

# GLITZ

Izzy  
Pereira



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# GLITZ

Lilah  
Hewson



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**PROMOUVOIR L'ESTIME DE SOI**  
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Hello my name is Austin Deitke and my main goal is to inspire the world one day at a time. I'm just a regular person like everyone else. Like all of us I have a story to tell and my story isn't like most of the ones you hear everyday. But before we dive into that... I'll tell you about my dreams. I believe it's my destiny to be a world champion boxer along with many other talents. I would love to be an actor in big movies or shows, I aspire to model for a huge company one day as well. I believe these goals and dreams are at the tips of my fingers as long as I don't quit. I have already started my journey by getting on the cover of my hometown's magazine back in 2022. It is also my goal to get on this magazine cover (GLITZ) and the others (ATHLETES) as well as (MARTIAL SPORTS). But getting into my life story... I have achieved and overcame many insane obstacles. I'll start off strong and tell you about the one I'm most known for. My open heart surgery that I had back in 2022. Now you might think open heart surgery is a big deal but also somewhat common,



**Austin  
Mathew Deitke**



**Tynesha  
Gaines**





but the thing is.. my story is not about the surgery itself. My story sparked from the events prior to surgery and how I came back afterwards. Growing up, I could not keep up with my friends in sports. I would get very light headed and out of breathe very fast due to my

heart. I was too young to realize half of it was a mental battle. A couple months prior to my surgery that I didn't even know I needed, I did a challenge that was deemed impossible, but that was until I attempted it. I created this physical tribute challenge in honor of all the





