

DEFINING TRENDS MAGAZINE



DTM

HEALTH & FITNESS ISSUE

celebrity workout

ISABEL TOLEDO
DESIGNS FOR THE FIRST LADY

MIA ST. JOHN
MAKES YOU SWEAT

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makes you sweat

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Just do it!

English

This summer, we received terrible news: Americans are getting fatter, & the ones most affected are our young population. This means that an entire generation will be suffering from heart problems, diabetes, high blood pressure, and other illnesses that will cost a lot of money and kill people. The origin of this problem is bad eating habits and the lack of activity. People spend too much time in front of the TV & computer, and don't go outside to run, ride a bike, play baseball, swim, take a simple walk around the block, or even exercise at home.

For this reason, we decided to dedicate this issue to Health & Fitness. At DTM Magazine, we believe exercise and good eating habits should be a very important part of everyone's life. In this issue, we want to show our readers different ways to motivate themselves, and exercise often for a better mind, body, and life.

We put former boxing champion and Latin beauty Mia St. John on the cover because Mia is living proof of how a person can change his or her life with the right attitude. Mia St. John fought alcoholism and depression before she decided to follow another path. She seldom fights but still trains in a boxing gym. She is also taking care of her daughter and is travel-

ing around the country to promote her book, Knockout Workout. It is a fantastic title for a book that focuses on motivation before getting into shape. St. John's principle is that people should love themselves first, and be prepared to exercise hard and often. If someone is not ready, mentally, it is hard to accomplish anything. That's her lesson and DTM Magazine wants to spread this message amongst our readers. Motivate yourself, get up and shake your butt. Make it happen, just do it!

As you will notice by reading our magazine, we are more aggressive with pictures and our sections are better organized. DTM magazine has made these changes to adapt to new trends in the publishing business, and to help our readers navigate through the publication better. We invite you to read about fashion designer Isabel Toledo and Tony© winner David Alvarez: they are Latinos who are setting trends in the United States. Our Entertainment section is always full of music, film and lifestyle trends. And Michael Jackson is remembered with a picture that represents his legacy as one of the greatest performers of all time.

We hope that you feel the excitement of DTM Magazine as much as we felt it when we were producing it. We are about trends in the Latino community, and there are more changes to come. We keep evolving for a brighter future.



Juan Guillén
Publisher

Español

Este verano recibimos una noticia devastadora: Los estadounidenses son más gordos y los más afectados son lo jóvenes. Esto quiere decir que una generación completa sufrirá de problemas del corazón, diabetes, presión alta y otras complicaciones que costarán mucho dinero y matarán gente. El origen de este problema son los malos hábitos alimenticios y la inactividad. La gente invierte demasiado tiempo frente al televisor o la computadora y no salen a correr, a montar en bicicleta o a jugar béisbol, nadar o simplemente a caminar alrededor de la cuadra y tampoco hace ejercicios en la casa.

Por esta razón hemos dedicado nuestra presente edición a la salud y los ejercicios. En DTM Magazin creemos que hacer ejercicio y comer saludable deben ser parte importante de nuestras vidas. En esta edición deseamos mostrarle a nuestros lectores las diversas formas de motivación para ejercitarse con más

frecuencia y obtener una mente sana, un mejor cuerpo y una vida placentera.

Colocamos a la ex campeona de boxeo y hermosa latina Mia St. John en nuestra portada porque es una prueba de cómo una persona puede cambiar su vida con la actitud adecuada. Mia St. John combatió el alcoholismo y la depresión antes de escoger otro camino. Ahora pelea poco, pero sigue entrenando en el gimnasio. También cuida a su hija y viaja alrededor del país para promover su libro 'Knockout workout'. Es un título fantástico para un libro que se enfoca en la motivación antes de comenzar a hacer ejercicios. El principio de St. John es que las personas deben quererse primero y luego prepararse a hacer ejercicios con fuerza y dedicación. Si alguien no esta listo de manera mental, entonces es difícil que logre su propósito. Esa es su lección y DTM Magazin desea propagar este mensaje entre sus lectores. Motívese, levántese y mueva su cuerpo. Hágalo, está en sus manos, just do it!

Como se dará cuenta al leer nuestra revista, ahora somos más agresivos con las fotos y las secciones son más organizadas. DTM Magazin lo ha hecho para adaptarse a nuevas tendencias en los medios de comunicación y para ayudar a los lectores a navegar nuestra publicación. Los invitamos a leer sobre la diseñadora Isabel Toledo y David Alvarez, ganador de un Tony. Son latinos que están imponiendo tendencias en los Estados Unidos. Nuestra sección de entretenimiento siempre tiene música, films y tendencias en el estilo de vida. También recordamos a Michael Jackson con una imagen que representa su legado como uno de los mejores artistas de la historia.

Anhelamos que usted sienta la excitación que nosotros sentimos cuando estábamos produciendo DTM Magazin. Nuestra publicación es sobre tendencias en la comunidad latina y traeremos más cambios. Seguimos progresando por un futuro mejor.

CUNY Rates Five Stars!



2005

CLAUDIO SIMPKINS
Macaulay Honors College
at The City College
of New York

2006

RYAN MEROLA
Macaulay Honors
College at
Brooklyn College

2007

CHRISTINE CURELLA
Macaulay Honors
College at
Hunter College

2008

DAVID BAUER
Macaulay Honors College
at The City College
of New York

2009

DON GOMEZ
Colin Powell Fellow
at The City College
of New York

Truman Scholarships 5 Years in a Row

DON GOMEZ, Colin Powell Fellow at City College, is the 5th CUNY student in 5 years to win up to \$30,000 for graduate study from the Harry S. Truman Scholarship Foundation. In the last 6 years, CUNY students have also won ten \$7,500 Barry M. Goldwater Scholarships in undergraduate mathematics, natural sciences and engineering.

CUNY students continue to win the nation's most prestigious awards, including Rhodes and Marshall Scholarships, Fulbrights and National Science Foundation grants.

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MEXICO CITY: Treasure of



history, culture and fun

English

If you are into Mexican culture and history, Mexico City is definitely the place to visit.

Mexico City is known as one of the most interesting and diverse cities in the world. It is one of the world's largest cities and one of the fastest growing metropolitan areas.

México City is the capital of México, and it is also considered the financial, political & cultural center of México.

It is rich in world-class museums, archaeological treasures, international cuisine, colonial neighborhoods, exciting nightlife and inviting plazas & parks.

Some call it The D.F. (the abbreviation for The Federal District), while others simply call it Mexico City.

Despite the city's large size, you can walk to many areas. But make sure to get a map so you don't get lost!

Organized tours, taxis, city buses or the modern subway system (during off peak hours) should also be considered for some destinations. Avoid driving; also, avoid traveling by train or bus after dark as a safety precaution.

Activities that take place in Mexico City provide an opportunity to participate in traditional celebrations, shows, sports and other events. City museums offer the most unique exhibits in the world, as well as recreational activities for children.

