

AQUILINE MAGAZINE

BLESSINGS

FIT CHICK

SPRING ISSUE

CONTRAST - IT
SHAPES WHAT WE
THINK ABOUT
EVERYTHING

PREPPERS: MODEL EDITION

WHAT DO YOU NEED FOR
A PHOTOSHOOT AS A MODEL?

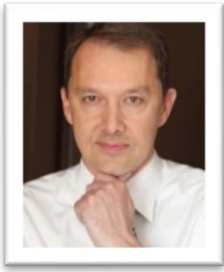
BROADENED PALATE
EATING WISER AS A
MODEL

ARTICLE: WHAT IS LOVE? IN A WORLD WHERE
MEANING IS REDUCED TO BUZZWORDS



Aquiline Photography

Welcome to the lucky thirteenth edition of AQUILINE MAGAZINE! Did you know that contrast is a tremendous influencer in what we see? So, you think that a female is good looking? Well, it may be because of the female you saw before that image. If you've ever



been in a dark room and turned on bright lights you know what I'm talking about. In a short bit of time your eyes adjust, but that transition certainly shows what contrast is all about. If you have ever fixed your glance and stared at an inanimate object really long you know tunnel vision. In this phenomenon, after staring at the

object, the scene around your chosen visual target, the object starts to fade-out. This is because your eyes normally dart back and forth to compare things in the scene. When your eyes can't do this back-and-forth movement of building an image, well those parts of the senses dull out till you resume the eye darting. Try staring at something very small and experiment yourself. But this is more than a parlor trick, we do this with most things in our lives and sometimes without knowing it.

People's expectations on everything are based on what came before. In this concept of contrast influencing our opinions let's think about glamour modeling. I once had a model in my portfolio that everyone commented about exaggeratedly. They said she was just incredibly good looking. A few years later another model came along and to my surprise people would tell me how mediocre the old model looked compared to the new model. I had no awareness, and it caught me off guard. It merely shows that like a crown the original model held a place in people's memories and opinions. They were intimidated by her I'm guessing. Well that was true till the new model came along. There is no right or wrong here but before models put themselves down as being short, fat, or disfigured, they may want to consider that what other people see merely depends on what those people saw before. Remember, it's not always about you. Beauty is in the eye of the beholder as they say.

I finally had to stop and ask myself "why" this girl next door genre photography was my choice. The answer was multi-fold but came as I surfed some California photographer's pages on Instagram. Wow the models were so perfect! I mean perfect. Place snoring sound effect here. As truly dazzling as these women were they quickly dull the senses with stereo-type. While there were zero flaws in the models or

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photography it quickly just made you start daydreaming about what was for lunch really. Maybe it's because these models seemed out of reach? This overly perfect visual representation reminded me of when you stare at something too long and your vision starts to gray out in "tunnel vision".

All that said, the girl next door genre works so well for me. While it's not the most shocking or bold it has so many qualities. The first one of course is that from model to model there is so much contrast in size, race, and style.

I do know that model images tend to polarize people. For instance, some audience members like heavier models while others like slender body shapes. The people who loved one body style seem to go model to model finding that body style and look. This variety and wide mix are what I gravitated toward photographically in style. I finally had to stop and ask myself "why" this was my choice, but the answer seemed obvious. Black would hardly be dark without

white and vice versa. We need the contrasts and many who model should learn "managed expectations". In my opinion this is one of those tools that make the difference between drama

and depression as opposed to the happiness we all want. When people model they receive criticism from the public. Trust me it's going to be nasty and it don't matter who you are. Skinny women get told to eat a hamburger. Plus-sized women told to go diet and worse. No one escapes the mean comments of idiots who have no deep thoughts and no filter. So, by manage expectations I mean to get ready for it all to not be rainbows. Your feeling of being attractive and part of something much larger must be solid and realistic.

By contrast I'm not suggesting to go-out and get an ugly friend, so you look better (laughs). I'm saying embrace your state of being strikingly different from something else in juxtaposition. Embrace the things that belong to you like Tom Cruise with non-symmetrical smile or Morgan Freeman with large freckles and moles. Embrace your crooked nose like Harrison Ford or Owen Wilson. Embrace YOU because others already have in contrast.

