feb. mar. issue 2

Be Wise

An inspirational magazine

about BE WISE

Be Wise was created from the dream and desire of one girl to make a difference. Ceciley Hallman, the creator of Be Wise loves working with people and her passion is helping others to understand that they are of worth.

Being wise begins with understanding who we really are. In order to Be Wise and make smart choices in our life we need to know we are of worth. This magazine is dedicated to uplifting, inspiring, and teaching people how to understand that they are of infinite worth and the importance of Being Wise.

We hope this magazine can bring everyone who comes across it the courage to stand strong, remember who they are, and never give up.

"One person can make a difference, and everyone should try."
— John F. Kennedy

EDITOR IN CHIEF - CECILEY HALLMAN
LAYOUT EDITOR - ALI DAVIS

FROM THE EDITOR

We are so excited to present our second issue of BE WISE! I couldn't be more thrilled from all the positive responses we have gotten from our supporters. BE WISE has changed my life in such a dramatic way. I know if you take to heart the ideals that this magazine promotes, your life will be blessed and your confidence will increase. Our ultimate goal is to inspire our readers to live up to their full potential and come to understand their infinite worth. With every choice you make, BE WISE.

-Ceciley Hallman Editor in Chief

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BE UNIQUE

What Makes YOU Unique?

Be Wise wants to know what makes YOU unique.
Here are some of the responses we got:

"Because I am who I am. There are no two people the same. Everyone is unique. God made us that way so that we would all be different and all bring something different to this world. Being yourself, I believe, is being the most unique thing."
-Rachel Clark

"I'm unique because I allow myself to be myself. I do my best to not let the world be what controls my happiness. I am proud that I am different from everyone else and I embrace my differences, whether or not anyone else does." -Lissann Lichtenstein

"I'm unique because I have the ability to view the world in my own way. People have no idea how much I notice about them and all through loving eyes. I'm unique because I'm not afraid to be the girl who goes after what she truly wants."
-Domonique Wakefield

"I'm unique 'cause I'm the guy who keeps walking even when everyone walks the other way."
-Ira Daniel

"Because I am me and I'm not afraid to make fun of myself for it and I love to be outgoing and bold!"
-Bryn LeBaron

"My passion for others' happiness is what makes me unique!" -Marisol Ruiz

"I'm unique by having a sincere desire to put a smile on someone's face."-Riley Roos

Email us with your response for a chance to be in our next issue at bewisemag@gmail.com.

-Advertisement-

www.sashgems.com

WISE ENTERTAINMENT

"Choose wisely when using media because whatever you read, listen to, or look at has an effect on you. Select only media that uplifts you." -For the Strength of Youth

WISE READS

By: Anita Young Hallman

The book we've chosen this month is "The 5 Love Languages" by Gary Chapman. As we work on building our relationships this month it is a "must read!" Chapman explores 5 areas in which we "speak" love. These are: Words of Affirmation, Quality Time, Receiving Gifts, Acts of Service and Physical Touch. Each of us has a primary "love language". When we can understand what ours is and the primary language of our friends and family, our love communication can be improved. If someone doesn't know our "native tongue" they will not understand what we are saying.

This book has been very beneficial for me! I have come to find that I have some friends who aren't "touchy" and don't want a hug for me to show them love. One friend really needs affirmations to feel loved. I thought for the longest time a friend I had didn't really like me until I realized she was showing her love to me through service. This is her primary language. I am an affirmation person and she never says in words that she even likes me! But, when I figured out her language my whole perspective changed. This book is 201 pages and a fast read. It will change your life!

WISE SOUNDS

Be Wise Music Guru: Amy Samantha West

I'm a freshmen at the University of Utah and loving it. I'm going to be honest, I don't play a single instrument but I sure do appreciate those who can. I've been obsessed with music for as long as I can remember. I love a wide variety of genres but I think my favorites are alternative and indie. I also like techno songs like Nightcall by Kavinsky and Lovefoxxx but I always love me some country like Nashville by Drew Holcomb & The Neighbors. I love my music and I'm always on the search for more.

Here's Her List:

Sinister Kid by The Black Keys
Life of Crime by Geographer
Til Kingdom Come by Coldplay
Nashville by Drew Holcomb & The Neighbors
Pull My Heart Away by Jack Penate
Nightcall by Kavinsky and Lovefoxxx
Nothing in My Way by Keane
Featherstone by The Paper Kites
Let Her Go by Passenger
Charlie Boy by The Lumineers.

FEATURED ARTISTS

"Your talent is God's gift to you.
What you do with it is your gift back to God."
-Leo Buscaglia

Photo by: Jared Thomas
www.jaredthomasphotography.com

Aaron Wenk

Aaron is a New York City based photographer from Minnesota. An interest in traveling has led him to live in Australia, Chile, France, Germany, Mexico, Peru and the U.S. in the recent past.

Prior to becoming a fulltime photographer, Aaron was an Artist Representative in NYC representing a portfolio of commercial photographers and illustrators. He recently graduated with an MBA (Masters of Business) from the University of South Carolina that specializes in marketing and branding.

Aaron has worked with a long list of high-profile clients including: Schott USA, Pink Tartan, Lucio Castro, Blue Claw Co., Primary NY, Futbol Club de Barcelona, Major League Soccer, USA Today, Musée Magazine, Starkey Hearing Foundation, Muse Model Management, Direct Model Management.

Aaron's most recent work was featured in the Minnetonka Moccasin Company's 2012 Winter Campaign.

Arhythmatik

Hailing from Phoenix Arizona, but currently residing in Salt Lake City, Utah, Arhythmatik (pronounced "arithmetic") is one of underground hip-hop's most prominent up-and-coming artists.

Arhythmatik has gained a name for himself as an innovative producer and emcee in the underground hip hop scene through several independent releases. Involved in the hip hop culture since age 8, Arhythmatik is no stranger to hip hop. He combines clever, substance-filled rhymes with solid, uniquely-sampled beats, which he produces entirely by himself. He has been noted for his extremely witty verses and musical creativity, while still keeping an ear to the street. In the spirit of artists like The Visionaries, Swollen Members, and Mars Ill, Arhythmatik comprises the truest elements of hip-hop in his style, as he remains loyal to rap as an art form.

