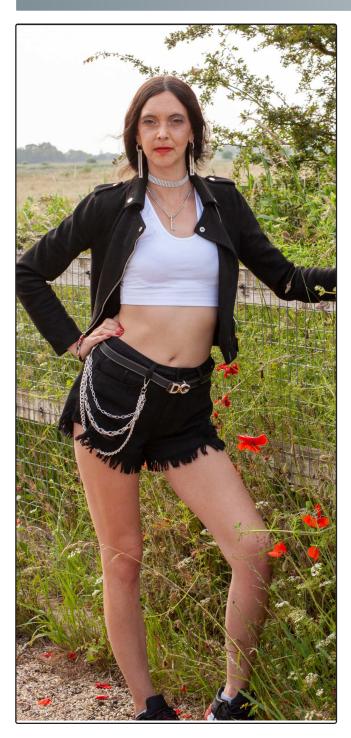
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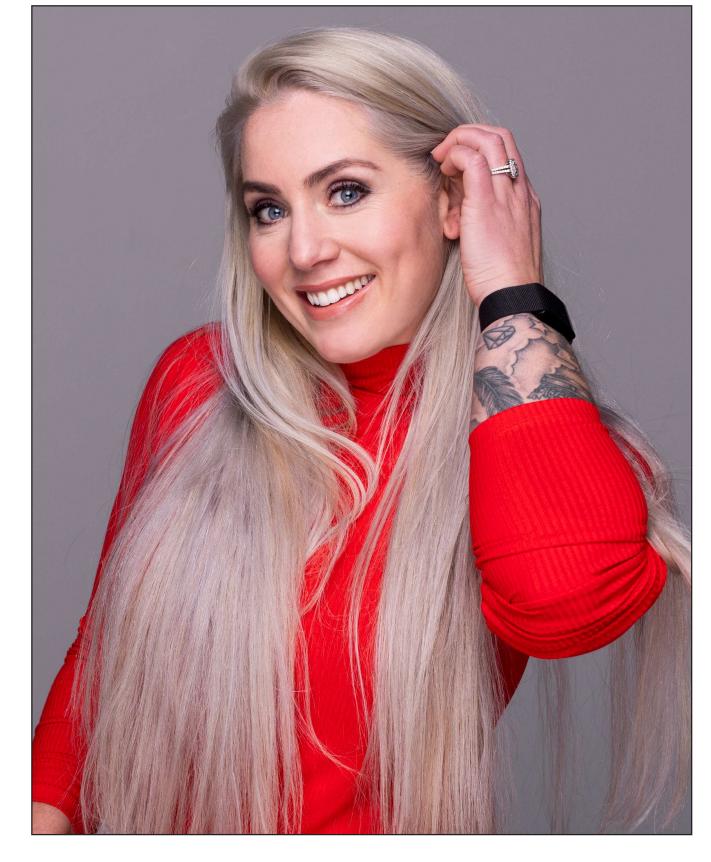




























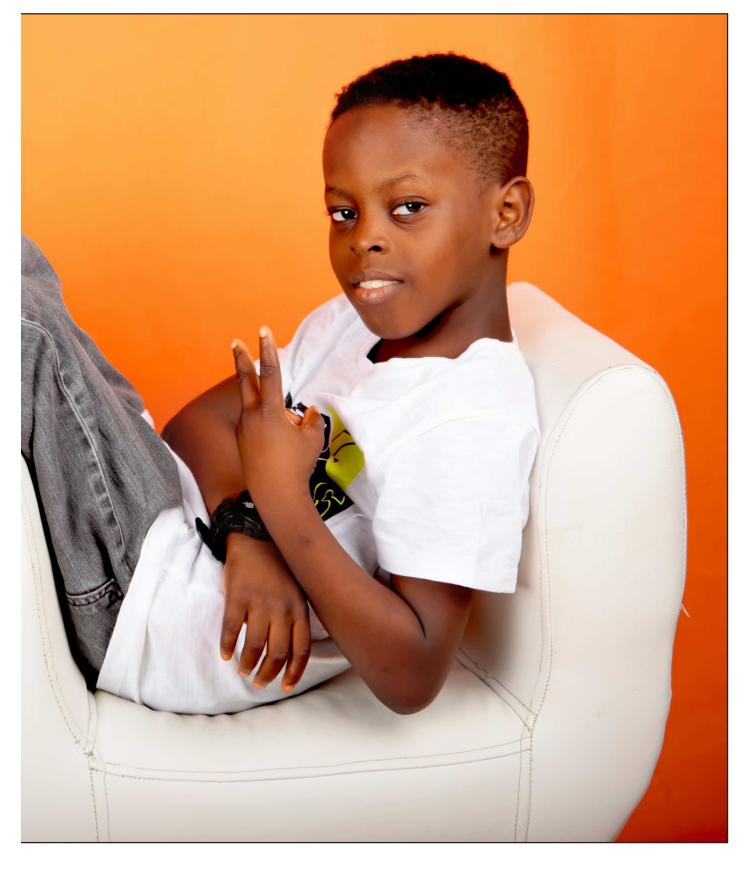


































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Hello guys

My name is Ketrin and my stage name is CHECHINA

I am professional singer and songwriter from Russia

I have devoted my whole life to two things: music and marketing.

