

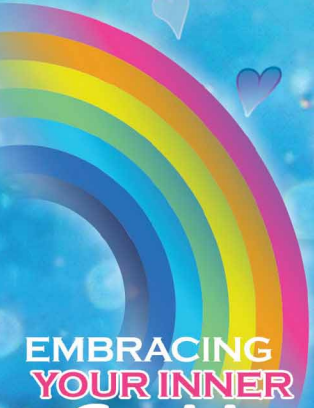
# Quinceañera

JULY - DECEMBER 2014



*Arianna*  
Our beautiful  
Cover Girl

HEALTH  
CONSEQUENCES OF  
*Eating*  
DISORDERS



EMBRACING  
YOUR INNER  
Goddess

The  
*3R'S*  
of the  
Environment

UNFORGETTABLE NIGHT  
**HOLLYWOOD**  
STYLE

**EXPO**  
HIGHLIGHTS



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GETS A  
MAKEOVER!**



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UNVEILING IN OUR  
NEXT EDITION!  
DECEMBER 2014!**

# Meet QM Nevada

**Quinceañera** Magazine Is the best tool to help you before, during, and after your Quinceañera. It provides you with helpful tips, businesses catered to your needs and even helps you show off your party in our QSocial Pages.



**EXPO** By Quinceañera Magazine is the event that happens twice a year bringing you a fun atmosphere as you watch the magazine come to life. You get to see different business offering great deals, amazing runways showing off the new trends, and you even get the opportunity to win raffled prizes.

[www.QMNevada.com](http://www.QMNevada.com)

Is our brand new website; where you can find our magazine online and guess what you can see it from any of your mobile devices. QMNevada.com full unveil will be in August, then you will be able to see more than just our magazine online; you will learn about our upcoming events, buy tickets, learn more about everything QM, browse through our picture and video galleries, register for special giveaways, and so much more!



The most adored pageant in our industry. It is were you, yes you, can participate and live the experience at your shot at becoming the next Miss Cover Girl. The Miss Cover Girl Experience is like no other: you train during 10 weeks, enjoy dance classes, modeling classes, participate as a model at the expo, go out to different parts of the city, build friendship and confidence. At the end you get the shot to become the cover model of QM, represent the company for a full year and most immortally you gain a new side of you.

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**Cover Starr:** Bella Será

**Cover Laura:** Bella Será



## Hola Q-Readers...

What a great joy to have you read this.

Im so excited!!!

I know you have skimmed through the pages of the new Quinceañera Magazine Nevada and I know you can see the changes made and we are only getting started.

We want to be by your side before and after your Quinceañera planning, we want to give you advice that is important to you during your moments of transformation. Oh the pressure you must have, to leave the "Niña side" behind but don't worry we are here for you.

It is hard to believe that QM Nevada is transforming itself; of course our transformation is key and with the help of all of you it's for the better.

Since I took the position of Director I have been asked "WHY" hmmm

Let me see Why ... Why wouldn't !! To direct the founding Quinceañera Magazine brings me great joy and to be allowed to update it with the needs

YOU are Q-Readers need. WHY NOT!?!

Every Edition will bring you helpful tools to plan your big day and a few other tips for YOU the Quinceañera to be and YOU the Dama, Sister, Cousin, BFF of the Quinceañera to be and of course we will have articles for "mama" as well.

I hope you enjoy the new Quinceañera Magazine and we thank you and all of our clients for making this edition possible.



Maria "Cathy" Hernandez  
♥ QM Nevada Director

## From Our Editor

La vida es como estar en una montaña rusa. Siempre tendrá subidas, bajadas y giros inesperados. Nada es estático, los cambios son constantes, pero depende de cada uno de nosotros obtener un aprendizaje de ese cambio y lograr mejorías en la transición. Después de 9 años ha llegado el momento en que Quinceañera Magazine Nevada de un cambio y estamos muy emocionados porque estamos seguros que será para bien. En este giro que dará me subo al tren para comenzar esta nueva aventura junto con ustedes. Estoy realmente entusiasmada de ser parte del equipo de QM Nevada y no puedo esperar a compartir todos los nuevos proyectos y cambios que irán viendo poco a poco. La edición del segundo semestre del 2014 esta hecha con mucho cariño y pensada en ustedes: podrán ver nuevas secciones y artículos que serán de gran utilidad, no solo como guía para realizar la fiesta de sus sueños, si no también para orientarlas a vivir en esta nueva etapa que ustedes también están emprendiendo, la transición de pasar de niña a mujer.

Agradezco al equipo de QM Nevada la confianza que depositan en mi para materializar estos sueños y les agradezco a ustedes que me están leyendo. Espero que disfruten esta edición tanto como nosotros al realizarla. Extiendo una invitación para que también busquen la revista en línea en [www.qmnevada.com](http://www.qmnevada.com) y estén pendientes del lanzamiento de nuestra edición de invierno en diciembre de este año. Con mucho cariño, su amiga,



Marcela Torres  
QM Nevada Editor

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# BASIC♥LIST

Start your Quince planning with an easy-to-use quinceañera checklist that will keep you organized and on top of things.

	Budget ☀️	Cost
Church	\$	\$
Limo	\$	\$
Salon	\$	\$
La Manteleria	\$	\$
Catering	\$	\$
Invitations	\$	\$
Cake	\$	\$
Cuchillo Y Pala	\$	\$
Soft Drinks	\$	\$
Event Planner	\$	\$
Copas Para El Brindis	\$	\$
Music	\$	\$
Photobooth (New Trend)	\$	\$
<b>Page In Quinceañera Mag</b>	\$	\$
Recuerdos	\$	\$
Decorations	\$	\$
Choreographer	\$	\$
Tuxes For The Guys	\$	\$
Photography And Video	\$	\$
Damas And Their Dresses	\$	\$
El Vestido	\$	\$
El Ramo	\$	\$
Zapatillas	\$	\$
Muñeca	\$	\$
Hair And Make Up	\$	\$
Tocado	\$	\$

**TOTAL:** ♥️ \$

\$

LOVE

Glance at this checklist every so often to make sure you're on track and haven't skipped over anything. Trust me, once you have a quinceañera planning guide right in front of you, holding your hand, you won't feel so overwhelmed through this exciting yet nerve wracking process.



# Una vista Magnífica para su Hermosa Princesa, muy por encima de la Calle Principal (Strip) de Las Vegas.

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ofrece a nuestros huéspedes un vista increíble de las luces de las Vegas. Nuestro personal de abastecimiento puede proveer de diferentes temas en comida, especialmente decoración, entretenimiento, servicios de DJ, e inclusive sonido completo de escenario y luces. Chefs dedicados y gerentes de abastecimiento con experiencia pueden ayudarle a planear menús especiales y llevar a cabo eventos que son simples, elegantes, audaces o extravagantes a un precio adecuado! El Riviera creará una experiencia sin paralelos que exceda tu expectativas.

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# QM Cover Girls! ✨ ✨ ✨

## GET TO KNOW THEM BETTER!

*Where are they from, their favorite hobbies, future goals and more!*

# Katherine Acosta

Hello! ✨

I'm Katherine Acosta and I was born and raised in Las Vegas, Nevada. My hobbies consist of modeling, which is what I love to do the most, exercising, by going to the gym and running around my neighborhood, being a member of Spanish club at my school, and reading. I attend Northwest Career and Technical Academy High School (NWCTA). My future goals are to attend college and find a job that I will look forward to everyday as well as continue following my dreams of becoming someone successful in the life. My cover girl experience so far has been amazing it has always been my dream to become QM Cover Girl and now that I have made my dreams a reality every moment is amazing and rewarding because I am a role model to other children. I want to thank Quinceañera Magazine and Cathy for having a great program in which the dreams of many girls have come true like mine. As well to my two amazing parents that helped me and supported me along the way and I couldn't make my dreams come true without their help, I love you! Lastly, Katie for making justices in the mistakes.





