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CONTENT

ISSUE V

COVER STORY: The Dancing Heat 42



Publisher's Letter
Editor's Letter
DUO Ditties

8

VIP

Tony Segreto:
South Florida's "Man For All Seasons"

10
13

20

Sonia Pérez:

Heart of the Matter

30

SUNSATIONS

Dan Marino's Restaurant
The Dan Marino Foundation

16
18

THE PHILANTHROPISTS:

Ron & Wendy Glantz
Gibson Sylvestre

24
25

Jen Klaasens:

Infectious Enthusiasm and Tireless Dedication Empowers South Florida Non-Profits to Grow

33

The Lingerie Football League:

"Miami Caliente"

34

DUO APPLAUDS

Dwight Stephenson:

Legs of Steel and a Heart of a Gold

26



49



Tiffany Daniels:
Brains, Beauty and Speed

Weston Miracle League:
Together We Will Hit Home

DUO REMEMBERS
Eunice Shriver

COVER STORY
The Dancing Heat:
*A Surprisingly Typical Day
in the Life of a
Miami Heat Dancer*

The Miami Heat Foundation

AROUND TOWN
Fashionably Late No Longer:
*Hollywood Stars Flock
to Ice-Watch®*

Athletes Relief Fund For Haiti:
*Alonzo Mourning, Wayne Boich
And Jerry Powers
Join Forces To Help Haiti*

WISH LIST FOR THE A-LIST
Mariah Carey
Jason Taylor

EMERGING ARTISTS	
39	Grace El Chino Dreadlion 54
STYLE FILE	
40	Fashion Director's Picks 58
Associate Fashion	
41	Director's Picks 59
Spring Easy 60	
Women's Spring Trends 66	
Men's Spring Trends 76	

REEL WORLD	
42	Josh Grossberg <i>A Bridge Life:</i>
46	<i>Finding Our Way Home</i> 80

DUO DISCOVERS	
Robin White 84	
Barry Gross 85	

DUO DO-OVERS	
48	Lighthouse Lobby: <i>Vision of Loveliness</i> 88

DESTINATIONS	
49	The New Exclusives 92
All-Inclusives	



34



DUO "Do Unto Others" Magazine 5

92





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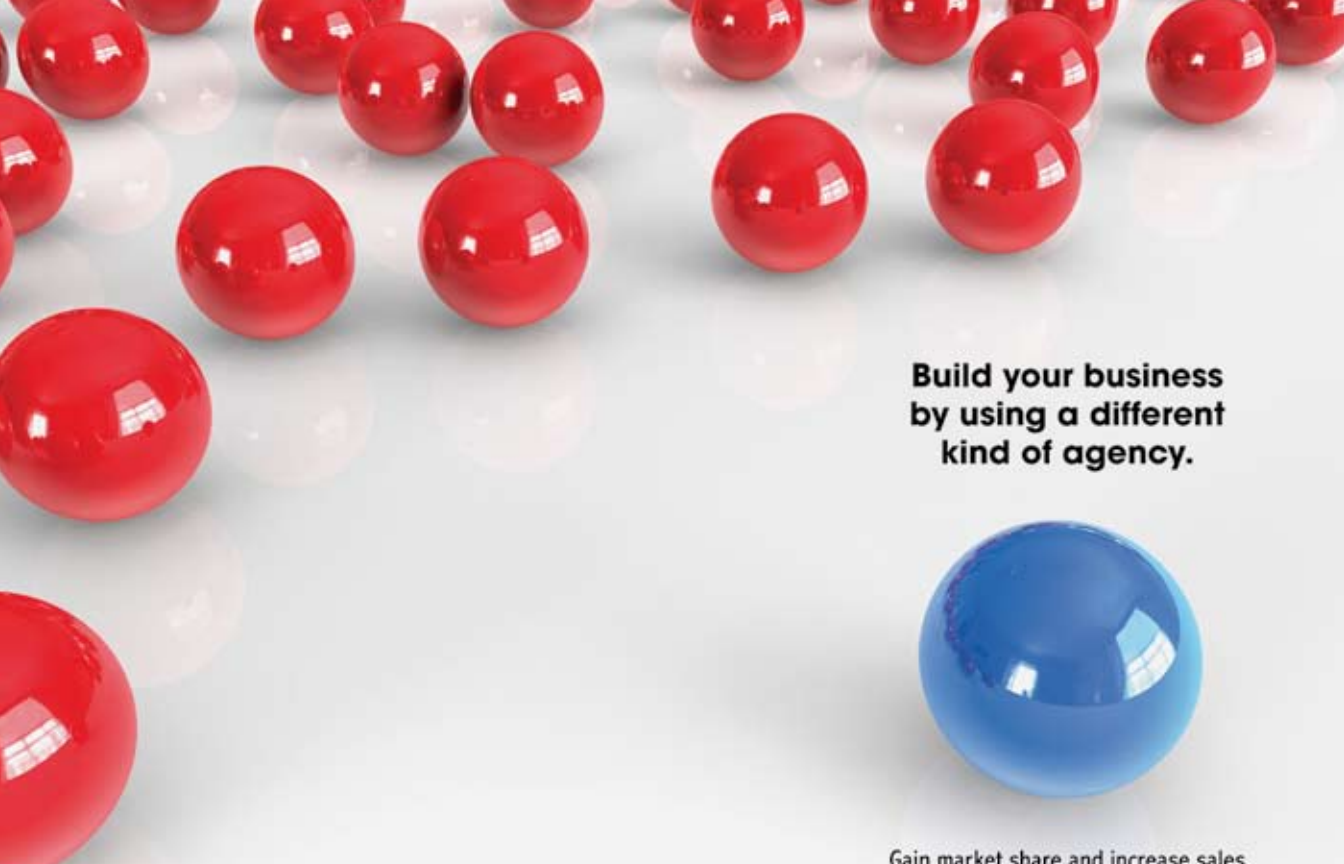
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from the PUBLISHER

Ellen Sue Burton



Ellen and Dwight Stephenson

This quarter was so bittersweet. I was blessed to have been surrounded by those whose hearts are almost as big as they are and those whose hearts are even bigger. With the Haiti disaster to contend with on a national level, the local charities were forced to move ahead with their own scheduled events. I was there as Dwight Stephenson and Michael Irvin devoted a portion of their Super Bowl celebration to help raise funds for their foundations with a Battle of the Beauties NFL Sports Competition and Gala. I watched firsthand as Gibson Sylvestre continued in his multitude of global efforts, at the same time arranging for flights filled with medics and supplies to make daily runs to help repair the devastation in Haiti. Multi-tasking extraordinaires. Sometimes it baffles me how they are able to get it all done. At the end of the day it comes down to what Hillary Clinton once said, “It takes a village.”

The very successful Jeb Bush event for Cystic Fibrosis was just one example of an amazing woman who can have way too much on her plate, but with an enormous appetite for philanthropy, just reaches across the buffet table of South Florida non-profits and grabs another one to fill. Jen Klaasens from the Wasie Foundation raises enormous amounts of monies through her endeavors, even in the midst of economic challenges. But she couldn't do it without the unsung heroes who are the wind beneath her wings helping to “get it all one”. It was at the CF event that I had the enormous pleasure of meeting Justin Sterling who was one of the keynote speakers and is a Cystic Fibrosis survivor. Having lived with this illness in my own family for 34 years with my cousin Linda, I passionately understood when Justin spoke about his entire family's devotion to just getting him out the door every day, about the myriad of doctors who have enabled him to live for 19 years, and of his devoted supporters and donors who help raise funds to enable Cystic Fibrosis research to continue.

Yes, it takes a village. But it takes a village of hearts and souls bigger than the physical being and even deeper than their pockets. It takes a village of people who are willing to give of themselves, to donate their time, to put their personal concerns aside when they see the world beside them crumbling amidst the quakes of a diminishing economy, Ponzi schemes, and Mother Nature herself. This issue is filled with those multi-tasking extraordinaires... Tony Segreto, Dan Marino, Dwight Stephenson, Jason Taylor, and on and on they go, comprising South Florida's village of heroes of which I am so proud to be a part.

Sincerely,

Ellen Sue Burton

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from the EDITOR

Giselle Sanabria



Are You A Good Team Player?

Teams. Almost everyone has a favorite one. If you are one of those people who wear your favorite team's tee shirts and decorate your car with bumper stickers, I am sure you know the names and numbers of all the players as well as their qualities and flaws. But when working with your team in whatever it is that you do, are you being a good team player?

Being a team player is not an easy task as there are diverse qualities you have to possess to become reliable to your team. When you are working with other people, you are dealing with different personalities therefore the communication skills of every team player have to be flawless. I have known people that had a great project on their hands and let it slip through their fingers because they didn't have what it entails to collaborate successfully with other professionals in their field; and at the end, everyone lost. When your business is successful you can be positive that every player is in their place covering their position. Since you can't do it all, even though you may want to, it is important to listen actively, criticize constructively while respecting others' work, and accept criticism as a growing process, both personally and for the business. Being flexible and adapting to change as well as being a problem solver are other of the qualities that will make you score success.

And what better example of great team players than the beautiful Miami Heat dancers. With so many girls creating synchronized choreography the time spent practicing could become just a little too much and you may think there's a large possibility of some miscommunication. However, just like Shara, one of the teamplayers says, "You would think, 25 women, practicing four days a week, three hours a day, there would be some drama – but it's really not like that," And it's not because they all are great team players. "We have a great group, and everybody's very supportive and we all get along. We're like a sorority," she adds. These girls are very well committed to the team and it's performance. And can you tell they are dedicated when you see them shaking their bodies in the middle of a court with thousands of eyes watching them.

This fabulous sports edition is all about that...the importance of having a solid dedicated team like the staff at DUO Magazine. Flip through the pages and give a big round of applause for all of the people behind the scenes who make it happen. We know you will become a dedicated fan.

Sincerely,

A handwritten signature in black ink, appearing to read 'Giselle Sanabria'.

Giselle Sanabria



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DUODITTIES

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Huge thanks to Ellen Bukstel and Ellen Burton and the whole staff at Cinema Paradiso. It was a last minute dream come true to pull this show together with my LA. based daughter, Brenda; and to get a chance to sit and learn some of Grace's songs and have her learn some of mine. To present this show with Grace's band, "The Victory Riders", to our friends and fans and family in South Florida was such a joy beyond the telling.

Jonathan Edwards

Mazel Tov on the well deserved award, 2009 ABWA Media Leader of the Year. Your magazine is truly a beautiful representation of your desire to reach out and help those less fortunate and recognize the people who make it all happen. Your work is an inspiration to all who know you.

Elissa Herring

Thank you for helping coordinate the donation of patio furniture. The tenants and I greatly appreciate it.

Jeremiah Smith, BS, MA
Residential Supervisor
Henderson Mental Health

DUO GIVES THANKS TO:

Andrea Ivory. Honored by CNN Heroes and awarded \$25,000, Ivory, breast cancer survivor, is founder of *The Florida Breast Health Initiative*, a volunteer group that has helped provide more than 500 mammograms to area residents and visited more than 20,000 homes since 2006.

David and Nikki Glantz for starting GOGO (Give One Get One) Program that educates families as to the importance of giving, not only getting. Donations went to Broward Outreach Center in Hollywood. Contact deglantz@gmail.com.

Joey Herman, 17-year-old Cypress Bay High School student who launched the *Thanks-4-Giving Foundation* designed to help Americans express gratitude for service and sacrifice of the military. www.Thanks4giving.org.

Anita Allbright, after-care supervisor at Cooper City Elementary School, for brainstorming the idea of Good Night Wishes. With donations of fabric from the *Coral Springs Quilters Guild*, her fourth and fifth graders hand sew pillowcases to be sent overseas.

Robert Morgan Educational Center whose cosmetology students are crocheting knitted hats for Miami's youngest cancer patients. To donate money or materials contact Michael Stahl, Leo Club Supervisor, www.rmec.dadeschools.net.

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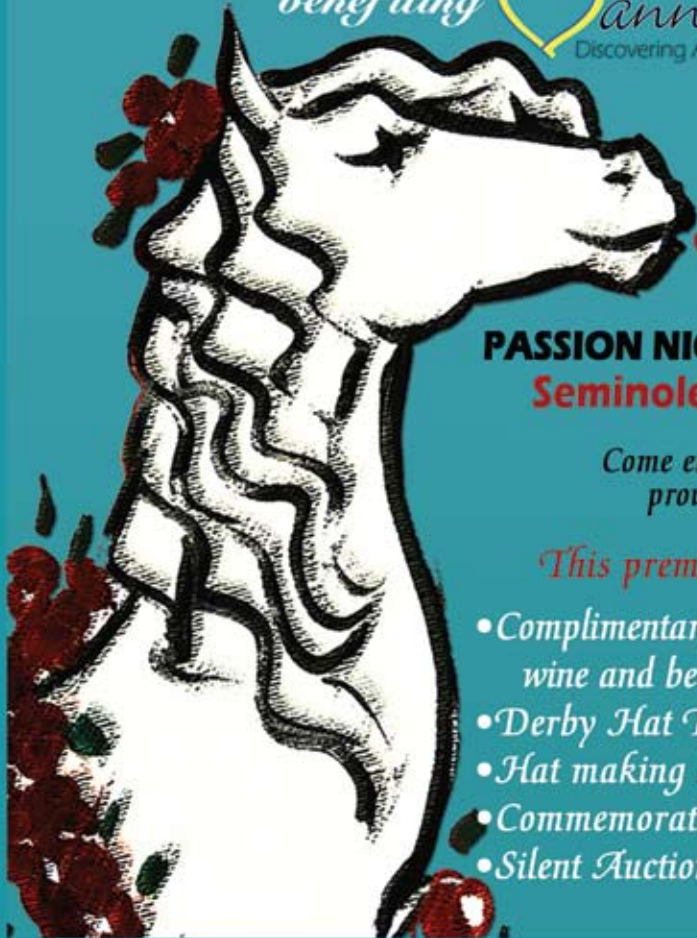


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DON'T PASS ON DAN MARINO'S *Restaurant*

By Cynthia Lechan-Goodman

Located on a convenient outside corner of the Miami Sunset Shops, Dan Marino's is the place to go to find an anytime dining delight. Befitting Dan Marino, American comfort food is served here, but each dish has its superlative, extra points.

Don't let the name fool you. This is not your typical Sports Bar. There are no wings, no pitchers, or scantily clad wait staff. Geared to focus on you, not a tizzy of sports hum, the seating is supportive and easy, in a room of burnished copper, silver, and wood like a low sunset glow. Dining tables are nicely spaced, or ample booths give you your own arena to huddle, and service is on the ball to bring you what you want.

Indeed, Dan Marino's welcomes you to a menu of your favorites, no fumbles here, just a Hall of Fame of appetite pleasures for gals and guys alike. It's all here, the sweet, the savory, the meaty, the light and fluffy, such as the crab cakes, the undeniably pleasant squishiness of the garlic smashed potatoes, the melting mouthful juiciness and savory taste of the mile-high Marino meatloaf with a mushroom Merlot sauce. "Mmmmm"—sighing, satisfying, excellence of the filets and steaks, and the indulgent mahi-mahi with its golden toasted pistachio crust and vanilla rum sauce entices everyone to dunk piece after piece of that freshly caught sea treasure in to it.





Dan Marino's prides itself on the quality of their meat. From Kobe burgers, to the baby back ribs that fall off the bone and drip off the fingertips, through steaks, and meat loaf, making lunch time or dinner time an occasion at unexpected prices.

Steven Lopez, chef of three years with a huge history of high-end experience, is as particular as they come to hand select the highest quality, most tender, flavorful beef possible, ASDA Prime Cut Beef. Steve personally trains and instructs his staff on butchering their meat.

When it comes to fish, again, Steve is the expert. An avid fisherman, he knows firsthand, about fresh fish. He buys it daily, explaining that signs to look for are firm flesh (but not stiff-- it should bounce), clear eyes, deep red gills. Any fish at Dan Marino's can turn a proclaimed regular meat eater into a fish lover.

Mickey Gonzalez, General Manager for three years, reveals that 98% of their food items are prepared in-house, chemical and additive free. Their attention to providing selections of highest quality, and taste means diners from ages 25-75 enjoy "first down" deliciousness on every "play." Meals at Dan Marino's are indulgent. Steve and Mickey both pledge that despite economic cutbacks, they have continued with their tradition of ampleness and quality. "I'd rather even go a little bigger with things so that people will say 'Wow, this is big!'," says Steve. Mickey adds, "People come back if they love and enjoy the food, and most of our clientele are regulars!"