For a long time I wrote and made songs only for myself and did not show them to anyone. Then, as a student, I had my own band and we performed at various events with cover songs.

I always wanted to perform with my original songs, but I feared to admit

So I started to help other people: I began to direct creative performances, wrote several musicals and directed one whole musical with big team, wrote songs for other artists.

About a year ago I started writing songs for myself and releasing them.

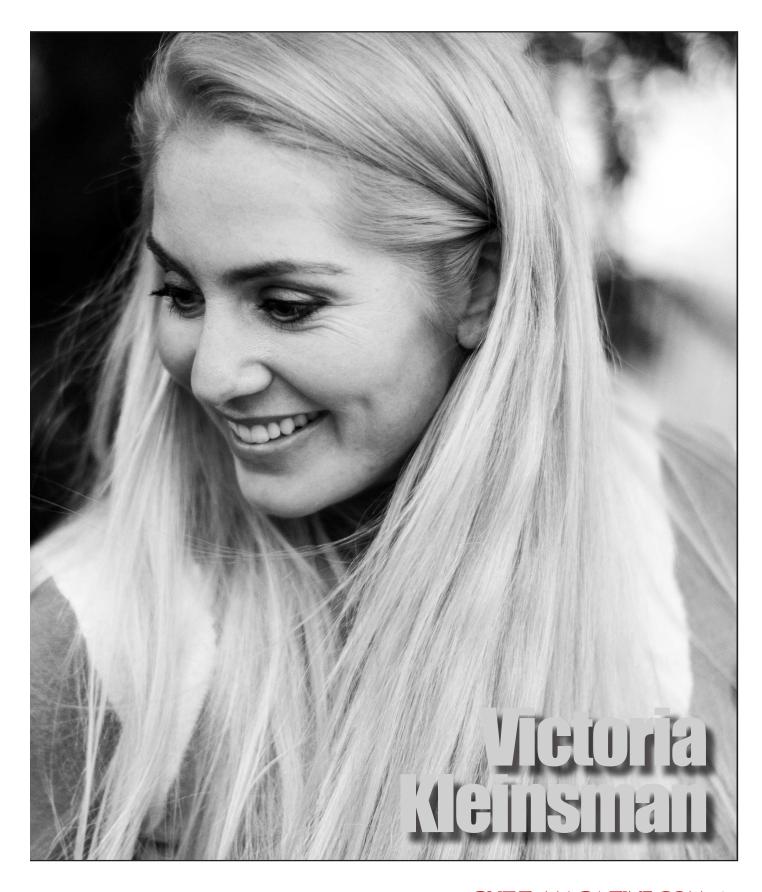
You can listen them on spotify - CHECHINA.

It was also around that time that I started performing online. I enjoyed sharing my creativity with others. I signed contract as online host on UpLive App.

Thanks to my performances, I won two major international competitions - "The Gods of Rock" & "Worldstage", and also became a finalist in the "Yes2Malaysia" competition.

I almost signed contract with Sony Music Label but February changed all plans in whole world so I had to start absolutely new life here in the US from zero point

Because I really love music, marketing and sharing with people I founded Music Label and production center "Flow Up". This is was my independent



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My story in a chocolate nutshell is that I've overcome anorexia, binge eating disorder, bulimia, and a fitness obsession. For over 20 years I struggled with poor body image and disordered eating.

I've lived through a 6-year-long domestically abusive relationship where I was hit, raped and abused daily. I was cut off from my family and friends and didn't even go to my sister's wedding. I found out I was going to be an aunty for the first time by text message, weeks after she had tried to contact me as he controlled my phone. A huge amount of debt was built up and unknowingly put in my name.

And yes, my life resembles a television soap such as Coronation Street! (a UK Soap)

- My self-worth was at an all-time low, my self-love nonexistent and my whole life revolved around food obsession and how fat I thought I was.
- I was the woman who put brownies in the bin and doused them in washing-up liquid to stop me from eating them, only to get them back out later to search for any edible parts.
- I've frantically eaten bars upon bars of chocolate in secret – in the toilet, in my car, in the broom cupboard at work – and then hid any evidence.
- I've burst into tears of hatred and despair when I've looked at my body in the mirror.

However now...

I'm in a conscious and loving relationship with my man Wouter but most importantly, I've built an unbreakable and unconditionally loving relationship with MYSELF and my body.

I eat whatever I want, when I want, in any amount I want. I make food choices from a place of nourishment and pleasure. I'm healthy, confident and know my worth. My self-love is overflowing from within and so I have oodles to give to others.

