

# AMETHYST

Cover Model  
**BELLA**

**Tips for Actually Keeping  
New Years Resolutions**

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**13 Trivia Questions and  
Answers about "The Office"**

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**Build an Income Buffer  
(Your Secret Weapon)**

Alice | Bianca | Elfa | Lucy | Odette



magazine  
**AMETHYST**

February 2026 ~ Issue #27

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# AMETHYST

magazine

February 2026

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Jeff Gottlieb

**CREATIVE DIRECTOR**

Mandy Pauline

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**ON THE COVER**

Bella

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## FROM THE EDITOR

Hi everyone, and welcome to Issue#27! Let's dive into what's inside.

First, we have an editorial called "Groovy Couch," featuring our returning model, Elfa. She's a model from Europe who's really catching on. This shoot was done by the returning photographer Paulino Cobalto in Barcelona, Spain. The title comes from the way the couch looks like it's from the late 1960s.

Next, we have "Power Play" with Bella, who we haven't seen in a while. We're so happy to have her back in this cool studio with her eclectic outfit. Even though it was shot in a studio, the furniture and wall coverings were so unique and complemented her outfit perfectly.

Then, we have "Into the Quiet" featuring newcomer AliceG in an Italian river. Photographer Paolo Murat shot this near Milan in super high-resolution black and white film. The highlights and shadows are incredible with this film and location.

Now, let's get into our articles for this issue—three of them this time! "Build an Income Buffer (Your Secret Weapon)" is about how to best budget your income when it's not a steady one. Next is "Tips for Actually Keeping New Years Resolutions," which is obvious what it's about, but it's done in a humorous way. Finally, something a little different, trivia with "13 Trivia Questions and Answers about 'The Office,'" the TV show.

Now, we've got "Blue Valentine" with our fan favorite, Lucy! It was filmed in the other part of the studio where I shot the vampire editorial. This room is decorated in blue tones with an old-style vibe, complete with a great bed and vanity. I just had to shoot in it while everything was getting ready in the other room.

After that, Bianca returns in "French Silk Flirt." While shooting at an apartment location in the bathroom for a 1970's look, I saw the bedroom and since we finished early, I thought I'd do a quick shoot there before leaving.

Finally, we have "Stormy and Wanting" featuring Odette returning after a long absence. One of the three editorials I shot at the studio setup like a huge shower. This one was the first I shot with more casual wardrobe as a warmup for the other two. It came out well, so here it is.

Now, sit back, relax, and enjoy Issue#27!

Cheers, Jeff Gottlieb (Editor-In-Chief)

