





EDITORIAL

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OPENING REMARKS

Sometimes, success can be a double-edged sword. On the one hand, there you are fulfilling your dreams, achieving all the goals that you've set for yourself. While this is laudable and should be celebrated, one has to stop and make sure that that success isn't a selfish one. What I mean is, are you alone in that winner's circle? Or are you there being cheered on by the people that have loved you and supported you? In that race to the top, did you leave everyone behind? I think that's what makes Model & Mode so special. That while the magazine has grown in leaps and bounds, the group behind it have stuck together though it all. Ours is a tie that binds and one that has proven strong over the years. Bring on all the adventures, 2022! We're ready for it!

> Maryrose Salubre Editor-In-Chief

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Tinder Fatigue AN ILLUSION OF ABUNDANCE

"Dating is a probability game. A game that involves shedding your socially acceptable façade and opening up your heart to a person and asking that them to love you with warts and all. However, in the modern era of digital inter-webs, there is an abundance of potential mates waiting for you at your fingertips."

By: Jenny Hu

Dating is a probability game. A game that involves shedding your socially acceptable façade and opening up your heart to a person and asking that them to love you with warts and all. However, in the modern era of digital inter-webs, there is an abundance of potential mates waiting for you at your fingertips through apps such as Bumble, Tinder, Coffee Meets Bagels, and Hinge. All at your disposal. However, to the individuals who are seeking love and a relationship, it can be challenging to navigate in the ebbs and flows of Tinder surfing,

A Paradigm Shift: From Being Family & Marriage oriented to An "I Don't Need Nobody" Focus

I would say that the majority of the relationships that exist in your social circles are narrowed down to two things; being at the right place at the right time. If you dated early in your teens or met your significant others at university, then you are probably the lucky ones. But for the rest of us, online dating is our best bet.

According to Jean M. Twenge, an American Psychologist who researches the dating patterns of Gen X (1995-2012) in her book, iGen, she stated that there is an abrupt change in teen's behavioural and emotional states around 2012, where smartphones reign supreme. According to Twenge, there is an upward trend towards individualism, instead of starting a family.

"In general, relationships conflict with the individualistic notion that "you don't need someone else to make you happy — you should make yourself happy. That is the message iGen grew up hearing," Jean M. Twenge, American Psychologist and Author of iGen

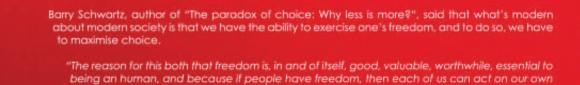
As a result of "I Do Not Need No Man to Make Me Happy" paradigm shift, there is a rejection towards the traditional notion of commitment and relationships. The emphasis on being an independent woman was ingrained within me ever since I was a young child. The sentiment was echoed within my female friendship circles.

We were encouraged to be career-oriented and make a legacy for ourselves, instead of thinking about marriage and relationships in high school. (So, I was reverse-engineered socially when I was younger. Very grateful to my mother for instilling these

When prioritising dating and relationships become second place to my career, it has become more of an add-on, instead of a soul-search. According to two of the founders of Tinder, Sean Rad, and Justin Ma-teen, "the app was designed to challenge and supplant online dating websites by offering a more fluid experience. Tinder was designed to 'take the stress out of dating', being a type of 'game' that requires less time and emotional investment to play."

It is encouraged in this day and age, to explore your options, rather than just find someone and stick with them for the rest of your life. Dating in your twenties is especially hard because, as a young adult, you haven't found your footing yet. I ask myself that question too. How am I able to keep a relationship if I'm not stable myself? Therefore, I needed to work on myself a lot. With the excuse of being busy and being career-oriented, I actively avoided pursuing long-term relationships, rather seek for casual relationships. (Not anymore, because I realised how sad and unfulfilling they are in the end.)





Now, how does Barry Schwartz's concept, Paradox of Choice factor into mobile online dating, you may ask? Isn't it good to have an abundance of candidates at your disposal?

to do things that will maximise our welfare, and not one has to decide on our behalf. The way to maximise freedom is to maximise choice." - Barry Schwartz, The Paradox of Choice

Well apparently, it creates the opposite effect. The more candidates that gets presented to anyone via the online dating apps, the more desensitised they will get.

