

DUO

SUMMER 2008

DJ LAZ

The "Power"
of Giving Back

RACHEL BROWN

The Soulful Songstress

MYRNA & SHELDON PALLEY

A Touch Of Glass

BARTON G

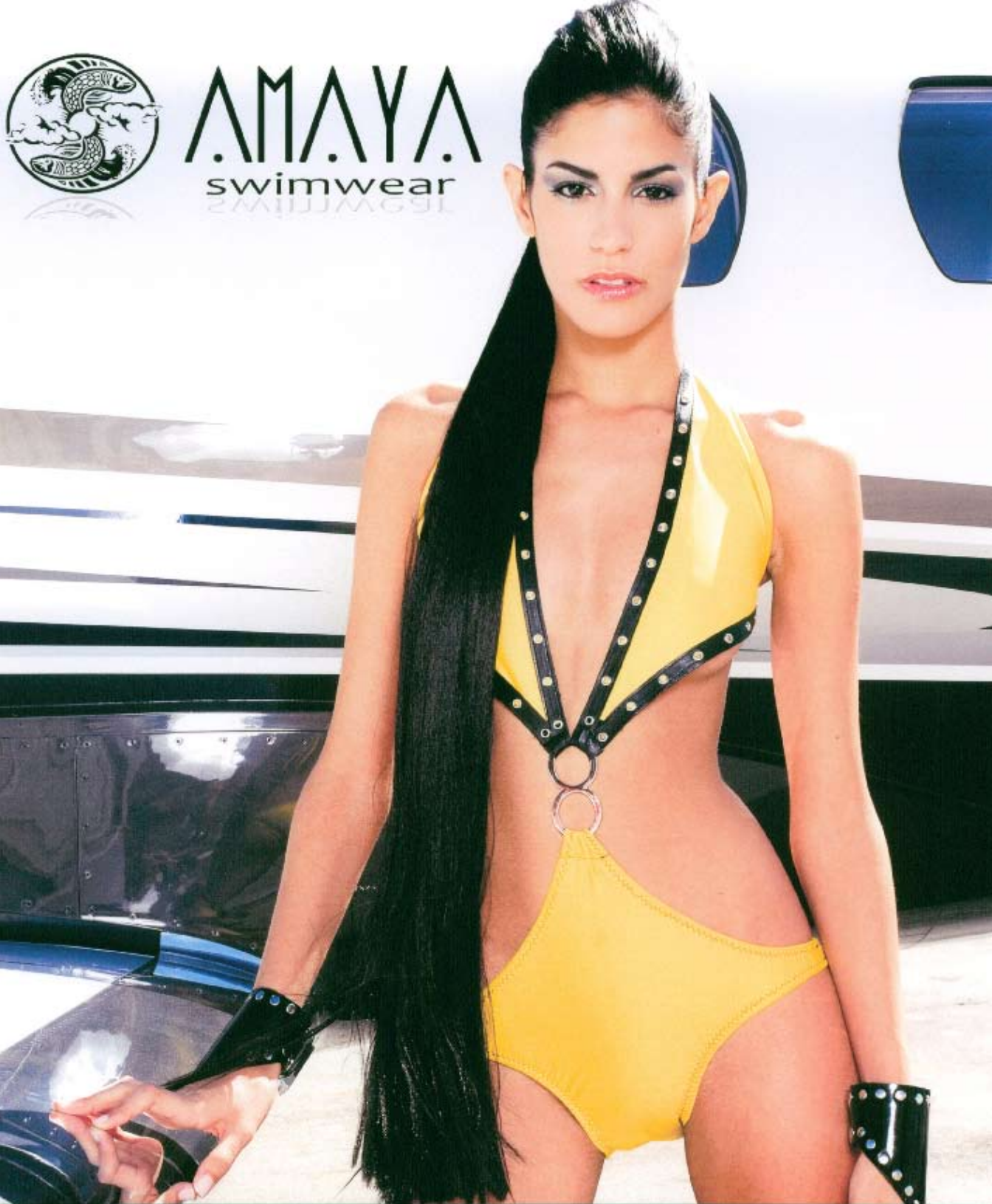
*The Kids Hear
Now Foundation*

A SOUTH FLORIDA HERO

An interview with
Alonzo Mourning



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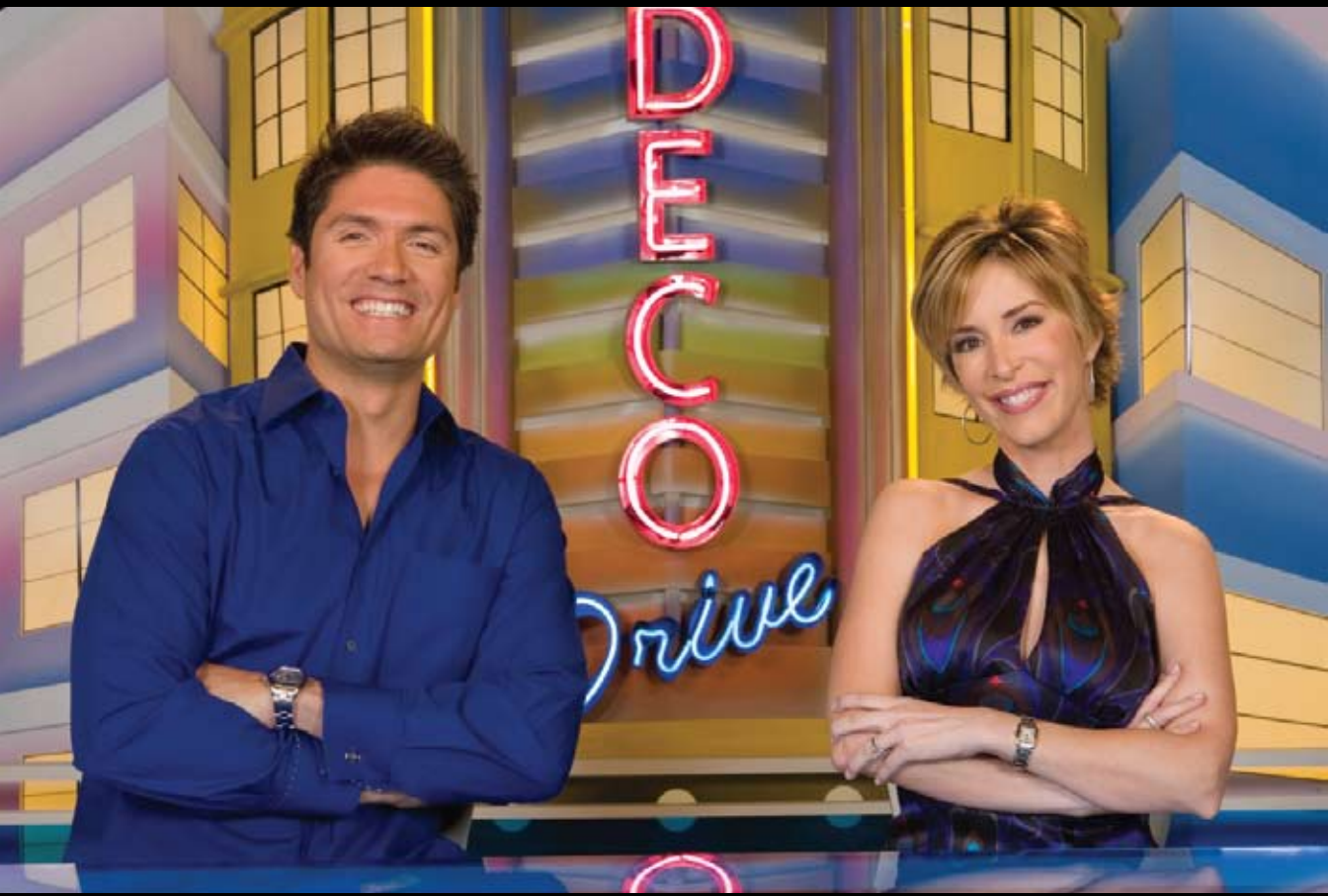
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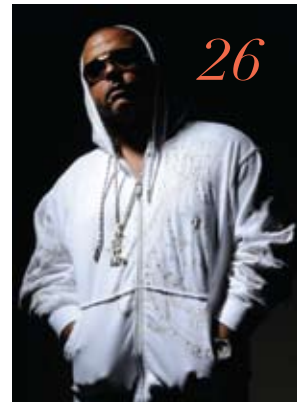
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Photographed By: Jerico Angeles



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DUO

Magazine

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Distribution

Outside Pubs, Inc.

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from the PUBLISHER

Ellen Sue Burton

“Honey, do you have any reading material?” “Here, read one of my magazines.” “What? Are you kidding? I don’t read women’s magazines!” How many times have we all heard that?

As the former editor of a magazine exclusively for women, I wanted to find a place for men and women to come together to share their similarities and embrace their differences. The men in my life were enjoying the spiritual and motivational stories I was including in the women’s magazine, but they were missing the “manliness” to accompany it. I knew that I could have a publication that would combine beautiful fashion editorials accompanied by stories that would empower and inspire. I knew that I could have a magazine that would ultimately become an extension of Ellen, a way for me to continue to do the charity work that I have been doing for the past thirty years. I wanted a magazine that would be a facilitator for me to enlighten the South Florida community about the Unsung Heroes among us, the people who wake up every day and make a difference, who give back and never look back, whose arms are open to anyone in need, the people who Live to Love and Love to Live. Thus, DUO, “Do Unto Others” Magazine was born.

Always a little bit out of the box and as courageous as a lion (with big blonde hair and long acrylic nails to boot!) I called upon my dream team, Giselle Sanabria and Atiya Sewell who, exceeding my wildest expectations, helped me soar higher than I ever could have imagined on my first solo flight. And what a journey this has been! I took along some of the fabulous people who were already in my life, Susan Bain, Alonzo and Tracy Mourning, LaCriscia Fowlkes, Lisa Palley, Rita and Rick Case, not to mention just a few of the amazing individuals I have met in the course of this issue like DJ Laz, Barton G., South Beach Annie, Roslyn Parker and Shaun Richard. Together we have given South Florida charities a new best friend, a printed page to celebrate their endeavors at Tikkun Olam”, healing the world a little bit at a time.

I know that you too will become as passionate about DUO as we are. We are excited to have you share your universe of heroes with us and we look forward to having you help DUO to Pay it Forward.

Sincerely,
Ellen Sue Burton
Publisher



from the EDITOR

Giselle Sanabria



We did it! Not the DUO, but the trio who worked together in a prior publication. Ellen, Atiya, and I united our energy and creativity to give birth to our baby who we named DUO, meaning “Do Unto Others” and also DUO because it is a publication dedicated to both men and women. We put together amazing stories of South Floridians who are giving back to the community and making a difference in other people’s lives. Among them is our cover person, DJ Laz, whose big heart beats for others in need, our UnSung Heroes Alonzo Mourning and Jason Cooper, who show that you can share more than your heart and soul, and Barton G. Weiss, whose foundation is giving hope to deaf children.

But the dream of publishing a unique magazine that will keep you waiting for the next issue wouldn’t have been possible without the effort of all those people who helped us along the way. That’s why I want to thank all of the writers who, with their combination of words, gave us amazing stories that will move you, all of our photographers whose great eyes captured the most amazing pictures, and all of the people we have featured in the magazine who have shared their stories with us. And I can’t forget to thank our biggest supporter, Andre Burton, who has believed in us since day one and has given us the green light to fulfill our dream. Again, thanks to all of you!

I am positive that you will enjoy this magazine as much as I do. Don’t skip a page, don’t skip a word, and I guarantee you that when you finish reading it you will want more of DUO Magazine. Enjoy!

Sincerely,

Giselle Sanabria

Editor-in-Chief



Barton G.

Wine & Dine In Amusing Design

By South Beach Annie

When driving down West Avenue, just a couple of blocks from Lincoln Road, the unsuspecting driver might just miss one of South Beach's most enticing experiences. Barton G. restaurant is a happening within itself. Upon entering the garden gates a visitor is welcomed by fresh, smiling faces eager to introduce a newcomer into a habitat of their

own creation. Everyone who works at the restaurant is an integral part of the plan, creating an ambiance of fine dining, creativity, and fabulousness.

