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Lifestyle & Entertainmen

TANYA TAMBRUIN

Celebrity Styling

Powerhouse

Behind

Britney Spears

and

The Pussycat

Dolls

Back in the

Spotlight

PETER
LOUIS
ARGO
An industry
Leader in
Creative Styling,
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Aya Tarawaa

Starlet of Martin Scorsese's HBO Series

"Boardwalk Empire"

Discusses Her 2012 Action Film Roles



KAURATE Crossing-Over rom modeling to Big Screen

ELIZA

March 2012 | Number 1





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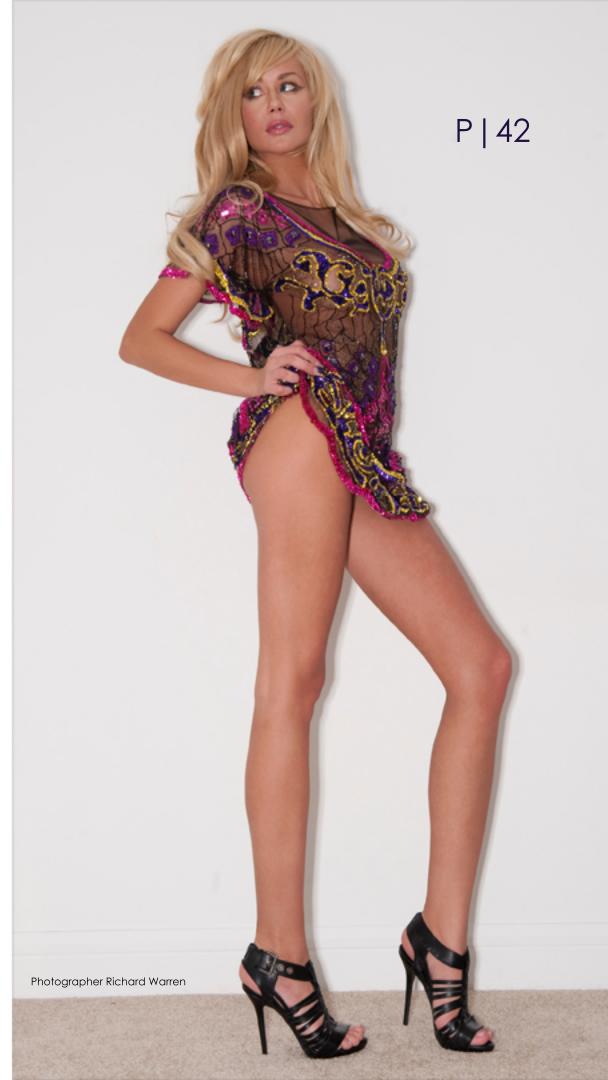
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COVER



March 2012 | Number 14

Aija Terauda of Martin Scorsese's HBO series "Boardwalk Empire". Photos by Akos Photography. Hair & Make-up by Sergey Logvinov for Prieto Select using Shu Uemura. Jewelry provided by Alex Soldier Jewelry. Styling by Diana Andreea. Produced by Victoria Talbot for Hype Inc. PR











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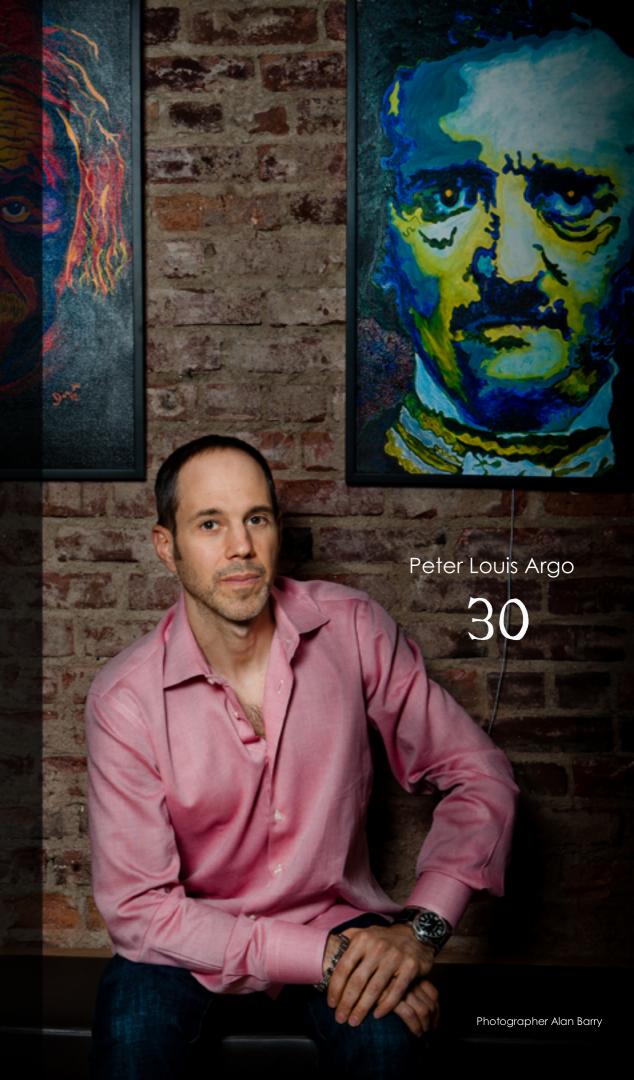
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Fame Rocks Fashion Week 2012 hosted by Keke Wyatt, presented by the New York Fame & Music Unites Foundation at The Manhattan Center Studios. The night included, red carpet arrivals, runway show, performances and after-party at Greenhouse.















