling I was inspired by my older girl friends who were glamour models! I loved they're sexy photos!

**WHAT IS YOUR SECRET IN MAINTAINING SUCH AN INCREDIBLE SEXY BODY?**

I eat healthy and stay active! I try to hit the gym about 4 times a week. I also love hiking! Pole dancing lessons are also a fun and sexy way to stay fit!

**WHAT PART OF THAT SEXY BODY ARE YOU THE MOST PROUD OF?**

I get a lot of compliments on my booty.

**TELL US ONE UNUSUAL OR UNIQUE THING ABOUT YOURSELF THAT OTHERS MAY NOT KNOW.**

I lived in Germany for three years.

**WHAT IS THE MOST ADVENTUROUS THING YOU HAVE DONE?**

I would say Skydiving!

**WHAT ARE YOU CURRENTLY WORKING ON AND WHAT ARE YOUR FUTURE GOALS?**

WithIn the glamour industry, I think it would be amazing to be a centerfold in Playboy Magazine.

**WHERE CAN WE FIND OUT MORE ABOUT YOU?**

Instagram: AllieMasonXO

*Allie  
xoxo*

**STATISTICS**

AGE:	23
LIVES IN:	Scottsdale, AZ (U.S.)
HEIGHT:	5' 6"
WEIGHT:	120 lbs
MEASUREMENTS:	36-28-33
OCCUPATION:	Model













**CANADA'S OWN**  
**KAREN LEA**



## STATISTICS

AGE: 26

HEIGHT: 5'1"

WEIGHT: 105 lbs

MEASUREMENTS: 32D-23-33

HOMETOWN: Vancouver, BC (CANADA)

OCCUPATION: Model

WH

# the girl next door

PHOTOGRAPHY: MATTHEW COUSINS

















# MODEL PSYCHOLOGY

BY PETE VALENTINO



## MARKETING: THE ONLY WAY TO SUCCEED IN TODAY'S GLAMOUR MODELING INDUSTRY!

NO MATTER WHAT YOU DO, MARKETING YOURSELF IN TODAY'S INDUSTRY IS ABSOLUTELY VITAL FOR A HEALTHY CAREER!

### MARKETING SHOULD BE CONSISTENT

Marketing and self promotion is an area that luckily more and more models are learning to master with time. In an age where social media is king, using absolutely every tool at your disposal to get your name out there is vital. Failure to follow the marketing trends rapidly will reduce your stock value.

### THERE IS ABSOLUTELY NO LAZINESS IN SELF PROMOTION

If you are lazy to promote yourself on a daily basis, to the point of sounding annoying, to the public, then you fail to understand that there are thousands of other models world wide doing it and getting ahead in the business. If you sit on that sexy butt all day wondering how come you are not getting the gigs, chances are you are not putting the time and energy in promoting...YOURSELF!

There are many ways to keep a steady flow of self promotion. Social media sites are for one the current driving force. Having your own web site is essential. Keeping all of these up to date, regularly is vital. Google search ranking is also important. The faster the right people can find you, the better it is for your brand.

### THE SOCIAL MEDIA HOTBED

Social media is the most important way for a model to showcase her talents, but more importantly to get her name out there as much as possible. You will have to spend a lot of time networking and keeping all of your social media outlets up to date with your current projects. In 2013, this has become one of the other tasks a model has to devote time and energy too.

### WHAT STEPS SHOULD BE TAKEN RIGHT NOW TO IMPROVE MY SOCIAL MEDIA SIGNALS?

There are two core elements to social media: onsite and offsite. In order to properly establish and grow a social media campaign, both elements must be present and refined.

Onsite elements include:

- Share buttons (like, recommend, tweet, bookmark, etc.)
- Connect buttons (Like a Facebook page, Follow on Twitter, Follow on LinkedIn, etc.)
- A blog

Offsite elements include:

- Facebook page
- Twitter account
- LinkedIn company page
- Pinterest account
- Youtube account
- Guest blog posting
- Other social media platforms

### LONG TERM RESULTS

In two years, models playing in competitive niches that don't have a robust social strategy will be left in the dust by those that do; Social signals are becoming the new "link" in terms of overall importance in the ranking algorithm. Social signals will eventually surpass links as the most valuable ranking factor.