"One effect paradoxically produces paralysis rather than liberation. With so many options to choose from, people find it very hard to choose at all. The second is that if we manage to overcome the paralysis and make a choice, we end up second-guessing ourselves and wonder if we can find something better."

Although with me, I never had the nerve to date a lot of people simultaneously. Rather, I pick one person that I have a great conversation with and see what happens from there until the relationship runs its course. Apparently, I was doing dating wrong. I was supposed to keep my options open and talk to other people to foster ongoing connections, rather than focusing on one. Sometimes, I was naïve enough to believe that the other person was only talking to me, but in actual fact, they are also keeping their options open. It left me cynical in the end as I realised dating has always been a number's game, rather than an avenue to meeting people and cultivating relationships.

> Pronk and Desnissen, who are Dutch psychologists explain that having an extensive amount of choice can produce adverse effects and is actually detrimental to your life - it causes "Tinder fatigue."

"There is some indirect evidence that having more choice in the domain of dating also has negative consequences. For example, when asked to pick the best partner, access to more partner profiles resulted in more searching, more time spent on evaluating bad choice options, and a lower likelihood of selecting the option with the best personal fit. Likewise, when a choice set increases, people end up being less satisfied with their ultimate partner choice and more prone to reverse their decision."

> Although, to the folks who are looking for something serious, finding a partner with high compatibility is low, which unintentionally creates an illusion of 'abundance.'

Generally, romantic relationships are hard, no matter what avenue you decide to take. Dating apps just make it easier to meet someone. Finding someone who has the right intention and compatibility as you, can seem improbable. You can find anyone attractive- when you have your initial meeting- the way they dress, the scent of the clothes, and their physique. The problem with dating apps is that they reduce a person to just merely a picture and three-line bio and only take a swipe to message and meet a person. It's low effort and efficient.

When in actuality, it requires time and commitment to get to really know someone's heart and soul of a person. Due to our (former) fast-paced lives and constant busyness, dating apps may be a good avenue to meet people, however, it makes us cherish relationships and commitment less, trading them out for non-committal casual hookups.

Although my days of swiping may be over, for now, it won't be long until I download the app again.

4 tinder

FEATURE





Kanye West's first home in the Hollywood Hills, where he lived for almost 15 years, is for sale. Its clean and sophisticated architecture and jetliner views are the vibes that seem to be abundant in Kanye's style. It is listed at \$3,699 million.

It was in 2003 that West emerged as both a solo rap artist and producer and began to chart both simultaneously. It was when Slow Jamz went to No.1 across all three Hot 100, R&B, and Rap charts, becoming West's very first chart-topping song. It was also the year Kanye bought his charming bachelor pad for \$1.75 million.

With hardwood floors, high ceilings, smooth Venetian plaster and abundant natural light, Kanye's former house is complete with ocean and city views from every room. It is filled with sun-drenched formal living spaces, a media room, a primary suite and an ensuite bedroom with a deck. The veranda begs for candle-lit dinners overlooking the twinkling city lights below.

West's interest in architectural style has always been as strong as his interest in music and fashion, all of which he places under the umbrella of creativity and art. Minimalistic and somewhat stark in poured concrete and clean lines, West's preferred architectural-style preferences seemingly have not changed much from his original bachelor pad 18 years ago to the \$57 million Malibu Beach house he recently purchased. Kanye's new house was designed by Japanese architect Tadao Ando constructed with 1,200 tons of poured concrete and 200 tons of steel reinforcement.

Forty-four-year-old West hit the ground running in 2004 as an award-winning rapper with his album The College Dropout and has never had time to look back. His rap music has gained him wealth and status, but astute in the ways of the world, Kanye branched out into business, fashion designing, singling and record producer. Now divorced from Kim Kardashian, both admired and vilified for his outspoken opinions, Kanye will likely remain a popular voice and style-setter long into the future.

West's former bachelor pad with spectacular views is co-listed with Myles Lewis at Compass and Skye Louise Lamb at Premier Realty Services.

Source: www.compass.com

Photo Credit: Jack Spitser I Source: TopTenRealEstateDeals.com



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Arundhati Banerjee's journey from a South Australian Women of the Year – Emerging Leader, performing artist, pageant winner, humanitarian services to winning the title of "Australian Supermodel of the Year - Commercial category" has been rewarding and fulfilling.