The Levi's Brand Fall 2012 Collection Preview. The All-American company held a runway show at New York Fashion Week debuting its first ever global collection at 82 Mercer St.



Photos by Christopher Soto-Chimelis









Couture Fashion Week in its 15th season presented a series of couture and luxury fashion shows at the world-famous Waldorf-Astoria.



Photos by Christopher Soto-Chimelis





















Danilo Carrielli

Nolcha hosted their 11th Season of Nolcha Fashion Week at The Ailey Studios. The day-long event featured 4 runway shows and the brands who presented yesterday were global in scope including designers based out of Turkey, Greece, Puerto Rico, United Kingdom, The Philippines, Italy, and the United States.











































The Emmanuel Cancer Foundation held its 2nd Annual Hollywood Bash at the swanky Ridgewood Woman's Club, hosted by Tom Morrow of Fox Connecticut Morning Show, with Roxanne Evans of New Jersey Channel 12. Special guest appearances included Jacqueline and Chris Laurita, Olympic Boxer Eric Kelly, and Ramsey's Councilman Ken Tyburczy. The evening was shared with food, drinks and conversation with cancer survivors, and social workers. The Emmanuel Cancer Foundation is committed to being a beacon of light for New Jersey families of children diagnosed with cancer. Through trained professionals and dedicated volunteers, their goal is to replace fear with hope and confusion with balance. – Terry Maher



Photos by Antonio Valenti



Kathy Wakile (L), YK Foundation founder Sandi Kaushansky Celentano (R)

The YK Foundation Run Way for a Cause was recently held at The Westmont Country Club in West Paterson N.J. where Sandy Celentano, Founder, and Mandy Esposito, clothing designer worked together to raise brain cancer awareness, and money to help families in need. The event featured Mandy's "Esposito" Line, which was well received, accompanied by musicians showcasing their talent. A fabulous night shared by many celebrities; The Wakile Family, Tracy DiMarco, Cliff and Heather Robinson, Eric Andrew, Alisa Maria, Antoney Bitar, and many more. The YK Foundation is a non-profit organization founded to encourage community members to support the funding for research to find a cure for brain tumors and help provide support services to those diagnosed and their families.

Words: Terry Maher | Photo: Antonio Valenti







Aija Terauda was born in Riga, Latvia of the former Soviet Union and began her modeling career at age 16, giving her the opportunity to travel the world. Shortly after starting her career she moved to New York City to study acting and obtained a Bachelor's Degree in Economics and International Studies.

She landed her first film and Screen Actors Guild (SAG) card playing a role in the film, "Spiderman 3" working with director Sam Raimi. She was then introduced to Martin Scorsese who she

Sinkolov - a Russian KGB agent/assassin which will shoot a trailer in summer. The film is being produced by Cinema Lexikon Productions. She is playing an assassin turned vampire in the Juan Carlos Film "Molton House" which is shooting this winter. Another European film, "RED DEATH" directed by Antonio Baiocco, will be filming later this year.

Aija recently completed several short films with directors Geoffrey Guerrero and Keith D. Bracker. Upcoming short film projects Nik Pressly for Millennium Magazine spoke with Aija about some of her upcoming projects.

MM: What was it like to work with Martin Scorsese and the cast of "Boardwalk Empire"?

