

M O D E L C I T I Z E N S

June 2015 Issue

ITALY

CELINE MOREL
MODEL CITIZEN

Miss Switzerland
Finalist Celine
Morel stars in Model
Citizens a 30 minute
special!

MODEL CITIZENS IS AN INTERNATIONAL ARTS, ENTERTAINMENT, FASHION,
LIFESTYLE AND MODERN HEALTH MAGAZINE DEDICATED TO NOT JUST
MODELS BUT MODEL CITIZENS WORLD WIDE.

INTERNATIONAL ARTS
AND ENTERTAINMENT



EDITOR-IN-CHIEF

There are very few things in this world that make me as happy as supporting the dreams of artists and entertainers. Obviously this comes from my own love of the arts, photography, cinematography and the peace that creating brings me, especially on my long marathon daily walks and in Natural Light Studios across the globe.

It is with a true feeling of love and satisfaction that I present my first ever publication dedicated to the arts, MODEL CITIZEN MAGAZINE!

I encourage and invite all Model Citizens to participate in the development of future issues and to contribute both unique stories and content from around the world.



Model Citizen Celine Morel

CONTENTS

08

WEDDING PHOTOGRAPHY

26

THE NEW WAVE IN
PERFORMANCE ART

FEBI Stylists create real time
works of art with models from
Geneva to Tameran

46

VENICE FANTASY
PHOTOSHOOTS

Model Citizen Celine Morel
Takes you through a Fantasy
Photoshoot tour of Venice.

58

STOCKHOLM SWEDEN
STREET PERFORMERS

Natural Light Studios takes
you on another fantasy
photoshoot in Stockholm
Sweden

103

MODEL CITIZEN ERICA
DALE WAGNER

Model Citizen Erica Dale
Wagner gets her first off
broadway role!

CELINE
DUBOIS

16 Model Citizen Celine
Dubois with Mr. Switzerland
Finalist Karim Ben Hassine
in a fantasy photoshoot in
Geneva Switzerland

CELINE
MOREL

12 *From modeling to becoming a finalist in the Miss Switzerland contest, Celine Morel has a tremendous future ahead...*

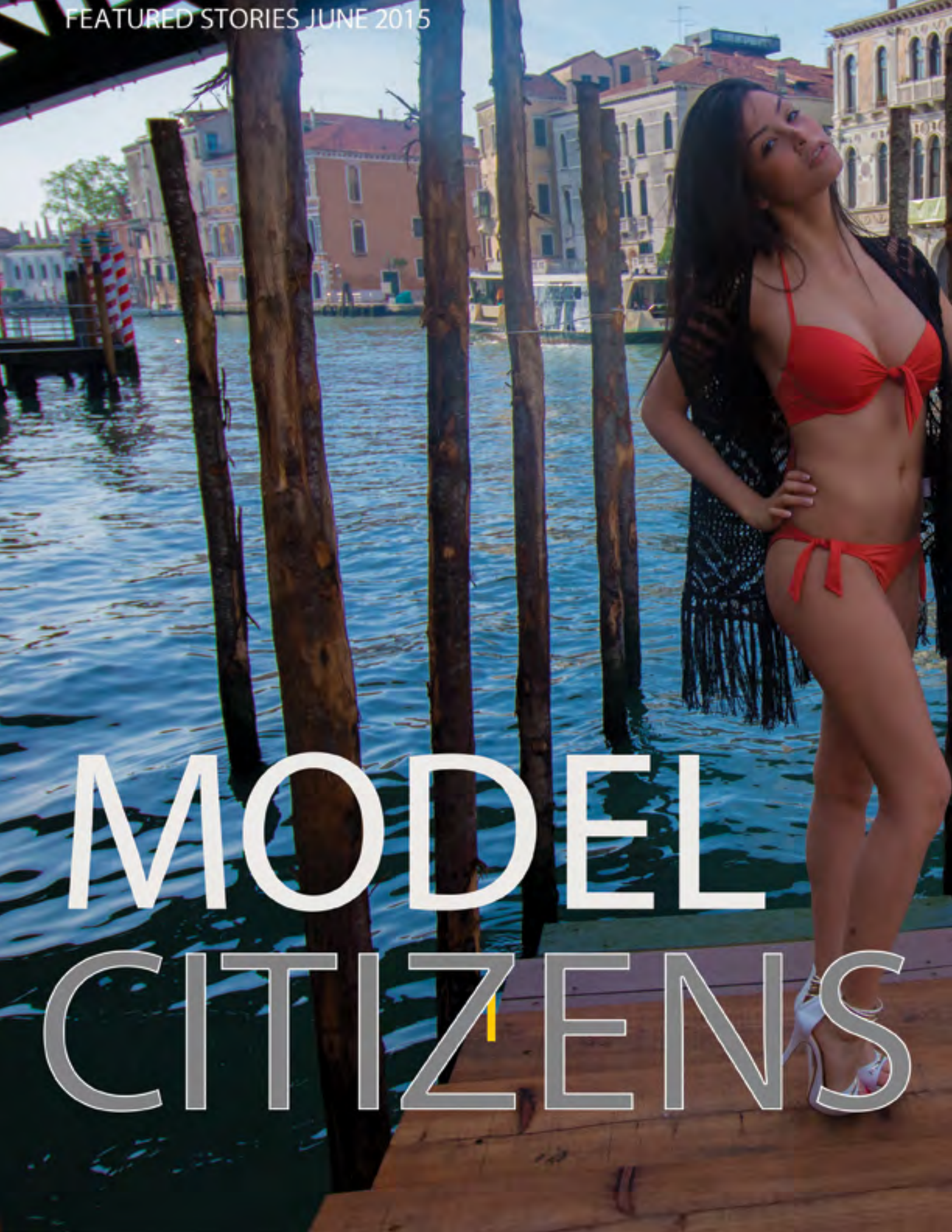
TONI
AVRETT

70 Naples Model Citizen Toni
Avrett shares her compelling
story of hope and
second chances as a model
citizen and survivor.

LYNN
CHEVRON

101 *Modeling her way into the hearts of everyone who photographs her, Lynn Chevron is not only a model but also is a stunning model citizen.*

FEATURED STORIES JUNE 2015

A woman with long dark hair is posing on a wooden pier in Venice. She is wearing a red bikini with a black lace cover-up that has fringe. She is looking up and to the side. The background shows the Venetian canal with buildings and a boat.

MODEL CITIZENS



MODEL CITIZENS CONTRIBUTORS

24

MAKE OVERS



FEBI MAKE OVERS 2015

FEBI STYLISTS ARE THE BEST IN THE BUSINESS

Contributions to Model Citizens Magazine is based on the efforts of hundreds of individuals. Each of these Model Citizens is truly gifted both in thier approach to life, as well as thier unique talents. Every page of Model Citizens Magazine features an individual who contributed thier time and effort to share thier story, a sincere concern, or an experience other model citizens will appreciate. Please see our index at the back of the magazine for a complete list of contributors and credits, however every page should provide you with glowing incite into this special international community of Model citizens who are truly a gift to our planet and will effectively create tangible change by expressing and sharing their indiviual and collective hopes and dreams here.

45

ROOFTOP42.COM



ROOFTOP42.COM AFTERPARTY

FEBI put on a great performance and after the show the party started!

26

A NEW WAVE IN PERFORMANCE ART

Walter F. Cameron is an advertising agency on Long Island with a tremendously talented team lead by Mark Preiser

8

FANTASY WEDDING DESTINATIONS

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WALKING IN VENICE ITALY

By John Joseph Dowling Jr.