With all the freed-up brain space from no longer obsessing over food and my body, I've built my own business, I predict my future by creating it and I get to live the life of my dreams. None of that would have been possible if I was still counting almonds and weighing fucking peanut butter!



label where me and my team created songs and and shows promo for other artists

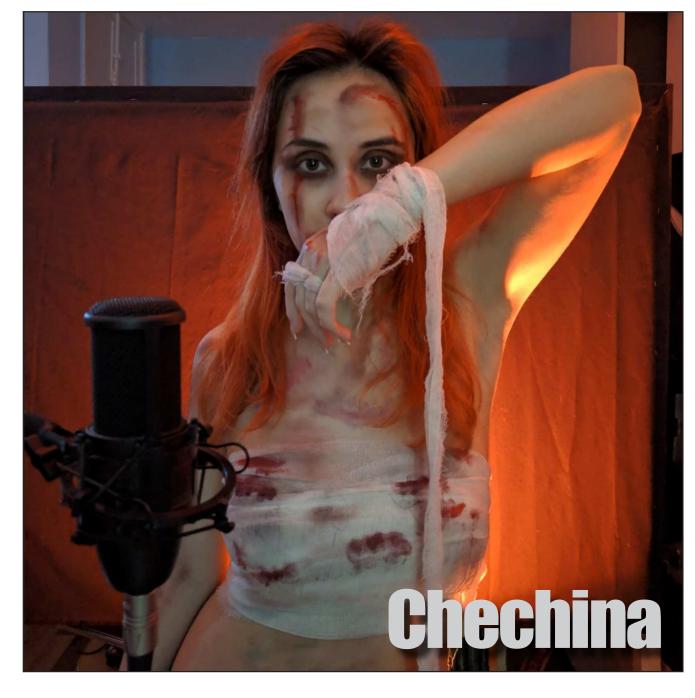
I hope that one day I will make such label here in the US and will be greater than before and help a lot of people to make their dreams alive

What about me? My biggest dream is to share my creativity with the whole world and devote as much time as possible to creating songs, videos

I really into singing and performing

Hope you will enjoy my arts, my songs, my videos

Follow me on Instagram: @mrs\_chechina











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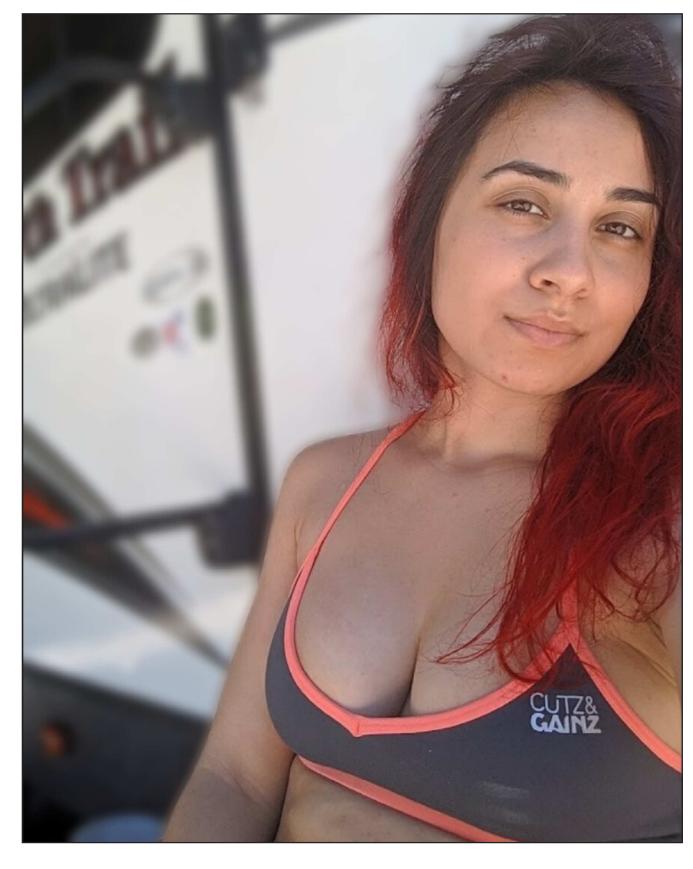
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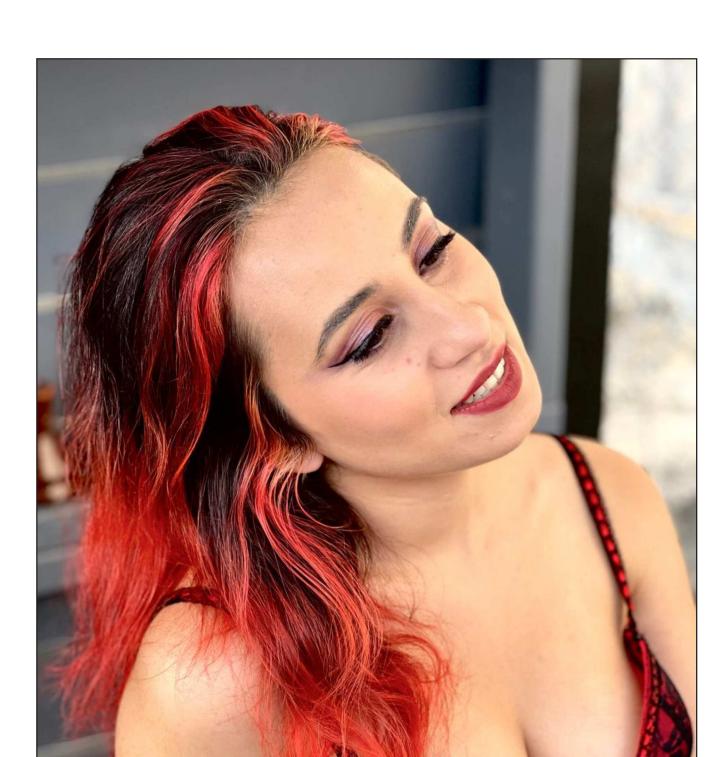




















