

NORTHSIDE NORTHSIDE

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A full-page photograph of Mira Furlong. She is wearing a black beret, a black blazer over a black and white striped crop top, a black skirt with gold buttons, and a black belt with a large gold buckle. She is standing in front of a wooden slat wall.

Mira Furlong

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on the cover

Photographer /MUA: Sasha Prishvin

IG: @Sasha Prishvin

Stylist: Anna Koberidze

IG: @anobanooo

PR Agency: Vicky Press PR

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Model: Mira Tzur

IG: @mira.tzur

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Mira Tzur

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You are an Actress, Theater & Film Producer, Entrepreneur, French Countess, Social Philanthropist, Former Counterintelligence officer of the Israeli Army, Published Author, and a Mother. How did and do you find a balance?

Well, when you have been around long enough you know that just like Rome was not built in a day, everything that I have been doing or collecting needs its dedicated attention with the right time frame. I personally always been drawn to a balancing act and the art to juggling smoothly, whether it is because in my early days I worked as an acrobat in a circus with magicians or because I am simply a Gemini, either way juggling many hats is my way to stay engaged and focused. I believe that in life opportunities come in different shapes and forms, it is the one who says more yes than no, that gets to experience life to the fullest. Perhaps best said by Winston Churchill, "to improve is to change, to be perfect is to change often" however, it does not mean you need to drop the latest, you just need to be better at juggling more hats at once.

Tell us about your consulting Business One Circle Production?

One Circle Productions was founded by me in 2011 when I finished my studies at Atlantic Theater Acting school. The original goal was to mount B'way/ Off-Bway and film

productions content from its original seed to its commercial box office, bringing stories worth telling to the forefront. Utilizing my passion and studies not just as an artistic director but as an executive producer supporting its obvious physical needs. However, in the past few years with my expedient growth of the network and international contacts, I felt a strong need to expend One Circle Productions activities and add a division for consulting and management. Whereas management, we help artists reach their next level by finding the right agent branding content & booking engagements. As a consulting group, we use our built-in relationship between startup companies' potential investors. to introduce new local or overseas businesses of startup companies to investors

What Inspired your Beauty and Nutritional Superfoods Brands?

I have always lived a healthy lifestyle being a certified nutritionist by CNHP and the institute of integrative nutrition, I care to nourish my body as well as my mind with clean fuel for maximum performance. I always wanted to have a brand that will include a high-level nutrient in a superfood component so I can rely on it to be my ultimate source of supplements, same goes for knowing what is entering our skin My brand is EWG certified which means it is verified and highly ranked in the safety of the product, Using Nontoxic all-natural skincare products saves not only your skin but the environment as well- Avoiding chemicals going into your skin, bloodstream, and then even the drainage and our water. Let us just say that finding out that Congress has not passed any law to regulate the skincare market since 1938 was a shocking factor to me, that is 80 years ago, and knowing that It only takes 26 seconds for these toxins to sink into our skin and absorb into our bodies, we should surely pay more attention to its labels.

What was your motivation to become a fitness, Health, and beautiful woman in business?

Well, with my background and past careers I do not really know another way of living ...our bodies are by difficult the vehicle for our traveling souls, if it gets damaged old or broken, we will not be able to explore life to its fullest potential, as I know it. Staying healthy, vibrant, and easy on the eye, is something I try to take seriously. My belief is - "you don't have to get ready if you stay ready ". Such does not mean that there are no



ups and downs and life interruptions with keeping an ongoing healthy routine, but when you feel a bit off track, know it is temporary and make sure to bounce right back adjusting the needed component.

What have been the biggest difficulties as a woman you encountered in this job?

The bittersweet Juggling act, on one hand, it takes so much to keep maintaining a satisfactory level of beauty, fitness, and healthy lifestyle. And on the other hand, when you are an entrepreneur and your own boss, the hours invested in research and marketing can be very draining and discouraging when the reward varies from other businesses' endeavors.

There will be those who think that you are very lucky, so tell us also about the difficult times you have lived until you get here.

You know luck is subjective, my first reaction to this question is saying, I am not lucky because I work hard and by focusing on my craft, business development, and ongoing goals -my practice made its mark ... but with that in mind, I lost lots of other wonderful things in life that I turned my back to. My second reaction is saying indeed I am lucky because I have the freedom to choose my path and the luck to

continue doing what I like without the need to justify it or get approval.

You never thought about abandoning it?

Let me define what is "it" or what is there to abandon. A healthy lifestyle that includes fitness, good nutrition, being a founding ambassador, and advocates to Live Ultimate skincare and superfood is already an integral part of my life, however, time does tend to get shorter when I branch into other entrepreneurial pursuits and workspace. Speaking of planning, there is widespread uncertainty about whether cardiovascular exercises should be done before, or after training itself. How should the phases of a good exercise session be?

If we always do the same exercise chart, can the muscles get used to it and stop progressing?