Tracy Rose is a romantic, artist, photographer and general imagery aficionado from Colorado Springs, CO. His photography can be seen in numerous online publications and restaurants at the end of the universe.

About the cover: Blessing Carnes is a fitness athlete from Iowa. She remains an unstoppable talent with a personality to match.



Aquiline Photography 2018 ~

Broadened Palate

My yearly blood work was needed upon completion of my physical, the Doctor said to go ahead since I'd probably only eaten a grape for breakfast... I laughed and replied, " You wouldn't believe me if I told you I eat like a horse!" I actually had one of my healthy homemade organic oatmeal/ flaxseed/ chia seed cookies. He raised his eyebrows as he scanned my petite frame and shook his head mumbling for me to come fasting first thing in the morning. I told him I'd bring a healthy cookie sample sometime.

As a model I always try to stay close to modeling shape and weight most of the time, give or take five pounds but no more than ten pounds. To achieve this, I eat lots of fruits, vegetables, beans, and seeds. That famous saying, " You are what you eat," really starts to hit home as we get older. Not too long ago I read a book on " Whole foods and how great they are for our health." This challenged me to broaden my palate with more nutritious unprocessed and unrefined foods. I never really turned up my nose to beans before, but also rarely ate them. Upon further research I was excited to try the whole foods diet; which really isn't a diet at all since you're eating more. The switch is more healthy fruits and veggies.... Along with beans, seeds,



and nuts. I also decided to try new and interesting varieties of fruits and vegetables. I was pleasantly surprised to find delicious tasty new produce. I made soups, omelets, and steamed different dishes, and I made sure to put canned beans in each meal too as an extra protein kick. I kept my exercise workouts the same just changed my eating habits to whole foods and added coconuts. I soon noticed more energy at my workouts and weight seemed to magically disappear. I ate four to five tablespoons of fresh coconut meat each day. I also used the unrefined oil in my hair as an extra deep conditioning overnight. I slathered it on my dry skin too as coconut oil is the only oil with natural vitamin E already inside it. It's a wonderful moisturizer during dry cold winter months. I also drizzle the unrefined coconut oil on my air popped popcorn for a healthy snack. My skin and hair now have a radiant sheen and my photo shoot portrays this with each snap of the camera. I feel so alive and well. I'm full due to eating whole foods, another great side effect. You don't have to starve or deprive yourself from any foods. I still love cake and cookies but keep in moderation and only after eating a healthy meal. Having a positive mind set also aids an amazing shoot. Even with rain drops cascading off my body in the photo shoot, I stayed focused and uplifted as the results turned some spectacular shots. So, go forth and make it a wonderful shoot, mind, body, and soul alive and well! More pictures and writing of my books can be found at www.amazon.com/author/daddywasanexorcist

*Blessing Macho Instagram blessingcarnes,
www.amazon.com/author/daddywasanexorcist,
www.modelmayhem.com/carnes*



Aspiring Models

When someone starts modeling they have some ideas on what they think it's like. It's true that some bubbles are popped that aren't necessarily true and maybe there are some new ideas aspiring models learn are actually true.



When I started modeling, I had this idea that I would never be a model or even be considered a "real model" I was told that I'm not a model if I don't get signed with a talent agency. Truth is, anyone can model. I'm not looking for runway modeling. I'm more into fashion, lingerie, commercial, and print. It is true that the modeling industry wants tall models but there are categories where short women like me can still work as a model. It isn't easy but if you put your mind to it, anything is possible.

There are some people that think modeling is easy. It's not easy to pose for hours and then do a different pose for another hour. As a model, if you want gigs you got to be willing to travel. Most modeling jobs are in the big city. You won't get much work if you're living in a small town. I know this because I live in a small town and there are no talent agencies.

When you start out modeling you must be careful which agency you choose because there are these so-called talent agencies that will scam you and promise you work.