My friend and I walked in with the same sense of adventure children have going in to an amusement park. The lighting, flowers, cushioned tabletops, and pillowed seating are all geared for comfort and relaxation. Each drink and meal is presented with such artistry the whole room gapes

Chinese Duck Decoy



Mixed Kabob Rack



Crispy Popcorn Shrimp

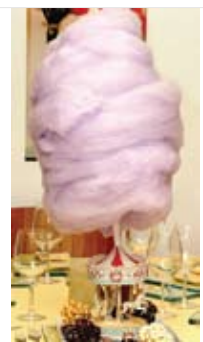


Voodoo Shrimp



Each drink and meal is presented with such artistry the whole room gapes with admiration as the staff carries it by.

Big Top Cotton Candy



with admiration as the staff carries it by. Everyone in the room is having a great time. It is filled with a contagious energy of absolute glee feasting, not just with the eyes but with the palate as well.

We started our evening by ordering a couple of Below Zero Drinks, which include liquid nitrogen at a temperature of negative 320 degrees Fahrenheit. I chose the Hidden Dragon, a must for a dragon collector. It was presented with a foot-tall dragon sculpture. The drink contained Charbay Pomegranate Vodka, muddled maraschino cherries, lime, orange, and basil leaves with cranberry juice and a popsicle made of Charbay Pomegranate Vodka. It was a smoking nitrogen like the drinks from The Addams Family show back in the '60s. My friend had the Nitro-jito, a nitrogen temperature Mojito presented in a cigar box with a Nitrogenized Ron Zacapa 23-year old rum Pop. Drinking them was an explosive experience, to say the least!

The chef, Joseph Parsons, selected to have us start our meal with his Coconut Crusted Voodoo Shrimp. The shrimp is stuffed with crabmeat and seaweed salad, and then impaled on sticks over a glass cauldron of smoking charred pineapple mango chutney. We scooped the chutney with a couple of plantain chips and dipped the shrimp in it as well. We also sampled the day's special appetizer, a Carpaccio of Kobe beef that was light as a feather. It was served with crackers and pickled vegetables. Then to refresh our palates before the main dishes we shared the

Spinach Square salad with roasted beet carpaccio, goat cheese, toasted pistachios, fried onions, and brown butter vinaigrette.

For our main course we had Parson's signature G Mac & Cheese made with five cheeses including white cheddar, Vermont yellow, Velveeta, parmesan, and boursin cheeses as a side. Then my original Barton G. craving of Good Ol' Southern Fried Chicken with creamed corn and mashed potatoes was a must have for me. But my friend's favorite was the Twisted Lamb Tagine, lamb chops served over greens, figs, flat bread, Tabouli, and cucumber raita. It was the most tender lamb I've ever tasted!

To finish our meal I had to have the Big Top Cotton Candy served with three containers of popcorn topped with caramel, dark and white chocolate, and chocolate covered pretzels. My chocolate-loving friend enjoyed the Chocolate Grand Canyon, a cake with rivers of fudge, raspberries, and crushed butterfingers. So many eyes were glued to our table's display, a lady sitting at the table next to us asked me if I was embarrassed. "Oh, no! Not in the slightest!" I was enjoying every second with our onlookers. As a result of our enjoyment, many other tables had the same desserts served to them.

To sum up the experience of dining at Barton G., General Manager Stephane Hainaut says it best, "Guests arrive with great expectations and we deliver!" - DUO

sunSATIONS | BEHIND THE SCENE OF YOUR FAVORITE CUISINE

the *Barton G.* Kids Hear Now Foundation

By South Beach Annie

Medical statistics report more than 2,000 deaf children are born every year in the U.S. alone, making deafness our nation's most common birth defect. This year, Barton G. Weiss launched *The Barton G. Kids Hear Now Foundation* (www.kidshearnow.org) created to enable hearing challenged children to develop the ability to listen and speak with others.

The *Barton G. Kids Hear Now Foundation* is a charitable and educational non-profit, whose mission is to establish awareness of deaf children's needs, facilitate research, and accomplish treatment goals. The Foundation was inspired by Weiss's own experience in seeking to provide his deaf daughter, Jadin, with the best chance of success in a hearing world. Barton's research led him to Thomas J. Balkany, M.D., Hotchkiss Professor and Chairman of the Department of Otolaryngology at the University of Miami's Miller School of Medicine, and the promise of cochlear implants. As the result of these electronic devices, Jadin is now an alert toddler, responsive to sound, and on her path to acquiring verbal communication.

With the guidance of Dr. Balkany, one of the world's foremost authorities on cochlear implant surgery, the Foundation generates awareness about and accessibility of cochlear implants through a series of fundraising events to accumulate the financial resources necessary. The first Gala dinner dance was held on May 3, 2008, underwritten by Barton G. to honor Dr. Balkany and showcasing the synergy between *The Barton G. Kids Hear Now Foundation* and *The Buoniconti Fund to Cure Paralysis*.

Some of the *The Barton G. Kids Hear Now Foundation's* goals are to develop a world-class auditory-verbal training and certification center to address the global shortage of auditory-verbal therapists, add two audio-verbal therapists to the current staff of the Miami Ear Institute and establish a Cochlear Implant Family Resource Center at the University of Miami as a national resource and database for the hearing challenged and their families. -DUO



Barton G. Weiss, Jill Viner (who helped him found the organizations and to whom he presented The Barton G. Kids Hear Now Founder's Award), Dionne Warwick, Dr. Thomas J. Balkany (the evening's honoree), Diane Balkany, Heather Whitestone-McCallum (the first deaf Miss America, who now hears courtesy of cochlear implants), Robert Alpert.



Nick Buoniconti presenting Barton G. Weiss The Buoniconti Fund's highest award, The Spinal Award

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DAVIS & DOW



A Unique DUO

By South Beach Annie


Multi-award winning jazz DUO *DavisAndDow* describe themselves as soul mates who are two strong halves of one BIG sound. Exploring jazz and pop standards with a daring sense of abandon, they share a style deeply rooted in the classic jazz tradition, but with a playfulness that keeps the music fresh and fun. “Playing music in front of a live audience is an increasingly visual medium. The artist has to interact with the audience and have them live through the music as they experience the song. The connection of

the artist and audience is crucial, unlike a recording where it just has to sound great. Live music requires full communication of the musical journey during each set or evening performance,” believes Julie Davis. Her husband Kelly Dow agrees.

Julie will flirt Betty Boop style as she croons a Billy Holiday classic with the same passion to a little boy, a security guard, or a couple of cuddling teens. The band changes speeds into a samba with the ease and grace of Carmen Miranda to delight all the onlookers.

Fate had the musical DUO meet through a musicians’ newspaper ad. Having moved to Florida to pursue her career, Julie’s mom encouraged her to submit a classified ad for The Rag that read, “Looking for a musician. Singer into Ella Fitzgerald.” Kelly, who was docked for a break from playing on a cruise ship, responded. Julie and her mom met him at an open mic event and were instantly enamored. The DUO performed “How High the Moon” and has stayed together since. As Kelly proudly acknowledges, “I feel blessed to get to play the music I love the most in the world with the person I love most in the world.”

Aside from being deeply in love, what makes Julie and Kelly and the musicians they hire to work with them for percussion, bass or violin so successful is their passion for improvisation and the freedom of expression with their music. They agree that the perfect audience consists of attentive, joyful listeners who are open to the experience and the performing arts in general. “One of the purposes for art is to connect and share with our listeners on a deeper level,” Julie adds. If they are not scurrying around South Florida performing at various restaurants and clubs, *DavisAndDow* devote their time to performing at benefits for charities such as *Kids in Distress*, *March of Dimes*, and *The American Cancer Society*. One thing is for certain, this dynamic DUO has achieved perfect harmony in their careers, their marriage, and their willingness to give back. -DUO



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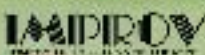
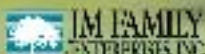
Now entering its 16th year in operational success, *The Zephyrhills™ Dig the Beach Series* makes 8-10 stops in “hot spots” throughout the state of Florida. Originated in 1992, *The Zephyrhills™ Dig the Beach Series* is the longest running beach volleyball series in the Southeastern United States. The series offers players of all skill levels and ages an opportunity to come to the beach in a fun, competitive atmosphere. Players compete for varying prizes, including a \$10,000 cash purse in Miami Beach for the series National Championship. *The Zephyrhills™ Dig the Beach Series* and *Exclusive Sports Marketing* prides itself in offering five-star services to the recreational athlete. We encourage an active lifestyle, giving children the opportunity to participate in a fun, healthy, safe, and entertaining atmosphere. *Exclusive Sports Marketing* and the *Zephyrhills™ Dig the Beach Series* (www.digthebeach.com) donates a part of its profits to the ALS foundation (www.alsa.org). -DUO



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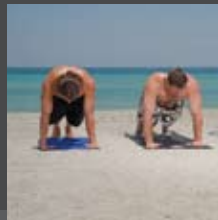


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proSPECTIVES | MIXED MARTIAL ARTS

By: Marc Leflere



Mixed Martial Arts (MMA) is the fastest growing sport in the country. MMA events attract larger crowds than many MLB and NBA games, with an increasing number of female fans. There are different reasons for this growing popularity. The fighters have great personalities and the fights are easy to follow and understand.

There are several styles of martial arts in the world and MMA brings many of them together. A well-rounded fighter uses different fighting styles such as jujitsu, wrestling, mui thai, kick boxing, and boxing. MMA fights usually take place in an octagon, a circle shaped cage, or a boxing ring. The fighters wear small 5 oz. fingerless gloves, nothing on their feet, a mouthpiece, and a protective cup. MMA fights are now sanctioned in 37 states and use the same athletic commissions that sanction boxing matches.

You don't have to be a world-class fighter to train in MMA; in fact, you never have to step into a cage or a

ring. MMA is a great workout and a lot of fun. Along with training in the different fighting disciplines, there are non-combative workouts that go along with MMA training that will enhance your fight game, as well as your physical and mental well-being.

Milo Esteves (MMA fighter) and his training partners Tyler Hunter (football player) and Sean Spire (world class swimmer at FSU) are working with their strength and conditioning coach Marc Leflere, from *Elite Training Systems* (www.elitewebtrainer.com). Milo has a MMA fight for team Unleashed on July 19th in Jacksonville, North Carolina, while Tyler and Sean use the MMA training as cross training in their own training programs. Marc is taking them through a workout on the beach designed to develop power, explosiveness, balance, muscular and cardiovascular endurance, and overall core strength.

The athletes begin their workout by holding the plank (push-up) position for five minutes. This increases the stability and muscular endurance in the shoulders, as well as strengthening the entire core to warm up their muscles. After that they go into hitting the focus mitts for five,



Photographed by: Andre Rowe

three-minute rounds. This will help develop hand/eye coordination and explosive power in their core muscles.

Partnering up, they continue with wheelbarrels and crab walks up the beach, working their shoulders, triceps, and core. Then onto the tire drag. They each perform five, 40 yard sprints while dragging a truck tire. Afterwards they each do five combative tire drags (partner resisted). This develops explosive power and endurance in the legs as well as cardiovascular endurance. The partner adds interference such as would be in an MMA fight.

From there they move onto kettlebells. They start off with a two-minute swing drill. They begin with two-handed swings for 30 seconds, single-arm swings for 30 seconds each hand, and swing transfers for 30 seconds. This movement helps with muscular strength and endurance in the legs, abs, and lower back. The next kettlebell exercise performed is squat cleans. This exercise includes three different moves. First they perform a plank. Next they jump into a squat position. Then an explosive power clean is performed; and finally, they return to the starting position. This movement helps develop explosive power in

the entire body. The final kettlebell movement is the iron cross plank. The athletes start in a push-up position with a kettlebell in one hand. They lift the kettlebell straight up over their head into an iron cross or side plank position and return to the starting position. This movement is great for ab and shoulder stability.

The training session finishes in the ocean with partner resisted-running. One person runs 50 yards in knee to mid-thigh high water while his partner adds resistance by pushing against his shoulders in the opposite direction. Immediately upon finishing the 50 yards, they grab each other's wrists and the person who was running forward is now running backwards pulling the partner, who is adding resistance in the opposite direction. Each person performs this five times. This exercise is great for power, endurance, back and grip strength, and total lower body conditioning.

There are a variety of different MMA training techniques that can be used to train the entire body. For men and women, young and old, athletes and non-athletes, this type of training will develop and improve your physical and mental well-being. -DUO

44, Fit & Fabulous

Sherie Salvadori Tells Us Her Secret!

By Cynthia Lechan-Goodman

Photographed by: John Stutz



A woman's magic mirror, whether on the wall or in her own mind's eye, lets her know two truths—how she looks and whether or not she matches what she would like to see. One woman who knows the life of looking fabulous, no smoke and mirrors involved, is Sherie Salvadori, professional figure and fitness competitor.