For starters, choose the crab cakes or the pinkest of planked tuna, crusted with black and white sesame seeds. Accompany with a glass of their recommended Rodney Strong Pinot Grigio, or an ice cold particularly flavorful, hoppy New Castle Brown Ale. The tuna is like a smooth fresh sail ride, and no skinny skimpiness here. The crab cake is so cloudlike, you don't feel the fork slipping into it...but it melts in your mouth with savory creaminess. It's caper dill sauce is a great "special teams" addition to this treat.

Now for the steak—oh, the filet, the filet.Dan Marino's has it all over higher priced steak houses for a fraction of the cost. This is meat that you breathe in with each bite, chew with relish, and savor to the end. The thin and perfect asparagus side was a delightful earthy verdant crunch, a kind of palate cleaner before digging in for more rich garlic smashed potatoes, marvelous juicy meatloaf, mahi mahi or steak.

Not on the menu? They will try to make it for you. Special diets or allergies? Steve complies with choices of no wheat or gluten, nuts, fats, and special preparations. And all of this attention can be had with reasonable pricing—a wonderful lunch for two for \$20.

For those who prefer lighter selections there are many choices, such as a delectable and colorful chop salad, soup and salad combos, and a must try it to believe it salmon salad featuring cashew crusted salmon over spinach, strawberries, blue cheese crumbles, and bacon bits, tossed in chipotle lime vinaigrette.

Finish off with The Hall of Famer Almond Basket. This piece de resistance was delivered as a table centerpiece—a brickled warm, buttery almond stand up cornucopia, almost like a garden wall, nestling vibrant berries like flowers, that cover a perfect tart and sweet pinkalishious raspberry sorbet, all still topping and swathed with delectable whipped cream.

"Do you use many doggy bags?" I inquired, to which Mickey and Steve shook their heads. "No, almost never, plates come back totally clean!" This, even with their humongous portions! I managed to portion a treasured piece of everything aside for my own take home experience, in case I don't have the chance to get back soon enough.

It's no wonder both Mickey and Steve say much of their clientele are regulars, with portions that match the style and generosity of its namesake. Dan Marino's, the American comfort place, will keep you coming back for more. - DUO

SUNSACTIONS BEHIND THE SCENES OF YOUR FAVORITE CUISINE



The DAN MARINO FOUNDATION

By Cynthia Lechan-Goodman

Many of us have heart-grabbing fears, and a general lack of knowledge when we hear the word autism, especially if we have, or are about to have, children. One in 100 children are diagnosed with autism. Yet the condition is still largely misunderstood. Fortunately, that is changing, thanks in large part to one of our own, Dan Marino.

Children and adults with autism, a problem associated with normal development of the brain, have problems with communication, social interaction and even play activities. It's hard for them to relate to the outside world. Dan Marino and his wife Claire have been at the forefront in a heartfelt and successful fight with autism. Their son, Michael, was diagnosed with autism at age 2. Unlike other parents with autistic children, they did have the resources to bring in specialists to work with Michael daily in their home. But instead of shutting off and isolating themselves to deal with Michael's disability, they dedicated themselves to ensuring that everyone like Michael could have the same opportunities he had. The Marinos began a foundation that led to the Dan Marino Center (danmarinofoundation.org) in South Florida that today helps about 3,500 children a month with learning disabilities.

As Mary Partin, CEO of the Dan Marino Foundation explains, "The Marinos have a real feel in their hearts for this since 1992, and are just as dedicated today as back then.

They see the need, and the differences that can be made. The Marinos' remain passionate about the Foundation's mission to "open doors" for children and young adults." Partin says it was the Marino's idea to use the phrase "open doors" because they wanted there to be a place "where people who may not have the resources can bring their children to get diagnosed and treated."

The various arms of the Marino center help with outreach services, research for transition programs, summer jobs and full time employment, and many other programs that help autistic kids and teens gain the skills to be independent. The Foundation will soon open the "Open Door Café", in partnership with the K.C. Wright School Board, in Fort. Lauderdale. The coffeehouse will begin operations with 14 employees from the Marino Center. "These employees will learn a trade and then more people will be hired," says Partin. "This will show that young people with a disability are capable, intelligent. Employers will see the importance of opportunity to support individuals, not a disability."

“The Marinos remain passionate about the foundation's mission to “open doors” for children and young adults.”

Michael Marino himself, now a college student, is a sterling example of what can be done. "I won't say I have been cured because you can't really be cured of autism. But I have overcome it. I don't notice it at all anymore."

Michael's is an encouraging story, and because of the Marino Center, it is one whose happy ending can be repeated for all who enter its "open doors."-DUO



Panache

by: Bobby Kyser



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VIP

TONY SEGRETO

South Florida's *"Man For All Seasons"*

By Steve Goodman



If you are one of those who lived through the devastation of Hurricane Andrew back in 1992, then you probably know Tony Segreto. With all other transmission towers damaged in the tremendous storm, only WTVJ, NBC Miami, remained on the air. For many, in a world plunged into chaos, Tony and his colleagues Kelly Craig and Brian Norcross were the only were the only contact with sanity and the outside world.

Tony has long been synonymous with South Florida broadcasting, starting and ending his decade-spanning career with WTVJ. "I worked at WTVJ, which originally when I first started back in 1968 was the CBS station, but most of my career was spent there as an owned and operated station for NBC. I was blessed with the opportunity to be with that station for 40 years. In fact, I retired in January 2009, so I was actually a week or two into year 41. I started out basically as a 'gopher'. I'd 'go for this' and 'go for that'. In fact one of my first jobs was to get Larry King his coffee," Tony says.

Tony was passionate about broadcasting, and threw himself in to the news biz, learning everything he could, first as a photographer, then an editor, eventually a reporter, and producer, all leading to the position of Sports Director. "I was a sports anchor when my mentor Bernie Rosen retired, and I became Sports Director. The first 27 years of my career I spent in the sports world."

It was after Tony's tireless efforts during Andrew, that he became a News Anchor. That was how he spent the rest of his career. "But I kept my finger in sports even though I was doing news. Until he retired, and just recently passed away, I would fill in for George Michael of the Sports Machine, which was a nationally syndicated Sports show."

GIVING BACK

Those that know Tony understand that "Do Unto Others" is just something that comes naturally. He would do the things that he does, with or without his "celebrity status." However, he says he learned early on in his career that those who are blessed have a special obligation to give



back. “When I first started in the television business I was mentored by veterans who were not only veterans of their craft, and the execution of their craft, but veterans who believed that in order to really be a success, you needed to give back to the community.”

Tony’s own giving back is of “Hall of Fame” proportions, though he would never think of it that way. To profile all of the organizations he gives of himself to would take up our entire issue, “I am involved with the Make-a-Wish Foundation, I’m on the corporate board of the Boys and Girls Club, and I’m on the Board of Directors of the Community Foundation of Broward. I’m on the Orange Bowl Committee, and I mention that because the Committee is not just involved in the game, but does tremendous outreach into our community. I’m on the Board of Directors of Forever Families. There are so many great causes out there. I just left a Board meeting for 211 Broward, and what a fantastic organization that is. And, of course, I’m working with with Dr. Miller.”

EYE SEE KIDS

Tony is currently the spokesperson for The Eye See Kids Vision Screening Program at the Chris Evert Children’s Hospital. Dr. Bruce Miller heads the program. “What Bruce is doing is so selfless. He is just a warrior when it comes to trying to fight the eye issues that so many children have.”

The program is dedicated to detecting Amblyopia, which is more commonly known as “Lazy Eye.” According to Dr. Miller, Amblyopia affects more than one in 50 children, and it is the number one cause of blindness in children 0-5 years old.

Says Tony, “What I think is most alarming is that the child can have it, and they don’t know it, the parents don’t know it, educators don’t know it. And until a child actually gets

tested, it goes undetected; and if it goes undetected long enough, it has a tremendous impact on that child, as he or she grows older. I think what Dr. Miller is doing in terms of not only making people aware, but also taking steps to correct it. It’s a Herculean task. He is doing a tremendous job, and getting it done.”

OPEN YOUR HEART

Things are tough. In economic hard times, charitable organizations, such as those that Tony supports, certainly feel the pinch, as they are forced to do more with less.

According to a recent article in USA Today, overall monetary donations to charities dropped in 2008 by about \$308 billion. Such disheartening statistics are all the more reason why we are so thankful for folks such as Tony, who are using their status to do what they can to help. However, Tony is the first one to say that there is so much need and so much that individuals can do. He reminds us that anyone can open their hearts, without opening their wallets.

“We are all blessed, in so many ways. If you are reading this magazine, you are blessed, because you have a home it was sent to, or you have a computer you can read it on. I think when you are blessed, it behooves you to give those blessings back in some way. You need to have a passion. That is what my wife and I teach our kids. And no matter what that passion is, you can turn it around and make it a giving passion. I know a lot of people are struggling right now, but you can open your hearts by giving of your time, by giving of your efforts to get involved. We were not put on this Earth just to take. In fact, I think we were put on this Earth more to give than to take.”

Today, retired from broadcasting, Tony continues to be a “Voice in the Darkness” for those in need in South Florida. -DUO



We are all **ATHLETES**

We are all athletes; some are just better and in better shape than others. Frankly, regardless of our personal self-examination and in the interest of the good health, it is important that we care for ourselves as an athlete.

If you were a Professional or Olympic athlete, you would probably be treated by the gold standard in soft tissue injuries, a chiropractic approach called Active Release Technique (ART).

Generally, injuries of professionals, weekend warriors, or office employees occur from a variety of soft tissue overuse syndromes. Carpal tunnel syndrome, tennis elbow, hip pointer, golfer's elbow, shin splints, tendonitis, or plantar fasciitis are a number of the common names for this type of injury to be found in various parts of the body.

These soft tissue injuries cause severe pain, are chronic, or can become chronic. They are usually difficult to treat, medically, since they are caused by structural dysfunction. Adhesions or entrapments within muscle layers or joint misalignments and dysfunction tend to be the culprit.

ART, when performed by a qualified practitioner, releases these adhesions causing the structure to move and function the way it ought to task. Once function is restored, the pain resolves. There

are no side effects, the problem is addressed, rather than masked, and the symptoms subside as function returns.

Athletes prefer these approaches because their bodies are their business; they must perform at 100% for as long as possible. So as "fellow athletes," we are the same: An accountant with carpal tunnel syndrome (CTS) can be out of a job just as a football player with a knee injury. The medical approach for CTS is frequently a surgical approach called "retinacular release," which opens the "tunnel," but reduces the integrity of the wrist. The better and safer approach is with ART. A study of ART with CTS has been documented by Dr. P.M. Leahy, DC CCSP, who is the originator of ART. Two hundred twenty three (223) CTS patients referred by medical doctors and treated by Dr. Leahy between 1994 and 1995 had 215 successful outcomes with an average of 6 treatments. That is a 96.4% success rate.

It is difficult to accept that such amazing factual statistics have not swept the nation. But, then again, most people think of Chiropractors as low back pain specialists; and since medical doctors very rarely refer outside their profession, people have been left uninformed – "kept in the dark." Since 1995 many more advances in this technique have occurred which gifts us with yet a higher rate of success! All the more reason to look to ART, acupuncture and Applied Kinesiology...before considering "going under the knife."



Dr. Bernard S. Burton DC PA, is a Chiropractic Physician who is one of the first chiropractors in South Florida to become trained in ART. He is also a Clinical Nutritionist, Acupuncturist, and Craniopath. As a proficient doctor in Applied Kinesiology he uses this for the chronic, complicated patients with digestive and non-structural complaints.

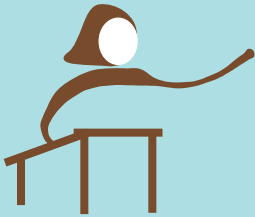


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Live Boldly 2010



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Saturday, May 22, 2010

9:00 am – 2:00 pm

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RON & WENDY GLANTZ

Law and Order: The Perfect Universe

By Deborah Nyman



While celebrities like Madonna, Britney Spears, and Demi Moore are attracting national attention following the teachings of Kabbalah, Ron and Wendy Glantz are gaining local celebrity status of their own bringing the valuable lessons they have learned to their friends and neighbors in Weston. Enjoying a breather every now and then from their professional lives at their Plantation law firm Glantz & Glantz, PA (www.glantzlaw.com), and a myriad of philanthropic endeavors, Ron and Wendy's natural curiosity led them to study the Kabbalah almost 14 years ago. Their passion for this Middle Eastern philosophy evolved in to a way of life for their entire family. "We found out there were very practical effects in our personal, family, and business relationships, so we ended up taking the basic courses and have been involved ever since."

Ron, former Chairman of the Kids in Distress Board and past President of David Posnack Hebrew Day School, and Wendy, currently chairing the Advocacy Board for the South Florida chapter of Success for Kids, are enormously proud of their entire firm's efforts to raise social consciousness. Entering the 23rd year of practice and comprised of 35

lawyers, the entire firm enjoys participating in fundraising events to support many local charities, including Habitat for Humanity, the Children's Diagnostic Treatment Center, and Kids in Distress.

Giving back and effecting positive changes in their community are lifelong lessons the Glantzes have shared with their children, Lindsey and Brandon. Kabbalah was just the tool they needed to make it happen. Wendy explains that Kabbalah is for everyone, and that all people can improve their health, personal, and professional lives through its teachings. "I have found that the people who have participated in Kabbalah classes have been impacted in profound ways," Ron explains. "People are so grateful for sharing this wisdom with them."

Ron and Wendy agree that sharing the energizing and empowering teachings of Kabbalah is easy. "You'll learn this is not a religion, but rather the study of positive and negative energy; and, according to Kabbalists, elevating your consciousness gives you power to change everything," she concludes. -DUO

Log on to www.kabbalahweston.com for more information.

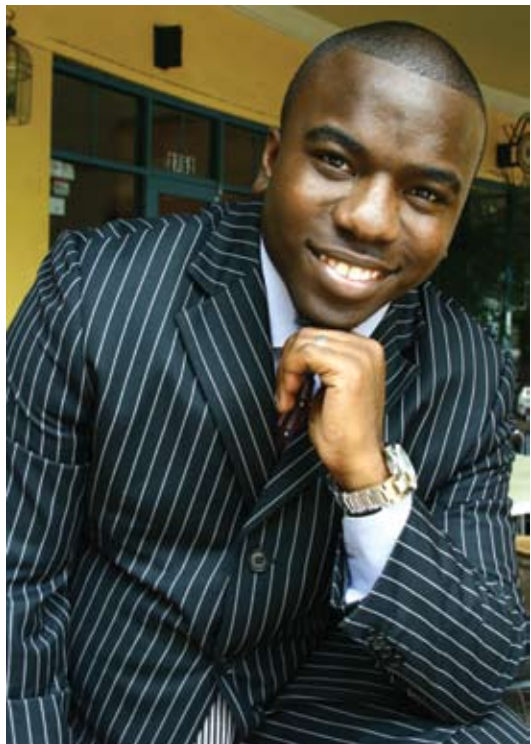
GIBSON SYLVESTRE

The Global Guy with
the “Giver’s High”

At first conversation with this soft-spoken gentle man one would never know the powerhouse lurking within. A fearless and courageous philanthropist who “does it first and asks for permission later”, Gibson Sylvestre, founder of Gibson Sylvestre Global Outreach, Inc. (www.gibsonglobaloutreach.org), remains ever so unsung in his global endeavors to positively impact communities around the world. A quote Gibson lives by is from Mother Teresa who said, “A life not lived for others is not worth living.” Having experienced educational challenges throughout childhood, Gibson vows to do whatever he can to influence underprivileged youth, and he does so with the momentum of a moving train...rapidly traveling throughout various ports of call leaving footprints of miracles upon departure.

Founded in 2003, the ministry began with several mission projects in the Caribbean, South, and Central America. One project included the founding of a vocational school in northwest Haiti (city Gwo Sab), which has now grown into 113 students and several teachers who “teach the fishermen how to catch fish rather than bringing the fish to them”. Sewing, typing, computers, and agriculture represent only a partial curriculum that is offered to the students. And then it was on to the “fauela” (ghetto) in Brazil where they developed a 12 month program to rehabilitate child drug dealers and gang lords with literacy training, counseling, and a “safe haven” that includes three meals a day, five days a week, for those who continue to flourish within the parameters of the program.