To me it is very certain, variety is key for longevity while keeping the core exercise on autopilot. Meaning in order to achieve results repletion is always needed, but when looking at a well-trained body you can tell what sport or exercise one does by the shape of their muscles. I personally have always been a big fan of fitness classes since I need external stimulation for my overall motivation but these days there are many ways to try a different one on one techniques. As far as doing cardiovascular before weight training or after, the answer is, both options have different benefits. Most Fitness experts will preach about doing cardio after weight training in order to burn more fat and get the shredded look we all love. The idea is that your body needs to use the stored glycogen first, then digging into the stored fat as fuel for exercise If you decide to do cardio first, though you'll elevate your heart rate and internal temperature for maximum metabolism and energy level, you might face getting tired before you start your most strenuous activity which you would save your energy source for so again each is their own but I like to shuffle based on my energy level that day.

How far would you be willing to go to achieve your professional goals?

I would go as far as I feel needed, but I sure would not compromise my core values or dignity to gain something I will be sorry or think about later, I overthink things, perhaps that is the curse and the blessing I have as a proud strong Israeli. Doing things my way has a price tag, supporting my own dreams, has not been

easy as a single woman, but it sure has been the most rewarding attribute when I manage to succeed.

What have you learned from your previous success in modeling and dancing? How did you start your dancing career?

I started dancing when I was 8 years old back in Israel, by the age of 14, I was accepted to the top-rated school of the arts in Israel Telma Yalin e.g., Julliard. We were the first grade to get approval for a professional degree in dance in the country that year, a summer prayer I'd never forget. By the end of my four years with an AICF dance scholarship and letters from BatSheva Dance company, I joined the military... upon completion, I arrived in NYC to pursue my musical theater career and stage work ...I had great years of successful shows I was honored to be part of but the lucky part was the talent I had to recognize changes and embrace them as they come...as a dancer & fitness pro there were often shifts and adjustments I needed to make, not always by choice but injuries location association and the need to make ends meet ... Modeling came to my life in the most organic and sneaky way first I was only a fitness model (not a real model as stated in my book :-) signed by Everlast and Converse as my first modeling contract.

Then with the birth of my son I entered a mommy model. But then as he got older and tech companies showed interest in my ethnically ambiguous face and image typecast, I was advancing to do commercial modeling... I still could not identify myself as a model, never felt pretty enough, tall enough, or aloof enough to call myself that but little did I know that did not define me, I defined that, and it was the seed of the book I wrote years later about the business.

What is your book about and why did you write it? Where can we purchase your book?

The book is currently selling on Amazon hard copy and the kindle version. I wrote the book with my constant wish to inspire and share what I know & experienced about a business that has been there for me for over 25 years ...I look at life as a short experimental journey and when we know things others seek to learn, our duty is to share and pass the torch, so their starting point is ahead and the discoveries are greaterI coached many young teens, mid ages moms, and baby boomers to get into this space without fear or preconceived opinion that they won't fit. By including interviews from some of my industry professional peers as well as adding barcodes to demonstrate real-time work options and database examples, I believe this book is condensing all that one needs to know to be that Talent he wants to be working as. Furthermore, this book talks to the 99 percent population vs the 1 percent genetic freak of nature so it gives enough hope and background to understand that a model = (which is in the dictionary) an example -can be flaunted at any given age.

You are an actress and producer, what movies have you been in and produced?

Since I started my career as a dancer, my first movie breaks were on the dance scenes of Carlito's Way and Scent of a Women but those are not even mentioned in my history lane as they were just practice before I got into my serious acting studies at Lee Strasberg and Atlantic school, much later I had the pleasure to work as a guest star on different TV shows like NBC's 30 Rock, Fox's Fringe, FX's Rescue Me, How to Make it in America, Oxygen's Body of Work & Bravo UTTK. as well as films like The Stepford Wives, The Devil Wears Prada, The Pink Panther, The Last Dance, Junk, My Father My Don, and Hardly Waiting. As far as One Circle Productions Projects, since 2011 we focused on theater work with off b'ways productions like Standard-Times,





Women's Minyan, The Olive Tree, Love Lies, and documentary films like Redlight Children, Bali children Projects, Holy the feature, and Hardly Waiting comedy...

To almost finish the interview, being so young, what goals would you like to achieve?

Well, thanks for seeing me as young as I feel, ageless is a sure state of mind. Having said that, being well-rehearsed, I am ready to make the fourth change in my book and dive deeper into the movie industry and productions, perhaps even share more time in LA as needed.

What advice would you give to women entrepreneurs, entrepreneurs, or those who want to become a Businesswoman?

The best advice is to realize that what you tell yourself you become thus your thoughts and beliefs influence your actions, so visualize, prepare, and execute. Also, a goal is a dream with a deadline. However, at times and especially at the beginning of every planted seed, you will probably still need to juggle between what you need to do, and what you want to do and that is totally fine, cause slowly when you feel stronger with the want-to-do list, you will be able to let go of the need-to-do list and be home free, cause doing what you like never feels like work.











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