# Arianna Rabago

Hello!

My name is Arianna Rabago. I was born in Miami, Florida, but raised in Las Vegas, Nevada! My hobbies are playing volleyball, dancing, modeling, playing the violin, and caring for others. When I was competing for QM Cover Girl I attended Harney Middle School, but now attending Las Vegas High School. My future goals are to study to become a detective for homicide, then later to become a sergeant for the police department I will be working at! My cover girl experience is amazing! When I was a contestant, seeing these beautiful girls modeling, answering questions, walking in heels, and dancing. Well, I thought I'd never have a chance to even make it in the top ten. But I would practice and practice all day long, then the pageant came along. When I found out I won I didn't believe it! But when they put the crown on my head, I had this confidence I didn't think I could ever have. To have such a title to my name is a gift and a privilege, I'm proud to say I'm a part of the Quinceañera Magazine family!

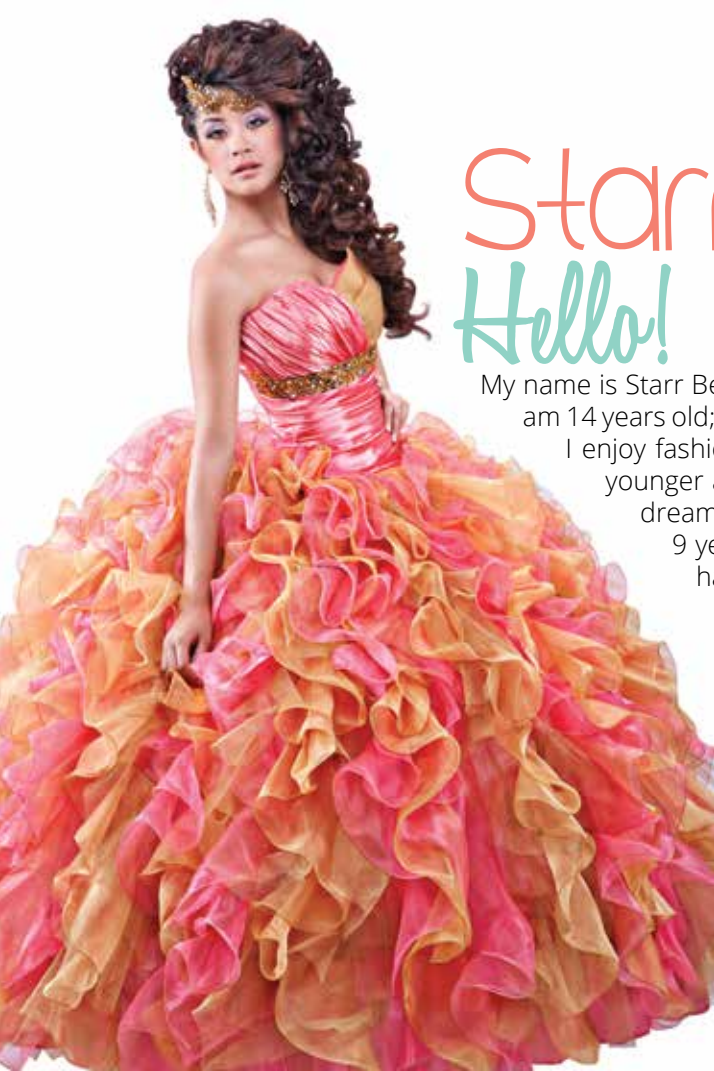
# Jennie Hernandez

Hello!

My name is Jennie Hernandez, I am 16 years old and I am from fabulous Las Vegas, Nevada! Some of my hobbies include modeling, ballet, baking, and spending lots of time with my family. I am an early graduate from Cimarron-Memorial High School, where I enjoyed being Vice President of Deca and Fbla. My future goals not only include graduating from college and becoming a pediatric surgeon to save lives of infants everywhere. My Cover Girl experience has been absolutely amazing because I never gave up on my dream of becoming Miss Cover Girl. I want to show to all girls with the dream of becoming Miss Cover Girl that it is not only having a pretty face but also being an intelligent young lady. This has been such a wonderful blessing in my life as well as a dream come true.

XOXO, Jennie





# Starr Berumen

## Hello!



My name is Starr Berumen, I was born in Reno, NV the biggest little city in the world! I am 14 years old; I go to Damonte High School as a freshman with many goals ahead. I enjoy fashion very much, it's always been an interest to me ever since I was younger and it all started when I watched a fashion show. I also have giant dreams to be a professional dancer in New York City; I've been dancing for 9 years! Best activity I grew up with in my life. Winning Miss Cover Girl has brought so much joy to me; it's an honor to wear the crown and sash of 2014! Being Miss Cover Girl has gave me an opportunity like no other, because of all my hard work I get to be a role model to all you beauties! I have to say a BIG thank you to Cathy Hernandez for being amazing to the cover girls. Also want to shout out to Cindy Arce and Juan Manuel if it wasn't for their encouragement in me and everything they both taught me I wouldn't be here today. Cheers to my fantastic family for having their support through all of this experience. I am thankful to represent Quinceañera Magazine, achieved a great dream!

Yours truly, Starr Berumen

# Laura Zaragoza

## ¡Hola!



Mi nombre es Laura Zaragoza Martínez y tengo 16 años de edad. Nací en Reno, Nevada y estoy orgullosa de tener raíces mexicanas. Asisto a la escuela de North Valley High School y espero ansiosa mi graduación en el 2015. Mi cosa favorita en el mundo es la música, y claro me gusta de todo, pero mi favorita viene de la primera y única Lana Del Rey. Yo tengo mucho en mente para mi futuro, como poder estudiar psicología y poder concederle a mis padres todo lo que ellos necesiten porque por ellos estoy donde estoy ahorita. Siendo la portada de Quinceañera Magazine me motiva para poder lograr muchas metas en mi futuro. Concurse una vez antes, hasta mi segunda se logró mi sueño de ser Cover Girl 2014! Le quiero dar las gracias a Juan, mi coreógrafo, Cindy, mi maestro de modelaje, y Cathy, directora de QM que me ayudaron a sobresalir y a mis papás que me apoyaron y creyeron en mi. Estoy realmente agradecida de poder obtener el título de Miss Cover Girl Reno. ¡Es un sueño hecho realidad!

Su Querida ,  
Laura. xoxo



# planning your QUINCEAÑERA

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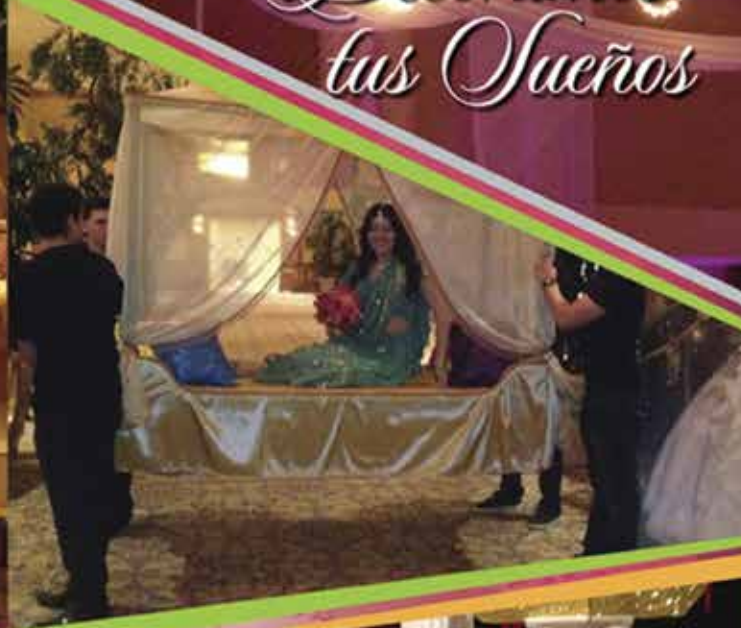
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Take a glimpse to our behind the scenes of QM Cover Girls photo shoot!