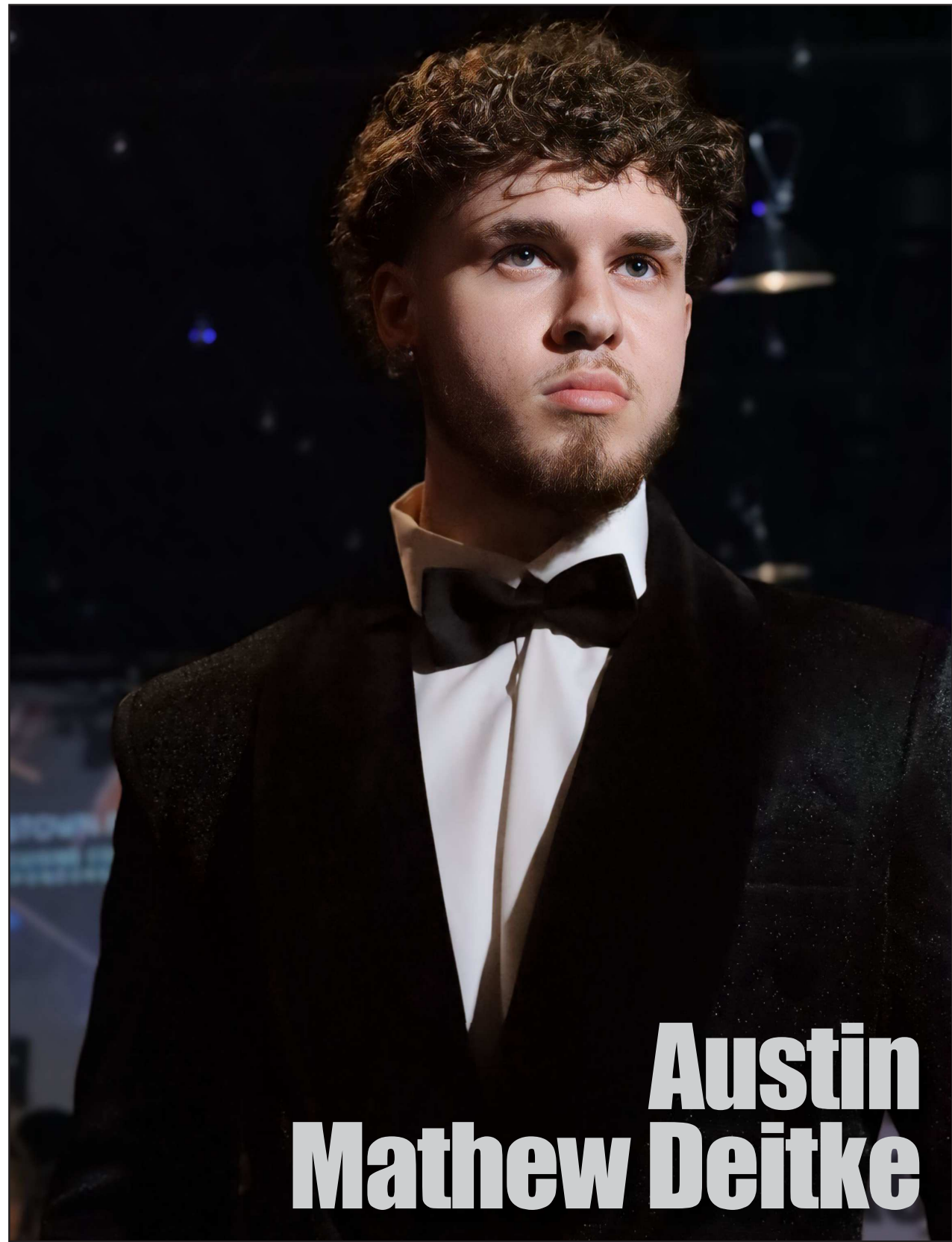


ones that passed away in the 9/11 tragedy. I went to my local highschool track and I gave myself 12 hours to complete it. The challenge consisted of 911 push-ups, 911 sit-ups, 911 reps of jump rope, 911 body squats, 911 jumping jacks, 119 burpees, 119 box jumps, 119 leg lunges, climbed 119 flights of bleachers, and I ran 119 laps around the track which equals 29.75 miles! I went without stopping and it took me from 3:00pm-3:22am. 12 hours and 22 minutes. My body was destroyed for weeks, but the impact I had on everyone will never be forgotten. This wasn't about me, it was to show everyone no matter how you were born and what hurdles you face in life... Anything is possible. A month later I decided to run 100 miles in 24 hours for Breast Cancer. I raised over \$1,000 for a charity in the midst of running. I ran 33 miles without stopping and I pulled every muscle and I had to go home. A few days later I came back and got up to mile 75. I failed but had pushed past my limit. I got news I needed surgery that December and I got it done in February. For weeks it was hard to get out of bed, but everyday I pushed harder and harder and next thing you know I'm back in the gym going hard. That October I got in the boxing ring and fought again and went the distance but unfortunately I did lose. This is just the beginning of my story with no end. I want to be a symbol of hope for everyone especially the youth. I am no superhero, But I'll make sure everyone knows it's possible to be one. Photographers Credits (If Any): Amanda Popish