The realm of professional figure and fitness competing is very different from what probably comes to mind about body building—becoming as big as you possibly can. This competition is about soft feminine muscle that is aesthetically pleasing, rather than the bulges, striations or veins accompanying big power. The IFBB, *International Federation of Bodybuilding and Fitness*, the professional organization that judges figure and fitness categories, maintains a judging criteria that involves body symmetry, balance of the body, muscle proportions and consideration of the conditioning, and unique results the female competitor has achieved through her training.

“I was always an avid participant in sports—tennis, cheerleading, softball, swim teams, weight training. But it wasn't until I moved from Pittsburgh to South Florida

in early 2004 and I happened to meet Coach Marc Leflere of *Elite Training Systems* that my life took a real turn. We became instant friends, and he encouraged me to go for serious training to enter competitive events,” says Sherie.

As with most new career choices, there was the excitement potential and the challenges to overcome. The most difficult challenge for Sherie was psychological—the mindset to put on weight and muscle. At 5'3 and 106 pounds, Sherie felt good about herself “No woman wants to get bigger,” she recalls lamenting. She says it was a long process of focusing in order to change her body composition. She gained weight, but she actually was leaner with more muscle.

The real deal began for her in April 2004—training for a first challenge! That took place in November right after Thanksgiving, she recalls, “Because it was so hard to maintain training through that holiday!” Stages of “clean diet” consisting of oatmeal, egg whites, broccoli, green vegetables, protein shakes, and water are part of what training for a figure and fitness competition entails. “It's very scientific,” she says. “It's prescribed in eight or 12 week stages with an increase or decrease in carbs and water (a natural diuretic) at particular stages. Exercise is

“I was always an avid participant in sports—tennis, cheerleading, softball, swim teams, weight training.”

with self-esteem and confidence issues. Women often let themselves go beyond who they are with their bodies and the way they feel about themselves. Women aspire to look like magazine pictures, to feel a satisfaction with the way they look. I want to help these women to never settle, to strive for what the woman herself is capable of.” She has developed a fledgling company, *SheFit* and coaches women on the one-to-one, as well as conducting boot camps. She is also planning a camp for overweight women.

Sherie’s daily inspirational message is to, “Go beyond your limitations and develop into who you are. Meet that with enjoyment day by day. Challenge yourself, don’t be sedentary. Make better choices.”-DUO

two hours a day, varying parts of the body each day. Determination and devotion to taking care of one’s self are essentials to training.”

Earlier in her life, Sherie loved reading about successful female bodybuilders like Rachel McLeish, Monica Brandt, and Jenny Lynn, and she’d say to herself, “I want to look like that!” Lo and behold, now, in real life she found herself actually on stage competing with girls from age 23 to 30’s. At 44 she was the oldest! With passion, discipline, and a mindset to “see what I could do with myself” that November she won the show! “It was incredible. I didn’t expect it!” she bubbles.

Sherie achieved an “Overall Win” from an amateur show in Florida that qualified her for the National Level of competition-- a competition against 300 “young” girls as opposed to 10 in the Amateur League! Her determination plugging, in July in Pittsburgh, her hometown, in front of her family, she won the National Competition, thus earning Professional Status.

For certain, Sherie is an inspiration to any age. “I’m blessed to be able to do this at my age, to stand on stage and be competitive. It’s not over at 30! Women feel at a certain age they are not able to be fit or have the bodies they once had. But that’s not the case.” Sherie confides that looking lithe and toned was not always a given with her. Sherie feels that with her experience and knowledge she is now embarking on a new chapter in her life of giving back the kind of generous support and encouragement she has received. “My goal is to empower women to better themselves by coaching them





Alonzo Mourning

A South Florida Hero

DUO Magazine sat down with Alonzo Mourning, professional basketball player, founder of the Alonzo Mourning Charities, husband and father extraordinaire, to discuss his perspectives on life, love, and his pursuit to bring happiness to the South Florida Community.

DUO (D): First and foremost, we thank you for taking the time in your busy schedule to spend time with DUO Magazine. Speaking of busy schedules, Alonzo, what is it that you do in your spare time? Is there any?

ALONZO (A): During my spare time, I bond with my family and I also continue to build my foundation [Alonzo Mourning Charities and Zo's Fund for Life]. When I am not with my family or in business meetings for the charities I spend time golfing, which is one of my favorite sports to play outside of basketball.

D: We know how important family is to you. Let's start with your gorgeous wife, Tracy. As busy as she is with her own part of Alonzo Mourning Charities, the Honey Shine Mentoring Program, where is it that you take Tracy on that "perfect date" when you have alone time?

A: For the perfect date, I would plan a trip for us to the South of France to spend time together.

D: And your kids? Where does Dad take them for quality time?

A: I get to spend quality time with my children in the mornings as they prepare for school. I enjoy being part of that morning ritual that all of us have gone through growing up. I also enjoy taking them to the beach. We can do this year-round. It is definitely one of the benefits of living in Miami.

D: Now is your Moment of Truth. Do you have any fears? Any secrets?

A: I have learned there is nothing to fear when you have faith in a higher power. My faith sustains me and gets me through situations where fear may overtake a person. However, there is one thing that I do fear and that is anything happening to my family.

D: Let's just get a little bit selfish for a moment and isolate Zo from the intricate web of people that you've spun around you. You are so busy making dreams come true for the children of South Florida, but what about your dreams?

A: My dream would be that the children of South Florida, as well as throughout the country, would have enough resources available to help them excel in life. It is important that we create environments like youth enrichment centers that can serve as "safe havens" for those who need a more stable environment in their lives. I also feel that we have to use these centers to create programs that will supplement the education that the children are receiving in public school. We are looking to build more youth centers through our efforts at Alonzo Mourning Charities in addition to growing our Honey Shine Mentoring Program. We need help from others in order to accomplish these goals. Visit www.amcharities.org for how you can support us in our efforts.

D: Looking back over the past twenty years, what are some of the things you wish you had known then that you know now?

A: The business side of me says, I wish I would have known that the property values were going to increase to the magnitude it has. I would have invested more into real estate. I also wish I had educated myself on alternative ways of healing the body when I was younger. Had I known more about meditation disciplines such as yoga and had more knowledge of herbal supplements and nutrition it would have helped me heal from injuries quicker, to help extend my basketball career.

D: Is there anything about Zo or Zo's world that you would have liked to change?

A: Looking back, I would have changed the relationship I had

with my biological parents. When I was younger, we had a strained relationship, things are much better now but back then I wish I had taken a different approach to our relationship.

D: What is the legacy that you plan on leaving your children? What is your personal mantra that you live your life by?

A: I would like to leave my children with the knowledge that - success is not determined by the things that you have but by using the things that you have to make others successful. That is my personal mantra. We should all want to leave this world a better place than how we came into it.

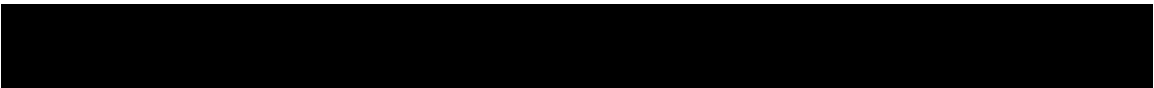
D: For those of our readers who do not know, your cousin, Jason, is the “unsung hero” who donated his kidney to you. Please tell us about this remarkable man and what he means to you.

A: Jason is my grandmother’s - brother’s son and he is God sent. I had not seen Jason for over 20 years. He is a

35-year-old ex-marine that cares about the well-being of others. He came to me after finding out about my illness and offered me his kidney. His generosity truly shows dedication and love for family.

D: Giving your heart and soul and time to others is fairly easy, as you know, but giving a “part” of yourself to somebody else is quite a different story. What advice can you and your cousin give to our readers who may be considering organ donations?

A: I am a living testament that organ donation saves lives. My cousin is living a very healthy life with one kidney. Moreover, because of his generosity I too am living a healthy life with one kidney. Life is precious; if you have the ability to give life, just as our Lord and Savior has done for us, why pass up the opportunity. I encourage everyone to go to the DMV fill out your organ donation cards and if somebody needs a kidney, consider being their “saving grace”. Also for more information visit zosfundforlife.org. -DUO



Alonzo Mourning and his cousin Jason Cooper

Jason Cooper

the **Unsung Hero**

Behind the Hero

DUO (D): Jason, thank for taking the time to discuss this important subject with our readers.

JASON (J): My pleasure.

D: Please give us a brief background of your childhood years with Alonzo.

J: I lived overseas as a marine and would come back to the states for the summer. I would spend it with my cousins in New York City; we would go to the family farm in North Carolina and then to Virginia. We would stay at his (Alonzo’s) mother’s house and his sister Tammy, my little cousin, would be there. Alonzo was always away for the summer doing something academic and basketball related; however, the whole apartment was wall-to-wall with trophies. His mother kept as many as she could... so even though Alonzo was not physically there all the time, his presence was always felt. I guess because I lived so far away from Virginia, like most of my relatives, Alonzo was heard and not seen until his college years and at the Big Ten in Madison Square Garden or on television. Other than that I was in my own world and had very little contact with him. He is older than I am so we definitely were not in the same peer group growing up.

D: We understand that almost 20 years passed where you had not seen your cousin. How did that come about?

J: Our lives and schedule were quite different. I planned on going to watch him play in North Carolina when I was stationed there; however, he was traded to Miami. It's funny, there was always one degree of separation between me and Alonzo.

D: Where were you and how were you informed of the critical health crisis Alonzo was going through?

J: I was at my cousin's sister's house in Virginia having breakfast and her husband Lee opened up the paper and said Alonzo is not doing too well. I thought everything was going to be alright because, after all, he was going to get the best care available. I had no idea what Focal Segmental Glomerulosclerosis was and I was a bit naive as to the severity of the situation, but we were all very optimistic about his recovery.

D: You are a marine. You are trained and it is in your blood to give yourself to your country. But giving a piece of you to save a single life? This must have been such a difficult thing to do. Please walk us through the process that led up to your decision to donate your kidney to your cousin.

J: I'm actually a former active duty Marine and I think that one must be willing to die for their family before you are willing to die for anything else. Maybe I'm just built like that; who knows. Our cousin was in the 82nd Airborne and his kidneys were injured on a bad jump. He eventually died of kidney failure. Every time there was a news flash about a new medical breakthrough my father would say, "Son, if they had the technology they had today back then, your uncle would still be alive today." That was the seed that made me aware of kidney disorder and there was the ability to save a life through kidney transplant.

Fast forward to 2003: I went to visit my aunt, Alonzo's grandmother, in the hospital. She had cancer and was in very poor condition. Over that weekend I saw it take its toll on her. I came by the hospital one last time and I saw Alonzo's father sitting there and he told me that Alonzo was retiring from basketball. In an instant, the news flash came across the TV with highlight clips and everything. It was a bizarre moment. I told him my blood type was O+ and to give me a call if there was anything I could do. Shortly after, I got a call out of the blue and I said I would meet him at the hospital in New York City. The doctors took a lot of tests, and low and behold, at my aunt's funeral, Alonzo found out I was the best match out of everyone. He called and informed me of what the doctors had said.

D: Was your decision one that you made on your own or

was it a total family experience, given the potential dangers that you may have faced in surgery?

J: I called my mother in Australia and told her what had happened to Alonzo and that I had decided to become a living kidney donor. She started to cry and said, "Jason you have a heart of gold." That was when my mother gave me her blessing. As far as the danger I faced in surgery, the potential was very real. It was no joke during and after the procedure. To this day I still have to be careful because I only have one kidney. I live my life and do whatever I want though. In fact, I'm pushing even harder and I'm not going to stop!

D: What impact did your upbringing have on your ability to put yourself aside for the sake of another human being?

J: I think going to church, my grandparents and my mother influenced me a whole lot. I know they sacrificed so much when I was growing up. I think that's why I'm willing to give to others. It's almost to a fault. I'm no pushover though, but I would definitely sacrifice for those who are willing to sacrifice for you, forgive the ones who did you wrong, but never forget them and the powerful lesson you learned from that particular situation.

D: Would your decision have been the same had it been anyone other than a family member?