Gold & certificate for the Self-Defense division, showing the World what he had to offer for his award winning demo.

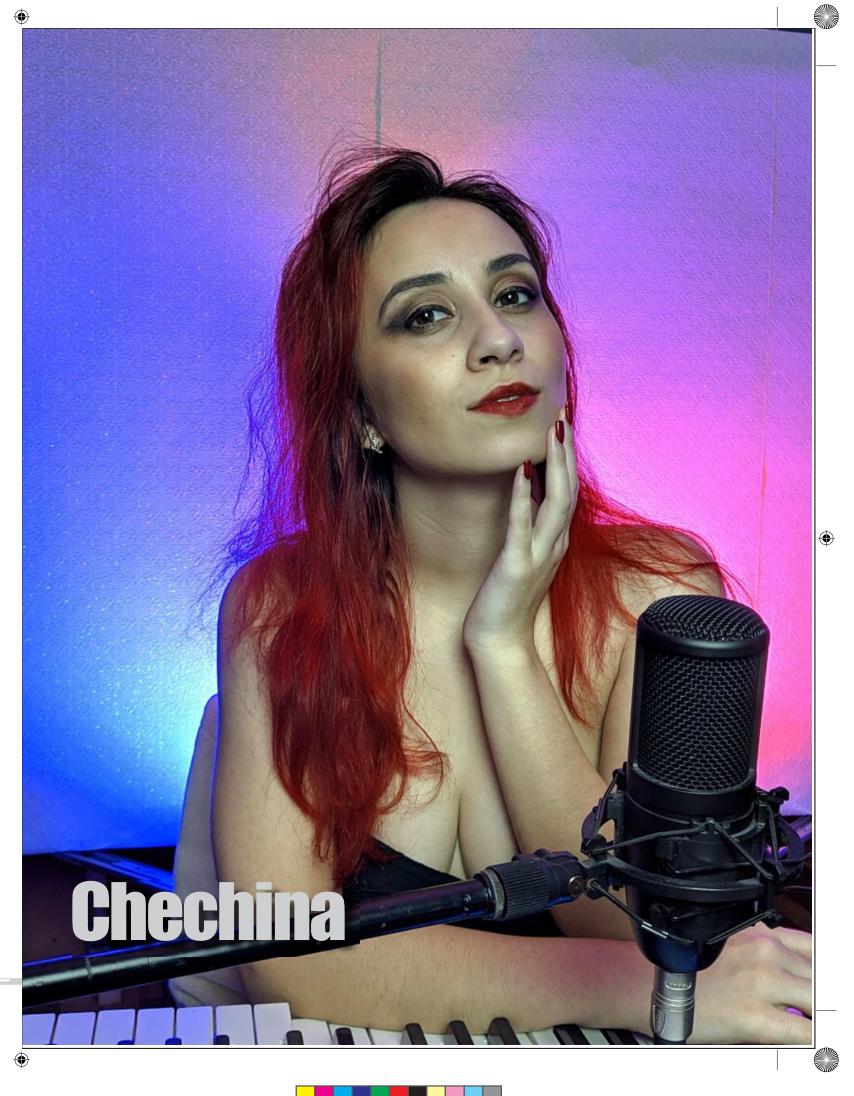
Just recently Shidoshi received his highest honor being inducted into the World Headmasters Sokeship Council earning the title Soke. the term Soke means the founder of a system. Soke Faradays system of Taikyokuken Ken Sho-Ryu is officially recognized by the Worlds council along with his dojo club named QuickSilver the Silver Dragon Inc.

In ending this interview Soke Faraday said, "The greatest gift any student can ever give to his Sensei is to be able to see your student flourish in whatever he chooses to accomplish in their life."

Soke can also be found on Utube as well as Facebook. his newest demo on Utube has been seen by over 200 people in only two days. To find it search Michael P. Faraday Ice. Where he performed not only an ice breaking demo, but also wood too.