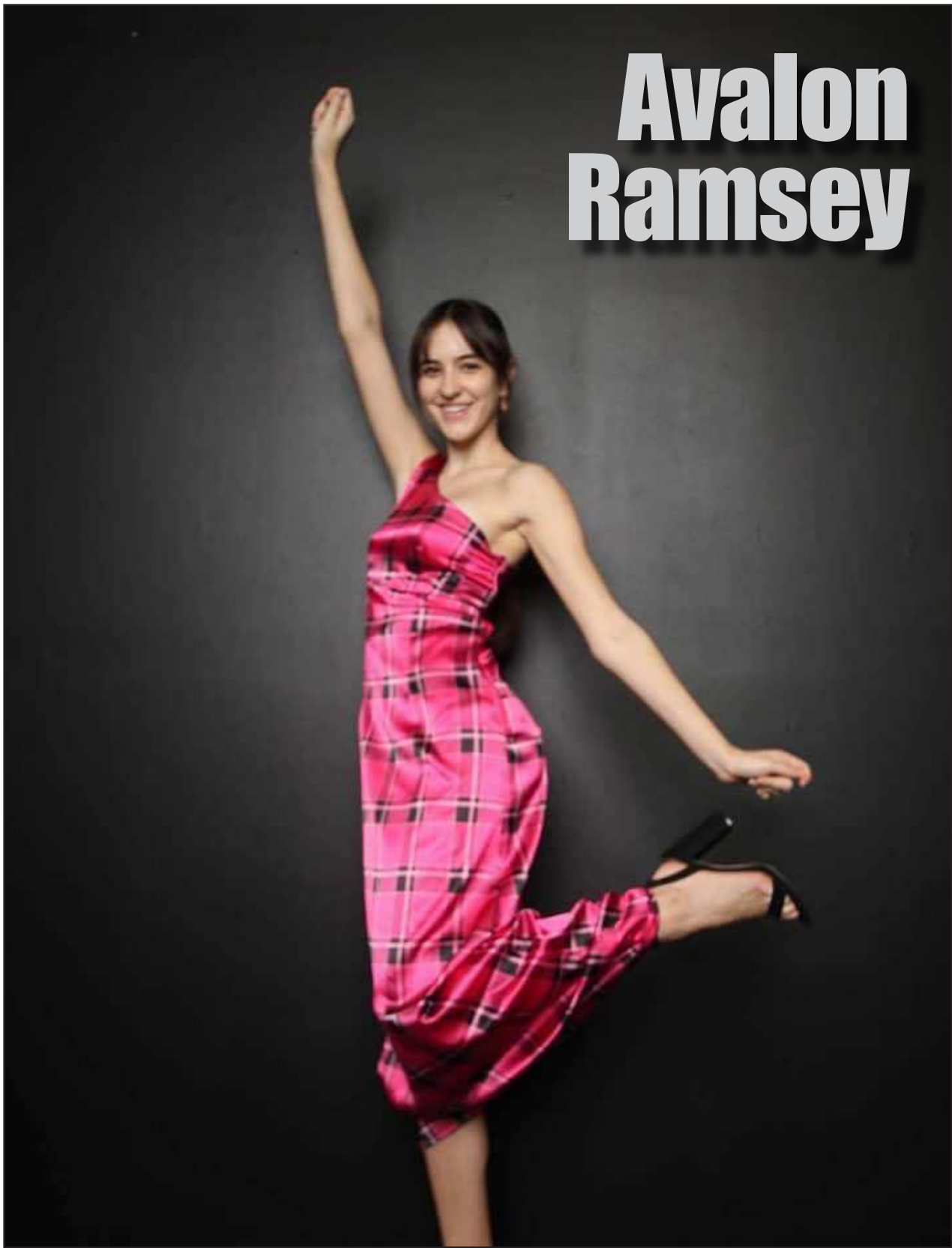
**Tynesha  
Gaines**





**Austin  
Mathew Deitke**







I'm 40 and love to model. I can't believe that I actually participated in fashion shows and did numerous photoshoots. I just want to be a positive leader in my community and share my experiences to help someone with their situation. I dream of graduating from college


with my degree and becoming a small black business owner. The challenge I have to face is that I waited 20 years to return to school, work full-time, and take care of my 3 fur babies. My goals are to take care of my parents, like they took care of me.











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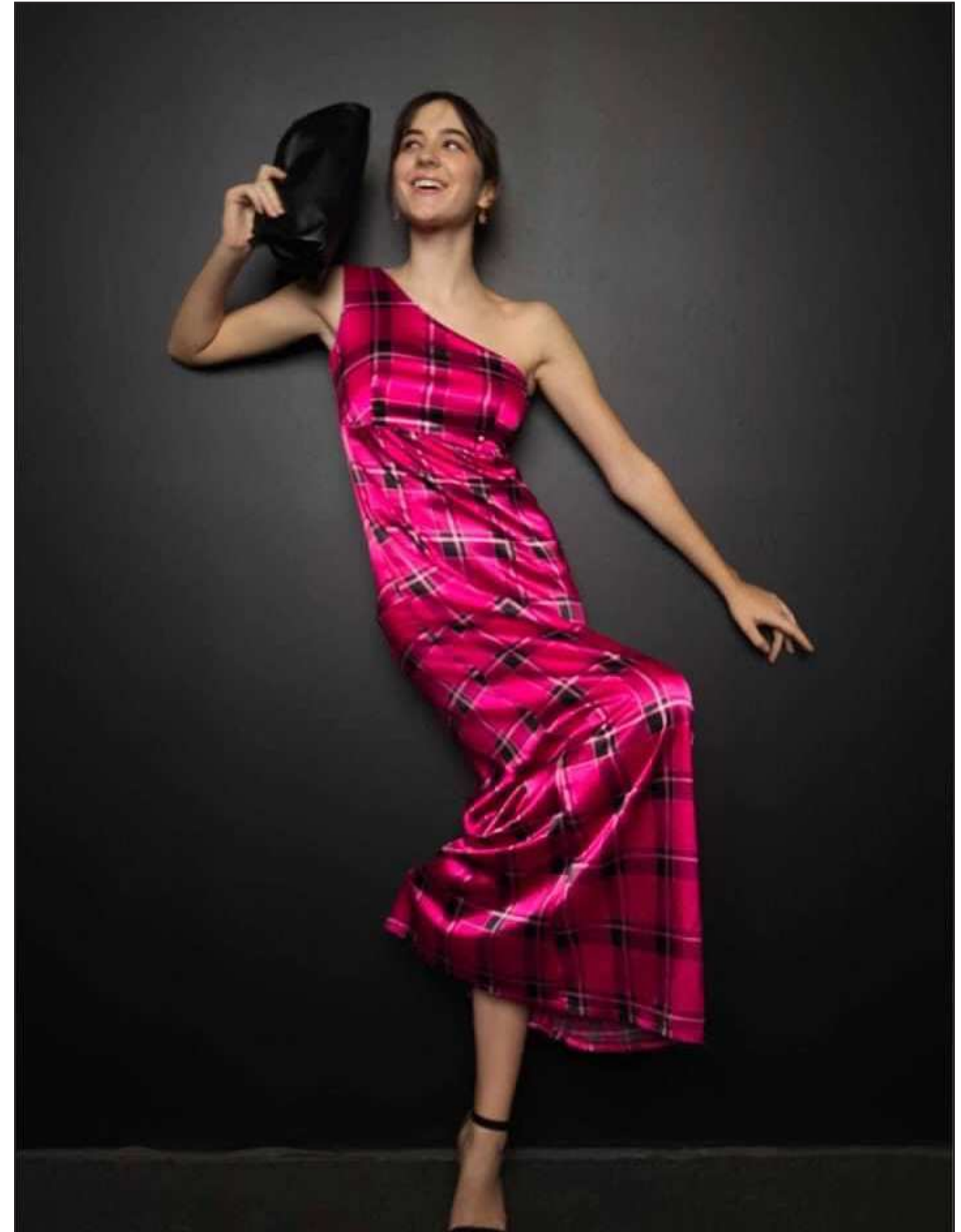
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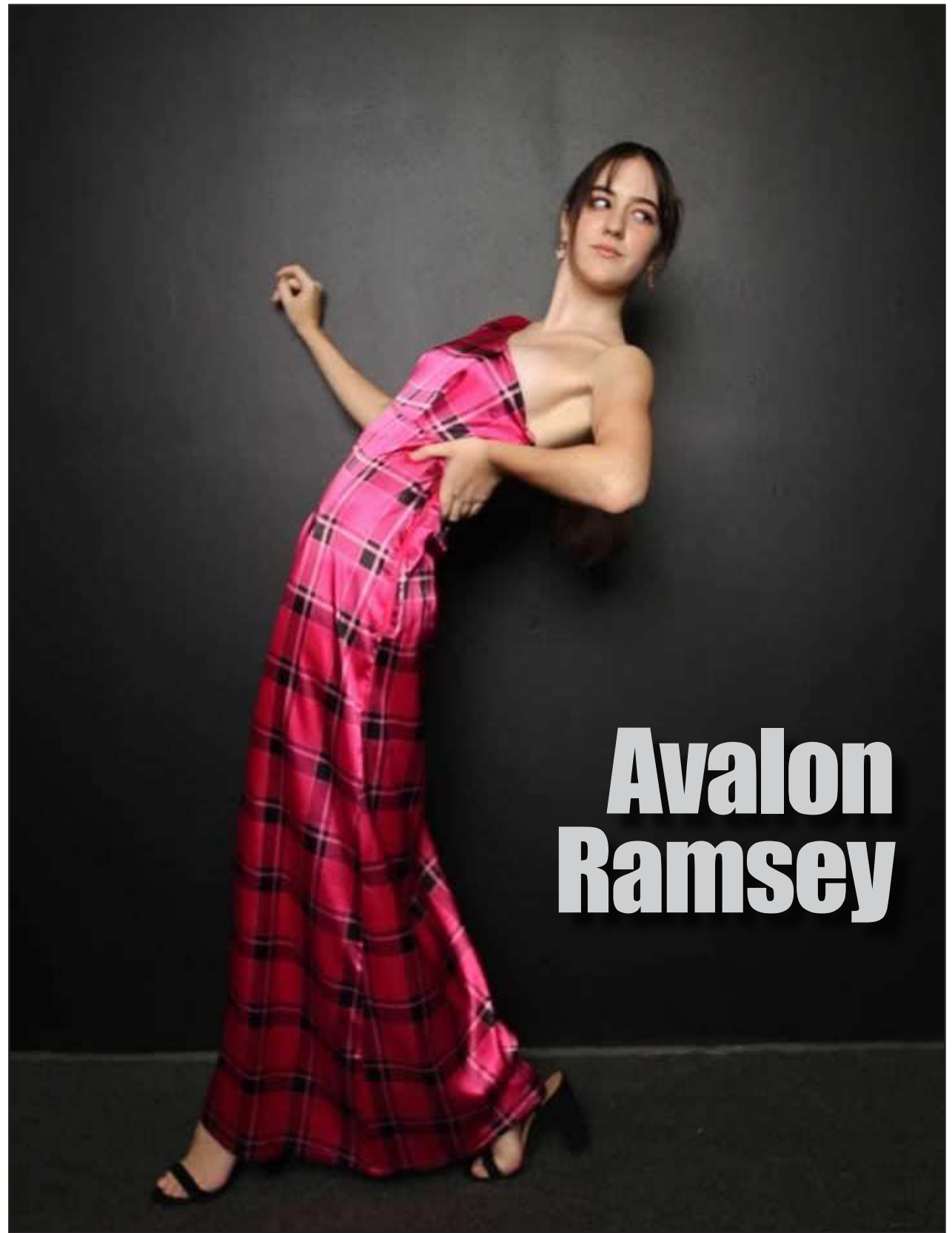