AT: To work with the "Boardwalk Empire" cast, dressed in 1920s clothing was like going back in time, and living in the past. The 1920s brothel set in Chicago was actually filmed in Brooklyn, and from looking out the brothel window there, where you see cars from the 1920s cars made



worked with on the documentary, "Shine a Light" a tale about the Rolling Stones in New York City. Scorsese would then cast Aija in a recurring role in, "Boardwalk Empire" where she played Deuce's Girl in a Chicago brothel with the Al Capone team.

As of late, Aija's career as an actress has skyrocketed. She is currently working on several feature films currently in production. In "Architect of Chaos", she plays Mara

include, "All Saints", directed by Bracker, in which she plays the lead role of Alice, and "Pull the Trigger" directed by James Sterling.

Aija attributes her health and well being to Tantra Yoga, in which she is a certified instructor. She is also dedicated to helping her home country of Latvia by using her education and growing fame to help promote Latvian business and spreading the word about her unique culture.

it feel like you there at that time of the century.

MM: Your styling in the series is very elegant. Do you feel that the historic costumes in the series are influencing today's fashion?

AT: Thank you. Dresses and historic costumes are influencing today's fashion. We are constantly wearing and styling ourselves in today's fashion with small accessories or pieces from the past.

MM: Has your accent been a help or hindrance for your acting career?

AT: I am always working on reducing my accent, and for small roles I am working on speaking without an accent. For other roles I fit in well as a Russian KGB agent, Eastern European woman or alien from another planet with a small accent.

MM: You have so many film projects slated for 2012. What challenges do you face in order to satisfy these obligations?

AT: These characters for me are difficult because they require special skills for each film. I'm practicing sword scenes and fighting with a sword. I like practicing martial arts, Wushu and kickboxing, and have also been taking lessons to shoot guns. These are strong woman characters and if I become a popular action hero I would be very happy.

MM: Can you tell us about your new study of ancient Goddesses?

AT: My current interest is in exploring new characters

Mitra is killing the bull to make a sacrificial ritual for a good future. We were studying the history of Statues of Liberty in many countries and found out that these women have come a long way from ancient history. The Latvian Statue of Liberty is called Milda, with almost the same pronunciation and the same ancient story behind her history.

MM: Can you tell us about the benefits of Tantric Yoga for you?

AT: Yoga teaches me to balance myself in everyday





AT: To satisfy all my obligations I chose to live today and at this moment. I face all today's responsibilities, doing the best that I can today. And this is my motivation as well. Small steps today will help me to bring the best of me in future projects.

MM: It seems like you will are becoming quite popular for playing the role of as assassin and now a Vampire. How do you like portraying these types of characters?

including ancient beings and Goddesses that represent strong forces at play. They are awakened nowadays manifesting themselves through movies and other media, including politics. Lately I was practicing theatrical installation of an ancient ritual called Tauroctony.

We have been comparing the ancient Goddess Mitra with the Statue of Liberty and the ancient Taurus with the Wall Street bull. The Goddess

situations. The most important for me are breathing exercises I use to calm myself and focus on things that are important for me in life. Tantric sex has a rejuvenating effect improving sexual health as well. It can be practiced in different ways with contact and without contact by brain wave stimulation. I benefit from Tantra practices on the physical, spiritual and emotional levels.

MM: What are some of the challenges faced by Latvia in



WINSTON



Do You Have the "Eye of the Tiger?" Here are Ten Tips to Recharge Your Focus and Boost Your Confidence



BALANCE AND POWER Eileen Lichtenstein

he challenges of today's economy has even the most confident questioning their ability to make ends meet - much less being able to offer their family what was once considered normal rewards for hard work such as vacations, new clothes, a night at the movies and dining out.

So here are Ten Tips to Recharge Your Optimal Productivity, Happiness and Confidence:

1. Listen to and Follow Your Intuition.

During these trying and difficult times, it's necessary to reprioritize in order to achieve the best outcomes. Your intuition is most often correct when it comes to your life, work and relationships. So even if there' an inkling - a tiny revelation - take a moment to recognize it and then move forward accordingly.

2. Stay within Your Integrity - No Matter What.

No reason or person is important enough to ever stray. If you have tried this over the years, whether intentionally or not, you know it always backfires.

3. Love and Laugh!

Both are proven stress reducers. Happiness is contagious and a warm hug is renewing. Many people need more of both now while being surrounded by negativity, difficult times and chaos, as well as being immersed in, "the new reality". Go to a comedy club, watch a good sitcom and spend time with friends and family members who are funny. Laughter IS the best medicine for both body and soul.