Gibson brags about the “giver’s high” he gets in what he does. Flying 300 U.S. student volunteers to the poorest townships in South Africa to plant seeds to perpetuate agriculture, presenting gifts and monetary donations to an AIDS orphanage in India, sponsoring a summer camp for Romanian orphans, and taking prostitutes off the streets in Havana, Cuba while providing them housing and employment, are just a few of the things crossed off Gibson’s to-do list. Helping to build a school in Honduras and serving in a community of over 2,000 people living and eating out of dumpsters is one of the other



accomplishments he mentions as humbly as his recitation of his recent earthquake relief efforts in Haiti. “In order to break the cycle of poverty, education is the key.” Gibson, evangelist, corporate speaker, life coach and author of several books, knows how to make friends and influence people better than most.

A devastating earthquake in Haiti, a phone call to a dear friend, and the rest is history. Infectious Disease scientist and his Medical Director, Dr. Yvonne Wind-Vazquez, and Dr. Ron Jeffers, pediatric orthopedic surgeon, joined Gibson to become the wind beneath the wings for the myriad of doctors, nurses and chaplains his ministry flew to Haiti bringing services and medical supplies (over \$250,000 to date) to “save limbs, not amputate them.” Dr. Wind-Vazquez has organized teams every week since the earthquake. “She’s a mom, wife, scientist, now humanitarian. I don’t how she balances everything so well.” Gibson Sylvestre Global Outreach has sent multiple teams of doctors since the earthquake. As Gibson reflects on his latest endeavor, he sighs. “I will need counseling when this is over. I will never be able to get the images out of my head.”

It is the kindness, warmth, and compassion that the organization provides that Gibson is most proud of, not the number of people he is assisting. “Treat everybody as an equal. Ignore economics. If we can treat that one patient like he is the only patient that we have, we have accomplished our goals.” -DUO

Legs of Steel and a Heart of Gold:

Reconceptualizing STEPHENSON

By Dwayne Stephenson, Son of Former Miami Dolphin
Center, Dwight Stephenson, & Recent Graduate of
Florida Atlantic University--School of Communications.



In a world replete with smoke and mirrors, the misconceptions are abounding.

Here's one—

“The legend of Superman ended when Christopher Reeve fell from his horse.” No, if anything, the legend of the true super man had just began. Faced by the limitations of his paralysis, Reeve could have very well spent the rest of his days moping around in his wheelchair. Instead, Reeve took the high road, serving as a voice for the paralyzed, lobbying on behalf of those with spinal cord injuries and for human embryonic stem cell research; a feat far more impressive than that of his feeble on-screen character, who would weep at the very sight of kryptonite.

Just like the myth of “Superman,” the lore of Dwight Stephenson, a man many describe as “the greatest center”

to ever play professional football, is very much a fantasy. The unassuming, small town son of a shipyard technician, who charged onto the football field as an explosive force to be reckoned with; a swift blocker with “legs of steel” and a mercurial surge off the snap, Dwight torpedoed his way through the ranks. Leading the University of Alabama’s Crimson Tide to two consecutive national championships, and a 21 game winning streak during his junior and senior years, Dwight was hoisted by the esteemed Paul “Bear” Bryant as the “best center he ever coached.” Spending all eight years of his professional career with the Miami Dolphins, Dwight played in 107 consecutive games and earned both All-Pro and All-AFC recognition for five straight years. Anchoring the offensive line, Dwight set a standard, allowing the fewest sacks in the NFL each of his seasons as a starter. “He made so many unbelievable plays, you can’t pick just one out,” proclaims former Dolphins Quarterback, Dan Marino. “Because of what I



from New York Jets defensive lineman, Marty Lyons, Dwight found himself crashing into the green grass of Joe Robbie Stadium, with his future in football, up in the proverbial “flames.” Ironically, the man with “legs of steel” ended his eight year career with torn ligaments in his left knee. Carted off the field, Dwight never returned to the game.

Flash forward approximately twenty years to the present day. Dwight’s legs may not be as agile as they once were, and they aren’t remotely made of steel, but they’re certainly getting him where he needs to go. Dwight, who is not only a Pro Football Hall of Famer (class of ‘98), but also an entrepreneur who presides over his very own construction firm, hasn’t missed a single step. Opening D. Stephenson Construction in 1992, the former offensive lineman who used to get coached at team meetings now coaches his own team of employees at weekly staff meetings; the “playbook” is now a business plan; and the “Super Bowl”?—“That’s getting bigger projects, and completing them on time, and on budget,” says wife and business partner, Dinah Stephenson.

had to concentrate on during a game, it was hard for me to notice Dwight while he was in there.” But, he adds, “I sure noticed it when he was not in there.” Attributing his athletic prowess to “quickness, good strength and the burning desire to better himself,” Dwight implanted an indelible mark upon the field which has yet to be matched.

From hard-charging to heart-warming, Dwight possessed a seemingly dichotomous nature, leaving the game and all of its acrimony on the field, while conveying a sense of humanity and humility off the field. “To those who much is given, much is expected,” Dwight says. With an innate drive to serve his community, Dwight lent his helping hands to several organizations. It was on any day of the week that Dwight could be seen standing before a classroom of children at Dade County High School, encouraging them to “stay in school,” to “be a leader,” and to “care about the community.” Selected as the Walter Payton NFL Man of the Year in 1985, Dwight was recognized as not only a truculent force on the field, but also a charismatic humanitarian off the field.

A ferocious football machine with “legs of steel,” who is also a gracious philanthropist with a “heart of gold”---it’s almost too good to be true. And indeed, it was. Just like the myth of “Superman,” the legend of All Pro Center, Dwight Stephenson, is not without its missteps. It was during a run-of-the mill Monday Night Football game in 1987, at the peak of Dwight’s career, when things suddenly took a turn for the worst. With an unexpected side swipe

Still operating with a fully functioning heart of gold, Dwight leads his team towards not only developing prime real estate, but also a more enriched community. Co-founding the Dwight Stephenson Foundation (www.dwightstephenson.org), along with his wife, Dinah, it has been their goal to amalgamate the sports and business connections they have made over the years in an effort to generate increased funding for charities. “Friends helping out friends” is the time tested formula used by both Dwight



and Dinah, among other all-star entities, who choose to use their celebrity for the aggrandizement of others. “It’s night and day, having an event with names and without names,” Dwight says. And with names like Don Shula, Jason Taylor and Dan Marino, all on the green, teeing up for the foundation’s premier event—the Dwight Stephenson Hall of Fame Golf Classic—there is little room for defeat. In fact, the “formula” has proven so successful that the foundation garnered approximately \$100,000 for charities in 2009 alone; proceeds benefiting the American Diabetes Foundation, the United Cerebral Palsy Foundation and the Urban League. Indeed, it seems that they have found not only a formula for success, but a venerated blueprint for pro-football altruism.

“When asked for the “key to his success,” Dwight mentions neither “a heart of gold,” nor “legs of steel”. Instead, the one-time football phenomenon and entrepreneur cites his own “sacrifices” as his most prized virtue.”

one-time football phenomenon and entrepreneur cites his own “sacrifices” as his most prized virtue. “Doing without a good time...doing without material things...doing without things that make you comfortable, so that one day you could have an even better situation,” is the aphorism which has led Dwight throughout his entire life, every step of the way, and has stayed with him as inspiration as he continues to delve into a multiplicity of business ventures and humanitarian efforts. When asked if there are any misconceptions that he’d like to clear up, Dwight has only one. He

says, “We football players do other things—we transition. Once football is over with, we move on and do something else. We are survivors just like everybody else.”-DUO

And the accolades just keep rolling in for this dynamic duo. In 2006, Dwight received yet another honor when he received the Walter Camp “Man of the Year” Award, joining a distinguished list of former NFL luminaries. And Dinah, as Dwight’s self-declared “assistant coach” not only in matrimony and business, but also in service, has her own laurels. In 2008, she was named among the “100 Outstanding Women of Broward County” by The Boys and Girls Club of Broward County and the Susan B. Anthony Recovery Center. “Service is just what we do,” Dinah exclaims, “And providing more money for children and families—that’s just a continuing ‘play.’”

Looking ahead in the ever-evolving “playbook” of Dinah and Dwight Stephenson, there is still much to be accomplished. On the construction front, a 48,000 sq. ft. Performing Arts Center in the city of Lauderhill, serves as the company’s biggest project to date (set to be completed by the end of 2011). And among their many acts of philanthropy, a mission to solve the “digital divide,” is one which they work tirelessly towards. “Some kids just don’t have access to [the] modern technology that people take for granted,” Dwight proclaims. “Dwight’s Computers for Kids” is the initiative demonstrating that instead of dumping usable computers in the trash, it is feasible and economically cheaper to refurbish them, giving restored units to disadvantaged youths.

When asked for the key to his success, Dwight mentions neither “a heart of gold,” nor “legs of steel”. Instead, the





Dwight Stephenson Hall of Fame Golf Classic

You can make a difference with just one swing. Participate in the Dwight Stephenson Hall of Fame Golf Classic to benefit the Dwight Stephenson Foundation, a 501(c)3 that generates funding for a variety of charitable organizations across South Florida. The organizations that benefit from the Foundation include: United Cerebral Palsy, Urban League of Broward County, Boys and Girls Clubs, American Diabetes Association and more.



When: Monday, April 12, 2010

Where: Weston Hills Country Club
2600 Country Club Way
Weston, Florida 33332

Time: 7:30 a.m. Check-in and Breakfast
9 a.m. Shotgun Start
Awards Luncheon Immediately Following

How: Contact Soulan Johnson via e-mail at sjohnson@dstephenon.com or via phone at 954.315.7020 or cell at 305.360.3732.



SONIA PEREZ:

Heart *of* the Matter

By Adam Matza

As the song says, “Some love never goes away, and the heart goes on.” Sonia Perez, Founder and Executive Director of Angel’s Pediatric Heart House, these are more than words. They are the guiding principle that has shaped her life for the past decade.

Her late husband, Dr. Angel R. Perez, was a pediatric cardiologist who healed children with congenital heart defects (CHD). He was a kind man with a warm smile and gentle hands who succumbed to kidney cancer in 2000. At her husband’s funeral, many of his patients shared their stories with Sonia. “Angel was so connected to the families that he cared for,” she says. “They loved him so much.” To deal with their grief, Sonia and her two daughters turned to Gilda’s Club, a support group for those living with, and touched by, cancer.

Several months later, Sonia hosted a picnic for her husband’s former patients. “I watched the families enjoy the opportunity to talk, share information, and connect with each other,” she says. The picnic turned in to an annual event, but it became clear that the families needed more than just a once-a-year get-together. They needed a place to meet outside of the hospital or doctor’s office where they could offer each other social and emotional support throughout the year. The light went on for Sonia. “There needed to be a place like Gilda’s Club for children with congenital heart defects and their families,” she explains. “I was surprised to learn that such a place did not exist.”

Sonia decided to create an organization to fill the void. The result came to fruition in 2004 with the founding of the Angel’s Pediatric Heart House, a non-residential, congenital heart defects support community. “It is a place where the entire family, the heart child, the parents, siblings and relatives, can come together and join others to give hope and encouragement and to share their experiences,” Sonia says, as a volunteer Executive Director.

In addition to free networking events for CHD families throughout the year, such as the annual picnic in February during heart month, Angel’s Pediatric Heart House provides other free programs and services to the families. For example, Angel’s Pediatric Heart House provides emergency assistance



funds during hospital stays and referrals to other community resources that can provide additional assistance.

The organization, which has an all-volunteer board of directors, is a 501 (c) 3 and is supported by public donations from individuals and organizations such as The Wasie Foundation. “Sonia’s work with families of children dealing with congenital heart defects has helped so many people and we wholeheartedly and proudly support her,” says Jen Klaassens, Program Director for The Wasie Foundation. “Having a sick child is truly one of the worst things a family can endure. Sonia’s work helps make it a little bit easier.”

The first location for the Heart House in Fort Lauderdale was destroyed during Hurricane Wilma in 2005 and the second location in Cooper City closed its physical doors in November 2008 due to lack of funding for a leased space. This, however, has not deterred Sonia from continuing the mission to serve the congenital heart defect community. “While the goal is to one day have a place Angel’s Pediatric Heart House can call its own, the current focus is to make our mission mobile by identifying and reaching out to those CHD families in need,” she says. “Of course, we could not continue to do what we do if not for the generous help we receive from our community.”

For Sonia, the desire to continue to honor her late husband’s memory by helping families continues every day. And every day the love grows, and her heart goes on. -DUO

For more information or to donate to Angel’s Pediatric Heart House, please visit www.aphh.org or contact Sonia Perez at 954-318-2020.



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The Wasie Foundation's Jen Klaassens

Leading by Example



CYSTIC FIBROSIS FOUNDATION



MUSCULAR DYSTROPHY ASSOCIATION



ACHIEVEMENT & REHABILITATION CENTER BROWARD (ARC)

AND MORE...

THE WASIE FOUNDATION

A Philanthropic Legacy

Congratulations to Jen for being selected as a member of the 2010 Cystic Fibrosis Foundation Leadership Council. Jen encourages others to make our community a better place and supports The Wasie Foundation's mission of helping people overcome barriers while encouraging a spirit of self-reliance.

JEN KLAASSENS

of The Wasie Foundation

Infectious Enthusiasm and Tireless Dedication Empowers South Florida Non-Profits to Grow

By Adam Matza

If you ask Jen Klaassens to describe her job she might say “I’m a connector.” But speak to any one of the non-profit organizations she works with in South Florida and they would describe her as an angel.

One meeting with Gregg Sjoquist, CEO of The Wasie Foundation (TWF), an independent philanthropic organization that provides grants and support to South Florida non-profits focused on healthcare and education, completely changed this former sales and marketing executive’s life path when she was offered the position of Director of Programs.

“When I first met Jen, I knew she was a perfect fit for The Wasie Foundation,” says Sjoquist. “Her energy, enthusiasm and intelligence shine through like a beacon, and I knew that light would shine on the community. We couldn’t be any happier.”

Philanthropy was always a part of her world, but now Jen has the opportunity to help hundreds of people every day. Jen does not just simply send checks. As the face of TWF, she is on a mission to change the way non-profits do business by empowering them with the tools they need to grow their organizations. She also leads by example. For the past two years, Jen has been a key player in the success of the AT&T Jeb Bush Florida Classic, which benefits the Cystic Fibrosis Foundation. She has led the event’s marketing and public relations efforts and helped make the 2009 Havana Nights Beach Bash a record-breaking smash. In the midst of a challenging economy, the event broke all fundraising records, netting nearly \$58,000. In 2008, the event raised \$4,000. What made the difference? It was Jen, who took the lead in planning and executing the party event.

Her work will be recognized nationally this month by the Cystic Fibrosis Foundation, which named Jen to the prestigious Volunteer Leadership Committee, one of only 40 people named from the more than 100 regional chapters



across the country. The Committee helps the Cystic Fibrosis Foundation achieve its goals by recruiting highly motivated people to actively participate and network on behalf of the Cystic Fibrosis Foundation, which results in increased contributions.

“Jen was chosen for this honor because of her extraordinary commitment to the Cystic Fibrosis Foundation and her achievements, particularly in the area of fundraising,” says Christina A. Landshut, Executive Director of the Cystic Fibrosis Foundation, South Florida Office.

In addition to helping fund charitable programs for organizations, including The Starlight Foundation, ARC Broward, Children’s Diagnostic and Treatment Center, Broward Housing Solutions, Deliver The Dream, and the Epilepsy Foundation, Jen also provides opportunities for non-profit executives to attend conferences on social media, fundraising and leadership.

Another big accomplishment during the past year has been Jen’s effort within the Greater Fort Lauderdale Chamber of Commerce to build mutually beneficial relationships between for-profit companies and the more than 80 non-profit members. The Wasie Foundation has provided trustee-level memberships to 15 charities and has created a Non-Profit Center at the Chamber, a private room featuring comfortable seating for meetings, computers, Webinar opportunities, and free access to www.foundationcenter.org, an on-line foundation directory.

