

FALL 2008

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An American Idol

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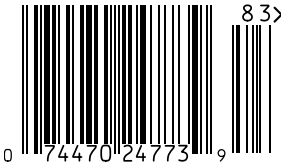
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DUO

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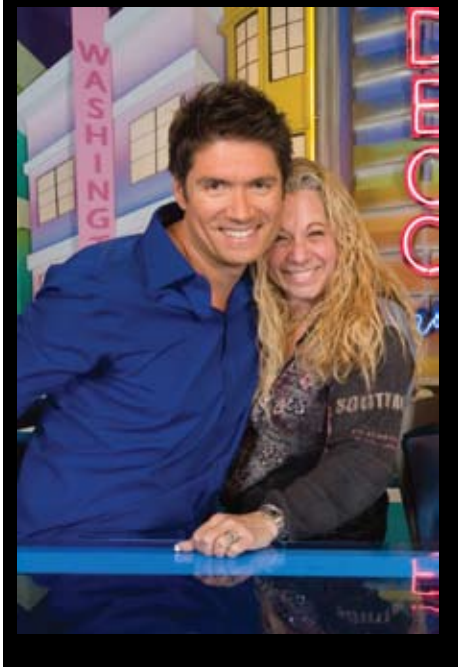


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from the **PUBLISHER**

Ellen Sue Burton




The holidays are upon us and as I sit writing this Publisher's Letter I take a moment to reflect on the three months that have passed since our launch. With rising gas prices, a failing economy, months of hurricane preparedness, and the pressure of political decisions, I am elated to know there are still those among us, however, who can brace themselves through the windy storms and ride the crashing waves until they find the silver lining beneath the clouds.

Such is the case of our VIP, Roslyn Parker. October is Domestic Violence month and I am very appreciative to be given the opportunity to tell the story of the fabulousness of this woman who arose from domestic abuse to spread her strength and wisdom and survival tactics with other abused women and who is changing the world with her Voluntourism, domestically and across the globe. Pat San Pedro and the amazing cancer survivors we are honoring in this issue for National Breast Cancer month are "living" examples of what it is like to make lemonade when life drops lemons off your family tree.

My wheels took me from the "smart" parade to the Dolphin Training Center to meet a man who knows just how important that word really is. I was moved to tears by the interview with Twan Russell and his commitment to raise the reading level and life skills of South Florida's children, I was in awe of the dedication and devotion of world-famous chef, Emeril, and his quest to cure the Alpha-1 disease, and Lynn and Louis's interview gave new meaning to the importance of making laughter our best medicine.

As the New Year approaches and our tomorrows become a little more difficult than our yesterdays it is important that we have the foresight to appreciate that which we do have, our health, our education, our loved ones, and that we maintain the tenacity to help others find their own silver linings. As we head out of Florida's lobster season, try to peel off that hard outer shell and pay more attention to your soft delicious squishy insides. I promise if you do it will bring you and the others around you "oceans" of happiness.

Sincerely,


Ellen Sue Burton

from the EDITOR

Giselle Sanabria

Giselle and singer, Melina Almodovar



As I am sure you have noticed, our baby has put on a bit of weight since last issue and is glowing! Last August Ellen and I went to the Florida Magazine Association seminar at the Portofino Bay Hotel in Orlando and the experience was overwhelming. We submitted our first issue to The Magazine American Idol critique. Knowing that a group of experts would be judging the magazine we wondered if the Little Magazine Making a Big Difference could hold her weight with the “big boys” the more renowned magazines in the State of Florida, and whether the judges would see the uniqueness of DUO. They didn’t like it.....THEY LOVED IT! It was very gratifying hearing all those positive comments; and the confirmation was that, yes, DUO Magazine is definitely a one-of-a-kind publication. “When I saw this magazine it immediately caught my attention. I put it in my bag. This is the only magazine I am taking home tonight,” one of the judges said.

At a glance DUO Magazine might appear to be another lifestyle magazine, but we are sticking true to our dreams to make DUO Magazine more than just a magazine. It will continue to be a heartfelt journey through the lives of the Unsung Heroes, charitable organizations and VIP’s who are making a difference in South Florida. We will entertain, educate, and motivate you. We will have you applauding the likes of people like Twan Russell and Roslyn Parker and bring you to tears and have you silently praying for women like Patricia San Pedro and the array of cancer survivors we have chosen to highlight for National Breast Cancer month. And, yes, we will always try to give you the latest information on the arts and theatre and dining experiences in our community. Along the way, we hope to make you laugh out loud with the antics of some of our favorite comedians like Lynn and Louis.

All of the judges used the same word when congratulating us on a job very well done... “Passion”. Come join us as we share our passion and commitment to you to give you the best of the best in magazine enjoyment.

Sincerely,

Giselle Sanabria

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Do you have an Unsung Hero who has made a difference in your life?

Do you know someone who unselfishly gives back to the community?

Do you have a story that will entertain and educate our DUO readers?

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DUODITTIES

Dear DUO:

I picked up your magazine on South Beach as I am a huge fan of DJ Laz. I took it home and read it from cover to cover. It was great. I just wanted to let you know that you helped me to make a decision that I have been wrestling with for a very long time. I read the Alonzo Mourning/Jason Cooper story and I went and changed my driver's license (as I had just turned 21) to be an organ donor. I have convinced several of my friends to do the same. You've already made a difference in one life...mine. Keep up the good work!

David Allen
Hollywood, FL

Dear Ellen:

I appreciate the support that you have provided towards helping us continue to build our charitable efforts. Contributions from others have enabled us to help many young lives. Thank you and God bless.

Gratefully yours,

Alonzo Mourning
AM Charities

The first issue of DUO has been an incredible illustration that good people are among us. And I am one lucky reader who has had the honor to know DJ Laz through Radio Lollipop at Miami Children's Hospital. He is truly my idol and a true inspiration. He is a man of his word, who is passionate about his career, family and the community. He represents a true leader in advocating and directly assisting organizations in need of continuous support. Thanks to his reputation, commitment and recent radio-a-thon, he has raised \$170,000 for Radio Lollipop, allowing the program to continue to provide care and entertainment to children in the hospital. Thank you, Ellen, for your vision and passion in successfully creating DUO, an opportunity for all to feel

the magic of great individuals like Laz and others. I look forward to your next and many more issues to come.

Nuria Claramunt
Miami Children's Hospital

Dear DUO:

First I want to thank you for the blast we had at the launch of the DJ Laz issue at Jazziz. The entertainment was phenomenal...loved Elijah and Rachel Brown. Most important, my husband and I were tremendously moved by the work that Laz does at Radio Lollipop. We made a sizable contribution and we are planning to continue to support their cause. I am looking forward to attending your next launch and receiving our next issue.

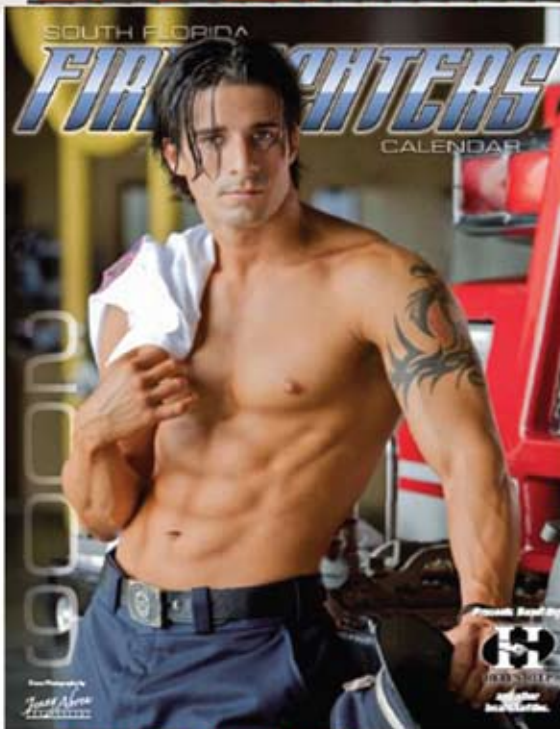
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Sobe It



Emeril's

By South Beach Annie

Emeril Lagasse is to restaurants what Baccarat is to crystal. And, like fine crystal, Emeril's décor and cuisine are elegant, not only to the eye, but also to the palate. When delighting in Lagasse's creations you will find that, each culinary interpretation has a twist of flavor mixing southern charm with Louisiana spice. I've had the opportunity to dine at Emeril's (www.emerils.com) restaurants in New Orleans, Orlando, and somewhat frequently in my own backyard on South Beach. Each of them has their own charm and specialty. Emeril's on South Beach has Caribbean flavor with Lagasse's flair for taste and delicious temptations.

The South Beach restaurant is located in the heart of all the action just steps from Lincoln Road Mall, right on Collins Avenue and 16th Street. The décor is both airy and earthy with white tablecloths set against reddish browns; and it is

impossible to miss the colossal wine storage, set up in the middle of the dining room for all to admire. And during the daytime, you can see the ocean through the French doors leading to some outdoor tables.

The wine list and bar menu have an amazing array of concoctions. It must be a wine connoisseur's dream come true to see so many rare and vintage selections. For the trendier drinker, there is a great selection of martinis, including my favorite, the Lychee Martini.

In my last Emeril escapade, my friend and I were surprised with a Chickpea Puree with Tabouli appetizer not listed on the menu. The Tabouli had a tangy lemony taste that melted in our mouths against the creamy puree. Then our adventure was followed by an all time Emeril classic, his New Orleans Barbeque Shrimp with a Petite Rosemary Biscuit. I finally downloaded the recipe from Emeril's website, because it is impossible to have enough. But when in South Beach, don't miss the Fresh Tuna and Butter Lettuce Wraps garnished with Crispy Wonton Threads, Yuzu Ponzu and Basil Oil. It is a Southern version of



“Emeril Lagasse is to restaurants
what Baccarat is to crystal.”



sashimi in a lettuce wrap. Then, like Emeril’s signature “Bam!”, it awakens the palate for all the delights ahead.

If you are a meat eater, the Grilled Filet Mignon with roasted truffles, asparagus, and Emeril’s own homemade Worcestershire sauce will never steer you wrong. It is definitely a slab of heaven that must be accompanied by a side of Plugra Mashed Potatoes. However, I must admit that the Andouille Crusted Redfish with roasted pecan-grilled vegetable relish, shoestring potatoes, and Creole Meunier sauce was my favorite of the evening. The surprise of “breaded” a fish with Andouille sausage was simply wonderful with that hint of New Orleans flavor.

My friend’s favorite was the Banana Leaf Steamed Chilean Sea Bass with Congri, Mango Salsa, Crispy Plantains, and Habanero-Lime butter sauce. There was definitely something magical going on with that sauce and Emeril’s version of Cuban cuisine.

But the Voodoo spell was definitely in Emeril’s Banana Cream Pie with Sweet Chantilly Cream, Caramel Drizzles and Dark Chocolate Shavings. I could never get enough,

at least until I cleansed my palate with some Mango Key Lime Pie with Cinnamon Sugared Crispy Fried Plantains.

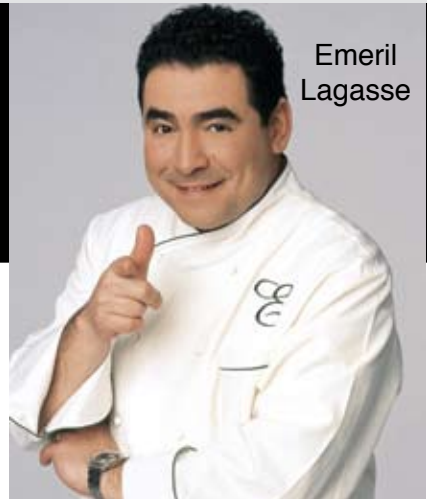
When you dine at Emeril’s on South Beach, please tell the manager, Sebastien, you read this article. Try to arrange a reservation through him to eat at the Chef’s table where Chef Tom can serve you himself.

There is an incredible jazz brunch on Sundays from noon until 3pm. Wonderful local talent like *Davis and Dow*, the fabulous DUO featured in our last issue, provide entertainment on a regular basis. Stop by and tell them hi! They’d love to meet you.

Unlike other high end restaurants, at Emeril’s you will be treated like family. It doesn’t matter which city or Emeril’s restaurant you go to. The manager, servers, and chefs want to get to know you and make sure you have a wonderful experience. Even when they place dishes on a table, they do so in perfect synchronized motion. It is like witnessing a serving ballet. They are extremely proud of what they do and of the ambiance they create in the name of great food. - DUO

ALPHA -1 FOUNDATION

By South Beach Annie



Emeril
Lagasse

When John Kushner, commercial realtor, walked in to the Commander’s Palace in New Orleans and befriended head chef Emeril Lagasse he probably never dreamt that this new friendship would ultimately lead not only to the pain of loss but to the hope for tomorrow. The Alpha-1 disease that claimed John’s life in 2005 would suddenly become the driving force behind the efforts of Emeril to raise funds for research to eradicate the Alpha-1 Antitrypsin Deficiency.

Founded in 1995 by John Walsh, Susan Stanley, and Sandy Lindsey, all diagnosed with “Genetic COPD”, the **Alpha 1 Foundation** (www.alphaone.org) is dedicated to providing the leadership and resources that will result in increased research, improved health, worldwide detection, and, with great perseverance and dedication, a cure. The Foundation has realized continuous growth since its inception and has developed a solid infrastructure to promote research and the development of new therapies for improving the quality of life for those diagnosed with Alpha-1. It has fostered collaborations with investigators throughout the United States and Europe, working closely with the National Institute of Health (NIH), the Food and Drug Administration (FDA), individuals affected by the disease, and the pharmaceutical industry to try to expedite the development of improved therapies, including aerosol delivery for augmentation therapy. The Alpha-1 Foundation participates in industry and government liaison groups and participates in strategic alliances with government, industry, and the other national and international health and research organizations.

Though there are an estimated 100,000 people with Alpha-1 in the United States, fewer than 10 percent have been

properly diagnosed. John Kushner was one of the few, though he had symptoms for years and was critically ill with both lung and liver disease, both related to Alpha-1, before his correct diagnosis. Otherwise healthy, John began developing symptoms such as shortness of breath, wheezing, and constant coughing. The condition can show

“The Foundation has realized continuous growth since its inception and has developed a solid infrastructure to promote research and the development of new therapies for improving the quality of life for those diagnosed with Alpha-1.”

up in liver disease in childhood and lung or liver disease at any age. More than twelve million Americans have been diagnosed with the lung disease COPD (Chronic Obstructive Pulmonary Disease), with three percent possible carriers of Alpha-1. “Alphas” are people with two defective Alpha-1 genes characterized by very low amounts of Alpha-1 protein in their blood. Protein tends to pile up in the liver or isn’t made in the liver at all. This lack of Alpha-1 protein in the blood can lead to COPD. About

twenty million “carriers” in the U.S. have one defective Alpha-1 gene and can pass the gene on to their children.