A devout Mormon, Arhythmatik's clean lyrics and lifestyle are a breath of fresh air in today's depraved hip-hop industry. Arhythmatik has garnered a large following of fans throughout the country via his well-thought conservative views on America and politics. He continues to gain advocates from all areas of the hip-hop community with each track he releases. With his insightful lyrics and inspiring ballads, Arhythmatik is leading the movement towards positivity in hip hop. Arhythmatik releases his music on independent label Modurn Languaj Asosiashun (pronounced 'Modern Language Association').

Featured Artists

Sarah McClure

I'm a 19 year old college student, who loves to do photography. While in high school I took multiple photography classes, to the point that the photo teacher was letting me do my own assignments and grading them. I began shooting people when I was a senior in high school. I started doing it for fun with no strings attached. It surprised me when people started asking me to do their senior pictures and headshots and such. My hobby has blossomed into a small business for myself, and it been amazing. I love the people want to hire me to do something that I love doing.

FEATURED

Malou von Baumhauer

ARTIST *Makup artist & Styling Assistant: Elise Drenthe. Mode: Easy May*

My name is Malou von Baumhauer. I am a 24 years old photographer from the Netherlands. I love being a photographer and I would describe myself as a straight-forward and happy person. I like to conceptualize a shoot before I work on one. This means I have got my goals set. I love working outdoors so I can use natural light. Recently I started a collaboration with a couple model agencies. This way I can work on improving my portfolio, using beautiful models.

B.W.: What is your favorite piece of work?

M.B.: My favorite photo is one I shot using a very clean and minimalistic style. It's a natural portait of a model. The makeup was very light and the sunlight was very soft. It's the atmosphere of calmness in the picture that speaks to me.

B.W.: What are you working on at the moment?
M.B.: At the moment I am preparing a photo shoot for a brand which specializes in winter fashion accessoires. The shoot is for their new collection. I can't tell yet which brand, but if you're curious, you should follow me on facebook!

B.W.: What are your goals for the future, both work-wise and in life?
M.B.: I hope to shoot photos for more brands and magazines. My wish is that someday my photo will be on the cover of a big magazine or a book. That would be awesome! For now I am just developing my own style, skills and portfolio. I will see where it ends. I am just having a blast doing the things I am very passionate about with great people surrounding me. I see my photography to be a philosophical journey. As a photographer, it's my job to determine the definition of beauty. Can one recognize beauty when one sees it, or should one first determine what beauty is before one can recognize it? This is the journey. I believe that as one progresses in life, personally and professionally, you get closer to finding an answer.

B.W.: What are you doing when you're not creating?
M.B.: When I don't have my camera around, I am working as a teacher at a primary [elementary] school. I am currently enrolled in my internship and hope to graduate this year!

B.W.: What would people be surprised to learn about you?
M.B.: I find it very hard to let go of my photographers 'eye'. Everywhere I look around I see beautiful sceneries screaming to be used in one of my photo shoots. I am kind of a dreamer.

B.W.: Where else can we find you? (Blog, website, twitter, facebook etc)

M.B.: This is my website: www.dailylou.com But you can also find me on facebook:
https://www.facebook.com/malouvonbaumhauerphotography

B.W.: What else should we know about you and your work?
M.B.: I pursue a as natural possible look on models. I love the beauty of the human being as it is.

B.W.: Do you have any tips or inspiring words for others?
M.B.: The one my mom always told me was 'be yourself'. That's all I do. Don't compare yourself with others. You are at your best when you follow your heart and make your own ideas to create your own style. Do not underestimate the work and effort you have to put into this though. Anyone can buy a camera and snap some pictures. Being a photograpger is more than that. It's not only the camera that creates the photo. It's the photographer. I have spent endless hours working on my camera settings, crossreferencing other photographers and learning to use Photoshop.

B.W.: Do you admire any artists / photographers? (Famous or not!)
M.B.: Yes, of course! But there are so many photographers I admire. The funny thing is, the photographers I admire the most, are the ones unknown on the internet. Just search for amazing photographs on a website like Tumblr or pinterest.com. There is so much beauty all around!

-Advertisement-

DON'T LET YOUR
Struggle
BECOME YOUR
Identity

Maybe She's Born With It...

Photography: Be Wise Art Model: Rachell Sean McCloyn

...Maybe It's Photoshop

Every day we are bombarded by images; images that rarely portray reality. We see beautiful women in magazines, on billboards, and in millions of advertisements. We constantly feel the need to live up to the expectations that these images depict. Unfortunately, these images do not portray reality. With the help of our beautiful model Rachell we exposed the truth behind the lies we are being fed by the media. As you can see from the first photo, Rachell is already a stunning girl. The first photo was taken before she had any makeup on. The second photo was taken after she had her makeup done, and the third was after we retouched the photo in photoshop. These photos reveal the truth behind all the images we are exposed to on a daily basis. The third photo is a representation of the photos that we are exposed to. We never see the process, only the final product. Don't be fooled by the lies and misguided expectations set up by our society. There is no beauty product that will ever make you look like the models in the advertisements. Don't compare yourself to the images you see because none of them represent reality. The sooner we are able to see through the lies the sooner we will be able to feel more confident in our own skin.

Vertisement-

Advertisement

RIGHT ON THE MONEY

If beauty is in the eye of the beholder, then Michelle Money encompasses both an inner strength and outer allurement that captivates audiences. BE WISE was lucky enough to chat with Michelle. Read on to get our inside scoop!

Originally from Salt Lake City, Utah, Michelle has been modeling and acting for more than fifteen years. Michelle's list of credits include: The Eleventh Hour, Drawing for Beginners, Blank Slate, The Legend of Awesomest Maximus, Justin Time, and most recently a supporting role in the movie Midway to Heaven,

based on the best selling book Midway To Heaven. Michelle has also done print campaigns with The Mod Bod, Reebok, Mastercard, and has been featured in the Sports Illustrated Swimsuit Edition.

A professional hair and makeup stylist by trade, Michelle started at the Estée Lauder counter at Macy's and went on to freelance for Bobbi Brown, Mac, Laura Mercier, Paula Dorff, TiGi and Biotherm. After discovering her passion for making women feel beautiful, she decided to further her education and went on to graduate from Hairitage College of Beauty where she became licensed as a professional cosmetologist. Michelle turned heads as the outspoken

hairstylist on ABC's hit reality dating show "The Bachelor" season 15 and the Bachelor Pad season 2. Since the seasons in which she appeared ended, Michelle has been one of the most recognized cast members from the show. But for Michelle, day to day life consists of the one true love of her life, her daughter Brielle, and living an active and healthy lifestyle while empowering others.