God only knows how many miles I have walked over the years to improve my overall health and circulation. In the more challenging years just getting out of bed and making it to the local park was hard enough, especially in the winters. Now having lost over 135 pounds and endured surgeries which I still can not believe I survived, I feel as if I once again have another shot at life. A new renal circulatory system, and after ten

years of both of the main arteries in my heart being completely blocked, new pathways for my blood to at least for now circulate properly. Living on collaterals was nothing short of life saving, but restricting. Now that I maintain a more than walking routine, I am hopeful that my dedication to my health will help to give me some additional years. No one really knows as with the tremendous amount of trauma my heart and body have had to withstand to make it this far, there is no telling what the damage to my heart and organs will do longer term. But for now it

feels that I am safe. The surgeries were torturous and the success of the took years before the damage that was done during the process healed. I will spare you the details but understand that walking is much easier when you are not bleeding daily. I think that says it all.

These days I am trying to combine the activities that are keeping me alive, with the activities that have traditionally provided me with revenues. In this case, photography, cinematography, and writing. Most of my previous writing has been business related and proposal related, at least publicly. Over the last five or so years however, I have expanded my business writing into more micro blogging and creative writing.

So now that I walk, shoot, and write about my walks and those that walk with me, I invite everyone who is willing, and willing to make a contribution to Model Citizens Magazine, to come. I hope you will enjoy the results of my efforts as with my health which is unpredictable, I never really know what will happen next, so I have to live my life around walking. Almost like "Forest Gump" with a camera. Enjoy Model Citizens Magazine, and remember to keep on walking. If you have the opportunity, know that Switzerland is everything you have heard it is and the people here are as kind and ethical as we need that we are a society. I appreciate the scenery, most of all the people who choose to walk with me and do so with a daily radio. Truly Model Citizens.

THE ART OF PHOTOGRAPHING WEDDINGS



Bridal Gowns By Bridal Reflections

Weddings are amongst the most challenging events to photograph. No matter how many times you have shot them, the fact remains the same; each one is different and is a one take series of opportunities to get the shot, or to not get it. Most photographers who photograph weddings play down the responsibility and the challenges, but any photographer who has been sick, injured, or felt the pain of a mission critical piece of equipment going South at the wrong time

(while you shoot with your second camera hoping that it is just a battery or something simple) knows just how challenging weddings are. Weddings are a one time event with just about anything you could imagine happening, happening. Weddings bring an entirely new meaning to the word pressure despite the fact that it is so much easier these days with digital imaging and the ability to see results immediately. However, what do you do when the bride kisses the groom

and your flash will not fire, or out of nowhere the shutter on your camera will not work? These are real life scenarios and at "ONE TAKE" events like weddings fixing your gear on the fly can be the difference between a happy bride and a series of delays or missed opportunities for photographs that every bride is going to want like when the bride kisses the groom, or when the bride tosses her flowers to the awaiting brides maids.

These are just two examples of what a special event / wedding photographer has to work with when performing these photojournalistic assignments. Real challenges real pressure and real determination to make sure everything is right. Every piece of gear is checked, there is enough back up gear in your photography case to deal with such emergencies, and of course that you are like an athlete performing up to your best performance.

Most people do not realize that photography at events like this is as grueling as most sports



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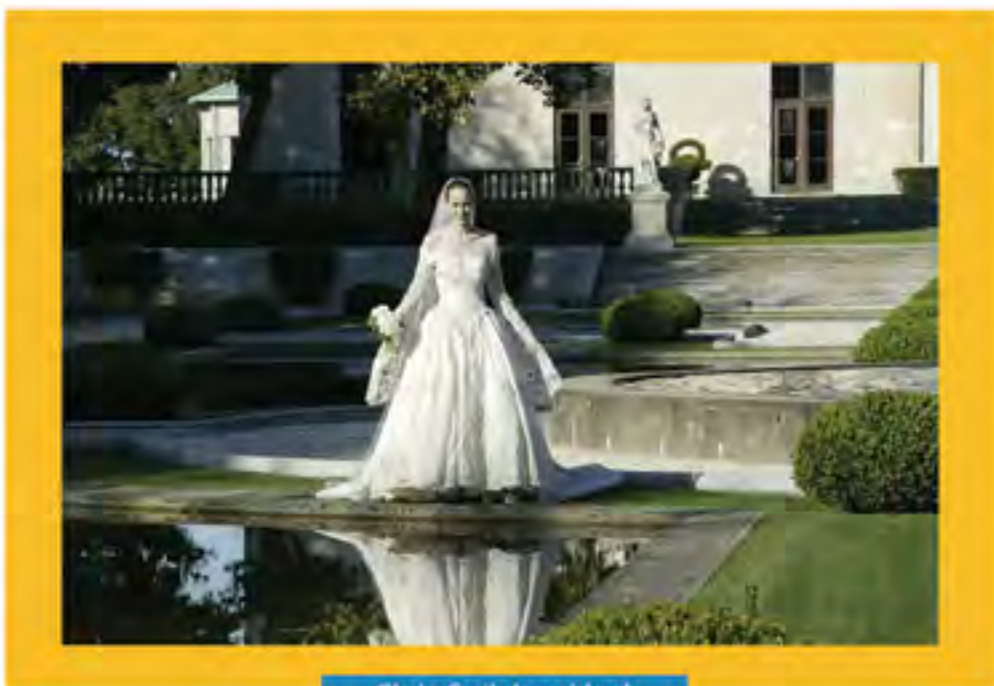


and in many cases you are pushing your body way past normal limits.

Think about what it is like to lift a six to eight pound camera to your eyes over one thousand times in one day, or in many cases several thousand times as you hold it steady, make sure all of the settings are accurate for the composition you want to create, and you create on the fly. You not just creating art you are lifting at times cumulatively six to ten thousand pounds aggregately over the course of a single day.

That puts allot of pressure on your body no matter if you are young or older and experienced. Then you are on your feet for upwards of ten hours including preperation time while you are interacting and creating rapport with sometimes hundreds of people whom you have never met. Everyone wants another photograph, and everyone only remembers that one special photograph they asked for, not the other several thousand you had to create on the fly.

So what makes a great wedding photographer? Love, truly for a photographer to be great at weddings you have to be shooting from your heart not for your wallet and



Oheka Castle Long Island

that individual has to feel the love in the room and use its best effort to evoke love and happiness with everyone in every shot, and this is not accomplished by simply saying "CHEESE". With todays automated systems and with raw files allowing you the opportunity of having a great deal of lattitude in the settings, photography is becoming more and more about the instant rapport that can be generated between people spontaneously.

Photographing weddings is about post production and photofinishing, but equally important is the performance as if a photographer really puts its heart into the shoot, then everyone will remember just how much fun the wedding was. Most people do not realize this but the best photojournalistic photographers arrive to the wedding when the bride wakes up for her day, and stays until the last guest leaves.

John Joseph Dowling Jr.