John moved from his spot at the chef’s table at Commander’s Palace to the chef’s table in Emeril’s own restaurant in New Orleans and then on to the current restaurant location that John helped Emeril locate in Miami Beach. The JK (John Kushner) soufflé is a living legacy to this loyal friendship that may one day prove to be the perfect ingredient for the recipe for a cure for Alpha-1 Antitrypsin Deficiency. -DUO

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BRAINS, BEAUTY, & A Killer Left Hook

“Lisa King, AKA The Black Widow”

By Steve Goodman

Her name is Lisa King. She’s the mother of two and runs a full service marketing company specializing in healthcare and medicine. But there’s another side to this amazing woman. She is a champion Full Contact Muay Thai Fighter, known in the fight community as The Black Widow. She is a pistol-packing executive protection agent providing security for high-end individuals, a martial arts instructor, and one of the fight games most intelligent and attractive commentators. As Lisa puts it “just the typical girl next door.”

Like many women fighters, Lisa first got involved in the martial arts as a way to stay in shape, never dreaming of where it would take her. “I started martial arts about 12 years ago mainly because I absolutely despised going to the gym, I saw this as a great opportunity to exercise and learn self defense.”

Lisa specializes in Muay Thai, which is part of a broader fight tradition called MMA, or “Mixed Martial Arts”. Muay Thai is translated into English as Thai Boxing, but it is quite different than what we think of as kickboxing. It is far more aggressive, and deadly. Muay Thai not only uses kicks, but involves the hands, elbows, knees, even judo-like grappling to defeat an opponent. Lisa says that is what makes it so exciting and why an ever-increasing number of fans are being drawn toward it. “The world of female fighting is extremely popular. Just in the last six months it has become more mainstream. Lisa adds, “People first go to see a female fight for the novelty – it used to be that it was regarded as something other than a true sport. Now what you are finding is that we are on CBS, NBC, ESPN. Twelve years ago females were the undercard; now we’re the “Main Event”



Lisa says a lot of what she does is about breaking down walls and boundaries, not only for herself, but for her fans. “On a professional level I probably have the coolest and most educated cheering section you can imagine.” Thanks to Lisa’s various “alter egos” her regular followers range from the usual fight fans to CEOs and brain surgeons.

Lisa has been featured on ESPN’s *I’d do Anything*, the *Today Show*, the reality show *Fight Girls*, and two films, *Ring Girls* and *Fight Girls*. Lisa says she is pretty competitive in everything she does. “I’m up for any challenge that comes my way.” One day she had opportunity to prove that, outside of the ring.

“A few years ago a person that I knew and trusted came to my home – I heard something outside, I opened the door and they attacked me. And my children were inside. Now I am trained to go into the ring up against a person also trained in the same technique and weight-class as me, so I can go in with a gameplan and pretty much in my mind know the outcome. This was very much out of everything I had been taught, or knew how to deal with. But as soon as they had body-slammed me, it was instinctual, I knew I had both my children in the house. And as my daughter, who is a fighter herself, said, before she could even raise her hand, I had already hit the person, kicked the person, flipped the person around, slammed him into a wall and tossed him out the door, and told my daughter to call the cops.” Lisa, you can be my bodyguard anytime!

As you might imagine, today Lisa is a major advocate of martial arts training, especially for women. She teaches women’s self-defense classes, and provides training for battered women. She says it is all about giving women the power and the confidence to not be victims. “I go in there and I’m teaching them they don’t have to be a victim, they have options.” Lisa also runs self-defense classes for teen girls 11-18 at no charge, “...to give these kids the self confidence and empowerment that martial arts can bring”. Lisa thinks that all children should do some form of martial arts. They not only learn a skill that will last them a lifetime, but they learn a lot about discipline and respect. “There is just so much good that comes out of it. And if they stick with it, when they go to the gym and train later in life, you know where they are, they’re not out getting into trouble – they have different goals and other objectives.”

Lisa has been “giving back” and involved with non-profits since the early ‘90’s. Long before she entered the ring she took up the fight against cancer. “Cancer ran in my family”, says Lisa, “so the first job I took in the medical field was in oncology. I took a job with the [American Cancer Society \(www.cancer.org\)](http://www.cancer.org), and I’m just the type of person that if I’m going to do something I throw myself completely into it or I don’t do it at all. I wound up chairing their “Relay for Life” and many other events here in Las Vegas. Eventually I served on their Board and became their southwest regional spokesperson.

Soon after, she used her martial arts background to head up the public relations for the Breast Cancer Foundation’s “Board Breaks for Kids” program. Lining up Tae Kwon Do students and their schools for public exhibitions and fundraising events.

So what kind of a role model is a Mom who makes her living as a fighter and a professional security agent? A darn good one apparently. Lisa says “My kids think it’s cool when their friends recognize me by name and my 8 year old son loves telling his friends that I’m a real life super hero.” But it’s much more than that. Lisa says her kids are her inspiration and her motivation; they push her harder than anyone. “As a parent you always want to do your best, and there’s nothing like the type of work that I do that lets me and the thousands of people in attendance see exactly what my best really was that night. I want my children to know that to achieve a dream it does take a lot of hard work and determination; but if they put their best foot forward, they can accomplish anything they set out to do.”



Lisa continues to do everything she can to promote and educate the public about full-contact female fighting, MMA and Muay Thai. Her latest endeavor is wfighter.com, a website dedicated to professional women fighters and their fans.

What does the future hold for The Black Widow? Lisa says you can look for her coming soon to a local store near you, as she has just become the spokesmodel for an energy drink called Csurge. “It’s a shot of energy and a dose of vitamins all at the same time. What could be better? I’m training some fighters right now. I’m not done with fighting, maybe a movie, some action roles, we’ll see...”

Whatever is next on the path for Ms. King, I wouldn’t want to be the one standing in her way! - 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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UnSung

Eileen Friedman: Making MS Really Mean Something

Check this out. DUO's very own UnSung Hero, Eileen Friedman, is pictured here with Trisha Meili, aka The Central Park Jogger, as she presents Dick Traum, President and Founder of Achilles Track Club with the \$5,000 shopping spree she won as one of the winners of Prevention Magazine's Picture of Health award. The donation will go to support Achilles (www.achillestrackclub.org), a nonprofit worldwide organization, with representation in 60 countries, with their work to enable people with all types of disabilities to participate in mainstream athletics. Dick Traum, the first ever amputee to complete a marathon with a prosthetic leg, began Achilles in 1983.

It is more than appropriate that Achilles and *The National Multiple Sclerosis Society* would be the recipients of this \$10,000 honor. Eileen was merely extending her gratitude and appreciation to both organizations. She began training with Achilles four years ago after a local marathon training club refused to take continue to train Eileen believing her Multiple Sclerosis to be a liability. In 2004, registered for her first NYC marathon as a member of the Achilles team, Eileen had the honor of meeting Ms. Trisha Meili aka The Central Park Jogger. Eileen was instantly motivated by the story of Trisha's comeback after being left for dead after a brutal rape in Central Park. Eileen was convinced that she too could defy the odds and complete the run, MS or not. "I did it" were the three words on the email to Trisha when Eileen returned from not only this run, but one in 2005 and 2007. Believing in the strength of a person's soul and refusing to give in to diagnostic limitations, coupled with the motivation and encouragement that Achilles provided, Eileen made it to that finish line and has raised over \$24,000 for **The National Multiple Sclerosis Society** (www.nationalmssociety.org). We congratulate this marathon mom on a job well done - DUO



Eileen presents her \$5000 shopping spree award from Prevention Magazine's The Picture of Health contest to Trisha Meili and Dick Traum of Achilles Track Club in NYC.



Eileen, next to Editor-in-Chief of Prevention Magazine, Liz Vaccariello, in NYC presents another \$5000 to Dr. Patricia O'Looney, VP of Research for The National Multiple Sclerosis Society.

Deborah Perlman
& Lori Samuels:

Touch a *Heart* Foundation

Deborah Perlman and Lori Samuels have always had a passion for helping those less fortunate... especially children. So it was no “coincidence” when these two friends, with hearts of gold, joined forces to make a difference in the lives of needy children and their families. Touching many, many hearts, the foundation name understates the tremendous amount of lives Touch a Heart, a 501C-3 reaches out to on a daily basis.

Deborah Perlman was committed to the fact that the holiday season should not be the only time to support families in need. Her husband, Alan, and sons Jared, Brandon and Jordan, started **Touch a Heart** (www.toucheaheartfoundation.org) to provide not only basic necessities, but also to grant the special wishes of those less fortunate throughout the entire year.

Forming a partnership with Lori Samuels was the missing link to this successful endeavor. Lori and her husband, Lenny, had been working with Family Central and vowed to continue to make a difference in the lives of children of low-income families. Since childhood, their teenage daughters, Leah and Amanda, had joined Lori in her weekly visits to Camp Blanding, a daycare center for children of low-income families; so paying kindness forward has been the major motivating factor that has enabled these two families to gather not only individuals,



but an entire community of volunteers who include helping others as part of their daily routine. “There is no age limit to philanthropy,” Debbie and Lori agree. High school students from Cypress Bay, Cooper City, American Heritage and University School receive volunteer hours by providing services such as working the events, shopping, wrapping gifts and obtaining gift certificates for raffles and silent auctions.

This year Touch a Heart will assist over 50 families and 10 daycare centers. The primary source of monies raised comes from Spa Day, their annual December fundraiser. This event is made possible by a phenomenal circle of caring individuals who donate their time and services for the day. One hundred percent of proceeds go directly to the families the foundation adopts. Most of the families Touch a Heart sponsors come from local agencies in the tri-county area such as; Family Central, Chai Lifeline, Jackson Memorial Pediatric Transplant Unit, David Posnack JCC, and Childnet. Having raised over \$30,000 last year from spa day alone, and using funds to personally deliver necessities, gifts from a wish list and a holiday meal to over 500 children, it is obvious that Touch a Heart is, indeed, touching many, many hearts. - DUO

Jesse Holt:

Coach with a Heart of Gold Helps To Win a **BRONZE**

By Steve Goodman



Courtesy of IAAF
(International Association of Athletics Federations)



Batshorn “Batman” Jackson grew up running at Moore Park. Like all kids growing up in Miami’s Liberty City, Jackson’s need to run was to escape. And like his path to a medal this past summer; Jackson’s road was all about jumping over one hurdle after another. But this is not Jackson’s story of overcoming adversity, although he certainly did that to achieve his Olympic dreams. It is a story about giving back, and what Jackson did for his Unsung Hero, Coach Jesse Holt.

Sitting on the bleachers in Beijing, China, a world away from Moose Park, Coach Holt was there to cheer on his young protege as he crossed the finish line in the 400 meter hurdle. For years Holt had used money out of his own pocket to take Jackson to junior meets, and now it was “Batman’s” turn to pay back his kindness. Jackson, 25, couldn’t imagine participating in the Olympics without the man who still treats him like his own son. “You’ve got no choice. You’re coming with me.” Jackson used his own

funds to pay for Holt and his son, Reggie, to share with him that once in a lifetime moment. Holt’s wife looked on from home with great pride for a husband who was so instrumental in making this win happen and to the student he made believe that miracles really can come true.

“He really wanted to take me and my wife, but she declined.” Said Holt. “I actually knew what was going on when late one night I overheard my wife on the phone saying ‘Batman I just don’t think I can make that trip all the way to China’. My son Reggie said, ‘I’ll go’ – and Batman, he just showed up a few days later with the tickets”

“Coach never left me home when I couldn’t afford to travel, so how could I leave him?” said Jackson, a graduate of Central High, and Coach Holt’s Miami Northwest Express Track Club. “I can never repay him.”

“Come on, Bat! Come on, Bat!” Holt’s voice rang out from the rafters of Bird’s Nest Stadium, as Jackson finished third behind teammates Angelo Taylor and Kerron

Clement, to take the Bronze medal in the first US sweep of the 400 Meter Hurdles since 1960. "That's all right," Holt said as he put down his video camera and hugged Jackson's fiancée, Shannon Broxton. Standing proud on the podium Jackson represented not only the United States but Liberty City and Holt's Northwest Express Track Club. Coach Holt teared up a little bit seeing his first Olympian in 34 years of coaching hundreds of boys and girls. He thought back to the times the mischievous Batman teased the girls in the van on those long road trips to meets. The kids named Jackson Batman because of his big ears and the way he seemed to fly over the hurdles. "He hated to lose just as much at age 10 as he does now," said Holt. "He was like Muhammad Ali. He always predicted he'd win, and he backed it up."



Jesse Holt & Bershawn "Batman" Jackson at the olympics in Beijing

At 65 years old, sitting in the summer Beijing heat, sweating along with his athletes, Coach Holt was a long way from his own beginnings as a young runner with Olympic dreams. He remembers a time in 1960, when he and Jackson's current coach, George Williams, were teammates at all-black Booker T. Washington High School. The pain of the "Whites Only" sign that hung over the track at Moore Park; still stings. He and Williams weren't allowed to run on that track, but it wasn't an interest in civil rights so much, but the allure of training on that beautiful track that made them decide to integrate it.

As Williams puts it, "One day Jesse and I went to the park, but he was too scared to go in, so he waited at the fence, I walked over and told the guy, 'Look, we want to run for your club,' and he said, 'OK, we could use you guys.' "I ran over to tell Jesse, and he thought the white guys were coming after me, so he took off running." Williams is now the athletic director at St. Augustine's in Raleigh, N.C., and still smiles at the recollection.

Coach Holt looks at kids like Batman and beams with pride. But he realizes that what he does to give these kids a break is not about winning medals, but building character. "What kids really need", says Holt "is someone who believes in them whether they win or lose. Some of the kids that come to the club, they think the world will look up to them just

because they can run fast. We don't want them thinking like that. We teach them you're not better than me just cause you can outrun me. We try to keep them real. Let them know you've got to get along with people in this world, and you can't get along without them either."

Coach's message obviously was not lost on Batman Jackson. Batman is a kid with outstanding character. I tell everyone that boy has been successful because he listens to me. He still listens to me. I've been a part of his life since he was seven, eight years old, and now he's 25

years old a grown man, a professional athlete, and he still picks up the phone and calls me if he has a problem with anything."