History shows up everywhere in the city: México City, now the center of business, culture and government for the country, was once the center of the entire Aztec empire. The current *Zócalo*, or town square, is built on the same spot where Montezuma's Palace once stood. Many of the old mansions and public buildings in the area were built hundreds of years ago using the stones from the Aztec temples that were destroyed by the Spaniards.

Mexico City is home of The National Museum of Anthropology, one of the world's greatest museums.

You also won't want to miss the floating gardens, which have been in existence since Aztec Times.

The finest hotels, restaurants, stores, museums and city views can be found along the Paseo de la Reforma, & in the Chapultepec and Polanco areas. Also make sure to tour through Coyoacan, San Angel, Tlalpan & Xochimilco.

Monuments, parks, fountains and tree-lined

avenues are found nearly everywhere within the city.

Paseo de la Reforma, the city's main thoroughfare, is sometimes referred to as the "Manhattan" of Latin America.

Alameda Park, near the Zócalo and Palace of Fine Arts, has been around since 1541, making it the city's oldest park. Many interesting colonial style buildings and museums surround this park.

The city also offers an incredible range of options for the serious shopper. México City is home to some of the largest and most modern shopping malls in Latin America. *Mercados* (marketplaces) are another popular shopping experience to be found all over Mexico City.

Dining in Mexico City can be one of the most delicious experiences of your trip, since there are plenty of restaurants to please every taste.

The nightlife is vibrant: it goes on until the early hours of the morning, and the entertainment is diverse.

Mexico City is a great vacation destination for the entire family.

By Clarisel Gonzalez



Español

Joya histórica

Si le atrae la cultura y la historia de México, entonces la Ciudad de México, su capital, es el lugar que debe visitar.

La Ciudad de México es de las más diversas e interesantes del mundo. Es además de las más grandes y de mayor crecimiento de todas las metrópolis.

Además de ser su capital, es el centro financiero, político y cultural de esa nación. Posee museos de fama internacional, tesoros arqueológicos, cocina internacional, vecindarios coloniales, vida nocturna y atractivas plazas y parques.

La llaman simplemente D.F. como abreviación del Distrito Federal, y algunos simplemente la llaman Ciudad de México.

A pesar de su enorme extensión, es fácil visitar varias áreas. Aunque debe de llevar un mapa para no perderse. Hay varios métodos para desplazarse en la ciudad, como los tures, taxis, buses y el sistema de trenes que es recomendable durante las

horas de mayor congestión. Es mejor si no maneja y evite el transporte público a altas horas de la noche como medida de precaución.

Las actividades de esa ciudad están ligadas a celebraciones tradicionales, shows, competencias deportivas y otros eventos. Los museos también tienen exhibiciones únicas en el mundo, así como actividades recreacionales para los niños.

La historia se refleja en toda la ciudad.

La Ciudad de México, ahora el epicentro de los negocios, la cultura y el gobierno de esa nación, alguna vez fue el centro del Imperio Azteca. El Zócalo, en la plaza de esta ciudad, fue construido en el mismo lugar en donde se hallaba el Palacio de Montezuma. Gran parte de las viejas mansiones y de los edificios públicos en esa área fueron construidos cientos de años atrás, usando las rocas de los templos aztecas que destruyeron los españoles.

En la Ciudad de México se halla el Museo Nacional de Antropología, uno de los más destacados de la humanidad. Tampoco debe de dejar de visitar los jardines flotantes que existen desde los tiempos de los aztecas.

La Ciudad de México ofrece al visitante los mejores hoteles, restaurantes, tiendas y museos, los cuales

están en los alrededores del Paseo de la Reforma, de Chapultepec y de Polanco.

Asegúrese también de visitar Coyoacán, San Angel, Tlapan y Xochimilco.

En un día es fácil apreciar monumentos, parques y fuentes adornados con líneas de árboles. El Paseo de la Reforma, su mayor atracción, se conoce también como el 'Manhattan' de Latinoamérica.

El parque Alameda, cerca al Zócalo y al Palacio de las Bellas Artes, fue construido en 1541 y es el más antiguo de Ciudad de México, el cual está rodeado de interesantes edificios de estilo colonial.

La Ciudad de México también es un lugar para hacer compras y posee uno de los centros comerciales más modernos de Latinoamérica. Los mercados o placitas también son una experiencia atractiva para el comprador.

Y para complacer cualquier paladar, la Ciudad de México ofrece los mejores restaurantes para una experiencia enriquecedora.

La noche es vibrante en Ciudad de México. Se extiende hasta la madrugada y el entretenimiento es diverso.

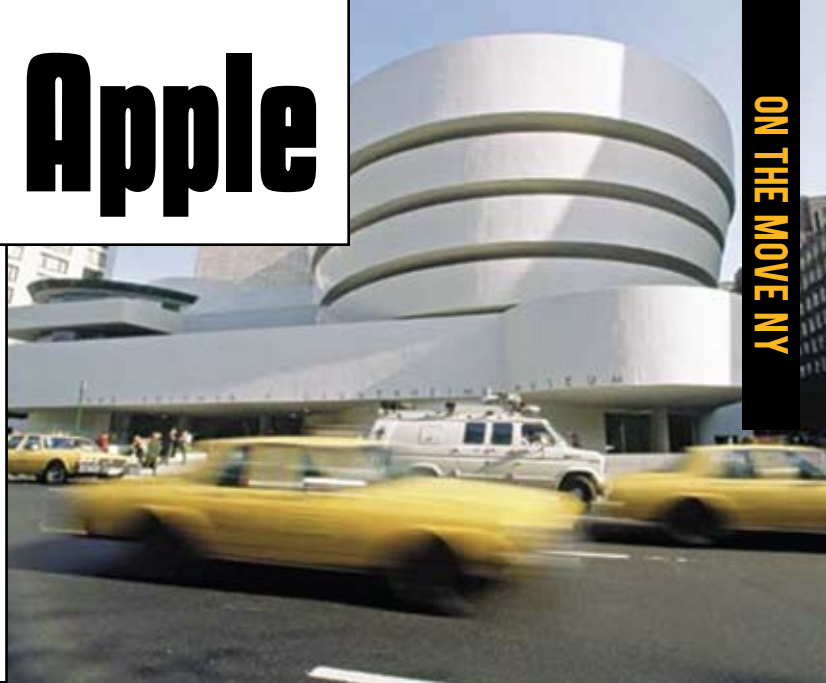
La Ciudad de México es el mejor destino vacacional para toda la familia.



Enjoy The Big Apple

1 Guggenheim- Frank Lloyd Wright

Manhattan's skyline may be punctuated with steel and glass towers, but it's the stout Frank Lloyd Wright-designed Guggenheim Museum on Fifth Avenue that carries the prestige of being an internationally-recognized masterpiece and a testament to the impact of brilliant design. The *Frank Lloyd Wright: From Within Outward* exhibition—consider it an exhibit within an exhibit—will showcase over 64 projects and 200 of the architect's drawings from May 15 to August 23, 2009. The Guggenheim Museum, 1071 Fifth Avenue (at 89th Street).



