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FILM CENTRAL

APRIL 2021

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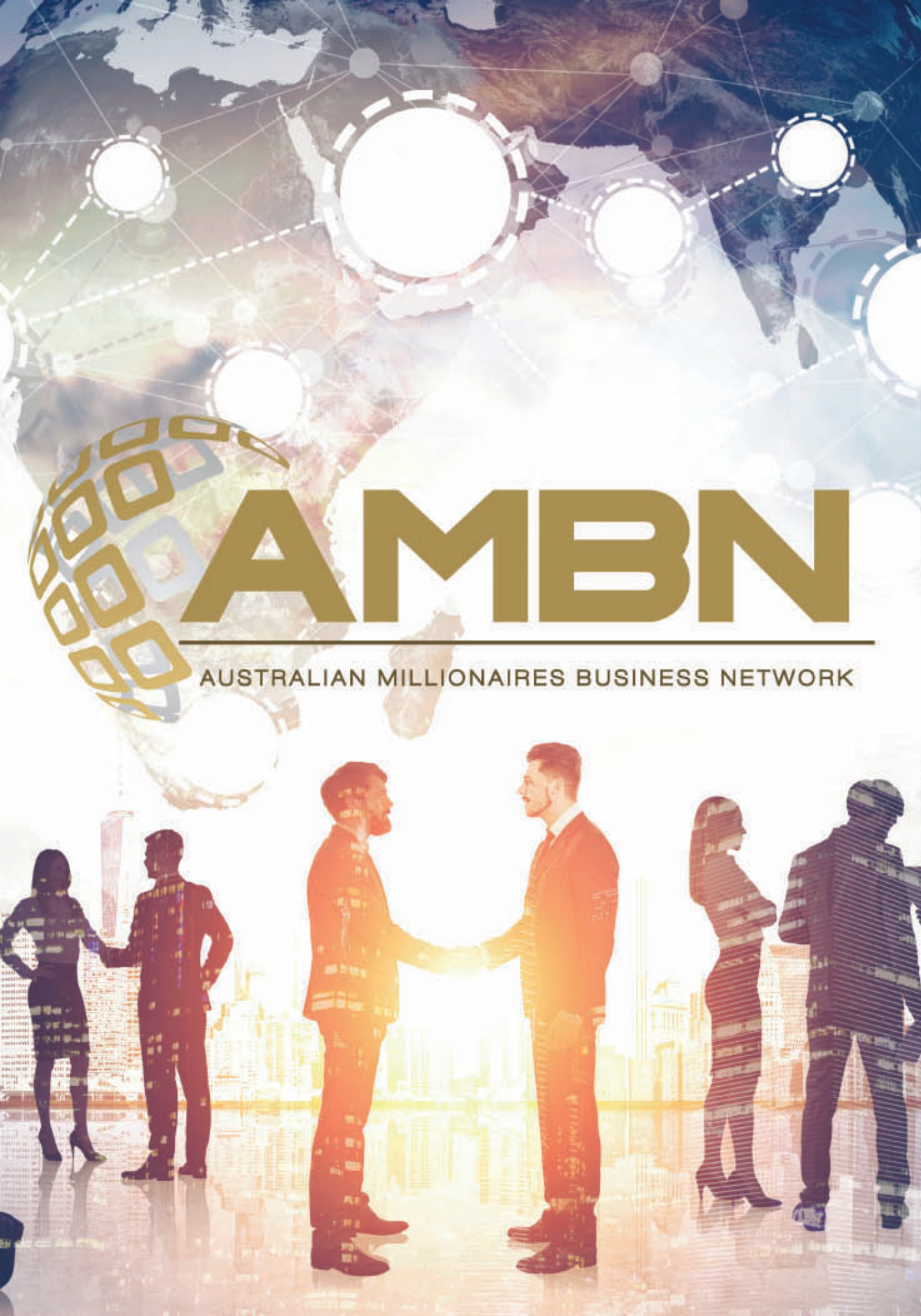
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Editor-in-chief

Alex Alvarez

Managing Directors

Mike Iagan and Patricia Johnson

Photographic & Art

Archie K, FIN Photography, Ash Narayan, Shekhar Jay, Brooke B, Raymond Bartholomeusz, Gary Abella, Deepak Kubendran, James Mao, David Moore, Raf Flores, Thang