**ALLIE  
MASON**





**A GODDESS WITHIN**

# **EMELLE LE DONNE**

**PHOTOGRAPHY: JULIAN WILDE**



## **STATS**

**AGE:** 32

**HEIGHT:** 5' 8"

**MEASUREMENTS:** 36-26-36

**HOMETOWN:** San Francisco , CA (U.S.)

**WEIGHT:** 135 lbs

**OCCUPATIONS:** Model, Wife, Mom, Fitness Athlete



# Q&A WITH EMELLE

*Emelle Le Donne, (pronounced eh'mel) currently resides in Northern California. Emelle has done a variety of modeling from glamour, fashion, lifestyle, and fitness. She is a bikini fitness competitor as well. Getting into modeling for Emelle was a big leap of faith. It took a lot for a tom-boy turned wife and mother to really admit that on the inside she was very girly and even deeper still in there was the want to show the world what the beauty of a woman can do. "When I was finally honest with myself about where my heart was at I talked to my family and got their full support. My family's support, love, and encouragement have been constant and they have helped me to continue to pursue this adventure. I am proof that your dreams never die and it's never too late to follow your heart."*

## **EMELLE, HOW DID YOU GET INVOLVED WITH MODELING?**

I started modeling because it was a dream deep down in my heart that I had tried my whole life to ignore. I am a big believer in following your heart and am very vocal with everyone around me about going after your dreams no matter what your age. So when I realized that modeling was in my heart with the support of my family I went for it. I got involved in glamour modeling by accident really. I started modeling as a lifestyle and fitness model and as I worked my way into the business I realized that I could do glamour also. I had assumed that my muscles would not be something that was good for glamour and found very quickly that my figure and build worked well. *be a wrestler I'm sorry Lana I thought they were looking for a host of the show"* I said "No way! I'm staying I want to be a wrestler!" The rest is pretty much history.

## **HOW DO YOU MANAGE TO MAINTAIN SUCH AN INCREDIBLY SEXY BODY?**

I work out!...I try to be in the gym at least 5 days a week, 6 if I am really good. I do 2 days full body weight workout with 30 minutes of cardio and the other 3 to 4 days I do cardio for 45 minutes to an hour. I also try to eat really clean.

## **WHAT PART OF THAT SEXY BODY ARE YOU THE MOST PROUD OF?**

I am probably most proud of my stomach. For years I tried to get more defined abs and couldn't seem to get it down. But after some help with eating and weights from my personal trainer I was able to achieve my goal. I always get comments on my legs as well!

## **WHAT ARE YOUR FUTURE GOALS?**

I would say I have many dreams in the modeling industry in general...my overall goal is to follow my heart and show the beauty of a woman.





**FOLLOW EMELLE ON:**

- [www.facebook.com/emellemodelfanpage](http://www.facebook.com/emellemodelfanpage)
- [www.facebook.com/emellemodel](http://www.facebook.com/emellemodel)
- [www.twitter.com/emelle\\_model](http://www.twitter.com/emelle_model)
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**DISCOVERY OF THE MONTH!**

# KRISS CUNNINGHAM

PHOTOGRAPHY: REUBEN / GLAMTOGRAPHY.COM    MAKEUP: DEANA MARCELLO





## ALL GOOD THINGS COME IN SMALL PACKAGES

Kriss has been modeling for about three years, and has had some incredible experiences. She has met awesome people, made great friends with some of the models she really admired, traveled to countries she never would have otherwise visited, and learned a little bit about exotic cars along the way.

### **STATS**

AGE: 27

HEIGHT: 5' 1"

MEASUREMENTS: 36-24-34

LIVES IN: Seattle, WA (U.S.)