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My personal favorite Wedding Venue

VENICE ITALY



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THE ROMA

ANCE OF VENICE

BY CELINE MOREL



MODEL CITIZEN MAGAZINE ITALY COVER GIRL - CELINE MOREL is more than a model as she is truly a model citizen who has found herself loving Italy despite her Swiss roots and love for Geneva her hometown. With family around the globe and invitations from most every university in the world, Celine Morel has chosen Italy as the country where she will pursue her masters degree as she continues her modeling career and spends time with her family, her first priority. It was not a difficult choice for Miss Switzerland Finalist Celine Morel to chose Italy as the

country to represent for Model Citizens Magazine as she really had a choice of countries and locations based on her professional work ethic and her unique beauty. Although Celine is as beautiful as an Italian **GODESS**, she has not always been beautiful according to Celine. She looks back on a time when she would not allow anyone to take photographs on her and felt so significantly "beauty challenged" that she destroyed any remaining photographs from her early teen years. It is often amazing that the most beautiful people in the world actually feel less than

beautiful a good part of their lives. Well in Celine's case she is certainly over it now that she is gracing the covers and editorial pages of Model Citizens Magazine and of course living her dream of working with designers and photographers from around the world.

MODEL CITIZEN



Anyone who gets to meet Celine or work with her knows after just a few minutes that she has one of those incredibly wholesome, "girl next door", down to earth personalities, that only comes with being humble. Celine is definitely not one of those models who's career has gone to her head. She works very hard for

all of the clients she models for on the runway or in the studio and tries to keep herself from laughing long enough to get to the next shot. Always an inspiration to the other models at bookings, Celine is well liked by everyone she works with and that is why her career is skyrocketing. As she is an old soul, Celine knows that

modeling is very often a short lived career and she is not sacrificing her education to continue her creative aspirations. Celine ever the entrepreneur will continue her studies, her modeling career, and start her new project Model Citizens Magazine ITALY as she grows and decides on her ultimate path in life.



Model Citizens

Celine Dubois is a native Switzerland Model Citizen who was born and raised in a small farm house near Tramelan. Celine was destined to enter the arts as even at a young age Celine was choreographing fashion shows for her friends and family. As Celine became more of a woman and her inner beauty was mirrored by her outer beauty she started to do runway modeling and later print in New York City where she lived and breathed fashion for years. Once Celine started a family she knew that New York City was not the

Celine Morel & Karim B



ideal location to raise her children so she headed back to Switzerland to provide them with the same foundation in life she had received herself. First opening a salon in Tramelon and living locally, Celine is in the process of restoring and upgrading her childhood home so she can once again be close to nature and her family will live the organic small town life she herself had the benefit of. Although Celine is living in the country she continues to develop and pursue her modeling career and now she is venturing into acting which she knows will take

time and effort but she sees that expanding her love for photography, fashion, and modeling into a more diverse and natural setting like film will be a natural transition for her. In addition to expanding her career into acting, Celine is also coordinating fashion shows while she participates in them as well. Ever the "fashionista" Celine also designs and manufactures by hand her own line of women's fashions called Crazy Me. While her brand is still in its infancy, the custom dresses she makes by hand are always in demand and are featured throughout the pages of Model Citizens Magazine.

Not only is Celine the cover model for this issue, but she is also exploring becoming the co-publisher of all of the Switzerland Model Citizens Magazines and is working with the Model Citizens Photographers and talent for most of the bookings that created Model Citizens Magazine Switzerland. With endless energy and a lifestyle that incorporates fashion and the arts into every aspect of her life, Celine even brings her children on her fashion shoots when the setting is appropriate and the team willing. Celine's children are everything to her and she has incorporated them into every aspect of her professional life.



KARIM

PAGE 19

&

CELINE

Celine and Karim are not a natural couple even though they look as if they are. Celine and Kim are friends and Kim has participated in many of Celine's runway shows and now for the first time they decided to shoot together. Here they are both in Geneva Switzerland modeling for Model Citizens Magazine.

Karim was the first runner up in the Mr. Switzerland contest for the 2014-2015 season and is pursuing his masters degree in the US and abroad. While he continues to pursue his creative endeavors Karim also has a significant interest in his studies and like many Swiss students puts his education before anything else.





CELINE

MODELING ON WALL STREET IN THE MIDDLE OF THE WINTER IN NOTHING MORE THAN LINGERIE DEMONSTRATES CELINE'S DEDICATION TO OBTAINING THE PERFECT SHOT.



Karim and Celine are both dedicated to living a healthy lifestyle and both have developed tremendously refined bodies as a result of living a healthy lifestyle organically. While there is no question that genetics is playing a role in each of their respective physiques, each of these two Model Citizens work hard to keep themselves toned making health a lifestyle. Both Karim and Celine enjoy working with each other and you can see by the resulting photographs that together with photographer John Dowling Jr., they are very well paired to create substantially beautiful content and hope to explore feature films in the near future.

MOREL

FEBI MAKE OVERS

FEBI stylists are more than hair designers, they are for all intensive purposes performance artists as when they decide to come out from behind the hair dryers they really know how to entertain. First off the salon is beautiful and located in the heart of ?????????? with a plethora of natural light and abundant space the salon is complimented by a spiral stair case and great lines. It does not take much to see that the owner Fernanda Bicho is truly a renaissance woman.

If Fernanda's team is comprised of the most talented and experienced stylists this side of Paris and thier modern take on combining traditional lines and precisely positioned "close shaves" truly transforms models into works of living art. Color is just the start of the living art that FEBI designers /stylists create choosing the most complimentary colors for each of thier clients and models.

After the color is strategically chosen and then placed precisely to create a temporary "look" that embodies the spirit of the individual and the occasion that individual is participating in, they start on the new style. The Styles that FEBI designers create are well beyond what you see with traditional salons and it does not take long after you see each style to know that these designers are truly modern artists. Even though their palletes are models and model citizens, their individual creativity and teamwork is un-matachable.



SCHWARZKOPF PROFESSION &
HENKEL BEAUTY CARE 25

THE NEW WAVE IN PERFORMANCE ART

Rock stars come in all types of varieties these days including model citizen hair colorists and hair designers. Yes what we used to call the barber shop has turned into a pseudo nightclub in many cases. I mean what is the difference? Both nightclubs and salons have rockin music the moment you enter, they both have talented people that work at the establishment, and they both provide an invaluable service. Only in the case of nightclubs they provide ambiance for life music which should trump a haircut, but not in today's new world. Today when you enter the

salon you are hearing the base of the speakers and you are smelling the coffee, and being greeted by vastly talented people. Only in this case you are being beautified and modernized with a new look real time as you enjoy the ambiance.

It does not take long to see that colorists and hair stylists a.k.a. hair designers are modern day rock stars. Stylists are becoming the chefs for modern day millennials. They are styling thier own designs as in this "nightclub" the bartenders serve up beauty and a new look not just the coffee or alcohol, and yes you can bring your own to your salon that is

if they are not already serving themselves. Now the New Wave In Performance Art is taking the show on the road real time. Yes these rock stars are now creating in the limelight real time and changing looks on the fly, literally reinventing people from the bottom up. FEBI's crew are rock stars in and of themselves, not only because of their individual and team creativity, but in the way they celebritize the models they re-invent. After hours and on weekends these hair designers are on tour, showing thier unique skills on new clients in the spotlight and on stage. What used to be a hair cut is now a modern day new wave in performance art.



Rock star hair designers :

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ROOFTOP42.COM

Geneva has a great rooftop pub and restaurant that really has a great atmosphere, cenral location, surrounding aneminities, and patrons that are fun to hang out with. On top of that if you are going to have a catered event thier cousine rocks. Cool team, cool patrons, regular pub type crowd in a dance and city casual setting.





It may be a standard in New York City but rooftop restaurants and pubs are springing up around the world that are so much more than city nightclubs. These gems are typically hidden and only known by the locals so you are almost guaranteed a local crowd over just a tourist trap. Because of this you really get the opportunity to meet the locals in the city and not just all of the tourists who read the local hotel brochure. Rooftop42 in Geneva is such a place.