In honor of Michelle's father who passed of colon cancer in 2011, Michelle has been dedicated to raising funds and awareness for causes related to colon cancer with organizations such as Chris 4 Life and 46 NYC. Michelle's message of "empowering beauty from within" has translated in her devoting time to provide easy to do makeup tips for women and teens on YouTube, which will be highlighted on her new website MichelleMoney.com.

Smart as she is talented, Michelle now represents a brand coming full cycle. As she continues to host, act, and work with various non-profit organizations.

MM's TOP TEN

Michelle spills her most critical (and, as an added bonus, *EASIEST*) beauty tips. Lucky you! BE WISE and add a few, or all, of her tips into your beauty regimen.

1. Flawless Foundation: Always wear the right color of foundation and concealer. Purchase a few different shades and mix them together to match the exact color of your skin complexion. Our coloring changes more then we think!

2. Luscious Lashes: Vamp up your look by utilizing a basic eyelash curler. Always curl your lashes before you apply mascara, curling them after can result in pulling lashes out. Not cool!

3. Forgo the Facial Hair: Remove facial hair at all cost. Wax, thread, tweeze, facial razor...I don't care how, just get rid of it!

4. Don't Over-Think: A natural, effortless approach to beauty and fashion is important. Although cliche, less is more when it comes to accessorizing, layering, and coordinating your daily outfits.

5. Lighting is Essential: Put your makeup on using natural lighting whenever possible! It makes a huge difference in the choices you end up making to complete your look for that day.

6. Never Skimp on Skincare: No one notices the amazing lip color you're wearing when your skin looks dehydrated or greasy. Exfoliate, exfoliate, exfoliate. Don't forget to treat yourself to a professional facial every now and then, it will work wonders!

7. Beautiful Brows: Your eyebrows are what frame your face. I beg of you, please do not let anyone other than a professional that you know and trust touch them. They are such a big part of your overall look, they have to be amazing!

8. Perfect Fit: Make sure your bra and underwear fit your body shape. Have a professional in the lingerie department measure your proportions and size you, they will tell you the truth! And please, panty lines are an absolute no-no!

9. Never Neglect your Nails: Keep your nails looking lovely at all times. Pretty, painted nails can become an accessory!

10. Confidence is Key: Being self-assured will be your best asset. Hold your head high and walk confidently in the direction of your goal.

Featured ETSY SHOP

The Lovely Owner Amy Waltz

Amy Waltz Designs (AWD) jewelry is more than jewelry, it's a powerful reminder into our own true uniqueness. Jewelry makes us feel and look beautiful but my hope is that it will be a window into one's own inner beauty and magnificent purpose in life. Perhaps the words intertwined in the jewelry will serve as inspirational mantras or reminders. TRUST. I AM. Believe. LIFE IS A GIFT. Love your life. Fly On

BOHO CHIC

AMY WALTZ DESIGNS

www.etsy.com/shop/amywaltz

Flirty
makeup
Ideas

firstLook

second look

third look

first look

I moisturizer her face with a moisturizer from Peter Thomas Roth
Face Primer- Stila 1 step corrector, to even out skin tone
Eye Primer- Too Faced Shadow I nsurance
Foundation- MakeUp Forever HD in #115
Concealer-MakeUp Forever #1 cream palette
BRonzer-Laguna from Nars
Blush- MAC Cosmetics in Pinch Oh Peach
Eyes- her inner crease the silver I used was called Paloma from Sephora's Precious Pantone Pallete. I blended MakeUP Forever's #58 (the bright pink) through the crease. I then blended Laura Mercier's Violet Sky in her baked shadows.
Liquid Eyeliner-Stila Stay All Day liner. In her water line, I used a pencil, Ultra Violet from Tarina Tarinto.
Lips-Jungle Red from Nars

second look

I used all of the same complexion products.
Eyes- Naked loose pigment from MAC Cosmetics
In her crease I blended Maple Sugar from Sephora's Precious Pantone Palette
Liner (top and bottom) I used Smashbox's Brown Waterproof Crayon
Mascara- They're Real from Benefit
Lip-Jilted from Urban Decay

third look

We kept the eye naked with They're Real Mascara
Water Line- tarte's eye brighter in Nude to open her eye.
And we used pink lipstick from the Body Shop for that look.
I filled in her brows in this look with Anastasia's brow powder in Strawburn.

Now,
Pucker Up!

meet our makeup artist

I'm Sarah Ashbaker. I've been working for Sephora for over a year as a consultant and makeup artist and am a part time cosmetology student at *Paul Mitchell The School*. Ive been doing hair for over a year and I have been passionately practicing make-up for over three years. I am mostly self-taught. When I'm finished with school, I would like to start freelancing my hair and makeup and brand my name. I would like to go back to school and learn how to do Special Effects makeup sometime in the future. My biggest dream would be to have a cosmetics line of my own. I am a huge product junkie! I love playing with new formulas, textures and fun colors.

-Advertisement-

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GLISTEN EVERYDAY

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FASHION ADVICE

Winter outfit tips from our styling expert:

JAZMIN FERRANTE

Photography: Be Wise Art

Lazy Days //
Perfect excuse to throw on those printed leggings and floppy hat you've been dying to wear and mix it up with a vintage sweater or a loose tie sweater.
www.youngjewel.com

FASHION ADVICE

Night out //

Dress up your outfit with a blouse, shiny pants, wedges and dress it down with a beanie that goes well with it all!

Previous Page Left:
Hat: Cotton On,
Sweater: Nordstrom,
Leggings: Pac Sun
Previous Right:
Hat: Cotton On, Sweater: Wild Love Vintage (http://www.etsy.com/shop/Wildlovevintage)

This Spread:
Beanie: Zumies (Coal)
Jacket: Khols (Lauren Conrad)
Pants: Khols (Rock and Republic)
Shoes: Khols (Vera Wang)
Shirt: Khols (Candies)
Watch: Rumba Time (http://www.rumbatime.com)

http://www

Style Diaries

Casual //

I consider casual dressed up while being dressed down at the same time. I paired leather pants with a cozy open sweater, scarf, and beanie. Its perfect to run errands in because it doesn't look like you're ready to go out to the club, but you're comfortable .