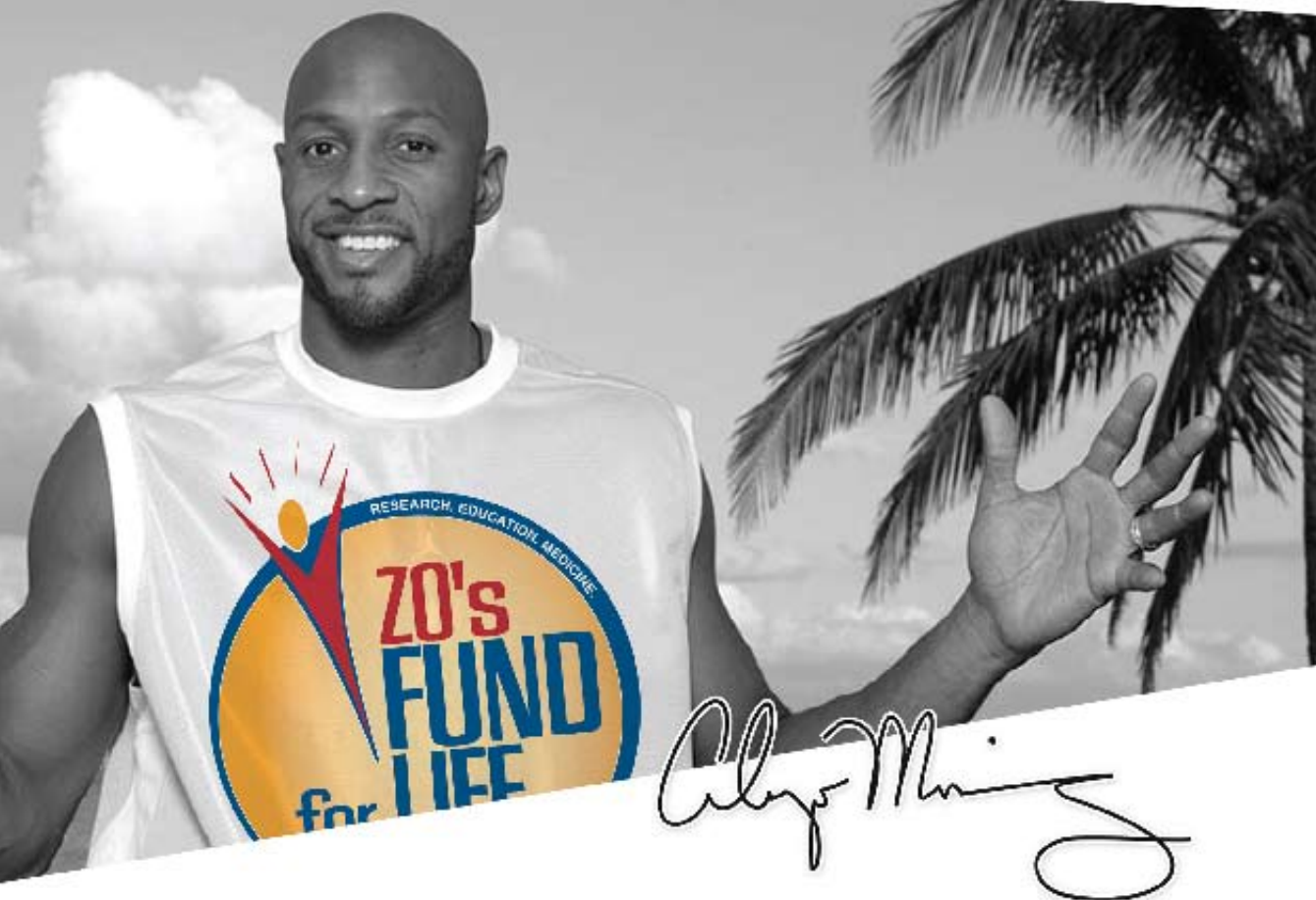
J: I have friends who treat me better than I treat myself, so that is a definite yes.

D: It is DUO's intention to educate our readers about the critical need for organ donation. We know that you are the Unsung Hero that saved Alonzo's life and gave the community back this generous, compassionate, and philanthropic human being (not to mention a heck of a basketball player!). What impact has your decision made on your life and what can you share with our readers to encourage them to follow in your footsteps?

J: I thank you for that compliment. Even though people point and say, "That's Alonzo's kidney donor," that's not my claim to fame. For me, donating a kidney was like joining the Marine Corps. Do your own research. It's a personal decision that should be made without any outside influence, hesitation or mental reservation. It should come straight from the heart.

D: We applaud your courage and thank you from the bottom of our hearts for saving one life and in sharing your experience with us, perhaps saving many more lives to come.

J: I thank you for the opportunity to give your readers a peek into some of what has transpired. I love to tell the whole story as it is indeed amazingly interesting. -DUO



www.zosfundforlife.org

"Visit My Website & Join My Team!"

We must continue to fight the battle of kidney disease. It doesn't matter if you are fighting for yourself, a family member or a friend – we all need to continue to work together!



Eileen Friedman

The Picture of Health



She's not just a pretty face and a "Picture of Health" finalist. Even a full length movie couldn't keep up with Eileen Friedman and document all of what has created her inspirational healthy appearance. Joining ten other women who were chosen by *ABC* and

Prevention Magazine from thousands of "healthy" women, Eileen didn't need this recent recognition to feel like a winner. "I'm in the grateful mode every day," she reveals. But she also cautions, "What you see is not always what you get. Health is not only the outside; it's the inside. It's your life."

You can most always find Eileen in action-- running, climbing a pyramid in Mexico, pushing a car, playing tennis, shopping at Whole Foods. All ambitious, admirable, and indeed healthy living for anyone, but for Eileen it's a way of empowering herself over her Multiple Sclerosis. For eight years Eileen has been beaten down and suffered the immobilizing pain of MS. But for Eileen, MS stands for "Mean Something", and she takes each step of her life—whether running, walking, or lying down, with meaning and appreciation.

She has faced her MS head-on since being diagnosed by continuing to do healthy things for herself and, especially

for others. She raised \$24,000 in an email campaign for the MS society. Eileen can only move in one direction around obstacles—up. When the 2004 NY Marathon refused to train her, she found the beloved Achilles Foundation who sponsored her as they do other disabled athletes. Eileen credits *Achilles Foundation Tricia Meili*, the Central Park Jogger, with giving her three important words that she carries everywhere, "I did it," said now each time she crosses a finish line. And with every small achievements, somewhere, somehow another special person comes in to her life who will lead her to the next triumph.

Eileen confides about her appearance "it's not a pretty picture every day when MS takes me out. But I never forget the low points to know how to always appreciate the beauty of the new day, just to breathe, feel the wind, go outside." Eileen gets there with her cheer for everyone, "Come on, let's all go, make it mean something, healthy inside, healthy out. Don't wait for an illness to get healthy, you have a say, you matter, and there is no greater gift to yourself than to live healthy."

Adopting Eileen's appreciation of life's beauty is inspiring and empowering. Her work with the Achilles Foundation reminds us of the power and richness of helping others and of being helped. For Eileen it's about accomplishing what you can, because you can. -DUO

L to R :Carol Moran, New Moon; Rachel Haratz, Brilliant Innovations; Ron Duron, UPS; Morgan Carnicom, Diplomat Pharmacy; Tracy Black, The Chef's Table/Table Ten Restaurant; Chad Thilborger (behind Tracy), Florida Red and Blue; Doug Tinklepaugh, Pinnacle Constructors; Robyn Silver, Christine Hansen, Century 21 Hansen Realty; Rick Smith

Photographed by: Steve Shires



Hope's Heroes

What happens when a group of eclectic individuals come to the aid of an organization that in itself helps hundreds? You get *Hope's Heroes*.

Hope's Heroes is the honored name that has been bestowed upon nine special people who have generously pledged their time, efforts, and abilities to *Broward House*, a community organization dedicated to helping those with HIV/AIDS and other illnesses, regardless of financial status. The yearly Spirit of Hope Award given by *Broward House* to one deserving recipient, was expanded this year—a sign of generosity itself expanding--to a lucky number nine.

These nine philanthropic people who are concerned about giving back, recognized their abilities to provide hope. They answered the call to serve as ambassadors for Broward House, getting the word out into the community about *Broward House* and its 20 years of offering a “unique continuum of services”. The nine became instrumental in the organization’s fundraising efforts. *Broward House* recognized their hope is not always supported by faltering government pockets, but by the generosity of the friends and neighbors of the communities in which they serve. *Broward House’s* “heart” offers assisted living, residential services, intervention prevention, substance abuse treatment, mental health therapy, transportation, case management, outreach, and education, all centered around medical services.

Because of government cuts the focus on HIV may sometimes be seen as yesterday’s news. But Jerry Algozer, Vice President of Development of Broward House, informs

that South Florida has the second highest rate of new HIV infections in the country, with women of color and young people, not the “boomers”, being the ones most affected. The nine *Hope's Heroes* recognized this problem and chose to help *Broward House* with its unique programs such as the *M-project*, a pro-active program for young gay men to help them from becoming HIV positive. Also, unique to *Broward House* is its indigenous outreach model whereby the people reaching out actually come from that community and therefore understand the individual situation and needs.

The nine *Hope's Heroes* brought to the table various industries and walks of life, revealing that both an individual and his or her business experience have connections to importance and greatness that contribute in multiples. Tracy Black of the Chef’s Table explains, “If each person gave back, imagine how much good we could all do.” Rachel Haratz of *Brilliant Innovations* adds, “People struggling to survive, they are the real heroes.” Chad Thilberger of *Florida Red and Blue* explains, “It’s in all of our interests to promote and support the organizations that service our community. You never know when you’re going to need their help.” Carol Moran of *New Moon Bar* says, “The value that you put into life becomes the value that you experience from life. The more love you give, the more love you are able to know.” Ron Duran of UPS might sum up the attention to others in *Hope's Heroes* with his words, “Lets get involved in our community and make a difference and learn to appreciate the things we take for granted.” -DUO

DJ LAZ

The “Power” Of Giving Back

By Ellen Sue Burton

It was Christmas, 2006. The Broward County Professional Firefighters & Paramedics had just finished doing their annual toy drive for the Children’s Cancer Caring Center. The toys were nestled all snug in their locked trailer when they were unmercifully taken by thieves. Pretty hard to imagine that somebody as tough as DJ Laz, who was on the air at *Power 96* station for his morning show, had to openly wipe the tears from his eyes as he used his fierce and mighty roar, and his inner pussycat, to solicit contributions over the radio. Several days of updates on his program culminated into two radio-station vans full of toys for the kids and, ultimately, the presentation of an honorary Union Firefighter helmet to DJ Laz. This is one of the reasons why South Florida loves DJ Laz. This is the one of the reasons why his morning show is capturing the hearts of readers from hot sexy teens to even hotter and sexier MILFs and a diversity of listeners in between.

Where did DJ Laz, whose fans affectionately call him “The Pimp With The Limp”, learn to never take no for

an answer? Who taught him the lessons of facing his adversities head on? Take a fast pass back to 1971. Benita Mendez had just delivered a beautiful baby boy, Lazaro, and was told by the doctors that her son, born with a rare bone disease, would never be able to walk, let alone rise from the prone position he was sentenced to. Sitting in his hospital room Benita, having seen an apparition of Jesus Christ who told her to have faith and ignore the doctors’ dismal forecast, regrouped and re-energized and beheld the long journey she had ahead of her. Months later when her son first rolled himself over and then dragged himself up to his feet to hold on to the railing, Benita delighted in bragging to his doctors, who had told her “that she was crazy and to check herself into a mental institute,” that miracles do happen. And DJ Laz, the recipient of this miracle, uses this Tale From the Crib to continue to pay this phenomenon forward.

“The best part of my job is making people smile and showing them who I am. You won’t find a different DJ Laz on the radio than you would find at the dentist or the supermarket. It is the same DJ Laz all the way around. So if you like it, you like it. But if you don’t, then.....!”

Photographed By: Jerico Angeles





DJ'ing runs through his blood. He started DJ'ing when he was 14 years old and he hasn't stopped since. His brother was his biggest inspiration after he introduced DJ Laz to the DJ'ing scene. "I wanted to take it to the next level. I wanted to make my own records and to be on the radio." His first job at the radio station was as an assistant to music producer and radio personality Bob Rosenberg of South Florida's *Hot 105*. DJ Laz found his way to *Power 96* two and a half years later and has been there ever since. He started making his mark in the music industry with the hit song "Mami el Negro", released in 1991 the single debuted in the Top 100.

DJ Laz encountered many obstacles in his path to success, but after surviving 17 surgeries as a child, nothing could stand in his way. He experienced major resistance to change within the industry from record labels and companies that didn't believe the new idea of merging the Latin rhythm with the bass beat could become a welcome genre amongst the listeners. "We put the single out and the next thing you know is that we had the number one record all over the place. I went to California; and I was in San Francisco and everybody knew the words to my song. That was the best feeling in the world. Then when I was in Texas doing shows the record label was coming to me and saying, "We need an album."