Coach couldn't be more proud of Batman's performance in Beijing and his continued success as a World Champion, yet grounded as always he reflects on the bigger picture. "Someone called me and said 'Why did it take you 34 years to get your first Olympian?' I laughed. You can do this for eighty years and not get an Olympian out of your program. I haven't been doing this to build Olympians; I was doing it just to get these kids involved in something and let them know they can go as far as they want to go."

Holt is a humble man with a simple yet admirable goal and a great message, especially for kids in Liberty City. Yet for over three decades Coach Holt and everyone involved with the Miami Northwest Express Track Club have been helping their young charges pretty much on their own. They are now gearing up for the 34th Annual Northwest Track and Field Classic, once again without a sponsor. "We could reach more kids if we had the financial means to get them what they need. I did go out of my pocket to pay for Batman and other kids, but if we had a sponsor, we could do so much more."

Bershawn "Batman" Jackson has achieved Olympic stardom, but he and other athletes great and small whose lives have been touched by Coach Jesse Holt know that the real testament to their success is not some medal that lies upon their chest, but the strength and character of the heart that beats beneath it. - DUO



“And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our fear, our presence automatically liberates others.”

Maya Angelou



DUO *congratulates these courageous women for not only being survivors but for empowering those currently in the fight to become survivors as well.*

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BOSOM BUDDIES

How a League of Friends
are Helping to Save Second Base

By Chelsea Fuller

For years Patricia San Pedro, 52, has been the rock to so many people. Now it's her turn to lean on her Bombshell friends as she battles breast cancer, the same disease that took her mother at age 59.



For as long as she can remember, Patricia San Pedro played the role of therapist to five of her dearest friends, all overwhelmed by their own demanding lives. Though strangers to one another, each was at a crossroad, looking for advice from their friends, who often had some great insight to help them find their way up and out.

“It became almost funny because I would hang up with one (friend), and another would call me to vent,” says Patricia. “One day I said, ‘You know what? I’m going to introduce these women to one another so that they can see that they’re not alone.’” So in April of 2001, Patricia invited those five Bombshells-in-the-making to come together to show them they were not the only ones feeling stressed by the struggle to juggle life’s demands. Her goal that night was to give Annie San Roman, Lydia Sacasa, Sara Rosenberg, Tammi Leader Fuller, and Mercedes Soler-Martinez a safe place to talk to a group of objective strangers, without being judged. In little time, that introduction blossomed into a monthly gathering, where these women shut off their Blackberries and began to disconnect and “drop bombshells,” sharing secrets while whining over wine and chocolate.

Five months after the Bombshells first assembled in Patricia’s living room, these women were nurturing new friendships and learning from each other about the importance of taking care of themselves. And then the world changed. September 11, 2001 brought turmoil to our country, and a desperate cry for help resonated from within. Patricia knew right then that it was time for these women to share what they were learning from each other.

So she proposed the idea of a Bombshell book, in which they could share their touching, shocking, bizarre, and hilarious stories. “They all laughed at me and rolled their eyes,” giggles Patricia. “Who’s going to want to read our stories?” they all asked her. “But I just felt we might be able to help other women in the same way we helped each other. Today’s women feel like they are the only ones who don’t have it all together, but we’re all paddling upstream most days. It’s just not so easy to admit it.” In 2005, the Miami Bombshells (www.miamibombshells.com) published “*Dish and Tell: Life, Love, and Secrets*,” which somehow led to the creation of “Camp Bombshell,” back-to-nature women’s retreats tapped by NBC’s Today Show as one of America’s top Girlfriend Getaways.



Front Row from L to R: Lydia Sacasa, Patricia San Pedro, Mercedes Soler-Martinez
Second Row from L to R: Sara Rosenberg, Tammi Leader Fuller, Annie San Roman

Seven years after their first meeting, the Miami Bombshells continue to be there for each other through breakups and divorces, children’s issues, caring for aging parents, business successes and devastations, and all of life’s ups and downs, including a cancer diagnosis. Now, the same women Patricia tried to save from themselves, have ultimately become her sole support system. “My wanting to help them translated into us wanting to help others, and now it’s come full circle,” she says, with a sense of gratitude in her voice. “I lost my mom and have no siblings or children, so my Bombshell sisters have become my real sisters. And they’re walking with me every step of the way.”

Last April, when Patricia was diagnosed with breast cancer, she began “this healing journey that all of us are on together.” Though she was admittedly sad and fearful the first few days, she let her mind shift, and began to walk to her talk after years of coaching others into peace of mind by repeating the mantra that everything happens for a reason. Surprisingly, Patricia claims the whole breast cancer thing hasn’t really been all that bad. She believes it’s the challenge she was gifted with in order to make room for the wonderful life she believes is waiting for her on the other side of this odyssey. And she is grateful. Her hair is almost gone. “But that will grow back,” she chuckles, “even if my breasts won’t”. They’re now under reconstruction after a double mastectomy, and Patricia is excited to soon be sporting “the size C breasts I’ve always wanted,” she quips, with a spark in her voice. “I really believe that this is happening to me so that I can help other women to see that we all have a choice about how we react to what life throws at us. Events have no emotions attached to them. It’s all in the way you approach them. If, for example, you crash your car against a telephone pole; your car is now a mess. That’s the event. It’s up to you to decide what emotion you attach to it,” claims Patricia, the eternal optimist. “We don’t normally think of it as a

choice, but you can choose to be pissed or you can choose to think, ‘Maybe I needed a new car,’ or ‘Maybe this was a blessing that saved me from a huge accident a block down the road.’ We have a choice, and I’ve always said that, but now it’s very interesting to put it into practice as I face the rough stuff. Today, I have a little bit more confidence and validation in that belief.”

With five chemotherapy sessions under her belt, and another seven months of treatment ahead, Patricia swears she believes this experience is actually a blessing. For starters, she has never felt more loved. “I always wondered who would be here for me if I ever got sick. Now I know.” Patricia has been documenting her “sacred healing journey” with the hope of reaching women whose lives have been jolted, as hers was, by the dreaded breast cancer diagnosis. A little hesitant when she first strolled in for chemo draped in a pink boa with a video camera rolling behind her, Patricia’s medical team came to ignore the camera in the room. They are now doing their part to help her get the message out for early detection. “Just don’t forget to get checked,” Patricia says with conviction in her voice. “With today’s technology, cancer doesn’t have to be such a bad word.”

Patricia and the team administering her “sacred juice” are urging women to take precautionary diagnostic measures now more than ever, citing the various medical options available. Patricia’s doctors recommend alternating between an ultrasound and a mammogram every six months, because, as in her case, mammograms don’t always detect abnormalities in dense breasts. “The Buddhists have a saying, ‘Turn poison into medicine,’” says Patricia. “I just think that’s so true. What do you do with what you’re given? That’s the ultimate test of strength.” - DUO

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"A Superwoman bringing warmth around the globe"

By Debbie Nyman

Roslyn Parker has a unique way of turning around difficult or challenging situations into positive experiences. With her cover girl looks and professional confidence, but especially her big heart, Roslyn is living to give.

While growing up in Norfolk, Virginia, her parents instilled in Roslyn the principle; "Through giving, we receive." She relocated to South Florida for a business opportunity 12 years ago and has been practicing those ideals ever since. Like her parents, Roslyn is proud to be a role model to her grown children, Sherie, a New York based flight attendant and Steven, a student and manager of a cell phone store.

As a survivor of domestic violence, Roslyn has used her experience as a tool to build a better future. Today she is on a mission to help other women, proudly serving as President of the Miami Dade Safespace Foundation. [The Safespace Foundation \(www.safespacefoundation.org\)](http://www.safespacefoundation.org), with the collaboration and support of local agencies and organizations, provides emergency shelter, transitional housing, and financial assistance to individuals. Part of their mission is to educate the community on the destructive impact domestic violence has on children, families, congregations, and in the work environment in order to ensure social justice and support, while planting the seeds of positive change for the future.

Roslyn has become a powerhouse voice in the pursuit of advocacy and support for victims and survivors of this alarming epidemic. "People are judgmental, and I had to be comfortable before I could stand up and share with others," she explains. "I am very pleased now. This

has been incredibly rewarding." Presenting community workshops and raising funds to build emergency shelters are her top priorities.

Creating her own destiny and making life better for herself and others is something this dynamic career woman discovered during business trips to worldwide destinations.

Roslyn realized that by volunteering to help less fortunate people during these excursions she could make a small difference. "As we were traveling to this beautiful and extravagant resort I just couldn't ignore the amount of poverty we were passing and it really made an impression on me." She happened upon the concept of "Voluntourism", travel with a purpose. Roslyn was traveling to the Dominican Republic at the time as part of a previous employer's incentive trip. While tourism dollars are supposed to help the economy of these impoverished destinations, she decided to concentrate on bringing aid directly to the residents of the areas she would visit. "I believe in the concept of when one door shuts, another one opens," she says. "When my position with my last employer ended, I decided to spin out on faith and put all my skills to use. I love to travel and began developing a business model around the concept of Voluntourism."

A 20 year history as a successful marketing executive in corporate America has culminated into the creation of her own firm, Affinity Partners Group. This global marketing firm serves corporations and non-profit



“Roslyn is all about creating her own destiny and making life better for herself and others.”



organizations. Her idea of traveling and volunteering has become a large part of her overall business plan. Along with traditional marketing, advertising, and public relations strategies, Roslyn is introducing her clients to the world of combining business with charity. By combining volunteerism and tourism **Travel To Do Good** (www.traveltodogood.com) Voluntourism programs enhance the overall travel experience while connecting the travelers to the people and the culture of their chosen destination. Whether planning events or preparing marketing campaigns for her clients all over the country and beyond, Rosalyn tries to incorporate good deeds into the plans.

With everything she does Roslyn is still able to keep herself grounded, unless, of course, she's in the air. **The Airline Ambassadors** (www.airlineamb.org) is another non-profit organization she works with. Members of this organization utilize their global contacts within the travel industry to promote charitable endeavors. Affiliated with the United Nations and recognized by the US Congress, it began as a network of airline employees using their pass privileges to help others and has expanded into a network of students, medical professionals, families and retirees who volunteer as "Ambassadors of Goodwill" in their home communities and abroad.

Roslyn and her children have recently returned from "an adventure of a lifetime" to South Africa. Arranged through Airline Ambassadors, the excursion began in Johannesburg where the group delivered gifts to children in orphanages, learned about their lifestyle and received firsthand information of the challenges of living with HIV. They also had the opportunity to

talk to community leaders about the issues they are currently facing in their country.

Taking the challenge one step further, Roslyn always tries to present workshops abroad aimed at women's domestic violence awareness. This additional component is part of her personal mission to confront domestic violence on a global basis. "I'm not a saint, and I am not trying to save the world," Roslyn is quick to point out. "I just believe in what I do, and I am humbled and grateful for what I have. When I travel outside of this country, I am extremely gratified, especially by the good deeds of my fellow travelers."

And yet her efforts don't stop there. "When I am not traveling, I am also part of a Mastermind Group that has been successful for a small group of my peers, women entrepreneurs trying to boost each other professionally and personally," she says. Utilizing the basic concepts that were originated in the 1900's from "Think and Grow Rich" author Napoleon Hill, "We meet at the beach and help each other set goals and hold each other accountable, either for health or personal or career."

Ultimately this entrepreneur will be most content when she is able to introduce the opportunity of community service and tie it to travel. But for now Roslyn is having the time of her life. "This is fun, not just all hard work. People can do as little or as much as they want and still make an impact." If the concept of traveling to do good seems overwhelming for those who want to get started but need that little extra push, Roslyn smiles her infectious smile and lends her best words of advice: "Start where you are, don't wait for the perfect situation, and things will come together." - DUO



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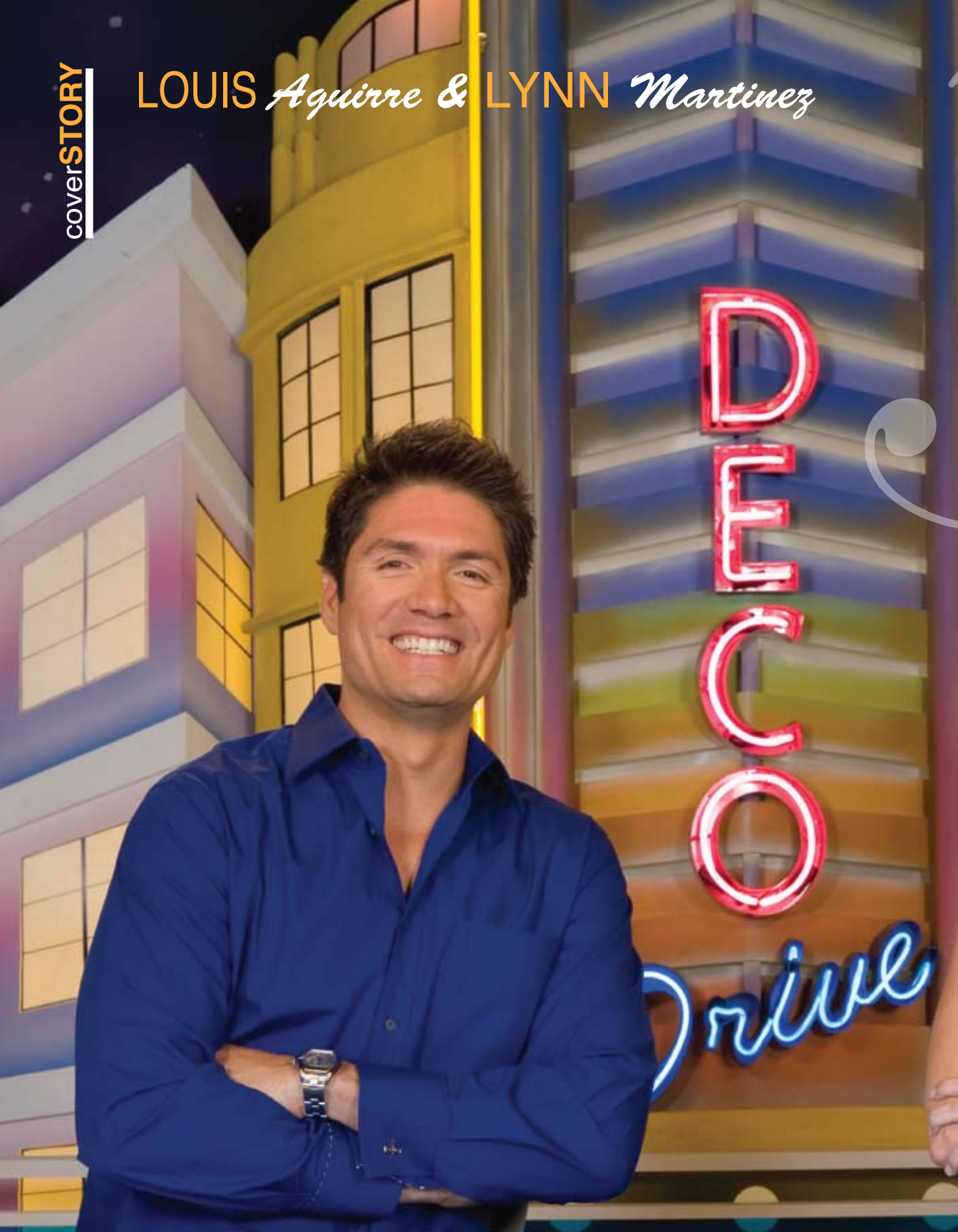
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cover **STORY**

LOUIS *Aquirre* & LYNN *Martinez*





The DYNAMIC DUO

By Francesca Franco

“You are out of control! A woman is supposed to hog the camera! You are worse than a woman! Thank God, I’m patient!” Lynn Martinez exclaims.