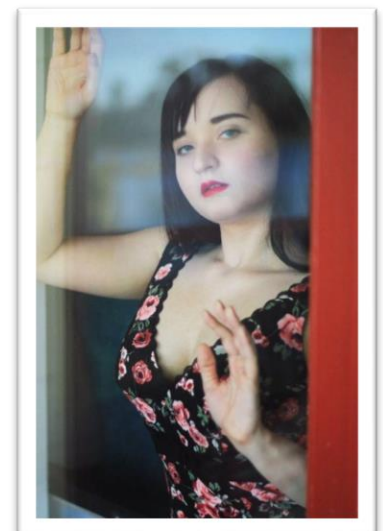
I had this idea that you must go to school to learn how to be a professional model. This isn't the case, I know plenty of models that have never went to a modeling school and still model. You learn a lot on your own. It can be a fun or a dangerous experience.

I've had good & bad experiences with different photographers. Now photographers are a lot of work to deal with. To me, photographers are hit and miss. There are some photographers that are talented. But there are also photographers who are just guys with cameras out for their games. It's not pretty but neither is the modeling industry.



As a model, you are an independent contractor. Agencies don't pay models minimum wage. I don't know any agency that would do that. Agencies do take a percentage cut in your pay. If you're a freelance model, then you don't have to worry about agencies taking half or a certain percentage. I still have a lot to learn. As I continue to work, I'll be able to grow and become educated on modeling.

Trixie is a super talent and glamour model in Florida.







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Preppers: Model Edition

Whether you're a seasoned veteran or a newbie to the scene, every model has their own version of what they bring to a shoot and how they prep leading up to the shoot. The following guidelines can be used no matter your experience level and are essential to an easy breezy photography session for both model and photographer.

What's in The Bag? Your small back pack or large tote should contain the following items:

Make Up: Primer, foundation, concealer, eye liner, blush, bronzer, mascara, eyebrow pencil, matte Chapstick, small neutral or Smokey eyeshadow palette, no contacts unless required (Wear them to the shoot. Bring the case to place them in during the shoot - safety first!), Makeup remover and makeup wipes, simple false lashes. Avoid doing your makeup prior to the shoot unless you and the photographer have agreed on the EXACT makeup ideas, leave your face a clean slate.

Clothing: Nude/white/black set of Spanx and well-fitting bra in each color, bring your outfits for the shoot with you unless you are being dressed at the shoot (do not wear your modeling clothes to the shoot to avoid damage), a set of tights in your natural skin color, a set of nude or black flats. Wear very loose and/or baggy clothing to the shoot and the day prior so there are no lines from tight clothing on your body, this includes not wearing a bra or wearing a very loose bra and wearing loose Spanx instead of panties as those both typically leave visible lines. Wear one of your sets of neutral flats instead of heels or anything that will rub on or tire your feet - slip on sneakers are fine with thin socks. If you wear glasses, choose contacts for the day of the shoot unless your glasses are part of the image because your frames leave marks on your nose.

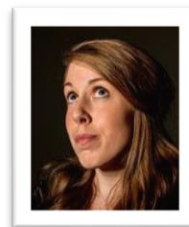
Misc.: Baby wipes, hairbrush, travel toothbrush, spray on deodorant, hair spray, dry shampoo, thin flatiron (can be used to straighten or curl!), a set of safety pins, a set of bobby pins, two extra hair ties.

Set the Stage. Here are some simple steps you can take before a shoot to "prep the canvas" for a beautiful work of art!

Skin: Make sure you are hydrating the day before, that means NO ALCOHOL! and plenty of water, aim for 3 liters if you can. Moisturize daily the week leading up to the shoot. Use it all over the body including the face of course! Exfoliate well in the shower. Avoid the sun/tanning as much as possible to ward off those awkward tan lines. Get a good night's sleep before the shoot - even makeup can't hide those tired eyes!

Hair: First things first- SHAVE! all shaving or waxing of body hair should be done two days prior to the shoot, this way any redness, bumps or swelling is decreased, this includes facial hair like plucking your brows. Hair washing in the shower should be done a day prior to the shoot and you should avoid putting in any product that would make your hair seem greasy - day old hair is easier to style and not as frizzy. Wear your hair down until the shoot to avoid any bumps from hair ties.