What makes DJ Laz's music work? Influenced by his

culture, this Cuban-American DJ is one of the first DJs to blend the hip-hop base with the Latin rhythm, creating a new South Florida sound. The songs were always there, but the ability to move with it was not. This creation ultimately made music history and is why DJ Laz is working on his sixth album entitled "Category #6". According to DJ Laz, it will be the best to date of all of his other records. "I have evolved as a person, as an artist. And one thing that you have to do in this business is to change with the times." However, he explains you have to stay true to who you are and use not only your skills but your charm and charisma, the things South Florida loves the most about him. "What I lacked in physical ability I gained in personality. I turned my disability into a beneficial tool. I wasn't supposed to walk; I was supposed to lay flat in my bed my entire life. So just being able to do anything was an accomplishment for me."

DJ Laz is someone who has made the Latin community very proud. His highly successful single, "Mami El Negro", released in 1996, is the first of its kind to spawn the early evolution of Latin Bass, utilizing the machine-gun beats of bass with the syncopated tropical voice of Latino music. The single debuted in the Billboard Top 100. His most popular album, "Cruzin", "The Ultimate Party Album", was followed by "Pimpin", an album that blew up the charts with the combination of bilingual raps, true Latin rhythms, and live instruments in the innovative style DJ Laz calls "Merengue Swing." Awaiting the release of his

sixth album, "Category 6" this summer, fans are already rallying around their favorite artist by purchasing over 170,000 digital downloads of the hit single from the album, "Move Shake Drop."

DJ Laz believes that although change can be a risk, it is worth a chance. "Life is about taking chances." His basic philosophy is that when there is no improvement a genre won't last. And the best example he gives is the reggaeton music. "The problem with reggaeton sound is that it all sounded the same. There wasn't enough music to sustain an entire format. It sounded like a broken record. If you want to continue to be successful you have to reinvent yourself," he adds.

Having worked with many key people in the industry, including DS Brothers, Jim Jonson, Frequency, Rick Ross and Pitbull (whom DJ Laz was instrumental in bringing to the forefront), DJ Laz has used their influence in creating his own style. According to DJ Laz, the key ingredient is to believe in yourself. "Nowadays if you are very creative, you are talented, and you believe in yourself, there are so many outlets and new technology for you to be able to let people hear what you do. Now, you have to be patient and you have to be persistent. You don't become successful overnight. And, if you are lucky, it takes time. The faster you go up, the faster you come down. I'd rather have longevity."

And there's nobody in the world that hopes that DJ Laz retains that longevity more than the staff and children of *Miami Children's Hospital* and the *Radio Lollipop* charity. A unique international children's charity run solely by volunteers with donations from the community, its mission is to provide care, comfort, play, and entertainment to children in the hospital. *Radio Lollipop* broadcasts to the patients' rooms while volunteers visit

The best part of my job is making people smile and showing them who I am. You won't find a different DJ Laz on the radio than you would find at the dentist or the supermarket. It is the same Laz all the way around. So if you like it, you like it. But if you don't, then.....!"

with interactive activities, contest questions, and even prizes. Patients visit the studio and are an integral part of the on-air show. In addition to donating thousands of dollars personally, DJ Laz has initiated additional innovative ways to raise funds. The biggest and most exciting is his annual *Radiothon for Radio Lollipop* that involves calling in major corporations, as well as listeners and personal friends, to donate money and toys. Last year he raised \$44,000 with this event alone. Partnering with *Ben & Jerry's* he has even scooped ice cream cones for "Free Cone Day" to raise money for *Radio Lollipop*.

Nuria Claramunt of *Radio Lollipop* sums it up the best: "DJ Laz has never forgotten the pain and sometimes fear that a child can have in a hospital and continues to bring smiles to the patients through his entertainment, generosity, great sense of humor, and his wonderful compassionate personality. The world is truly a much better place because of DJ Laz."

"We don't make a living by what we get, we make a life by what we give," DJ Laz says. There are no truer words to describe this radio personality and the difference he is making in South Florida. DJ Laz, givin' it up and givin' it back. - DUO





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EMERGING



one of the producers on some of the songs in the album. He linked me up with Gregory Griffin, my manager.

D: Who was your inspiration?

R: My mom is my inspiration. She was a singer. She had a beautiful operatic voice. She pushed me. I always wanted to challenge myself to be like her when I was younger. She helped me get my start and pointed me in the right direction.

D: You said you were a singer in a chorus and had taken music lessons. Were you studying something else? Did you know you were going to be a singer?

R: No. It was something that I liked to do, but I didn't think early on it would be something I would pursue as a career. I thought I might sing at church, but my main focus was getting my degree in teaching. But once I graduated with my degree and moved to South Florida I began to sing frequently, and I saw how well my performances were received. That gave me the confidence to continue and that really fueled my passion.

D: What are some of the challenges you encountered while recording your album?

R: I found being in the studio under the microscope to be somewhat challenging. It is quite different from performing live. I truly enjoyed it, but being the perfectionist that I strive to be, it was a challenge to be honest and critical of my work without being overcritical.

D: With what charitable organizations do you work?

R: I work with Healthy Mothers, Healthy Babies. We just finished a song entitled "From This Moment," for their Call To Action, which focuses on the immortality rate of black babies. The song focuses on inspiring pregnant mothers to get the proper prenatal care in order that their babies are born safe and healthy.

D: What is next for Rachel Brown?

R: Keep working on promoting the album. We are in the process of marketing the CD "Love, Life, and Relationships". I want to inspire and empower people, to help them to rediscover themselves, their souls, and to learn to love who they are. - DUO

Rachel Brown

This stunning Texas native, who now calls South Florida her home, is raising the standards of the music industry with her inspirational and empowering lyrics. With songs about loving one's self before being able to love another, men and women supporting each other, and messages that reach out to her listeners about the dangers of drugs and violence, Rachel's fans are not only enjoying her beautiful voice, but are learning to live their lives by it.

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

Rachel Brown (R): I started really early when I was a kid. I started singing in church and I was also in school choruses. Eventually, I moved to South Florida and linked up with James T. Taylor, who is one of the writers on the CD and

ARTISTS

elijah



Give the ladies a great looking sexy young guy with a six pack and a smile to kill and they melt. Give the guy a voice on top of that and you have hungry wolves ready to pounce on his CD the minute it hits the market. And that day is just around the corner. Elijah, rising R&B star, managed by VIP Music, is one of Florida's latest music success stories with something for everyone. His fresh new style will get you fellas bumping a hard beat, get the lovers romancing to the alluring sensual sounds and will drive the club hoppers jumping to their feet.

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

Elijah (E): A local rapper was in need of a singer, so that was my first door. My career started about 2 1/2 years ago.

D: Who was your inspiration?

E: Watching award shows. Usher and Brian Mc Knight.

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

E: Haters, being doubted by my own friends, trying to get my own break. I just fought through the negativity and kept pushing forward.

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

E: My style is similar to Usher and Bobby Valentino. My style and voice have their own sound. It's diverse.

D: What inspired you to write?

E: Certain sounds and personal experiences. Life in general.

D: How has your life changed after signing a record deal with the indie record label VIP Music?

E: There were sacrifices made, but I have never been so close to reaching my dreams.

D: When are you planning to release your album and what can the audience expect from it?

E: God willing, fall of 08'. Expect a unique sound, incredible music, sexy swagger, and relatable topics.

D: On what other projects are you currently working?

E: Features for artists, shows, but mainly the hit that's going to make my album stand out.

D: What is your take in the hip-hop and R&B industry nowadays?

E: It has its ups and downs, but music never stops changing. I think people want to hear what they want to hear. So I think the audience is in control of what music, in general, becomes.

D: Do you work with any charities or foundations?

E: Yes, mainly cancer foundations, but I'm willing to do almost anything that's for a good cause.

D: What's next for Elijah?

E: Shows, hits, albums! I'm here to stay.

D: What advice you can give to any aspiring artist?

E: Always listen to your heart and go for your dreams! Nothing's impossible if you believe. - DUO

Atiya Sewell



Dress, \$305,
Theory

Bright green leather with gold details is a staple for this season.
Green Leather Jacket
\$695, Tory Burch



My Favs!

My favorite accessory for a summer lunch.
Straw with wood detail
\$1,950, Gucci



The perfect shoe to spruce up any work outfit.
Ivory Python Heel with Black Trim
\$1,070,
Christian Louboutin



I could never go wrong with a pair of wide leg pants. It's definitely a great classic.
Blue Pants
\$295, Tory Burch

Flirty, lux, and bright. Great for any summer party!
Dress
\$183, Akiko

Gotta have it!

Blue Denim, \$250, Diesel
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Jarrett Joseph



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Leather, Sterling Silver and Onyx Bracelet
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SUMMER SOLUTIONS

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By Sharon Athanasiou



SKIN: Don't Shine!

Since foundation adds an extra layer to your skin (not really what you need on a hot summer day), if possible, avoid foundation altogether, and instead, opt for a tinted, light, oil-free moisturizer. If foundation is something you just can't live without, makeup guru Carmindy, of the TV show *What Not To Wear*, says it's imperative to select one that's oil-free. Another hot weather option, suggests Carmindy, is a spray foundation (kind of like airbrushing your face), since it has a "light, airy feel that will stay on all day." And wherever you go, take along a pack of unpowdered oil-blotting paper, which will remove oils, yet not deposit anything onto your skin. Remember, the less you put on your face, the less it'll sweat! Diet can help too: Drinking lots of water and keeping away from fried foods can work wonders for your (ungreasy) complexion!

MAKEUP: Stay Put!

Keep defined eyes from turning into a delicate mess by avoiding liquid eyeliner, and choosing eye pencil (waterproof is best). Even better, forget lining lower lids and applying mascara to lower lashline. Chances are, they'll just smudge anyway. Additionally, keep your eyes off of any cream-based shadows, insists TV's Carmindy, and go for powdered color instead. Set your shadow with a light dusting of translucent, colorless loose powder. And, of course, adds Carmindy, "waterproof mascara is a must!"



On cheeks, a summery sunkissed glow is all you need. So ditch the blushes and dust on a bit of powdered bronzer.

(Chances are, you'll like the look so much you'll want it year-round!) For lips, keep away from glosses, which will only end up bleeding, and are just too heavy to stand the heat. Carmindy recommends using a lip pencil to shape your lips, and then filling them in using the same pencil. Top off with a moisturizing lipstick in a similar shade. You'll get richly colored kiss-me lips with lots of summertime staying power!



HAIR: Take Control!

As the temperature rises, your scalp sweats, and more oils are released onto your hair. When these oils combine with your hair products, the results can be less than pretty: Your tresses end up looking greasy, and your style just droops. Because of this, it's best to avoid heavy styling products, which can end up getting stiff as glue by the time sweat and oils spread to them. Ultra-light sprays (just a quick spritz!) are the way to go.

Humidity breeds the frizzies, so seek out frizz-prevention products containing silicone (the supreme frizz-fighter!). However, never use more than a quarter-sized drop, and work very evenly throughout hair. Use too much, and you'll end up with limp, lifeless locks. Also, make sure that your hair is completely dry before stepping outside, especially if you've just straightened it. Remember, moisture attracts moisture.

To keep hair fresh and super-clean through this steamy season, a clarifying shampoo used once a week will completely rid your mane of product buildup, oils, and sweat. And if you've got color-treated hair, don't forget to ask your stylist for their best suggestion for a sunscreen-based shampoo and conditioner. - DUO



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SUMMER TRENDS

Photographed by:
Julius Gregorio



*floral
prints*

Necklace, \$215,
Neiman Marcus.
Floral Dress, \$425,
Diane Von Furstenberg.
Gold Heels, \$740,
Christian Louboutin.



tribal

White Shirt, \$185,
Von Furstenberg.
Blue Chiffon Top, \$210,
Diane Von Furstenberg.
Pattern Skirt, \$450,
Diane Von Furstenberg.
Ring, \$395,
Stephen Dweck.
Necklace, \$215,
Neiman Marcus.



sheer

Shirt, \$198,
Diane Von Furstenberg.
Dress, \$425,
Diane Von Furstenberg.
Shoes, \$860,
Christian Louboutin.

Clothing: Neiman Marcus, Fort Lauderdale, FL 954-566-6666 Model: Nadine with Percent Management.