“It takes me 30 seconds to check my look in the camera! It takes you a full five minutes!” cries Louis Aguirre in protest.

“You are so lying! Oh, my God, that’s you! You’re describing yourself! Everybody knows that!”

The surrounding stage erupts in giggles as the two continue to bicker like the odd-couple they are: He, playing the part of cheeky, hormonal teenager, and she, the exasperated mom. This particular exchange sprang from a query of what’s the most important factor in maintaining their



relationship – that of co-anchors on the Channel 7/WSVN (www.wsvn.com) entertainment show, Deco Drive.

You'd think they've known each other all their lives, what with the squabbling, finishing of each other's sentences, and general button-pushing; but, in fact, they only began working together five years ago, in 2003, after previous Deco co-host, Belkys Nerey, departed the showbiz shindig for hard news, leaving Lynn alone at the anchor desk. There was a long, as Lynn puts it, "initiation process" before Louis took his place as co-host, with eight months as the American Idol Insider before being promoted to the role of co-anchor. "I wanted Louis from the beginning, but you know the bride never has a say in an arranged marriage," Lynn jokes. As for Louis, he's been eyeing the position ever since his first stint back in 2000, as correspondent and fill-in host. Back then, he left Deco Drive for Los Angeles and an acting career – including a guest spot on Sex and the City – an experience Lynn is sick of hearing about. As she puts it, "He says it every third minute!"

Okay, so they joke around, and they get along famously – but were they always like this? What about in the beginning? "We hated each other on the spot. It was

The surrounding stage erupts in giggles as the two continue to bicker like the odd-couple they are: He, playing the part of cheeky, hormonal teenager, and she, the exasperated mom.

horrible," says Louis. "It was a forced marriage. That's how we got started. It was like, sleep with each other now! On the air, make love! NOW," quips Lynn. Later in a moment of seriousness, Louis admits, "I love working with her. She's one of my favorite people that I've ever worked with in my entire career. And this is a very special relationship. Not everybody has this kind of chemistry. People pick up on it." They do indeed. Since Louis joined the show, it seems like everyone's watching Deco Drive. Something about the chemistry, banter, or maybe it's just the obvious good time this duo is having that keeps people tuning in. "People watch Deco, not for the information. They watch to see what the hell we're going to say to each other," Louis says. "It's about the relationship. It's never about the show. The show is the relationship."

For Lynn it's even more than that: it's a breath of fresh air from the hard news she's faced with every day, what with anchoring four of the networks' six evening news shows. As she says, "Sometimes [with the news] I sit there and want to cry and have to hold it together, so what leaves me when I leave Deco is, 'Ahhh. That was fun!'" Louis chimes in: "It's like good sex. Like you know when you've had a really good show because you feel exhausted, that



euphoric feeling after you've been at it for a while and you just want a cigarette. That's how we feel with the show." Silence. "It's true!" he exclaims.

It's this banter, this sense of fun – and humor – that keeps the show working. A show filled with celebrity gossip and bits of fluff, which in this age of stalkerazzi, can easily veer into the ridiculous. A fact they are keenly aware of: In a time when Paris Hilton's release from prison is covered as breaking news and gets more airtime than the war in Iraq, perhaps a little tongue-in-cheek humor is what the world needs. That's what they think anyway. "Sometimes we do cringe, when it feels like we are way too consumed with celebrity news," says Lynn. "But on the flip side, what I love about it [is]: everybody needs a release, an outlet. And on some level [I feel] it's therapeutic. It's good to laugh and feel good and even look at a celebrity and realize that they have problems just like you and me. All right, so Oprah has a chef and eight airplanes to make those problems feel a little better, but she has the same problems as anybody else."

And sometimes, the people reporting those problems have problems too. Like foot-in-mouth syndrome – walking that line between being edgy, pushing the envelope and hurting people's feelings. Something they never set out to do, but which has happened in the past. "I'd say about twice a year

my mouth gets me in trouble." Lynn says, "Two times a year I'll say a little something where I hurt somebody's feelings and I'm like, 'Oh! Jeez!' And someone will write to me and I feel bad, because, you do walk the line." Louis finishes her thought: "Yeah, but you have to walk the edge, otherwise it doesn't work."

And then there's the fact that TV news takes a toll on your personal life. Breaking news, crashes, robberies, and natural disasters don't stop because the workday is over. Holidays, weekends, and nights are all par for the course in the TV news industry. But, according to Louis, if you have a passion for it, and you're committed to it, then long hours shouldn't stop you. Beware, though, that relationships suffer as a result. As Lynn jokes, she's currently on to her second marriage. Louis clarifies: "You make choices in life. And you either learn to adapt, and let your personal life adapt to your career or your career adapts to your personal life and you sacrifice one or the other. It's a very demanding career that demands of you to be present and be here, mentally and physically, when you're on the job. You can't space out... Even when you're on vacation, if something happens—"

"—You have to come back," Lynn finishes. Leaving the confines and demands of the newsroom this dynamic duo loves to shares themselves with the



community, sometimes together and other times flying solo. Lynn spends a great deal of her time volunteering for **Women in Distress** in Broward County and has recently joined the board of the **Children's Home Society**. Louis loves to spend his spare time with **Best Buddies** and the **Miami-Dade Humane Society**. Joining WSVN in their support for **Habitat for Humanity** they assist staffers who participate in speed builds alongside homeowners while the station airs numerous news stories to promote actual work days and home dedications, presenting the actual keys to the homeowners. Recipients of their kindness and generosity look forward to the comedy and levity Lynn and Louie bring to South Florida, inside the studio and out on the streets. Giving us the news without the blues they remind us that, indeed, laughter is the best medicine.

Too much seriousness is anathema to these two. The funny bone kicks in almost immediately when Louis adds: "Yeah, it's even harder to have a relationship with somebody who's not in the business. That's why we all sleep with each other. Makes it a lot easier." A straight-faced Lynn jumps in: "It really does. And you don't have to go outside, to look for dates..." "And the edit rooms are

right there; it's very private," finishes Louis, not missing a beat.

That's the key though, isn't it? Humor and fun and not taking things too seriously. Because, ultimately, the long hours and personal sacrifices aside, they love what they do. And they know that with a smile and a laugh – and a little thing called passion – it's all good.

"We're lucky, we're blessed," says Louis. "We get to come here and laugh our asses off for at least half an hour. The rest of the stuff that goes on in there (motioning the newsroom) might be quite serious, but what we do on the show is just nothing but a gas and we have fun and we get to laugh and we're very blessed people."

"I've never had gas on the show," Lynn muses.

"Yeah,? Well, I have." Louis says, his face breaking into a grin.

And again, the stage around them erupts into giggles.

They know that with a smile and a laugh – and a little thing called passion – it's all good.

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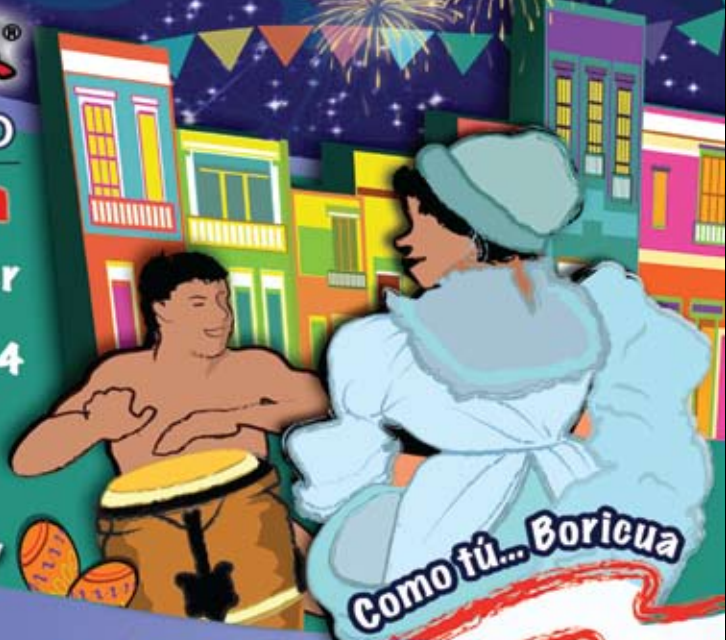
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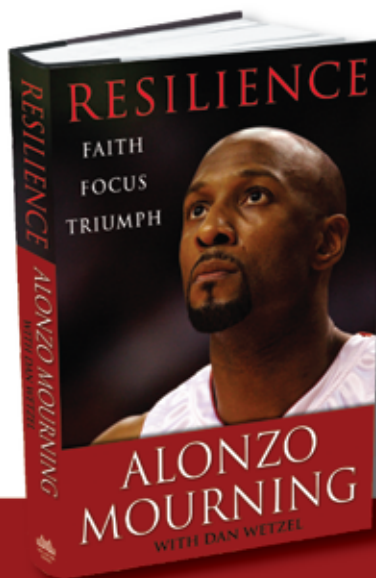
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SYESHA

MERCADO

An American Idol

By Francesca Franco



“I don’t know what’s gonna happen, That’s alright with me. I open up my arms and I embrace the mystery.” That’s the chorus to Syesha Mercado’s favorite song, “Just For Today” by India Arie. Those words say a lot about this talented, wise, and irrepressibly optimistic 21-year old, most recently of American Idol fame.

Imagine a 3-year-old Syesha, following her mother around the house and singing at the top of her lungs. It’s safe to say that’s when her mom, a former backup singer for the Pop Staples, knew that music ran in her daughter’s veins. As she got older, though, Syesha found herself singing more because everybody wanted her to than because she actually enjoyed it. In fact, her passion for music didn’t really hit until she went away to college and met that special someone. “I moved to Miami and I met this great guy who’s very hip to the game and I started going on auditions with him. We started writing songs together.”

As Syesha’s dreams got bigger and she worked harder at them, things started to manifest. First came a little known ABC show called “The One: Making A Music Star.” Surviving several rounds of eliminations, she made it into the Top 11. And then, crushingly, just two episodes in, the show was cancelled. Syesha allowed herself a moment to feel the disappointment, but returned to Miami more determined than ever. She and her now-fiancé purchased a studio so they could write and produce their own music, and fate stepped in again. While at the gym one day, Syesha saw a commercial for the American Idol Fast Pass, a contest sponsored by Channel 7 where seven winners would be able to jump to the head of the line at Idol auditions. Syesha took it as a sign, entered, and was chosen as one of the seven.

Before she knew it, she was one of the top 24 on American Idol; then the Top 20, and finally, the Top 3. Even when she repeatedly ended up in the bottom three, she didn’t let it get her down. “I know the work that was put into everything that I did, and if I felt good after I performed, then I really didn’t care if Simon said ‘that was horrible,’ or ‘that was bad,’ because I felt good.” She eventually came in third on Idol, a fact she’s not troubled by at all. You see, to Syesha, winning wasn’t always the goal. Instead of seeing only the end of the road, she focused on what she wanted week to week, visualizing, and setting her goals.

However, family, not fame, is of the utmost importance to Syesha. “My sister really taught me a lot about just appreciating life and every breath that you take.” Xtavia Bailey suffers from Lupus, a chronic inflammatory disease, that struck suddenly as she was approaching the pivotal age of 15. Having seen her sister sentenced to a lifetime of debilitating pain that strikes various parts of the body such as the skin, joints, blood and kidneys, Syesha is grateful of the good fortune that life has brought to her; and some time in the very near future Syesha’s ultimate goal is to start her own non-profit for Lupus education and research.

In case you can’t tell, it’s hard to find a dark side to this charming and ebullient woman. Take her response when asked what people would be surprised to learn about her: “I’m just a super, super positive, optimistic person. It’s kind of ridiculous.” Not at all. - DUO

For more information go to: myspace.com/syesha

Bobby Tinsley

Many of us don't even know what we want to do at the age of 22, let alone having written, produced and performed your own songs, started your own production company and signed a contract with a major recording studio. It's no wonder why Bobby Tinsley is becoming hotter than ever!



DUO (D) How and when did you start your music career?

BOBBY (B): I have been singing and making music my whole life, but I would say my "career" actually started early 2004 with the self-release of my first album "Page 1".

D: What are some of the challenges you encountered throughout your career?

B: Getting started in music is no easy path. I have had to face haters, people doubting that you can really "make it", shady record companies, broken promises, and the list can go on and on. Overcoming all of that is a day-to-day struggle; still, however, if you really believe in yourself, you get through the bad weather!

D: How do you characterize your style and how do you stand out from other artists?

B: My style is definitely R&B, but more like the stuff you would hear back in the '90's, Jon B, Brian McKnight, songs that really gave you that "feeling", ya know. I play guitar and keys live, and I write and produce pretty much all of my stuff. To me, it's really about the message in the song. I feel like my music can really touch a broad range of people, just from a lyrical and emotional standpoint, so I think that definitely helps me to stand out.

D: How did your life change after signing a record deal with Jean Rah Fya Records?

B: This has been one of the best decisions I have ever made, business-wise. I really thank God every day for my label situation, and the type of people that Doug and Jackie are. It's hard, because,

unfortunately, we have a "music-business", two words that really don't go well together, but you have to be a businessperson with this stuff. Signing this deal, with everyone from my label to my management, has really helped me be able to focus more on the music side of things, which I am not complaining about!

D: What can the audience expect from your album "What about Bob"?

B: It's really an emotional journey of my life over the last couple years. Some of the songs I wrote two years ago, and some of them were just recently added; but, all in all, I think people are really gonna love what they hear. There's joy; there's pain. It's really a lyrical ride. I put my heart out there.

D: On what projects are you currently working?