3 Nuyorican Poets Café – Moth StorySlam

The Moth StorySlam is an international affair that invites civilians and celebrities alike to come up to the stage and tell their stories to a panel of amateur judges and a packed house. Be sure to show up early, as lines are known to stretch down the block. Sign up and volunteer to judge at 7:00pm; stories start at 7:30pm. Nuyorican Poets Café, 236 East 3rd Street (bet. Avenues B & C).

2 Bar- The Suffolk/Water Taxi Beach

Picture this: warm sand beneath your toes, margarita in your hand, and a cool shade provided by the skyscrapers next door. The newly opened Water Taxi Beach provides the fantasy of seaside games with an East River waterfront, miniature golf, trippy palm trees and gawking tourists. Those who just want to hit a bar, fire up the barbecue pit, and frolic in an outdoor shower with locals should head over to the well-hidden The Suffolk. Water Taxi Beach, north side of Pier 17, Fulton St at South St; The Suffolk, 107 Suffolk St.



4 Go to the beach

The rain is over! It's time to wear your swimsuit and go to the beach! If using public transportation: take the F train to Brooklyn and get off on the last stop; the famous Coney Island is right there. Or, take the number 6 train to the last stop in the Bronx, then take the bus to Orchard Beach. Orchard Beach is very colorful, and you can dance salsa on weekends. If traveling by car, hit the road to Long Island. Two recommendations: drink plenty of water, and protect yourself from the sun's rays.



5 ICP- Richard Avedon

Among the storied fashion elites are the people the camera rarely captures—the photographer. These artists create the lasting images that help define moments in fashion history. Richard Avedon (1923–2004) is amongst one of the most recognized names in fashion photography, whose work features some of the most beautiful people & fashions of the late 20th century. You can view his iconic photos spanning several decades from *Bazaar*, *Vogue*, and *The New Yorker*, among others, at The International Center of Photography, 1133 Avenue of the Americas (at 43rd Street). 212.857.0000.

6 Ride a bike

New York has lots of parks and streets where you can ride a bike. Go alone or with your friends and family. Prospect Park in Brooklyn, Flushing Park in Queens, and Central Park in Manhattan are all perfect spots to pedal. We recommend riding your bike through the Financial District on weekends, courtesy of the Downtown Alliance. Sign up in advance at downtownny.com and get your credit card ready for deposit. It is a two-and-a-half hour session.



7



Mamajuana Café-Restaurant

Mamajuana Café dominates the far west Dyckman Street restaurant scene: with imposing wood doors that open up into *al fresco* seating areas, the parties of beautiful Latinos and Latinos dressed to the nines flow onto the street. The food is delicious standard Spanish fare, and the drink list features Mamajuana, the restaurant's namesake, which is a homemade drink known as an aphrodisiac. Before heading over, check their calendar of events, which includes flamenco dance performances and hookah nights. Mamajuana Café, 247 Dyckman St.

8 Canoe Club in Inwood

Latinos may not be big fans of canoeing; however, it's the perfect outdoor activity and a growing trend in New York City. You can feel free under the sun as you see the Manhattan skyline. Or you can paddle for 45 minutes under the George Washington Bridge while touching the water of the Hudson River. Red Boathouse, a few steps south of Dyckman Marina. The club provides kayaks, paddles and life jackets. Sundays at 10 a. m.



9 BAM- R&B Festival at Metrotech

Lunchtime is always better when you're sunning and listening to smooth R&B. Every Thursday at noon in July and August, the Brooklyn Academy of Music (BAM) will present a series of outdoor concerts celebrating both legends and local upcoming artists. The free outdoor concerts will feature Ladysmith Black Mambazo, Rebirth Brass Band, and Anthony David, among others. MetroTech Commons at the Brooklyn Academy of Music, 30 Lafayette Avenue. 718.636.4100.





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Sumerge tu mente en la inmensidad del mar azul y deja que su calidez te transporte a un lugar en el que todo es posible. Un lugar donde no tienes que pintar el entorno con tu imaginación, porque el color es tan real como la arena misma. Deja que los diferentes tonos azulados relajen tu cuerpo y revitalicen tu espíritu. Ven a República Dominicana y descubre que el amor también es azul.

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DTM Magazine held the **Latina Trailblazer** event sponsored by City University of New York (CUNY), Health Plus, Cibao Meat Products, República Dominicana Lo Tiene Todo, & State Farm Insurance. From left: April Lee Hernández, actress and the evening's keynote speaker; Julissa Ferreras, Democratic Council from Queens; Ada Rodríguez, Chief Marketing Officer of Health Plus; Shirley Remeneski, President of 100 Hispanic Women, Inc.; Judy Torres, Queen of Freestyle & radio personality; and Jackie Bird, CEO of Redbean Society, LLC. These panelists talked about trends in both Latina and mainstream culture.

The United States Census 2010



is meeting with community leaders and the media to make sure that everybody will be counted next year. "This country should count its people every 10 years and we need to maximize participation. Diversity is also our major strength," said Stacey Cumberbatch, NYC Census Coordinator. Guillermo Linares, Commissioner of Immigrant Affairs in NYC, was at the meeting to help spread the message of participation. Lester (Tony) Farthing, Regional Director of U.S. Department of Commerce, added: "We are here

to include everyone in this process to avoid the mistakes of the past."