Photos Credits :: Mason D. Faraday / Derek Pajka





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Dawna Lee Heising has performed in over 180 feature films and has won over 260 Acting and/or Producing Awards. She is trained in Tang Soo Do martial arts, martial arts weapons, kickboxing, ballet, and pole dancing. She is a former Miss Los Angeles Chinatown, Ms. US World, Ms. World, Ms. Universe, Miss San Francisco Universe, Miss Primetime Emmy Award for "Peter and the Wolf Orange County Universe, Miss California Hemisphere, Mrs. California United States, Hollywood Silver Screen Film Festival Queen, and Photos Credits:: Mark Oeffler

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Kaiju International Film Festival Queen, among many other titles. She has a B.S. Degree in Business Management and MBA from Pepperdine University. Her uncle is legendary director of photography Tak Fujimoto, and her cousins George Daugherty and David Wong won a on Broadway".



In today's Martial Arts community Shidoshi Michael P. Faradays name is mentioned quite often. He is highly respected within the Martial Science community & he is World-renowned. He has been published twice this year along in our magazine, & has also been published in The American Martial Arts Alliance Bill Superfoot Wallace edition as well as the Martial Arts Extraordinaire Magazine by Grandmaster Jessie Bowen, & then again by Grandmaster Ted Gambardella in his new book this year entitled The World's Greatest Vol. # 49.

Shidoshi himself has also published four new book that are all currently available on amazon too. These are: Breath of a Dragon which is a complete detailed story of Shidoshi & how he became who he is today. Taikyokuken Ken Sho-Ryu the Kung-Fu side, The Art of Kenpo which this past weekend of 09/18/22 is one of the number one best reads, & The Darker Side which is all about poems.

Shidoshi has a current record of 878 wins with only 2 losses across fifty different countries Internationally as well as twenty-two different States in the United States of America competition in all major ranked tournaments such as; USA Sport Karate, N.A.S.K.A., Krane, World Martial Arts Showcase, I.S.K.A., Amerikick, The World Continental, WKC, & The International Martial Arts Festival just name a few to give you an idea of the scope of competitions. The 1st loss was in Warwick Rhode Island in 1998 & Romania in 2020.

Shidoshi Faraday a senior member to the Chinese Goju Family as well as the Black Dragon Aiki-Jutsu Family. His Sensei is Shidoshi Glenn Perry & before that it was Shidoshi Ron 'The Black Dragon" Van Clief. Although he has been inducted into many various Halls of Fame within the United States spanning thirty-five times, such as Action Martial Arts Magazine, USA Martial Arts Hall of Fame, A.M.A. A. - American Martial Arts Alliance, etc. What is dear to his heart is all the International Halls of Fame that he has been inducted into from colleagues & peers from around the World

.This includes the following: London 2x, Argentina 2x, Italy 3x, Poland 4x, & India 5x. Currently Shidoshi is going into his 43rd year being involved in the Martial Sciences. In April of this year Shidoshi had a huge victory for his country in a competition that was in Iran. He took the 1st place