- 4. Forgive Yourself for Mistakes Let Go and Move On. Self-forgiveness is essential in order to forgive others. Forgiveness is also essential to let go of anger, a major obstacle to happiness.
- 5. Take Time Each Day to Relax and Dream. We need down time more than ever. Honor your method of relaxation and allow dreams to surface. Be open to learning additional relaxation techniques and give them a try. Whatever works for you and whenever you do it is fine as long as it has no

negative effects on health or overlaps with personal or work responsibilities. If things are unmanageable - get help immediately.

6. Be a Great listener.

Listening is the most important part of communication. If you do not understand what is being said, ask a question. Listen well and your response will be more on target.

- 7. Stay Healthy by Practicing Extreme Self-Care. (Diet, Sleep, Exercise, Yoga, Relaxation Techniques) Stress takes its toll on health and may exacerbate conditions already in existence. Therefore, we need to be more diligent in this realm in order to thrive amidst chaos.
- 8. Stop Procrastinating and Take Action Move Forward or Drop the Project.

We all procrastinate. Acknowledgement of being in this mode is the first step in moving forward. All procrastination is fear based and manifests itself through negative statements such as, "It's not the right time now," and "Why even bother?"

Sometimes the act of "non-doing" is an indication that the idea needs to be tossed.

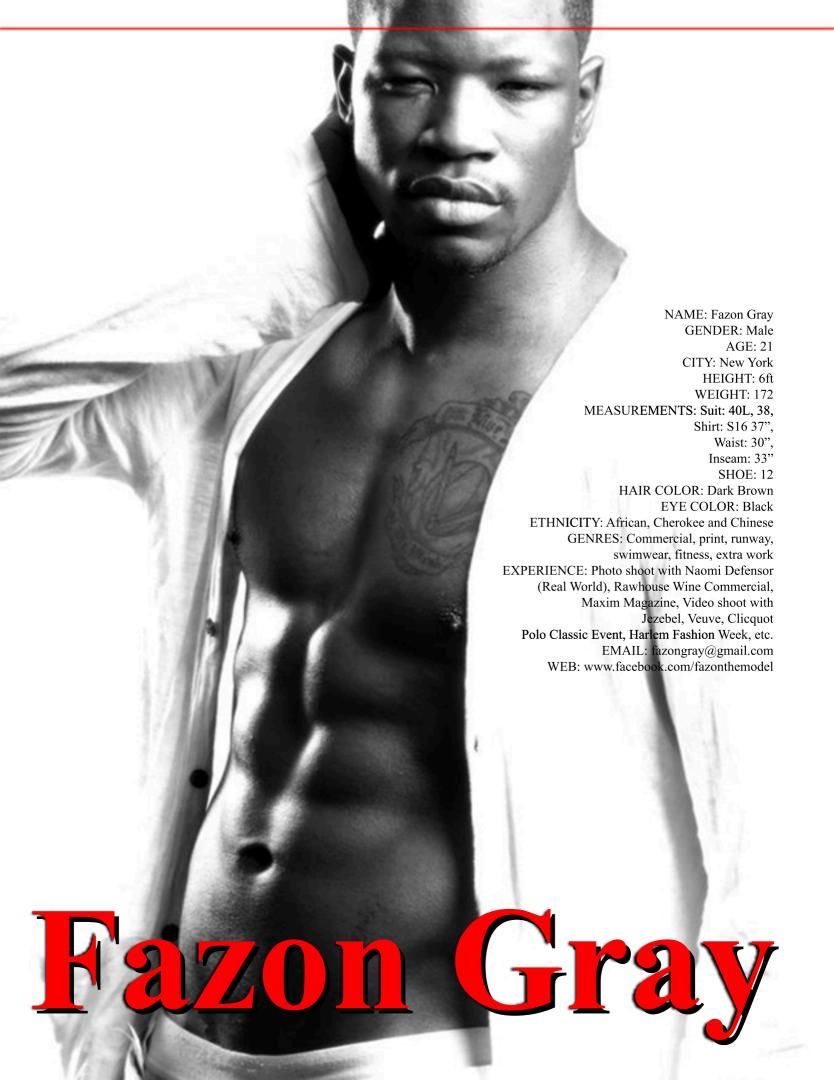
What holds us back from accomplishing our goals is:

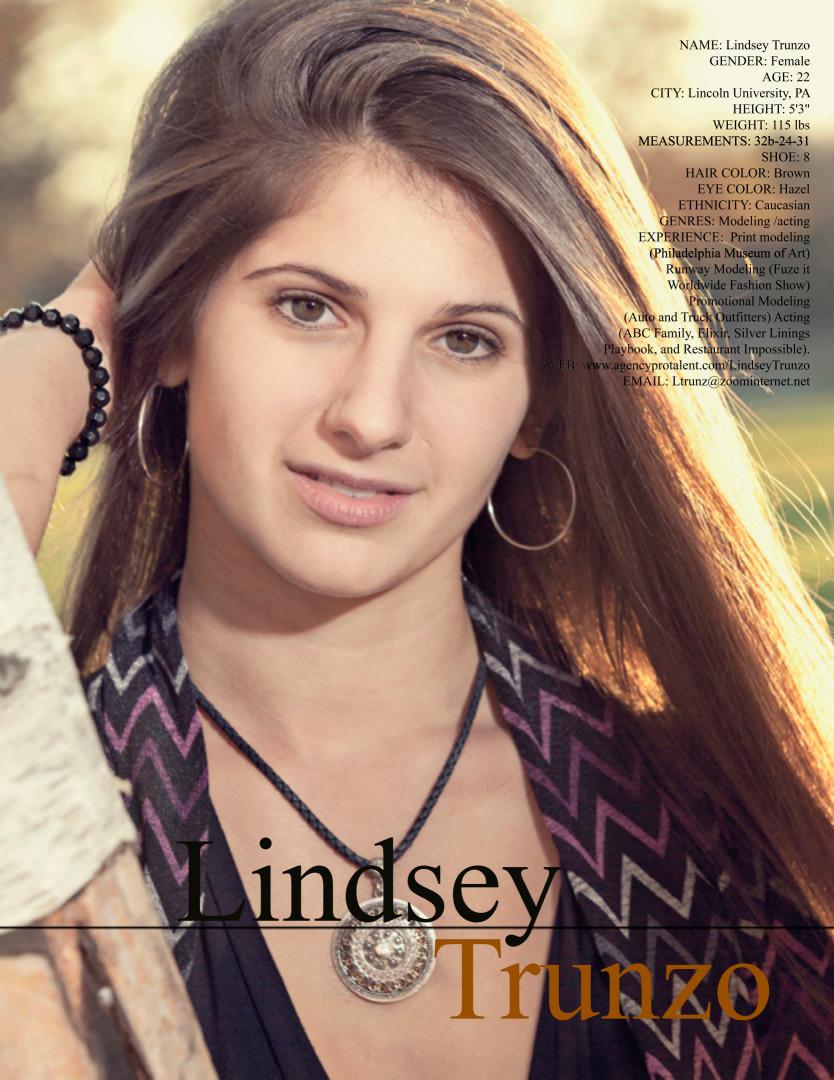
- · Fear of failure.
- Fear of being judged.
- Fear of success.
- Fear of being controlled.

These fears are often caused by deep-routed anxieties. No matter. You can turn it all around with Emotional Freedom Techniques (EFT) such as meridian tapping combined with positive language-visualization, reframing and Peak Performance Success Coaching.

Balance and Power Continued on Page 47.













The Secret Power to Confidence Lies Underneath

By Cathy Berger Founder & President of Fashion Societé



A black dress. A crisp blouse and khakis. A cashmere sweater and jeans. That's what we wear on the outside but underneath, the world is our oyster and it can be a whole lot more daring, risqué, and empowering.

Today, women of all shapes and sizes wear sexy lingerie. Usually, it's for no one but themselves. They feel sexy and confident wearing something pretty under their day-to-day outfits. The secret beneath makes them feel like "the cat that swallowed the canary".

No more of the white garters, girdles and bustier of yesteryear. The turn of century saw the lingerie market driven by the advent of modern technology that created innovative products such as laser-cut, molded T-shirt bras.

Did you know that there are only 28 Victoria's Secret models in the world? These rare women have had a huge impact on lingerie and shape wear, helping it growing into a \$29.8 billion business (as of 2009).

More recently, designers began to put greater emphasis on rich-looking laces, hi-tech fabrics such as carbon, soy and freshFX™, plus brighter colors and patterns.

Sexy lingerie is fun and finally comfortable. If you haven't worn any since your honeymoon and remember being only pinched and squeezed, check out what's in the stores now. They're not only easy to wear but sexy and sensible at the same time.

The right undergarments can elevate your mood and improve your attitude. They do not simply function as a protective and supportive layer between skin and clothing, they affect a person's self image and consequently how others perceive them.

One of the secrets to being confident actually lies underneath it all. Wearing pretty lingerie gives a woman a sense of empowerment like she's never felt before. Try it!