B: Well, just recently, I wrote and produced some songs off of my label-mate Chani's CD, so that has been a blast! I also am doing some writing and production for a lot of folks behind the scenes, and working with some other production houses that I really respect and look up to, like the Insomniac. I try to stay busy.

D: Do you do charity work?

B: Jean Rah Fya owners Doug and Jackie Christie support the *Millionaire Club* and the *Children's Hospital*, so I'm really looking forward to getting involved in some of that with them. I also have plans to start a foundation of my own, hopefully as I get more known. I have a lot of ideas. - DUO

Melina Almodovar



A good salsa is always a great choice to spice up your life. With her great moves and amazing voice this Puerto Rican beauty is guaranteed to make you shake your bootie to her salsa rhythm. Melina Almodovar is pushing forward and leaving her mark wherever she goes. And all those rumors that you've heard that the salsa style is a dying artform? Definitely not! With Melina around, it will live forever!

D: How did you start your singing career?

M: I started singing in clubs and festivals in Memphis, Tennessee at 16. I sang rock, jazz, blues, R&B, anything I could. Then I was approached by a group of very talented Memphis musicians to start a salsa band. I played with them for four years. That is where I fell in love with tropical music.

D: Who or what was your inspiration?

M: My Grandmother, Elia, gave me my first collection of salsa songs by Ruben Baldes, the record "Siembra" with Willie Colon, when I was very young, like 13, when my mother and I had to move from Puerto Rico to Memphis. This record meant so much to me even at such an early age. It reminded me of my home and kept me happy in the adjustment years of my living in Memphis. Ruben Blades and Celia Cruz are always inspiring me. My mother, Ilsa, and my Grandmother, Elia, they are very strong women who always support me and show me the way. Let me just say I have a lot to live up to.

D: Why did you choose to sing salsa?

M: Really, I think it chose me. I knew I wanted to sing and perform from a very early age. I just didn't know what. I think salsa followed me from Puerto Rico to Memphis to Miami. It's in my blood. I love it! I never formally learned how to dance salsa or sing I just had a natural ability for it and I just ran with it to see where it could take me. And here I am having a great time. Gozando!

D: What is your take on salsa music nowadays?

M: There are some great artists out there who are keeping salsa alive. Unfortunately, I think it's not a great time for salsa at the moment. I feel it is in a transition period. But the artists that are out there will find a way. Salsa is very important for the fabric of Latin culture. It will never die. It lives in every Latino's heart, plus people all over the world keep it alive that

never grew up with it, with their salsa classes and salsa clubs. They just love it. Who knew a salsa band could be successful in Memphis, Tennessee?

D: What inspires you to write?

M: The things that inspire me to write change all the time. Singing live for people inspires me a lot. Those first few moments of a salsa song when you see all the dancers crowding the floor, I love that moment. So I try to write music right now that has that affect on people. At other times in my life it hasn't been about that. There are times when I write about being away from Puerto Rico. Whatever it is, I am living at the moment, could be many things. But I have friends that help me write as well; and if I like a song from someone else, I will sing it too. If the shoe is fabulous and it fits, wear it out dancing!! That's what my mami always says.

D: Are you working with other artists? If so, who?

M: Right now I am looking forward to singing with the great Andy Montanez on November 16th at the Fiestas Patronales de Puerto Rico. I am doing my show and then singing with him. I am so excited! I can hardly wait. He is such an amazing legend of salsa, it is truly a privilege. And I am collaborating with some amazing songwriters and arrangers for my next record coming out next year; so it's a busy time, but very exciting and fun. I hope I can keep up!

D: Do you work with any charitable foundations?

M: I work with *My First Horizon*. It's a non-profit organization that helps young people with developmental disabilities live as normal a life as possible. They are amazing people that need opportunities just like all of us. And they need fun and entertainment just like everyone else. I hope that I can do more than I have done for them in the future.- DUO

For more information go to: www.melinaalmodovar.com



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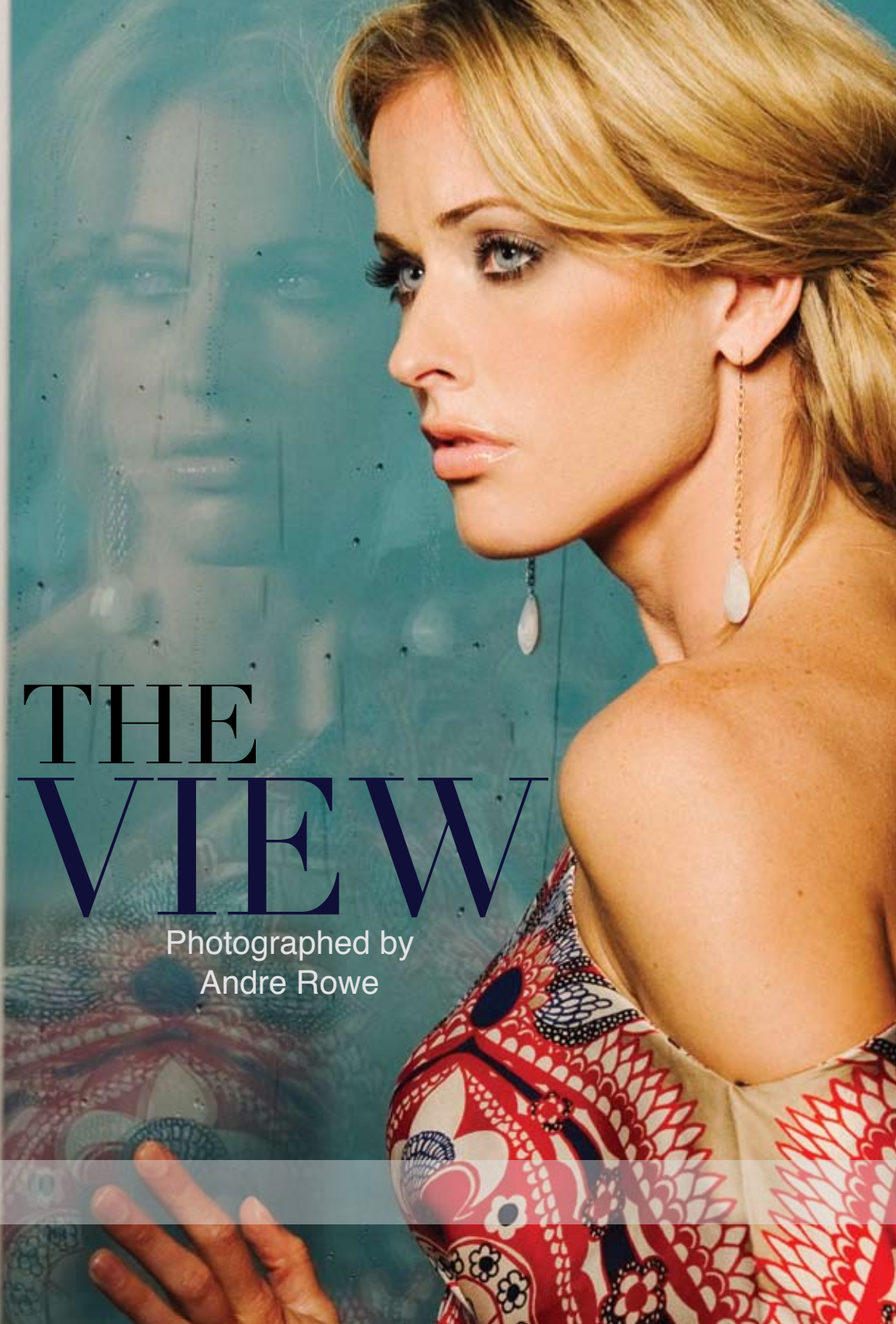


Brown Saddle Bag,
Jenny by Kooba, \$595

Wardrobe:
Vintage Dress
Vintage Belt
Vintage Bracelet

THE VIEW

Photographed by
Andre Rowe











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style **FILE**

*Mix and match
patterns and
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FALL *for* IT

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Locations: Jimbos
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HER:

Brown Sweater Jacket, *Marc Jacobs*, \$358

Blue and Gold Top, *Marc Jacobs*, \$198

Black Booties, *Prada*, \$495

Navy Pleated Skirt,

Diane Von Furstenberg, \$298

HIM:

Burgundy Paisley Shirt, *Etro*, \$375

Brown Pants, *Etro*, \$395

Brown Shoes, *Gucci*, \$635

Plaid Brown Jacket, *Etro*, \$1,910



*Country revamped
with deep tones
of tweed and
plaid*

HIM:

Vest,
Etro, \$595

Plaid Shirt,
Etro, \$325

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Etro, \$395

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Gucci, \$635

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style FILE



Black Canvas

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DUO
would like
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Madonna

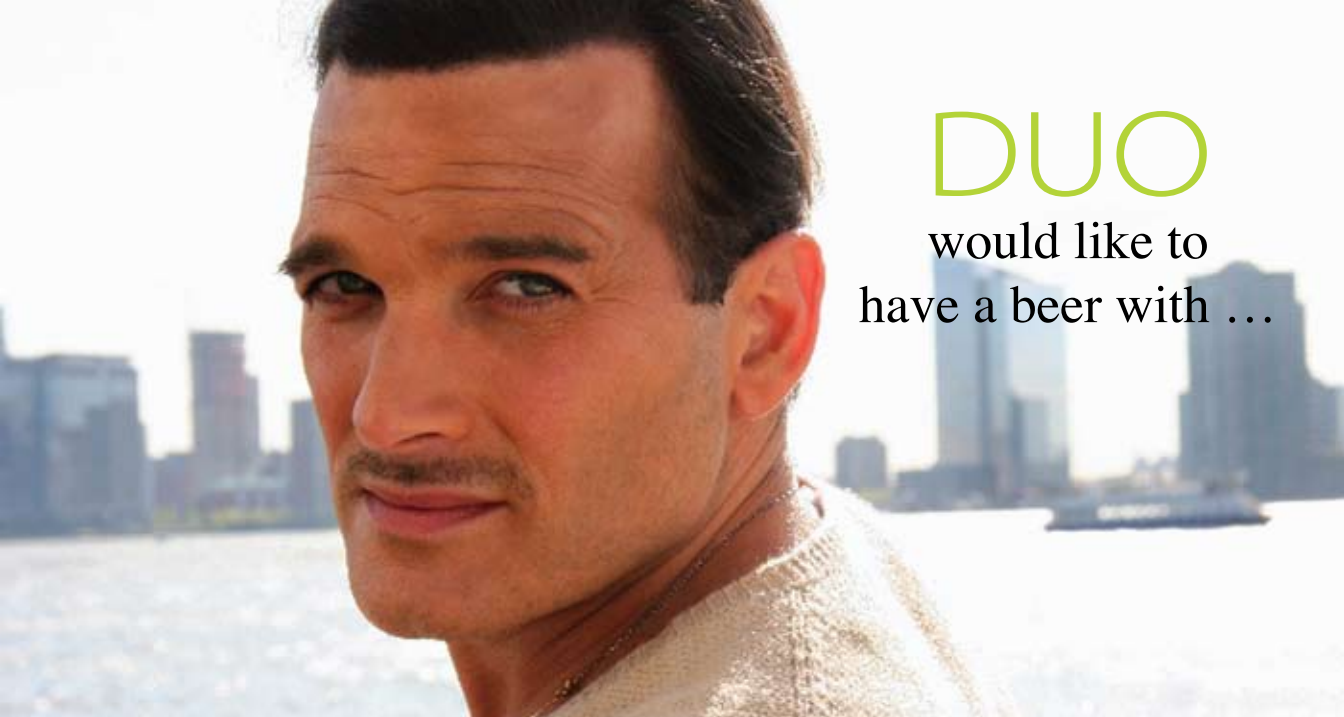
Why? Because she has hit the big 5-0 with unprecedented class and continues to show that discipline pays off. Working harder than ever, this material girl and mother of three has had a busy year.

Besides dancing her butt off in endless rehearsals, she has been touring the festival circuit promoting the documentary she produced and narrates “I am Because We Are,” which documents the lives of millions of children in the country of Malawi, who have been orphaned because of AIDS, Tuberculosis, Malaria and other diseases that are ravaging that country due to lack of education and healthcare. This is the same country where the Divine Miss M found and adopted the newest addition to her family, David Banda, in 2006.

She began in 2008, joining the Sunsilk ‘Life Can’t Wait’ campaign (encouraging women to live their lives to the fullest by making the most of every minute), which was aired during the Superbowl. Madge also made her directorial debut not too long ago, a London-based project called “Filth & Wisdom” and released her latest children’s book in the series “English Roses.” She won her seventh Grammy Award and was inducted into the Hall of Fame.

She didn’t let the news of A-Rod, a rocky relationship or her brother’s tell-all book get her down. No matter what this blonde ambitious diva has faced from verbal assaults to a fall from a horse, she always seems to bounce back, reinvent and get back into the groove. This new tour promises to showcase her hard rockin’ body, her killer choreography and her dancing roots.

The words to her song “Give It to Me” seem to be a statement about her longevity: “Don’t stop me now, don’t need to catch my breath, I can go on and on...” What an inspiration! Catch her performance at Dolphin Stadium on November 26. – Rachel Galvin For more information go to: www.madonna.com



DUO

would like to
have a beer with ...

Phillip Bloch

By Atiya Sewell

Picture: Courtesy of Almo Studio

Why? Because he is not just a one-dimensional stylist, he is the real deal Renaissance man: stylist, designer, writer, actor, and activist.

Best known for his legendary styling gymnastics with Halle Berry at the Golden Globes and the Emmy Awards where Halle earned Best Dressed for the movie *Introducing Dorothy Dandridge* and her two wins at The Screen Actor's Guild and Oscar Awards that solidified him into history as one of the most sought after stylists worldwide. Phillip's celebrity client list boasts actors such as Jim Carrey, John Travolta, Sandra Bullock, Faye Dunaway, Selma Hayek, Nicole Kidman, Drew Barrymore, Jennifer Lopez, Will Smith and Jada Pinkett Smith.

In 2000, Bloch successfully launched a jewelry line on QVC and designed cashmere sweaters for Emma & Posh, a line of men's shoes and eyewear for Hush Puppy, and is launching his first women's collection combining star style and affordable prices.