Getting ready!



Shelbi got asked to prom!!

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# 10 DAILY MAKEUP ESSENTIALS

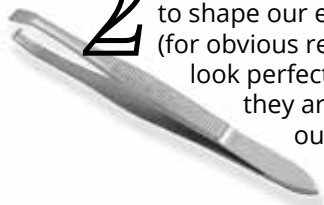
BY: ESTEFANIA FANO

**T**hey say a lot can be said about a woman by her purse. It is as important to worry about the things that we carry in our purse as it is to worry about the things that we carry in our makeup bag. Always know that a daily look can be easily achieved by just carrying a few essentials and that way you will always feel ready to go and prepared in case of any situation on the run. The things you shouldn't forget taking with you are:

**1 CONCEALER:** This can be our face's best friend in certain ways; it can cover up the signs of tiredness and even seal imperfections by just blending well, without needing the help of foundation.



**2 TWEEZERS:** In case we need to shape our eyebrows, which (for obvious reasons) have to look perfect at all times - they are the window to our eyes.



**3 BB CREAM:** This amazing product not only works as a tinted moisturizer, it also includes primer, foundation, and sometimes sunblock for better UV protection, as well as to seal everything in.



**4 BLUSH OR BRONZER:** You can carry both around or choose the one that works best for you. Bronzer tends to give a sun-kissed look and pinkish blush gives off a more neutral romantic look.



**5 BLACK OR BROWN EYELINER:** It all depends on how you are feeling - daring or neutral.



**7 MASCARA:** Choose the one you prefer depending on whether you like length or volume, if you want, choose one that is waterproof in case of an emotional event.



**8 NEUTRAL EYE SHADOW:** The point of makeup is to enhance beauty so you don't need to hide under dark colors, just choose natural, neutral colors for a daily look, or even none, you don't always need to use them.



**9 SOFT COLOR LIPSTICK OR STAIN:** It's always important to carry two types of colors, one for a daily look (soft colors and nudes) and more intense colors in case of an important occasion. Remember: red always works. Lip stains are meant to last longer, consider them in case you don't have time for retouches.



**10 LIP BALM:** Because our skin is not the only one that gets dry and needs moisturizing. Healthy and smooth lips are always attractive.



**6 EYEBROW KIT:** It can be an eyebrow pencil or brown eye shadow including its appropriate brushes.



**POWER TIP:** Make sure to always have the proper set of brushes, they are key to having fantastic makeup application.

Maybe there aren't as few after all, but remember that the good thing is that they come in all sizes and shapes and you must choose the ones that you like and feel comfortable carrying around. We are women, we have to make certain sacrifices that men don't, but just remember: it's all in the name of beauty.

SHE IS LOOKING FOR YOU



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# Eating DISORDERS

Eating disorders are serious, potentially life-threatening conditions that affect a person's emotional and physical health.

They are mental illnesses characterized by the distortion of your self-image and having fear to gain weight.

Bulimia nervosa and anorexia nervosa are the most common specific forms of eating disorders.

They mainly occur among girls between the ages of 14 to 20 years old.

Anorexia nervosa is characterized by immoderate food restriction, and bulimia nervosa is characterized by binge eating and purging, typically by vomiting.

These kind of diseases are more frequent nowadays because girls want a "perfect body image", as seen in magazines or television and wanting to feel accepted by society, especially by boys.

Nutriosionist: Dianela Torres

I will share with you some consequences of having eating disorders.



# HEALTH CONSEQUENCES OF EATING DISORDERS



Reduction of bone density (osteoporosis), which results in dry, brittle bones.



Tooth decay and staining from stomach acids released during frequent vomiting.



Growth of a downy layer of hair called lanugo all over the body, including the face; in an effort to keep the body warm.



Inflammation and possible rupture of the esophagus from frequent vomiting.



Severe dehydration, which can result in kidney failure.



Dry hair and skin; hair loss is common.



Brittle nails.



It can even cause death.



## TIPS TO LOVE YOUR BODY IMAGE:

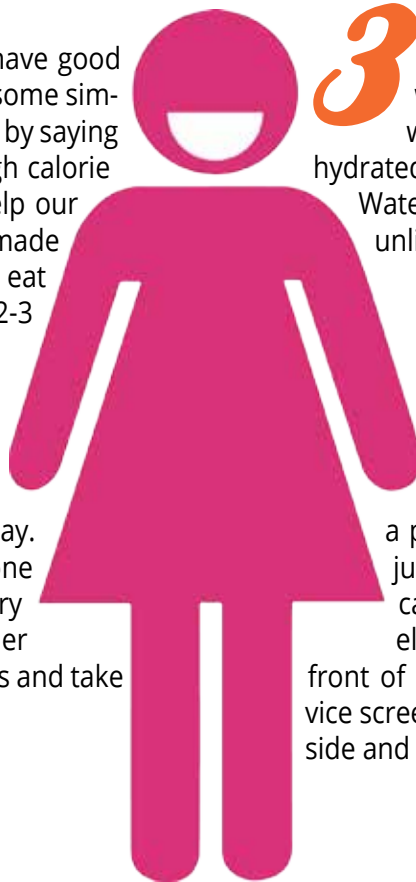


### 1 EAT WELL.

We do not need to be experts to have good eating habits. We just need to make some simple changes. For example, we can start by saying goodbye to fast foods; as they contain high calorie levels and other substances that won't help our bodies. It is always better to eat home made food. Eating times: the ideal would be to eat from 5-6 times a day (3 formal meals and 2-3 snacks).

### 2 SLEEP WELL.

If you sleep well, your body will react in a better way. You'll feel rested and ready to start a new day. A good night sleep can reduce a hormone that causes the sensation of being hungry and by sleeping well we also regulate other appetite signals. It is better to sleep 8 hours and take a nap once in a while.



### 3 DRINK WATER.

Water is also a key point: the ideal would be to drink from 6-8 glasses of water a day. This would help you; have hydrated skin, better digestion, and lose weight. Water contains no fats, calories, or sugars unlike other drinks.

### 4 EXERCISE.

Exercise is fundamental for a healthy body. Is not necessary to be in a gym or to spend large amounts of money. To start, you can go hiking 3-4 times a week, run in a park near from where you live, you can jump rope, go bicycling, maybe park your car a little further or use stairs instead of elevators. I bet you spend a lot of time in front of computers, televisions, and mobile device screens, I invite you to spend more time outside and get your body active.

**YOU SEE! IT'S ACTUALLY VERY SIMPLE TO MAKE YOURSELF FEEL BEAUTIFUL AND HEALTHY, WITHOUT GOING TO EXTREMES. REMEMBER THAT THE MOST IMPORTANT THING IS TO LOVE YOURSELF, TAKE GOOD CARE OF YOUR BODY AND YOUR HEALTH. BY MAKING THESE SMALL CHANGES YOU WILL FEEL BEAUTIFUL AND GAIN HEALTHY HABITS FOR YEARS TO COME.**

#### TIP

*Leave aside refined flours: cookies, cakes, sweet bread, flour tortillas, etc. It is better to eat whole grains such as corn tortillas, brown rice, whole grain bread and pastas, etc.*

*Fresh fruits and vegetables are an excellent choice, if I list its benefits I would take up all the pages of this magazine, but mainly they provide many vitamins, minerals, antioxidants and moisturize our skin.*





# Victoria Alexandra Angulo

Photos: Yalina Photography



**E**spectacular lució Victoria el día de su quinceañera. Recordando con cariño e ilusión su celebración agradece a sus amigos y familiares.