While there is a great sampling of local Geneva rockers, there is also that international element as the locals seem to mix really well with those that have found out about this great local pub /nightclub atmosphere in a down to earth real deal environment. For you foodies, this pub has much more than your cheese burger or french fries (although the pom frite were amazing) they do sushi and hot and cold order service as well, that rocks.



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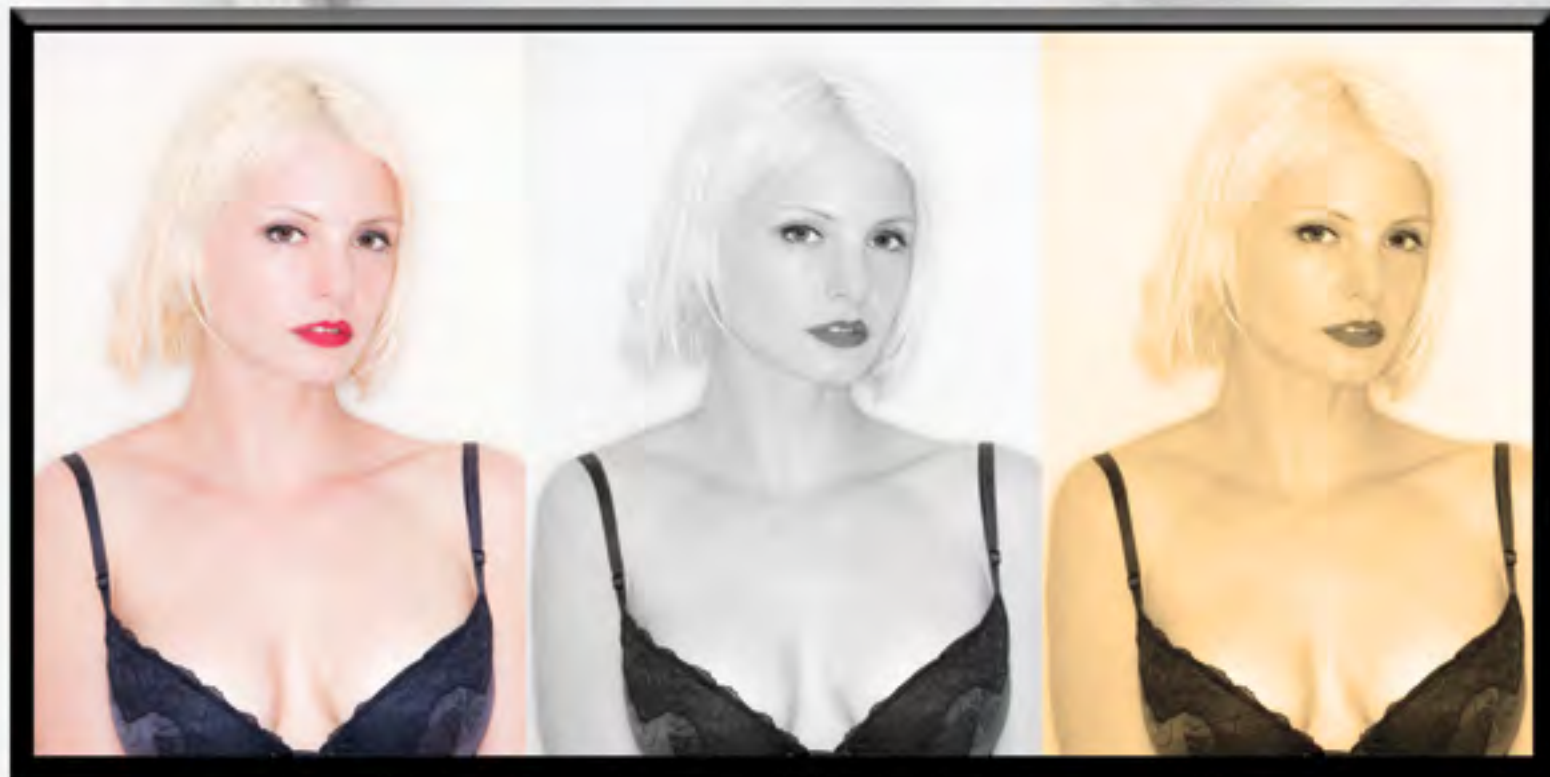


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CRAZY ME MODEL CITIZEN, IN PARDISE



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Celine Dubois



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CITIZEN, IN PARADISE



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CRAZY ME MODEL
CITIZEN, IN PARADISE





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CRAZY ME MODEL
CITIZEN, IN PARADISE





CELINE

CRAZY ME FASH

Designer Celine Dubois gives Tramelan a fashion show

Celine amazes me every time I see her. She told me that she has a full venue planned for Switzerland but never in a million years did I expect this from her. Really she can walk the runway, create beautiful works of art as a designer, pose for photographs that rival Vogue and any top magazine, and she is the mother of three beautiful children, which is a never ending job. I was and remain enchanted by Lilly Rose her oldest of three who seems to be able to communicate with me even though I do not understand a word of French or German (two of the top languages here in Switzerland) even though there are four. Lilly and Lou are on the runway behind this text and

It really brought me back to my children's earlier years bouncing Lilly and Lou, as well as taking my finger off (the only magic trick I know). But all the same this incredible European adventure has one one thing. It has proven that I can shoot again and maintain a professional photographic schedule as long as I leave time for walking and to cook the several organic whole food meals I need in order to keep my health. So this experiment in making art my lifestyle and publishing so far seems to be making a lot of people happy, including the two wonderful children on the stage.



DUBOIS

FASHION SHOW.

How to remember 75 years of Hockey.

I am sure that Lilly and Lou will be just as versatile as their mother Celine and that they will remember this short period where Celine and I created together this amazing project, for their entire lives. I know I will. BUT for now there is one thing that is more important than just sharing how talented Celine is, and that is HOCKEY! YES HOCKEY!

MDF Studio

By Author Name

75 years of Hockey

Tramelan

When I first arrived here in Switzerland I had no idea that I would be photographing a fashion show at a celebration of seventy five (75) years of Hockey in Tramelan. Tramelan being a very small town in Switzerland with only 4000 residents. I mean I might as well be on the end of the earth lol. But once I understood the dynamics of small towns, I really embraced the entire event. It was really quite incredible. First off you had everything you would have in a major city even in this small town. You had a band playing PINK FLOYD classics, three hundred people eating rocklet the favorite melted cheese dish of Switzerland and drinking rose wine and tons of beer, and we had a very nice number of

beautiful models in everything from wedding dresses to Celine's very own Crazy Me Designs gracing the stage. If I did not know better I would have thought I was upstate New York in the USA. Behind the scenes there was ALLOT going on as there were hundreds of designs, an entire dance company, and Mr. Switzerland Karim who needed every bit of Celine's help to get ready to walk the runway.

If ever I have seen a true down to earth home grown celebratoin, this was it. Even the junior hockey players who were all of seven years old if that, were outside the entire time taking slapshots and practicing for thier next game. It was and will remian as one of the most endearing events I ever participated in.