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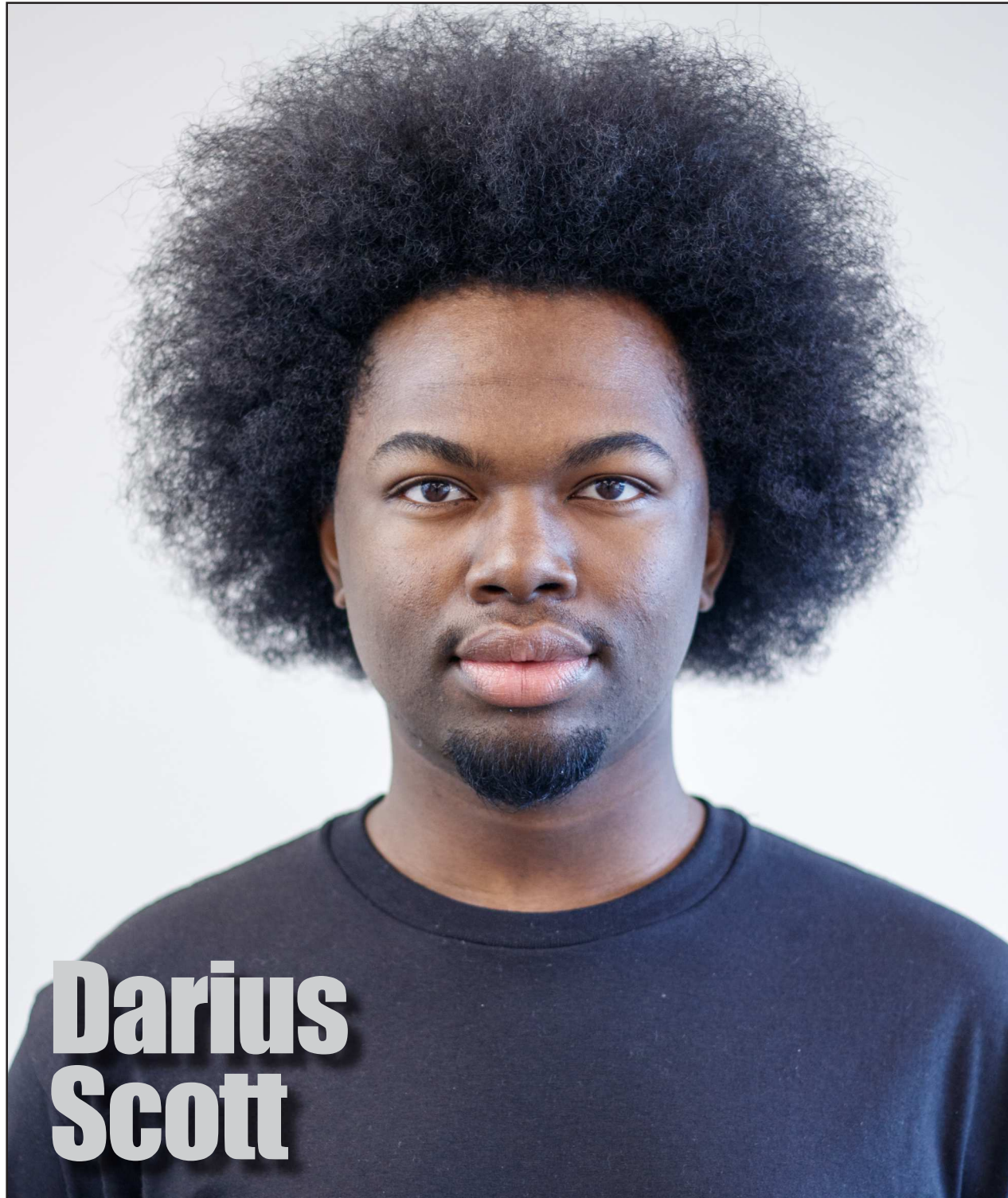