Arundhati, also fondly known as Ari, is a teenager pursuing a second-year Bachelor of Creative Industries (Theatre and Performing Arts) from Flinders University with a vision to work and contribute to the performing arts industry.

Model & Mode Magazine recently caught up with Arundhati to discuss her recent win at the Australian SuperModel of the Year competition, and here's what went down:

How was your journey to winning ASOTY?

It was a gratifying experience to be part of the entire process and live the sisterhood ethos integral to ASOTY. The mentorship program that involved sessions on the fashion industry, wellness and mental health, networking, collaboration, the significance of personal branding with social currency, sustainable fashion, and sisterhood was an experience that I personally enjoyed. To me, winning was a part of the journey, and I feel truly humbled to receive the title of Australian Supermodel of the Year - Commercial category.

What has been your greatest triumph to date?

I believe life is about experiences, be it success or failure, and it cannot define an individual. Every milestone, whether big or little, had its struggle and sense of accomplishment for me. I still have a long way to go and a lot of work to do.

What has been your greatest lesson, and how have you used that lesson in your life?

The greatest lesson that I have learned is that success and failure are two sides of the coin, and they should always look like stepping-stones to move ahead. So, I don't let success go to my head or failure dampen my spirits. I would say humility is a sign of strength, not weakness.





"I consider every day as a new chapter with its ups and downs. I have always tried to be around positive people who have believed in my dreams, encouraged my ideas, supported my ambitions, and brought out the best in me."

If you could travel back in time and alter one historical event, where would you go, and what would you attempt

I would not alter any of the past events of my life as it has shaped who I am today. But I would like to mention that one should only look at their past if they are going to build

What do you think you came into this life to learn, and what do you think you came here to teach?

I consider every day as a new chapter with its ups and downs. I have always tried to be around positive people who have believed in my dreams, encouraged my ideas, supported my ambitions, and brought out the best in me. I resonate with those same values to people and organisations who need that support from me.

What projects are you working on right now?

Currently, I am focused on working on my career ahead in acting and honing my skills by attending workshops. events, reading literature, and the like.

What would you still like to attempt in your career?

My goal since childhood has been in creative industries. and hence from a young age, I have been learning several dance forms and performing. I would focus on furthering my skills, network, and work on projects that I find fulfilling in the coming years. However, I am aware that the road ahead will not be easy and requires great determination. hard work, and perseverance.

What advice would you give to those hoping to follow in your footsteps?

I am too young to offer any advice but can certainly share my thoughts. It has always been important to follow where my passion lies, there is nothing wrong if sometimes you need to alter or change your path, and it is never too late in life as every day is a new beginning.



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white face standing out from the crowd - yours. Though you remembered a lot of people appreciating your make-up, you wonder why this happened?

> THE REASON: Sunscreen. Check if your foundation or concealer has titanium dioxide or zinc oxide, These components protect the skin by reflecting the rays of the sun - it does the same to artificial light from flash photography.

SOLUTION: Do not use make-up with sunscreen when there's a guarantee that there will be flash photography. If you can't do away with it, make sure that your foundation is evenly applied to skin that's exposed. Remember that your neck, chest and sometimes your shoulders are still considered part of what make-up should reach in situations like this.

THE BLOTCHED FACE. This is a result of make-up flashbacks caused by powders with the component silica - effective in diffusing light. It can be found in powders used for finishing the make-up look like the HD powder. In flash photography, this powder reflects light making the areas where it was applied more pronounced than the rest of the face making it appear a bit

SOLUTION: The statement "less is more" applies to this make-up innuendo. These powders may be a good life diffuser to the naked eye hiding imperfections and mattifying the skin but could stand out in a make-up look with flash photography. Apply sparingly - only to necessary areas and if you feel you've just went to town with it, get a clean powder brush and start brushing theface to knock off excess powders before it fuses with the skin.

THE SHINY FACE, Yes, the healthy glow will always be in. But glowing is different from looking shiny, bordering on oily, This is caused by using too much shimmer from highlighters. The statement that "if your highlights can't be seen from the moon, you haven't applied enough" may have spread when the products went viral with every beauty social media influencer using it and attesting to how fabulous they look.