Jen amazingly finds time to be President of Neighbors 4 Neighbors. She also sits on the board of Angel’s Pediatric Heart House and was honored as one of the “Top 100 Women” of Broward County in 2009. -DUO



the LINGERIE
FOOTBALL
LEAGUE
MIAMI CALIENTE

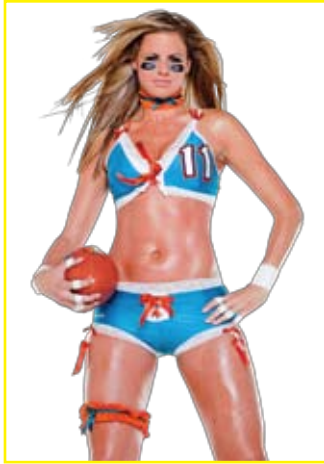
Kickin' Butt and Kickin' Down Doors for Women

By Cynthia Lechan-Goodman

I was always an athlete. As a child I wanted to play football too.” An ordinary statement about a healthy active child, but for a girl, like Julie Ginther, that sentence is followed with the slammed door sound of “but girls aren’t allowed.” Julie played every other co-ed sport alongside her brothers and friends, but today she found a way to make up for that lost experience as a kid. She now makes her brothers and father proud of her continuing sports prowess—as a team member –defense and tight end...of the Lingerie Football League.

Before you titter, “It’s not at all what you think, it’s not about half naked women playing ball. These girls are just as physical as men, with great ability to catch, throw, run plays just like the NFL players do. It’s a cool thing. We are beautiful athletic women,” Julie jumps in.

Coach Bob Hewko of the Miami team, the Caliente, is quick to throw out some statistics, such as the fact that Quarterback Anonka Dixon can throw 60. Hewko continues, “Everyone thinks it will be touch football and can’t believe it’s girls playing tackle, but it’s better than college football. And I know because I did play football at



the University of Florida and this game has more intensity. The tackles alone are more intense than with guys because there's so much less padding."

Julie admits that the sexy lingerie is the reason why people go to see what these women can do, but she hopes that when people get serious about the game, girls can wear more padding. "Bruised ribs and torn ligaments are no joke. It's brutal," she says. Indeed, Coach Bob relates the sad news that in four games there were four injuries: two knee operations and two separated shoulders. Julie adds, "It's dangerous, but I've trained. I lift weights and do two to three hours a day in training."

The Lingerie Football League is an indoor women's football league. The women play 7-on-7 tackle football. Bob Hewko explains that it premiered in 2004 from a

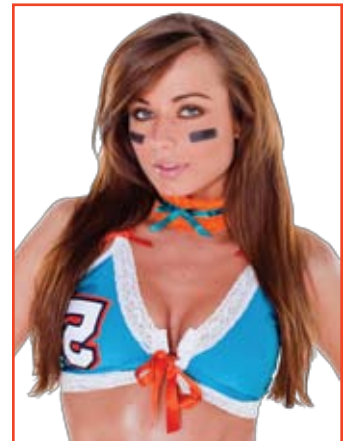
Super Bowl halftime alternative TV special—the Lingerie Bowl. "Millions of people went crazy, so Mitch started the league in 2009 which draws millions of viewers opposite the Super Bowl halftime show."

Mitch Mortaza, developer of the Lingerie Bowl, had said, "We have developed a league that fans can now follow from off-season Mini-Camps and Training Camps to a 20 week Regular Season to the Playoffs and through the annual Lingerie Bowl. It has been the overwhelming demand from fans all across the country and the desire of thousands of women that wanted the opportunity to play football."

There are now ten LFL teams around the country scheduled in competition during a 20-week season with games at major arenas and stadiums. The halftime special is broadcast internationally via TV and online.



“ Coach Bob Hewko of the Miami team, the Caliente, is quick to throw out some statistics, such as the fact that Quarterback Anonka Dixon can throw 60.”



Coach Bob continues to describe the quality and expertise of the women and the game. He says that these girls not only have their looks and are in incredible shape, but have been talented athletes their whole lives. “They practice three hours a night, three or four times a week with a regimented training –just like the NFL, running, weight lifting, dashes. In preparation for a game, it’s just like the NFL, we have new game talk, we watch films, put in a few new wrinkles and we’re ready to go!” he says.

The LFL means even more to Julie than the opportunity to play football. “This is a big deal for me. Eleven years ago, in my senior year, I was hit by a drunk driver. Both of my arms and my leg were broken. I always had a passion to play college ball. That put a damper on it. Being part of this team fulfills my dreams --makes up for what I missed

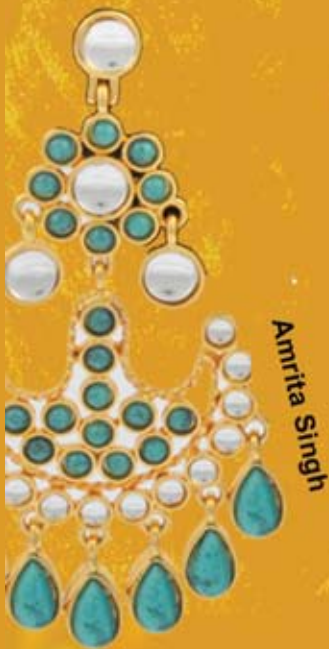
out on. Now I have the opportunity to prove what I can do. The intensity on the field is amazing, people love it. I understand the game now too, how men put their bodies on the line every week—it’s a strain on the body.”

Always respecting her gifts and opportunities, Julie is continuously involved in giving back, making appearances showcasing her wrestling, boxing, basketball playing and other participation for benefits and charities including, most recently, Kids in Distress, Catch 81, SOS Village Foster Home, and Ocean Manor. Bob also chimed in, “This is only our first year. And, in the off season we plan to be involved in charity work.”

Winning or losing, these gals certainly qualify as World Champions! - DUO

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TIFFANY DANIELS

Beauty,
Brains,
and Speed

By Cynthia Lechan-Goodman

Fast cars—racing—that special echoing roar of speed. Car racing, once the fast means to get bootleg liquor into people’s hands, has become a fun, wholesome, family experience! “It’s a great way to spend a day for everyone, there are no intricacies in the sport—you don’t need any special knowledge. It’s very intuitive so it’s great for the aging populations as well as the youngsters,” says Demi Knight Clark, Public Relations Rep for Motorsports.

And that accessibility is growing on the track as well, with minorities and women now well represented on the NASCAR circuit.

One notable woman is Tiff Daniels. Demi describes Tiff as “kind, sweet, humble, amazing”. At all of 4’10 and 90 pounds, Tiff is strength and intelligence. She graduated Magna Cum Laude in Mechanical Engineering and has raced in the sweltering 100 degree heat of South Africa.

Tiffany Daniels, at 25, is focused on her path—both for herself and for what she represents to kids. “I would be disappointed in myself if I were not doing the right thing every step of the way. I didn’t plan on being a role model, but I have that opportunity in a fun career in the entertainment industry, and it’s important to me to represent myself without sacrificing any morals.” She adds, “I like to let kids know I’m a normal person trying to make a difference. What’s important is that you have goals and work hard.”

Tiff Daniels is making a difference. Women drivers are getting more attention and publicity but “It’s a double-edged sword,” she explains. “There’s not much credibility built in yet, so you have to prove yourself from the beginning.”



Drivers like Tiff are bringing a “new look” and new opportunities to NASCAR in more ways than one.

Daniels represented the USA in the first by invitation only, stock car motorsports race in South Africa in the ASA Transcontinental Series, Freestate 500, sponsored not by the typical auto parts company, but by a new children’s book series, the Adventures of Snow the Racehorse. Tiff ran the #19 Marc Davis Motorsports Toyota Camry there.

This event meant a wonderful thing for Tiff, the opportunity to actively make a difference in the lives of kids. “It’s the cutest little book that teaches the value of friendship and life lessons through racing perspective. I’ve always participated in giving back—Toy for Tots. And I’m a certified wish granter for Make a Wish.”

Tiff’s message to kids, and to everyone, is to “dream big and believe in your ability to achieve those dreams.” While for herself, she proclaims, “I’m going to make it to the Sprint Cup Series, the top level approved by NASCAR.” You can contact Tiffany at www.tiffdaniels.com -DUO



WESTON MIRACLE LEAGUE

Together We All Hit Home Runs!

By Cat Wagman

Is it the wearing of the uniform or, perhaps, how the ball feels in your glove? No. The magic happens when you're asked to take your position in the batter's box. It is inside those chalk lines when a disabled child is transformed from being just a bench-warming spectator into a real baseball player.

This happens for each team member of the Weston Miracle League, the program that believes "each child deserves to play baseball."

And it wouldn't be possible without the league's teen volunteers. Flyers are circulated through local middle schools and high schools to help find disabled children who want to play as well as students to volunteer as play-by-play buddies. As buddies, these able-bodied students are responsible for their player's safety on and off the field during each game.

The students are the ones who have the innate ability to connect with their disabled peers. With the encouragement of their parents, TJ Jurko and his brothers have been involved since the beginning of the Weston Miracle League.

"We started the program three years ago, and we just finished up our current season this January," says TJ. "We have about 30 players and the same amount of volunteers. The turnout for each game will vary from six to 12 players along with their volunteer buddies. "

The players have diagnoses ranging from Cerebral Palsy and ADHD to Autism and other disabilities. "Since becoming a volunteer, I have learned about the disabilities these kids have and that they deserve the same opportunities to play as any other person," adds TJ.

While there are adults working behind the scenes guiding the student volunteers, and supporting both the players and their families, it is the teen buddies who are right there by each player's side as they take their position in the batter's box, round the bases, and cross home plate – making each game as fun and as exciting as they can.

"I am never certain who enjoys this league the most, because everyone seems to have a great time," says Linda Jurko, one of the adult volunteers. "The players, their parents and siblings as well as the volunteer buddies all walk away with a huge smile and are anxious to come back for the next game."

Practices and games for the Weston Miracle League are played at Rose G. Price Park in Pembroke Pines. For more information on how your child can become a player or how to become a volunteer, or if you are interested in making a donation or becoming a corporate sponsor, please visit www.WestonMiracleLeague.com.

Communities who are interested in hosting future Miracle League games can step up to the plate, and show their support and commitment by constructing fields that accommodate the special needs of disabled players. - DUO

DUO REMEMBERS



EUNICE SHRIVER

The Special Olympics lost a dear friend this summer with the loss of an extraordinary woman, Eunice Shriver. The younger sister of U.S. President John F. Kennedy, mother of five, grandmother of nineteen, Shriver founded the Special Olympics and made the event a nationwide movement in 1968, earning her the nation's highest civilian award, the Presidential Medal of Freedom in 1984, by President Ronald Reagan and the Civitan International World Citizenship Award.

Graduating from Stanford University with a Bachelor of Science Degree, Eunice worked for the Special War Problems Division of the U.S. State Department and moved to the U.S. Justice Department as Executive Secretary for a project dealing with juvenile delinquency. Following a short stint as a social worker at the Federal Industrial Institution for Women Shriver relocated to Chicago where she would work with the House of Good Shepherd Women's Shelter and the Chicago Juvenile Court. Always an advocate for children's disability issues and a pro-life advocate, Eunice was the key founder of the National Institute of Child Health and Human Development (her name later added to the title by Congress) and the Eunice Kennedy Shriver National Center for Community of Caring.

Married to Sargent Shriver, U.S. Ambassador to France and Democratic U.S. Vice Presidential candidate with George McGovern, Eunice was selected in 2006 as number 9 of the 100 most influential individuals in the first century. Her portrait, prominently displayed in the Smithsonian Institution's National Portrait Gallery, is the first portrait of an individual who had not served as U.S. President or First Lady. In 1995 she is commemorated on the Special Olympics silver dollar, the only woman in U.S. history to have been given this honor. The reverse side of the coin displays the quotation: "As we hope for the best in them, hope is reborn for us." Eunice Shriver, recipient of a papal knighthood from Pope Benedict XVI, leaves a legacy of hope for the disabled and will be truly missed.

DUO Magazine sends our condolences to the family of **Daniel Perez**, winner of the 2008 Inspirational Athlete of the Year Award from the Special Olympics of Miami-Dade County. -DUO

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DANCING



HEAT

“A Surprisingly Typical Day in the Life of a *Miami* HEAT Dancer”

By Francesca Franco

A typical day in the life of a HEAT dancer seems to have two parts: the part where you're a HEAT dancer, and the part where you're not.

Almost every one of the 25 women on the Miami HEAT Dance team either goes to school or holds a day job. Some are nine to five, some are seven to three. There are realtors, bartenders, baby-sitters, and dance instructors, among a plethora of others. Some pull double duty, with multiple jobs, some with a job and school. Some choreograph for others, and some hope to work with world-famous choreographers. Days are filled with alarm clocks, auditions, traffic, and sometimes, clients who don't cooperate with already jam-packed schedules.

When you look at them this way, when you hear about their day jobs, and their daily routines, these women are not very different from you or me. These ladies seem like every other woman you see on the street – albeit very, very fit. There is one crucial difference though, between these sexy ladies and the average Jane: These women are Miami HEAT Dancers.

These women are a part of the four-years-running Most Popular Dance Team in the NBA. They represent and support Miami's own HEAT. Some of them have been dancing since they were 3 years old, and some started much later. But with all their differences, and all their normalcy during the day, when the clock strikes game time—or practice time, which is more like it—all else falls away, and they become the dancers they've always dreamed of being.



Ambition and Determination

It starts with a week-long audition process that sounds equal parts grueling and brutal. Two-hundred-plus girls are whittled down to roughly 25 – depending on how many the team is taking that year. “You have different rounds,” explains Sari, a five-year veteran of the team, who has gone through this process all five years. Oh, yes, you have to audition every time, no matter how long you’ve been on the team. “So the first round, you have a group of eight, and you’re in numerical order, and they just throw on music,” she continues. “They want to see your freestyle and see how you move to different styles of music. Then they say, ‘Number 2, 6 and 8, please stay. The rest of you all, go.’”

Clearly, the pressure’s on. Countless hours of choreography, a week-long boot camp, butt-kicking trainers, and judges-watching-every-move-you-make later, there’s a runway show. Maria, a rookie to the team who recently went through the experience for the first time, explains: “For the Miami HEAT, you’re setting an example, you’re a role model for many people. They want you to be fit, healthy girls who are able to perform in front of thousands of people.”

It’s more than just the dancing that’s being judged. “It’s the style that you put into the dancing,” says Maria. “You have to have personality. You have to have your own unique something that sets you apart from everybody else. You could have a different look, but it’s what you do through dance that makes you stand out even more.”

“Whatever you do, just bring out you, and you’re okay,” adds Shea, a two-year veteran of the team.

After all of that comes the waiting. Three hours or more for the judges to make their final picks from the 40 or so women who have survived the week, to the ones that will be representing the Miami HEAT. “The scariest part is just waiting for ever and ever and you can’t do anything else. Your audition is over and now it’s in the judges’ hands,” says Sari. “When they called my name, I didn’t know if they called it for not making it, or making it!” she laughs.

It all becomes worthwhile when they finally set foot out on the basketball court for the first time. “It’s hard to put into words,” says Shara, another rookie. “It was almost overwhelming, but at the same time I felt like I was home. Like I found that place where I feel completely at home.” She goes on: “I remember the veterans telling us about what it’s like, before the season started, and they couldn’t even explain it. It brought tears to their eyes because they remember that feeling. But it’s just so hard to explain.”

“It doesn’t matter how long I’ve been doing it, I always get butterflies, and I always get nervous,” says Sari, one of those veterans. “It’s just the most amazing feeling to know that you’re going to walk out and dance on the court, and everybody’s attention is going to be on you.”

Fierce and Style

So what does it take to keep up with the Most Popular Dance Team in the NBA? Practice. Lots and lots of practice: four days a week, three and half to four hours a day, at least, along with the classes and training they do on their own. Not that these women are complaining. “It’s nice when you have a stressful day at work, and at the end

of it getting to dance, and getting to perform,” explains Sari. Maria agrees, “Sometimes when I’m having a horrible day, I just want to dance, and it’s therapeutic. It helps me. Dance has always been there for me.”

Bonding with their teammates isn’t bad either. “You would think: 25 women, practicing four days a week, three hours a day, there would be some drama – but it’s really not like that,” says Shara. “We have a great group, and everybody’s very supportive and we all get along. We’re like a sorority.”