**W** Gracias a Dios por permitirme celebrar mis quince, también a mis padres Daniel y Betty Angulo y mis padrinos Gilberto y Janet Angulo por hacer mi sueño realidad. //



1



chambray shirt

fedora hat

2



3



Skinny Jeans

Shorts Jumpsuit

4



printed bandage skirt



6

10

Summer basics

floral dress

5



maxi-dress

7



8

V neck top



9



high waisted shorts

neutral sandals



10







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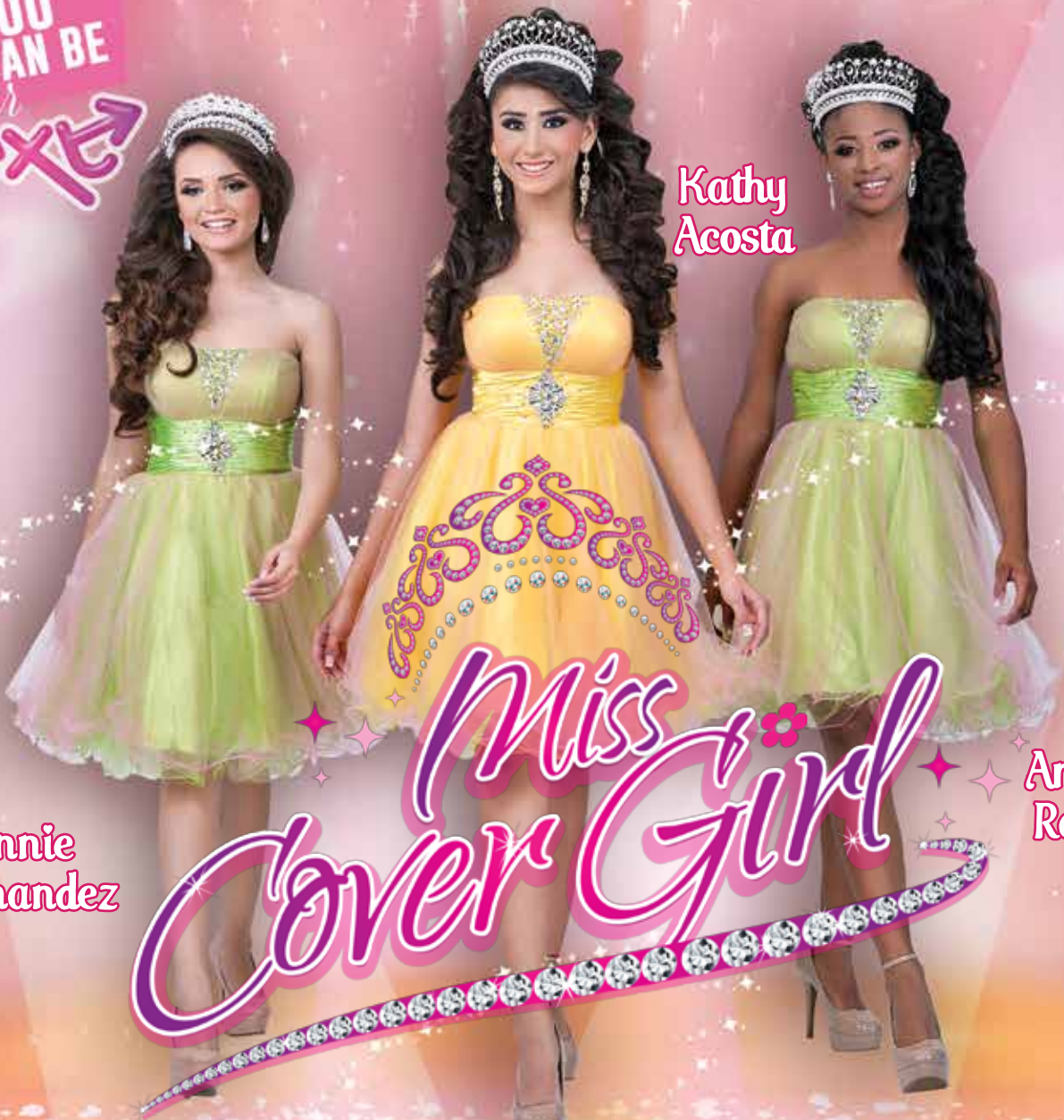
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**Kathy  
Acosta**

**Jennie  
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**Arianna  
Rabago**

**Miss  
Cover Girl**

**JULY - DECEMBER 2014**

FOR MORE INFORMATION CALL 702- 431-1047

**LIVE THE EXPERIENCE... TAKE THE CROWN!**



# Congratulations!

To all our beautiful Miss Cover Girl participants and their parents. We are honored to have you all under our Miss Cover Girl Alumni and appreciate all your hard work and dedication. *QM Nevada* ♥



Katherine Acosta



Noelia Antencio



Bianca Camacho



Alma Celis



Arianna Robago



Anastasia Cortes



Stefanie Parlade



Martha Espinoza



Nayeli Espinoza López



Zeiri Rodríguez



Jennifer Hernandez



Jozelyne Lopez



Haidee Mojarro



Jessica Luna



Wileyka Velazquez Ramos



Karina Murillo



Elena Parga



Jessica Quintero



**D**esde niña siempre soñaba ser una princesa. El día 30 Mayo del 2014 mi sueño se hizo realidad.

Le doy gracias a Dios por darme tantas bendiciones, a mis padres Rosa Cisneros y Albert Silvestre por el esfuerzo para darme la fiesta de XV años que siempre soñé.

A toda mi familia y amigos que me acompañaron gracias por hacer mi sueño realidad!

Gracias Dream Bridal por mi hermoso vestido; Rampa Academy por enseñarme elegancia y AB Virtual Studios por capturar mis momentos especiales.

**EVENTO:** 30 de Mayo, 2014  
**QUINCEAÑERA:** Natalie Gonzalez Cisneros  
**COREOGRAFÍA:** Jorge Herrera / RAMP Academy  
**FOTÓGRAFO:** AB Virtual Studios  
**VESTIDO:** Juan Pacheco / Dreams Bridal  
**PEINADO/MAQUILLAJE:** Jessica Beauty Salon  
**SALÓN:** La Onda #2  
**IGLESIA:** Prince of Peace Roman Catholic Church

# Natalie Gonzalez Cisneros

Photos: AB Virtual





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# Miss Cover Girl Crowning



We thank all the girls who participated in Miss Cover Girl 2014 pageant. To their dedication and effort during the 10 weeks of training. For their energy, their enthusiasm, for being great girls with dreams and goals. For letting QM be part of their lives.



Backstage



Our beautiful presenter Damaris Aguilar Miss Universal Petit 2013

Thanks to the talented Bri Sittman and Nixon G. Lopez for their performances during the pageant.



Opening Dance



Miss Photogenic 2014  
Jessica Quintero



Crowning QM Director Cathy Hernandez



Miss Sympathy 2014  
Katherine Acosta







Our beautiful participants in their summer outfits

Interviewing the 5 finalists!!  
The nerves were high,  
but the girls did great!



Cathy Hernandez with Rain Cosmetics sponsors.



Reno Miss Cover Girls 2014, Laura Zaragoza and Starr Berumen sharing their Cover Girl Experience.



Beautiful Queens!



Crowning our Cover Girls  
July-Dec 2014!



Damaris Aguilar calling the semifinalists.



Last walk of Lluvia Botello and Shelbi Byrnes Miss Cover Girls  
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There are a lot of ideas for your Quinceañera: the classic, the modern, or thematic. What do you think about having a celebration worthy of the big movie stars? These are some ideas:



## INVITATIONS

So that the invitations go along with the theme, you could offer formal invitations, where you treat your guests like stars, or what do you think about a movie ticket as a pass to the reception?