Marketing

Alex Abella, Krissy Anderson, Eileen Maynigo, Barnes Luz, Jason Harris, Stephanie Macabenta, Charles Chan, Albie P, Jenny Hu, Chevvy, Zenaida G, Gerry Samaniego

Writers & Contributors

Anjelica Whitelaw, Shiwani Gurpah, Renae Smith, Holly Phillips, Jenny Hu, Charles Chan, Jill Antonio, Scott Murray, Vanessa Jensen, Leanne Harrison, Patricia Higgins, Judy Flynn, Angie, Katrina R, Rommel P, Christian Q, Christine Claire dela Pena, Dasein Catedrilla

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FILM CENTRAL



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ONE ON ONE INTERVIEW WITH RISING STAR
BRETT WHITTINGHAM

Brett Whittingham is definitely an actor to watch out for in 2021! He previously won the best actor award at the 2019 Cause Film Festival where he played a man who's trying to cope with the loss of a child – and we were all in awe of his performance. FilmCentral Magazine recently caught up with Brett to talk about his career and here's what went down:

How were you actually 'discovered'? A chance encounter on the street? Audition?

Well if we're talking about the role for the short film, Dan Wallis, the writer/director is one of my oldest and best mates and we've worked together many times before. If we're talking bigger picture, I'm not sure I've been "discovered"... I'm more the acting equivalency of a deep Amazonian tribe.

What do you like most about acting?

It sounds totally cliché but the ability to move people or make them think. It also allows you to express emotions that aren't necessarily suitable in a regular workplace.

Can you please tell us the name of the short film you won an award from and about your role?

The name of the short film is "Last Seen Alive", where I play a man who is trying to cope with the loss of a child and finds a grief soul-mate in the form of an empathetic gas station attendant played by Neelam Choudhary.

What sort of person is going to love this character?

Not sure that loving this character is the right question. I think they'll empathise with him, but given his motivations are unclear it's probably hard to "love" the character. I don't want to say too much for fear of spoilers to those who haven't seen it.

How is this character like you? Different?

He's gone through loss but I think that's a commonality for many of us. We're probably more different in the fact that this guy is going through something I could not even fathom.

What's the biggest challenge to taking on this role?

Not being a dad, it's impossible to imagine this level of grief. Again without giving anything away, it's was more about balancing that grief with the sense of resoluteness this character possesses. The main challenge was doing the role justice. Our writer/director Dan, had written the story as part of an outlet from his own experience with a family member. When you're dealing with something created from such raw emotion, you really want to do it justice.

Besides yourself, what actor would you like to see tackle this character?

Oh damn! That's a hard question. If they did an American version, I'd go with Timothy Olyphant

Besides yourself, which actor is going to blow people away?

I guess we are talking about this film, in which case Neelam is amazing. She brought a truth to her role that made it very easy to deliver on the emotion needed. Not to take anything away from the other actor in the film, Ron Kofler, who I've worked with before and is always wonderful, including in this.

If you could play any other character in the short film, who would it be?

(laughs) It's a three-hander and given I'm not a female of Indian descent or the right age to get away with playing my character's dad, I probably couldn't switch roles.



What has been the most memorable experience of your career so far?

I did a stage tour with the late Ann Phelan. Given we lost her recently, I'm privileged I got the chance to work with her. But there have been many other highlights, such as performing in the Green Room Award-winning production of *The Laramie Project* with some of my closest mates.

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

Another difficult question. There are a lot of interesting actors out there but if we're talking generally, some of the most interesting people I've met have not been actors and are in vocations like teaching or emergency services. I met a woman recently who had lived in several European countries, spoke at least three languages and had recently come back from 3 years teaching in some of the poorest parts of Africa. I never asked her age but my guess would have been 30 tops. I think the most interesting people are the ones that inspire you to make more of your own life either out of inspiration or shame.

How active are you on social media?

I take a look at Facebook a few times a week and my Instagram is full of pictures of my dogs, but I guess I'd be classified as a fairly passive user. I'm prolific if on holiday, mainly with the goal of making friends jealous.

What has been the most valuable lesson you've learned in the Entertainment industry?

I've been acting in various capacities for over 25 years and I think the one takeaway is never taking yourself too seriously and never overthink!...Oh and make your own work, even if it's only for passion projects!