Crazy Me

by -Author





RUWAY MUSIC DANCE

These are just a few of the models and contributors to the Crazy Me Fashion Show that was presented at the 75th anniversary of Tramelan Hockey. You may not recognize her in a wedding dress but Celine Dubois is right in the middle of all of the models as not only was she the choreographer and designer, but also

she was one of the models. Model Citizens Magazine Cover MModel for France, Lynn Chevron is on the far left and even though you may not recognize her, yes that is her! This is the event we met at and I knew as soon as I saw her that she was special. You would not know it from this wide angle shot but the camera really loves her. It was not just the models who looked amazing this night, it was also everyone who participated from the photographer to the makeup artists, all were in rare form.

-AUTHOR HERE-





V E N I C E



Venice (English /ˈvɛnɪs/; Italian: Venezia [veˈnɛtːsia] (listen)[1] alternative obsolete form: Vinegia; Venetian: Venexia /veˈnɛtːʒja/; Latin: Venetiae) is a city in northeastern Italy sited on a group of 117 small islands separated by canals and linked by bridges.[2] It is located in the marshy Venetian Lagoon which stretches along the shoreline, between the mouths of the Po and the Piave Rivers. Venice is renowned for the beauty of its setting, its architecture, and its artworks.[2] The city in its en-

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—Aurora—

CELINE MOREL

MODEL CITIZEN

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ITALIAN STYLE IS TIMELESS IN ANTIQUE DRESSES

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**TIPS ON
SOMETHING**

STOCKHOLM SWEDEN

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Yes model citizens filled the rooms at the after party and totally provided a great venue for any artist to create in, but they were not the only model citizens that we photographed or interviewed. Sophia Landosi was also one of those rare model citizens that we interviewed along with her friend Alicia.

While I have in my own way characterized Sweden as the model society because of my admiration for the country and their higher standards of quality in their manufacturing and many of their industries, I also know that the professionals start as students and now that I have come to know so many, I understand why.

MODEL CITIZEN



Swedish people simply hold themselves to a much higher standard of perfection than most of the rest of the world. It does not to me seem like the easiest way to live your life, but if you have great expectations and you have set extremely high goals for yourself, then you truly must hold yourself to those standards, even if it is a very challenging path that you have set for yourself. With that said it is frustrating I am sure for those who expect perfection but realize in their respective paths that perfection comes with a price very often being self satisfaction. However as history has shown the the Viking mentality that still seems to exist today in Sweden, is a foundation of excellence and that has allowed Sweden to stay independent and successful at the same time.

Mode



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MODEL CITIZENS SWEDEN

EVERY
PHOTOGRAPHER
IN THE WORLD
EVENTUALLY
COMES TO THE
CONCLUSION
THAT SWEDISH
PEOPLE ARE
SIMPLY
BEAUTIFUL

It would be unfair to characterize and entire society by the beauty of its women, however with Swden I think the entire world knows that Swedish people are simply as beautiful as the human race can be. And lets admit it Swedish women are much more than the "Swedish Bikini Team" that we have all grown to admire and believe to a certain degree represents the entire Swedish deomgraphic. However, when you walk down the streets of Sweden you do notice several different

observations of the Swedish society and one of the most prominent is that they seem to all generally take health and nutrition much more seriously than the average American. How else would they all be so slender and in such great physical condition. So to give credit to Swedish Model Citizens you first have to realize that the Swedish People care for themselves better as general lifestyle. But nutrition is not what makes the Swedish people so beautiful, I would have to say it is the Viking Genes that does it.



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**TIPS ON
SOMETHING**

JOHN DOWLING



Everyone simply loves a good photograph. For that matter everyone seems to love photography, especially now that almost every device can take a decent photograph from your cell phone to your tablet and even inexpensive point and shoot digital cameras. Now that "Film" and processing are no longer a cost factor and you can see results immediately without having to go to a minilab or utilize a darkroom with chemicals and the time consuming process of photo-finishing, photography is for everyone.

IT TAKES MORE THAN A GREAT CAMERA TO TAKE GREAT PHOTOGRAPHS

The fact that almost anyone now has the ability to become an amateur photographer and even some cases a professional, so many more people are asking me what it takes to take great photographs. Yes of course it takes the right tools. But if you are just looking for that simply photograph for your desk or your children you need not go to a pro. In many cases you can take the photograph yourself. But how to

obtain professional results is not always as easy as it appears, at least not consistently. Yes everyone knows that you can simply put the camera on one of the automatic modes and hope for the best, but if you want consistently great photographs you should continue to read this article as the basics of great photographs will be explained here. Great photography does not always mean the same to everyone so first let me clarify that I am specifically referring to photographs of people. Portraiture

is specifically what I will cover in this article and you can look to future articles for other types of photography. Here I will share my best advice on capturing great photographs of people as that is the most popular form of photography and of course between portraiture and photojournalism, my two strongest areas of expertise. Photography of course starts with a camera body, that is the part of the photographic "system" that holds the data or the images and has the basic components to



G JR.

capture light that comes into the camera through the lens. Point and shoot cameras are those that have one lens that is typically attached permanently to the camera and SLR's or Single Lens Reflex cameras are for the most part the professional or semi-professional cameras that allow a photographer to switch between specialized lenses to change the angle of view and to obtain different results. Most typically point and shoot cameras are automatic

and SLR's can shoot both automatic and manual. Most professional photographers prefer to shoot on manual but given the diversity and complexity of the professional cameras these days, many photographers know that if you pre-set the automatic options to your own creative preferences and to the lighting that you are working with when you arrive at a location, you can obtain very similar results to what you capture with manual settings.

quite frequently can be replicated with automatic settings. So the question is what should you set manually without having to learn the plethora of options available on modern digital cameras? Well let's start with the basics, first you need to choose a camera. For me Canon cameras have always been the most reliable and tend to provide great results consistently through the product line. However,



THE TOOLS OF THE TRADE ARE THE CAMER- AS AND THE LENSES BUT THE ART IS BORN IN YOUR IMAGI- NATION...

It is more than likely that you already own a camera so do not go out and buy a Canon just because that brand has become my favorite tool to shoot with as I have also used Nikon cameras very successfully in the past and have used everything from Sony cameras to cell phones to obtain great results. The tools of the trade are cameras and the lenses of course, but the art of photography is born in your imagination not in the equipment you choose. That being said, I do prefer Canon cameras and lenses.



Photography is an artform especially when it comes to portraiture that is a creative partnership between the subject and the photographer. It is a collaborative effort that creates truly one of a kind images that can live on long after the photographs are taken.

Start by reading the cameras manual that came with the camera when you purchased it.

If you actually take the time to read the cameras manual you will be far ahead of the curve as most people want instant gratification and simply charge the battery, install the storage device or "card" and start clicking away before they even know how to turn the camera on and off. There is something to be said for these manuals as most of them that I have read truly do give you some insight as to what the basics of photography are.

Assuming you have already done that, you know that your camera has the ability to shoot in Aperture Priority mode where the opening of the lens that lets the light in can take priority over shutter speed or you can choose Shutter speed priority or really a combination of both if you shoot on manual. But then you will need to adjust your ISO or filmspeed/data capturing device sensitivity to match the settings you have set those two settings to. There are literally hundreds to thousands of settings on professional cameras but there are three that are

universally the most important to obtaining the basic results. The ISO, the shutter speed, and the aperture. If you get those three settings right, you can do just about anything else and still obtain a great photo.

ANYONE CAN TAKE A GREAT PHOTOGRAPH, IT IS TAKING GREAT PHOTO- GRAPHS OF A PREDICTIBLE AND RELIABLE NATURE THAT IS IMPORTANT AT ONE OF A KIND EVENTS LIKE WEDDINGS.

Of course there are no "universal" settings that work for every lighting condition, however, if you start with natural sunlight and learn that first, then you can master the other settings.