Dress, \$216,
T-Bags Los Angeles.
Gold Sandals, \$210,
Tory Burch.

hippie



the
COLORED
POLO

MEN'S
SUMMER

The casual-Friday polo shirt has gotten as bad a rap as the BlackBerry holster. But if you choose the right one—boldly colored, in high-quality cotton—and wear it under a slim gray one-button suit, it regains its preppy sophistication.

Polo, \$24, Target
Jeans, \$210, Diesel





the **PLAID**

TRENDS

Photographed by:
Andre Rowe

A muted plaid or checkered shirt is great for a casual day or can easily be dressed up with a tie and tucked in for work.

Shirt, \$195, Michael Kors
Jeans, \$210, Diesel

the **KNIT** TIE

Be prepared for any occasion after work by relaxing and easing into the weekend by getting rid of that silk tie and grabbing a slim knit one. Keep it clean with a dress shirt and easy stone-washed jean. This makes it easy to dress the outfit up or down.



Red Tie, \$20, Merona for Target
Shirt, \$20, Target
Jeans, \$210, Diesel

WASHED-COTTON SHIRTS

Be prepared for any occasion by wearing something that can make the transition from work to play. Try a pale washed-cotton button down.



Shirt, \$165, John Varvatos
Vest, \$175, Ted Baker
Tie, \$20, Merona for Target
Belt, \$295, Gucci
Jeans, \$210, Diesel



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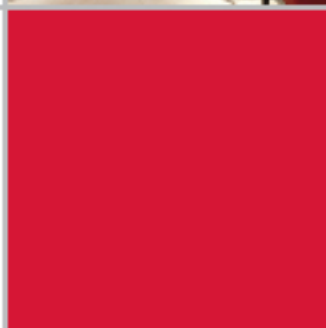
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Elizabeth Arden

the
Floral
Jungle

Photographed By: Andre Rowe

Blue-Green Dress,
\$370,
David Meister.
Shoes, \$805,
Manolo Blahnik.

A woman with long brown hair and bangs is sitting on a large, weathered log in a forest. She is wearing a bright orange, sleeveless, knee-length dress with a black belt. She is also wearing gold-colored strappy high-heeled sandals. The background is filled with green foliage and tree trunks.

Orange Dress, \$330,
Kay Unger.
Shoes, \$898, Prada.



Palm Print, \$390,
Kay Unger.

Floral Dress, \$310,
Sue Wong.
Shoes, \$895,
Christian Louboutin.



FALL PREMIERE

Your quick, "what to buy" list to help start off your pre-fall shopping for him and her.

STAND OUT COLOR

Ski Vest, \$935,
Emilio Pucci.
Tank, \$70, Cosabella.
White Pants, \$435,
Piazza Sempione.

STRUCTURED JACKET

Green Jacket, \$960,
Piazza Sempione.
Black Pants, \$405,
Piazza Sempione.

GRAY-WASHED DENIM

Denim Jacket,
\$1,050, Escada.
White Dress Shirt,
\$590, Escada.
Jeans, \$550, Escada.

ANIMAL PRINT

Skirt, \$925,
Roberto Cavalli.
Top, \$1,395,
Roberto Cavalli.



GRAPHICS

Graphic Tee, \$78,
Juicy Couture.
Jeans, \$250,
Diesel.
Limited Edition 2006
Nike Air Force Ones



HOODIES

Limited Edition 2005
Undeafated Nike Dunks
Hoodie, \$190,
Juicy Couture.
Denim Shirt, \$395,
Dolce & Gabbana.
Pants, \$475, Etro.



CARDIGAN

Cardigan, \$475, Etro.
Chocolate Pants,
\$295, Incotex.
Boat Shoes, \$195,
Cole Haan.



GRAY SUITE

Gray Suit, \$895,
Ted Baker.
Purple Shirt, \$295,
Ralph Lauren
Purple Label.

Photographed By: Mitchell Zachs

*DUO would like
to hang out with.....*

Brooke Hogan

Why? Because she is the girl next door who is not only hot and down to earth, but it would be fun to just talk about everyday things that happen in her life, where she likes to shop, how she keeps her cool amongst the chaos and controversy of the celebrity world. We want to hang to get the juicy gossip confirmed like the rumor of her dating her choreographer Jonathan Prater. The trusty staff at the *The National Enquirer* is the source of this rumor. Oh, yeah, we'd like the scoop on her new reality show, "Brooke Knows Best", and maybe get in our fifteen minutes of fame. VH1 has been in talks about doing a show completely centered on the now 20-year-old singer/songwriter. The show would follow her in applying and going to college. Several schools turned down the offer but Florida Atlantic University might be on board. There has been no word from the school's administrators on their decision to allow any filming on campus should she apply to the university.



DUO would like to have a beer with.....

Why? Let's review his stats. In 2006 he became the National League Rookie of the Year and earned his spot as a Marlins shortstop. He is the first Marlin to ever have double digits in triples, hit 7 leadoff home runs, and led the MLB rookies in batting areas, hits, runs, triples and SBs. He also set an all-time National League record for a shortstop age 22 and younger. Number 2 is a force to reckon with. The next season, 2007, was no different. He still managed to play in 154 games. Ramirez batted .332 with 29 home runs, 81 RBI, 125 runs and 51 steals. He fell one home run shy of becoming only the third player in baseball history to hit 30 or more home runs and steal 50 or more bases in the same season. Now in 2008, Ramirez is the highest paid Marlin in the history of the team. His contract is for six-years, \$70 million. MLB.com has reported that Ramirez will get \$23.5 million in his arbitration years of 2009 through 2011, \$15 million in 2012, \$15.5 million in 2013 and \$16 million in 2014. However, there is a no trade clause included in the deal. Forgetting about the stats, the ladies of the Ramirez fan base are ready to trade our Cosmos for a Brew just to hang with this hot conquistador. He's "stealing" our hearts and we're just wishing for a few minutes in the dugout with "Man"ley Ramirez.

Hanley Ramirez



Photographed By: Denis Bancroft



A Touch Of Glass

By Linda A. Firestone, Ph.D.

There is nothing more precious than a love that not only spans decades but is selfless enough to share itself with others. And there is nothing that illuminates with more beauty and grace than the prisms of the art glass that light up the lives of their generous providers. The Miami and International art world would forever be affected by the joining of forces of two University of Miami students, he studying to be an attorney and she an artist.

It has been over thirty years since Sheldon and Myrna Palley bought their first piece of glass art at a Miami Street fair, the delicate bowl with the integrated colors. As their family grew, so did the collection. Three hundred pieces later, having outgrown their elegant South Florida home, the donation of the Palley glass art collection, valued at over \$2 million dollars, to the University of Miami's Lowe Art Museum was realized this past year. As recipients of Lifetime Achievement awards both as philanthropists

and art patrons, the wing that is named after them, whose construction and, diverse collections were made possible with the help of their \$2 million dollar donation, is the exquisite emergence of the first free standing art museum in the region opened by the University of Miami in 1952.

Twelve years ago, to further help the Lowe Art Museum's mission, Myrna brought the idea of Miami Hot Workshops to the Board. "We used to run an 'Art after Dark'. It was open to the public and anyone could do ceramics, glass or iron work," Myrna explains. With the decision to broaden the program by improving the faculty, the equipment, the vision, she raised \$150,000 by approaching her friends and going to the University with her plan. "I want to build a glass-blowing program," Myrna says. At the time her friend and then Provost of the university said "Myrna, there is no Glass Department." She boasts with much humility and great pride in the work she has single-handedly accomplished, "Little by little we built it to what it is now."

In 2004 Myrna and Sheldon received outstanding

Photographed By: Phil Pozin

accomplishment commendation as collectors and contributors in the glass art world from the Art Alliance for Contemporary Glass. Just this May Myrna was honored by the Arts and Business Council of Miami. "It is an award" Myrna says, "that honors an individual who has been a mobilizer, a resource, an innovator, whose leadership enhances life in Greater Miami through the arts."

Collecting friends and ardent supporters is her passion, collecting money her forte. And, as always, her creativity is the foundation of her success. Whether she is selling used books out of the trunk of her car for the Jerry Herman Ring Theatre or mentoring and mothering struggling young artists, Myrna is never more than a phone call away from all who might need her. Take 28-year-old Ronald, whom Myrna calls "her adopted son". Living here and there he was adrift, talented, and troubled. One look at him performing at a luncheon for the New World School of Arts with broken, taped glasses, and, after a trip to the optometrist for new glasses, "It was love at first sight." He is now a working performing artist in Las Vegas. It is the Palleys' personal connection to artists such as Hank M. Adams and John Kuhn that is uniquely satisfying to them.

Myrna and Sheldon's names and their personal energies can be found at all levels of participation at a variety of arts organizations, institutions, and foundations. Among these are: *The Education Fund*, *The National Foundation for the Arts*, *The New World School of Arts*, *The Wheaton Art and Cultural Center*, *The Miami Jewish Film Festival*, *The Miami Gay and Lesbian Film Festival*, *The Art Alliance for Contemporary Glass*, and *Pop 'n Tropical Nights* at the Fairchild Gardens.

Myrna believes, "The arts are a crucial element of our society," and cannot understand why legislators "keep cutting the budget. They don't see what impact the arts have upon the children. The arts are food for the soul."

At the opening ceremony of the Palley wing of the Lowe Museum last month, Donna Shalala, President of the University of Miami, credited Myrna Palley's vision and enthusiasm for having made "this gorgeous museum come to life." Myrna insists that this is "just the beginning which will lead the University toward an outstanding art department by building its glass and ceramics program. I am once again asking President Donna Shalala to build the very best art faculty as she did in hiring master artist William Carlson. The arts must survive to take their place in our life and put life into our art. A passion for the arts and educational excellence are the only criteria for this university." The Palleys cannot be deterred. Give them one wing and they'll grow another one... until they fly.



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The *Wolfson Archive* (as it is informally known) is home to thousands of moving images.

The collection includes 16-millimeter film, Super 8, and Regular 8 film as well. From newsreels, to home movies, to instructional films, the archive is truly a gem for the Miami arts scene. The Archive is housed in the Miami Main Branch

Library, seemingly hidden away from view. Despite its location, the Archive is a thriving and exciting repository for those seeking accurate information captured on film. Educators and filmmakers alike scour the collection.

For over twenty years, the Archive has been collecting and preserving these moving images. Besides the Library

of Congress, the *Wolfson* collection is one the largest collections of Super 8 and Regular 8 film in this country. The *Wolfson* is different than other archives as it preserves all donated film. Families or companies who are generous enough to donate receive a DVD of the film they have given to the collection, so everyone wins.

Each year the *Wolfson Archive* participates in a world - wide day of home movie screenings. Across the globe, on the same day, screenings of home movies take place. This past year, in an attempt to make people understand how important preservation is for film collections, the archive produced a film that illustrated the disintegration of a piece of film. The Archive is a valuable tool for examining how people live, work, and speak during a particular time period.

To learn how you can help promote the preservation of moving images, or to donate any of your family’s home movies, e-mail Barron Sherer, archivist, at info@fmia.org.

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3 Tips

To Improve Your Memory

By Ninah Kessler, LCSW

Has molasses gotten into your brain? Are the details of everyday life driving you to distraction? Although memory problems are increasing for seniors, they are not confined to the over 80 set.

The very nature of modern life is hard on our memories. Technology has evolved quickly. Computers, Blackberries and iPods are part of the human landscape. We're busier, but are we accomplishing more?

Hormonal changes such as pregnancy, menstruation, menopause and even andropause can affect our thinking. Plus nobody's brain works very well when it is sleep deprived from those midnight feedings. Age related cognitive decline is another concern. Our brains reach the maximum number of neuronal connections in our twenties. By the time we hit 45, there is enough deterioration that we are likely to notice a difference. Whether you are someone with organizational challenges or an expert multitasker, memory changes over time. The good news is help is available. There are many things that provide support for cognitive function and memory strength. Lets go over a few of them.

Get enough Sleep

We need close to eight hours of sleep nightly to process, categorize and store memories. If we don't get enough sleep or are too anxious to get into REM sleep, our memories are misfiled and functioning deteriorates. Sleep deprivation causes the equivalent amount of cognitive decline as a couple of stiff drinks, without the added fun. Although chronic insomnia calls for expert intervention, sometimes the things that we "need" to do keep us up. We would be much more efficient if we were well rested. To get a more restful night's sleep, schedule about an hour of quiet time before bed, with no television or computer. (You can even call this your personal time.) Feng Shui recommends making your bedroom a sleep sanctuary, ridding the room of anything too stimulating. Deep breathing, progressive relaxation or chamomile tea are also helpful.