New York-based businesswoman Cathy Berger, founder of Fashion Societé, is the fashion expert people call on to assist them with getting their image polished.









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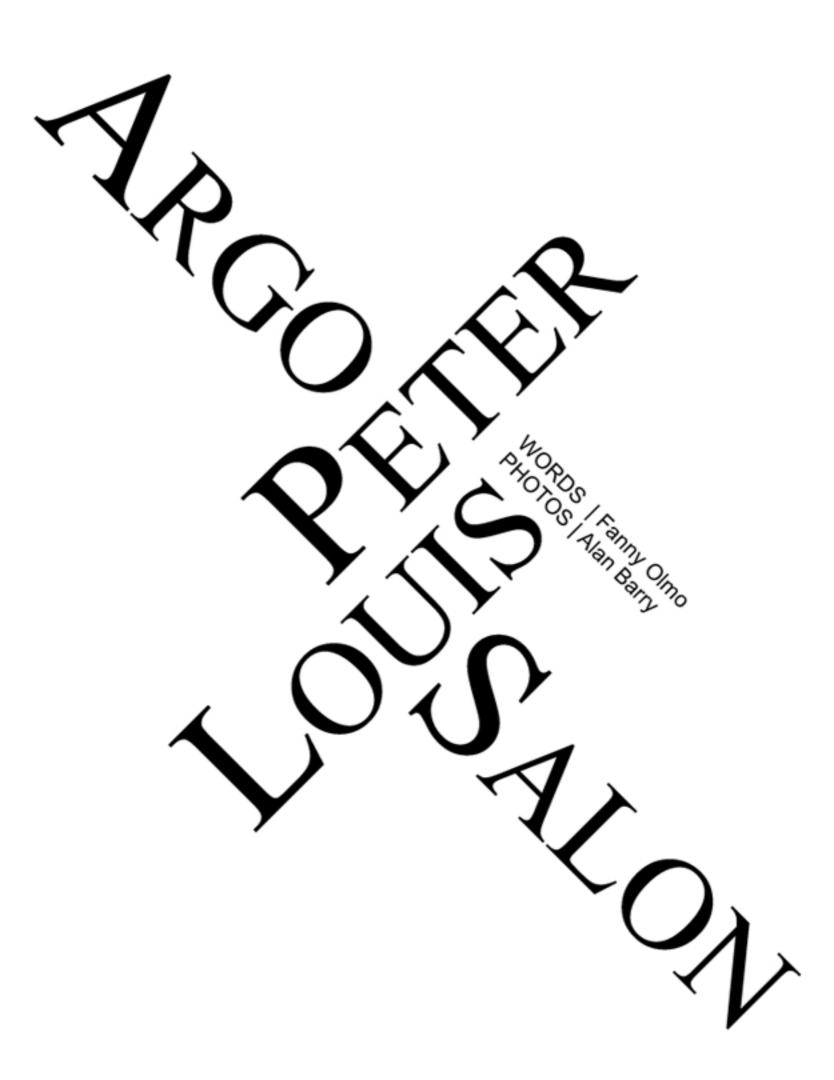
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Peter Louis Agro is an industry leader in creative styling, healthy hair management and beauty. He has an adroit understanding of beauty trends and fashion imaging. Creative strengths include conceptualizing personal development, styling advice, instruction and precision cutting.

As an entrepreneur, he provides an analytical understanding of the dynamics of, "beautiful hair" and his abilities include training creative talent to help people celebrate their own individual looks and styles.

Since 1992, Peter has been cutting and styling hair, working in creative strategy with international "hair gurus" at the top tier of the beauty scene.
Servicing a loyal clientele in fashion, beauty, entertainment and society, Agro maintains ongoing relationships with prominent figures in politics, literature, film, and other media.

Working with celebrities and local New Yorkers, Peter decided to launch his own successful salon, the Peter Louis Salon, in 1999, and also created an innovated website, www.peterlouissalon.com.

Servicing New York City's high-end Sutton Corridor, the salon provides full service beauty and hair care seven days a week. Peter Louis Salon specializes in hair treatments which require a high degree of technical skill for hair extensions, Japanese straightening and highlighting, as well as cut and color. The salon carries some of the top hair and beauty

products with top lines like Phytologie, which he makes available for purchase at the salon or on his website.

Prior to pursuing his degree in Cosmetology, Peter earned a BBA in Marketing Management from Baruch College. He also enjoyed a successful business career while attending The School of Visual Arts for sculpture, which gave him the background and courage to follow his dreams and open his own salon.