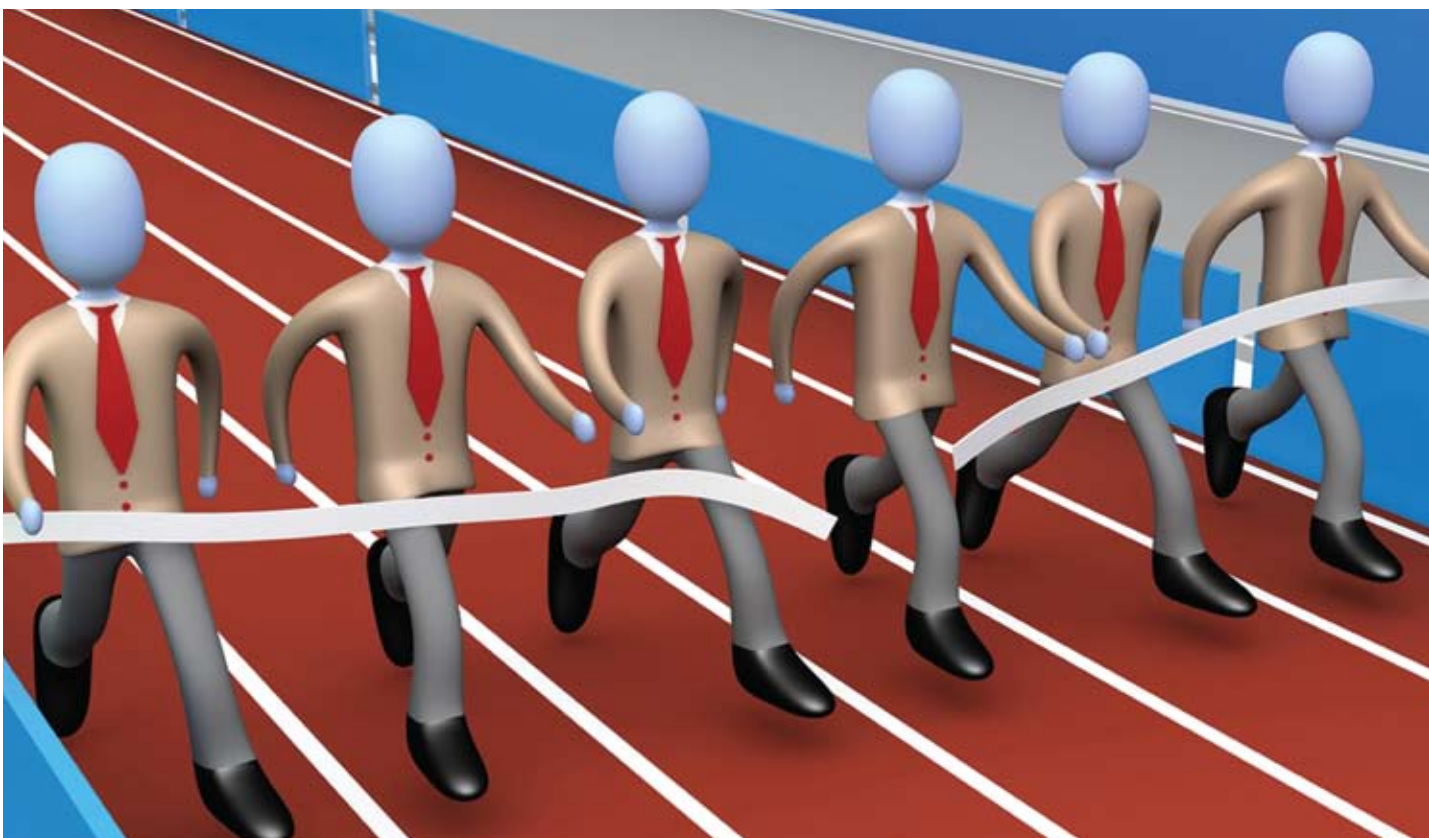
The Hispanic Heritage Foundation 2009 Youth Awards took place at Baruch College on June 4, 2008. Students received money for their education from the National Society of Hispanic MBAs, Southwest Airlines, ExxonMobil, NBC-Telemundo, the U.S. Army, & Subway.



Photo: Rafael Fernández

McDonald's took over El Parque Juan Pablo Duarte in Washington Heights in uptown Manhattan to celebrate the traditional "Cafecito de la tarde." Residents of this New York City area played dominóes and drank McCafé, the new coffee treat from McDonald's.

Tips for Career Management



English

This year has seen unprecedented turmoil in the markets and economy. You would have to be living under a rock for the last year to not realize how tough things have gotten. One thing that continues to be on many people's minds is the fear of layoff. It is a time when no one in a corporation is safe. Even senior managers can be casualties of a restructuring or change in business focus.

These are tips to help safeguard our own jobs.

Actively manage how you're perceived, and how you add value to the organization

It is an absolute must for you to give 100% all the time. You have to deliver excellence at every turn. However, if no one knows about it, you are doing yourself a disservice. As Latinos, we bring great work ethics to the table. However, we also bring a mindset that "putting our noses to the grind stone" will always be noticed and rewarded. This is not always true. For this reason, we must keep those that influence our positions and careers posted on what we're working on. This can be via weekly status reports, project updates and

even casual interactions. How many times are we asked "what's going on?", and we answer "not much" or "same old"? This is a significant missed opportunity! You should be keeping this person posted on what you're working on, no matter who it is. Even if it's the person from the mailroom, you must let them know how you are supporting the organization. The next time you get asked, "what's going on?", your mind should hear "tell me what you're working on." Then, proceed to give a 30 to 60 second update on the significant items on your plate, and your recent accomplishments.

It's all about being an engaged member of the team.

Managers know who they can count on. They know the people that do not limit their activities to what is outlined in a job description. If you are unwilling to take on extra tasks, you are putting your job at risk. In times when positions are cut, but work does not go away, managers look for the team to go above and beyond the call of duty. You want to ensure everyone who can have an impact on your career has the impression that you are interested in the organization and the success of the team.