The Social Connection

While alone time is important, even introverts need to reach out and touch someone. People who defined themselves as "lonely" were twice as likely to develop dementia. Social interactions activate our senses and stimulate our working memory, processing speed and verbal knowledge. Technology paradoxically helps us to text message but isolates us in our minivans, offices and home entertainment centers. Instead of family time, we surf the internet. We email the person in the next office and text message our friends. So if you have a social phobia, now is the time to do something about it. The rest of us just need to get acquainted with our friends, families and colleagues.

Get Moving

There are more reasons to go to the gym than to get a buff body. Studies have found that walking as little as 15 minutes a day can decrease the risk of developing dementia by 30%. The problem with exercise is that thinking about it has limited benefit. You need to find something that you like and do it consistently. Some people do better with an exercise buddy or a sport like golf, tennis or soccer that requires others. Others like running, water sports or mind-body activities. Find something that you like and get going.

Even if your memory is great now, it doesn't hurt sleep to get plenty of sleep, interact more, or get moving. Combine them in fun ways. Go jet skiing or walk the mall with a friend, take a nap and go out to dinner. That's a prescription that anyone could live with. Research suggests that if we take care of our memories now, we're likely to keep them longer. Try to incorporate just one memory saving idea into your life now, before you forget!-DUO



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EV | THE SMART CAR



“GET SMART” with this **SEXY**,

By Steve Goodman

There is an old song that says “... and you’d look sweet upon the seat of a bicycle built for two”. You’ll look sweet, hot, and well, Smart – in this car built for two, literally, the Smart “Fortwo” made by Daimler-Chrysler.

You may have spotted this sexy little head turner tooling around SoBe, but the Fortwo is attracting more than just the beach crowd. According to Tara Stricklin, General Manager of The Smart Center of Weston, “I really thought the appeal of the Smart was going to be just one group. But it’s been across the board. We have the young kids that just have been amazed by the car. They think it’s fun and cool, which it is. And then you have the mid-aged people who have families and they have the larger SUV that they have to use to tote the family around and they wind up using this vehicle as a second vehicle or a commuter. Retirees love this car to tow behind RV’s.”

Americans have been discovering since January when the friendly-faced Smart made its first appearance stateside

what Europeans have known for over a decade. Check out the streets of Paris, London, or Barcelona, and you will see Smarts all over the place. In fact, with almost 1 million Smart Cars sold in 36 countries, this fuel efficient and fun roustabout is rapidly becoming the international “it” car. Not surprisingly, since “it” is the only car ever to be displayed in New York’s Museum of Modern Art as an art exhibit designed by Nicolas Hayek, the inventor of the Swatch watch. Combine the art and innovation of Swatch with the legendary German engineering of Mercedes, and the result is the “Ultra-Urban” vehicle. Ms. Stricklin says, “We knew this is a car whose time has long passed in the U.S. It’s been available in Europe for 11 years now. The price of gas is sky-rocketing, and people are concentrating more and more on the environment and what is environmentally friendly, and Smart embodies all of that.”

I had the opportunity to drive the trendy import at Broward’s only Smart dealer, The Smart Center of Weston, part of the Rick Case family of dealerships. The Smart comes in three versions; the base-model, the Smart Fortwo Pure, starts at \$11,590, the more decked-out Passion coupe starts

at \$13,590 and the ultra cool Passion Cabrio convertible, which starts at \$16,590. I test-drove the Cabrio, of course.

I grew up in the 60's, so by 2008 I expected to be driving flying cars a la George Jetson. The Smart may not exactly have wings, but my first impression upon approaching the inviting little coupe was: "Finally a car that at least looks like it belongs in the 21st century." My second reaction was the one that Tara says she never tires of hearing: "It's so cute". Upon entering the car I was surprised by just how roomy it was. I am not a big guy – 5' 8" 160 – but the legroom was astounding. I had to move the seat forward to reach the pedals. People much larger than me would not feel cramped at all. The interior was Techno, yet slightly Retro, owing to its Swatch origins no doubt. I have to say the Smart is no toy. This is every bit a real, solid vehicle. The "automated manual transmission" took a little getting used to, but Tara tells me that most

whole concept of the car is "Green". Tara says, "It is just so environmentally friendly. Besides the high gas mileage, the vehicle itself is 95% recyclable. There is not another vehicle on the road that I am aware of that can say that. Everything the company does is geared towards helping create a better environment."

It is just so environmentally friendly. Besides the high gas mileage, the vehicle itself is 95% recyclable.”

Doing the "right thing" and giving back to the community is certainly not a new idea to Rick and Rita Case. Rick serves on the Board of Trustees of Nova Southeastern University, and Rita has been a phenomenal supporter of women's and children's charities over the years. In 2003 the Cases were named Humanitarians of the Year. It is no surprise to find a vehicle that is good for the planet on the lot of a Rick Case dealership. The Cases are highly involved with many charitable projects and organizations, and have made a significant difference to the community at large, but most especially to the children of South Florida, with "Bikes for Kids," an annual holiday charity program that provides bikes to needy children. Being awarded Broward County's only Smart franchise affirms the Cases dedication to

making the world a better place.

According to Ken Kettenbeil, Smart USA's Director of Communications, nationwide, 3,476 Smarts have been sold through March 31st. Since acquiring the franchise in January, Rick Case has delivered 75.

EFFICIENT Head Turner

drivers, once they get comfortable with it prefer to drive the car in its fully manual mode. There is no clutch, and the stem mounted gear shifters make it drive like "a video game."

Smarts are available on the lot in Weston to test drive, and anyone interested is encouraged to do so, but not for immediate purchase. The cars are reserved for a 100% refundable deposit of 99.00, and then you get to "build your own" on-line. And like its distant relative the Swatch watch, known for its snap-on/snap-off faces, the car's body panels are completely interchangeable. So if you buy it in blue, and a few months later you think red is more your thing, it's a simple swap out. More than a way to follow your fashion whims, the interchangeable body panels are a hit with Auto Insurance companies as they make major body work repairs non-existent on the Smart.

While Smarts are available in a variety of colors, the



making the world a better place.

According to Ken Kettenbeil, Smart USA's Director of Communications, nationwide, 3,476 Smarts have been sold through March 31st. Since acquiring the franchise in January, Rick Case has delivered 75.

Shy persons beware: The Smart is probably not for you. Owners report the growing phenomenon of "Smart Stalkers" people who are just so fascinated by the intriguing little auto that they will follow you to work, or home, or the grocery store just to find out more about the car. It's not too "Smart" to drive the car if you are an international jewel thief on the lam or trying to hide from your mother-in-law. No matter when or where you drive it someone will spot you in a Smart.

My 5-year-old daughter said the Smart "looks like a happy car". With 40MPGs, an affordable price, and 5-star crash rating, Smart drivers have a lot to smile about. -DUO

DEAR GLORIA:

I have been married for several years to a very wonderful woman, but I just don't feel the same about her anymore. Lately I have been thinking about divorce. Is there anything you can suggest to help me to recharge my marriage and get back those loving feelings?

By Gloria Keiser

What you are experiencing is quite normal. All couples go through a romantic stage where everything is wonderful. This can last from one day to about three years. Then reality sets in. You begin to see characteristics in your partner that absolutely drive you crazy. When this happens, many people break up and start on a journey to find a new perfect person to meet all their emotional and physical needs.

Stop and think about your wife as the one you fell in love with and the bearer of the blueprint for your growth, development, and healing. There are no accidents. You met, you fell in love, and this is special. On an unconscious level, you were attracted to something in her that you were hoping would complete you. If you don't work it out with your wife, you will keep on doing the same things with other women and never really work on what you needed to do in order to have a really powerful, self-healing, and complete relationship.

This theory is fully discussed in the book *Getting the Love You Want* by Dr. Harville Hendrix. Dr. Hendrix describes that working through the conflicts from childhood is the major task to be achieved by your relationship with your partner in order to become a conscious couple. Our lives are shaped by those early experiences we had with our parents or the people who raised us.

It is very difficult for parents to always be there for you

in the ways you want them to be. When your partner is not this perfect person that you originally fell in love with, you want to toss them away because you're angry that they are not fulfilling all your needs. Unresolved material that you had with your mother or father always telling you what to do then resurfaces with your wife. When you are extremely upset about something, it is not about what the other person is doing or not doing. It almost always relates back to your unresolved issues with one or both of your parents. Once you work on this, you are ready for a spectacular relationship that is loving, intimate, and healing.

Before breaking up with your wife, ask yourself these questions: Why am I not in love anymore? Why don't I feel what I used to feel? What would it take to be open to that again? What happened to the excitement and exhilaration? What is covering it up, and how do I re-open those doors?

Should I get a DIVORCE? First, acknowledge your

feelings. Writing in a journal helps some people get in touch with their emotions. You can also try talking out loud to a trusted friend. Many people are successful in resolving these issues by going to counselors for expert advice.

You can fall in love all over again! Your wife can be the person who catalyzes you into a new dimension of feeling and understanding about yourself and your wife that you never knew possible. This work can create a loving, powerful, supportive and understanding ability to relate to and know each other like you never dreamed could exist. - DUO





the ART of SEX

By Lori Sarvis



I have seen women who do not want or need foreplay and just like to go straight to the entrée, without any appetizers (foreplay) or dessert (cuddling and talking afterwards), and there are women

Communicating sexually in a single world is like maneuvering through quicksand. Sometimes you get through and are able to express your personal desires, wants, and needs with a new partner; but, more often than not, you get stuck in the muck and are unable to talk openly with someone you hardly know. How do you open up dialogue about something that is easier to do than to talk about? Giving in to the passion and romance of a heated moment is one thing; the ability to express your desires to someone you are contemplating having a relationship with is the difficult part.

Wouldn't it be awesome if every new person you were with came with a resume, a past history, a diary? We could then read up on their likes and dislikes prior to getting intimate. We all know that different people respond in different ways, but the journal could give us a reference point on where to begin. Unfortunately, a written sexual autobiography provided to us before starting a relationship is just not an option. So it is the spoken word, the open heart, and/or maybe just the animal magnetism that is all we have to get through the awkwardness of that "first time".

who need the whole seven course meal, topped off with a Viennese Table. The same is true with the man. Maybe he doesn't know how to let you know what turns him on... or off, for that matter. Maybe he has that fabulous feminine side that wants to sit quietly over a glass of wine listening to Kenny G while you run your fingers down the back of his neck. Perhaps he craves a sensuous striptease or just wild impulsive headboard-breaking sex. How do you find out what will work for him?

The best advice... be yourself. Pretending you're someone who you are not will cause confusion on the part of the person you are trying to get to know. Listen carefully. Keep an open mind. Try to put yourself in to the mind of the person you are exploring. Be flexible. Don't be demanding. And, remember, you set yourself up for disappointment if your expectations are too high. Enjoy the moment you are in and don't let your past moments with somebody else or your future relationship plans destroy the present experience you are in. A journey with a new person can be just that... a pleasant place to visit that fulfills all your hopes and dreams or just a frightening memory that becomes your very worst nightmare. Either way, it can be a fabulous learning experience... if you let it be just that. - DUO

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Understanding *Short Sales* vs. *Foreclosure*

By: Mark Howey & George Volk
The Abraham Team

Finding yourself in a difficult position? Having a hard time making your mortgage payments? One thing you don't want is FORECLOSURE. There are many options to save you from losing your home and one of them is the real estate short sale.

A real estate short sale is when the lender agrees to discount the mortgage loan balance of the borrower. This means the lender has agreed to be paid off less than the total amount due of the mortgage loan balance from the borrower.

These are the requirements for proceeding with a short sale:

- * The market value of the real estate should be less than the amount of the unpaid mortgage loan balance.
- * The borrower will not be able to make the scheduled payment of the mortgage loan because of their present financial situation/hardship.
- * The seller is required to give a hardship letter to the lender that must contain the reason why the seller is unable to make their scheduled payments. The letter should describe or show that the seller has fallen on hard times due to reasons such as the seller lost his or her job, there was a death in the family, divorce or other reasons.
- * The seller should not have any assets, because in the eyes of the lender if the sellers have any assets then he or she has the ability to pay off the mortgage loan balance. To determine whether the seller has any assets, the lender will ask the sellers to present a financial statement or a tax return.

* The seller needs to sign a listing agreement with a Real Estate Agent. It is imperative that the agent you list with is educated and experienced in the short sale process.