For instances where you have direct sunlight in the mid day do not put your subject in the direct sun. People do not realize but sunlight from overhead is not a flattering light. It is harsh and causes harsh shadows on the face. Put your subject in the shade where it is bright and there is no direct sun. At least to start this is a very safe place to obtain good results. Flash is not the most flattering light either but so many people use it to fill in the "hidden shadows" on faces. Often people look but they do not see the shadows as our brains are trained to compensate for different colors or light and to remove shadows on faces that do not belong. It is our way of compensating for shadows.

Try to reflect light off of a large piece of white cardboard or a shiny neutral reflective surface onto your subjects face

Once you have the subject in the shade make sure that you leave room behind the subject so that the lines of the objects behind the subject are not too close to the subjects head. Space is important in portraits. Use the lowest aperture your camera allows for a low depth of field, and that will blur out the background. 2.8 is a great setting for that. Adjust the shutter speed for the amount of light available and your ISO to those other two settings and that is the basics for a great portrait..

John Dowling Jr.

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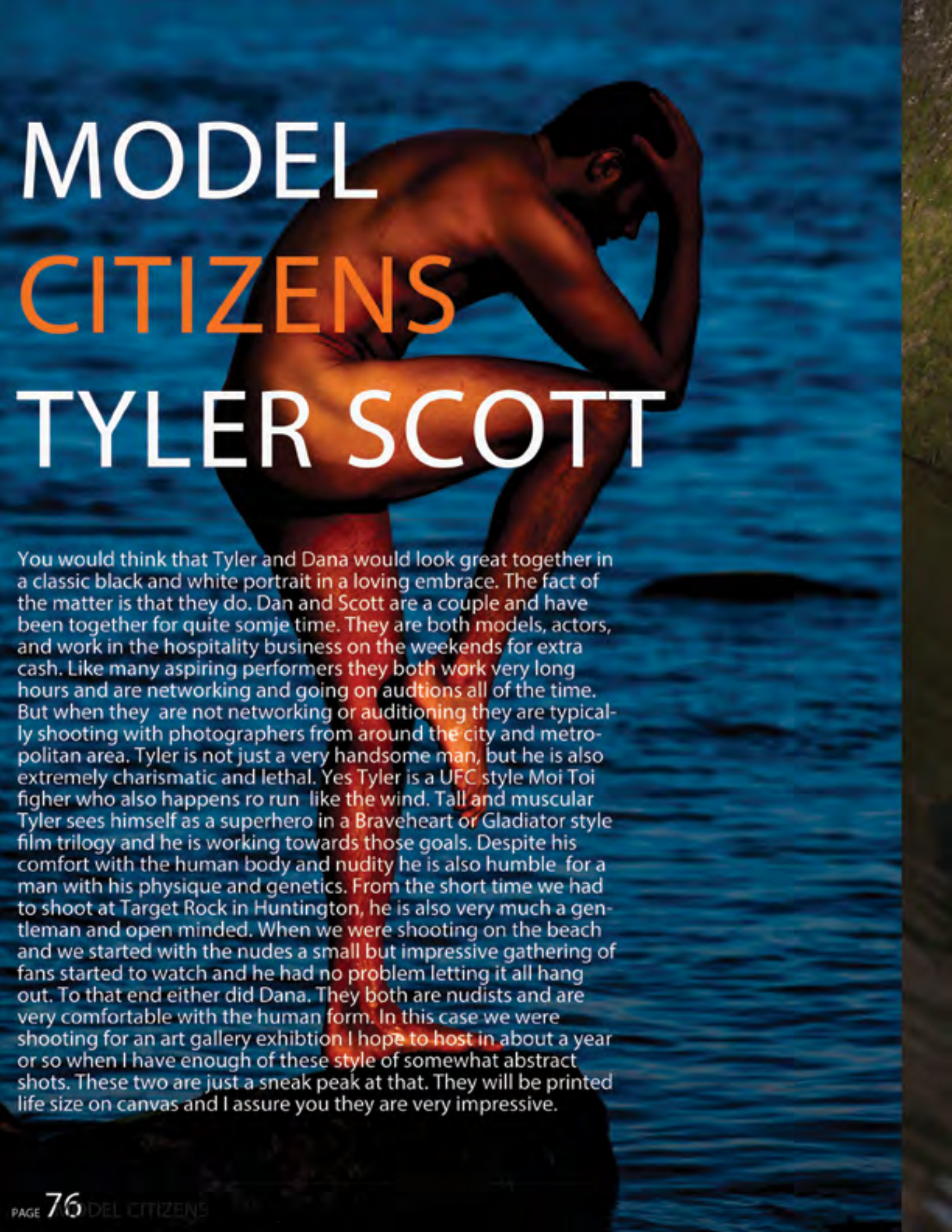
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**TIPS ON
SOMETHING**

A photograph of a man crouching on a beach at sunset. The man is shirtless and muscular, with his hands on his head, looking down. The background is a blue ocean with a warm orange glow from the setting sun. The text 'MODEL CITIZENS TYLER SCOTT' is overlaid on the image.

MODEL CITIZENS TYLER SCOTT

You would think that Tyler and Dana would look great together in a classic black and white portrait in a loving embrace. The fact of the matter is that they do. Dan and Scott are a couple and have been together for quite some time. They are both models, actors, and work in the hospitality business on the weekends for extra cash. Like many aspiring performers they both work very long hours and are networking and going on auditions all of the time. But when they are not networking or auditioning they are typically shooting with photographers from around the city and metropolitan area. Tyler is not just a very handsome man, but he is also extremely charismatic and lethal. Yes Tyler is a UFC style Moi Toi fighter who also happens to run like the wind. Tall and muscular Tyler sees himself as a superhero in a Braveheart or Gladiator style film trilogy and he is working towards those goals. Despite his comfort with the human body and nudity he is also humble for a man with his physique and genetics. From the short time we had to shoot at Target Rock in Huntington, he is also very much a gentleman and open minded. When we were shooting on the beach and we started with the nudes a small but impressive gathering of fans started to watch and he had no problem letting it all hang out. To that end either did Dana. They both are nudists and are very comfortable with the human form. In this case we were shooting for an art gallery exhibition I hope to host in about a year or so when I have enough of these style of somewhat abstract shots. These two are just a sneak peak at that. They will be printed life size on canvas and I assure you they are very impressive.



Dana and Tyler photographically are a perfect match and from the chemistry on the set, they are also a perfect match in real life as well. Dana of course dreams of that fairy tale wedding at the OHEKA CASTLE of all places but at the same time she knows that love is more important than a castle wedding. Dana and I have shot many times and the very first time we shot Dana was selected to be on the Cover of Village Connection Magazine a Huntington based magazine I donated some of my time to when I was walking. Dan and I became friends and since then we are in communication quite often and I always think of Dana when ever an opportunity arises for a female model with her characteristics. Dana is a friend and it did not take long for me to know that she is also a true

model citizen as well. She is just as beautiful on the inside as she is on the outside. Despite the fact you can only see the back half of Dana, I assure you the front half is equally as impressive. We have laughed at how repressed the American culture is when it comes to nudity and the human form. But I doubt anyone is laughing when they see her as she is truly a unique model citizen and you will see allot more of Dan in her episode of Model Citizens when the edit is complete.