## DRESS

If what you want for your party is the classic white dress, you could utilize it for the pictures with the family, the church, and for the memory, but for the reception you could use a glamorized dress (and hairdo) to remember the times of the film awards. You could also order a dress from your favorite movie—at your size—or adopt the look of your favorite movie star role.





## RECEPTION

Here the most important thing would be the way you would receive your guests. You could choose a red carpet so that everyone can display themselves, while the paparazzi (you could hire extras) take pictures of the grand arrival, so that you have lots of pictures to choose from. After the arrival of the principal star!



If you prefer, you could make every table represent a different age of cinema. Use imagination!

## AWARDING CEREMONY

A Quinceañera involves many different traditions. But if you want to be original and change a little, you could perform an awards ceremony! From here you could give out representative statues—or the well-known Oscar—to your greatly loved ones or even make your own nominations for the best dress, couple, or whatever you would like to do!

## DECORATION

Remember that you have numerous of options in the decoration, from the awards, the Hollywood ceremony, to totally creating the set to your favorite movie. Also, if you can't decide to a specific movie, you could do sections and each one being from a different movie.



## Remember:

To organize these types of parties it is important to consult it with lots of time in anticipation, to be detailing of what will be your party in this very important stage of your life. Choose the form to live your celebration and enjoy it!



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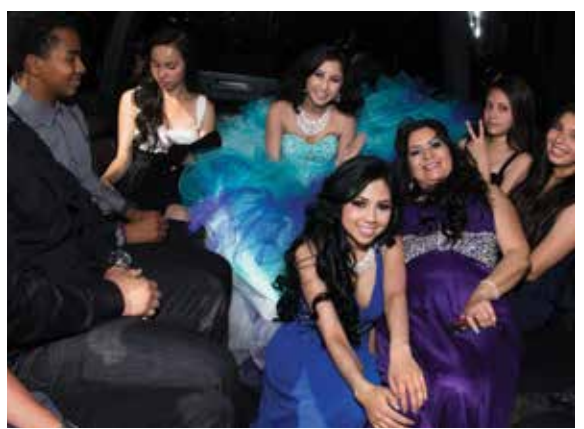
www.VegasSocietyGroup.com



# Karina Isabel Dheming

Photo: Modern Photography

“I want to thank God for giving me the chance to have the greatest night of my life. To have my friends and family come and celebrate mis 15 años with me. It was amazing I couldn't ask for anything better. I also want to say thank you to my parents, without them I wouldn't have gotten this amazing party and a thank you to my sisters who have been there through the ups and downs of the party planning. And a big thank you to everyone who came and making it a night to remember.”



# The 3 R's of the Environment

By: Paloma Moreno

**A**re you interested in changing life habits to help your environment, be part of the movement "Think Green" and adopt this philosophy, but still do not know how? Helping our environment is easier than you may think; I invite you to read these short paragraphs and learn to apply the rules of the three R's: Reduce, Reuse, and Recycle.



Think Green!

**1** Let's start with **REDUCE**. Reducing the amount of waste you produce is the best way to help the environment. There are lots of ways to do this. You can reduce energy and water consumption. Try not to buy things you don't use very often (see if you can borrow it from someone you know). You can also reduce waste by using a computer! Many newspapers and magazines are online now. Instead of buying the paper versions, you can find them on the Internet. Also remember that you should print out only what you need. Everything you print that you don't really need is a waste of paper.

**2** To help reduce the environmental impact it's necessary to apply our second word, **REUSE**. Reuse any object or material: use all writing paper on both sides, store food in reusable plastic containers, bring cloth sacks to the store with you, etc. Just use your imagination and try to find ways to use things again instead of putting them straight to the trash.

**3** And last but not least, **RECYCLE**: the most popular word of the three of them. This means to convert certain wastes into new products to prevent the disused of materials, which can be useful. And kill two birds with one stone helping your pocket by saving some money!



Use cloth sack bags!



Recycle Candle Jars!

Start with these easy steps to change your habits and share them with friends and family. You'll gradually achieve responsible consumption and the people around you too. The purpose of this is to be friendlier to the environment, reduce the consumption of products that deteriorates ecology, and to use in an intelligent and creative way things we already have. Remember, what for some may mean "trash" for others might be a productive source. Don't miss our next QM edition; I'll share with you projects on how to apply the 3R's in a fun and easy way. All you need is creativity and a sense to save nature, and don't forget to Think Green.

Look for the online QM edition at [QMnevada.com](http://QMnevada.com)







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# Miss Cover Girl Experience

## Zarkana Backstage.



**B**eing part of the Cover Girl Experience involves different activities and visits to different important places from our city. This year our QM Cover Girls participants had a blast visiting:

## CSI Experience



## Mt. Charleston



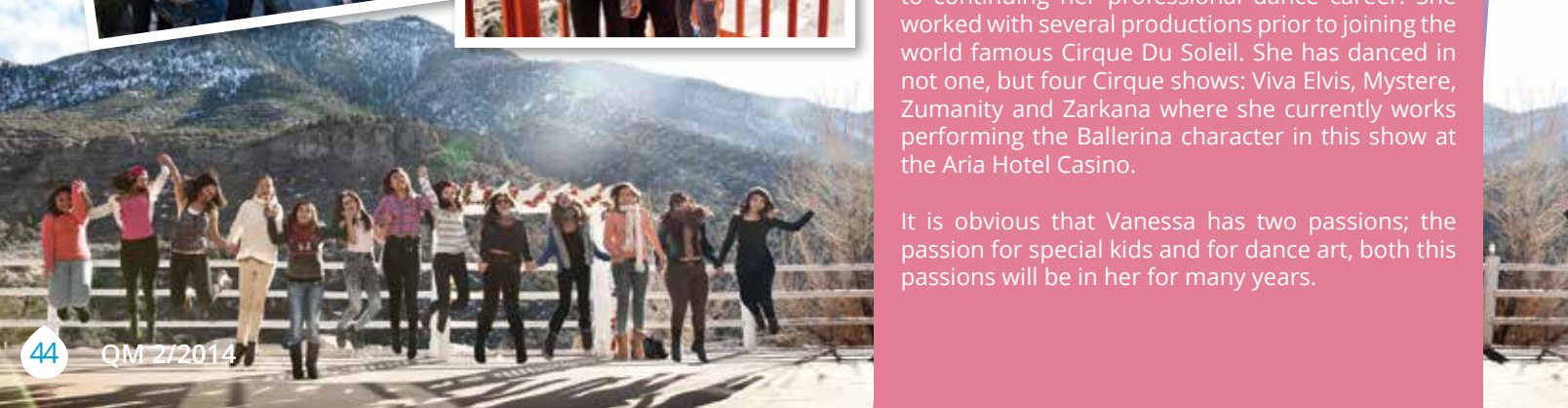
## A Special Thanks to Vanessa Reyes

### CYR WHEEL AERIAL HOOPS AT ZARKANA

Vanessa Reyes, born and raised in Puerto Rico. She received her bachelor degree of Special Education Teacher from the University of Puerto Rico. She worked with the Down Syndrome Foundation as a teacher for 8 years. She also had her own Foundation for children with special needs such as Down syndrome, autism, attention deficit disorder, social and behavior difficulties. Vanessa is also a professional Dancer, her passion for dance gave her an alternative vision to help develop this fantastic Foundation by the name of "Reyes Santiago" this foundation allowed for these wonderful children to learn not only the basis of dance, but all forms of art such as painting, singing, acting, where they can developed social skills, motor skills, sensorial skills, coordination, and communication. Seeing the development and remarkable response from these children has rewarded Vanessa.