Peter also supports young artists by helping them promote their work to his clients, family & friends by hosting events at his gallery. The Peter Louis Gallery mission supports vibrant, emerging artists by presenting exhibitions that increase the public's awareness of the artists' work. The gallery nurtures artists who choose to live and work in New York and need a venue to exhibit their art. An artist who exhibits at Peter Louis Gallery receives educational feedback and constructive criticism from jurors, the public, Peter's peers and often the press.

Peter divides his time between his business, physical fitness, as well as his artistic pursuits.

















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lliza Kaurate is one of those special models who possess the falent and charisma to cross-over from modeling to the big screen. She has achieved this success, all while working on her Bachelor's Degree at New York University. She has her own DJ business, "DJBADBUNNY" that started at Club Bed in NYC.

She has graced the cover of Steppin' Out Magazine, December 2010 Special Edition, and was featured in Maxim International. It seems that everything she does gravitates towards entertainment, glamour, and her love of music.

Eliza was cast in commercials for Domino's Pizza and AXE. She became a member of SAG and was cast as an extra in the movie, 'Spiderman 3'. During filming, she shot three, 12-hour sets, and appeared next to Jonah Jameson at the final scene – when Spiderman (Tobey Maguire) is fighting Sandman.

Eliza was born in the former Soviet Union and has lived between New York City and Latvia since she was five years old. In 1999, at age 14, she moved permanently to New York and has since traveled the world, spending summers in St. Tropez and the Hamptons. Within a few years she had established herself as a runway and catalog model for several campaigns, including Ecko Swimwear and Vabiene Lingerie. She was the, "Ultra Girl" and her life-sized "Ultra Dance" poster graced billboards all over New York City.

Eliza has always been at the top of her class and received many awards throughout her life. She has studied modern dance and speaks fluent Russian and Latvian. She studied Spanish extensively and is now learning French. She has been a member of People for the Ethical Treatment of Animals (PETA) since age 15, donating her lunch money to the cause which she continues to support today.

Eliza is a world class glamour girl. Her beauty, intelligence, and charisma are taking the world by storm!



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Celebrity Stylist Tanya Tambruin Back in Spotlight



By Joseph Lobosco

Tanya Tambruin a.k.a. "T", the celebrity styling powerhouse who has worked closely with Britney Spears, Nicole Richie, Emmy Award Winning actress Jaime Pressly, and Paris and Nicky Hilton is stepping back into the spotlight once again.

"T" garnered international attention from the fashion and entertainment industry when she jumpstarted her career touring with pop princess Britney Spears as head wardrobe stylist in 2001. I and Britney traveled together worldwide on the, 'Hit Me Baby', 'Oops I Did it Again' and 'Dream Within a Dream tours'.

Tanya continued to build her career as a stylist, working with a plethora of A-list celebrities, socialites and musicians, as well as debuting her clothing line at Mercedes Benz L.A. Fashion week. Tanya has styled for Saturday Night Live, the Grammy's, Critic's Choice Awards, and MTV Music Awards.



Tanya returns to the fashion and entertainment industry with several new projects in the works. Her most recent work has been with celebrities including Michael J Fox and commercials for T-Mobile, Burger King and Subaru just to name a few.



AIJA continued from page 19.

the modern world and what role do you see yourself in Latvia's future.

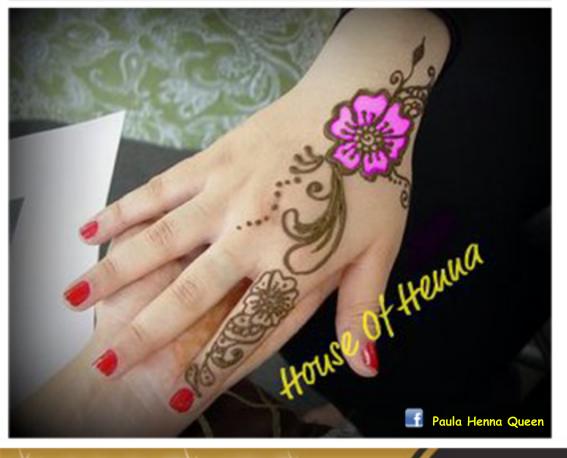
AT: Right now I am working with Latvian Women's Association and the Kindness Academy for artists, to believe in themselves. Latvia is experiencing an economic and political crisis right now. I am very inspired by our former Latvian woman President Vaira Vike-Freiberga. She is a woman who gave power and inspiration to many women in Latvia, and me too.







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Balance and Power Continued from Page 22.