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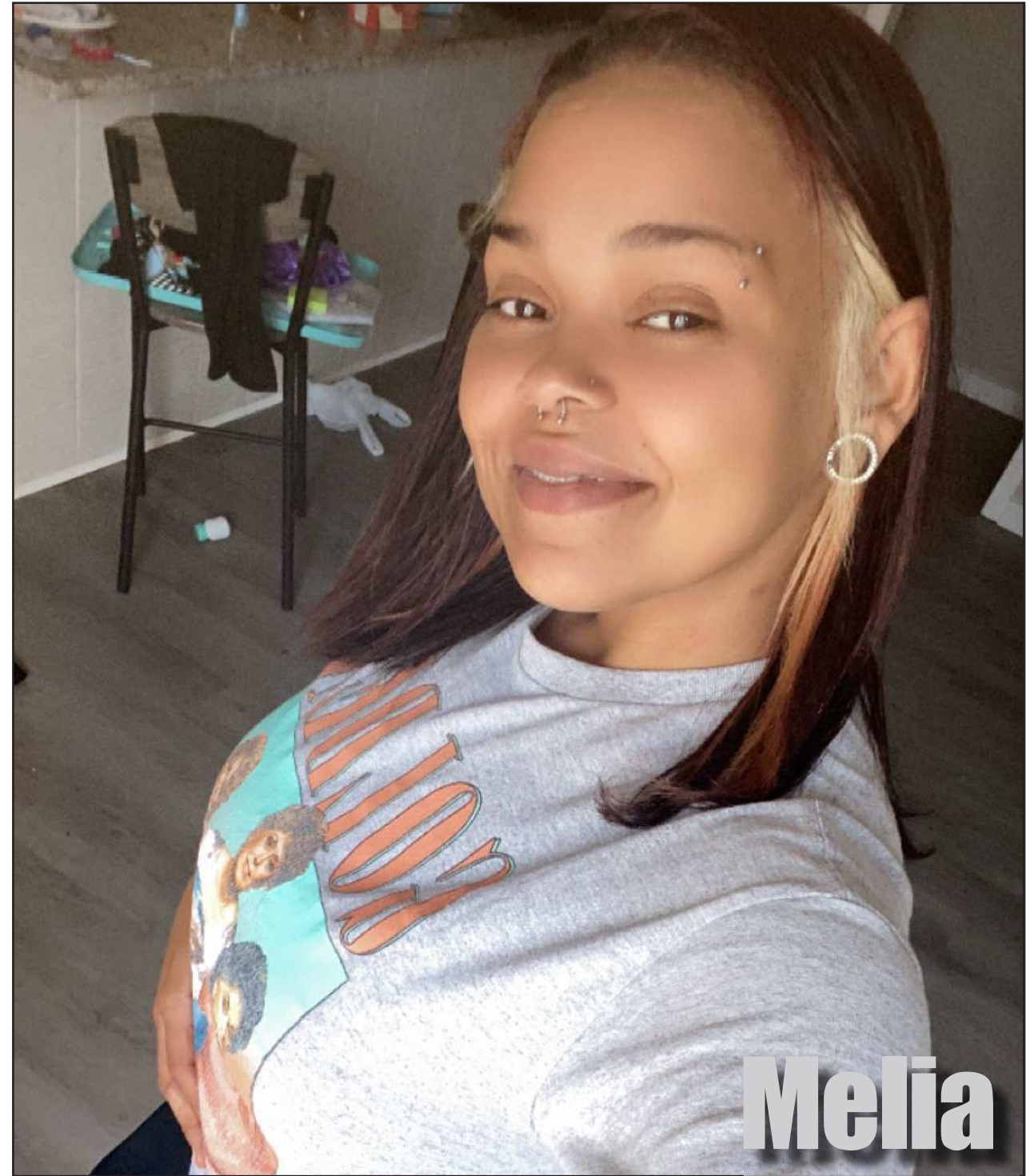
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My goals are to walk in a major fashion week runway show, become a recognizable face for a high-end brands , collaborate with renowned photographers and designers & establish a successful career as a model in the fashion market  
Photographers Credits (If Any): Tony Lopez