* Once the buyer and seller agree to the price and terms of the contract, the offer is submitted for the lender's approval. Once the lender approves the offer the contract is executed and scheduled for closing.

Settling your debt with a short sale rather than a foreclosure will appear more favorable on your credit report. A short sale may only lower your credit score by 40 to 60 points; whereas, a foreclosure may significantly impact your credit score by lowering it 150-200 points. Once the short sale takes place the debt is considered to be settled and satisfied. A short sale candidate may be able to be in a position to purchase a home within one year following the short sale. In case of a bankruptcy/foreclosure, the homeowner may be prevented from purchasing a home for at least seven years.

If you are interested in pursuing a short sale, call upon an educated and experienced agent to come out and give you an evaluation to determine the best course of action for your real estate dilemma. You may want to consider consulting with an attorney with expertise in this area before making a final decision on which way to turn. Remember that the process may take a great deal of time; so if you are starting to contemplate your next move, let the professionals relieve some of your pressure and steer you in the right direction. - DUO



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The Roman Coliseum

Originally capable of seating around 50,000 spectators, the Coliseum was used for gladiatorial contests and public spectacles.

By Richard Hodes

Passion. Merriam-Webster's Collegiate Dictionary defines passion as a deep affection: love, a strong liking or desire for or devotion to some activity or deep interest. Many things in life evoke this strong emotion. Theater, art, music, and sports come to mind. Some lucky people are passionate about their work. My obsession, my passion, is travel. Especially by ship. What better way to see the world than surrounded by the opulence of a modern cruise ship? Cruising is one of those pleasures most people have not yet experienced. Studies indicate only about 15% of the US population have ever taken a cruise. Perhaps this

is the reason the cruise lines have committed billions of dollars to new ship construction in the next few years.

My love of travel began in 1989 with my first trip to Europe. I was immediately drawn to a new feeling. A deep fascination and curiosity about foreign cultures. At that moment, I knew I was hooked on traveling. I had joined a group of dedicated (obsessed) people who must always have that next trip planned and usually do it as soon as suitcases are unpacked from the latest excursion. Scientists have mapped parts of the brain and linked these areas with certain bodily functions. Mine has a travel section that I cannot shut down.

Since then, my wife and I have traveled the globe, exploring every continent except Antarctica (which is planned for

The Leaning Tower of Pisa is the campanile, or freestanding bell tower, of the cathedral of the Italian city of Pisa. It is situated behind the Cathedral and it is the third structure by time in Pisa's Piazza del Duomo (Cathedral Square). Although intended to stand vertically, the tower began leaning to the southeast soon after the onset of construction in 1173 due to a poorly laid foundation and loose substrate that has allowed the foundation to shift direction.



I O N

When in Rome...

The Trevi Fountain.

The most famous and spectacular fountain in Rome, Italy. It derives its name from its position at the intersection of three roads (tre vie).



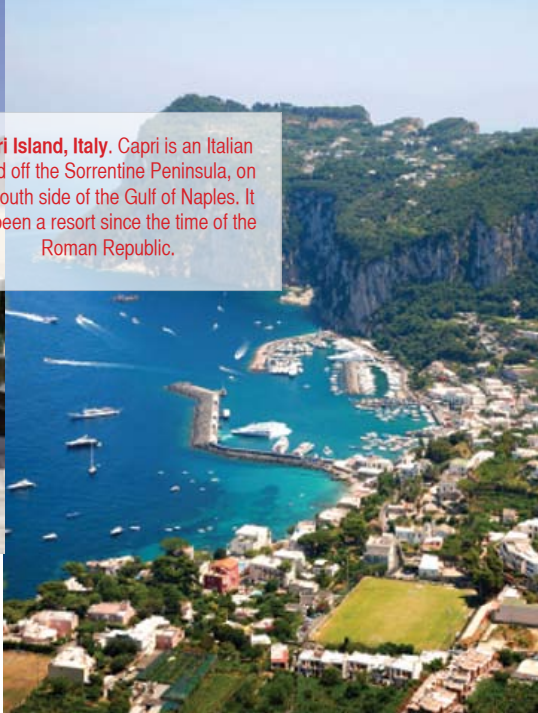
2009). We have been on large and small ships, planes, trains, buses, cars, cable cars, camels, horses, and donkeys and anything else we could find that would get us where we wanted to go.

A Mediterranean cruise is the best way to see Europe. Unpack once and the ship is your floating hotel. A typical 12-night cruise will visit about eight to ten cities, which might include ports in Spain, Portugal, France, and Italy.

Of all the destinations one might consider on a first trip to Europe, I believe there is no country on Earth that is more synonymous with passion than Italy. Past and present coexist in a modern day Italy that is very much rooted in its incredible history. One can stroll through the Imperial Forum of Rome in the footsteps of Julius Caesar or sit in the vast Coliseum imagining gladiators fighting to the death in the arena before fifty thousand cheering Romans. Sip cappuccino at a sidewalk café in the shadow of the



Capri Island, Italy. Capri is an Italian island off the Sorrentine Peninsula, on the south side of the Gulf of Naples. It has been a resort since the time of the Roman Republic.



City View of Florence, Italy. Florence lies on the Arno River and it is known for its history and its importance in the Middle Ages and in the Renaissance, especially for its art and architecture.

View of Mount Vesuvius and ruins of Pompeii, Italy. In 79 AD Mt. Vesuvius erupted and destroyed the towns of Pompeii and Herculaneum. The ruins have been partially uncovered.



Vatican and St. Peter's Basilica where Michelangelo painted the ceiling of the Sistine Chapel into immortality. The magnificent Trevi fountain draws visitors who, following a local tradition, ensure their return to Rome by throwing coins into the fountain.

A short drive south of Rome along the Amalfi coast, the city of Naples sits nestled by a quiet bay. The idyllic setting is deceptive. Mount Vesuvius looms close, ready to erupt as it did in 79 A.D. when tons of ash and lava buried nearby Pompeii. Ancient artifacts uncovered in the doomed city are now on display at the Archeological Museum. Observing museum exhibits is an effective teaching tool, but nothing can prepare you for a visit to the actual site. The streets

of Pompeii are once again crowded as tourists relive that fateful day when a long-simmering eruption brought all life to a sudden halt. The volcanic debris that entombed the city also perfectly preserved it. Colorful mosaics cover the floors and walls of the villas owned by the wealthy who came to Pompeii to escape the summer heat in Rome. Visitors can explore on their own or join a tour to view this amazing ruin.

Taking a ferry across the bay, Capri and the Blue Grotto are well worth the pleasant trip. The views from Capri and the town itself are stunning. Charming shops and cafes line the narrow streets and small hotels offer unlimited views of the bay. Don't forget to sample the Limoncello, which is

a potent liquor made from the huge locally grown lemons. Shop after shop offer free samples of this unique elixir and after a few shots, you will no longer care that your wife is peeking in every jewelry store for Italian gold treasures.

Farther north in the famous Tuscany region of Italy, we find the city of Florence (Firenze to the locals). Steeped in Renaissance art, Florence was the home to more famous artists of the time than any other city. Its museums are full

Considered by some to be the pearl of Italy, this island-city was once the wealthiest city-state in Europe. Spice trade from the Orient passed through here and the merchant class held power for centuries. Today, millions of tourists visit all year, though the weather in the spring is the best. San Marco square, the Duomo's palace and the many old churches draw the most crowds. Nothing is more romantic than being serenaded in Italian by a Gondolier as he paddles his ornate boat through the Grand Canal. Many cruise ships



Grand Canal, Venice, Italy. The first settlers in Venice arrived around the 5th and 6th centuries. They wanted to escape the marshy areas. This labyrinth of tiny islands had very little land to accommodate new villages and so the new arrivals built their houses by creating artificial foundation. They drove stakes into the subsoil on one of the seabed of the islands and in effect their primitive houses were afloat.

of priceless paintings and statues by Michelangelo (the David) and DiVinci to name a few. Carved gilded doors adorn the churches. Narrow streets are home to hundreds of shops selling anything from jewelry to leather goods. The food is different here than in Rome. Tuscany residents will argue their region offers the greatest cuisine in Italy. After sampling both northern and southern dishes, I could not choose a favorite. Both were excellent. Most visitors agree that the food is one more reason they loved Italy and would return. A short drive from Florence we find the leaning Tower of Pisa, which after a careful renovation is once again open to the public.

No visit to Italy is complete without a stop in Venice.

use Venice as their port of embarkation or disembarkation, giving passengers the opportunity to extend their stay in this unique and wondrous city.

Of course, a country is just a place. It may have the natural beauty of mountains and lakes, but ultimately it is the people that make a destination memorable. Italians are a fiery and passionate people, intensely proud of their heritage and its tremendous impact on western civilization as we know it today.

Why not join us on our next Mediterranean cruise? Travel is soul enriching, educational and fun. It's time to get passionate about Italy. -DUO



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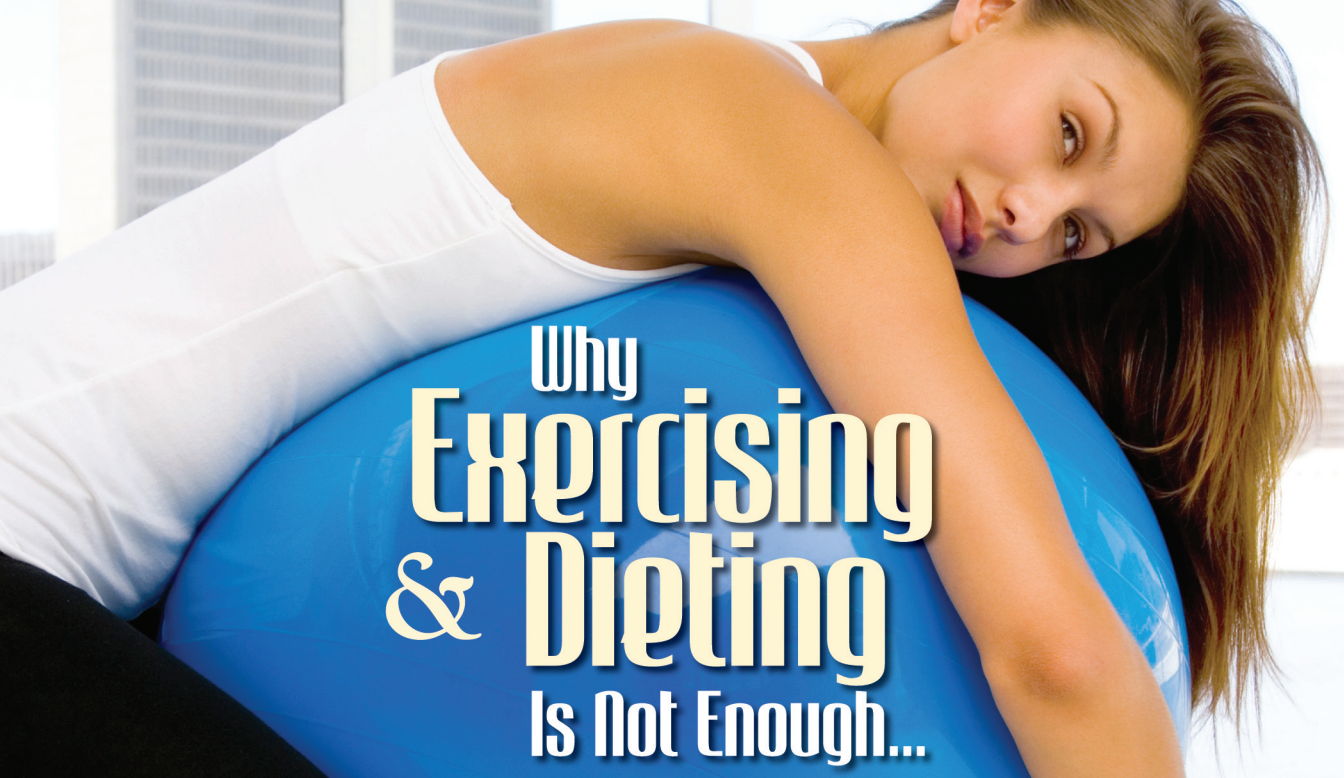
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Scientists have identified why losing weight gets harder and harder as you age. Both aging men and women suffer from progressive **insulin resistance**, which contributes to weight gain, especially around the abdomen. Plus, as we age our **metabolism slows**. While lowering calorie intake is essential for long-term weight loss, most diets fail miserably because your body's metabolism decreases in response to reduced food intake and to normal aging.

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Note: This supplement should be taken in conjunction with a healthy diet and regular exercise program. Results may vary.

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