What are your future plans?

I work on many of my own passion projects these days. 9 to 5 job gets pretty busy. I do an on-again-off-again series called "Project Management – A Comedy Web series" on YouTube with a wonderfully gorgeous creative woman by the name of Olivia Hogan. Currently, I'm working on a couple of animated projects which I'm hoping to get up on YouTube early next year.



EMERGING ACTORS TO WATCH OUT FOR IN 2021

LAUREN GRIMSON

For someone who has been in the entertainment industry for a while now, finding time to still wash the dishes may be a bit of a job but believe it or not, this is what keeps Lauren Grimson's feet on the ground. Landing on Star Central Magazine's page as the Actress of the Month back in 2014, Grimson first tasted her dream when she was five. It seems like limelight had chased her after she was requested to star in a real estate commercial which was facilitated by her dad who worked in the industry at the time. From then on, a star was discovered.

Unlike any other aspiring actresses, Lauren did not have to exhaust herself from the usually long and tiring audition process. Instead, acting gig comes through her agent while some are being sourced from her early establishment of connection among friends in the industry, word of mouth and hard work.

Being an experience actress does not necessarily prepare a perfect, rose-tinted stardom. It is a world that accepts nothing less than the glitz and glamour. In the industry that concentrates on the outward characteristics, she reckons that she will always be besieged by constant rejection. As cruel as it can be sometimes, Grimson shared to us that the world of acting is the most freeing thing that challenges her to confront her fears and insecurities. It also drives her to overcome them. She thinks that it is a special experience to be part of a storytelling process that affects people and move them to change the way they see themselves and interact with the world. "Criticism will always be a part of it all but you have to remember not to take it personally. After all, it often comes down to things beyond your control....too talk, too short, too similar to another cast member in appearance, not similar enough, etc. You just have to let it go". She remarks,



So far, Lauren's journey has taken her to the Hollywood landscape where she met the generous and humble Larry Moss who is Hollywood's internationally renowned acting coach. Mingling with interesting people like Moss is not all the perks she can get. Lauren also got to audition for a pilot for NBC and with her acting prowess that never disappoints, she did secure a role for her first major feature film.

"You've got to work hard and network as much as possible. Also be kind to one another! Remember that we're all in this together."

As an actress who is traipsing her way towards success, Lauren hopes to pass on the knowledge that she learned on her way up to help new actors and actresses. She wants to remind them to look out for themselves and colleagues as some people prey on the innocence and goodwill of budding career actors. She also added that building a strong network in this industry would go a long way when coupled with talent.

Lauren's acting success is equated with an overflowing amount of love from her wonderfully supportive

family and in-laws. She is also engaged to her long-time partner, Brad Teodoruk who is also an actor. They have been together for 10 years and while she plans to make a stable living working in film and TV, Lauren also aims to travel more and live a better and healthy life with the man she loves.

At her young age of 26, Lauren Grimson, an only child, is yet to reap all the accomplishments that have been waiting for her to pick. She is an Australian, based in Sydney who has a degree in Bachelor of Arts which easily dictates her multi-talented persona (she can write, sing, and dance). When not acting, Lauren can be found spending time with her loved ones, lazing in the sun and of course, seeing plays and films.

Indeed, Lauren is well-cushioned against all the negativity that her current world may bring her. It doesn't matter if her external personality may be judged and criticised because she holds a weapon that will shield her like no other. "My dad has always told me that you become like the people you spend most of your time with, so I've always made a conscious effort to surround myself with good people," she quipped. All hail Film Central's rising star of the month!

THE TRIPLE THREAT TO YOUR ACTING CAREER

The Trunchbull's deadly triple threat was shot-put, discus and hammer-throw... much to the dismay of her students, no less. As an actor or model your triple threat isn't quite as brutal but equally important to your career; your hair, skin and nails!

By Holly Phillips

The Trunchbull's deadly triple threat was shot-put, discus and hammer-throw... much to the dismay of her students, no less. As an actor or model your triple threat isn't quite as brutal but equally important to your career; your hair, skin and nails!

As we all know, most of the decisions are made about our fate within the first thirty seconds of meeting with a new agent, casting director or client. With that said, it is important that you make yourself truly shine from the very first instant. That is to say, before you say a word, you need to be protruding a seriously sexy vibe.