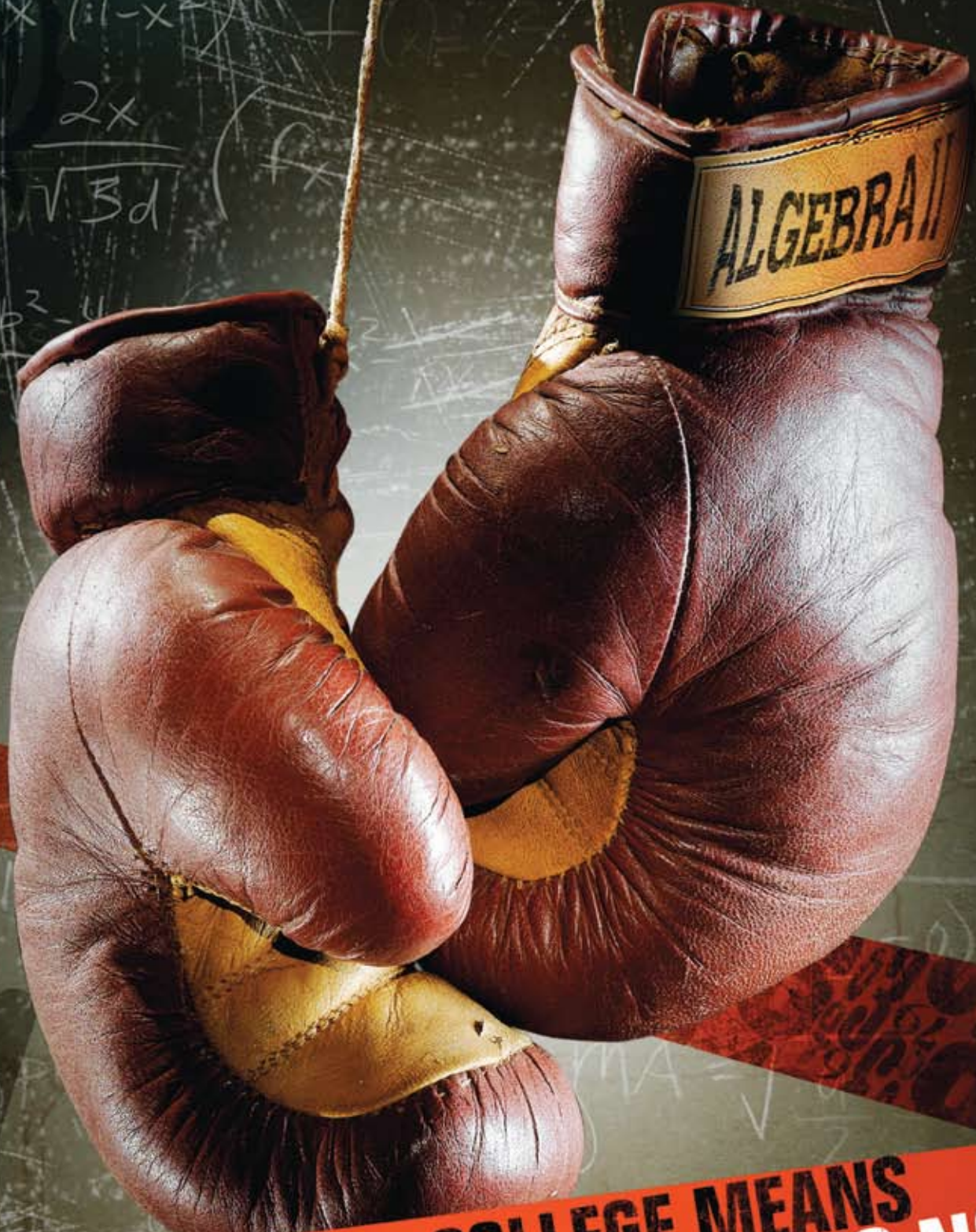
Be flexible

The only thing that is constant is that things will change. We all know these times are more turbulent than many have ever lived through. As professionals, you will be called upon to support these required changes. These changes might be what keeps a company from closing its doors. Once again, managers are going to look for those individuals they can count on in a pinch. Those that are keep the organization from adapting are quickly expendable.

Either lead, follow, or get out of the way

I will argue that true leaders lead from a position of authority, and not a position of power. What do I mean by that? Just because you are not the boss, does not mean you cannot be a leader. A leader will help deliver a vision and drive a mission. A leader brings direction and consensus. A leader instills confidence in his or her ability to execute. People will always rally around the person that can bring the team to success. I would also add that the leader will shower praises on the team, and not try to grab all the glory.

*By Robert Abreu
VP of Dominicans On Wall Street (DOWS)*



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Consejos para manejar su carrera

Este año no ha tenido precedentes en cuanto a los cambios en el mercado y la economía. Tuvo que haber estado viviendo bajo una roca para no darse cuenta de lo difícil que ha sido. Aún la gente está preocupada por los despidos. Este es un tiempo en el cual nadie está a salvo en las corporaciones. Inclusive los gerentes pueden ser despididos en la reestructuración o cambio de enfoque del negocio.

Estos son algunos consejos para mantener el trabajo.

Controle activamente la percepción de usted y su valor para la organización

Es una obligación que entregue el 100% de su tiempo al trabajo. Tiene que ser siempre excelente. Sin embargo, si nadie lo sabe, entonces de nada sirve. Como latinos siempre traemos una ética de trabajo a la mesa. Pero también traemos la costumbre de meter la cabeza bajo la tierra y esperar a que los demás nos reconozcan. Esta no es siempre la realidad. Por eso siempre debemos informar a nuestros supervisores sobre lo que estamos haciendo. Puede ser con informes semanales, información actualizada o mediante la interacción casual. Cuantas veces nos han preguntado "¿qué está haciendo?" y nuestra respuesta es "no mucho" o "lo mismo". Es una oportunidad desperdiciada. Usted le debe informar a esa persona de lo que está haciendo, sin importar quién sea. Inclusive si es el empleado que maneja la correspondencia. Déjeles saber como le está ayudando a la empresa. La próxima vez que le pregunten ¿qué hace? usted debe de escuchar "dígame que está haciendo". Entonces use de 30 a 60 segundos para informar sobre su mejor desempeño y logros.

Todo tiene que ver con trabajar en equipo

Los gerentes saben en quiénes pueden contar. Reconocen a los empleados que no se limitan a trabajar con límites. Si no está dispuesto a desempeñar varias tareas, entonces va por el camino equivocado. En tiempos de recortes y cuando todavía hay trabajo, los gerentes buscan a las personas que trabajan en equipo y más allá de lo estipulado. Usted debe asegurarse de que sus supervisores se lleven la impresión de que trabaja en equipo por el bien de la empresa.

Sea flexible

La única constancia es el cambio. Todos sabemos que estos tiempos son extremadamente complicados como ningún otro. Como profesionales recibiremos el llamado para adaptarnos a los cambios que quizás puedan mantener la compañía a flote. Una vez más, los gerentes buscarán a los empleados responsables que puedan ejecutar la acción. Quienes no se adaptan a estos cambios pueden ser reemplazados con facilidad.

Sea líder, siga al líder o váyase

Siempre argumento que los verdaderos líderes se acogen a la autoridad y no a la posición de poder. ¿Qué quiero decir? Que si usted no es el jefe no debe dejar de ser el líder. El líder ayuda a emprender una visión y lucha por lograrla. El líder trae dirección y consenso. Los líderes irradian confianza en la ejecución de la tarea. La gente siempre se agrupa alrededor del líder que puede llevar al grupo al éxito. Agrego que el líder siempre reconoce el trabajo en equipo y no trata de llevarse toda la gloria del éxito



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A Reform is ahead

English

There's been much speculation about a possible Immigration Reform this year. This speculation is not far from the truth, being that we have a President who is in favor of reforming the current immigration system. On June 25th, 2009, President Barack Obama sat with a bipartisan group to speak about this issue. It's an issue that is very delicate to many people, and one that has had the most opposition by the Republican party. However, in this bipartisan meeting, the major demand that the representatives from the Republican party had was that if they were to agree to immigration reform, a "Guest Worker Program" must be included.

Why is a "Guest Worker Program" important? In my opinion, a Guest Worker Program will, first and foremost, significantly reduce illegal immigration into the U.S. Second, it will deter immigrants from overstaying their visas. Finally, it will also reduce commission of fraud to obtain an immigration benefit.

Español

La Reforma viene

Este año ha habido mucha especulación sobre una posible Reforma de Inmigración. Y estos comentarios no se alejan de la verdad porque tenemos un presidente que está promoviendo reformar el sistema de inmigración. El pasado 25 de junio el presidente Barack Obama se sentó con un grupo bipartidista para hablar sobre este asunto. Una discusión que es bastante delicada y que tendrá la oposición del Partido Republicano. Sin embargo, en esta reunión la mayor demanda de los republicanos es que si se ponen de acuerdo en la Reforma de Inmigración, esta debe incluir el 'Guest Worker Program'.

Por qué es tan importante este 'Programa de Trabajadores Temporales'. Para mí es importante porque ante todo reduce significativamente la inmigración ilegal a esta nación y además conduce a los inmigrantes a no permanecer más tiempo del permitido. Además, reduce la posibilidad de defraudar al sistema solicitando beneficios.

Reducirá la inmigración y permanencia ilegal porque la mayoría de las personas que ingresan a los Estados Unidos lo hacen para trabajar de manera temporal. Desean trabajar en esta nación por algunos años y luego regresar a sus países. Sin embargo, tampoco desean cerrar las puertas de

The Guest Worker Program will reduce illegal immigration & overstaying of visas because the majority of people who come to the United States do so to work temporarily. That is to say, they want to work in the U.S. for a certain amount of years, and then return to their home countries. However, they also do not want their doors of the U.S. to be shut if they ever intend to return...and this is where the issue lies.

Today, a person that has entered the U.S. Illegally, or has overstayed their visa, has very little chance in returning to the U.S. if they return to their country of origin, because they face very serious penalties due to entering illegally or overstaying their visas.