## GROOVY COUCH

ELFA  
@call.me.elfa  
HMUA  
MODEL

Photographer  
PAULINO COBALTO  
@ paulinocobalto  
Location  
BARCELONA, ES























**POWER PLAY**

**BELLA**  
@bellaawwhite

**HMUA**  
**MAYMAY**  
@makeupby\_maymay

Stylist  
**J.ALLAN**

Location  
**LOS ANGELES, CA**

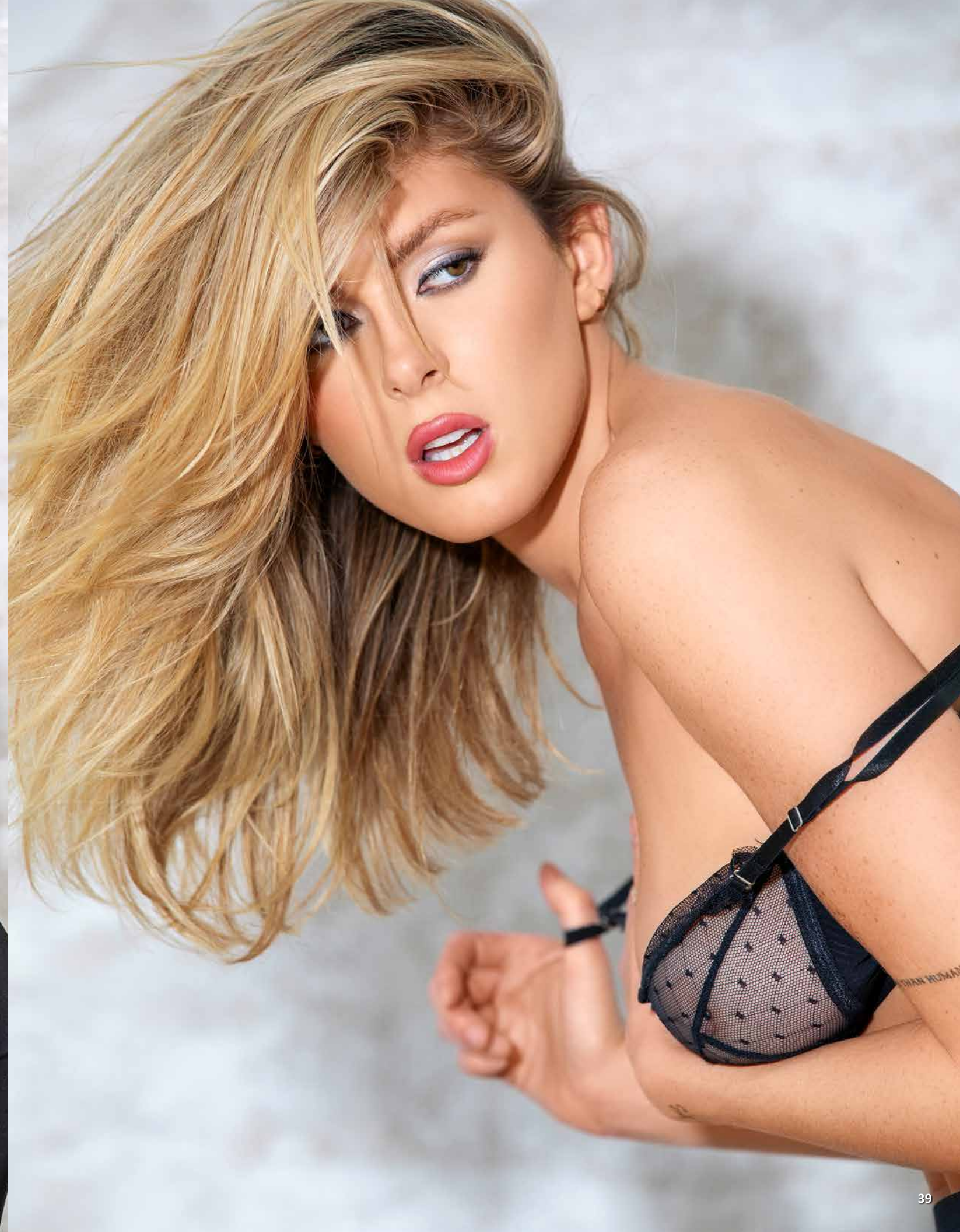




















INTO THE QUIET

ALICE  
@\_gremesealice\_

HMUA  
ALICE G.

Photographer  
PAOLO MURAT  
@paolomurat\_

Location  
MILAN, IT

























## Build an Income Buffer (Your Secret Weapon)

---

Smart money moves for freelancers, creatives, gig workers, and commission earners\*

**\*\*Some months you're swimming in cash. Other months, you're just trying to make ends meet.\*\***

If your income is all over the place, traditional budgeting advice might feel like a lost cause—or even a source of stress. But don't worry! Budgeting on an irregular income isn't about trying to control everything. It's about being flexible.

Here's how to make your money work *even when it's unpredictable*.

—

### Start With Your “Bare Minimum”

Before you start dreaming about savings goals or vacations, let's get a clear picture.

Calculate the **\*\*minimum amount you need to survive each month\*\***:

- \* Housing
- \* Utilities
- \* Groceries
- \* Transportation
- \* Insurance
- \* Minimum debt payments

This number is your financial anchor. As long as you can cover it, you're okay.

**\*\*Money Tip:\*\*** Your budget isn't based on your *best* month—it's built for your *worst reasonable* one.

—

### Budget for Your Lowest Income, Not Your Highest

Take a look at the past 6–12 months and find:

- \* Your lowest earning month, or
- \* A conservative average you can reliably reach

Base your spending on *that* number. When you earn more, you don't upgrade your lifestyle—you strengthen your stability.

—

### Pay Yourself a Monthly “Salary”

Instead of spending money as it comes in:

1. Deposit all income into one main account
2. Transfer a fixed amount to your spending account each month

This creates the illusion (and comfort) of a regular paycheck—even when your income is anything but.

## Build an Income Buffer (Your Secret Weapon) (con't)

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Build an Income Buffer (Your Secret Weapon)

Think of an income buffer as your savings stash, designed to cushion those months when things slow down.

\* When you're raking in cash, stash some in the buffer!

\* When you're feeling a bit tight, tap into the buffer.

Strive for **\*\*1–3 months of essential expenses\*\***. This is the magic that transforms financial stress into peace.

—

### Don't Forget Irregular Expenses

If you're an irregular earner, you're especially vulnerable to costs that don't hit you monthly:

- \* Taxes
- \* Annual subscriptions
- \* Car repairs
- \* Medical bills
- \* Travel

Break these down into monthly amounts and save them up slowly. Your future self will thank you!

—

### Flexible Beats Perfect

Your budget will shift, and some months will be a bit of a whirlwind. That's perfectly okay.

Take a look at your budget each month, tweak it as needed, and focus on moving forward—not on being perfect.

**\*\*Bottom Line:\*\*** A flexible budget doesn't hold you back—it shields you.

—

**\*\*Works especially well for:\*\*** freelancers, self-employed professionals, artists, sales reps, tipped workers, seasonal employees, and anyone whose paycheck is a bit unpredictable.