DANA VANPAMELEN

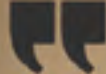


It is probably no surprise that Tyler is on the cover of Model Citizens Magazine for TEXAS for the premiere issue in June as this shot is one of my most commented shots of all the head shots I have taken over the last thirty years and I felt it deserving of a cover because of that. Also he happens to be a nice person who is really a model citizen as well. Dana and Tyler would be a great on screen couple as well as their chemistry is authentic and they are both really great on Camera. Both Dana and Tyler have appeared in television, films, and covers before and I am sure their careers will blossom in the coming years. If not they always have each other to fall back on...lol.



MODELING, ACTING, & PERFORMING NIGHTLY IN NYC





I am defined by those I create with and those I choose to improvisationally add to my living portfolio, paying it forward every day and living in gratitude for a future I do not feel I was ever meant to have

John Joseph Dowling Jr.

PHOTOGRAPHY

A very good friend of mine who knows me for well over thirty years and whom I have created with over that same time frame has often told people that photography is like sex to me, I just can never get enough. He is correct photography has served me very well both in business and in keeping my over active mind always occupied. It is not like sex to me, but as necessary as the air I breath for my own sanity.

CINEMATOGRAPHY

Cinematography was a natural extention of photography once I started to animate my photographs starting with a Billy Joel Music Video and continuing on until I became a professional editor and cinematographer. Just like photography- moving photographs also provides my mind with a sanctuary.

CREATIVE WRITING

Believe it or not as much as I love photography and cinematography writing is what I do the most of. I have not always shared my writing because it started out as a business necessity and as I wrote more I found out how healing it could be to share even with yourself, the written word. Then I started to share and it made it even more gratifying.

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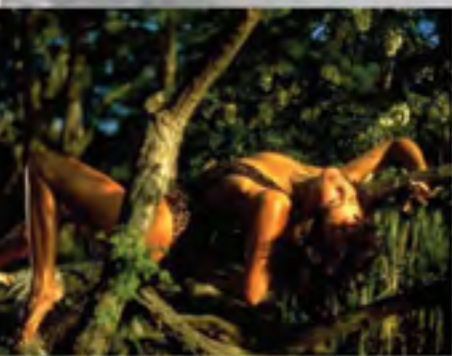
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We are born form Love, We all Live for Love,
We would all die for love, **Love is the energy**
that binds us together and bridges the gap
between heaven and earth.

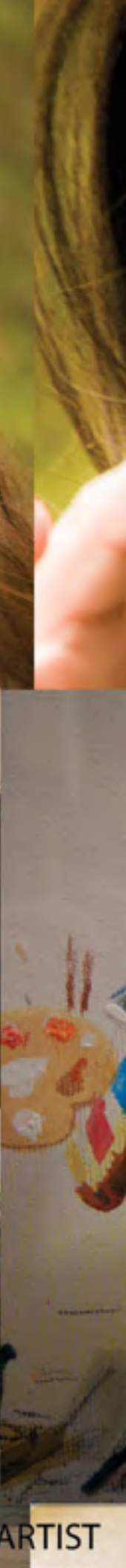


MOST PEOPLE LOOK
I HAVE LEARNED TO SEE





Photographing people is more than just setting your aperture, ISO, and shutter speed. Photography is technical yes, but at the same time photographing people is different than any other artform. Photographing people is like asking a person on a short date. You are communicating typically from a distance or in extremely fast spurts. You are asking a person to share more than just their face at times and hoping they will share part of themselves that they do not typically share with others. I always tell photography students that photographing people takes a lot more than a technical ability, it truly takes love. Love has been and will continue to be the theme of every photograph I ever take. I do not take photographs simply for a "Good picture" I take photographs to help others find the love that exists within themselves so they can see what I see in them.

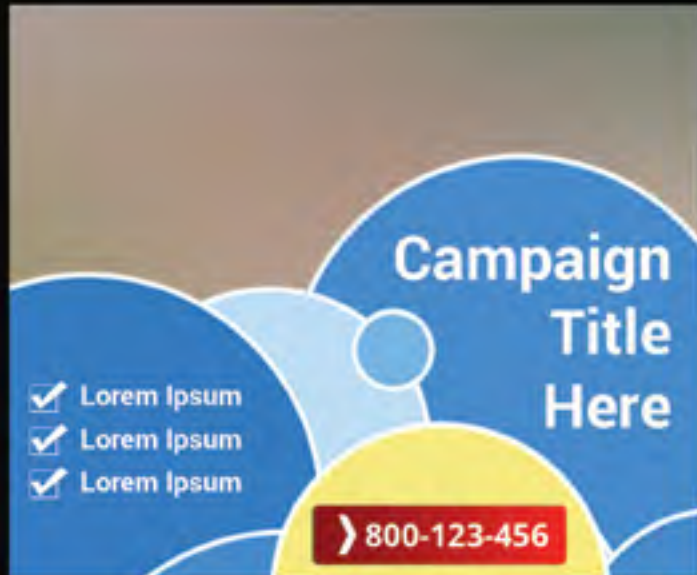


JOHN JOSEPH FOWLING JR. PORTRAITS OF AN ARTIST



I could go on and on about all of these model citizens probably from now until eternity. I carry my camera with me almost everywhere I go as I do not drive any longer because of massive damage to my arteries in both of my legs, one of which resulted in a several foot bypass. I quite literally have to walk to live and to keep my limbs so it is so boring walking alone two to three hours per day. All these smiles have kept me going, even when I do not have the energy or courage to continue alone.