If we are to have this Guest Worker Program, & the immigrant is faced with the decision of returning to their home country after having worked here for 2-3 years, the decision to return is made easier if they know that they could eventually return to the U.S. if desired, either by returning with the same worker's program, or via any other legal means.



Hedwin Salmen-Navarro
Attorney at Law

Please note: no one knows exactly how and when this immigration reform will take place. What I do know, though, is that the United States' immigration system is fragile, outdated & irrelevant in many aspects, hence the importance of immigration reform. The good thing is that we have a President that sees these problems, and a Congress who is willing to listen and, most importantly, take action.

By Hedwin Salmen-Navarro Esq.



ingreso a esta nación y aquí radica la importancia de este asunto.

En este momento, la persona que ha ingresado a esta nación ilegalmente y se quede, tiene muy pocas posibilidades de regresar luego de dejar su país. Esto es debido a que enfrenta grandes penalidades por ingresar ilegalmente y porque se quedó sin permiso.

Si pretendemos tener este Programa de Trabajadores Temporales y el inmigrante desea regresar después de trabajar 2 o 3 años, la decisión de

regresar a su país de origen es más fácil porque sabe que eventualmente pueden volver a esta nación si lo desean, usando el mismo programa o de otra manera legal.

Por favor note que nadie sabe cuándo o cómo se llevará a cabo esta Reforma de Inmigración. Sabemos que el sistema de inmigración es frágil, obsoleto e irrelevante y puede obstruir la Reforma de Inmigración. Lo mejor es que tenemos un presidente y un congreso que observan estos problemas y están dispuestos a tomar acción.

Hostos Community College

The new president Dr. Matos Rodríguez



English

Dr. Félix V. Matos Rodríguez, who has had a distinguished academic, educational and social service policy career, has been approved by the City University Board of Trustees to serve as president of Hostos Community College. Chancellor Matthew Goldstein had recommended Dr. Matos Rodríguez after a national search.

Dr. Matos Rodríguez is the former Secretary of the Department of the Family for the Commonwealth of Puerto Rico, a cabinet-level post. A *cum laude* graduate of Yale University, where he majored in Latin American Studies, he received his doctorate in history from Columbia University. He has taught at Yale, Northeastern University, Boston College, Universidad Interamericana in San Juan, & CUNY. While CUNY, he served as the director of the Centro de Estudios Puertorriqueños/ Center for Puerto Rican Studies, a nationally recognized research center at Hunter College, for 5 years.



Español

El doctor Félix V. Matos Rodríguez, quien posee una distinguida carrera académica, educativa y de servicio social, ha sido aprobado por la Junta de Síndicos de la Universidad de Nueva York para desempeñarse como presidente del Hostos Community College de El Bronx. El canciller Matthew Goldstein recomendó al doctor Matos Rodríguez luego de una búsqueda a nivel nacional.

El doctor Matos Rodríguez fue Secretario del Departamento de Familia del Estado Libre Asociado de Puerto Rico, una posición de gabinete. Se graduó *cum laude* de Yale University, en donde obtuvo un título en Estudios Latinoamericanos y logró un doctorado en historia de Columbia University. Ha enseñado en Yale, Northeastern University, Boston College, Universidad Interamericana en San Juan y la Universidad de Nueva York. En el CUNY estuvo por cinco años como Director del Centro de Estudios Puertorriqueños en el Hunter College.

Puertorriqueños en el Hunter College.

Dr. Matos Rodríguez succeeds Dr. Dolores M. Fernandez, who served as President of Hostos Community College since 1998. He has published extensively in the fields of migration, women's, Puerto Rican, Caribbean, & Latino studies.

El doctor Matos Rodríguez reemplaza a la doctora Dolores M. Fernández quien tuvo el cargo desde 1998. El doctor Matos Rodríguez ha publicado ampliamente sobre inmigración, la mujer, Puerto Rico, El Caribe y asuntos latinos.

Dr. Matos Rodríguez's expert commentary has appeared in leading newspapers and publications, including *The New York Times*, *El Diario/La Prensa*, *El Nuevo Día*, and *Hispanic Outlook in Higher Education*.

Sus comentarios han aparecido en publicaciones como *The New York Times*, *El Diario/La Prensa*, *El Nuevo Día* y *Hispanic Outlook in Higher Education*.

He has been a program officer at the Social Science Research Council in New York City, & a board member of *Aspira of New York*. Dr. Matos Rodríguez's many awards for community service include a special recognition by the New York City Council during the 2003 Hispanic Heritage Month, and by the New York State Senate and House Puerto Rican Latino Caucus for excellence in education in 2002.

También ha estado vinculado al Consejo de la Investigación en Ciencias Sociales de la ciudad de Nueva York y a la organización *Aspira*. Ha conquistado varios reconocimientos por su servicio comunitario como el del Consejo de Nueva York en el 2003 durante el Mes de la Herencia Hispana y por el Caucus Puertorriqueño y Latino del Senado del estado de Nueva York en el 2002.

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Félix V. Matos Rodríguez
President,
Hostos Community College



Sergeant Desiree Twarog

A Quiet-spoken NCO, but Army Strong!

English

As she shyly sits talking about her parents, how they met, and their adventure in coming to the United States, Sgt Desiree Twarog (pronounced Twah-row) appeared as if she wanted to be anywhere but in this interview.

Ask her about joining the Army, however, and her entire demeanor changes; her eyes light up and her speech becomes animated.

Her mother was a registered nurse who left the Dominican Republic in 1977 for Puerto Rico to work at a hospital when she met her future husband, who was studying to be an architect.

They had a 10-year plan to move to the United States after they married in 1978, but in the interim, her mother moved them back to the Dominican Republic before finally moving to the US in 1993.

The second of three siblings, Twarog was only 10 years old when her family moved to the US, settling in Washington Heights.

By the time her mother was ready to relocate back to the Dominican Republic, however, the quiet-spoken and well mannered 15-year-old rebelled, insisting that she remain in New York City to complete school.

Her parents finally agreed and arranged for her to stay with an aunt and uncle until she graduated high school.

It was while she was attending college in September 2002 that Twarog learned about the Army. A close friend was speaking to a recruiting NCO when he challenged her.

"He was talking to my friend about taking the ASVAB [Armed Services Vocational Aptitude Battery] test, and just asked "What about you? I'll bet you can't score high." I couldn't pass up the challenge, so I went and took it. After that, it was so fast...I joined on September 11, 2002 and shipped out on January 15, 2003.

After basic training and training as an automated logistics clerk, Sgt. Twarog headed north to Fort Drum, NY and the 10th Mountain Division where she deployed to Afghanistan in 2006.

Her personal achievements include Soldier of the Month for November 2004; Soldier of the Quarter, 2d Quarter, Fiscal Year 2005; and the division's prestigious Soldier of the Year for Fiscal Year 2005.

Talk to Sgt Twarog about soccer, salsa dancing and family, but ask her about her Army experiences and she'll light up!