## Tips for Actually Keeping New Year Resolutions

---

Ah, the New Year: That magical time when it seems like everyone makes a resolution to change the things they don't like about themselves in a snap. In a perfect world the shift into a brand-new year would be the ultimate reset button, but in reality? That is rarely the case. Research has shown that 80% of New Year's resolutions are abandoned by February--if you're bad at math, just know those are an awful lot of unmet goals.

There is hope, however, if you work on making modifications to your lifestyle slowly.

Let's look at one of the most common New Year resolutions: Diet and exercise. Now, you may have kicked off the month of January with a stellar diet and a massive Whole Foods receipt, but chances are the siren song of chicken nuggets and fries led you to a dietary disaster. If you were determined to ramp up the cardio as part of a health and weight loss overhaul, those tasty nuggets may have also put you into a failure funk that had you skipping the gym. Guess what? That is okay! Having one calorie-fest and skipping leg day isn't going to derail your diet, but it will if you decide that a small blunder equals failure.

If you are reading this then it is probably safe to say that you're a human, and humans make mistakes. All the time. Artificial intelligence was created for a reason. So, throwing away your entire resolution because you slipped up once is downright silly.

Accomplishing change in the long term requires setting reasonable goals and being kind to yourself. If your best friend in the whole world is trying to quit smoking and you find out they broke down and had a single cigarette last week, are you going to tell them to give up and go back to a pack-a-day habit? Probably not, unless you are a terrible friend.

Don't hold yourself to a standard that is so high the average person could never achieve it. Instead, make small changes and set yourself down a path to victory by staying optimistic about the overall impact those little adjustments will have when added up over a year.

Life is made up of habits and routines, and although it is possible to change all of them, attempting to do it rapidly is not the way. Say you are consuming a ton of caffeine every single day and have made a New Year's resolution to stop. You may wake up in the morning, turn on the coffee pot, drink a few cups, feel super perky and get on with your life.

Rather than cutting out that morning routine completely, try shaking it up a bit. Start by brewing and drinking fewer cups, then swap those cups for black tea, then switch that out for green tea, and stretch the process out over a month or two. Boom. You have successfully made the lifestyle change while avoiding caffeine withdrawal headaches, fatigue, and irritability that may otherwise have you frantic at Starbucks by day three.

Habits begin with a cue to our brains and end with a reward of sweet, sweet dopamine that makes us feel good. Train yourself to overcome the pattern by remembering to treat yourself for accomplishments.

If you made a change this week, give yourself a pat on the back by doing something you enjoy. Keep it reasonable and write down the goal and the ultimate reward to keep yourself on track. If you work out for a week, treat yourself to a bubble bath or movie, a month may deserve new workout gear, a year could be rewarded by a vacation. Get creative and stay within your budget.

If you are determined to set a resolution it doesn't matter if it is January or July--the most important part is believing in, and being patient with, yourself. Have a happy New Year, and remember that we believe in you, too.

## 13 trivia questions and answers about The Office

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- Q:** What is the name of the paper company where \*The Office\* is set?  
**A:** Dunder Mifflin
- Q:** In which city is the Scranton branch located?  
**A:** Scranton, Pennsylvania
- Q:** Who plays Michael Scott?  
**A:** Steve Carell
- Q:** What is Dwight Schrute's job title for most of the series?  
**A:** Assistant \*to the\* Regional Manager
- Q:** What is the name of Dwight's family farm?  
**A:** Schrute Farms
- Q:** What song does Michael perform in the season 2 Dundies episode?  
**A:** "You Sexy Thing" by Hot Chocolate
- Q:** What is Pam Beesly's maiden name?  
**A:** Beesly
- Q:** Which character started the fire that caused the "Fire Drill" chaos?  
**A:** Dwight Schrute
- Q:** What food does Kevin famously spill all over the office floor?  
**A:** Chili
- Q:** What is the name of Jim and Pam's first child?  
**A:** Cece
- Q:** What fake disease does Michael claim to have to get out of work?  
**A:** "Hot dog fingers"  
(He also claims to have multiple fake conditions—classic Michael.)\*
- Q:** What is the name of Angela's favorite cat that Dwight mercy-kills?  
**A:** Sprinkles
- Q:** Who replaces Michael Scott as regional manager?  
**A:** Andy Bernard

**BLUE VALENTINE**

LUCY  
@lucyydiamante

HMUA  
L.RAMOS

Stylist  
J.ALLAN

Location  
LOS ANGELES, CA

























**FRENCH SILK FLIRT**

**BIANCA**  
@biancaarvidsson

HMUA  
**MAYMAY**  
@makeupby\_maymay

Stylist  
**J.ALLAN**

Location  
**LOS ANGELES, CA.**













**STORMY AND WANTING**

**ODETTE**  
[@foxyodette](#)

**HMUA**  
**KELLY S**  
[@violet\\_hour\\_glam](#)

**Stylist**  
**J.ALLAN**

**Location**  
**LOS ANGELES, CA**

























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