This Page:
Beanie: Lolabella
Sweater and scarf: Anthropologie
Leggings: Cotton On

Work it out //

No more excuses not to go for a run or make it to the gym because its cold outside. Everyone owns a light jacket, a soft scarf and loose beanie. If you're going to run outside don't forget your gloves!

This Page:
Beanie: Bastille
Scarf: TJ Maxx
Jacket: Victoria's Secret
Leggings and Shoes: Dicks Sporting Goods (Nike)

FASHION ADVICE
RTH

This Page:
Beanie: Forever 21
Jacket: Target
Necklace: Starling Design Group

(http://www.etsy.com/shop/StarlingDesignGroup)

Opposite Page:
Headband: Birdie Num Num Shop (http://www.etsy.com/shop/birdienumnumshop)
Jacket: Khols (Lauren Conrad)
Top: Wild Love Vintage (http://www.etsy.com/shop/Wildlovevintage)
Necklace: Amy Waltz Designs (http://www.etsy.com/shop/amywaltz)
Watch: May 28th (http://may28th.me/)

FASHION ADVICE

FASHION ADVICE

This Page:
Jacket: H & M
Necklace: Birdie Num Num Shop (http://www.etsy.com/shop/birdienumnumshop)

Opposite Page:
Hat: Cotton On
Jacket: H&M
Scarf: Little Minnow Designs (http://www.etsy.com/shop/littleminnowdesigns)

Act like a lady think like a boss //

To mix up your business outfit throw on something neon to excite the dark colors. You may always have to wear the same colors but doesn't mean you can't accessorize well with fun colors!

xo Jazmin

BE NATURAL

Article written by Toni Edwards, freelance writer

People across the world have increasingly learned to embrace their natural hair. Guys and gals have let their hair go wild - from short and wavy to big and curly, natural is IN. But, going natural doesn't necessarily mean your hair is healthy, you have to rnaintain it. Natural hair can suffer from the same things that relaxed hair can. If you want your hair to be healthy *and* natural, you have to take good care of it. It does not rnean you can put less effort into rnanaging your hair- it takes a lot of patience. You also have to be comfortable with your hair and you have to have the confidence to rock it- I caught up with Vanessa Hill, a young lady who has taken the steps to go natural who shares with BE WISE her reasons why, as well as a few tips for those wanting to follow in her footsteps.

Toni: What made you decide to go natural?
Vanessa: I got a perm once and that was in 6th grade. That was because my mom got tired of managing it. However, after that, a perm was just never an option. Being natural is just "natural" for me. Perms are "uncommon" in the Ethiopian culture anyway.

Toni : What are your favorite products?
Vanessa: Just as most girls with natural hair, I'm a product junkie. I am always trying to find products that will specifically hold a nice curl *after* my hair dries. (The issue is never when my hair is wet). I use Hollywood Beauty Olive Cholesterol on a daily. My favorite shampoos and conditioners vary, I really just use anything besides Pantene because it dries my hair out.

Toni: How long did it take before you got to your desired length?
Vanessa: My hair has always been at a desirable length. The only annoying things are split ends. They are my worst enemy which is why as of late I have been

embracing my "curls" because "heat is my enemy" I hate straightening irons now.

Toni: How do you manage your hair?
Vanessa: I manage my hair by twisting it every three days. I use the Olive cholesterol,water, and L.A. Looks gel and twist my hair into about 15 twists. I let them air dry and them take them out. The curls usually last about three days then I start all over again.

Toni: Do you still straighten your hair and if so, how often?
Vanessa: I do straighten my hair but I only do it every four months now. I usually keep it straight for about a month.

Toni: How often do you wash your hair?
Vanessa: I wash my hair every 3 days just to get the gel and product out of my hair before I start a new "twist set". Washing or just "wetting" the hair every day is a common bad habit. Conditioner and a hat are my best friends, especially on those "I just don't care" days.

Toni : Can you transition without cutting your hair?
Vanessa: I am not really in transition, but some advice would be to not hold on to split ends. I know it's really hard to chop them off but "good hair" is healthy hair and split ends are a no-go! I honestly think that they are the most detrimental trait to black hair (they suck)!

Toni: How has going natural been beneficial to you?

Vanessa: In middle school and the first three years of high school I was really obsessed with the "bone-straight" look. To have long, straight hair was the trend and I was all for it. However, my mother always told me how being an Ethiopian girl it is important I embrace my natural curls. I was just like:"mom, my curls are nappy!" If I wore curls I would want them to be like Brazilian or Puerto Rican Curls, which was clearly never going to happen, but eventually I found the confidence, and most importantly the patience, to keep up with my natural hair and I LOVE IT.

Writer's Bio:

Toni Edwards was raised in Stockbridge, Georgia where she first discovered her love for communications in the third grade. In high school, she grabbed a camera and joined the yearbook team where her passion flourished and, her senior year, she was appointed as co-editor. She attended Woodland High School where she was also a dancer and competetitve cheerleader. Now, Toni is a college freshman majoring in mass communications.

-Advertisement-

Salt City Design
.etsy.com

DIY WRAP BRACELET

We are OBSESSED with these darling bracelets. Best part is, they are super easy to make! We have all the step by step instructions for you to make your very own!

SUPPLIES

You'll need (for a double wrapped bracelet) :
-1.5mm leather cord
-Brass ball chain or crystal chain
-Waxed linen cord
-a 1/4" brass hex nut
-a pair of scissors
* Lengths will vary depending on the size of your wrist

INSTRUCTIONS

1 Fold the length of leather cording in half to form a loop. Make sure the loop is big enough to fit around the hex nut. This will be your clasp.

2 Place the ball chain along the leather cording. Hold the ball chain against the leather cord, wrap the linen around tightly.

3 When you reach the end of the ball chain wrap the linen cording around the leather strands 2-3 more times. Tie a knot. Thread hex nut through and tie a knot. Cut end off and you're finished!

SAN ANTONIO
SPURS
BEWISEART

Dare to be...

Written By: Darius Richardson - Hawaii native and accomplished rapper.....