SGT Desiree Twarog enjoys playing soccer during her off-time at Fort Totten, N.Y.

Español

Ella es muy tímida cuando habla sobre sus padres, como se conociera y de sus aventuras al venir hacia los Estados Unidos de América, se le nota que ella le gustaría estar en algún otro lugar menos aquí.

Cuando se le pregunta sobre el Ejército de los Estados Unidos De América la expresión de la cara le cambia enseguida, se le nota el brillo en sus ojos y la emoción cuando habla.

Su madre enfermera graduada quien dejó a la República Dominicana en 1977 para ir a trabajar a un hospital en Puerto Rico y donde conoció a su futuro esposo, él estudiaba arquitectura.

Ellos tenían planeado irse a los Estados Unidos de América en 10 años, después de casarse en el 1978. Los planes no se dieron y ella se regresó a

la República Dominicana y finalmente a los Estados Unidos en 1993.

Twarog solo tenía 10 años cuando su familia se mudó a Washington Heights, NY, ella es la segunda de tres hijos.

Cuando Twarog tenía 15 años su madre decidió regresar a la República Dominicana, y la niña calladita y humilde se reveló insistiendo que ella quería terminar sus estudios de escuela superior en NY.

Sus padres decidieron dejarla con una tía hasta que terminara la escuela.

Cuando ya ella estaba en colegio en septiembre 2002 fue que escuchó sobre el ejército. Escuchó a un amigo cuando él estaba hablando con un reclutador y el reclutador lo retó a que no obtenía un buen porcentaje en el examen para ingresar al ejército

y me pregunto "¿y tú"? Cree que puedes obtener un buen resultado? No pude pasar el reto y fui a tomar el examen. Después todo pasó tan rápido que ingresé al Ejército en Septiembre 2001 y en enero del 2003 me fui a entrenamiento básico

Después de entrenamiento básico Twarog la enviaron a Fort Drum en NY. En el 2006 ella fue a la guerra en Afganistán.

Sus logros personales son Soldado del mes en noviembre del 2004; Soldado de trimestre, segundo trimestre, y soldado del año en el 2005.

La sargento Twarog puede hablar sobre su familia, bailar y/o fútbol, pero cuando ella habla sobre el ejército se le ilumina el rostro con solo hablar sobre sus experiencias en el ejército de los Estados Unidos de América



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Español

Cuidar apropiadamente de su tez durante el verano no es tarea fácil. El cambio de temperaturas puede afectar mucho su rostro hasta volverlo seco, aburrido y con una apariencia sombría, quitándole lo que tiene de radiante. Pero no se asuste, DTM está aquí para que tenga un rostro hermoso.

Una piel radiante y saludable está al alcance de todos. Comencemos con cinco consejos que le ayudarán a lucir hermosa y revitalizarán su piel en la época de verano:

Regálese un facial que incluya un masaje de su rostro. Puede hacerlo durante la hora de almuerzo o una tarde de fin de semana. Su cara se lo agradecerá.

Con cuidado retire las células muertas de su piel para que surjan otras "frescas y radiantes". Trate

su rostro cada semana con un producto rico en encinas que contenga papaya.

Usar una máscara inmediatamente después puede suavizar su rostro, cerrar los poros y redefinir su apariencia facial. Use anti inflamatorios faciales a base de pepino y 'chamomile'.

Resalte su rostro tirando a un lado la pesada y enriquecida crema humectante por una opción suave y sin grasa.

Todos los ojos la están mirando. Elija cremas y gelatinas especialmente elaboradas para la delicada piel alrededor de los ojos con el fin de afirmarlas y reducir las líneas.

Su crema humectante diaria debe de ser suave y fácil de aplicar, con o sin maquillaje. A toda costa debe de evitar las cremas humectantes con grasa (la piel las absorbe) y fragancias (pueden causar

irritación y piel rojiza). Básicamente su humectante debe de proteger e hidratar su rostro con una sola gota y así protegerla del peligro de los rayos del sol del verano. Ambos productos, Cetaphil y Neutrogena son muy conocidos porque protegen la piel y se consiguen en varias tiendas, droguerías y almacenes de descuento, inclusive en lugares como CVS y Walgreens.

Una piel lozana requiere de dos dosis diarias de limpieza, tonificante y humectante. Además, embellezca su figura comiendo alimentos saludables, durmiendo adecuadamente, bebiendo agua y haciendo ejercicios. Prepárese para que esté radiante este verano con un rostro hermoso y para que se vea como nueva.

Get ready to glow this summer!



English

Properly caring for your skin's condition in time for summer can be a challenge. The various temperatures your skin has endured can cause dry, dull, and dreary skin symptoms, leaving a lackluster complexion as a result. Have no fear, DTM's summer fresh skin advice is here!

A radiantly healthy and shiny complexion is just around the corner. Let's get started with five simple tips that will help renew, and revitalize your skin just in time for the summer months:

- Treat yourself to a delicious mini-facial, including a face massage. These can take place during a quick lunch hour break, or during a weekend afternoon. Your face will thank you for it.
- Gently remove the dead skin cells to make room for the new "dewy fresh and glowing" you. Exfoliate your face on a weekly basis with an enzyme-rich product that contains yummy papaya!
- Using a masque immediately afterwards can soothe your skin, tighten your pores, and refine your skin's appearance. Choose chamomile and cucumber-based anti-inflammatory solutions.

- Lighten up your skin care regimen by tossing out the heavy duty, rich moisturizer for a lightweight, non-greasy option.
- All eyes are on you! Select eye gels and creams especially made for this ultra delicate skin that can firm the area, and help reduce fine lines.

Your daily face moisturizer should be lightweight & easily applied with or without makeup. Avoid moisturizers containing grease (sits on the surface and isn't absorbed), & fragrance (can cause redness and irritation) at all costs. Your moisturizer should protect and hydrate your entire face with just a small drop, & protect against the harsh summer sun. Both Cetaphil® and Neutrogena® are well-known skincare lines available at many retail, grocery, drug and discount stores, including CVS and Walgreens.

Healthy skin requires two daily doses of cleansing, toning, and moisturizing. Also, beautify your complexion by eating healthy, sleeping adequately, drinking water, and exercising. Get ready to glow this summer with a lovely fresh face – and a new you!

By Daisy Cabrera



MOVE IT TO LOSE IT: EXERCISE 101

Daily exercise is crucial to maintaining overall health, and it's never too late to jump start a workout routine – even during the summer months! DTM consulted with one of South Florida's leading personal trainers, Albert Valencia, to share some fitness tips with our readers. Certified by the National Council of Strength and Fitness, and the National Academy of Sports Medicine, he also holds certifications in kickboxing & stretching, and a B.A. in Sports Medicine.

Albert stresses that exercise improves physical appearance, benefits the cardiovascular system, aids against aging, builds muscle density, contributes to increased stamina, boosts energy levels, and offers mental health aspects. However, some people don't know where to begin – which is where a personal trainer might come in handy.