“The bond that you create with the girls, and being able to perform on the court at games and knowing that you’re a part of the NBA and the HEAT organization, I think that’s the most rewarding,” says Sari. “Out of all the girls who try out, you made it. You have a special place on that team ... and you’re getting to do – and perform – what your passion is.”

Spend some time talking with the Miami HEAT dancers, and you’ll hear a lot about passion.

“I feel like all of us are so passionate about it,” says Shara. “It’s not just the few of us, every single one of us is wanting to be there. We know that, for whatever reason, things happen and it doesn’t last forever, but we just hold onto it so tight and just hope that we continue to excel at and continue to be a part of this great experience and wonderful group of women. We hold on to it, and we cherish it.”

Passion

Ask four different Miami HEAT dancers what it takes to be a HEAT dancer, in one word, and you get four different words: “There are so many words to choose from,” says Sari. “Because we’re so much more than just dancers, but I would just say fierce. From head to toe, in and out.” “Style,” adds Shea. “And that can be with anything. You just have to bring this presence about you, about the way you dance, the way you carry yourself.” “Dedicated,” says Shara simply. Maria’s got a different take: “Ambition.”

Fierce + style + dedicated + ambition = HEAT dancer?

“It’s still amazing,” says Shara, of making the team. “Every time people ask me, ‘How’s everything with the HEAT?’ I

“Spend some time talking with the Miami HEAT dancers, and you’ll hear a lot about passion.”

just light up. It’s the best feeling to be so passionate about what you do for a living. I love it. I feel like there’s something missing if you don’t love what you do. I’m just so glad I’m able to find that, because not many people do.”

“If you can wake up doing something that you love and enjoy,” says Sari. “And you have a passion for it, then follow that, because that’s when you’re really, fully, happy and content.” Ah, of course. The magic ingredient: passion.

“Dancing is my happy place,” says Sari. “If I can go anywhere with it, I’ll go with it. But just to know that when I put that uniform on, and I’m a HEAT dancer. It’s just an amazing feeling. I’m doing something that I absolutely love.”

And what of the future? Like their current lives and typical days, it’s split between dreams and ambitions ranging from traveling the world, to becoming diplomats, crime scene investigators, entering the medical fields and teaching, and the always, ever-present constant in each of these women’s lives: dance.

“I just can’t see myself doing anything else,” says Maria. “Dancing is all I know and I don’t see myself stopping anytime soon. It’s who I am.”

Sari adds, “I think you have one life to live, and why not try it all? So long as there’s dancing, I’m good.” -DUO



Miami HEAT Community Affairs Dept/Charity Efforts

By Francesca Franco



food drives and the HEAT Academy that you see so much about on the local news. But please don't think that's all they do. As demonstrated with the Learn & Play Center: when the Miami HEAT decides to help out the community, they do so in a really big and colorful way.

Picture this: a bare room, white tiles, white walls, fluorescent lighting, completely empty. This is what the room at the center of His House Children's Home, a foster home in Miami, used to look like; until, that is, the Miami Heat came along. Here's what it looks like now: wood floors, colorful area rugs, rich red and yellow walls, an indoor basketball game, plants, comfy couches, a flatscreen TV and a video game system.

And they didn't stop there! After they finished with the living center, they moved on to the computer lab. Formerly a room as drab and lifeless as the living center, it now has the same wood floors and colorful walls of the first room, plus desks all along those walls, and state of the art computers on every desk.

This is what happens when the Miami HEAT comes in to create a Learn & Play Center. As the Miami HEAT Community Affairs Department explains it: "The concept behind the Miami HEAT Learn and Play Center is to provide a safe place where children can spend time reading a book, working on their homework, or just having a good time playing video or board games." So far they have created six of these Learn & Play Centers throughout South Florida.

The Community Affairs Department, directed by Mr. Ralph Leon, is the arm of the HEAT organization in charge of the

From Learn & Play Centers to Holiday Hospital Visits, the entire year is covered by events and programs designed to make the lives of citizens in the HEAT players' community just a little bit easier.

Unused food from all HEAT home games is distributed to homeless shelters in South Florida year round; in the spring, it's HEAT Learn to Swim and the HEAT Youth Basketball Program. HEAT Scholarships are handed out to high school seniors near the end of the school year, and the HEAT has a Back to School event at the beginning of the school year as well. There's the annual HEAT Thanksgiving Celebration, and the aforementioned Holiday Hospital Visits, at local children's hospitals.

Players are not the only ones to get in on the action. The dancers participate as well, and often it's these moments that stand out the most, "The people that we come to meet, and the experiences we get to experience ... just seeing what our community is all about ... it's such a rewarding experience," says Shara.

"People look up to us," adds Maria. "And I feel like, for the recognition that we get, we should give back to those people who need it." Sometimes, something as simple as stopping to take a picture with a fan is all it takes. "Even that!" continues Maria. "It's the easiest thing we can do, but it means so much to them. So why not take the time to go and give back?"-DUO



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AROUND TOWN

FASHIONABLY LATE NO LONGER: Hollywood Stars Flock To Ice-Watch® During The 2010 Golden Globe Awards Style Lounge

Miami-based Kronos America, LLC, the official distributors of Ice-Watch® in the United States, proudly represented South Florida on January 14th and 15th as they launched their timepiece brand on the West Coast during the 67th Annual Golden Globe Awards. Ice-Watch® joined forces with Kari Feinstein to showcase their product at Feinstein's annual Style Lounge at Zune L.A., during an invitation-only star-studded event.

DUO magazine has the inside scoop to deliver to our celebrity fans and fashion enthusiasts. Read on for the “tell-all” from what celebrities said to what watches they selected.

According to Christian Jamin, CEO of Kronos America, LLC more than 150 celebrities flocked to the colorful Ice-Watch® booth over the course of two days. Noticeably a favorite of the two-floor style lounge, the fashionable accessories created with a spectrum of bright hues and “of-the-now” pop colors of yellow, orange, blue, red, white, black, green, and purple. Favorite celebrity-collections included the Classic, Sili, 1844 and Stone, which features a Swarovski crystal dial.

Socialite Paris Hilton who selected a Big Pink Sili watch for herself exclaimed, “It matches my pink Bentley.” She also asked for the black and rose gold 1844 watch for her boyfriend along with two additional Swarovski crystal watches from the Stone Collection – one in which she put on and wore the rest of the day after asking “which one matches my outfit better?”

Bridget Marquardt, ex-girlfriend to Hugh Hefner and playmate from E!’s “The Girls Next Door”, joked “Of course you picked the pink one for me” when shown the line. However, she must be putting her pink bunny days to rest as she not only left with the Purple Sili, but “shopped” the villa alongside her new beau Nick Carpenter. A diamond “N” necklace adorning her neck crediting her new fling, could not be missed.

Ice-Watch is available at select Dilliard’s locations nationwide and locally at Time Station, Tick Tock, World Time USA and Watch Time. For more information about the brand or to get the celebrity look, please visit www.ice-watch.com -DUO





L to R: Host, Wayne Boich, and Alonzo Mourning



L to R: Jonathan Cheban, Kim Kardashian, Tracy Wilson Mourning, and Alonzo Mourning



Chris Rock



L to R: Jerry Powers, Tracy Wilson Mourning, and Alonzo Mourning




Dr. Barth Green, Professor and Chairman at the Department of Neurological Surgery at the University of Miami School of Medicine, and Alonzo Mourning

ATHLETES RELIEF FUND FOR HAITI BENEFIT DINNER & AFTER-PARTY

Alonzo Mourning, Wayne Boich, and Jerry Powers
Join Forces to Help Haiti Celebrities Take a
Moment to Focus on Needs of Haiti During Miami
Week of Festivities

South Florida has kick-started February 2010 with a busy schedule of football games and parties, but certain locals have not allowed the needs of Haiti to take a backseat during a time that is still critical for many. While thousands flocked to South Florida for the Pro Bowl and Super Bowl, NBA legend Alonzo Mourning with friends Wayne Boich and Jerry Powers, invited friends and locals to a private dinner and after-hours party at Wayne Boich's penthouse residence on Thursday, February 4th, 2010. Proceeds from the event benefited the "Athletes Relief Fund for Haiti," an initiative founded by Mourning and NBA player Dwyane Wade to support relief efforts.

Attended by actor and comedian Chris Rock, New York Yankee and 2009 World Series Champ Alex Rodriguez, Chris and Kim Kardashian, David Spade, Lance Bass, and numerous football players in town for the big game, the evening raised \$100,000 to add to the more than \$2 million dollars that "Athletes Relief Fund for Haiti" has already committed to support Project Medishare's efforts in Haiti.

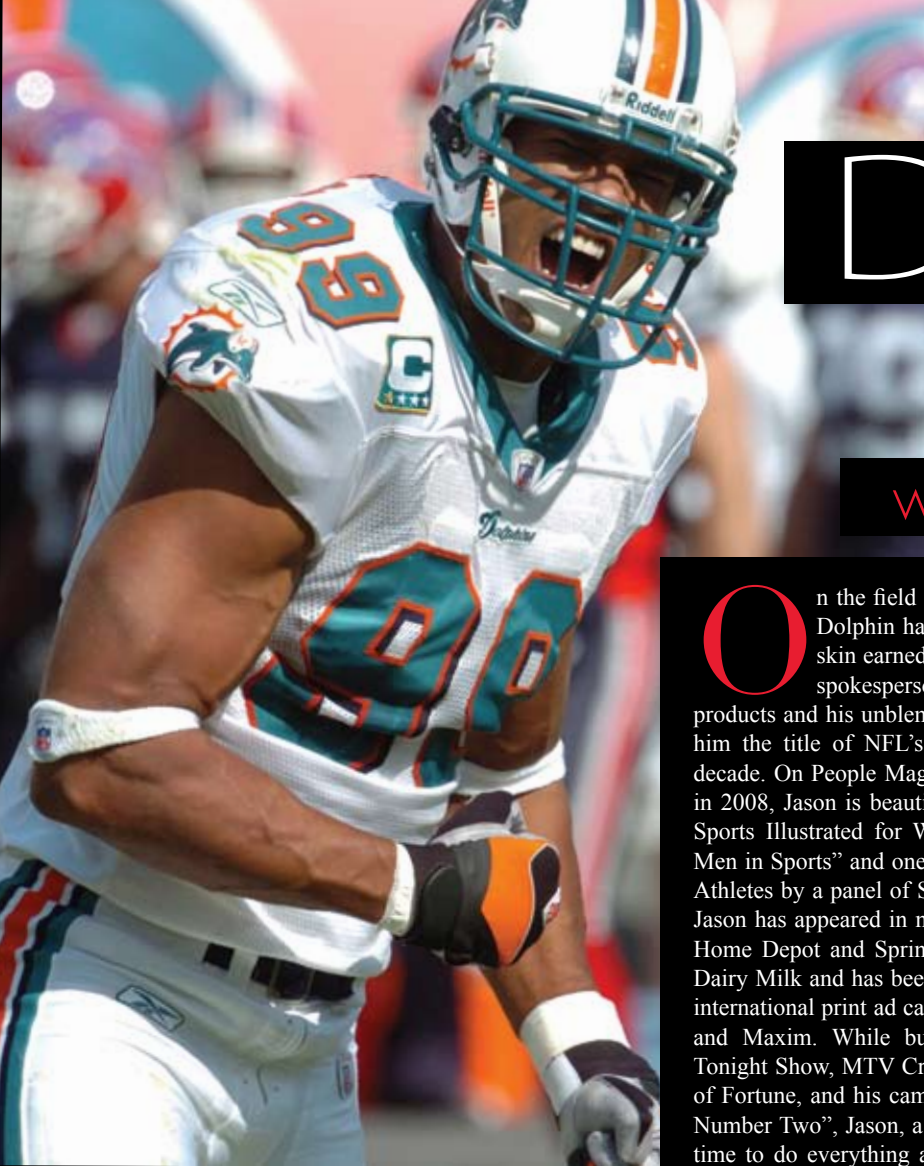


DUO would like to share a nest with the beautiful Songbird...

MARIAH CAREY

Why? Because this singer/songwriter, record producer and actress has spread her wings and emerged from her cocoon even more beautiful than she was in the '90's when Billboard Magazine recognized her as the most successful artist in the United States. Having sold more than 175 million albums, singles, and videos worldwide, Mariah triumphantly returned to the top of the charts after a highly publicized physical and emotional breakdown following her separation from her husband and an unsuccessful reception given to her film "Glitter." Leaving Columbia records and signing with Island Records in 2002, Mariah was named the best-selling female pop artist of the millennium at the 2000 World Music Awards and is the third best-selling female artist and sixth overall recording artist. The winner of five Grammy Awards, she has the most number one singles for a solo artist, falling just behind the Beatles. Born of an Irish American mother and a father of Afro-Venezuelan and Afro-American descent, Mariah's songs are painful reminders

of a troubled childhood riddled with severe prejudice and social alienation. Mariah credits her brother's handicaps of cerebral palsy and epilepsy as the inspiration for her success. Her return to prominence with the release of The Emancipation of Mimi in 2005 earned Carey a Grammy Award for Best Contemporary R&B Song with "We Belong Together" holding number one position on Hot 100's for 14 weeks straight. This beautiful "Butterfly" spread her wings over the non-profit sector co-founding The Fresh Air Fun and Camp Mariah, a New York organization enabling inner-city youth to embrace the arts and providing career opportunities. Named Hunger Ambassador of the World Hunger Relief Movement in 2008, Carey continues to be a staunch supporter of the Save the Music Foundation, delighting her audiences with several concert benefit performances, including fundraisers in the aftermath of 9/11 and Hurricane Katrina. Earning a spot on Time's annual list of 100 Most Influential People of 2008 the world once again is singing the praises of this DUO Diva Darling. **-DUO**



DUO

would like
to dance
with this star...

On the field and on the dance floor this Miami Dolphin has all the right moves. His flawless skin earned him the title of the first ever male spokesperson for the Neutrogena line of skin products and his unblemished career with the NFL earned him the title of NFL's most prolific pass rusher of the decade. On People Magazine's "100 Most Beautiful List" in 2008, Jason is beautiful inside and out. Considered by Sports Illustrated for Women as one of the "10 Hottest Men in Sports" and one of the Top 20 Best Looking Male Athletes by a panel of Sports Illustrated swimsuit models, Jason has appeared in national television commercials for Home Depot and Sprint, has been the face of McArthur Dairy Milk and has been a featured model in national and international print ad campaigns, including GQ, TV Guide and Maxim. While busy delighting audiences on The Tonight Show, MTV Cribs, Entertainment Tonight, Wheel of Fortune, and his cameo movie appearance in "Jackass: Number Two", Jason, a multi-tasking extraordinaire, finds time to do everything and anything in his life, including his passion for and dedication to The Jason Taylor Foundation. His Reading Room mentors students in an after-school program designed to offer a holistic approach to addressing the problem of illiteracy, their "Big Screens-Big Dreams" program utilizes inspirational film to educate student athletes, "Take Stock in Children Program" awards college scholarships, and the "Cool Gear for the School Year Program" has presented shopping sprees to over 350 children. Selected as the 2007 Walter Payton NFL Man of the Year for his community service (including Miami Project to Cure Paralysis, United Way, Cystic Fibrosis, Habitat for Humanity and Urban League), Jason Taylor continues to be one of South Florida's leading men in film, field, and philanthropy. -DUO

JASON
TAYLOR

NEW INTERNATIONAL BUSINESS CENTER

LAUNCHES IN DOWNTOWN MIAMI

A growing demand for affordable and flexible office space has swept through South Florida. The demand is being fueled from small businesses, downsized companies, displaced professionals, start-ups and international companies looking for a U.S. presence. To better serve this niche and existing tenants, Peabody Properties Miami has launched a new International Business Center at Latitude One in downtown Miami. The new Center spans two floors of the Class-A office building with 38 executive office suites ranging from 100 to 200 sqft., four conference rooms and virtual office capabilities. No expense was spared with state-of-the-art technology throughout, a professional receptionist and CISCO fully-integrated VOIP. Companies can have a presence at the Center, located just off Brickell, starting at only \$195 per month.