I was sitting here thinking, something I do quite often, and the phrase "dare to be different" came to mind. "Dare to be different…" Think about this closely.

Thought about it?

Probably not, but I got ya back. Let's break this down.

The word "Dare" in Webster's Dictionary means to have the boldness to try; to challenge or provoke (a person) into a demonstration of courage. You're probably reading this saying: "see, it's good to dare our peers, according to Webster." But this word and the meaning behind it, has been taken out of context. Childish games such as truth-or-dare. We've dared each other to do insignificant actions - I dare you to kiss her/him… I dare you to do blah blah blah. Nine times out of ten, these dares are everything short of a courageous act in my mind, but an act of pure ignorance. So, I dare you to read on.

"Different", according to Webster, is something unordinary; not alike in character. One thing this generation lacks is originality. Everything is being recycled and becoming the norm. From skinny jeans to snapbacks, the lyrics in our music and how the same things seem to be the topic of discussion. Now, I rock snapbacks and own a pair of skinny jeans. I rap as well- and have noticed how I've slowly conformed to what is now considered the norm.

If you notice, leaders are different.

The people who stand out the most have a following, whether big or small, of people emulating them. You have your Lil Waynes, your Nicki Minajs, your Rick Rosses… All of these people are considered leaders because they did something different. Sure, these examples are all music artists, so let's give you some more. Bill Gates was different, Kobe Bryant was different, Steve Jobs was different… Jesus was different. Not trying to preach on religion, but it's true, all these people did something or have something that was different from the rest, and that's the difference.

What am I trying to get at? Simple. Why don't we begin to BE different? Why do we have to dare people to BE different? Is being different no longer "IN?" Or has being different been confused with what is now the norm? Steve Jobs WAS different… Bill Gates WAS different… Michael Jordan WAS different… Jesus WAS different. I want y'all to understand what I'm trying to say here.

When will someone from our generation make the decision to stand out and step outside the box? When will we tap into true creativity & originality? Are we willing to go beyond the norm, despite the criticism of others? I dare you… to be different.

www.etsy.com/shop/meshkadesign

"Do I look fat?"

Written by: Jen Comas-Keck ***Photography by: Be Wise Art***

I was five years old and remember looking at my gorgeous, size 6 mother like she was crazy for asking me that. I was too young at the time to understand that her mind was playing tricks on her, so all I can recall was being totally confused and thinking to myself, "How in the world could she possibly think that?"

My mom was drop-dead beautiful. I'm not saying that with a biased opinion, or because I think it's something I'm obligated to say as her daughter. Seriously. She was a show stopper with the most beautiful figure a woman could have. I used to hate going to the grocery store or the mall with her, because men would stop dead in their tracks to stare at her. As a protective daughter, it always irked me and I'd shoot her admirers the snarkiest looks that I could possibly produce in hopes of scaring them off.

On top of mom's incredible body, waist-length dark hair, and 1000 kilowatt smile, she had a killer personality and needless to say, she was a big hit around town. She did runway shows for a few local clothing boutiques and everybody always went out of their way to tell me, "Your mom is so pretty!" Men adored her and all of the women wanted to be friends with her.

Everything was groovy on the outside, but the problem was that she truly believed in her heart that she was never good enough. She didn't need to tell me that; it showed in her actions. She was always self-consciously fiddling with her clothes, hair and make-up, and queried me over and over again on how I thought she looked; not out of vanity, but in a way that was genuinely worried and unconvinced. "Beautiful" was always my very truthful response to her, but I knew she never believed me.

For as long as I can remember, my mother has always been concerned about her body and constantly talked about "needing" to lose a few pounds and/or has been on a diet, even though her athletic body held steady somewhere between a size six to eigh. I remember her consistently skipping meals and when she did eat I would watch her pick at her food, taking only a few bites before forcing herself to shove it aside. For as long as I can remember, she under ate..

Not Just Mom

It was no wonder my mom was so self-conscious. Weight was always a hot topic in our family. The men all preferred their women to be extremely slender (and were very vocal about it), and my dad, uncles, aunts, and grandma frequently spoke

about the body size of themselves or other people... not in a derogatory way, but good, bad, or otherwise, it was a popular topic of conversation.

Pulling out a camera on holidays would cause mass chaos and send all of the women running for the hills because nobody wanted their photo taken for fear of what they'd look like on camera. Because of this, the number of photos I have of some very important women to me are extremely limited, and the majority of my memories have had to be stored in my head.

Again, it wasn't because everybody was vain - on the contrary! It was because everybody was so dang self-conscious.

My family was always wonderful to me; they frequently told me how smart and beautiful I was, but, unbeknownst to me at the time, my subconscious was furiously taking some very dark notes about what they were saying about themselves.

On the first day of Kindergarten, at the ripe age of five years old, I asked my aunt and my grandma, "Do I have a nice figure?"

That marked the beginning of a long, torrid relationship between myself and my body image. For the next, oh, twenty-some-odd-years, I have found myself struggling with self-esteem when it comes to my body.
I'm confident that my family never had any intention to compromise my self-confidence, but it's amazing what our mind slurps up without us even noticing. Hearing frequent talk about diets and how one's body looks will inevitably creep inside our mind and plant some ugly seeds which - I guarantee - will sprout up down the road.

They Are Listening
Our gorgeous niece who is like a parrot right now to her mama absorbs and repeats EVERYTHING!
Always be careful what you say, but especially in the presence of young, impressionable little minds. Five years old, 16 years old, 20 years old... they are absorbing it all. There is so much pressure from the media to look a certain way. The last thing that we want to do it add fuel to that already messy fire. It's important for us, as role models for the next generation, to put emphasis on health and having a strong, adaptable body. After all, isn't that what really matters?

Reframe It
It's fine to talk about your training and nutrition around the kiddos - matter of fact, I encourage it because I think it's important - but lets reframe it. Instead of talking about how you need to lose weight and diet, point out the importance of good health.

"I choose to eat delicious vegetables because they make me feel great!"
"I lift weights because they keep me strong!"
"I love to workout because it keeps me healthy and being healthy makes me happy!"
"I make sure to get plenty of sleep so I feel my best everyday!"

Remember to be cautious of what you say, especially around children. Their developing brains are like little sponges and they absorb everything, whether you think they understand or not. Let's be wonderful role models to the next generation and emphasize the importance of health rather than passing them the heavy burden of body image issues.