To build my confidence up and find my true purpose along with keeping my future (children) happy stable and healthy while breaking generational curses due to life changing and rearranging events have to start

some where I'm 25 going on 26 no kin left but many talents I'm letting go to waste and I want to make it and achieve my confidence with my natural and simple self and style  
Photographers Credits (If Any): Myself















Good Evening, We are Grateful To Welcome : Newly Experienced & Fashion Beauty, Leena. Based in : Califorina Up Coming Incredible Model! Highly Keen To Develop Opportunities & Possibilities, In The Fashion Industry Based In : The Califorina USA. Absolutely, Highly Flamboyant & Viberant Test Shots. She Is Willing To Get Experience In an : Professionally Organised, Setting in Future Photoshoots. However, I Feel She Would be The Perfect Edition To The Next Edition In The Upcoming Shoot & Has Huge Potential For Development Long Term.

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I'm Lilah, and I'm 9 years old! I dream of becoming a model and/or actress. Every day I'm working hard to make it happen. I love being in front of the camera, trying out cool poses, and just having fun with it!

I also LOVE math! It's like solving little puzzles, and I get excited when I crack them. And music!

I love to sing, play instruments, and express myself in a way nothing else can!

It's not always easy having so many big ambitious dreams but I'm up for the challenge. I know if I keep working hard, I'll get closer to my dreams every day!  
Photos Credits: FitPix







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- ✓ **Faire des travaux d'entretien:** Profitez de la période estivale pour régler les petits problèmes d'entretien, comme les robinets qui fuient, les ampoules grillées, les portes qui grincent, etc.
- ✓ **Jouer avec la lumière naturelle:** L'été, la lumière naturelle est abondante. Ouvrir les rideaux, les stores et les volets pour laisser entrer la lumière. Assurez-vous que les fenêtres sont propres pour maximiser la luminosité à l'intérieur.
- ✓ **Créer une ambiance estivale:** Des coussins colorés sur le patio et une table dressée pour un barbecue imaginaire dans la cour peuvent aider les acheteurs potentiels à visualiser leur vie estivale dans la maison. Ajoutez des touches décoratives comme des lanternes, des plantes en pot et des meubles d'extérieur confortables afin de rendre votre extérieur plus chaleureux et accueillant.
- ✓ **Une pelouse verte:** Un beau gazon peut augmenter la valeur de votre maison, assurez-vous de bien l'arroser et le fertiliser lors des canicules.