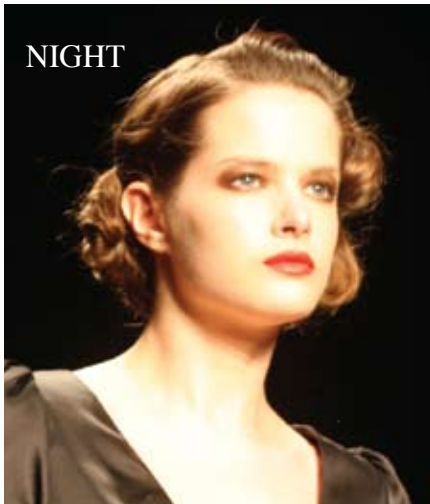
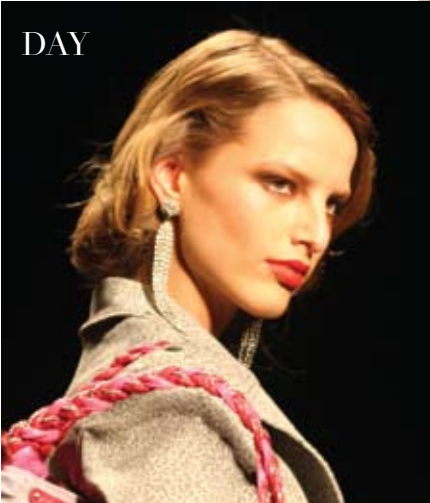
Trying his hand at acting catapulted him from behind the scenes to the big screen. He produced and starred in his first film, *The Unseen*, followed by three independent films. His role as reporter in *Delirious* and hot dog vender in *Dirty Laundry* is followed by a neurotic germaphobe art dealer in his latest project, *Victoriana*. Television roles include: *Entourage* (HBO), *Denis Leary's 'Merry F#in' Christmas'*, *Style Me with Rachel Hunter* (The WE Network), and *Glam God* with Vivica Fox (VH1). An accomplished writer, *Phillip Bloch's Elements of Style* will be followed by *The Shopping Diet* due out in '09.

Phillip holds close to his heart his charitable affiliations. He was awarded title of Ambassador to the Youth AIDS organization in 2006; and, in 2005, Phillip helped launch a charity "Clothes Off Our Back" to raise substantial funds for the UNICEF Tsunami Relief Fund. Politically, Phillip Bloch is a major force and an active member of The Creative Coalition. Lobbying for vital issues like advocacy of the arts and campaign funds, he has frequently visited Washington, D.C. to meet with members of Congress and the Senate.

For more information go to: www.phillipbloch.com

From DUST to DAWN

Fall colors to take you from AM to PM



Pictures of Models: Courtesy of Almo Studio



Eye shadow
Golden Glow, Tropez



Lipsticks, Tropez



Lipliner,
Plumberry &
Fab Fuchsia,
Wet 'n Wild





Soft Black Mascara,
Maybelline

Eye shadow,
Spring Fever, Tropez

Eyeliner,
White & Black,
Wet 'n Wild

Eyeliner,
Mink Brown & Black,
Wet 'n Wild

Pictures of products: Courtesy of Rowe Photography

HOMEMADE SKIN CARE

Pampering Products Prepared In Your Very Own Kitchen!

By Sharon Athanasiou



Just because our wallets might be a bit more strained these days doesn't mean our skincare regimens have to suffer! There are plenty of ways for women — and men, too — to create their own homemade, natural products that not only rival store-bought versions in their effectiveness, but also in the amount of money saved, as well as their kindness to the environment! Whip up a few of these chemical-free, simple recipes, and get glowing!

Balancing Yolk, “Guac” & Mud Mask

Ingredients

1 tbsp. dry clay (available in powder form at any health food store)
1 egg yolk
1/4 of a mashed avocado
Witch hazel

Instructions:

Mix 1 tbsp. dry clay with 1 egg yolk, 1/4 of a mashed avocado, and enough witch hazel to make the mixture smooth. Apply to face for 15 minutes. Rinse well with warm water, then splash face with cold water. Mud absorbs excess oil, while the egg yolk and avocado add sufficient moisture, and witch hazel tones.



Oily Skin Rescue Remedy

Ingredients

5 drops vodka
1 oz. witch hazel
3 oz. grapefruit juice
10 drops tea tree oil
5 drops cypress oil (essential oils available at health food stores)

Instructions:

Add all ingredients to a 4 oz. bottle and shake well to mix. Also, shake bottle prior to each use. Apply morning and evening to a clean face.

Smooth Tootsies Foot Scrub

Ingredients

2 tbsp. fine sea salt
2 tsp. castor oil
1 tbsp. wheat germ or sesame
2-3 drops of essential oils of your choice

Instructions:

Combine ingredients in a bowl and blend well. Rub onto damp skin using circular motions. Rinse well. Store unused portion for up to seven days in glass bottle.



Close-Those-Pores Potion

Ingredients

1 tbsp. honey
1 egg yolk
1/2 tsp. almond oil
1 tbsp. yogurt

Instructions:

Mix all ingredients together. Apply to face and leave on for 20 minutes, then rinse well with lukewarm water.



Calm & Soothe Serum

Ingredients

2 tbsp. aloe vera gel
1 tbsp. pure honey
4 tsp. brewed and cooled chamomile tea
2 drops lavender essential oil

Instructions:

Mix all ingredients together in bowl and apply to face. Leave on for 15 minutes, then rinse.

Dark Circle Diminishing Eye Blend

Ingredients

2 tsp. unsweetened applesauce
1 small white potato, raw and finely grated

Instructions:

Blend the unsweetened applesauce together with the grated potato. Apply around the eyes, then cover with a warm, damp washcloth. Relax for 15 minutes, then rinse off.



Feed-Your-Face Nourishing Paste

Ingredients

1/4 cup barley or oat flour
1 tsp. brewer's yeast
2 tsp. honey
1 vitamin E capsule
1 egg yolk
2 tsp. almond oil
1/4 cup buttermilk or yogurt, more if needed

Instructions:

Blend together all ingredients to form a smooth paste. Apply paste to clean face and neck. Relax for 15-20

minutes. Rinse off gently with warm water and follow with moisturizer of your choice.

Cool The Burn Alcohol-Free Aftershave

Ingredients

1/2 cup aloe vera gel
1 1/2 tsp. distilled water
1 tsp. witch hazel
10 drops essential oil of your choice

Instructions:

Combine all ingredients in a glass container, and mix well. Top with a lid to store until use. Use after every shave.

Whisker-Whipper Shave Gel

Ingredients

1/2 cup castile soap
1/4 - 3/4 cup hot water (not boiling)
3/4 tsp. salt
2 tsp. vegetable glycerin
8 drops tea tree essential oil.

Instructions:

Blend all ingredients together, using as much water as required, depending on the consistency preferred. Apply as you would any shaving gel or cream.



Memories that will last a lifetime....



....Phil Pozin Photography
ppphotography@bellsouth.net

the POWER of TOUCH

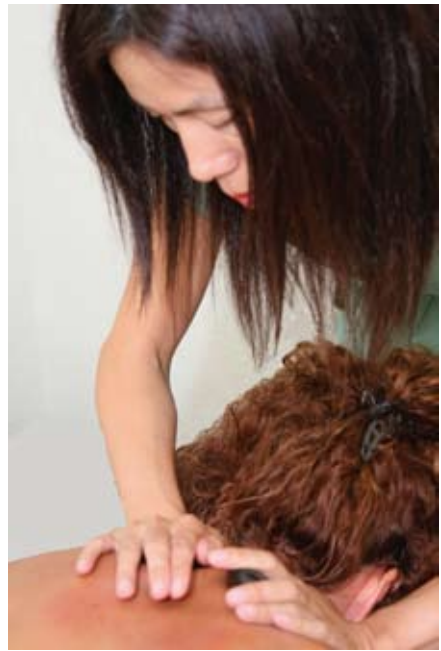
By Cynthia Goodman

Tucked inside a shopping center in the middle of the bustling entertainment district of the Hard Rock Casino, DUO Magazine discovered a pristine oasis, an “amazing” salon for achieving the perfect mind and body connection.

Walking through the doors of Amazing Asian Massage one cannot help but visualize the transformation awaiting them from the aches and pains of a stressful day and the chaos of an overworked psyche in to the ultimate experience of total relaxation by massage therapy. The synergy of calming music, dim lights, and the soft hymn of the steam bath is the symphony that welcomes you in to the latest addition to the chain of massage parlors owned by master masseuse Michelle Ren, the Yin to the Yang of partner Harvey Abraham, Marketing and Business Manager.

Specializing in “therapeutic and holistic wellness”, treating the person as a whole, enhancing their physical, emotional and spiritual well being, this beautiful salon offers numerous techniques to treat the specific needs of their clients. As Harvey Abraham explains, “The stresses of our society are creating an onslaught of pain and suffering--in more ways than merely physical.” And one or more of these techniques can keep a person out of harm’s way—to think better, work better, decrease anxiety, enhance sleep quality, reduce fatigue, improve energy concentration and circulation, release toxins and provide nutrition to tissues and joints—along with direct cessation of physical pains and suffering.

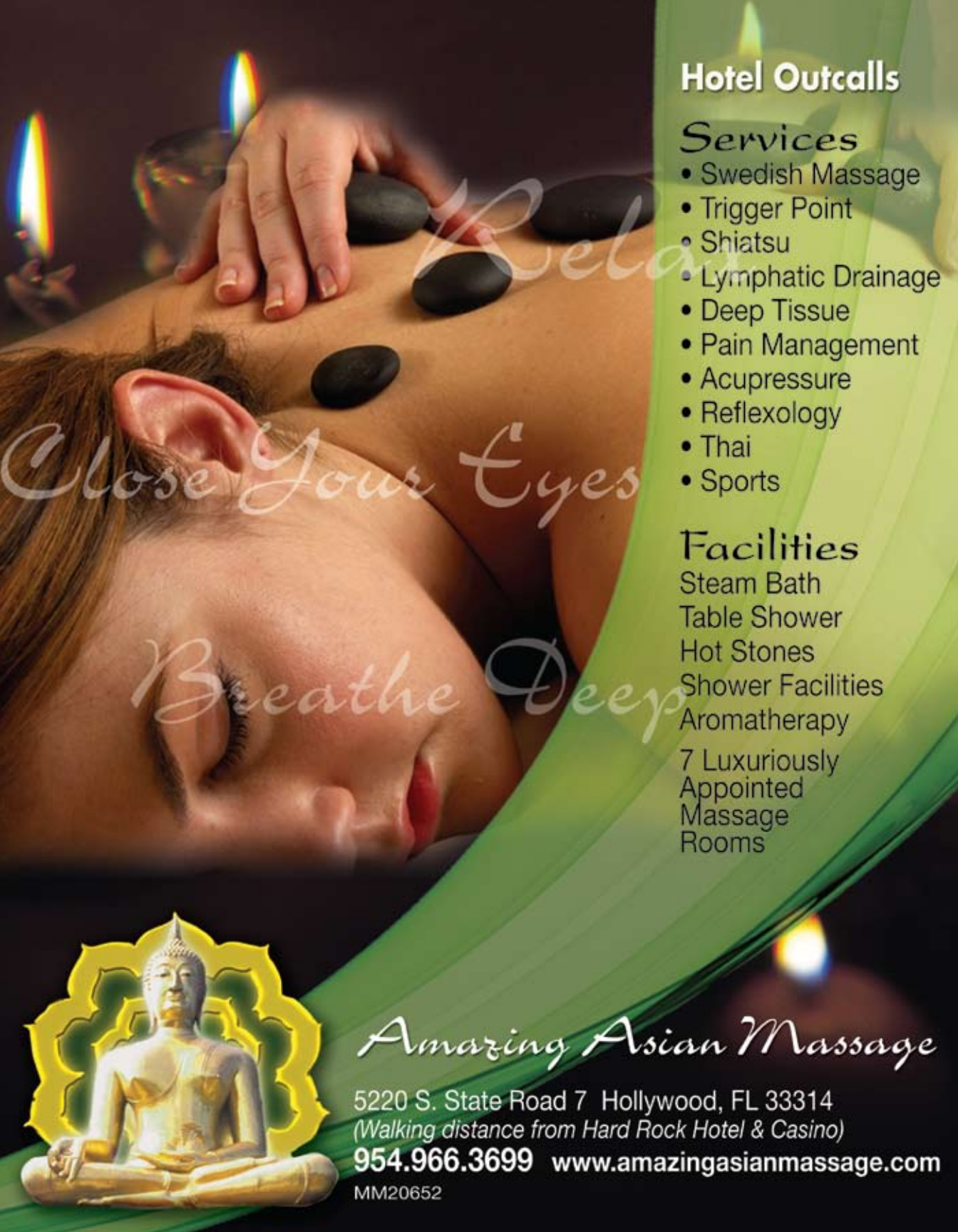
Michelle, a cancer survivor, is the embodiment of extraordinary talent, unquestionable ethics and moral character. Her personal belief is that the healing, therapeutic effects of massage are channeled straight from the heart. “Michelle is the ultimate combination of strength and a work of art—so graceful, like a ballerina on stage,” Harvey boasts, as DUO is audience to a combination of a back ballet and a “sole”ful spinal manipulation



administered by Michelle balancing from shiatsu bars suspended from the ceiling. “When my hands or feet work with the muscles I know my customers will not only enjoy the massage but walk out the door feeling better, feeling wonderful,” Michelle adds.

Customers of Amazing Asian are served a vast menu of services to align their spines, soothe their souls and “rock” their worlds. As an appetizer one may enjoy the relaxation benefits of Swedish Massage, or the most renown technique of Shiatsu, using pressure and stretching that clears energy blocks and promotes balance, or perhaps devour a session of Reflexology, the ancient treatment of hand and foot manipulation enhancing circulation and energy currents. Additional delicacies include: Energizing Thai Massage in which the therapist moves the body into yoga-like stretches, Lymphatic Drainage in which specific light rhythmic patten and stretching is used to stimulate and eliminate fluid retention, toxins and trapped proteins, Deep Tissue Massage geared for necks, backs and shoulders to break down adhesions for pain and movement, or Trigger Point, applying pressure to areas of muscle that may refer pain to other parts of the body such as headaches, carpal tunnel, bursitis, or sciatica. Stress Relievers, Acupressure, and Sports Massage can be topped off with the icing on the cake, hot stone therapy.