ABOUT JEN

Jen Comas Keck is a nutrition expert & coach, NASM CPT, and co-founder of *Girls Gone Strong*. Her objective is to help people achieve serious physique and performance goals while they live a happy and balanced life. As a former cardio queen, group fitness instructor, and figure competitor, she has had quite a diverse fitness journey, which allows her to speak from experience on a wide variety of topics.

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LIVING WISE

Anna

Made famous by her 2012 run on American Idol, Anna Kaelin is an extremely talented singer/ songwriter...and Be Wise was lucky enough to get an interview with her! Read on to get the inside story on her daily life, family and future!

Photos by: Be Wise Photography ***Interview by: Ceciley Hallman***

Anna Kaelin lives in Nashville where she writes, and performs, with some of the industry's best. Though she had been surrounded by music since the age of two and recorded for her first time at the age of three, it is in Nashville where she's realized her true love for music, singing, and performing. Growing up in a musical family and being surrounded by professional musicians did not make playing five instruments (piano, guitar, bass, cello, and violin) seem out of the ordinary to her. She describes that they have 'become more a part of who she is as she has gotten older.'

Recording on dozens of albums before turning sixteen and being a part of musicals throughout Jr. High and High School helped her to appreciate all types of music, however switched her focus to film when she went to college. She graduated with a BA in Film Studies from The University of Utah in May 2008 but returned to music and has been spending any free time she has since then writing and performing. Anna was most recently seen on American Idol:Season 11, where she qualified as a semi-finalist by making it into the top 80. She, and some original songs, can also be heard on several Konami "Dance, Dance, Revolution" games. She has recorded on dozens of albums, has performed throughout The United States, Europe, Mexico and Canada, and has shared the stage with artist such as: Vince Gill, Chaka Kahn, SheDaisy, and David Archuleta.

Anna's self-titled debut album and music video were released in 2010. She is currently in the studio

writing for her second album. She will also be appearing on a major network television show airing in the USA Spring/ Fall 2013

B.W.: Tell me about your background and your path to where you knew you wanted to be a singer/ songwriter.

A: I grew up in a family of musicians. All my uncles, cousins, parents, and siblings sing and/ or play an instrument, so it was not an uncommon thing in our family to want to be involved with that profession. When I was 19 I decided to move to Nashville to learn more about the music industry and see if music was something I wanted to do as a profession or a hobby. Being around it all the time made me wonder if it was a passion of mine, or just something I was used to. I moved to Nashville with the intention of being there for 2 months during the summer, but ended up staying there for just under a year. It was in Nashville I realized music (singing, writing, and playing) was definitely a passion, and not just a hobby. I have since moved back and have been here a total of 3 years.

B.W.: What is your dream with your music?

A: My dream with music would ultimately be to tour The United States, and perhaps internationally. I have played around the U.S., Canada, Mexico, Slovenia, Austria, and Poland and am looking forward to doing a lot more of it! I love recording, but my real love is the stage, the live audience, and the unpredictability of the concert setting. I would love to show people that you can have moral, clean music that is good and can compare with what is currently on the radio, also that there can be something truly uplifting about music.

B.W.: What difficulties have you run into and what have you done/what are you doing to make your own way?

A: As far as the music industry is concerned, it's like any other industry when it comes to building a brand and a business. As a musician you have to create a product (sound, image, etc.) that people like. Once that is created, you then have to find a way to market that product and get it into the hands of the consumers (music listeners, etc.) I have come to realize there are many, many talented people in the world. You have to find something that is different, something that will make you stand out.

Personally, difficulties have come when I let other people influence me, as far as dress, lyrics, etc. It's important to me to represent myself as an artist just as I would living my day-to-day life. I don't want to live a double life: Anna Kaelin vs. the artist Anna Kaelin. There have been times when people, who have been advising me, did not agree with the direction I was taking, or not taking, but it has been more important for me to stand up for who I am, rather than who they think I should be. In the end all those "difficulties" are worth it because I feel better about my life, who I am, what I stand for, and what I'm doing.

"You need to know who you are and stick to it...that will make choices and decisions a lot easier because you know why you are doing what you are doing."

B.W.: I know you made it onto American Idol...which season? What was that experience like for you? How did it help you grow?

A: I was a Hollywood contestant on the 11th season (Phillip Phillip's season, aired 2012) of American Idol. I made the top 80, so was in Hollywood for a little while. That was an incredible experience for me. I was able to meet with amazing artists, some well known, and some up and coming; and was able to get advice about the music industry and where my career was going. I was also able to perform, which is what I like to do the most.

Getting cut from the show was actually an amazing experience as well. I remember standing in the airport ready to leave, and not being too happy about being out of the audition process for show. I realized I had three options: quit, take a break, or use this experience to push forward and do what I love.

Quitting was definitely not an option because I loved it too much. So the next option was to take a break. I realized if I was going to keep going down the "music path", taking a break would only be wasting time. I decided using that opportunity, as a true launching pad, would be the best option. From that point on I honed into the style and genre I wanted to sing as well as the type of artist and musician I wanted to become. Looking back I realized I had a great excuse to quit, however I had an even better reason to become who I am now.

"I wish someone would come up with sweats you could wear out and not look like a scrounge!"

B.W.: What's the biggest lesson you've learned thus far?

A: I have had an amazing beginning to my music career. It has been fun, I have had some great experiences and opportunities; however I have also learned so many lessons. The biggest one I have learned is that you need to know who you are and stick to it. Knowing that, before you go into any profession or experience, will make choices and decisions a lot easier because you know why you are doing what you are doing.

B.W.: What is a day in the life of you like?

A: A day in the life of me? Well, I'm afraid it's nothing too out of the ordinary. I get up, get dressed (if I have to), go outside (if the sun is shining), and eventually go to bed; with a few things thrown in between here and there.

I guess I have three different kinds of days: Lazy days, Performance Days, and Writing/Meeting Days, all of which can happen in a single day. All are definitely different mindsets. On my lazy days I stay in my sweats AS LONG AS POSSIBLE! I love sweats and wish someone would come up with ones you could wear out and not look like a scrounge! These are the days I clean my house, unpack from trips I have usually just come back from (or have come back from within the last month); I hate packing/unpacking, so it takes a lazy day to convince me to unpack!