But unless it's a look for a music video or a sci-fi movie that you're making, I suggest you refrain from using it as a face powder. Too much highlight makes the skin look tired and sagging especially in summer, Again, "less is more". There's still time to update those momentous photos with new memories wearing the correct make-up. So start practicing and updating your products because it's never too late to do it the right way.

Source: The Australian Filipina

BETHEATTIVE

By: Chi de Jesus

As much as I would like to say that we had a fabulous year, I know that most had to settle with the company of introspection. So we armed all our readers with updated knowledge on being stylish, finding the correct hues for your skin, grooming, contouring, highlighting, puckering up, and smoking it out based on your own skin, shape, and condition while remembering the most important rule – keep it healthy. Healthy is beautiful. Thus the words supple, rosy, and bright keep us on our toes to strive for that perfect look... at least your own perfect.

But now, let's keep it real.

All of these tips and tricks are all meant for you to understand an important perspective in beauty – that there is no "one standard" that dictates its identity because it changes all the time. The beauty queens, supermodels, and celebrities before may look so different from the women who represent beauty these days. A woman's uniqueness usually breaks the monotony of beauty standards that society may have followed for several years.

So, what do we do with this information?

As Socrates said, "To know thyself is the beginning of wisdom," Before getting swept away by the waves of trends that supposedly tell us what's fashionable, understand first who you are – what's your lifestyle, what are your preferences, and how your body reacts to the elements around you. Which only means that you will always have your own version of a style that's in fashion, a concept may not be taken as is but as you can wing it, and a look may not be defined by the specifics but by the general "feel."

Self-development will always be fun especially if you are doing it for yourself. So, before you get on the bandwagon and copy what the influencers are doing online remember some very important facts:

Less is more.

If somebody tells you that you have to suffer for fashion, she must be selling you something.

If it looks good on you, there's always a look for less.

Some may say that it only goes for naturally beautiful women or those with a fantastic metabolism. If scrolling up and reading from the top does not do it for you, this writer does not discount the fact that what mother nature did not provide, father science has something to help you tweak things in your favour.

And as a final note, as my idol, Kevyn Aucoin used to say, "No amount of make-up can mask an ugly heart." I believe that keeping yourself naturally beautiful allows more focus on who you really are and what you are actually saying. One's purpose and advocacy become the more beautiful aspect of who you are. If there's none, then Kevyn hit the nail on the head.

So, enjoy the rest of the year with a new perspective on beauty.

Source: The Australian Filipina

DESIGNER SPOTLIGHT:

FEATURE

le Skirt and Printed Dress

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BECKI

Becki Ball currently lives in Norfolk, Norwich, and since graduating from the Norwich University of the Arts last year, she launched her label BECCI. Her work is inspired by the contrast of 'streetwear meets elegance .' Her womenswear designs are heavily print-based, portraying a bold sense of confidence and empowerment. Femininity is key to her pieces, and this is highlighted with her sense of colour and silhouette. She has recently collaborated with fashion label SHEIN to create two collections, with her first curve collection launching in

Model & Mode Magazine recently caught up with Becki to discuss her journey in the fashion world, and here's what went down:

How did you get into the fashion industry?

I graduated last year from the Norwich University of the Arts, and since graduating in Fashion Design, I have been working on my brand BECCI. When growing up, I have always loved fashion, and during my time at Sixth Form before university, I studied textiles. I took part in local fashion shows for which I made my own clothing; I worked backstage at fashion shows and took on styling work experience when I could. During my gap year before going to university, I launched my brand, and from there, I started buying wholesale pieces. I really loved the marketing side to the brand and putting photoshoots together, collaborating with local creatives, and managing the social media side to things. When I started university to study Fashion Design, I realised that I wanted to design and make my own pieces to sell and be more sustainable-instead of buying general wholesale designs to sell to my customers.

What do you like most about being a designer?

I love how creative it is and that fashion is a form of communication and expression of how we feel, our personality, and who we are. The process of a simple 2D sketch becoming a final wearing garment is incredible; there is no other feeling quite like it, and that sense of accomplishment and achievement is so rewarding. I love styling my pieces for the shoots, learning new techniques, and meeting other creatives along the way.