The following are a few common excuses people use when they are procrastinating: The task is:

- · Too boring.
- Too time consuming.
- I just don't feel like it.
- I just don't want to do it.
- I'll know when it's the right time and it's not now.

The good news is that EFT is wonderfully successful in reversing procrastination, being that usually deeper emotional issues are involved. It is based on the simple statement that the cause of all negative emotions is a disruption in the body's energy system. It involves tapping on meridian points while making statements about the issue.

Knowing that you are afraid will not magically remove fear or change behavior. You can use EFT to eradicate the roadblocks of guilt and fear that keep you from moving forward. When you use EFT and stimulate the acupressure points, the level of serotonin in the brain rises

and floods the amygdale, the section of the brain involved with controlling emotion and fear, and the trepidation loop is disconnected.

Once the brain stops experiencing fear with the proper EFT tapping, set-up phrases and intuitive Neuro-Linguistic Programming (NLP), you will find that your thoughts and behaviors transform effortlessly.

According to NLPCenter.com, "NLP explores the inner workings of the human mind: how we think, how we develop our desires, goals and fears and how we motivate ourselves, make connections, and give meaning to our experiences. NLP presents the specific skills and patterns necessary to make positive changes, create new choices, be more effective with others, break free of old habits, self-destructive patterns and

9. Begin Each Day with a Short Meditation and Positive Visualizations of Successful Outcomes of Your Goals. Oh! Lam so much a believer in this! Research has shown fantastic results. It's all up to you - and your connection to a higher power/the universe.

For most of us, life has never been so challenging in every way possible so it's important now more than ever that we stay sharp, focused and confident - just like the Eye of a Tiger!

Eileen Lichtenstein is a Certified Anger Management Specialist (except for U.S. court mandated cases), a Certified Career and Mid-Life Coach and EFT (Emotional Freedom Techniques) Practitioner. She is also the renowned author of "SOAR! with Resilience™" an interactive manual that is the core material for many of her trainings and a stand-alone motivational read for anyone struggling to take their personal or professional life to a higher level of success and satisfaction.

To learn more visit www.balanceandpower.com.

Is Your House Your Retirement Plan?

A Cautionary Tale about Reverse Mortgages

STEVEN MUCCIOLO



everse mortgages represent a small fraction of the mortgages market, but they're growing fast because of some alluring components: They let seniors with small retirement savings pull equity from their homes for cash, without having to repay as long as they stay in the home. The pressure from the industry to push these tantalizing products is strong. As the baby boomers continue to retire they are likely to be flooded with offers that will look attractive yet should be researched thoroughly.

The amount you can borrow in a reverse mortgage depends on your age, the home value and interest rates. Generally the older you are the more you can borrow. According to AARP the average age of borrowers is falling. With life expectancy rising, proponents would say that turning a home into an income vehicle makes sense. There is much to consider.

In the current economy, a reverse mortgage is not always a wise idea, especially during the early retirement years. There are other ways to draw income out of a home such as a home equity loan. With interest rates at current historical lows, a home equity loan may be a more flexible and cheaper option. Discussing this process and the investment options with your financial consultant and tax advisor may be the best course of action. There are many banks now offering home equity loans below 4%.

With the proper investment allocation and potential tax deduction on the loan interest it may give more flexibility for financial moves in the future.

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The recipient's payments will end upon death and the equity in the home is now owned by the agency that wrote the contract. If it is

your wish to leave a home equity legacy to children or family then a reverse mortgage is probably not the best idea.

Reverse mortgages have typically been used by older retirees to pay health care costs. Since the economic downturn, the AARP is seeing a trend of younger members tapping into this cash to pay down credit card bills and student loans.

Even the large agencies such as FHA, who are in the reverse mortgage game, can have origination fees of up to 2% of the home value and a mortgage insurance premium of 2%. There are additional title search and appraisal costs involved as well.

Generally speaking, a reverse mortgage is a last resort for seniors who need to turn their home into an annuity stream. The cash flow is coupled with social security and any pension or investment income if, and only if, there is a shortfall that will affect the bare necessities, i.e. food, healthcare and basic household bills.

There may be a few good exceptions for taking out a reverse mortgage, but one thing has caused much concern. Too often retirees

are urged to use the loan to purchase deferred annuities which often provide large commissions to sales people, and may not be suitable, in their own right, for seniors.

If you are in the retirement "red zone," it is best to work with an experienced retirement planner who has done a thorough inventory of your assets and expenses. Your retirement health should be a team effort involving an investment advisor, accountant and attorney. It's never too early to plan.

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