HAIR

Your hair is probably the most memorable thing about your look. Whether you like it or not, your hair is your signature. It is one of the first things people will use to describe you. Think about it... I bet all StarCentral readers would've described someone like that 'short, brown hair...' You want to make your hair pop! How? Easy - all hair is different but if you follow these basic steps you'll have luscious and memorable hair in no time.

Always shampoo twice! It's so important and people rarely do it, shame on you all! Leave your conditioner in for about 5 minutes and wet comb it through your hair whilst you're still in the shower (always use a wide tooth comb). If you can avoid it, try not to use the hair dryer. When your hair is dry, rub some oil (I love Moroccan Oil) into it, focussing on the ends. Try and use a protein treatment at least once every two weeks too, especially for all you blondies. Of course, brush everyday and make sure you really massage your scalp when you brush! Voilà, beautiful hair!

SKIN

Moisture, moisture, moisture! It's all about the moisturiser! Both J.Lo and I swear by full body moisturiser. I moisturise every night just after my shower, while my pores are still open from the warm water. Believe me, it makes a huge difference to your overall appearance. Before you pop into the shower, it's a good idea to use a dry brush and give your skin a gentle exfoliate to increase blood flow, and ladies, this also helps to reduce cellulite. Yippee! Of course, wear sunscreen when you go outside too. There is nothing worse than premature wrinkles or sunspots on young actors or models.

NAILS

As small as they may be, your nails are very prominent when entering a room. You'd be amazed how much your hands help you communicate. Usually there's going to be a hawk-eye agent in the room who can spot a broken cuticle quicker than Kim Kardashian's first marriage. I'm not saying you need to go all out and get a French Manicure, but it definitely won't hurt! Either take the time to give yourself a manicure or treat yourself and get one professionally. Whatever you do, don't go into a casting with broken or chipped nails! Trust me, the panel will notice, and they won't like it.



A woman with long brown hair, wearing a white wide-brimmed hat, a white short-sleeved dress with a ruffled waist, and brown leather boots, is sitting on a sand dune. She is holding a brown leather crossbody bag and sunglasses. The background shows a beach with waves and a blue sky with clouds.

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same year also welcomed his first book "Seven Moms" and that now is ready to receive all the love put on his latest song "Mi casa es tu casa."

"With a laid-back vibe and acoustic sound, "Mi casa es tu casa" it's a reminder for us of what being home feels like" – Ruensito.

The song is a catchy Latin anthem characterized by traditional mariachi trumpets and mellow acoustic guitars. It's an invitation for everyone to celebrate Mexican culture, its traditions, and its people, and it will transport you all the way to the warm streets of Ruensito's busy town where you will shout ¡VIVA MEXICO!

What is this artist about? Love, friendship, and a good time wherever you may be on earth. If you want to know where that inspiration drives for life this versatile artist read between the lines on his blog "My Life Story" on www.ruensito.com.

FilmCentral magazine recently caught up with Ruensito to discuss his journey in the entertainment industry and here's what went down:

How did you get started in the music industry?

It all started 10 years ago while I was still in school. I released my first single "Adorarte" accompanied by a music video that went viral on YouTube, at the dawn of the social media age.

But even though it did well I decided to take it down after not having the strength to deal with some bullying comments around it. I had wrongly focused more on the negative comments than the actual positive ones, and it literally put a stop to my dream of a music career. Instead, I focused on what I knew I was good at, which back then was studying. And it wasn't till May 2020 during the lockdown that I decided to stop the little voices in my head and go for it with my first song "Me Corono". That's when the real fun began.

How were you actually discovered?

Funny story, but I think that during the Corona lockdown last year while I was forced to fill my time between four walls, I started concentrating on singing again. I just couldn't stop thinking about what I wanted to do with my life and my dreams of singing. So after some work, in collaboration with La Kate studio in Mataró Barcelona, we brought to life my first single "Me Corono".

This is when the magic happened. This song brought so much joy to my life. It travelled to more than 90 countries, and rose to the top quite fast on Anghami, TV shows, radio, billboards and put me in the loop not only in Mexico but in Lebanon too.

What do you like the most about being a singer?