Peabody Properties has chosen Right Space Management, a company known for their global office management expertise, to oversee the state-of-the-art Center. With offices around the world, their teams of highly-trained office professionals speak several languages, are proficient in computer software and technology infrastructure and have the highest training in customer service. At the helm of Right Space Management is Carolina Rendeiro who is also the president of Office Business Center Association International, the industry's nonprofit trade association. "With an influx of downsizing companies and entrepreneurs, flexibility becomes the key factor in making the decision on where to establish an office," states Rendeiro. "As a result, business centers have greatly benefited from the economic recession and virtual offices alone grew more than 38 percent last year. Our business centers offer the flexibility for a person to have a full-time office accommodating one to three people or a virtual office with meeting room access," she said. Once construction is complete, companies that covet the Brickell area, but not the square footage price tag, will be able to take advantage of the International Business Center and virtual office amenities with competitive pricing and flexible contract terms. In addition, the Center offers executives immediacy, as fully-furnished, turn-key offices are move-in ready within 24 hours of contract signing. Tenants can select pre-packaged furniture options or customize their own space online via an interactive virtual rendering. All-inclusive agreements will ensure tenants receive only one invoice per month covering all fixed costs. Right Space Management will also offer virtual office packages at Latitude One with reciprocal benefits throughout their network of business centers around the world. Virtual office subscribers receive the downtown Miami address, personalized reception with call forwarding, web



"We currently have companies on board with us, awaiting the build out of the space," said Rendeiro. "Based on the location and proximity to the courthouse, Latitude One's international business center will attract legal and legal-

related services as well as other sectors such as life sciences, technology and media-related companies. These sectors already comprise our incoming client base, both as virtual and office clients," she said. Latitude One is easily accessible to all major thoroughfares and only a short walk from the Metrorail and Metromover station. The building features valet parking, a secured, private parking garage, visitor screening and photo badges upon entry and high-speed elevators. Other on-site amenities include an OXXO concierge dry cleaning service and Pronto Car Wash.

conferencing solutions and use of meeting rooms and offices with coffee bar and catering options at their fingertips. Virtual office packages start from \$75 a month. "We are looking at the new, 10,000 sqft. business center not only as an amenity to Latitude One but also as an incubator and hub for start-up companies and international businesses expanding into new markets," explains Karen Fish-Will, President of Peabody Real Estate, LLC and Vice-President of Peabody Properties Miami. "Our capital investment is substantial, and we took a serious look at the viability and profitability of this center. Once the business center is entirely leased, Latitude One will be at 90 percent occupancy." Distinguished by an elegant lobby and an array of professional amenities, amenities, Latitude One stands in the heart of Brickell's residential, financial and entertainment district which is home to more than 100 international and domestic financial institutions, the state and Federal courthouses and only 15 minutes from the Miami International Airport.

For more information on Latitude One's Business Center, please call 305-529-6229 or email info@rightspacemanagement.com. For more information on Latitude One, call 786.539.4884 or visit <http://www.latitudeonemiami.com>

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GRACE

*H*aving already taken France by “Storm”, daughter of legendary folk hero Jonathan Edwards (“Sunshine, Go Away Again”), delighted audiences at her recent concert at Cinema Paradiso in Fort Lauderdale, Florida. Hosting her official USA launch, DUO Magazine took a few moments to learn about this gifted artist and passionate philanthropist, a woman who is most certainly beautiful... inside and out.

DUO (D): How did you start your musical career?

Grace (G): I grew up traveling, writing songs and living all over the world, because both my parents are globally conscious American folk singer/songwriters with dreams of making the world a better place. There was always music going on in our lives. I played the ukulele as a kid and then the guitar, but it was a way of life, not a career that I envied at all. I was interested in how I could be of use in humanitarian and environmental work. So as I traveled the world, I kept writing songs and working with incredible musicians and learning more and more. But going back and forth between Africa, America, Europe, and India, it suddenly occurred to me that “even a bird has to put its feet on the ground at times;” and that if I wanted to have a real impact, I should try to stay in one place for some time. Not long after that I landed a record deal with Universal France. My album went gold there and I’ve spent the last year on tour with my band.

D: What and/or who was your inspiration?

G: So many people, places and ideas have been inspirational to me. There have been family, of course, friends, Emmylou Harris, Tina Turner, Stevie Wonder, Joni Mitchell, Cesaria Evora, Oumou Sangare, Pakistani Sufi classical singers, griots from West Africa, Bob Marley and the conscious music makers of Jamaica, Gospel music, old Blues. It just goes on and on...

D: What are the characteristics that make you stand out from other artists?

G: With the crazy life I’ve had so far, it’s always been a funny double feeling, because on the one hand I am an outsider everywhere I go and at the same time I feel connected to my people and at home everywhere too.

D: What can people expect from your album?

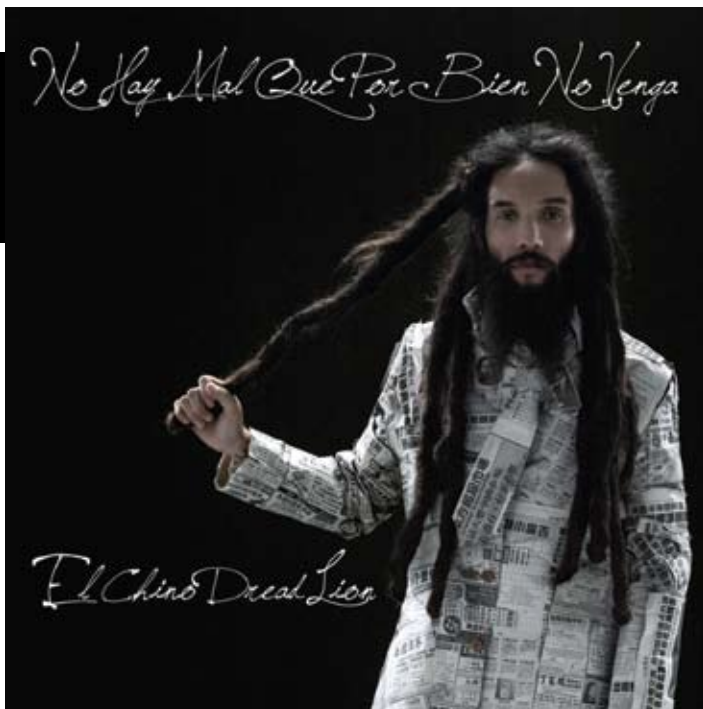
G: The songs on the album reflect my life journey on the road where there’s never much room for big luggage and sound equipment, so this album is very live acoustic and with minimalistic delivery. There’s a little bit of ol’ storytelling folk, bittersweet shuffle your feet soul, conscious roots reggae from the hills, rev-it-up world music, and clandestine gospel; so today I say “hippy to the hoppy ya don’t stoppy” and call it “gypsy-jive”!

D: What are some of the challenges you have encountered throughout your career? How did you overcome them?

G: Right now, I just came out of a wild adventure in the Amazon rain forest where I spent two weeks, invited by the great tribal leader, Almir Surui, as I am the Ambassador of Aquaverde and several other non-profit organizations. With an amazing group effort, we organized a big concert there to raise awareness of the importance of preserving the indigenous cultures, the ancient forest and planting trees on land that has already been destroyed by the lumber industries and unsustainable development. It was an incredible learning experience for me to see and live with the indigenous community there. They set such a great example for the concept “think globally, act locally” and the fact that they’ve managed to survive and protect their ancestral lands even today through the numerous invasions and persecutions is a lesson indeed. So guided by the indigenous leaders today, come plant the seeds of change for a better world today and for our children tomorrow at www.graceforest.com. As far as my own personal struggles go, they seem quite inconsequential after all. - DUO

EL CHINO DREADLION

With the rhythm of Cuba running through his blood this singer/songwriter will make you move to the contagious songs of his new album “No Hay Mal Que Por Bien No Venga.” El Chino Dread Lion came to South Florida with a purpose: spread his music and make people happy through the positive energy of his music.



DUO (D) How was your passion for music born?

CHINO (C): My first inspiration was my mother, Mi Lula. She introduced me to art at an early age. Since a kid, I was dancing as a professional on Cuban TV. My uncle was another person who inspired me when he put a guitar in my hand at age 5. I love the fact of making music and watching my family happy. I realize that I am meant to make people happy and I had a spiritual message for them and the whole universe. They are my inspiration and that's how I make music every single day.

D: How did you start your music career?

C: It all started in a small room in Cuba singing for all my neighbors. They used to ask me: “El Chino, can you sing for us?” Then, in 1996, I started singing professionally with the house Latino group RPM. In 1999 I became part of the Rock and Son band and we worked with the music director Raul del Sol. In 2000 I met the producer Andres Levin who helped me accomplish my dream and start my first solo album. When they heard me in NYC they loved my style. Next year I joined the group Yerba Buena, which led me to a Grammy nomination for writing the hit song “Guajira” in our first album “President Alien”. I also wrote

most of the songs in our second album. At the end of 2006, I decided to continue my solo musical career and finish my first solo album, “No Hay Mal Que Por Bien No Venga”.

D: What makes you stand out from other artists?

C: I am a hit-maker and original. I don't copy any artist and any melody. Thank God, I am El Chino Dread Lion and there is only one.

D: What can people expect from your album?

C: My album is made with all my heart. People will get a lot of positive vibrations through my songs. The lyrics are inspired by personal life experiences from others' experiences. They are real urban music; and musically they will get different flavors.

D: What advice can you give to other emerging artists?

C: Keep focused and make positive music. We are here to make this planet grow in a good way and we are part of that responsibility. - **DUO**

For more information visit: Myspace.com/elchinodreadlion

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Northwood University is about empowering entrepreneurs to be compassionate and profitable. Their passion to see businesses succeed isn't simply inspiring, it's infectious. They hold true to the principles of compassionate capitalism. What's compassionate capitalism? It's how companies can make doing good an important part of doing well! It's about doing business with a mission greater than just turning a profit. In the book, "Leadership Sideways" by Gibson Sylvestre, it speaks about doing business for a transcendent purpose. If your only purpose is to make a profit you'll lack strategic direction and motivation.

Each year Northwood hosts the Outstanding Business Leader (OBL) Awards Gala where a distinguished group of men and women are honored for their significant business and communitywide accomplishments. The 2010 OBL recipients are:

- **Yvonne Boice-Zucaro** is a woman's rights activist and owner of the Boca Raton based Shoppes at Village Pointe, and Fugazy International Travel. In 2006, she was selected by the President to represent the United States at a high profile Middle Eastern women's conference. Boice-Zucaro uses her platform to empower women to dream big and develop inner confidence.
- **Phil Smith** is nationally known for being a leading entrepreneur in the automotive industry and a highly involved community philanthropist. Mr. Smith's company operates several dealerships across the U.S. He also spends his time giving back by imparting his wisdom to up and coming business leaders.

- **Bill Grote** is a powerhouse in the technology industry. His company is on the cutting edge of high-performance LED lighting technology.

- **Charles Wait** is Chairman and CEO of The Adirondack Trust which has assets of more than \$830 million. Under Mr. Wait's leadership The Adirondack Trust has invested in several communities across America.

- **Chip McClure** is the Chairman, CEO and President of ArvinMeritor, Inc. McClure leads over 13,200 employees in 92 locations in 25 countries across five continents. They are the undisputed leader and provider of innovative customer solutions that enhance mobility, safety, and the environment.

- **John Bouma, Sr.** is the Chairman of The Bouma Corporation. He and his brother started their company on a \$1,000 loan from their parents back in 1950. Today, the company has contracts exceeding \$100 million annually.

Northwood University is unique because most of their professors are successful entrepreneurs working in the field. This gives Northwood students an advantage. They get more than book knowledge; they receive real-world wisdom from experts. Like the OBL event, Northwood staffer Susan McCreery engineers events that bring leading business authorities to their students. Northwood University is changing the world!



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Gold Ring With Crystal Detail, Alexis Bittar, \$195



Damania Sweater In Silver/Gold, Tory Burch, \$225



Elastic Sandal in Nude, Manolo Blahnik, \$745

Silver Chain Link Bracelet, Ippolita, \$795



Rickie Classic Boyfriend Jeans In Tires And True, 7 for All Mankind \$225



Atiya Sewell

Black Strap Sandal, Yves St. Laurent, \$895



Ombre Sequin Tank,
Alice + Olivia by
Stacey Bendet, \$396

GOTTA HAVE IT!



Associate Fashion Director's PICKS

Lea In Pewter,
Elizabeth
and James,
\$450



Arita Dress In Warm Berry,
Diane Von Furstenberg, \$325



Ray Short Sleeve Top In Black,
Diane Von Furstenberg, \$198



Corset Dress In Midnight,
Rebecca Taylor, \$495



Nappa In Black,
Prada, \$650



Safiya Sewell

SPRING



Ruffled Sleeveless Blouse,
Robbi & Nikki, \$165

Bennet Skirt In Blue Moon,
Elie Tahari, \$248

Christa Sweater In Navy,
Elie Tahari, \$268

Cervo In Denim,
Prada, \$1,895

Gray Snake Skin Pumps,
Christian Louboutin, \$745

WORK

FASHY

Large Gold And
Jeweled Bracelet,
José and María
Barrera, \$340

Small Gold And
Jeweled Bracelet,
José and María
Barrera, \$190

Multi Stranded
Jeweled Necklace,
José and María
Barrera, \$600


Denim Sandals,
Yves St. Laurent,
\$895

Gucci Sukey Large
Tote
Gucci, \$860

Khaki Nylon Jacket,
Ali Ro, \$275

Dress In Lobster,
Ali Ro, \$300

LUNCH



Silver Hoop Earrings,
Ippolita, \$295

Silver Cuff,
John Hardy, \$895

Black Dress,
Diane Von Furstenberg, \$325

Black Strap Sandal,
Yves St. Laurent, \$895

Gucci Croisette Evening Bag
Gucci, \$970

COCKTAIL

Photographer: Jerico Angeles Assistant: Stefani Ania Model: Yasmina @ Basic NYC Stylist: Atiya Sewell and Safiya Sewell Available at Neiman Marcus, Galleria Mall 954-566-6666

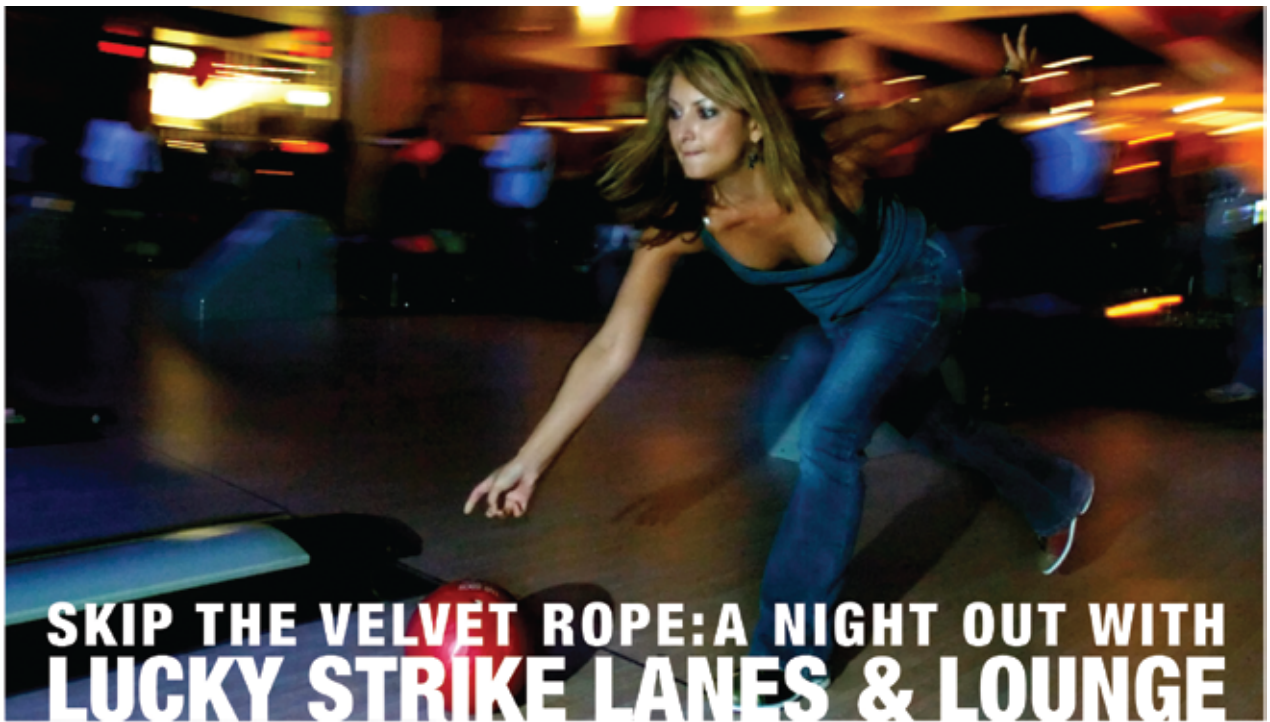


Lucite Earring With
Jewel/Gold Metal Detail,
Alexis Bittar, \$375

Lime Green Sequence Asymmetrical
One Shoulder Dress,
Naeem Khan, \$2,200

Silver Sandals,
Christian Louboutin, \$895

EVENING



SKIP THE VELVET ROPE: A NIGHT OUT WITH LUCKY STRIKE LANES & LOUNGE

It's fun, it's high-energy and for those who find solace in the work-out factor, it's also a calorie-burner – that's right, we're talking about bowling. Welcome to Lucky Strike Lanes & Lounge a state-of-the-art bowling alley located just a hop, spare and a strike away from Lincoln Road. This high-octane entertainment center, offers 18,000-square-feet of event space with bowling, lounging and dining all under one roof.