Hands down, the skilled staff of masseuses at Amazing Asian Massage brings so much more to the plate, or should we say to the table: the difference in intensity, quality, compassion and comfort, delicately performed with the most important part of the body—the heart. - DUO



Hotel Outcalls

Services

- Swedish Massage
- Trigger Point
- Shiatsu
- Lymphatic Drainage
- Deep Tissue
- Pain Management
- Acupressure
- Reflexology
- Thai
- Sports

Facilities

Steam Bath
Table Shower
Hot Stones
Shower Facilities
Aromatherapy
7 Luxuriously
Appointed
Massage
Rooms



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MM20652



Lance "Alanza" Clarke

Lance "Alanza" Clarke, found his love for art at the age of 10. He went on to acquire an Associate Degree in Fine Arts. Upon matriculation, he became the Lead Artist for Diaspora Arts in Jamaica. He has traveled extensively throughout the Caribbean and United States displaying his work at art exhibitions and has designed logos and banners for music tours, as well as painted murals. Lance formed Alanza Studios in 2002. Alanza Studios encompasses works of fine art and graphic/creative design services. He is the Founder and Facilitator of **Youth "Paint 4 Life" Initiative**, an eight week visual arts program designed to educate and expose underserved youth to fine arts, specifically painting. "Paint 4 Life" encourages individual expression and provides youths the unique opportunities to work directly with a professional artist and experience professional equipment and materials. Youth "Paint 4 Life" Initiative has the ability to enhance young peoples' attitudes about themselves and their futures, and also can increase academic achievement and decrease delinquent behavior. Having Lance in the lives of these aspiring artists is certain a "stroke" of good luck. - DUO



For more information go to:
www.alanzastudios.com

ART SPOT

Gallery Events with a Purpose

Art Spot is an art studio turned Gallery on occasion, when “art” meets “reaching out”. Begun as a studio by Clara Albarracin, a Colombian seasoned artist, in conjunction with Patty Valero, a Mexican artist in training, the studio would become a place that would reach beyond a regular art class setting and allow its students to expose their art to the community, as well as invite other artists from the area to participate. Their concept of sharing in a synergistic way, to create an enriching experience for all, was so successful that the following year students joined art guilds, were able to be in other shows and held a charity event where students, local artists and recognized professional artists converged to bring a quality event to the community and to create social wellbeing.

Art Spot hosted its first charity event on behalf of **Spirituality for Kids**, (www.spiritualityforkids.org), a 501 c-3 with a unique educational program. Children are taught universal spiritual principles and practical transformational tools. With SFK children have the opportunity to learn how to make wise choices and the benefits of treating others with respect, human dignity, and tolerance. This allows them to realize their potential and change their destiny.

This year’s charity event will be for **La Ventana de los Cielos**, (www.laventanadeloscielos.org) keeping with the idea that what is close to the heart of the students is important to the studio. This non-profit Christian organization reaches out to children and young adults with physical or mental disabilities through a contact with animal’s methodology. This foundation is spearheaded by singer Ricardo Montaner and his family. Their aim is to instill in these children a love for the land and creation, so that they can enjoy life, participate in decision making, learn respect, confidence, happiness, liberty and love.

Their journey has been very rewarding, forming friendships with established artists who inspire as they very willingly share their talent to enrich the Art Spot experience and that of their charities. - DUO



Linebacker Gives Back... Line by Line

The Twan Russell Life Skills and Reading Foundation

By Patrick DeCarlo

Dividing his time between playbooks and books for playtime, Twan Russell, Founder of *The Russell Life Skills and Reading Foundation* (www.russellreadingroom.com), found a new team to dedicate his passion and dedication to...kids. What could possibly inspire this former Miami Dolphins linebacker to enjoy the squeals of the children in the classroom as much, if not more, than he adored the cheers of his fans from the stands?

“People too often place a Band-Aid on our youths’ knees instead of going in with sutures and sewing up their problems by teaching them how to provide for themselves. That’s why we started,” Twan says.

Twan Russell, former Miami Dolphins linebacker and founder of the Russell Life Skills and Reading Foundation, Inc., locks his large hands together when he diagnoses the troubles of America’s youth. “Many times kids just aren’t reading,” he says. “Without reading, children lose the ability and confidence to make their own choices, whether it is to go to trade school, to college, to become successful and productive citizens.”

Success and productivity have come in twos for Russell. A former professional athlete, Russell attended St. Thomas Aquinas High School where he played football and ran track and field, eventually winning the State Championship in the 300-meter hurdle. While attending the University of Miami on a football scholarship, Russell managed to graduate with degrees in criminology and communications as well as lead the Miami Hurricanes in tackles. This led to a professional football career where Russell enjoyed playing for the Washington Redskins, the Miami Dolphins, and the Atlanta Falcons. It also gave Russell agency to focus



on a problem dire to his heart: to doctor the staggering illiteracy rates of the inner city and low-income areas in South Florida.

“It’s not that the books aren’t accessible,” Russell says. “It’s that kids are frustrated with reading because they’ve stumbled so many times and no one has been there to help pick them up.”

Russell’s foundation has offered that pick-me-up free of charge since 1999, growing to serve nearly 700 at-risk youth a year in six after-school centers throughout South Florida. “A typical day begins with about fifty kids [in a center],” Russell says. “They get there around 3:00 o’clock. For the first hour, they blow off steam by playing sports, doing arts and crafts. At 4:00 o’clock, our teachers arrive and the children get settled in with spelling, language arts, reading aloud. And the last hour is a synthesis of what they

learned—writing a poem or play to be acted out about the story, really interacting with the material.”

Humbler beginnings saw the first center’s opening in an Oswald Park church. Alongside his mother, Mrs. Corliss Russell, a former educator herself, Twan canvassed the community with flyers announcing a new after-school homework program, nowhere near as vast and encompassing as the program currently is today. But the classes filled up immediately, Russell recalls. “Parents want to give their children help, but it’s expensive. Going to [for-profit tutoring schools] three times a week is sometimes how much people pay for a mortgage or a car payment.”

By offering tutoring and mentoring programs free of charge, Russell believes he is building bridges and sharing responsibility in education between public schools, working parents, and local community groups. “Our kids come with a backpack of problems,” Russell says. “We have to peel back the layers. Did they have breakfast this morning? Are their parents breaking up? Did they have to run from kids who meant them harm to get here?”

Having enough time to get to the root of a child’s difficulty with learning, Russell says, is the biggest obstacle for schools and working parents. “The problems of the American Dream—many people see success as wealth,” Russell says. “People are forced to go into survival mode to provide for their families. Even my wife has to check me from time to time and keep me from working so hard because I have not taken the time to help kids out with their homework. A single-mother doesn’t have that check and balance; all she can see is a bill that has to be paid and the education portion of raising a child, not intentionally, falls to the wayside.”

Russell’s foundation recognizes a changing world characterized by an absence of interconnected community institutions and aims to subvert that by sharing the stresses of providing for children. “We look at how the schools are doing,” Russell says. “The incomes of homes; what types of kids are there—kids who don’t read well; who have behavioral problems; kids undergoing abuse; living in single-parent homes. You name it. And if we haven’t seen it, we’re probably going to get it. We’re a microcosm of society and we follow the need.”

Many South Florida schools desperately do need help.



With budgetary concerns, burgeoning class sizes, and time constraints in the average school day, municipalities in Deerfield, Hollywood, Miami, and Fort Lauderdale cannot always offer struggling students the curriculum, structure, and extra attention needed to gauge and overcome their shortcomings with learning. By collaborating with municipalities and community leaders, Russell’s foundation receives the students and the spaces needed to get to work. The Russell Life Skills and Reading Foundation, Inc. then give back by offering students their number one asset: teachers. “Our teachers create individual lesson plans for our children to zero in on what struggles the kids are going through,” Russell says.

This strategy hearkens back to Russell’s time as a child. “I had some challenges growing up,” Russell says. “We struggled to put food on the table; my parents had five kids. But I had a football coach and a teacher who took it upon themselves to challenge me and not accept mediocrity.” People took extra time, Russell says, to create the success he has become. Russell realizes few can be lucky enough to attain that success; the real goal of the foundation is to provide students with pragmatic role models. “I’m a strong believer in the Average Joe,” Russell says. “We bring in the accountant, the police officer, the teacher. People we bring in are the people who did things right and became successful.”

The Russell Life Skills and Reading Foundation, Inc. operate with a budget of about \$600,000 a year and such costs are difficult to maintain. Nevertheless, Russell says the struggle is worth it. “If we have one child failing, we’re all at fault. Our problems would be finished if we all collectively taught our youth how to provide for themselves in their future. Education and reading will always be the way to get back up and stay involved after failures in life.”- DUO



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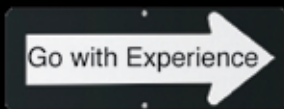
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Photo Credit: Rachel Barker



REEL World

By Rachel Galvin

With the year-round pleasant weather conditions, you would think that filmmakers would clamor to shoot on our shores. After all, in the big cities of Los Angeles and New York, there is so much competition that pulling permits and grabbing locations can be such a hassle. While there are television shows shooting here like the occasional shots for *CSI Miami* or for the popular *Burn Notice*, the film industry overall is seeing a decline.

In the film biz, as in most business ventures, it all comes down to money, and our legislature voted to pull millions of incentive dollars that would normally woo outside production companies to our area. That hasn't stopped many local filmmakers from proceeding with their projects and looking to up the filmmaking dollars next year. In fact, G-Star School of the Arts in Lake Worth is proceeding with its building of the largest sound stage in Florida.

I, personally, have been involved with movies at G-Star this year and with the Palm Beach Film School (PBFS), both which dedicate their facilities to the education of the next generation of filmmakers. PBFS also opened a second school this year, the Miami Film School.

Budget cutbacks also haven't stopped local festivals like the Miami Short Film Festival and the Fort Lauderdale

Film Festival (FLIFF) from continuing their tradition of showing fine films from our state and around the globe.

Since DUO (Do Unto Others) Magazine is all about giving back, I have decided to use this column to not only focus on the filmmaking industry but to highlight those local filmmakers who really make a difference. One such film that will be shown at this year's FLIFF is "Work of Art". This dark comedy is the first feature film to be directed by Joel Sotolongo with his production team at STUDIO 214 LLC. The film focuses on two parallel story lines. One involves a duo who have gotten themselves in quite a mess and get creative in order to dig themselves out. The other involves two hit men going for what they think is an ordinary job, until one of them decides he wants out. As the stories gradually merge, the cunning storyline and hilarious dialogue draws the audience into the large cast of characters, all portrayed by local actors.

In addition to creating and promoting this 'work of art,' the production team is spending their time giving back to the community, joining [Volunteer Broward](#). Producer Terence J. Lee says, "I have been trained as a Project Leader to direct various charity programs, participated in a Clean-Up Our Beaches event and have been selected to be a part of the leadership team organizing Field of Food. This is a spearheaded drive to collect a million pounds of food for those in need in association with the Million Meals Program and Broward County Schools." The Field of Food event will take place on Saturday,



October 18 from 10am-3pm at Lockhart Stadium, 5201 NW 12th Avenue in Fort Lauderdale. There will be a variety of food, entertainment and community programs. If anyone is interested in finding out more information or volunteering, please visit www.fieldoffood.org or contact Lee at www.myspace.com/tjlee214.

Another film from FLIFF that involves giving back is a documentary called “Saving Face”. With a completely different type of story line, this film shows how redemption can come in the form of service. Elected class president, son of respected upper-middle class parents living in the Redlands of Miami, Matt Kern seemed to be a High Schooler who had everything. But one night in March of 1988, he and his friends stole a car for fun and ended up committing murder. That one terrible mistake would change his life and lead him on a journey to tell other young people how to avoid his fate. His journey poses hard questions about our criminal justice system, the nature of redemption and the healing power of faith. “I talk to youth groups, church groups I tell them that each bad decision leads to another bad decision. It may start with smoking a cigarette or skipping school and lead to drinking and drugs. I gave 12 ½ years of my life and an innocent man lost his life due to a bad decision. I became a violent and angry person and I became a Christian in prison and was able to change back into the type of person I used to be, release that anger and try to do right, be virtuous and moral. It’s about choices ...” The film showcases his life, including his time in prison, but he emphasizes that he does so without

being overly graphic. “This is not a scared straight movie.” These are just two examples of films and filmmakers that strive to make a difference, whether through their content or who they are being in the world at large. FLIFF showcases films yearly from all over the world, showcasing not only documentaries, but also world premiere dramas, comedies, short films, feature films, gay interest films, student films and more. It is a great place to not only get a unique insight into films often just ‘out of the can’ but also to get a sneak peek at films that are likely to go on to receive world-wide acclaim. Many films shown here go on to large festivals like Cannes and even the Academy Awards and win top honors.

The festival also always includes many events, which are excellent opportunities to meet filmmakers. Last year, Mary Stuart Masterson, Richard Kind, Dennis Farina, Stephen Baldwin, Gary Sinese and Davy Jones were just some of the top celebrities that stopped in the Sunshine State to walk the red carpet. Whether you are a film fan or a filmmaker, you will definitely want to attend some of this year’s FLIFF activities. You never know what star will arrive or what budding filmmaker will turn out to be the next Spielberg. To find out more, visit www.fliff.com. - DUO

Rachel Galvin, in addition to being a journalist, has been involved in all aspects of the film industry for over 12 years in Los Angeles and South Florida from acting to producing. She runs an on-line portal for the filmmaking community called www.independentstreak.ning.com. For more information, visit www.rachelgalvin.net.