I am a storyteller, and I believe that each song is a story to be shared. And I'm just in love with the whole process of this. From the excitement of having the initial idea of the song, to how it develops and then is completed and recorded. It's unbelievable the excitement of recording in the studio and then this excitement just increases if there is a videoclip involved. The whole experience is like being high 24/7. You never get tired and you feel just like a kid having fun. The whole creative process gives me life, it's really something that fulfills me in every way.

Growing up in between the favelas of Mexico City and Michoacán de Ocampo this Latin artist got rhythm in his veins. Selena, Thalía, and other Latin pop stars helped him survive his surroundings and dream of stardom like his worldwide idols. Dancing in front of the mirror since he was 3 years old, a career in entertainment was the obvious choice for this loud kid.

Now living in Beirut, in the heart of the Middle East, this happy-go-lucky artist is creating a unique mix of hot Latin and chill Mediterranean vibes and building bridges between cultures by telling the stories of a global community united through his music.

As 2020 went down in history, it seemed the more the hardships, the more Ruensito was determined to be creative and push back the negativity. The year saw Ruensito's dream become reality after the launch of his first song "Me Corono" which rose to the top quite fast and positioned in the Top #4 Latino chart on Anghami. The song also went around the world on Spotify accumulating more than 250 thousand reproductions around 85 countries. An amazing international audience that during the



Can you tell us about your latest release?

Well If you haven't been cheated on before, with this song you'll know exactly how it feels like. CIEN X CIEN (100 x 100) is a Latin Urban / Romantic Ballad track that talks about love's hurtful side. It's about a guy who just got cheated on and goes through a rollercoaster of emotions. First the anger, and then to an "I don't care" "ok it's fine", ending up asking for forgiveness to get his love back. It's a whole journey not only in the lyrics but also in the melody. You go from the rock to the soft chill beats to a delightful melody that slows down the whole track and then takes you back to the ecstasy of our beating hearts.

What sort of person is going to love your music?

My music is for everyone who's young and fun. But if I have to label it I can tell you that I connect with anyone who loves life, lives to the fullest, dreams big, and loves to dance, to laugh... You know the saying the best things in life are free? That's how it feels. I think that my music can speak to anyone who has no judgment, no boundaries, they live their lives without giving a sh*t about what others are doing with their own. How do you call them? Free spirits? Yeah, free spirits.

What inspires you to be creative?

Having fun! Most of the time I feel more creative is when I'm just having fun, laughing, being free. Also traveling is another thing that helps my mind to get out of its cage. Reading, people... inspiration can come from anywhere. We just have to pay attention.

Is there anything special that you do to get into creative mindset?



I don't have any creative process I follow. Things just pop up in my head. But I like to feel, whichever emotion it is I try to feel it to the max. By doing, by never repressing my emotions, I learned how to completely let myself go and live in the moment. That is how I connect with everything around me, with my true self. It's a double-edged sword, but it's also the mark of a creative artist.

What message, if any, do you try to put into your work?

Positivity, love, and kindness. I know every person out there has their own struggles, even if we don't get to see them. And I know from my own experience that behind every smile there is plenty of sad moments, hurt, and unhealed wounds, so I try to be a kind human being.

What has been the most memorable experience of your career so far?

So far, each moment of this career is coming with different surprises. Each song has brought different experiences that I try to live to the maximum. I've met new people, connected with fans, and discovered how much Latin music is really loved around the world. But most importantly each song has taught me a lot... and for me, this is something memorable, constant learning, constant growth.

Do you ever find yourself unable to express your creativity to the fullest? What kinds of things inhibit you?

Yes, I'm no different than any person, insecurities are present all the time. But day by day I try to fight them and get more secure in my artistic decisions. I also try to surround myself with people that love me and that I trust, so in them, I also find the strength required sometimes to overcome fear.



"I don't have any creative process I follow. Things just pop up in my head. But I like to feel, whichever emotion it is I try to feel it to the max. By doing, by never repressing my emotions, I learned how to completely let myself go and live in the moment."

Who is your greatest influence?

The love of my life. Being in a relationship with the most incredible person has been by far my greatest influence. It has taught me about the real meaning of love, partnership, comprehension, support and so many more values that mold me to be the human being I'm now. And the best of it, that I still have plenty to learn from it.

Do you feel that you chose your passion or did it choose you?