Bringing the sport back with style, Lucky Strike is best known for their celebrity appeal and ability to make bowling chic – so don't be surprised if you spot Drew Barrymore, Jay-Z or Cameron Diaz hitting the lanes.

Whether it's a night out with friends, a bachelorette party or a birthday extravaganza; Lucky Strike allows you to skip the hassle of the velvet rope without sacrificing the South Beach experience.

Lucky Strike can accommodate large and small events, customizing each with plasma screens adorned with your picture or creative message; a choice of live-entertainment with a surprise appearance by a life-size Mr. Pin and branded party favors like key chains (\$2.50). A keepsake bowling pin (\$35.00) for guests to

autograph as memorabilia of the night is also available in blue or pink.

The fact that the average bowler burns around 200 calories an hour might explain the hunger cravings. Bring on the grub and get playful with creative dishes like Tomato and Cheese S'mores (\$7.50), Mac-N-Cheese Bites (\$7.50) or Tuna Lollipops (\$9.50). Wash it down by making a toast to the guest of honor with beer, shots or specialty cocktails.

Sporting is not only limited to the 14 state-of-the-art lanes, there are also two billiard tables and a full service bar outfitted with more than eight plasmas bringing any athletic adventure to the fete.

Lucky Strike Lanes & Lounge is open Monday through Thursday from 11:30AM to 1:00AM; on Friday and Saturday from 11:00AM to 2:00AM; and Sunday from 11:00AM to 1:00 AM. You must be 21 or older for admission after 9:00 PM; dress code is strictly enforced. For more information about party packages or to book your next event, please call 305.389.0024 and ask to speak to Aida Acosta. www.bowlluckystrike.com 1691 North Michigan Avenue Miami Beach, Florida



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MILITARY STYLE

Sgt Pepper Jacket in Olive, Tory Burch, \$750

Earrings, Forever21, \$12

Striped black and Grey Long Sleeve Top, Ella Moss, \$76

Gold Bracelet, Vintage

Grey Jeans, 7 For All Mankind, \$169

Sunglasses, Chanel, \$350

Fatigue Print Heeled Sandals, Giuseppe Zanotti, \$650



Miri Jacket In Grey Melange, Elie Tahari \$168

Silver Chain Link Bracelet, Hot Topic, \$12

Saunders Tank In Porcelain With Silver, Joie, \$158

Silver Cuff, Lagos, \$995

Monogram Gucci Bag With Gold Details, Gucci, \$1,595

Gucci Sukey Large Tote, Gucci, \$3,195

Lazare Pant In Black, Diane Von Furstenberg, \$225

Pewter Sandal, Christian Louboutin, \$1,145

SIMPLY PASTORAL



Gold Dress,
ABS, \$285



Chandelier Earrings,
José and María Barrera,
\$415

Rose Gold Stick Earrings
With Crystals,
Alexis Bittar, \$150

Gold Cuff,
Vintage



Gold Strappy
Heeled Sandals,
Elizabeth and
James, \$365

Clear-Strap d'Orsay.
Manolo Blahnik, \$675



LINGERIE APPEAL



Taupe Sweater With Lace And
Sequined Detail,
Valentino, \$2,950



Gold Bow Bracelet,
Vintage



Gioto Pants In
Olive Branch,
Theory, \$235

PATTERN PLAY

CLEAN & SLEEK



Coral And Gold Earrings, Jose and Maria Barrera, \$315

Coral Dress, Valentino, \$1,690



Article Jacket In Black And White, Escada, \$1,290

Gelsey Dress In Soft Ivory Multi, Theory, \$275



Saffiano Soft Tote Prada, \$ 1950



Alta Sprintney In Black, Christian Louboutin, \$895



Lady Claude Cork In Naturale, Christian Louboutin, \$745

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HIT *the* SPOT (Finally!)

By Sharon Athanasiou



I admit it: I was once a tanning salon junkie. Although I had put that senseless obsession behind me years ago, it left me with a constant reminder in the form of brown sunspots all over my face. I've tried at-home treatments, professional microdermabrasion, and glycolic peels. But nothing made much progress in my spot struggle.

I finally decide to get med-spa serious and visit Pascual M.D. Beauty and Wellness Center in North Miami, owned by Dr. Amaryllis Pascual. During my consultation, Physician Assistant Liane Lindo suggests that I tackle my sun damage situation with photo rejuvenation, using Lumenis One IPL (intense pulsed light). Could this finally be the answer to a freckle-free face? I couldn't run into the treatment room quick enough.

First, my skin is cleansed, and then prepped using Vibraderm, a non-crystal microdermabrasion method consisting of a small pulsating paddle that removes dead cells, so that the pulsed light can penetrate more efficiently and deeply.

As Liane expertly configures the IPL settings specifically for my skin type, I'm given a pair of goggles, and she hopes that a creamy, clearer complexion is in my future. "The key is getting a technician who knows how to use the machine for your skin tone," says Liane. Basically, you want to have enough unwanted pigment removed without affecting the regular tone. The technician selects the wavelength and parameters appropriate for the type of discoloration, how deep it is, and where it's located.

Liane picks up the IPL handpiece and begins. She runs what feels like a series of mild rubber band snaps all over my face (yes, she will apply anesthetic to numb, if you're not quite as brave). These are the pulses of light, and the first

round is to reach the epidermal, or outermost skin layer. For each round the wavelength is adjusted. Two more rounds are done, to get to the middle (or junction) layer, as well as to the deep layer.

How does IPL work? The light is absorbed by the melanin, or dark pigment (sunspots), on the skin, raising the temperature in order to cause shattering of the pigment, without damage to the surrounding skin. The shattered melanin particles ultimately slough off, and go exactly where you want them to be: off of your face!

When I leave the office, my face is just slightly sore, like a mild sunburn, and my sunspots turn — gasp! — much darker. I have to keep in mind, though, that with IPL, it gets worse before it gets better. The spots become progressively



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1.



1. Rodial A-List Cleanser

www.rodialskincare.com

Reduce hyperpigmentation with amino acids and vitamin C, and increase collagen production with pomegranate tannin, as you cleanse your face with almond and jojoba oils.

2. Skin 2 Skin Photoaging Repair Cream

www.skin2skincare.com

Age spots and fine lines are reduced by this potent treatment with Kinetin and vitamins. Moisture is replenished up to 25%.

3. Ec-Oooh-Chic Papaya & Pumpkin Enzyme Mask

www.ecooohchic.com

Reveal fresh skin as pumpkin and papaya enzymes eat up dead cells, and neroli, mandarin, lavender and rose brighten and renew. Honey and vitamin E add much-needed hydration.

4. Cosmedix Eye Believe

www.cosmedix.com

A serum that utilizes liquid crystal from plants to nourish thirsty skin around the eyes, encourage collagen production, and make wrinkles diminish.

5. Kimberly Sayer Tangerine & Calendula Healing Light Night Cream

www.kimberlysayer.com

Sandalwood, calendula, rose, and Hawaiian sea algae combine to lighten dark spots, detox the lymph system, and stimulate cell turnover.

2.



4.



5.



3.



darker throughout the day. By day three, the discoloration is at its darkest, and it's as though all the pigment has become concentrated and brought out onto the very, very outermost layer of my skin, ready to literally shed. Five days out, one of the largest spots on my face is gone. One week later, I lightly scrub my face with a wet towel, and in front of the mirror, I stare at the clearest, healthiest looking skin I'd seen in years. Approximately half of my sunspots are missing, and the rest are only faint remnants of what they previously had been. And that was only my first treatment!

I've been back to Pascual M.D. to see Liane for three more sessions, and constantly rave about my "new face" thanks to IPL. Oh, and did I mention that there's no down-time?

Pascual M.D. Beauty and Wellness Center is located at 15400 Biscayne Blvd., Suite 103, North Miami, FL 33160, and also has an office in Doral. For more information on the Lumenis One IPL treatment, visit www.pascualmd.com, or call (305) 947-0751. -DUO

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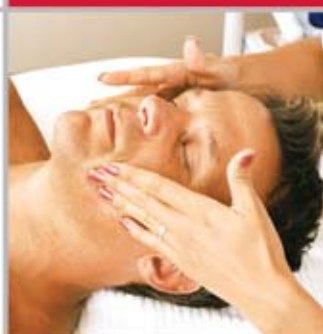


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Brown Shoes,
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Photographed by Andre Rowe Stylist: Atiya Sewell and Safiya Sewell

Gray Sport Coat,
Zara Men's, \$79
www.Zara.com

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Stripe Tie,
Ralph Lauren, \$49
www.Macys.com

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Zara Men's, \$189
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Hoody In White,
Ralph Lauren, \$125
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REEL WORLD



JOSH GROSSBERG: A BRIDGE LIFE: FINDING OUR WAY HOME

By Rachel Galvin

When NYU student Josh Grossberg traveled to the Astrodome in New Orleans as a volunteer with the Jewish student organization Hillel to help those stranded there after Hurricane Katrina, he didn't realize the implications. With camera in hand, he captured the stories of many, but focused primarily on the journey of one, Dan Sheffer.

Dan Sheffer, a loan officer from Plantation, Florida, had also traveled to the Astrodome. His goal was to take people back with him and help them rebuild their lives. But the job wasn't as easy as he thought. The challenges he faced and the successes and tragedies that followed were perfect for what would become Grossberg's award-winning

documentary "A Bridge Life: Finding Our Way Home." The film was recently shown at the Fort Lauderdale Film Festival (FLIFF), where it received a Spirit of Independence Award and a standing ovation, among a swell of tears and appreciation. The film premiered at the Newport Beach Film Festival; and, after FLIFF, it went on to Naples, where it won the Neapolitan Award. In 2010, he is looking forward to Worldfest Houston in April. It has also been accepted to the Victoria International Film Festival in Vancouver, Canada.

What makes this film a winner is not just the heart-wrenching and heart-warming inspirational context, but also the fresh way in which Grossberg uses historic footage interspersed with present-day shots. He creates intimacy



Dan Sheffer and his daughter

and immediacy by allowing the subjects to tell the story in their own voices.

His ultimate goal is to present the film to television audiences for Katrina’s fifth anniversary. He also hopes to use it as a launching pad for “A Bridge Life” documentary series telling uplifting stories chronicling the challenges people face during disasters and how good Samaritans help people in crisis find stability in life. Grossberg coins it “Intervention” meets “Extreme Makeover: Home Edition,” but without the house.

“Anyone can make a difference,” he says. He hopes his film will encourage people to do just that, to show them that even if they do not have money to donate, they can give their time, their ears and their hearts.

“There was a lot of focus on New Orleans, which is great, but 200,000 were based in Houston. There also were no stories about what happened to these people afterward,” he adds.

Dan Sheffer was able to mobilize his community. He not only got them motivated, but also raised money, obtained discount tickets from the airlines, new driver’s licenses, Social Security cards, apartments, for a limited time, and more for those he would bring back.

When Grossberg went to the Astrodome he found that people wanted to talk to him. “People wanted to tell us their story,” he says, realizing that food and shelter were not enough, people needed support for their emotional and mental needs. By offering this type of outlet, he felt he was giving back.

As he followed Sheffer, he asked the question: “Imagine if you lost everything except clothes on your back ... what would you do?”

He found that those stuck in the Astrodome felt safer in those conditions in many cases than trusting a stranger and moving to unknown waters. “Dan offered help. They said ‘No’,” says Grossberg. Eventually, seven stepped forward and took a chance.

Sheffer, who Grossberg classifies as an “everyman, pull your boot straps up kind of guy,” was a loan officer at this time, but later, due to the economy, ironically, would become an inspector for hurricane home preparedness.

Sheffer was surprised at the lack of trust. “I thought the airport would be inundated with people hoping to get out of there but no one was there. I knew also that the people inside the dome would be evacuees.” Sheffer spent four days and five nights there sleeping on a cot, not sure what dangers might befall him. He mentioned that the press and dignitaries took a tour of the Reliant Center, which was cleaner than and not as full as the dome, where the bulk of the people were camped out.

Once he gathered together the people who agreed to come with him, new friendships were formed. Unfortunately, the experience was not all positive. One evacuee in Dan’s group committed a horrendous crime, prompting Sheffer to question whether his assistance was worth it. But he determined it was, as his thoughts turned to the other six individuals he was able to help rebuild their lives. For them, it most assuredly was worth the risk.

The courageous effort unfolds on screen in this dynamic documentary. To find out more about Dan’s mission, the evacuees, and news on the latest screenings and awards, visit www.abridgelife.com. -DUO



Besides being a journalist, Rachel Galvin has been involved in the film industry for over 10 years as an actor, producer and more. Check out her blog/networking portal at www.independentstreak.ning.com or www.rachelgalvin.net.

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A young girl and her grandmother were walking down the beach. It was a beautiful afternoon and the tide had pulled back leaving hundreds of starfish stranded on the sand. The girl began to run around, picking up the starfish and throwing them back into the water. Her grandmother laughed at her efforts and said...

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"Why do you run about?

There are hundreds of starfish and you are wasting your time. You can't possibly make a difference here." Her granddaughter stopped, looked carefully at the starfish in her hand and threw it back into the water. She said, "Grandma, that may be the case for all of them, but I can make a difference for that one."

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ROBIN WHITE

What have the challenges been for you as an artist?

I graduated from Ringling School of Art and Design with a BFA in Graphic Design and Illustration. When I go back and think of barriers I placed on myself while at the University I realize they were all self-imposed. My teacher, a widely recognized artist, told me I had the talent to be a painter for a living and that scared me! I had visions of poverty and ears getting cut off. When I learned of the graphic design program I thought, "Hey, you could get a JOB doing art?" My mom was divorced, holding down two jobs and putting me through college, so I decided I could not afford the "luxury" of being a fine artist. After working 20 years as an Advertising Art Director I am now devoting more time to my artwork.

What is your inspiration?

I grow as an artist and human being every day when I help my fellow emerging artists. There is no lack in the world, other than what we imagine. That is my message. Everything is possible if we can imagine it. It is within our grasp. Our minds are so powerful, but it all starts with our perception. Our minds can doom us or lift us up. That is our choice.

How do you use your art to reach out to the community?

As a resident artist of Gallery 101, I have had the privilege of giving back to the community through helping to organize and promote the gallery benefits for Breast Cancer, Pet Project, SOS Children's Village, The Daily Food Bank, and many others.

For more information go to: www.robinwhiteart.com



BARRY GROSS



When did you realize you were consumed by the passion of the creative bug?

I remember being creative at the age of 3. A short time after I recollect living in a dreamlike twilight zone contemplating fanciful stories about magical horses and monsters. This became the journey of paints with emotions and concept.

What have the challenges been for you as an artist?

The most intriguing of all is just to stay myself. With so much family and peer pressure and many years and notches on my belt I began to be myself, use my visions, my colors. With accepting all the guidance from others and intuition, the enormous challenge of the creative self has been unleashed.

What is your inspiration?

That's an easy one. Life itself! The imagery and intimacy emanates from passions, dreams, and visions. Sensitivity is a grand emotion of life. All the experiences and experiments

of life transport creativity to the most provocative arenas. Compassion and empathy with a willingness to bear all expands, all dimensions. Drama, comedy, sensuality and sexuality, fantasy and surrealism lead the procession towards the spiritual and what nature truly is.