I also have a few TV Shows I have gotten into and these lazy days allow me to curl up under a blanket, drink hot chocolate (no matter what time of year) and catch up! "Law and Order: SVU", "Grey's Anatomy", "Hart of Dixie", "How I Met Your Mother", "Downton Abbey" and "The Big Bang theory" are all top on the list right now.

In the last year I have also gotten into cooking so I do that as much as possible. Living in the South, food is a big deal. There are all sorts of crazy foods and delicious recipes and I have barely even begun to scratch the surface, but I am definitely having fun trying! Oh, but note to new chefs … just because the outside of bread is cooked doesn't mean the inside is not still liquid! I learned THAT the hard way!

Next on the list are the times of the day when I have a meeting, or a "write". In Nashville we have co-writes, meaning we get together with other writers to conjure up a song so we are not always writing alone. These are times I love because it gets me out of the house and into the fun coffee shops and old houses down on the famous Nashville "Music Row". I reluctantly get out of my sweats and into something a little more done up, but I'm not one that likes to spend hours in front of a mirror every day, so I try to stick to the basics.

I need inspiration for the songs I'm writing so I take the time, while out of my house, to explore Nashville and go to the movies with friends. I was a film major in college and have long lost count of the number

of movies I have seen. Last but certainly not least, night comes and it is time to perform! This is where the internal struggle comes for me. I LOVE performing and I like the end result of getting ready, but I hate doing it myself! I often joke that if I had someone to do my hair and makeup every day I would not mind getting ready; but since I don't, I try to avoid it like the plague. If I didn't have the payoff of the stage, who knows how often I would get "fancied up"!

I grew up more of a tomboy and can credit my knowledge, the little knowledge it is, of hair, makeup and fashion to being around performers and having to be on stage so getting ready is often a struggle. I used to stare into my closet and try to remember the "rules" of what goes with what, which type of shoe goes with what, and what color makeup compliments your outfit, skin tone and everything!

Finally I realized I was spending so much time asking myself ridiculous questions and since then

have only asked myself one thing while shopping or getting ready, "Is this me?" If the answer is no, or takes more than a millisecond to answer, then I put it back on the rack, or change what I'm wearing for the day. In all of the interviews I have done, and all of the people I have talked to I have realized it is really hard to try and be something or someone you're not, even if you don't realize you're even trying to be. You are the only you out there and you're already the best one at it, so why not do what you are best at?! BE YOU!

-Advertisement-

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WISE RELATIONSHIPS

WISE RELATIONSHIPS

Don't Wait Until It's Too Late...

BY: ANITA YOUNG HALLMAN

In the 80's I drove a 1965 Chevrolet Impala. This was a solid car. By that I mean I felt like I was driving a tank. Being short I loved driving a truck. This made me feel so cool! My husband and I decided that a Chevy Blazer would be a good alternative to a truck as it would give me the same "toughness" (ok, ability to see out the window) as a truck but would be more practical as far as carrying passengers goes.

Well, we saved and saved and I got my dream…not only a Blazer, but it was blue! I felt so awesome! I'd drive down the road so self assured and feeling everyone was looking at me in envy. I was on top of the world! Well, as you've maybe experienced, a few dings later, some rust, general car problems, and time, the excitement wore off. It became just another vehicle to get me where I needed to go. I have found this to be true of all material possessions I have ever owned. As a child my new dolls were cared for so protectively, then the newness wears off and they become just another toy.

When I was younger I measured my success by my possessions and achievements. However, the older I get the more I realize that my greatest satisfaction comes from my relationships and not my possessions. Sometimes I feel my children shake their heads and wonder why I don't want the latest styles in clothes or the newest gadget on the market. I'm really fine wearing my old clothes (which, side note, are back in style now!) And, I don't need or care about owning all the newest gadgets. My joy and happiness comes from my relationships.

We've all heard the "death bed" wishes when people say they wish they'd spent more time with their loved ones than at work, etc. The older we get we realize that relationships are truly the most important thing and all that really matters in the long run. However, when we're "old" it's too late to truly start building those relationships. We need to start as young as we can! If we want lasting relationships when we're old we need to start when we're young.

So, at this Valentine love season of the year, let's focus on those we love. Not just a typical Valentine of a spouse or boyfriend but all those people in our lives who mean so much to us. A Christmas card I received this year from a dear friend said: "My holiday wish is to see more of you this coming year. Life is so short, let's make it happen!"

Let's all make it happen this year! Spend time with those dear to you, strengthen your relationships and repair ones you've lost. I have no idea of where the remains of my old blue Blazer are today, nor do I care. But I treasure the valuable friends I have that no amount of money could buy. Let's all remember that at the end of our lives it's our relationships and not our possessions or achievements that will make us happy.

Madeline
& Samuel

Sixteen years ago an angel was born... His name is Samuel, and he is my little brother. He can cheer me up with a smile, hug, or laugh and I am so grateful to have him in my life. My family has learned so much from Samuel; he teaches us new things every single day. I value the relationship I have with Samuel and the ones I have with my parents. They are always there for me and support me in reaching my dreams and aspirations. They encourage me to live my life and focus on what brings me happiness. I couldn't ask for a better family who are my cheerleaders, support system, and the people who have helped make me into the person I am. I love my parents and my brother Samuel and I will never be able to thank them enough for being such a wonderful family to me.

WISE RELATIONSHIPS

Me & My brother (Jerrad) weren't always close. As a matter of fact, we fought on a regular basis. We never respected one another growing up at all. You would have never known we were brothers by the way we acted and how different we were. That's what made us unique; the differences. We didn't see it at that age. All we saw was how different we were from each other and how much we didn't like each other. It took me leaving for the Air Force for us to become close. We realized that all the time we spent fussing and fighting wasn't worth it. Realized how much we were alike and how much we could offer with the differences between us. Now, he calls me for advice whenever he needs it. Sure, sometimes we'll be at each

others throats but the next minute we're the best of friends. At the end of the day, family is all you have. Sure, you can have all the money in the world; any woman/man for you ladies that you want. It all means nothing when you don't have the support system of your family. Family is that backbone, that extra push that gets you from point A to point B. You represent not only yourself, but your family and people can tell what kind of family you come from by how you act in your everyday life. You never know when that day's going to come where you can't call upon your family. Never take their existence for granted; begin to cherish every moment you can now to avoid the feeling of regret. God only gives you one earthly family.