I think it goes both ways. Singing has been a dream of mine since I can remember, it chose me so long ago. But always life circumstances were getting in my way and that kept me apart from it. But now, I chose it too. We finally merge and coincide in time. Cause now I've come to learn that I have no other option but to do what makes me happy.

If you hadn't chosen your field, what would your alternate field have been?

I'm DRAMA personified. Acting absolutely!

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

For now, I wanna keep exploring the arts. Keep writing and singing and at some point, I want to direct a music video. Who knows? Even do a movie adaptation of my book.

The 'Lightning Fast' round:

What do you consider beautiful and why?

Sunset... It means that another day will come tomorrow.

What haven't you done yet that you wish you could?

Acting. I mean I used to do musical theater but I stopped and now I still dream of being in a movie or a series and hopefully one day I'm gonna be able to do it.

Complete this sentence: If I had no fear I'd ..." Be the best version of myself.

What is one of the flaw you wouldn't change about yourself?

Thinking with my heart. Being extremely emotional and exposing myself that much to emotions. I think a lot with my heart, and I let emotions control my actions. This can be sometimes such a stupid way to go for things, leaving the reasoning on the side can make you do big mistakes. But you know what? I love being that way, because that's how I'm able to understand emotions the way I do.



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ONE ON ONE WITH CUBAN-AMERICAN ACTOR
CARLO ARRECHEA

Sizzling hot Havana, Cuba-born bilingual actor Carlo Arrechea is a star on the rise in Hollywood, recently making his U.S. prime time debut in the CBS hit TV series *S.W.A.T.*, where he portrayed 'Gio Torres', a middleweight Cuban boxer, aka "The Caribbean King." In the series, Torres is a prizefighter set to win a huge upcoming match when his pregnant wife is kidnapped and held for ransom. He enlists the *S.W.A.T.* team and works with them to retrieve his wife right in time for the delivery of their first child. The heartfelt role has garnered him much media attention and was one that was especially significant to him as it tied back to his Cuban roots.

A third-generation actor, Arrechea's career began at the age of 6 when he played the son to his biological mother in a telenovela in his home country of Cuba. He fell in love with the craft and was selected as one of the stars of the children's show "Los Chicos Altura" ("The High Kids"). In 2002 his family moved to Miami when he was 12 years old and he faced a culture shock that made him rethink acting. He decided to study psychology in college but dropped out after only one semester to return to his true passion. It was during this time that he got into theater and started receiving a lot of attention for his stage performances including "El Solar de la Palangana de Oro" by Raúl de Cárdenas, a work that opened many doors for him and earned him press coverage as the "new face of acting" by *People en Español*.

From theater, he jumped into television where he began with small roles in well-known Telemundo and Univision telenovelas such as "Más saber el diablo", "El Cartel 2" and "Alguien te Mira". He also starred in two short films, "Fate's Decree" directed by Michael Ruiz and the super production "El Manantial", with renowned Sam Bradley as director. His career thus began to roll, and his name to be known on the Miami scene. Not long after he was cast in the successful Nickelodeon Latin America series "Grachi" which he starred in for three seasons (152 episodes). It was during this time that he also starred in his first leading film role in the romantic comedy *LA REBÚSQUEDA*, the highest-grossing Salvadoran film in the country's history.

After his success in Latin America, Arrechea decided to move to Los Angeles to begin his crossover into the U.S. market. Throughout his acting career, he has starred in several television commercials, including the Johnnie Walker campaign which boasts to immigrants and highlights their grueling path towards citizenship.

He is a member of SAG-AFTRA and is an alumnus of the Stella Adler Academy of Acting. As a Cuban-born actor, Arrechea has always looked up to the original Latin Comedy star Desi Arnaz and a dream role for him would be to reprise the role of 'Ricky Ricardo' in a comedy series or film.

In his free time, Arrechea enjoys reading, meditating, and exercising, and sees every day the opportunity to grow and improve in all aspects. He also enjoys volunteering for The Ronald McDonald House, where he feeds, plays games, and speaks with children and parents who have seriously ill children or family members in the hospital.

FilmCentral Magazine recently caught up with Carlo to discuss his journey in the entertainment industry and here's what went down:

Can you tell us more about yourself? How did you get started in the entertainment industry?