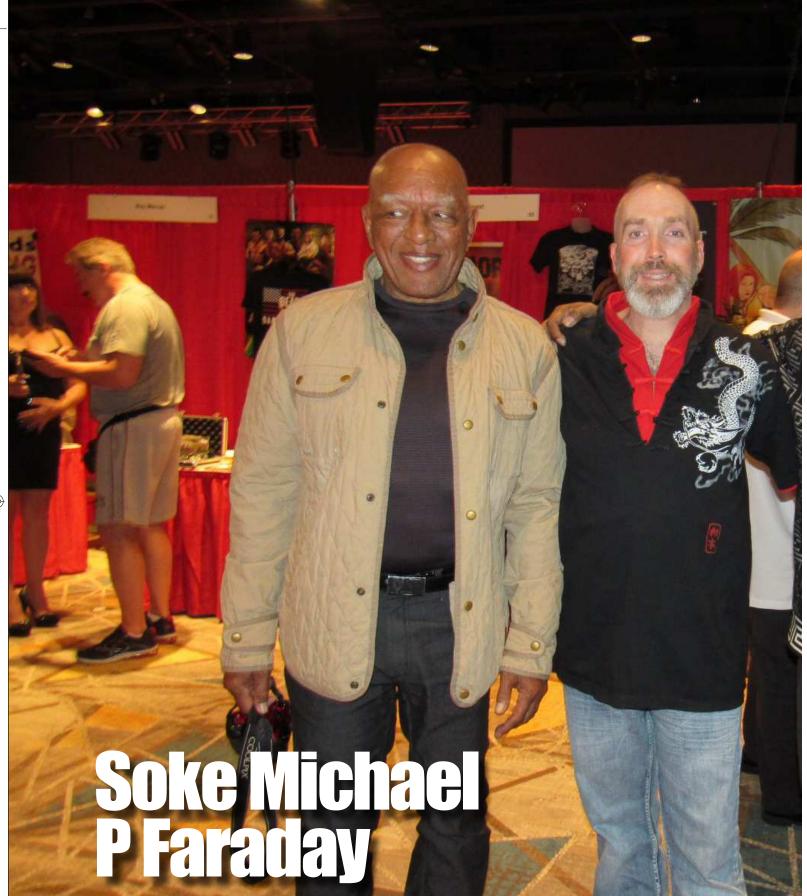
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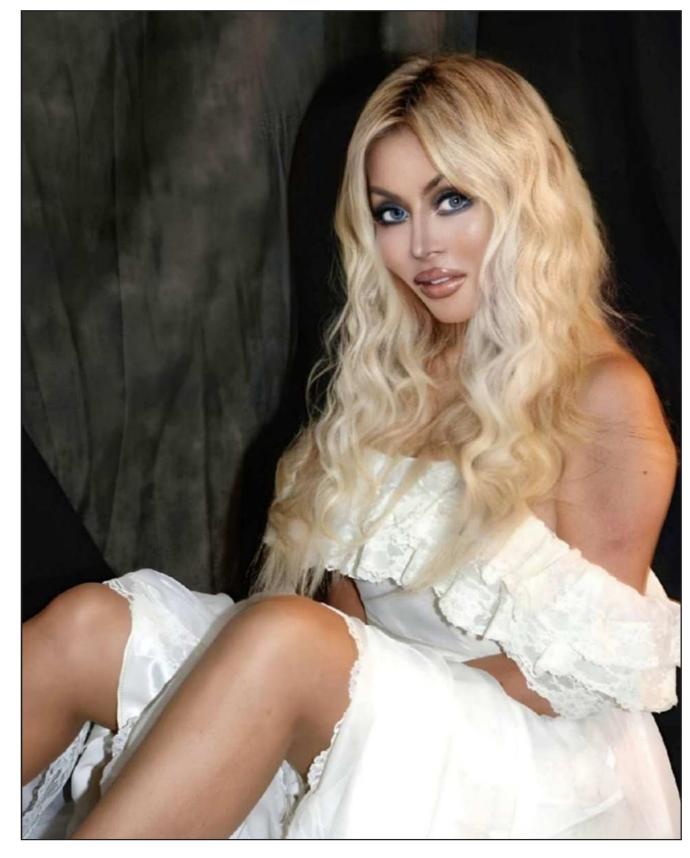