Ashley & Jordyn

I'm so close to Jordyn because we are only 18 months apart. Ever since we were little we've wanted to be twins. We've always been close and have been through so much together that she is my number one supporter and my best friend. She is strong, beautiful, kind, loving, caring hilarious, and she is one of a kind. I'm so proud of my little sister and to call her family.

Ashley is truly amazing. She has the biggest heart and the brightest smile. My best memories in life involve her and I together. To this day I say she is the funniest person I have ever met. We have been through the toughest times in life and through it all we have only become closer. She is my rock, my shoulder to cry on, my cheerleader, and she has given me the most gorgeous niece, Mila. No matter where we are in life, she will always be my best friend and the most beautiful person I know.

STYLE WISE

"Never lower your standards of dress. Do not use a special occasion as an excuse to be immodest. When you dress immodestly, you send a message that is contrary to your identity as a son or daughter of God. You also send the message that you are using your body to get attention and approval."
-For the Strength of Youth

This section of the magazine is dedicated to fighting this batttle and showing girls and women that it is not only possible to dress modestly and still look fashionable, but also the importance of modesty.

We promise that if you choose to make modesty a way of life your lives will be blessed and you will have a new found confidence and respect for yourself that will lead you to understanding your own self worth.

VICTORIA

There are three main reasons why I feel dressing modestly is important: First, if you dress clean and true to your standards, I believe that it is easier to live up to those standards. Modesty is important because in a way it reminds you of what you stand for. The minute you start wearing less modest clothing, it is easier to continue that habit which in turn allows you to forget why you were dressing modestly in the first place and your standards may start to slip from there. Second, I don't think we realize how many people are watching us. Many young people will be looking to you as an example. The way you dress may influence their decisions in dress. If someone looks up to you in a positive way and you may not be dressing modestly, they may feel that they don't necessarily have to dress modestly either. We need to remember the image that we are sending to those who look to us for guidance.

Most importantly, I believe that if you are dressing modestly you truly feel better about yourself. You are not worrying about what other people think of you, feeling guilty because of your clothing choice or anything similar. You feel proud and confident with who you are. That is the first key to beauty. This is why dressing modestly is important to me.

Shop Victoria's Look!

Outfit #1:
Shirt: old navy
Jeans: Nordstrom rack
Shoes: TOMS

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Boots: the dollhouse

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Choose Wisely

By: Ceciley Hallman

About a month ago I was driving into the parking garage at the Mall. I slowed down because I thought I missed the ticket booth. Clearly upset with that, the woman in the car behind me began honking. I drove on and went to park. As I was parking I pulled out to readjust. As I was already pulled out the same car came FLYING around the corner and nearly hit me. (Mind you, I was already pulled out) The driver, a young girl began yelling and swearing at me out her window. I was confused at her reaction especially because it was actually her fault. I didn't think much of it after that. When I came back to my car about an hour later after shopping I found this on my windshield….

you are possibly the worst driver I've ever seen.
I [redacted] with your car. have fun finding what I did. PS, you're going to need a mechanic for it. Hopefully you're not too stupid to find one.
-K

I was absolutely dumbfounded. I could not believe the audacity of someone to do that. Luckily my hood and gas tank can not be opened from the outside so the likelihood of her actually messing with my car was slim. However, even knowing that, I was still upset. The more I thought about it, the more I felt bad for the girl. I could never fathom acting like this towards another person. The thought wouldn't even cross my mind. This girl clearly is not a very happy person. The way she treated me led me to believe that she either has, or currently is going through something in her life that has left her extremely angry; angry to the point she would take it out on a complete stranger. The saddest part is that this girl obviously doesn't know that doing something like this will not end up making her happy. In fact, I'm positive it left her in a worse mood than it did for me. Instead of allowing her to hurt me or ruin my day, I prayed for her. I prayed that whatever was hurting or troubling her she would have the strength to deal with.

The very next day my little sister came to me after school with the biggest smile and handed me a small folded up piece of paper...

Mary Hallman,
Thank you so much for being such a great friend. Thank you so much for the mint on Friday! You are so cute and nice!!
♡ Elle

She said that although this was a very simple note, it completely made her day. This young girl, no older than 13, may or may not realize the outcome of this note. She probably didn't realize how it made not only my little sister happy, but the happiness that it will in turn bring her. It was a very simple gesture but it made my sister's day.

BE WISE SELF WORTH

There is a very simple formula to life that I feel many people unfortunately never learned.When you are rude to others, you will not be happy. When you are kind to others, you will be happy.

I can promise this is true. There is no possible way to be unkind and feel truly good about yourself. The best way to be confident and happy is by being kind to others. In my situation, I do feel as though I was treated unfairly and she was obviously not very kind. I know that this will not lead her to happiness. However, I can choose if I want it to affect me or not. I know enough, and am confident enough in myself to not let something so petty get to me. I know that someone like that is clearly struggling more that I am and that is why I prayed for her. The scary thing is that many people do not have this knowledge and unkind acts can really affect them in a negative way. What this girl didn't know was who she was writing this note to. What if it was to someone who was really struggling and that was the final straw that brought them to their breaking point? We need to be extremely cautious about our actions. You can truly change the course of someone's life by your actions. Be sure that you are changing them in a positive way.

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Model: *Emily Wiscomb*
Photography: *Be Wise Art*

Each one of us has been blessed with this gift we call life. You can choose to make the most of it or not. What you do with your life is up to you. Just remember, each choice you make will have a lasting impact on you and those around you. What kind of impact do you want to leave? What do you want people to remember about you? Do you care if you make a difference in this world? All of these questions are things we should be contemplating on a daily basis. For a long time I had this idea of what I wanted to be and what I wanted to accomplish. Having an idea of what I wanted was a good start, but that's not enough. I would look at the success of others and think I could never accomplish what they have, until I realized I have the same 24 hours in a day that they do. It wasn't until I started making changes and doing what I needed to do that I began to have things go in the direction I wanted. In order to accomplish great things, you have to be willing to make great changes and even at times great sacrifices. Start today becoming the person you want to be. Really think about what it is you want to accomplish in your life and work for it. Make the changes necessary to get you to your final goal.

Ceciley Hallman ♡

Editor-in-Chief

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