WEIGHT: 115 lbs

OCCUPATION: Graphic Designer

## HOW DID YOU GET INVOLVED WITH GLAMOUR MODELING?

When I started out, I would look at model pages on social media sites and always read what these women had to say about their own experiences. How did they do it? To get such an incredible portfolio full of images, each more stunning than the last? I wanted that, a portfolio filled with beautiful beaches and sparkly bikinis and amazing mansions, but something was keeping me from getting it.

Honestly, I am very short. Some models will fib a little on their weight...truth be told, I have always exaggerated my true height. I was a gymnast for 10 years and I am barely 5'1" tall. Like a lot of people, I thought successful models were tall, with graceful legs and long arms. Fortunately, I was able to learn that there are different types of models and different genres of modeling. Any model can and should find the right genre that fits her look, and I found that glamour modeling was the right style for me since models typically are shorter than fashion models, for example. By learning a little bit about the industry, I was able to find a niche that worked for me, and that made all the difference.

This takes a little bit of being honest with yourself, girls. You may feel more passionate about shooting glamour images, but if you're not very curvy, this might not be the best niche for you, or you could have a love for fashion modeling but may be very short, like me. Focus on what your look brings to the table, in what areas you would be most marketable, and what your goals are as a model. Are you here just for the fun of it? Or, do you want to enjoy financial success, see yourself in magazines, and work with professionals you're just dying to shoot with? If your look isn't suited to the genre you choose to pursue, you may only go far enough to finish up modeling someday with a beautiful book of images for your coffee table, nothing more. This is really about what you want to accomplish as a model and what your goals are. Be honest with yourself.



THINGS THAT TURN ME ON IN A MAN  
ARE MUSCLES, GOOD MANNERS,  
HUMILITY, OH, AND MUSCLES!







## ADAPTING TO THE INDUSTRY

In my case, I have been able to realize that my height will keep me from being successful in certain niches of modeling, such as fashion modeling and most commercial modeling.

Being mindful of this information will help you in two ways: first, it will help you to hone in on the type of opportunities that you're best suited for, so you can seek these out and present yourself with the best possible results; and two, it will allow you to be more efficient in how you use the time you spend marketing yourself by passing by those opportunities that do not fit your look. Be savvy about this, though: I have been able to book commercial jobs shooting fashion lingerie and couture swimwear, for example. You can highlight the assets of your look to show a client why you are the best woman for the job—in these cases I showed that I was experienced, comfortable, and built for shooting lingerie and swim, even though I wasn't as tall as the models they were used to shooting with.

Finally, I think it's a great tool to study yourself and study other models. I read a lot of magazines, for one reason alone: I'm checking out sexy pics of beautiful women. It's easy to be a passive magazine reader and just think "That's hot," when you look at a pictorial of a pretty girl in a beautiful pool. Be more proactive than that! Look at photos of yourself and of other models and find the poses and angles that can really show off your best features. I look for the poses that can make my body look as long as possible and I throw those into the mix when I shoot. I also have learned to tweak a pose a little bit to show my best parts, which can be as simple as turning your booty a little more to the camera or dropping an arm from hiding your cleavage. This is a science that takes some work, but you can and should learn how to show the camera the best pieces of your look.

Whatever choices you make to accomplish your modeling goals, though, don't you dare give up! Kate Moss is a 5'6" fashion model, Gisele was turned down for agency representation countless times, Tyra was a black model with a big booty in a world of skinny white women. They must have done something right, and it's up to you to find out how to show the industry how awesome you are, in your own way.

*Kris xoxo*










I GET A LOT OF COMPLIMENTS ON MY SMILE,  
AND ON MY BOOTY.

A graphic header for 'Florida's Babe of the Month'. It features a stylized orange map of Florida in the top right corner. The background is a light blue sky with white clouds and palm trees. The title 'FLORIDA'S BABE OF THE MONTH' is written in large, bold, orange letters with a white outline, slanted across the top.

# FLORIDA'S BABE OF THE MONTH

## THIS IS MY STORY

My name is Katie Hall. I'm a 25 year old native American born and raised in Maine, USA. I'm an NPC bikini competitor and demo model/athlete for ALLMAX nutrition. I'm also a personal and group trainer and fitness/bikini model. Needless to say, fitness and nutrition are my life. Every aspect of what I do revolves around being healthy and fit and I wouldn't have it any other way. I have worked extremely hard to get where I am now and I plan on going even further to achieve my pro card in the IFBB and to grace the cover and insides of every fitness magazine that I can. I want to show women that you can do anything you want in this world, you just have to have the drive and dedication like myself. Nothing is ever impossible!