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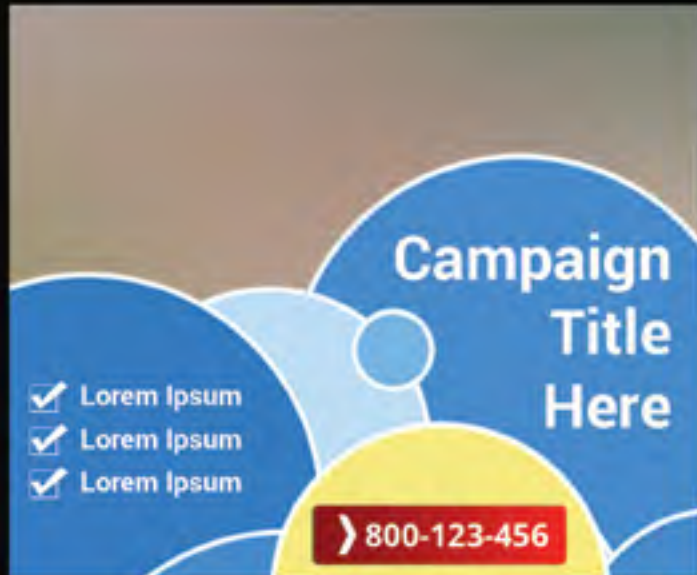
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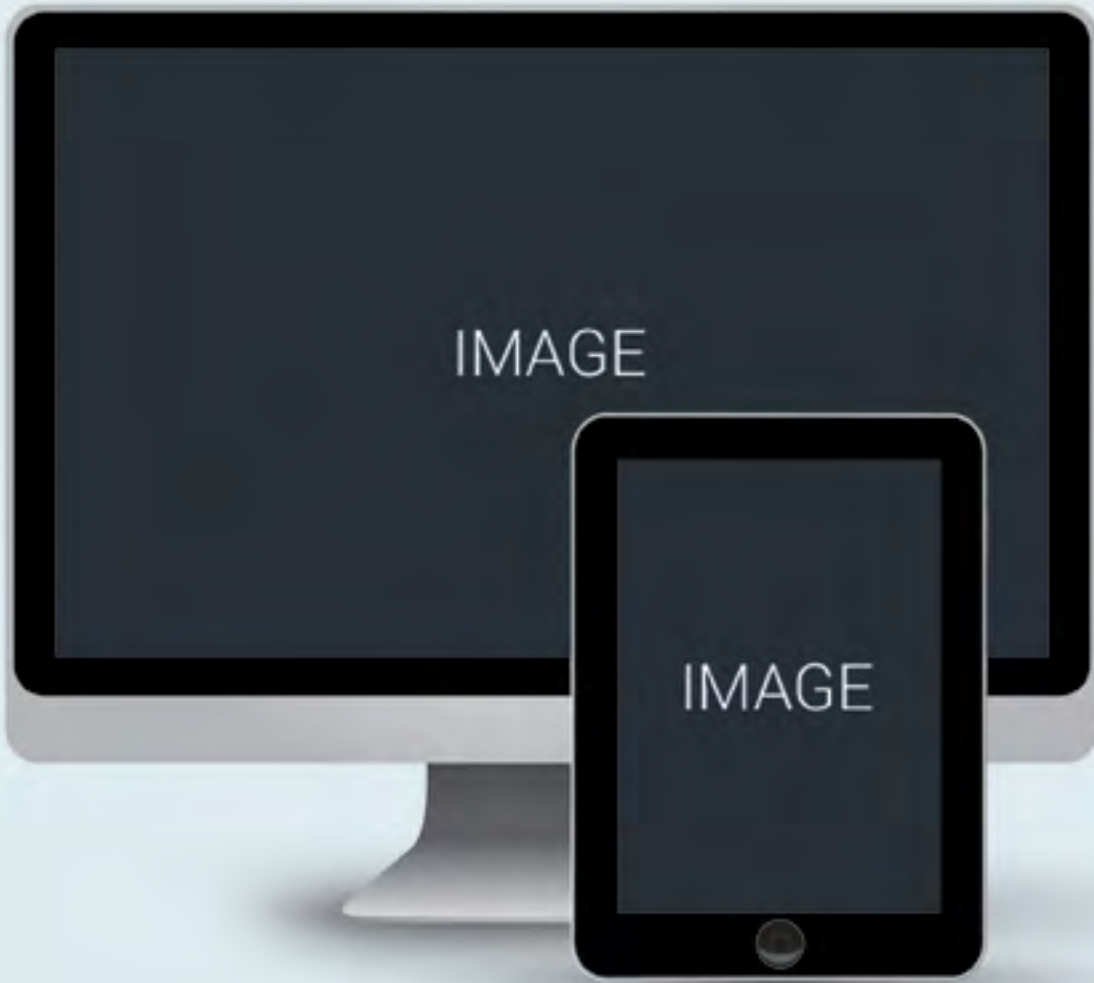
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**TIPS ON
SOMETHING**



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MODEL CITIZEN | LYNN CHEVRON

When Raw Energy meets Incredible beauty you
wind up with Lynn Chevron...



Model citizen Lynn Chevron is nothing short of a powerhouse of energy and beauty. Like many models Lynn prefers to disguise her beauty behind her glasses and a face with no makeup so she does not attract attention. But even so, it is not hard to see through her disguise as her raw energy and beauty just can not be disguised no matter how nerdy her glasses are. Lynn is a new friend and also our Model Citizen Cover Model for France.



DREAM A LITTLE DREAM OF ME...

MODEL CITIZEN'S FRANCE EDITION



Life was not always so easy for Model Citizen Lynn Chevron and she knows only too well the struggles that go along with pursuing a career in the arts and entertainment industry.

“

LYNN CHEVRON



Model citizen Lynn Chevron and I did a full nude photographic session actually only after knowing each other a short while. I was quite surprised actually until Lynn shared that she has studied my work and knew that I was very experienced with the human figure and those shots gave Lynn the confidence to pose in nature, natural. While you will not see any of those photographs here, we do hope in the not too distant future to have an exhibition of those shots in an art gallery where they belong, on lifesize canvas prints.

Both Lynn and I feel the same way when it comes to nudity, if presented beautifully and it is not exploiting women, (or men for that case) then it is beautiful. And Lynn was not only blessed with a beautiful face, but her body is as beautiful. While Lynn does not just take her clothing off for every photographer she knows for about five minutes lol, she will when the setting is a natural and tranquil as the ones we shot in. For that I feel quite fortunate actually.

Lynn is truly a model citizen that inspires artists and she has definitely inspired me. So much so that Lynn and I are collaborating on Model Citizens France edition and she is the cover model for the premier issue. Look for more on Lynn and Model Citizens collaborations in the future.



Celine Morel Model Citizen Italy



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AUTHOR NAME

WALKING FOR HEALTH

WE SIMPLY DO NOT NEED THE AMOUNT OF FOOD WE EAT! WE ARE BRAINWASHED BY THE MEDIA FROM YOUTH TO EAT 80% MORE CALORIES THAN WE REQUIRE FOR NUTRITION!



Now that we have your attention it may be a good idea to explain why two heterosexual women are hugging in the middle of the street in the middle of the night! It seems like these days ever since Katy Perry's song "I Kissed a Girl" came out, women are kissing and hugging and not because they are bi-sexual or homosexuals, but because it just turns everyone and anyone on and immediately you pay attention to the photo and the associated commentary. I mean you are reading this story now are you not?!

So now that we have your attention, please continue reading as after my heart and arteries around my body were fixed surgically after ten years, I literally was bleeding for years. As it turned out I have more diseases than I care to mention, but all the same one thing happened, I stopped eating, and started walking again. I was simply too sick to eat more than just simple foods like oatmeal and red cabbage two foods I could tolerate with modest side effects, and I was too

FAT to run, and for that matter too injured from years of extreme sports and really abusing my body to achieve athletic goals even as a young man. The almost three foot right femoral bypass on my right leg did save my leg, but at the same time it will just never be the leg I was supposed to have if not for the plethora of genetic issues I deal with. So I just walk. I walk like Forest

STOP DIETING!

MAKE IT A LIFESTYLE

WHEN WE SPEND MORE TIME WALKING AND MEDITATING OUR BODIES RETURN TO A NORMAL STATE OF BALANCE AND ARE IN LESS DISTRESS, AND THEY RETURN TO A HEALTHY STATE. IT ALL STARTS WITH THE FIRST FEW STEPS...

Gump with a camera. I completely attribute the nurses, doctors and surgeons with saving my life and giving me a future I was not supposed to have. BUT! I know that I am alive and healthy now because knowing the health limitations and the genetic package I was dealt, I have to walk like crazy to stay alive. And if it works for me, it will work for anyone. Literally I have walked myself to an eight pack and I am "buff". Not because I am healthy or because I can even do a single pushup, but because I was determined and am determined to stay alive.

Quite literally I believe that anyone who is overweight who follows the same path that I did, will become skinny and regain their health. I beat - diabetes, familial hypercholesterolemia, fatty liver disease, obesity, heart disease, high blood pressure, tachycardia, and several other diseases that there is no explanation or cure for, simply by walking and eating whole foods. and if it works for me, it will work for anyone!

EAT LESS WALK MORE!



The DuQuet
Brothers Star in
Kids on Kids the
pilot of thier new
variety series!

Model Citizen
Erica Dale
Wagner takes
New York City on
her first auditions

Miss Switzerland
Finalist Celine
Morel stars in Model
Citizens a 30 minute
special!

Natural Light
Studios starts
publishing
Model Citizens
Magazine Online

Model Citizen
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