In 2008 Vanessa moved to Las Vegas, NV in pursuit to continuing her professional dance career. She worked with several productions prior to joining the world famous Cirque Du Soleil. She has danced in not one, but four Cirque shows: Viva Elvis, Mystere, Zumanity and Zarkana where she currently works performing the Ballerina character in this show at the Aria Hotel Casino.

It is obvious that Vanessa has two passions; the passion for special kids and for dance art, both this passions will be in her for many years.



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# ¿De quién o para quién es la fiesta?

By: ROSY PACHECO

**E**l día que hemos esperado desde que nuestras hijas nacen es llegar a ver y disfrutar los quince años, la gran fiesta, el vestido de toda una princesa, su pastel, la familia reunida para este gran acontecimiento, los detalles, las fotos, etc. Todo felicidad, color rosa por supuesto.

Sin embargo en la vida real, la que toda madre vive con su hija o hijo que llega a esta maravillosa edad, es muy diferente. Olvidamos que es la edad de los cambios físicos y biológicos, nos cuesta mucho trabajo comunicarnos con ellos, pareciera que somos enemigos acérrimos, pero en realidad lo que más ocupan de nosotros es nuestra compañía y silencio.

## *¿Pero cómo guardar silencio ante un gran acontecimiento?*

Antes que nada debemos analizar si la hija quiere realmente esa celebración y como la quiere ELLA, no lo que a nosotras como mamás nos hubiera gustado tener o hacer, sino sus deseos y sueños. Cuando ya platicamos y vemos que sí quiere la celebración, es muy importante mantenerse en la misma sintonía: escucharlas, analizar lo que piden y que tan factible es de realizar, hablarles claro sobre el presupuesto que se tiene, sin llegar al extremo de estar constantemente señalando lo que NO se puede hacer.

Es importante mostrarse atenta a las ideas expresadas, observarnos como mamás y ver sino estamos opacando las ideas de la hija con las nuestras, si estamos interfiriendo con nuestros gustos y preferencias.

Estos meses previos a la celebración muchas veces se convierten en días en los que constantemente nos subimos al ring. Hagan un alto y platiquen, no son enemigas y ambas trabajan por el mismo objetivo pasar un día fabuloso de celebración en familia y rodeadas de amistades.

Debemos tener mucha paciencia, pero si mostramos ese lado de mamá tranquila y que resuelve todos los detalles que se presentan de la mejor manera, nos convertiremos en sus aliadas y será mas fácil guiarlas en ese gran evento el cual esta diseñado para que luzcan y sean las princesas de su propia presentación ante la sociedad: dejan de ser niñas y las aceptarán en su nueva etapa de jovencitas llenas de ilusiones y con una gran familia a su lado, pero principalmente al lado de Mamá.

*“Debemos tener mucha paciencia, mostrar el lado de mamá tranquila que resuelve todos los detalles que se presentan”*





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## MARCH 2014

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QM **EXPO** goes beyond traditional shows: runways, raffles, and all the expositors you need to plan your quince party at one place. Enjoy these pictures from our last Expo, and be part of our next Expo at Texas Station August 3rd, 2014. More information for tickets at [www.qmnevada.com](http://www.qmnevada.com). Planning the Quince of your dreams has never been this easy!!

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# PLANNING YOUR 15



4

## PHOTO & VIDEO

This is a good one... Do not go for the biggest package for less money, instead, go for the best photographer.



3

## SALON

Pick your salon. They will ask you for the previous information... (Number of guest, dates, theme, colors, etc.)

Select your menu

2

## WITH THIS IN MIND YOU CAN START PLANNING INVITATIONS AND GETTING QUOTES FOR DECORATION AND FAVORS.



Start looking for damas and chambelanes

Reserve the church

Create a special email for your 15

1

## THINK OF A NUMBER

How many guests will you have at your quince?

Make a list of all your possible guests



**W**e know first hand that planning a quinceañera isn't easy. There is so much to figure out like who's gonna do your makeup? Where are you getting your dress? Is it in your budget? What about the banquet hall? Where are you getting the food from? And the list goes on and you are not done there. You need to figure out the order you need to start planning things, like, you can't order your dress one month before your quince. And you can't start practicing for the vals 10 months before. It's too early to even think about that.

That is why we have created the perfect graphic step by step to help you figure this all out. The big picture of your quince is here and is made so you won't be lost. It will help you get organized and it will help relieve some stress.

Like a PRO  
START HERE





7

# INVITATIONS

Time to start writing invitations. What's your style? Traditional, Quince - tickets, magazine style?

Choreographer

Music for church

Banda, DJ, Mariachi?

Flowers & decoration

6

# MUSIC

Dresses for your damas

Accessories

Shoe time!

Gift registry

5

# VESTIDO

Without a dress, there is no princess to celebrate... Inside this magazine you'll see everything about the dress.



8

# HAIR AND MAKE UP



Reserve the cake

Time to give them a call

9

# LIMO OR PARTY BUS?



Do not assume all is in place... Call the limo guys, the photographer, catering, etc.

Start Rehearsing the baile sorpresa, vals, speech.

10

# CONFIRM EVERYTHING!



# NEXT DAY

Don't forget to return everything you rented: tuxedos, crinolinas, furniture, illumination, etc.

# THE END

11

# PARTY TIME!!!

It's the big day... eat breakfast, relax, follow your to-do list...

# CELEBRATE!!!



# 5 STEPS FOR NOT GETTING CRAZY AT PLANNING

*Your quince!*

By: ROSY PACHECO

**T**he special day is here, even though you didn't plan a big party, it's a really great opportunity to feel like a Real Princess.

So take notes about these:

**1.** "Keep Calm... and enjoy", don't worry about what's going to happen or not. If your parents decide for a big party or a small one enjoy it. Don't let the wrong feelings get on you.

**2.** Write all you are dreaming for that day, it doesn't matter if it's just a dinner. This will help to realize what you really want and see if your parents can afford it. You can also make a "Wish checklist" to see what can be done and hands on it.

**3.** At your age, we usually have problems with our parents understanding what we want, give them the opportunity to listen to you, explain all your dreams, ideas and feelings around your Quinceañera, and also listen to them. Remember, they are the ones that can tell you exactly what they can pay for without having problems after the party. Good communication will help you feel calm but also will make them feel calm

too and included. (This also applies if you don't want a party and your parents have dreamed on one since you were born.)

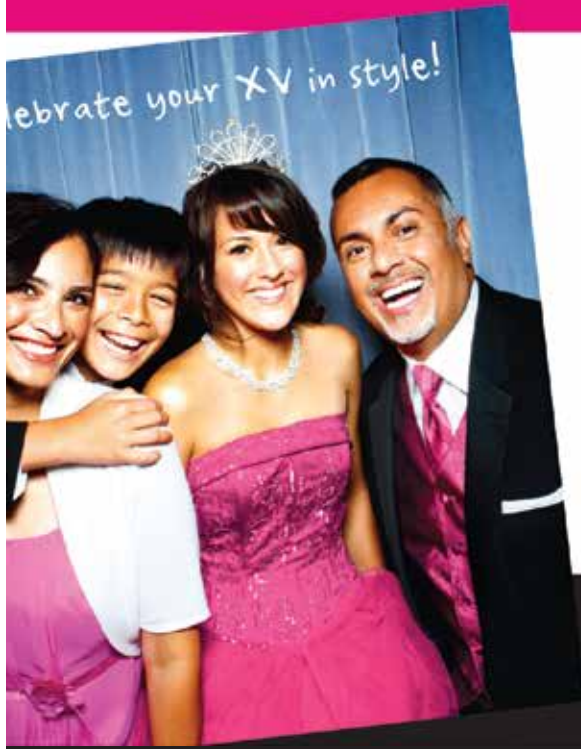
**4.** If you have a best friend, talk and listen to them. They will tell you when something is not as cool as we can image or want. But listen and go through the idea again, don't fight with them.