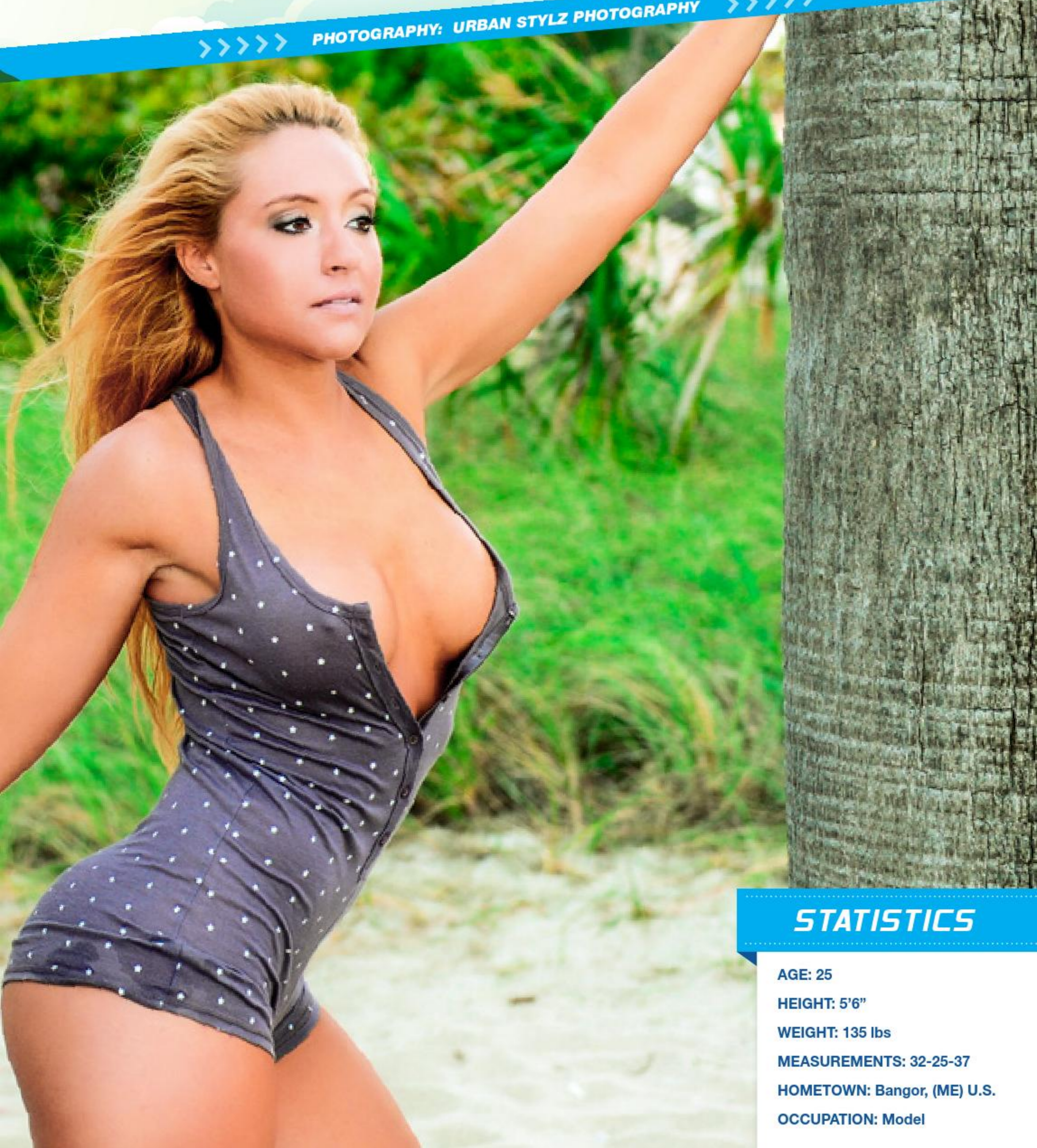
## THE STRUGGLES OF A BEAUTY PAGEANT QUEEN