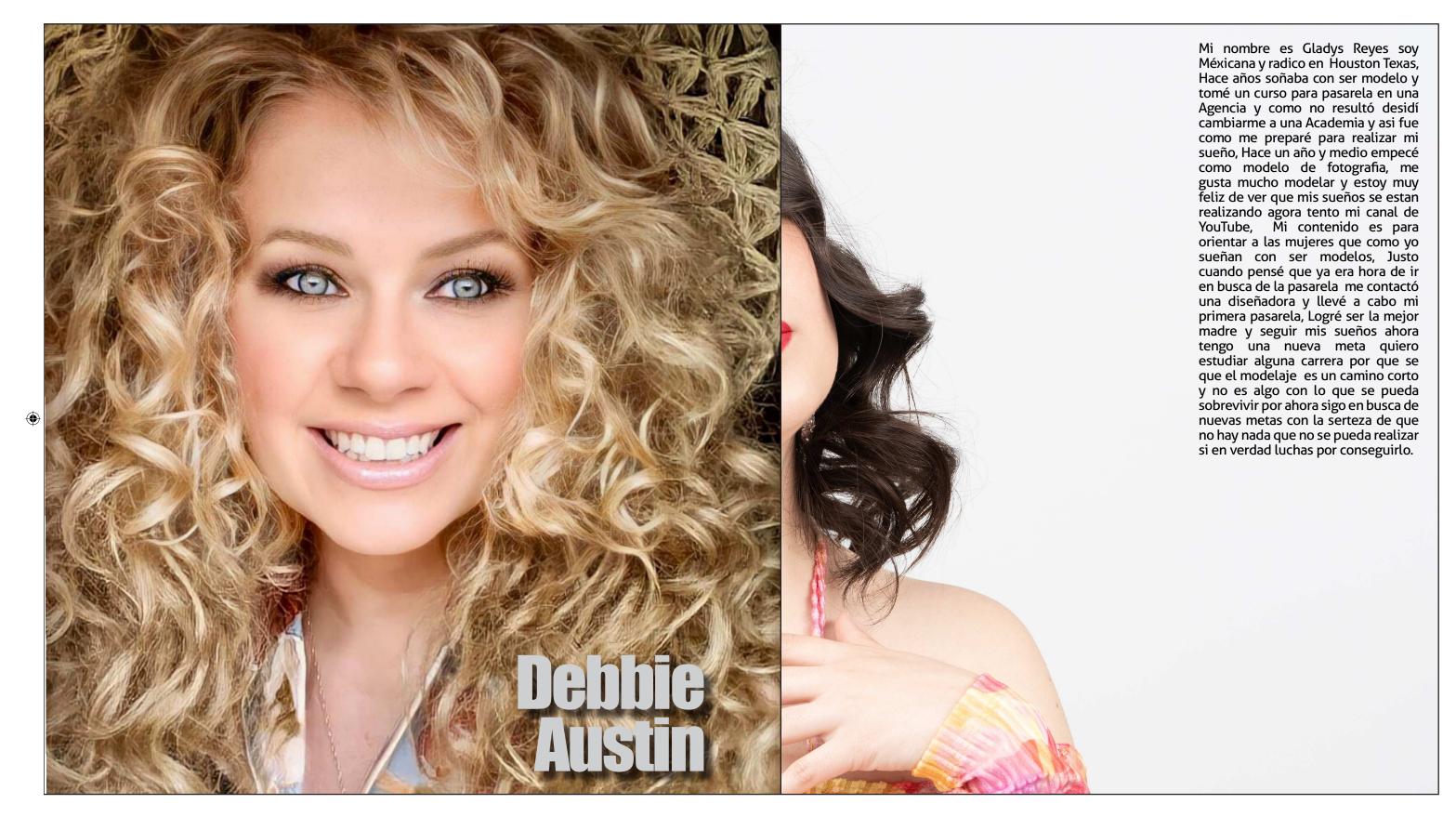


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Hi my name is Debbie Austin (littlebrit) known by. Photography makeup hair by Debbie Austin age 62 images 59. My imagesare attached to this email for glitz magazine. My hopes and dreams have always been to me a professional model sadly just an amateur for 40 years but still good fun I also want to eventually move to the us. Interests are varied but I have done many

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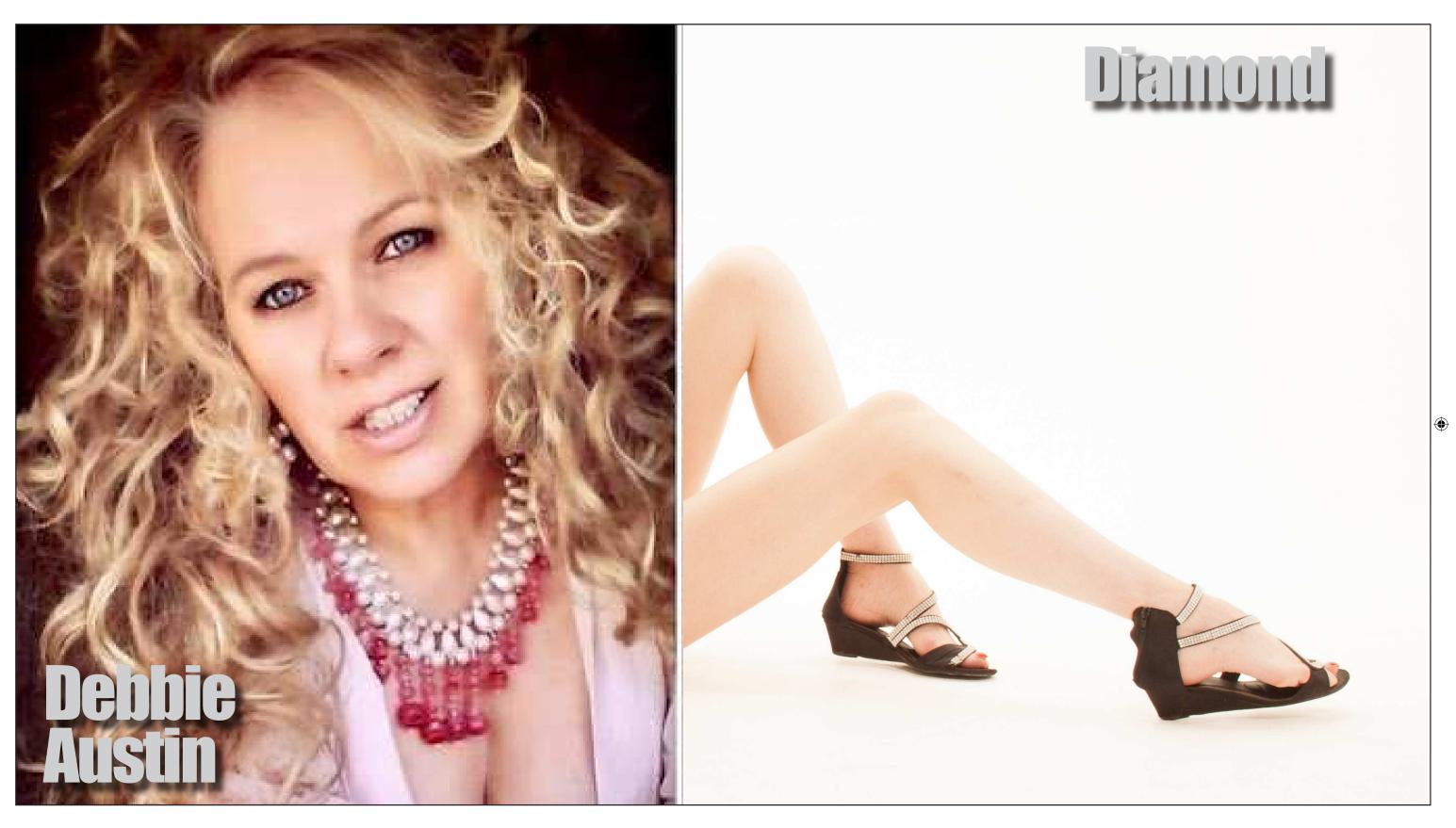
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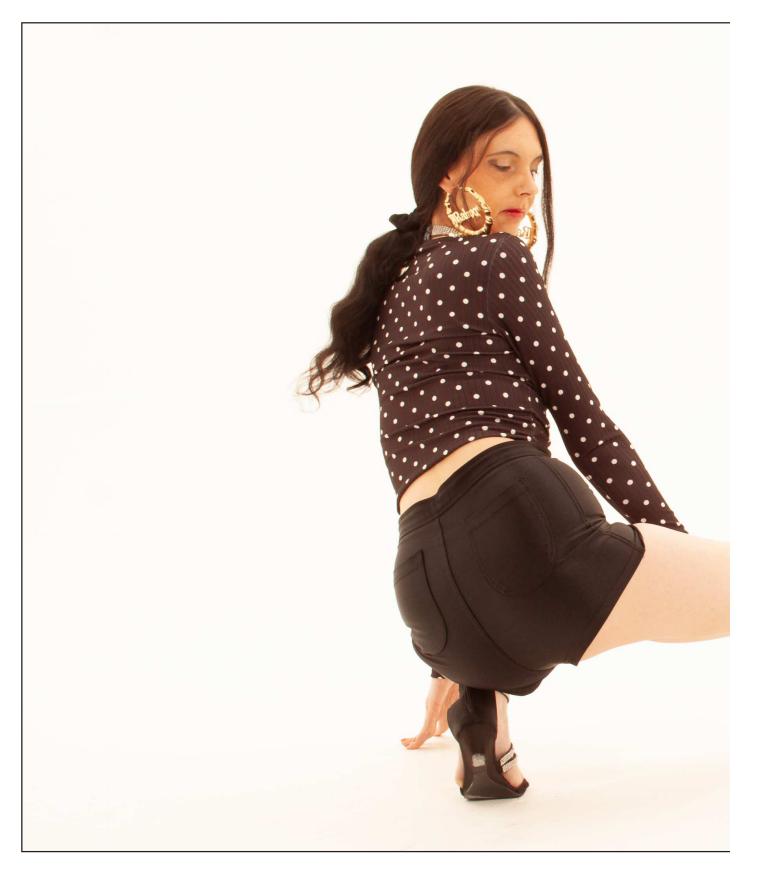