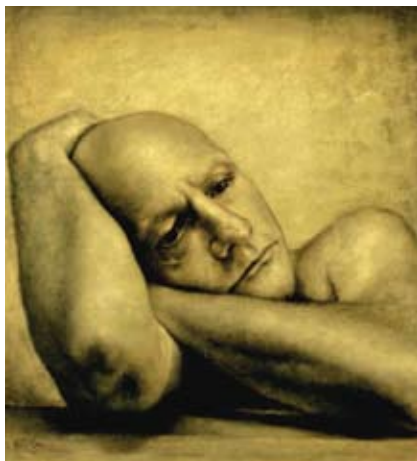
What is your style?

Style varies from all mediums. Working on Belgium Linen to handmade rice papers and graphite, oil pastels and oil paints changes the style. Figurative realism is always my penchant with a trifle sign of surrealism. Mixing realism with fantasy is as close to life as you get.

Do you get involved in charity work?

For 25 years I have donated three to five pieces a year to Breast Cancer and other cancers, Aids/HIV and Child Diabetes. -DUO

For more information go to: www.iconeditions.com



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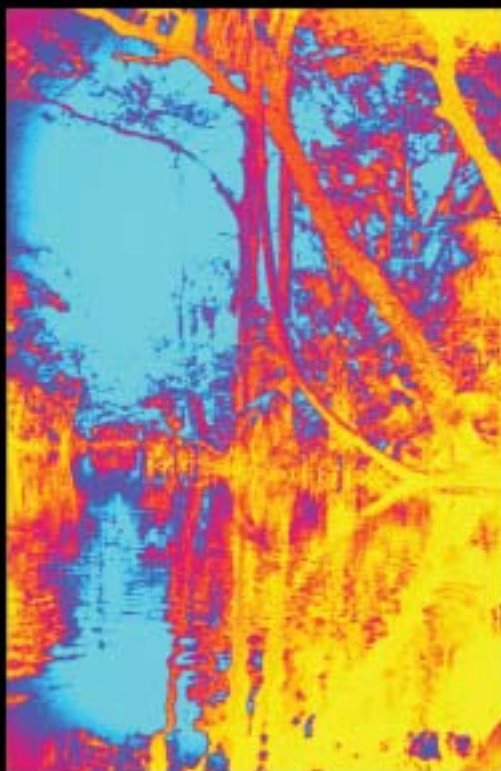
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35 Years Of Serving The Blind And Visually Impaired

Thirty-five years is a defining moment in the life cycle of an organization, as well as the community it serves. Broward County needs the Lighthouse as never before. This year Broward County will have 81 babies born prematurely with a vision impairment. By 2030 more than 300,000 people in Broward over the age of 65 will have one or more eye conditions that could lead to enough vision loss to affect daily living skills and safety. School children, teens and working age adults also will continue to need the Lighthouse in order to make goals and achieve a successful role in school, jobs, their family and our community.

Our partnerships with the Division of Blind Services, United Way, Broward County Public Schools, Nova Southeastern University School of Optometry, Community Foundation of Broward and other major funders and philanthropists, as well as countless professionals in allied health and human service agencies, are keystones of our success and our strength.

As we celebrate 35 years of service to this community, we honor those agencies, individuals, foundations and businesses that have ensured our longevity and success in serving so many who have discovered independence through training and education at the Lighthouse of Broward.

We also salute the volunteers who help the Lighthouse operate every day, as the organization was founded and guided by a team of dedicated pioneers for many years. Having found its current home in 1983, the Lighthouse began offering adult education and rehabilitation services. By 1988, a five-day-a-week rehabilitation program was in full swing. In 1993, thanks to a generous donation from Lois L. Deicke, the Lighthouse building was renovated and expanded to its current size.

Today, the Lighthouse of Broward is the only agency in the county offering a comprehensive menu of services designed to provide blind and visually impaired individuals of all ages the skills they need to live full and independent lives.

The Lighthouse of Broward is a United Way partner agency and member of the Florida Association of Agencies Serving the Blind and is sponsored by State of Florida, Department of Education/Division of Blind Services.



Lighthouse of Broward

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www.LHOB.org



AFTER

LIGHTHOUSE *Lobby.*

VISION *of* LOVELINESS



By Martin Amado
www.martinamado.com

When I first walked into the lobby of the Lighthouse of Broward, it reminded me of a doctor's waiting area. The chairs were lined up against the wall and white window verticals overpowered the space adding to the stark look of the room. The staff felt the lobby was neither conducive

for conversation nor did it reflect a warm and inviting environment for their clients. I agreed. These were all decorating dilemmas I could address with new furniture and accessories. However, just as important, I felt the Lighthouse lobby lacked an identity from a branding perspective. Once you walked through the front doors, there was no signage or logo that recognized this non-



AFTER



profit organization and the great work they do for the blind and visually impaired. I sought to change this as well.

Designing a room for clients who are blind and visually impaired required a different thought process. I had to take a crash course on color perception and contrast as it pertains to those who have partial sight, aging, and congenital color deficits. I learned that two colors that are sharply different to someone who has normal vision may be far less distinguishable to someone with a visual disorder. In layman's terms, I had to stay away from colors of similar lightness and hue, so that clients of all ages can visually

make out objects in the room. With this knowledge, and also taking the blind into consideration, I wanted to keep an unobstructed traffic flow through the lobby, while still choosing adequate furniture pieces that were comfortable and made the space welcoming.

The main seating was chosen with this in mind. There was a sharp contrast between the new sofa and loveseat against the existing dark blue carpet, plus the leather made it a durable choice for daily use. The style of the room was inspired by the organization logo itself: a lighthouse. It reminded me of coastal

waters and a beach cottage lifestyle. However, I didn't want to translate it so literally in the lobby. Instead, I wanted the influence to be more subtle in order to create a business-appropriate environment that still felt like home to the clients and staff. Without changing the paint color on the walls, I added warmth in the room by choosing end tables and a round mirror in dark, wood tones that help to balance out the finish of the reception desk throughout the space. In addition to the traditional living room setting, I created a second seating area by placing moss-green accent chairs on either side of an ivory console table. Much better look than the office chairs they had before ... don't you agree? This provides different conversation clusters within the same room, plus by using the oversized ottoman as a coffee table, we have a multi-functional accent piece that can also double as seating if necessary. Finally, we replaced the artificial plants with live palms that bring the outdoors in, and new window treatments now give the room a layer of softness and casual elegance while hiding the verticals.

Even with all the new furniture and decorative elements, the transformation of the lobby would not have been complete without the new signage behind the desk. It brought everything into focus! There is no mistaking this is the Lighthouse of Broward now. The new look of the lobby reinforces their mission to serve the blind and visually impaired, and clients will experience that every time they walk into the center. It was all done for them. It was truly my privilege to be a part of this project and I thank DUO Magazine once again for the opportunity. I also want to thank City Furniture, Lowe's, and Ellen Schulman for all their efforts and donations that made it possible to bring my vision to life, as well as the amazing staff at the Lighthouse of Broward for their hard work and dedication. -DUO



BEFORE



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City Furniture is honored to have the opportunity to work with the Lighthouse of Broward in creating an environment to make people feel safe and comfortable. From our family to yours, "Welcome Home".

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A Polaroid-style photograph of a beach scene. The top half shows a blue sky with a simple line drawing of a sun. The middle and bottom halves show green waves crashing onto a sandy beach. The text is overlaid on the image in a white, sans-serif font.

THE ONLY
THING MORE
FLEETING
THAN SUMMER IS

A Polaroid-style photograph of two children playing in the sand. One child is sitting on the left, and another is on the right. The word 'CHILDHOOD' is written in the top right corner in a white, sans-serif font.

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Couples Sans Souci,
Ocho Rios, Jamaica



the **NEW** EXCLUSIVE *All-* INCLUSIVES

By Karen Holly Berliner

The typical all-inclusive resort of days gone by often got a pretty bad rap—and rightfully so. Pitched as an affordable one stop shop and enticing travelers with an “all you can eat, drink and be merry” smörgåsbord, quantity was the name of the game; but quality?—not so much.

That said, with advanced technology and a volatile economy, today’s traveler is a lot more savvy and discerning. Enter the new brand of all inclusive resorts which have risen above the fray as a supply to meet new demands. This modern generation of prepay/postplay

luxury spots proudly showcase the ability to serve up a generous and retro helping in resort amenities, while at the same time sustain true top shelf quality.

Better yet, the magicians behind the scenes of these resort giants are pulling fresh rabbits out of their hats by offering their own unique signature renderings, thus dispelling the old and tired cookie cutter clichés. Even the original veteran resorts peppered about the Caribbean have stepped up their game in an effort to keep up with the Joneses’ and are themselves---“bringing it” like never before.



The Grand Velas All Suites & Spa Resort, Riviera Maya- Mexico

So wave farewell to the all- inclusive resorts of yesterday, grab a plate and get ready to indulge your caviar and champagne tastes on a chips and dip budget!

1. A MAY/DECEMBER LOVE AFFAIR COUPLES RESORTS- COUPLES TOWER ISLE, COUPLES SANS SOUCI, OCHO RIOS, JAMAICA

The 1950s brought a baby boomers explosion of novelties, from the rise of modern jazz and fast food restaurants, to the advent of television and credit cards. Along with this movement, there was a surge in leisure activities, both domestic and abroad, and an exploding vacationers market to go along with it.

With its dramatically scenic landscape and a deliciously tropical climate, Jamaica was one of the very first popular destination hot spots. Forecasting this way ahead of his time by keeping a steady finger on the pulse of trends, Jamaican tourism icon Abe Issa used this chance to pioneer his own Jamaican resort in 1949. The Tower Isle Hotel

(now Couples Tower Isle) initiated an original destination wedding of sorts: the marriage of modern tourism to an unspoiled and exotic oasis; truly a nuptial match made in heaven, and fraught to the core with elegance and glamour.

In that spirit, Tower Isle hosted the likes of Hollywood's greatest, including Walt Disney, Debbie Reynolds, and Errol Flynn among others, in that these shining stars were drawn to its old world charm and allure. In 1978 Issa further evolved his brainchild and pioneered the first all-inclusive resort in Jamaica – turning Tower Isle into the place for couples only. This past April this resort, yet again, reinvented itself and reopened after a \$30 million dollar renovation. Today, the new Couples Tower Isle continues classic trends and adds to it a healthy dollop of intimacy, sensuality, and spice, creating an ideal atmosphere designed for couples and only couples.

Stroll through the resort's piano bar, have a night cap and sing a round of songs with the piano player. Relish the opulent art deco sitting areas, perfect for enjoying a frosty

piña colada after a day of sun and shore. Enjoy the various onsite water sports available to you and your partner right on the beach or dance the night away at their pulsing discothèque. Spoil yourselves with their fabulous gourmet cuisine in their varietal dining spots, all true rivals of the best in NYC.

Signature Goody: Guests can take a shuttle boat out to the resort's namesake island, Tower Isle, a private lush and tropical patch of land afloat the shore, and allotted to those couples who enjoy the freedom of swimming and sunbathing in the nude.

Emerging along the Caribbean from the cliffs of Jamaica's Emerald Mountains, Couples Sans Souci is another Couples brand property which offers the same premium accoutrements, but with an entirely different vibe. Every detail, from the natural springs and stone pathways of the majestic forest, to the rocky lookouts and walkways over the glass blue sea, makes for a serenity and seclusion all its own. Discover one of the hidden grottos in the lush foliage or enjoy a private beachside dinner for two. Whatever your pleasure, you'll find it there. Eco-friendly spa treatments, renowned cuisine and first-class service add to the mix.

Signature Goodies: This property has a well-hidden jacuzzi and mineral springs grottos sprinkled throughout the resort, known since ancient times as a way to maintain health and renew romantic energy.

2. IT'S A JUNGLE OUT THERE AND A PARADISE TOO! THE GRAND VELAS ALL SUITES & SPA RESORT, RIVIERA MAYA- MEXICO

Located along the lush Yucatan Peninsula of the Riviera Maya, the Grand Velas offers endless amenities, luxury accommodations, and world-class gourmet cuisine making it a vacationer's paradise. This sprawling sanctuary brags clear views of the Caribbean Sea on one side and vibrant jungle vegetation on the other, making for the best of both worlds. All of this is nestled within the natural wonders of pristine sandy beaches, jungle flora, fauna, and protected mangroves. Offering a host of luxurious amenities including a top-notch spa, dedicated butler services, waterfront plunge pools, indoor whirlpool bathtubs, and a state-of-the-art fitness center, feel free to leave your woes and your wallets behind and simply indulge. The guest suites are tastefully appointed in earthy tones of

cream, taupe and brown coupled with plush accessories and custom commissioned artwork by local talent. Dark wooden accent walls add warmth and sensuality. The resorts' seamless 24-hour in-room suite service allows for intimate dining and midnight snacks whenever--wherever.

The spa specializes in its Seven Journeys flight of signature treatments including: Mediterranean Voyage, Travels through India, Natures Aromatherapy Trail, World Travels, Men's Journey, Inner Journey, a Kid's Rainbow Journey and its Journey through Native Mexico; the Riviera Maya Ritual, which includes whirlpool sauna, crystal steam room, eucalyptus inhalation, pressure shower, Swiss shower, hydro-reflexology and hot and cold water lagoon immersion. Abundant dining options allow guests to explore and savor a worldly fusion of flavors such as the haute Spanish cuisine



Los Luxuries Of Los Cabos



The Coconut Bay St. Lucia Cheryl Andrews

at the resort's Cocina de Autor restaurant or Piaf, serving gourmet French fare among others.

Signature Goodies: A Margarita Trolley is wheeled to the dinner table where diners choose from a selection of top tequila brands Tropical mango, tamarind, guava, cucumber, and traditional limejuices. Once diners choose the tequila and flavor preferences, the bartenders then prepare the margaritas table side and spice things up by serving it in a chilled salt-rimmed glass.

3. LOS LUXURIES OF LOS CABOS THE BARCELÓ LOS CABOS PALACE DELUXE

Located at the heart of the Golden Zone in San José del Cabo, this luxurious resort offers over 600 suites of sophistication, with 34 specialty swim-up suites, an American sports bar, a tequila/cigar lounge, a piano bar in the lobby, three bars in the pool itself and five a la carte restaurants, ranging from Spanish and Sea of Cortes-inspired dishes to French and Japanese cuisine. California hacienda style, blended with modern, luxurious amenities, the resort rests upon one of the widest stretches of beach in the destination. A children-only water park provides thrills for the children while in-water hammocks and an exclusive pool lounge make for adult frolic and play. Enjoy a sprawling well equipped fitness center, a full-sized tennis court and a half-sized basketball court. Guests can get a front row seat at live Broadwayesque, nightly entertainment at the property's grand theater. Sports enthusiasts can enjoy deep-sea sport fishing, world-renowned golf courses and snorkeling.

Signature Goodies: Their world-class spa Azatlan features

16 private treatment cabins, a steam room, a sauna and a hydrotherapy room. Three palapas are also available for private outdoor treatments.

4. A TROPICAL AMBROSIA THE COCONUT BAY ST. LUCIA CHERYL ANDREWS

Located on St. Lucia's exotic southern coast, this all-inclusive resort sits next to Les Pitons, the twin volcanic peaks that rise above the Rainforest. East of the resort's coast lies the Maria Islands Nature Reserve, home to some of the rarest species of plant and animal life in the world.

Mirrored after the island's most famous landmarks, the twin Piton Mountains, Coconut Bay has its own set of twins, Harmony and Splash. "Harmony" is a tranquil adult-only oasis while the young at heart are drawn to "Splash," the resort's tropical playground and the island's largest water park.

At the Kai Mer Spa guests can indulge in organic-infused spa treatments. For a more romantic experience, Kai Mer also offers interactive couples massages. For dining, there are two specialty restaurants offering a la carte dining, a buffet-style restaurant, a beachside grill and three bars, and a swim-up pool bar. This tranquil paradise is the perfect setting for a romantic escape with its stunning palm-fringed pool, braided hammocks, intimate cabana beds and of course, the endless azure oceanfront.

Signature Goodies: This resort exclusively offers romantic lighthouse weddings from the Cape Moule a Chique Lighthouse, the world's second tallest lighthouse with vast views of the sea. -DUO

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