From the moment I was born my mother knew that I was destined for greatness. Thankfully my mother and my father owned their own business in satellite. Business was booming due to the fact that it was a new and growing technology. Therefore my mother was able to stay at home with me and put all of her energy, attention, and focus on me. She began enrolling me in beauty pageants before I could even walk. I had won various titles and awards with my largest victory being Little Miss America in 1991. I absolutely loved competing in pageants however it was short lived because in 1993 I became extremely ill and was diagnosed with Hemolytic Uremic Syndrome which is caused by E-coli. At the time in Maine I was the first case of this strain that had popped up so the local hospital had no idea what it was. I was sent to a larger hospital about an hour away where I was treated for a couple of weeks, but nothing seemed improve my condition. I was then flown to the floating hospital in Boston, MA



# KATIE HALL

PHOTOGRAPHY: URBAN STYLZ PHOTOGRAPHY >>>>>



## STATISTICS

AGE: 25

HEIGHT: 5'6"

WEIGHT: 135 lbs

MEASUREMENTS: 32-25-37

HOMETOWN: Bangor, (ME) U.S.

OCCUPATION: Model

to see a specialist who had dealt with similar cases. I went through several treatments there, some temporarily improving my condition, but ultimately they were running out of options. The doctors were forced to tell my parents that they had done everything possible for me, but there was nothing else they could do. My chance of survival was a mere 25% and at that point, it was in God's hands. Thankfully, thousands of prayers were answered and I began improving all on my own. I still have a few lingering issues from it today, but other than that I made a full recovery.

## CONTINUING IN A DOWNWARD SPIRAL

After I was cleared from the hospital to head home and continue on with my life, my parents hit a rough patch. More and more satellite businesses were popping up and they lost business until they were forced to close altogether and start over looking for new jobs. Their marriage was put through a lot of stress and later in 1993 they filed for a divorce. My life drastically changed at this point. I went from having a huge gorgeous house and anything I wanted at my fingertips to my mother and I staying at my grandparents house barely scraping by until she landed back on her feet. My mother obtained full custody of me and from then on it was just her and I. Money was always a struggle, but we got by. The one thing that always stayed the same were my dreams. I dreamed to be something great and influential. I promised myself I would never stop trying and that failure would never be an option.

## A TIME FOR CHANGE

Maine is a beautiful and relaxing place, but I knew that my dreams were never going to come true if I stayed in my little home town all my life. In 2008 I made the extremely hard decision to leave my life, friends, family, and everything that I known behind and bought a one way plane ticket to south Florida. I chose Florida because of the weather and it being a hot bed for fitness competitions and the fit lifestyle. I was terrified at first as it was an enormous culture shock for me. I had little to nothing to my name and had to start completely from the bottom. Thankfully I was able to stay with a family friend until I could find a job and move on. I held several part time jobs in order to make ends meet and be able to have time off to fit in the modeling jobs I began booking. It has definitely been anything but easy making ends meet while trying to pursue my lifelong dreams. However, I'm so proud to say that I'm at a point now where I'm doing what I love. I know I have much farther to go until I can say "I made it", but now that goal doesn't seem so far away. I'm truly thankful and blessed for every opportunity that I have been given thus far and hope the future brings the same with continued success.