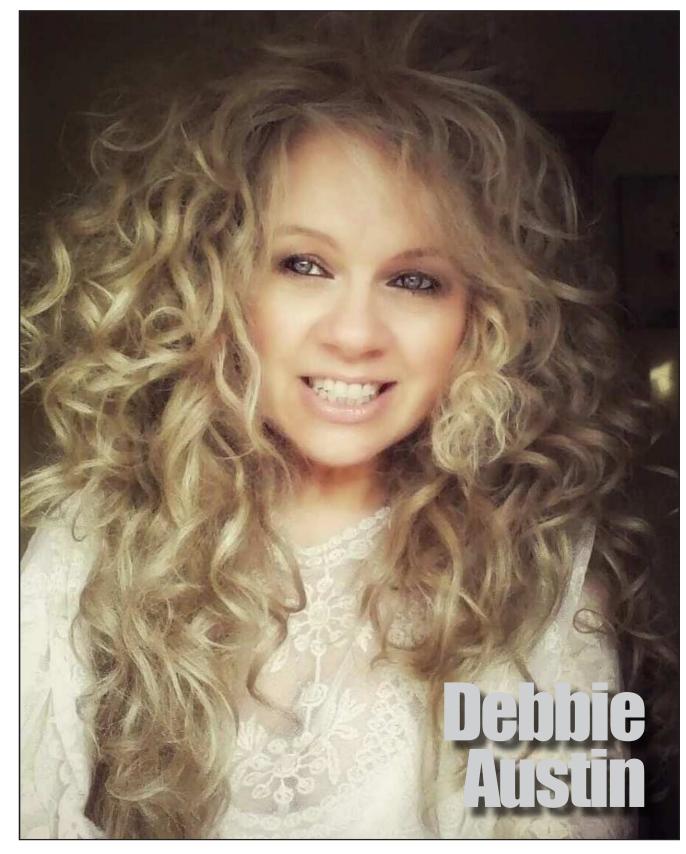
























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