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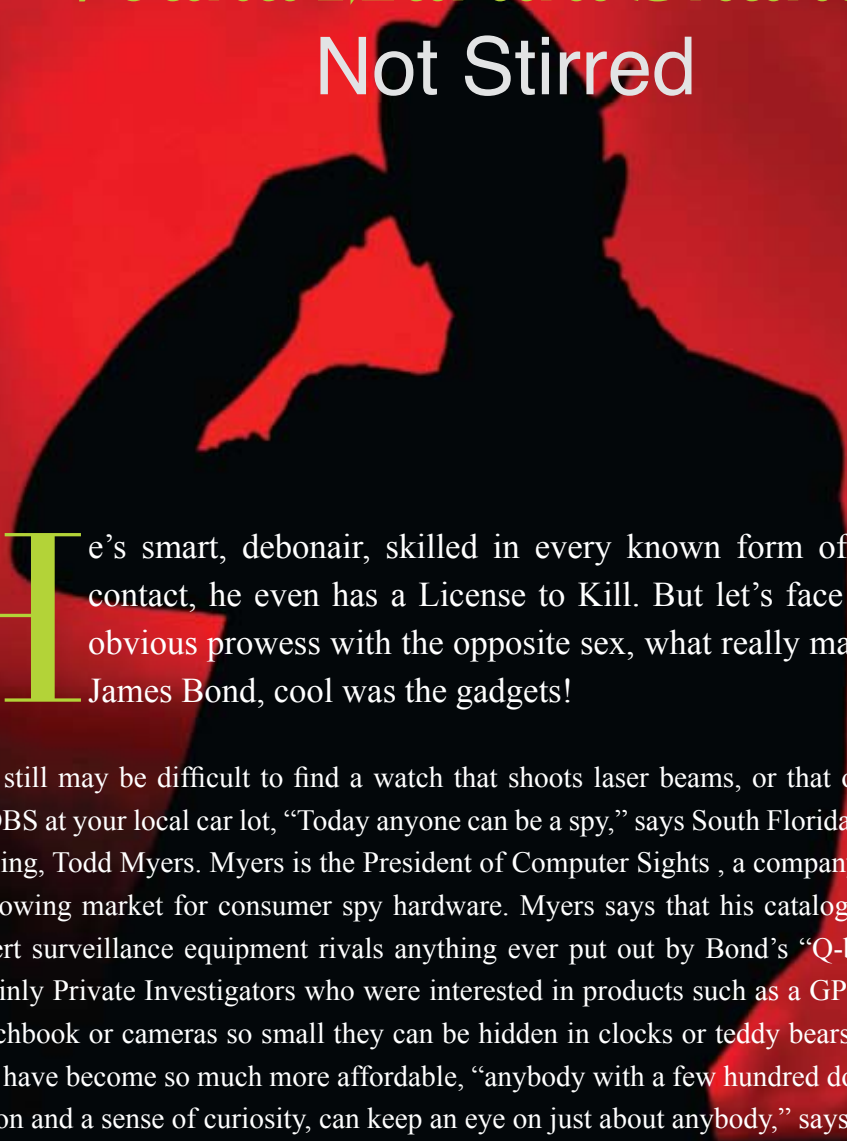
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FYI | The Only Thing Missing is a *Vodka Martini Shaken* Not Stirred



He's smart, debonair, skilled in every known form of hand-to-hand contact, he even has a License to Kill. But let's face it, despite his obvious prowess with the opposite sex, what really made Agent 007, James Bond, cool was the gadgets!

While it still may be difficult to find a watch that shoots laser beams, or that oh so cool Aston Martin DBS at your local car lot, "Today anyone can be a spy," says South Florida's own answer to Ian Fleming, Todd Myers. Myers is the President of Computer Sights, a company that specializes in the growing market for consumer spy hardware. Myers says that his catalog of sophisticated and covert surveillance equipment rivals anything ever put out by Bond's "Q-branch". It used to be mainly Private Investigators who were interested in products such as a GPS device the size of a matchbook or cameras so small they can be hidden in clocks or teddy bears. But since these products have become so much more affordable, "anybody with a few hundred dollars, an Internet connection and a sense of curiosity, can keep an eye on just about anybody," says Myers.

Myers adds that these devices are not toys and using them is not all fun and games. Case in point, he recently sold a businessman an innocent looking digital alarm clock that housed a hidden security camera. The man had suspected his wife of being unfaithful. The "alarm clock" was placed in the couple's bedroom. In true Bond-like technology his cell phone was rigged to alert him via a text message when the camera detected movement in the bedroom. He could then log



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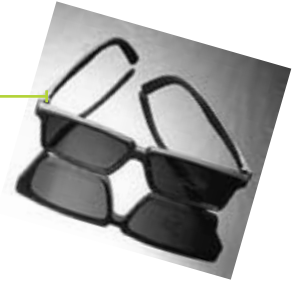
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Model AU888 Tri Band

This mobile phone looks and operates like any other mobile phone. Allows you to hear everything that is going on in the vicinity of the Q-Phone.



These unique new glasses look and function like regular sunglasses, but they also let you see what's going on behind you! For normal usage look forward. For rear viewing, just turn your eyes to either side. These special glasses also provide UV ray protection.

compromising position with another man. The fellow sent a copy of the feed to his attorney, who promptly filed divorce papers. The video was used in evidence and saved the man hundreds of thousands of dollars in alimony payments.

And it isn't just men who are getting into the "super-spy" routine. Many a philandering hubby was also collared by a tech savvy wife. Take Sharon Lambert of Birmingham, Alabama. When she suspected her man was stepping out she planted a miniature GPS tracking device in his car. One day when he was supposed to be at work, she tracked him straight into the arms of his lover. After she did "what she had to do" she found the experience so empowering that she started a business providing the technology to others. Now known as the "Gadget Lady" she sells the GPS trackers and a variety of other high tech covert surveillance equipment. Lambert says she is in the business of selling ways to obtain the truth. Surely a calling worthy of any secret agent.

As every fan knows the arsenal of high tech wizardry showcased in the Bond films weren't only for surveillance. And some other amazing devices are finding their way off of the silver screen and into the real world. Tired of the incessant rings of cell phones while dining in your favorite restaurant? Try purchasing an innocent looking cigarette pack that really disguises a transmitter capable of "jamming" all cell phone signals within a 60-foot radius.

Indeed Bond-like gizmos and gadgets are becoming part of our everyday lives. When Dr. No, the first James Bond movie, premiered 46 years ago in 1962, even 007 could not

have envisioned an iPhone. A recent survey conducted by the Oxygen Network found that women enjoy these sexy gizmos as much as their male counterparts. According to the survey, three out of four women, when asked, preferred to get an iPod as a gift than a diamond ring. Apparently the "Gadget Gender Gap" has closed.

Now, before you set out to take on "Goldfinger" or the nefarious "Dr. Evil", understand that James Bond had a "license to kill" and presumably to use these spy gadgets as well. The legalities of using this equipment are not always so cut and dry in the real world. For example, covert video is legal, so long as it does not break any laws regarding voyeurism. Recording audio along with video, however, can be a problem. It is still illegal to tape a private conversation without the party's knowledge or consent. Myers says he has on occasion had to ask people to leave his Ft. Lauderdale store who have asked him to participate in illegal activities. He knows of cases involving hidden cameras in shampoo bottles, and a local man from Davie who faces trial for allegedly placing a hidden camera in his cap to look up the skirts of women.

As the popularity of such gadgetry continues to increase, and the prices continue to drop, legislation will have to, no doubt, change to keep pace with the advancing technologies. In the meantime you may want to pour yourself a Dry Vodka Martini – shaken not stirred, of course-- and face the reality of smoke detectors made to detect more than just smoke and alarm clocks that can be quite alarming, with Bond-like coolness. - DUO

A Family for Every Child

National Adoption Day

is a collective national effort to raise awareness of the 129,000 children waiting in foster care for permanent, loving families. Each year, hundreds of communities across the country host events to finalize adoptions of children from foster care and celebrate all adoptions. We invite you to get involved and be a part of this special day.

Visit www.nationaladoptionday.org to find an event near you or learn how to host one in your community.

NOVEMBER 15, 2008



Get Involved in an Event in Your Community



Update... Create... Innovate...



Paradise In Your Own Backyard

By: Keri Cogswell

Living in today's society can be hectic and tiresome. Busy schedules keep us in constant motion morning, noon and night. Trying to juggle responsibilities between home and work is often a difficult task. Once the exhaustion factor comes into play, we yearn for an escape to where peace and tranquility exists. A vacation to paradise sounds wonderful, but unfortunately for many, time restrictions and money become major issues. However, there is an alternative for finding paradise. Bobby Van Kirk and his brother Tim Van Kirk, CEOs for Van Kirk & Sons, Pools and Spas, Inc. believe that we do not have to travel beyond our own backyard to find a relaxing get-a-way. These luxury designers can build the pool of your dreams. "The ability to take someone's ideas and transform them into reality is thrilling for us as well as our customers," says Bobby.

Pool Designs at Van Kirk & Sons, Inc. are exotic in nature and the most popular creations range from the lagoon to the straight-line

styles. Typically a designer will meet with the client and get their ideas as well to see the area where the pool is to be constructed, from this point a pool is designed with both the expertise of the designer so that the pool fits the yard and the customer's idea becomes a reality. Debra Juel, customer, is very happy with her pool. She says, "The artistry and technique that goes into building these pools is quite amazing. You are not just getting a typical concrete pool. There is landscaping, lighting, flooring and much more that provide a relaxing atmosphere. Hanging out at the lagoon in my back patio is the perfect way to spend my weekend holiday."

Swimming pools today are designed for more than just a lap or two- they are the centerpieces of sumptuous backyard retreats, complete with waterfalls, fountains, beach entrances, glass tile, spas, grottos and lush landscaping. To achieve this, have Van Kirk & Sons, Inc. create or remodel a custom pool for you today! Call 1-800-741-3911 or visit online at www.VanKirkPools.com

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The W O

Most people have had this feeling of familiarity at some point in their lives. This is what we know as a Déjà vu. But what does it mean? I was about to find out as a trip to Egypt brought me not only half way around the world, but 3,000 years into the past.

Unlike other ancient civilizations, Egypt has not flashed brilliantly for a few brief seconds only to fade into the obscurity of the ages; it has enjoyed great prestige for 70 centuries and is indisputably recognized as the cradle of human civilization. While the rest of the world was still untouched by history, ancient Egyptians excelled in art, medicine, architecture, astronomy, philosophy, and the art of war. Their lives revolved around a complex religion, whose staunch belief in the immortality of the soul dominated every activity. It was this obsession with the afterlife that would captivate and change me.

Disembarking after a long flight to Cairo, we met our guide, a university teacher eager to share her incredible culture with tourists. At first glance, Cairo is like any other modern, overpopulated city. Its streets are clogged with cars; though when the traffic eases, watch out, there are no rules for driving here. People live in tiny, crowded apartments, and air pollution is a problem. But the real Cairo is hidden today, camouflaged by the façade of modern life. The true heart of a native Egyptian is unchanged since the golden days of the Pharaohs.

After checking into our hotel, which was a former Shah's palace, our guide took us on an orientation city tour. This is where I experienced my first feeling of déjà vu. As we drove through the streets of Cairo, I knew I had been there before. Yet this was my first trip to Egypt. Could I have been there in a past life?

FOUNDERS *of* EGYPT “Déjà vu”

By Richard Hodes





“Stretching from the southern border of the Sudan, the Nile flows north and empties into the Mediterranean Sea.”



Anxious to immerse myself in anything ancient, we traveled to The Egyptian Museum in central Cairo. Except for the British Museum in London, which is filled with plundered Egyptian artifacts taken during the British occupation, this building is the most important depository of almost all the archeological discoveries from the last 100 years. The contents of the tomb of King Tutankhamon alone occupy an entire wing of the facility. Hoards of tourists flood the museum daily to view the spectacular Royal Mummy Room and the huge collection of remnants of a civilization that ruled the known world for thousands of years.

As we left the city and drove toward the Giza plateau to visit the Great Pyramids, my thoughts drifted to the past. In a way, the Pharaohs had achieved immortality. Over 3,000 years had passed and we still speak of them. Many of their achievements and monuments stand as a testimonial to their ongoing greatness.

Nothing speaks of monumental greatness more than the Giza Pyramids. Egyptians have a saying. “Everyone fears time, but time fears the Pyramids.” Built as tombs to house the immortal souls of the Pharaohs, these structures and the nearby Sphinx represent a temple complex recognized as

one of the seven ancient wonders of the world. Visitors are permitted to enter the Great Pyramid through a long, narrow passage which leads to a vast gallery and smaller adjacent burial chamber in the center of the structure – an excursion not for the faint hearted. At night, lasers illuminate the area in a spectacular sound and light show that tells the story of the construction and purpose of the Pyramids.

Returning to the city, we visited the 12th century Citadel of Saladin, where the Mosque of Mohammed Ali is still in use today. The nearby Khan el-Khalili Bazaar is a huge labyrinth of shops where visitors can buy anything from a King Tut tee shirt to the finest gold jewelry.

After a short flight to Abu Simbel in the south, we visited the mighty Sun Temple built by Ramses II to impress travelers coming to Egypt. This astounding temple includes four massive stone statues of the king. When the Aswan Dam created a lake that threatened Abu Simbel, the Sun Temple was disassembled and reconstructed in present higher location.

Later that day, we returned to Aswan and boarded a Nile cruiser, which would be our home for the next few days

as we floated downriver toward Luxor. Though small by cruise ship standards, these riverboats transport tourists in luxury and comfort. Historians and archeologists agree that if they were to name one thing responsible for the rise and long-term success of the Egyptian civilization it would be the Nile River. Stretching from the southern border of the Sudan, the Nile flows north and empties into the Mediterranean Sea. In ancient times, each year the river would overflow its banks and deposit a rich layer of soil in the surrounding valley. This created a super-fertile plain where farmers could grow whatever was needed to feed the entire population. Today, the Aswan Dam controls the river. As we set sail that evening, we could see dozens of felucca sailboats silhouetted against the setting sun.

Sailing past tiny villages along the Nile, we witnessed the local people living as the ancients did 3,000 years ago. Women washed their clothes and their children in the river.



Farmers worked the land with primitive tools. Shoppers bargained at crowded, open-air street markets. Of course, there were ruined temples at each stop with such names as Edfu, Kom Ombo and Philae.

As we approached our final stop at Luxor, I experienced another strong feeling of *déjà vu*. This place called to me. Once named Thebes, the area boasts some of the most important sights in the entire country.

With their religion as the focus of daily life, the Egyptians believed the daily ritual of sunset (in the west) and sunrise (in the east) represented the death and rebirth of the sun. With this in mind, they placed all of their tombs on the west bank of the Nile and the temples and cities on the east. The Valley of the Kings and Queens occupies an area spread

across the western bank of the river. Dozens of Royal tombs have been discovered there along with the ruins of living quarters of the workers who constructed them. But nothing could have prepared me for what we would see on the east bank. The temple complex at Karnak is so vast it defies description. Constructed over the course of 2,000 years, each Pharaoh built his own addition until it became the largest temple in the world. The soaring columns were once painted with brightly colored hieroglyphics. Huge statues of various Pharaohs abound and the walls display carved frescoes of fierce battles where the Living God defeated his enemies. At night the temple comes alive with a wonderful sound and light show where the incredible history of Karnak is relived. Walking through the now silent halls, staring into the face of the Pharaoh's statue, I heard the voice of the king and the soft chanting of the high priests. Imagination?

Moving on, we visited other monumental sights in the area

including the Luxor temple, with its Avenue of Sphynxs, the Colossi of Memnon and the Temple of Amun, with its collection of obelisks, pylons, and courts. Walking among these ruins, I was certain I had been there before. I knew my way around and felt comfortable in what should have been a strange and exotic place. This feeling persisted throughout our stay in Luxor.

With our tour over, we disembarked the ship and returned to Cairo airport. Boarding our plane for the long flight home, I felt strange and sad. As if all that was comfortable and familiar was being left behind. Suddenly, the feelings of *déjà vu* made sense. I stared out the window as we lifted from the ground. The Pyramids reached to the sky—to me. I said goodbye. Again. I promised myself I would return some day. I would come home to Egypt. - DUO



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