Downside to being a fashion designer?

Probably the amount of time one has to put in to get 'somewhere'. Fashion isn't easy, and many people have a false conception that fashion is simple. Not many people see the hard work (and tears) behind creating a collection or project! The other downside to being a fashion designer is believing in myself-sometimes, self-doubt is the worst. There is no set path for becoming a designer - and I think that is what makes it difficult (but also great), as there is no one' right' way to become a fashion designer or easy path to follow.

FEATURE

Nothing. Because if I'm here today and the reason I got here is because of my sacrifices. I started my work by exhibiting in a gallery where every weekend there was a market. I sold what I created with a small sewing machine and a few fabrics. In the meantime, I was studying to give my degree thesis. Little by little I understood the mechanism of this work. I started getting serious. My first workshop was at home. When I started getting serious I moved and took a small workshop, the fabrics had become 20-meter rolls and the orders were starting to increase. In a year I needed to find a second laboratory even bigger and more spacious (where I am now). My business is online, I ship everywhere so that my tailored and super-comfortable garments reach everyone. That's why I wouldn't change anything about my path. I am happy and grateful.

What are your future plans? Inside your career or out of it

My future plans in my career and my life are all centered around my work. That's why I dedicate myself with a lot of constancy and determination in what I do. I want to carry an important message everywhere, that of wearing handcrafted garments created and designed to dress all the physicalities and use them for every occasion. My line dresses all sizes, especially future mothers too. I play a lot with soft fits and tailored cuts. But above all, I pack my garments with high-quality Italian fabrics, because if we offer high quality made in Italy fabrics such as silk, linen, cotton, and wool we also reduce the waste of buying in quantity. I plan to bring ethical, elegant fashion that suits every woman.