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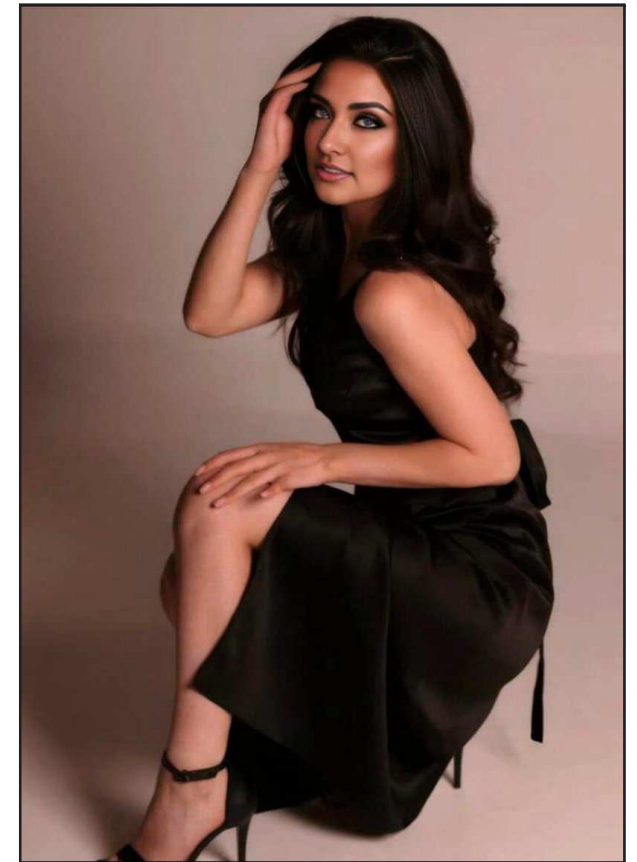
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My name is Izzy Pereira and I'm a professional dancer in New York City. Growing up in Toronto Canada, I always dreamed of making it to the big apple one day and now my dreams have become my reality.

Growing up I trained at a competitive dance studio in Vaughan, Ontario. The studio I attended was extremely high caliber, we trained for over 20 hours a week every week in multiple genres of dance including ballet, jazz, tap, hip hop, acrobatics, musical theatre and contemporary. I also attended a specialized arts program in elementary and high school. All these fostered my training and artistic abilities from a young age. I was exposed to many different learning and performance opportunities that continued to hone my talent. My most notable achievements from this time of my life include; winning The One Dance Championships as a soloist in 2020, Senior Solo champion at Terpsichore National Dance Celebrations Dance Competition, winning Studio of the Year with my Performing Dance Arts team at The Dance Awards International Dance Competition, placing top 20 at The Dance Awards best dancer competition, placing 7th overall soloist at The Dance Awards, 2nd overall solo at Nuvo Dance Competition, and many more scholarship and overall wins throughout the years. I was also selected as the Face of Fever for Fever Dance Championships in 2019, where I represented the competition in their promotional materials for their national and regional competitions for the following couple seasons.

As my time in high school was coming to a close, I auditioned for four highly competitive college dance programs in the U.S.A and was accepted into each one, including my dream school Pace University. In May of 2024, I graduated Summa Cum Laude from Pace University with a BFA in commercial dance. During my time at Pace, I was given incredible opportunities to work with industry professionals for live performance shows, videos and more and I spent my days dancing alongside some of the most talented dancers in the country. I was made Dance Captain to 4 different works by 4 different choreographers during this time. I had the opportunity to work with Emmy award winning Tyce Diorio





Think Of A Goal Create A Plan ,  
Work Hard , Study , Learn Learn Learn  
Nevet Give Up And Kerp On Going  
The Fashion Industry Is An Ever Changing  
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You'll Be Glad You Stayed  
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The Glam Squad



on my senior solo piece, lived in LA and learned about on-camera work, presented my own choreographic work to industry professionals and so much more. While attending school I still continued to work and perform. I was a lead dancer in the full-length contemporary production of Whole New World at the Winchester Street Theatre in Toronto and was a part of Andy Blankenbuler's skeleton crew for Nine on Broadway. I also performed at Fever After Dark in Toronto, and multiple other choreographic events in NYC.

Since graduating, I have already achieved some great career goals of mine. I was recently the rehearsal director and assistant to the choreographer for dance pop artist's Tash Blakes's European tour. It has always been my biggest aspiration to work with pop artists so achieving this milestone at this age was such a big win and I am so grateful for it. I have been in a national commercial for Snapchat, danced in a short film with





NYC's Wolf and Swan Company, and was a part of the Broadway Votes PSA directed by Kenny Ortega. I danced in the music video 'SHE' by Canadian music artist Sayana and was a summer intern for Blake McGrath's mentorship program where I assisted many world renowned choreographers/teachers. I was selected as a young emerging choreographer in 2024 and had my work presented at the prestigious Young Choreographer's Festival NYC. I also danced in other works at this same event, two consecutive years in a row. I joined the faculty at Downtown Dance Factory, one of the best studios in NYC located in Tribeca. Additionally, I am on faculty at Terpsichore Dance Celebration, an all Canadian dance competition and convention. Other performances I have had the honor of being selected to dance in include Choreographer's Carnival LA/ NYC, Sybarite, NYCDA'S Destiny Rising, and Solar Fusion showcase.

On top of all the professional work I have done, I have been an assistant to some of the most notable dance educators in North America including Al Blackstone, Eric Delgado, Nijawwon Matthews, Jess Hendricks, Amanda Cleghorn and many more.