**5.** The dress: we usually as girls dream with a special dress... but well, not all fashion is designed for us. Try on different models, but they have to be the kind and colors you usually use, because then you won't feel comfortable. Avoid (especially on this day) wearing a model completely new to your body, unless everybody tells you how pretty you look in it.

That day will be the one you have dreamed for a long time, your thoughts and feelings become one, don't let any situation become as big as a thunder storm, for that I have a phrase "Whatever is in your hands solve it, if not let it go, someone else will do it". Don't forget we can't manage every single detail.

**And... LET'S PARTY!**

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# Astrid Medina

Photos: Photo Club Studios



**L**a linda Astrid Medina tuvo su festejo de quince años. Les dejamos fotos de su bello festejo y unas palabras de agradecimiento.

**W** Quiero darle las gracias a Dios por este día tan grandioso, a mis padres, padrinos, y a toda la gente que hizo posible este día inolvidable en mi vida. Fue el día mas feliz de mi vida. Me sentí muy contenta teniendo mucha gente a mi lado compartiendo este día de mis quince años. Me siento afortunada de haber tenido este día maravilloso y les deseo a todas las próximas quinceañeras tener así, un día inolvidable. //





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María Santa de Guadalupe, te honro como la Madre de Dios y como nuestra Madre; te pido que guíes mis pasos y que sea formada a imagen de tu hijo Jesús, para que siempre le sea fiel.



Fotos: AB Virtual

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## Rachel Calhoun: The Experience of a Quince Mother

From the moment my husband and I knew we were having a baby girl we knew this day would come but we never expected it to come so fast. I didn't know how to plan a Quinceañera; at first I thought a Quinceañera was just an expensive birthday party with no real meaning. I have learned this is a wonderful Hispanic tradition with such special meaning. I was determined to learn the tradition and keep it alive in our family.

To have a Quinceañera for our daughter is a dream come true. We always told Julianna since she was just a little girl of the beautiful dress she would wear and how all the family would come see her become a wonderful young lady.

We started with explaining to Julianna that having a Quinceañera is a responsibility and she must earn it. A Quinceañera is not just a birthday party but proof of her hard work and dedication of becoming a young woman. She must be a good role model, have good grades, stay out of trouble and demonstrate maturity. We are also Catholic and for us the ceremony is the most important part of the Quinceañera. Julianna has been preparing for this by being an active member of the church, completing her communion and her first year of confirmation. In Mexico, religion is a large aspect to a Quinceañera and we wanted that for our daughter as well. Having her ceremony performed in a Catholic Church was important.

Julianna's father is from Mexico and since I am not Hispanic I thought this could be impossible for me to plan. I knew I had raised her well and she had done her part and I didn't want to let her or our family down. I began just learning from other Quinceañeras, collecting the Quinceañera Magazines, attending Quinceañera expos and watching YouTube videos.

I learned that we needed to start one year ahead. I booked the Saloon 11 months in advance. Good thing I did because they were practically booked. We began searching for the dress about 7 months before due to ordering and alterations. We tried to our best to stay with local businesses to support them. A lot of people go to California for their dress but we felt it was important to stay local. Las Vegas has a lot of options. We used the Quinceañera Magazine for Idea's. We cut out pictures from the magazine that we liked and showed them to local dressmakers who helped us with Julianna's perfect dress. The magazine ads also provided us with all the vendors we needed, Photographer, limo, hair and make up, music and choreographers.

I originally thought that the hardest part was going to be paying for it all. But with planning ahead and setting a budget that was easy. For us the hardest part was definitely the court. Gathering a court in the Summer time was hard. With family vacations, sports and summer jobs it's hard to find enough people who can commit to such an event. Since we had hired professional dance instructors for the Waltz and Surprise dance we needed the kids to be committed to showing up to classes for 2 months. We decided a smaller court was easier. Julianna chose her closest friends only. Having a court of 8 made scheduling practices and rehearsals easier.

The most fun has been just spending time with my daughter planning the Quinceañera. As you know the mother of the Quinceañera isn't really included during the party. The father dances with his daughter and does the changing of the shoes. My part is just as special because I get to bond with my daughter. Spending this time is something I will never forget, something I will cherish forever.

I am so glad we chose to have a Quinceañera. It gave us an opportunity to bring our entire family together. The memories we will have with our daughter, friends and family are priceless. The most important thing to remember in all of the crazy planning is to have fun and enjoy the moment because it only happens once.

Julianna,  
Quince to be



Future quinceañera:  
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*Zumanity*, *The Sensual Side of Cirque du Soleil* at New York-New York Hotel & Casino, *KÀ* at MGM Grand Hotel & Casino, *The Beatles LOVE* at The Mirage Hotel & Casino, *CRISS ANGEL Believe* at Luxor Hotel and Casino, *Zarkana* at ARIA Resort & Casino and *Michael Jackson ONE* at Mandalay Bay. For more information, visit the Cirque du Soleil website at [www.cirquedusoleil.com/lasvegas](http://www.cirquedusoleil.com/lasvegas). Like us on Facebook or Tweet us: @Cirque.

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#### SHOW SCHEDULE:

Zarkana performs Friday through Tuesday at 7:00pm and 9:30pm. There are no performances on Wednesdays or Thursdays.

#### TO RESERVE TICKETS:

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Visit the Zarkana ticket office at ARIA or any of the MGM Resorts International box offices.

#### TICKET PRICES:

\$69, \$99, \$130, \$155, \$180  
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Tickets are available 120 days in advance of the performance date.

THE NAME ZARKANA IS A FUSION OF THE WORDS "BIZARRE" AND "ARCANE" (ARCANE MEANS "MYSTERY" OR "SECRET"). THE TWISTED FICTIONAL WORLD OF ZARKANA IS AN ELUSIVE DESTINATION THAT IS FANTASTIC YET BIZARRE.

#### THE CREATIVE TEAM

Along with François Girard, the creative team consists of the following distinctive talents:

Guy Laliberté	Creative Guide
Gilles Ste-Croix	Creative Guide
François Girard	Writer and Director
Line Tremblay	Director of Creation
Stéphane Roy	Set and Props Designer
Alan Hranitelj	Costume Designer
Nick Littlemore	Composer and Musical Director
Debra Brown	Choreographer
Jean-Jacques	Choreographer
Alain Lortie	Lighting Designer
Raymond St-Jean	Content Designer
Steven Dubuc	Sound Designer
Florence Pot	Acrobatic Performance Designer
Danny Zen	Rigging and Acrobatic Equipment Designer
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**Y**essenia Romero tuvo una hermosa fiesta de quince años rodeada de sus familiares y amigos. Aquí sus agradecimientos.

**W**primeramente quiero agradecer a Dios por darme la oportunidad de llegar a mis 15 años y a mi mamá y papá por todo lo que hicieron para hacer mi sueño realidad. A todos mis familiares y amigos que pudieron acompañarme. Gracias a AB Virtual Studios, a Blanca por todo tu apoyo y amistad. Love you all, Yessenia. //



# Yessenia Romero

Photos: AB Virtual



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# Did you know?

Would you like to have a good conversation with your friends? Here are some curious facts you can share.



Miguel de Cervantes Saavedra and William Shakespeare are considered the greatest exponents of Hispanic and English literature. What's interesting? Both died on April 23, 1616.



Miguel de Cervantes Saavedra y William Shakespeare son considerados los más grandes exponentes de la literatura hispana e inglesa. ¿Lo interesante? Ambos murieron el 23 de abril de 1616.

Iceland consumes more **Coca-Cola** per capita than any other country in the world.

Islandia consume más Coca-Cola per cápita que cualquier otro país en el mundo.