I started acting at the age of 6. My first TV appearance was with my mom; she was an actress in Cuba. We were blessed to win a visa lottery and come to the U.S.

What do you like most about acting?

To be able to channel another soul through my physical abilities and skills and to embody another character. It makes me feel alive. It's just pure joy!

Can you tell us about your role in *S.W.A.T.*?

Gio Torres was so much fun to play. Torres is a Cuban middleweight boxer who's in the States with his pregnant wife, Esther, for what could be the fight of his life. Troubled by their situation in Havana, Torres and his wife secretly plan to defect after the fight.

What sort of person is going to relate this character?

Anyone can relate to this character because it's a very heartfelt role; there is a lot of family love. Torres put his life at risk to save his loved ones.

How is this character like you? Different?

We're both from Havana, Cuba and family is everything to us. We're also both disciplined and focused. But he's a boxer and I'm an actor (laughs).

"Every experience is memorable because they're all unique and magical but if I had to choose just one, it would be when I walked into the Long Beach Arena, where we were filming all the boxing scenes from S.W.A.T., and I saw gigantic posters with my face on it all over the arena."

Besides yourself, what celebrity would you like to see tackle this character?

Not from this generation honestly, but Andy Garcia for sure.

Besides yourself, which actor/s in this series is going to blow people away?

The whole cast is so talented but I really like Kenny Johnson's work.

What's the biggest challenge to taking on this role?

Definitely all the boxing fight scenes.

If you could play any other character in this series, who would it be?

I really like the character "Street" played by Alex Russell. It's a very complex and fun character to play.

What has been the most memorable experience of your career so far?

Every experience is memorable because they're all unique and magical but if I had to choose just one, it would be when I walked into the Long Beach Arena, where we were filming all the boxing scenes from S.W.A.T., and I saw gigantic posters with my face on it all over the arena. For someone like me coming from a little island, that was definitely a memorable moment.

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

I met Matthew McConaughey a few years back in Hollywood. We chatted and he was so present and honest. He said something that I will never forget: "Just enjoy everything you do even if the

scenes get cut off or the project is canceled. Just have fun. Be present. Enjoy."

How active are you on social media?

I try to have a balanced time on social media.

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

I just want to keep growing and evolving in all areas of my life. Be happy and live in my authentic power. And definitely star on a sitcom series.

The 'LIGHTNING FAST' Round:

1. Last good movie I've seen:

Valver by Pedro Almodóvar

2. What do you consider beautiful and why?

Happiness. When you're happy you radiate pure beauty, your eyes spark, you shine brighter and that's beautiful.

3. What haven't you done yet that you wish you could?

So many things, but one day at a time. I want to create a foundation to help young kids achieve their dreams.

4. Complete this sentence: "If I had no fear, I'd..."
definitely skydive.

5. What is the one "flaw" you wouldn't change about yourself?

I can be a little impulsive sometimes and that can create a contrasting outcome but hey, it's part of being human. Flaws are what make us unique and authentic.



FIVE WAYS TO TAKE ACTION AND GET ORGANISED THIS

NEW YEAR

It's hard to believe 2021 is already here. 2020 has definitely been an extremely challenging year full of change and uncertainty. As we are all aware, the COVID-19 situation continues to evolve further and we are still dealing with a massive global challenge as the COVID-19 pandemic continues to escalate globally impacting how we all operate and manage our businesses and lives day to day. In addition to the immediate and serious health concerns, we are also seeing a much wider impact on all of our lives as well as the global economy as a whole. Understandably, there is a considerable sense of unease all over the world.

So how do you plan to welcome the year ahead?

New Year, like the sun, is almost shining its rays on us. A couple of days from now, we will be celebrating the coming of new hope, a new inspiration, and a continuing triumph against the challenges in life. It is a display of loud and colourful fireworks thrown into the vast sky, a grateful celebration of the year we bid goodbye to, and a hopeful invitation to a new slate in our life. But what does it really mean to you?

Every year, we are faced with heightened anticipation as we lay out our goals and plans for the year ahead. We think of it religiously in the promise of daily opportunities and 365 days of chances. The more it draws itself to us, the brighter we see ourselves in its glorifying blessings and exciting beginnings. We look forward and bombard the first midnight with endless wants and wishes that we sometimes tend to forget the sturdy platform where these plans of ours stand – our inner self. So how do we work on ourselves to be able to successfully map out an organised 2021 despite the pandemic looming over our very heads?