Being a professional dancer isn't always easy but I can't imagine doing anything else! I have such a strong passion for my work and am so grateful that I get to do what I love and fulfill my dreams every day.  
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# 15%

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A collage of food images for 'Grillade Finty Laliya'. The central text 'Grillade Finty Laliya' is in a white script font. Below it is an orange button with the text 'Commandez maintenant' and the phone number '450-768-3977'. At the bottom, the address '1400 des Cascades, Saint-Hyacinthe, QC J2S 3H5' is displayed. The collage includes images of a glass of orange juice, a plate of rice and meat, a bowl of vegetables, a plate of samosas, a plate of spring rolls, a roasted chicken, a glass of red drink, and a plate of fish.

*Grillade Finty  
Laliya*

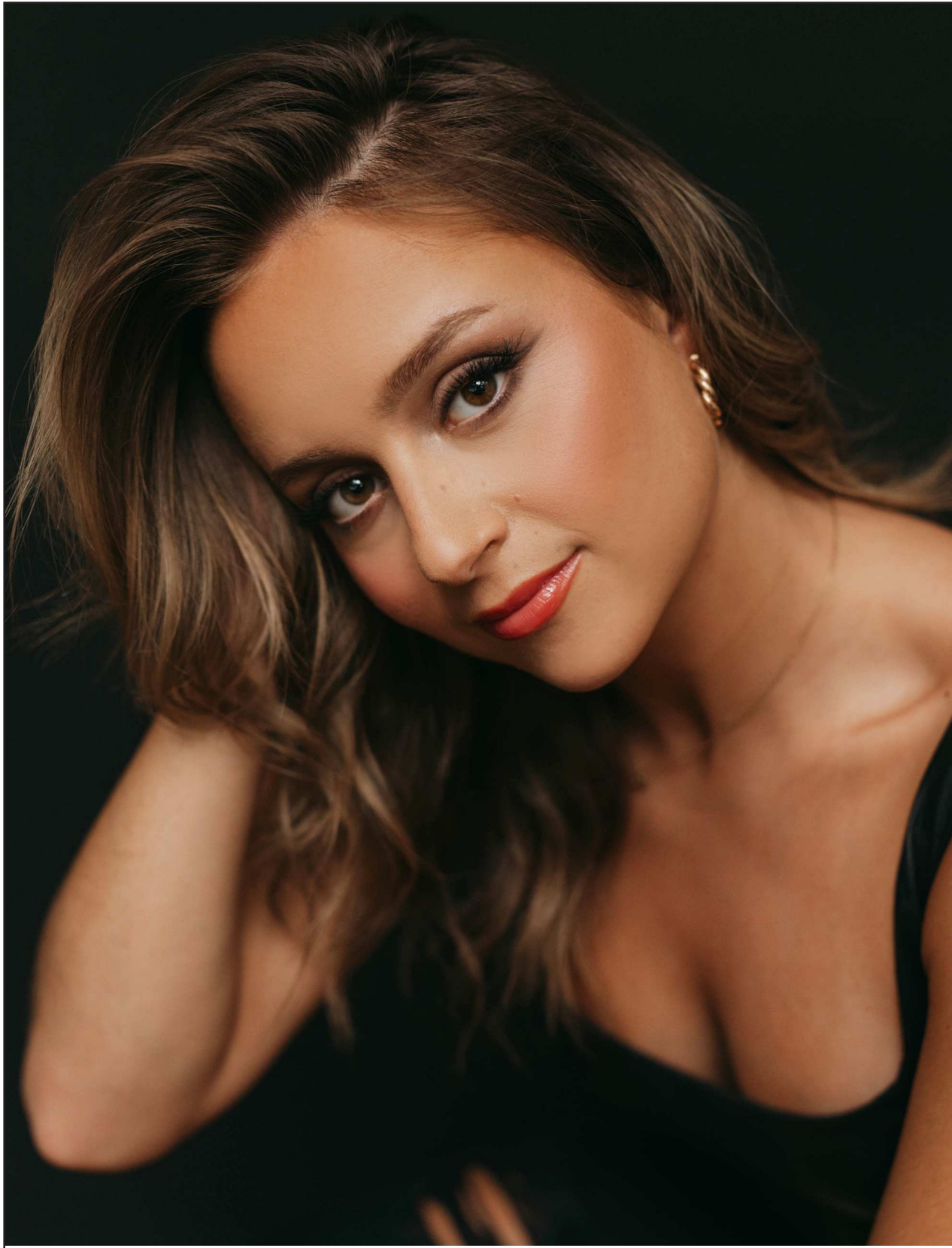
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My name is Jaida Hewson, and I've been dancing since I was three years old. I began competing at six.

Dance is my passion—it's what drives me and helps me through both the good times and the tough moments. It's my way of expressing myself when the words are stuck inside.

Some of my most special moments have come from dance, whether it's finally mastering a

challenging move after hours of practice, cheering on my teammates as they succeed, or winning a competition and seeing my hard work pay off.

Looking to the future, I'm excited to continue expressing myself through movement and hope to one day become a choreographer or professional dancer, sharing my love for dance with the world.

Photos Credits: FitPix