## Right-handed

people live on average nine years more than those who are left-handed.

Los diestros viven en promedio nueve años más que los zurdos.

## More than 50%

of the people in the world have never received a phone call (Can you imagine that?)

Más del 50% de la gente en el mundo nunca ha hecho o recibido una llamada telefónica (¿te imaginas?).

hi

In an average lifetime, while you sleep, you'll eat at least 70 insects and 10 spiders.

En el curso de una vida normal, mientras duermes, te comerás al menos 70 insectos y 10 arañas.



## cuack!

The sound emitted by ducks (quack!) does not echo, why? No one knows.

El sonido que emiten los patos (¡cuac!) no hace eco, ¿por qué? nadie lo sabe.



The use of headphones for an hour increases the number of bacteria in your ears by about 700 times. This is why you should keep track of the time and volume you listen to your favorite music.

Utilizar audífonos por solo una hora incrementa el número de bacterias en tu oído unas 700 veces. Es por eso que debes de cuidar el tiempo y el volumen con el que escuchas tu música favorita.



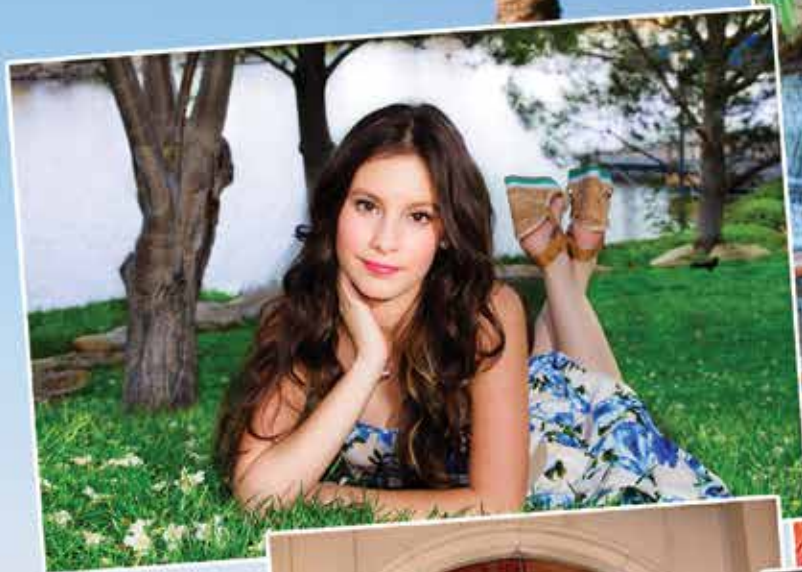
## woof?

The first year of a dog equals 21 human years and each subsequent dog year is 4 human years.

El primer año de un perro equivale a 21 años humanos y cada año canino posterior es de 4 años humanos



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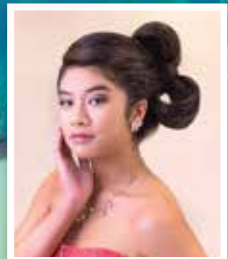
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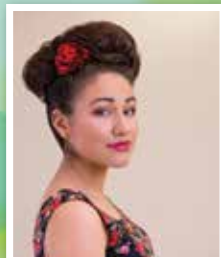
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### Congratulations!

To all our beautiful Miss Cover Girl participants and their parents. We are honored to have you all under our Miss Cover Girl Alumni and appreciate all your hard work and dedication. QM Nevada ♥

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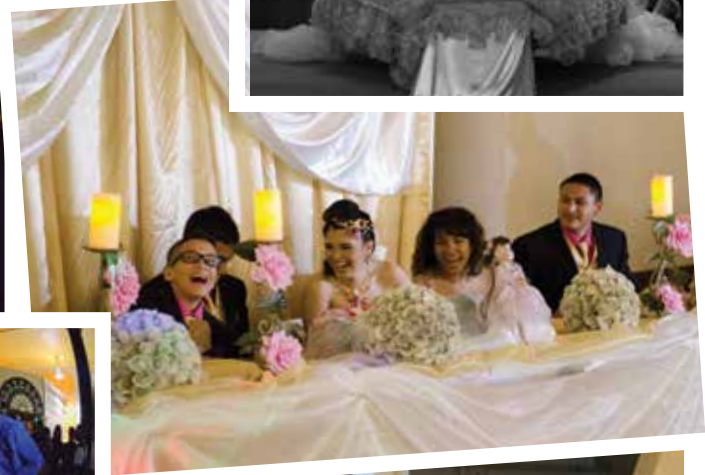


**W** The day of my Quinceañera was a day that was amazing, lovable, wonderful and great because it's a day I will never forget. That day meant a lot to me because my mom and my Tia Lupita made this day a day to never forget and a very special day for me. I want to thank a very special person that is like my dad for helping us, my aunt for helping us plan my quinceañera and helping us make everything special and also my family and friends for coming and showing up this big day for me. I also want to thank Danny's films, Diana Clydesdale and last Stylos Dance // Estudio for helping too.

# ALEJANDRA FLORES BARAJAS

Photos: Diana Clydesdale Photography





# Embracing your Inner Goddess

By Nena Godinez  
(Miss Cover Girl Reno 2013)



of young adults and teens is under a dome of insecurities within themselves. We feel the need to master the ideal body image, conquer society's standards, and succeed at every level of perfection. What we don't realize is that diversity is what makes this world go round. If it weren't for diversity we wouldn't have unique traits. Our genetics are different and that is what creates us. We cannot change those regardless of how much time and effort is spent on them. Instead of wanting to meet the requirements of society, we should be embracing what we have.

Commercial media must create a fantasy world that we hope, in some way, can become ours. Consequently, magazines, television, movies, and advertisements rarely feature an individual who is anything less than perfect. Well I'm here to tell you that THE MEDIA LIES. These models go through endless hours of editing and numerous professionals who fix every inch of them. The result without a question will be great in those circumstances. We are expected to look for the images that include smooth, tan skin; limbs that go on forever; hair that is thick and straight; and eyes that were catlike and sultry, if not blue as the ocean.

// Being confident and feeling beautiful is an essential to survive in this era //

**B**ecause of media influence, today, we expect nothing less than perfection for ourselves. We have created a world where in order to achieve and fulfill the requirements of "beauty" we must reach a level of perfection. This level is beyond human abilities and can only be achieved through technology.

Researchers have found that ongoing exposure to certain ideas can shape and distort our perceptions of reality. For instance, we come across these flawless women in magazine covers, billboards, and all sort of advertising. These women go through several stages that create them like this; however, we cannot comprehend that. The mind is set to think that we must admire this propaganda and must buy certain products to achieve their standards of physical appearance. It is no question that being physically attractive creates a better environment for us. Being confident and feeling beautiful is an essential to survive in this era because the feeling of belonging and confidence has massive success written all over it. Even though this is a plus, it isn't entirely true. The majority of the generation

A vast majority of teenage girls and young adults in general are affected by the unrealistic expectations. The more it is advertised, the younger they start. Giving these serious potential consequences, it is essential that girls and young women develop a critical understanding of the constructed nature of media representations of women's bodies and the reasons why these images are created. More importantly, we need to be empowered to challenge these representations and advocate for more realistic representations. Because girls' exposure to these messages start so young, it is also vital that this education starts at an early age.

Overall, my best piece of advice for all the young audience is to EMBRACE YOURSELF. Instead of nitpicking those traits you don't like about yourself - embrace them. There is more to life than physical appearances. Focus on your intellectuality and the beautiful morals and values you have been raised to believe. It's normal to have a bad hair day or a bad day in general. However, don't remain stuck in the same misery and never create a façade for yourself. Smile bright, live happy, and embrace your unique characteristics because there is only one person who can do this - *yourself*.



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