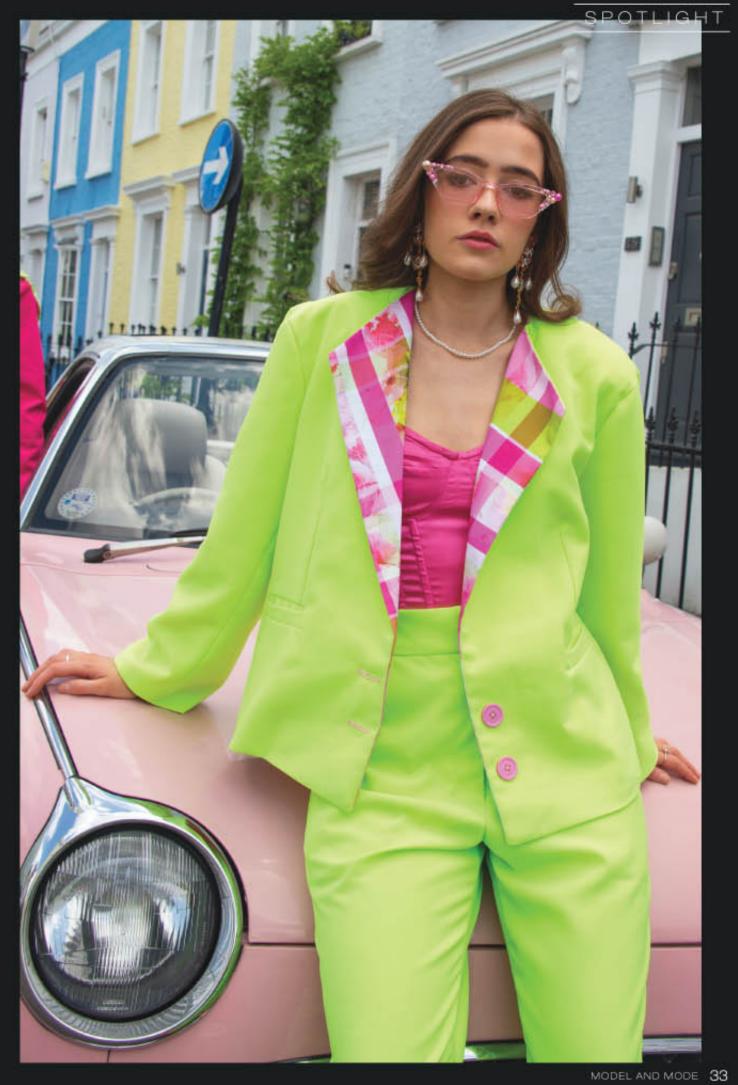






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FEATURED DESIGNER: MAGDALENA OF THE PROPERTY OF THE PROPERTY

Magdalena Nowak is a 19-year-old fashion designer and stylist based in Poland. She actually started her fashion adventure quite early; she sewed her first design at the age of 17 and a few months later, she had her first photoshoot. She initially started by posting photos of her creations on Instagram. After some time, a number of people started sending her messages and inquiries for a potential collaboration. She gradually gained more messages and requests for new collaborations and orders, etc... the rest you can say is history.

Model & Mode magazine recently caught up with Magdalena to discuss her journey in the fashion industry and here's what went down:

How did you get into the fashion industry?

I did not finish any school that prepared me for the profession of a designer. All I have achieved is thanks to hard work and patience. I have collaborated with many celebrity stylists via Instagram, Facebook, etc. One day they saw my projects online and they wanted to collaborate. I was very lucky. I am very happy that I work with so talented people.

What do you like most about being a designer?

I love that each day is different. No one decides about me, I hate my daily routine especially when somebody imposes their ideas on me. I also love that I can finally implement my crazy ideas. The implementation process for the entire project is very long, but it's worth the wait! Imagine seeing a famous singer wearing your creation later or seeing it on the cover of a magazine. Priceless!

Downside to being a fashion designer?

The work of a fashion designer is not perfect, unfortunately, there are also downsides, but I'm trying to limit my complaints. The biggest downside is probably that the music labels don't have the budget to borrow styling from a designer (or they just say so). Several times a week I get questions about borrowing clothes for a music video, of course, for free. Nothing beats commercial advertising without a budget. Recently, I've been offered an advertisement for a transport company, a modeling agency, and a university in Poland ... Of course, all without the slightest remuneration. How would I benefit from this? I have no idea... I do not accept offers of this type and I recommend younger designers to not do it as well.

What has been the most memorable experience of being in the fashion industry so far?

It's hard to choose one experience, I think all "first times" are memorable, I still remember the first publication in a magazine, the first cover, the first music video, the first try-on with the singer, etc. Back then, I was full of joy and a bit of stress. I love that feeling. Getting out of your comfort zone and breaking your barriers is great!

Who have been the most interesting people you've met so far?

Some time ago I started working with Sanah. She is the most popular singer of the young generation in Poland. I must admit that I am very happy about it and I am proud of myself. I am very glad that people from the industry trusted me and entrusted me with this task.

Sanah is touring right now and my dresses can be seen during the performances.













What has been the most memorable experience of being in the fashion industry so far?

My first fashion show for sure! I was accompanied then by various emotions, I really wanted my styling to be perfect. I remember standing backstage waiting for my model to perform. I couldn't believe it was happening, that I was there. Eventually, it hit me when my projects suddenly appeared in the public eye. I was very touched, to the point of tears. The second such situation took place at the Final Gala of the International Off Fashion Competition 2021, when the well-known and Polish fashion designer Marcin Paprocki, from the Paprocki & Brzozowski duo, personally wrote a message on my Instagram recognizing my projects. That was the second time I was so excited. For a novice designer, it is a great honor to read such words from a respected personage in the world of fashion.

What is the best advice you have ever been given?

A lot of work, a lot of work, and a lot of work again!

I like it when the things I create are fully original and refined in every detail. Sometimes I prefer to make one great creation than ten bad ones. I am fully involved in my work as a designer, sometimes it involves some sacrifices. There are days when I spend the whole day working on projects, while my family or friends have a great time. I always reward myself for those days. I am used to the fact that working on continuous ideas is part of the profession of a designer.

What are your future plans? Inside your career or out of it.

At this stage, I'm in the process of creating my graduation collection. In the meantime, I have designed my own collection – you can follow my Instagram profile @kokowicz_lidia, and you will soon find out where my collection will be available.

In addition, I would like to start cooperating with an interesting sewing room, because I am thinking of designing my own footwear, I also hope that I will have the pleasure to dress an interesting red carpet star in my clothes. Of course, in the future, I intend to open my