Once you get your bag set and your pre-shoot routine down you can easily book shoots left and right with ease. The tips listed above will help the shoot move along and decrease time on the photographer's side. When it comes to edits, this means you get to see your work faster and you will have many happy photographers willing to work with you again. This is because you are ready and made use of everyone's time wisely - including your own! All that's left is signing your model release at the end of the shoot (don't forget your copy!) and you are on to the next masterpiece.



Casey Elliott is an Actress, Photographer, Author, Model, Outdoor Adventurist and Denver Creative



What is LOVE?

I wanted to talk about love. The reason is that like other words people use it in so many ways that it sometimes no longer makes sense. For instance, the dictionary says love is, “An intense feeling of affection”. Then you look up affection and it says, “A gentle feeling or fondness” ... gentle? What happened to intense? Further, you look up fondness and it says, “Liking something”. What bullshit right? I like dirt but wouldn't say love. The definitions talk in circles.

Simply stated for me the word LOVE means **“To care for”**. See how simple that was? I love cats. Yes, I take time out of my day to care for cats and I would do the same for others suffering if I could. This means feeding them, protecting them, and even getting them medical care.

I love my wife, I take the time and energy to care for her over myself a great much of the time. Do you hear people say, “I just love this drywall we hung in our basement”? Okay, I doubt you love that coffee table or drywall. You have a great affinity for it would be more exact language. I too have a great affinity for chocolate.

I bring up these definitions because I run into beautiful single women all the time who have guys say, “I love you!” I ask about how they are getting along, and a sad expression goes over the female's face. I ask how dedicated the partner is and sadder stories ensue. Wait now! If this person “cared” for you why would they treat you like this? One female was telling me how this guy in another state refused to commit to her and had all these girlfriends. Still he loved her she insisted. Sure, if that's what you need to believe. Blah!

Once you can admit that the words “I love you” mean **care for you** then you can move to answering questions about love. Some dude comes up to you in a bar. I've always loved you, he says. Well drunk smelling loser you have never done anything for this

person so how in the world could you “love” her? See my point. Love is about caring and not a buzzword.

Now into a complex region. What if you have many areas of care you need and the person who “loves” you only does a few of those. Take for instance a millionaire who sends his trophy wife money and more than cares for her financially. On the other hand, she never sees this guy because of all his business deals and she is very lonely? In reverse, what if you are with a girlfriend all day and night but don't have a dime to your name and can't take care of her financially? In this way love can be a single tile on a wall of many needs. Some of the needs you might have are sexual, emotional, financial, basic support in ideas, and even artistic for those who need an outlet or therapy.

I think stating love in this manner of “care” is important because too often people keep lingering around relationships that are not fulfilling. Then they hear things like, “He's not that into you” from their friends. If they thought of love as care instead of excuses this wouldn't be a confusion. The person pining could just move on despite what the manipulative other person might say to them. People will keep you in a relationship just to see if you are naive enough to stick around, you know? Yes, they will because some people have control issues and enjoy harming others emotionally.

“People will keep you in a relationship just to see if you are naive enough to stick around”

We always joke around Valentines because you take your date out for dinner and you see some of the craziest fights and expressions. People are going through the fake-motions

where they don't really want to be. I mean people put up fronts all year long but on Valentines they are looking their own decisions in the face and wondering what went wrong.

Valentine's Day should be one of the biggest holidays of the year. It's usually not, only because of the things I've listed in this article. You have all these people trying to demonize Valentine's Day because they hate their relationships and just outright are telling the public they aren't cared for correctly by someone. If you are in a relationship and making lots of negative outbursts guess who is responsible for that? Yes, that would be you... for getting involved and more importantly for staying there! Ego-wise, I have met so many people who feel they are looked down on if they are single. Some linger in the worst and sometimes dangerous relationships. That is foolish! I would rather see someone single than faking it or in harm's way. Your self-worth is not reflected by others. It's what you think of yourself. For the rest of you that understood all this early on and ended up with your soulmate... Cheers to you mate!