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I plan to compete in several NPC bikini competitions in the fall of this year and do everything in my power to try and obtain that IFBB pro card. Until then, you can find me in the gym and around south Florida representing ALLMAX nutrition. I'm not afraid of hard work and will continue to fight until I win. Success is a mindset. If you want something bad enough go out and get





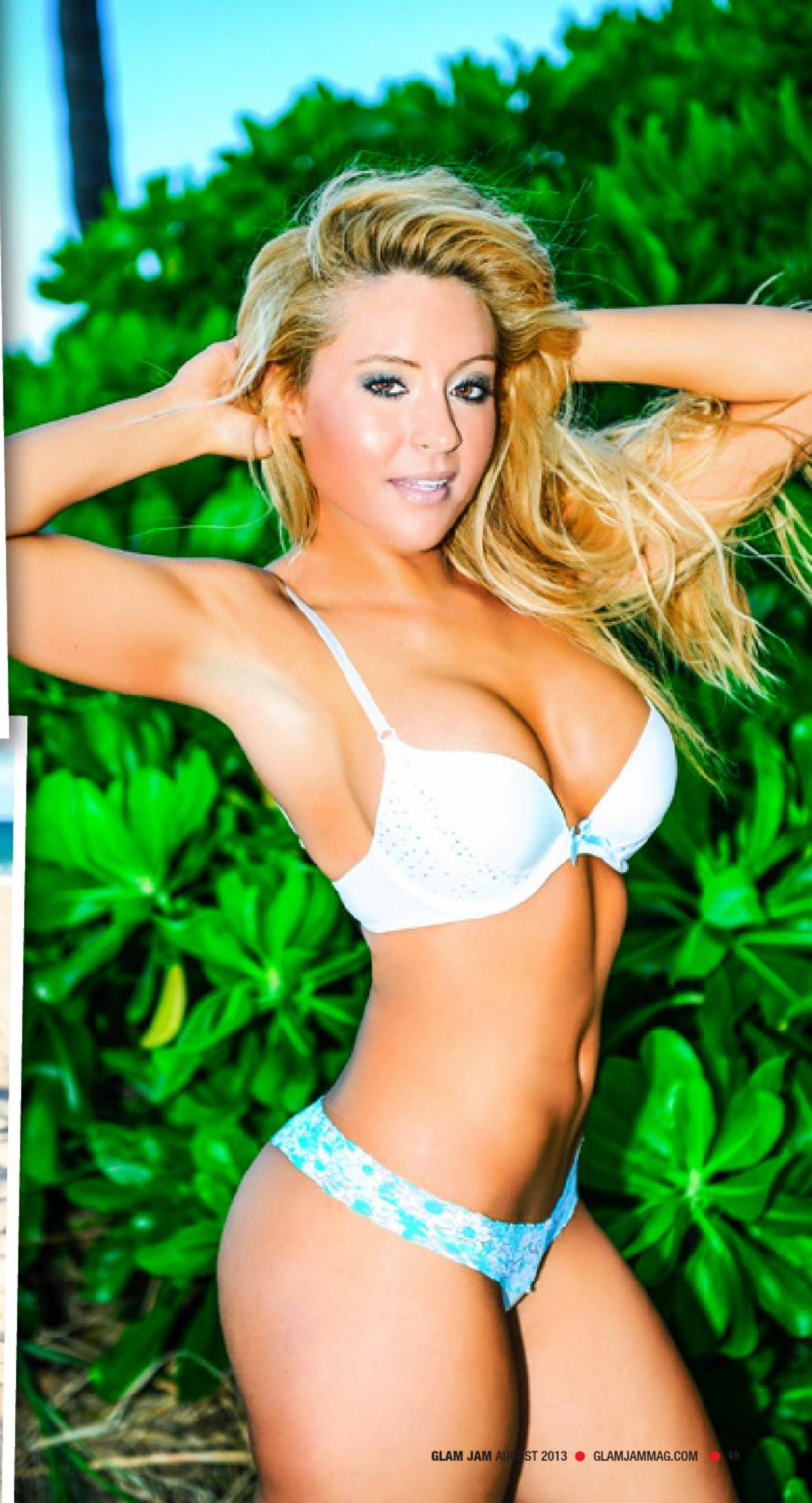
*Katie  
xoxo*

**MEN NORMALLY GO CRAZY  
OVER MY LEGS AND BOOTY!  
SOMETHING ABOUT A GIRL  
WITH CURVES!**

**FLORIDA'S**  
BABE OF THE MONTH













**WANT TO BE A  
FEATURED  
MODEL?**

*Just fill out the  
submission form on  
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