Leave Unnecessary Things

Needless to say, de-cluttering may be one of the most neglected words we have but this year, be the difference that you desire and start by offloading stuff that you don't actually need. This goes beyond tangible things since often, your negative emotions like anger and grudges take over your life. Release the bad vibes in your life and carve a path for a peaceful surrounding and stress-free day to day living.

Prioritise Big Things and Lift Your Littlest Ambitions

Maneuver every now and then to reckon if you're doing the right thing at the right time. Are you caught up between the rocks of your short term goals and long term aspirations? Visualise yourself and maximise time by weeding off your life-destroyers and pick up the points that strongly contribute to your self-effectiveness and spectacular rewards.

Make Friends With Your Calendar

Mark important dates such as school and business appointments and devote a time that is solely assigned for you to face your to-do lists and accomplish those set-off goals.

Start a Healthy Financial Management Strategy

Know all your finances by heart and arm yourself with strong self-discipline and a realistic budget. File your bills accordingly and limit your credit card expenses.

Stay Focused

The way to an organised year entails hard work and conviction. There will be days when following all your set life draft may seem impossible and this is where staying focused on your vision comes in. Your self-productivity and time management play a lead role in keeping you present and motivated.

The countdown for New Year begins with you. It's a blank space waiting for you to take as you shape your destiny so take it, draw your vision of life, write your big dreams in it and get up to steal them. 2021 is here, embrace it!



TEN STRATEGIES TO HELP YOU STAY motivated

You may often wonder what motivates us to stay productive. It's one thing to produce a positive result and yet another to consistently repeat that positive action. Only motivation, which comes from two sources, can keep us consistent.

Our own internal drive, self-talk and attitude. How we speak to and treat ourselves affects what we are able to accomplish.

External influence from family, friends, leaders and other people we look up to or hold in high regard. The advice or guidance we receive from others affects what we feel about ourselves and our capabilities.

The question is, what direction does the motivation take us in? One that leads to positive, productive results or not. It is up to us to very intentionally make adjustments to what we allow into our thoughts/minds. We must make decisions about that kind of talk we entertain and learn to discard negative thoughts or words.

Below are 10 thought-provoking ideas that can lead you in the right direction.

1. Showing up is largely a result of self-motivation.

Absolutely! If we don't motivate ourselves to get moving it's harder to show up or be present during our normal daily activities. Our motivation should discard any negative feelings that prevent us from showing up to meet our commitments.

2. A positive attitude fuels inner drive- Try it!

There's no doubt that when we're positive, we get more done with less effort.

3. There's power in words. We should speak positively about ourselves and others.

Words are powerful when used right they can motivate and encourage. We must always consider the result or outcome of our words before we speak.

4. Self-discipline over a period of time yields desired results.

There are tougher challenges in pursuing self-discipline than

we realize. The results however are powerful and priceless so let's stay focused.

5. There is always a light at the end of the tunnel no matter how long the tunnel.

There will be moments when we are tried and tested personally and professionally. We have to focus on where we need to be, our finish line, in order to stay motivated and productive while going through the tunnel.

6. We know we are motivated when we consistently go the extra mile.

Internal motivation coupled by the external push from supporters and those who cheer us on fuels us to keep going.

7. Creativity helps build confidence & ownership.

Thinking outside the box and curiosity can drive you to greater heights.

8. To be productive and efficient we must stay informed.

Having the right information at the right time motivates us to pursue our goals. We must seek and desire to gain the knowledge consistently.

9. We experience greater satisfaction when our work speaks for itself.

Actions speak louder than words. The results of the action we take to back up our words keeps us motivated. "Well, done is better than well said." ~Benjamin Franklin

10. We are motivated by leaders that are authentic and engaged.

It's important to form relationships and/or follow leaders that motivate us to be better. Strive for excellence.



LUX

MODELLING & FASHION ACADEMY



A close-up portrait of a woman with long, dark, wavy hair. She is wearing dark sunglasses and a dark, chunky necklace. The image has a vintage, film-like quality with a dark, textured background. The top and bottom edges of the image are framed by a film strip border with sprocket holes.

COMING SOON

**SYDNEY
MULTICULTURAL
FILM AWARDS**