Here are his top three exercise tips for beginners:

- Start with cardio (walking, biking, push ups, arm curls, sit ups, squats, and other single movement exercises). If you can't get outdoors, use a treadmill, stationary bike or elliptical machine. 20-30 minutes of cardio three times a week at a comfortable level is perfect. Hint: If you can hold a conversation without losing your breath, you're at good pace!
- Do strength training twice a week for 30-40 minutes. Also, stretch – or do a good warm up, like a light jog – before exercising, as well as afterwards to release lactic acid in the muscles.
- Yoga and Pilates further enhance exercise routines by working on different muscles that aren't typically used during cardio and strength training. Both flexibility and strength Yoga works wonders, and Pilates strengthens the core while complementing weight lifting.

Switch up your exercise routine (higher/lower cardio intensity) every 6-10 weeks when you'll hit a plateau, and realize the difference between soreness and real pain. Feeling sore proves you are using muscles that tire out, and then regenerate typically 2-3 days later. Also, complement your workout routine with proper eating habits. According to Albert, women should consume between 1,200 to 1,500 calories daily in order to lose weight.

Meals should be broken down into 4-6 small mixed portions of fat, protein and carbohydrates. Eat every 2-3 hours to boost your metabolism, with in-between snacks limited to 200 calories apiece. Your highest caloric meal should be breakfast, followed by a substantial lunch and a healthy dinner rich in "good" carbohydrates, such as vegetables.

By Daisy Cabrera



Our recommendations to get in shape

- 1-Change your attitude. Avoid monotony in your daily routine, and be ready to sweat!
- 2-Exercise your whole body. Work on your stomach, legs, neck, arms and back, etc.
- 3-Don't starve yourself. The trick is to eat healthy and not too much at once.
- 4-Have a good breakfast and a few snacks during the day.
- 5-Yoga and pilates are both methods that give you stability and balance.
- 6-Love fats. People are fat-phobic, but some fats are actually good for your body.
- 7-Get the whole package: exercise, learn about nutrients, and liberate your body.
- 8-Don't abuse the treadmill. Control your cardio and do more weight lifting.
- 9-Control yourself. Working out is good, but take time to relax and massage your body.

Español

Muévase y rebaje

Ejercitarse diariamente es lo mejor para mantenerse saludable y nunca es tarde para comenzar a hacer ejercicios, inclusive durante el verano. DTM le consultó a uno de los mejores entrenadores físicos de Florida, Albert Valencia, para que diera consejos a nuestros lectores. Valencia tiene la certificación del Concilio Nacional de Salud y Entrenamiento y de la Academia Nacional de Medicina Deportiva, y también tiene la certificación en kickboxing y un B.A. en Medicina Deportiva.

La rutina de ejercicios de Valencia mejora la apariencia física, beneficia el sistema cardiovascular, conserva la juventud, aumenta la densidad muscular, contribuye a la resistencia, aumenta el nivel de energía y mejora la mente. Sin embargo, algunas personas no saben por dónde comenzar y allí es donde un entrenador personal les puede ayudar.

Estos son los consejos para principiantes:

-Comience con ejercicios cardiovasculares (camine, monte en bicicleta, haga flexiones, ejercite los

brazos y mueva su cuerpo en varias direcciones). Si no puede salir de su hogar, use una máquina para hacer ejercicios o una bicicleta estática. De 20 a 30 minutos de cardiovasculares a un buen ritmo, tres veces a la semana, está perfecto. Sugerencia: Si puede mantener una conversación sin perder el aire, entonces va bien.

-Dos veces por semana haga ejercicios durante 30 o 40 minutos. Además, caliente primero antes de comenzar a hacer ejercicios y una vez termine para liberar el ácido láctico de los músculos.

-El yoga y las pesas ayudan a mejorar la rutina porque hacen trabajar a otras partes del cuerpo que no se esfuerzan durante los ejercicios cardiovasculares. La flexibilidad y la potencia del yoga son excelentes y las pesas complementan la rutina muscular.

Cambie su rutina de ejercicios con niveles altos y bajos de intensidad entre 6 y 10 semanas, cuando vaya a completar una etapa. Entienda la diferencia entre una molestia y un dolor muscular. Una molestia es prueba de que sus músculos están cansados y vuelven a la normalidad a los dos o tres días después. También debe de complementar los ejercicios con buenos hábitos alimenticios. De acuerdo

a Valencia, las mujeres deben consumir entre 1,200 y 1.500 calorías diarias para perder peso.

Las comidas deben de dividirse entre 4 o 6 grupos de grasa, proteína y carbohidratos. Coma cada 2 o 3 horas para mantener su metabolismo y entre las comidas límitese a consumir porciones de 200 calorías cada una. El desayuno debe de ser su mayor consumo de calorías, seguido de un buen almuerzo y una comida rica en carbohidratos como los vegetales.



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Iced Latte

Highly recommended if:

- Your A/C is not working.
- The guy from human resources asked you to stop by his office.
- Your 5 year old daughter asked you where babies come from.



Ingredients: chilled milk, ice and freshly brewed espresso.

user manual.



Mocha

Highly recommended if:

- Your favorite team is losing by 5 in the 9th inning.
- Your girlfriend wants you to go shopping with her.
- Your boss caught you working on your resume.

Ingredients: freshly brewed espresso, chocolate syrup, steamed milk, crowned with whipped cream and a drizzle of chocolate.



Latte

Highly recommended if:

- The weather guy made a mistake "again".
- Your bus left 2 minutes ago.
- You just want to look cool the first day at work.

Ingredients: freshly brewed espresso, and steamed milk.



Hollywood Plastic?



Lindsay Lohan has repeatedly denied having breast implants, but the miraculous expansion of her breasts by two cup sizes can only be possible with plastic surgery.

Halle Berry: from a regular girl to one of Hollywood's most beautiful women.



It seems that perfect Salma Hayek has had rhinoplasty, like all the other celebrities on the list.



Scarlett Johansson transformed from a semi-attractive teenager into a lovely woman with the help of plastic surgery. The smaller nose & cheek implants give her a more exotic look.



Did she, or didn't she, have plastic surgery?

Eva Longoria has undergone some Botox treatments and may fake a tan but she didn't have any surgery done. Her breasts and behind seem to look bigger on pictures thank to Photoshop. What makes Eva so attractive is her inner and outer natural beauty, as well as the CONFIDENCE AND STRENGTH TO BE REAL!



J.Lo had a nose job to make her nose more narrow, as well as cheek implants & lip reduction. Not to mention her signature false eyelashes, which have reportedly been made of mink for red carpet appearances, thereby drawing the ire of PETA.



Not much is real on the *Transformers* girl. New nose, cheek implants, lip-plumping injection, a fake tan, fake eyelashes, dermabrasion treatments to smooth her skin, & the latest addition: small breast implants. Megan Fox has claimed that she often feels insecure about her appearance. Critics accuse her of trying to transform herself into the new Angelina Jolie.



This is Jocelyn Wildenstein -- a wealthy socialite -- who is said to have spent about \$4 million on plastic surgery. That's the danger with plastic surgery: once you start, it is hard to stop. Things like lip injections fade out over time and patients tend to get more and more with each treatment. It's like crack, and it's easy to get hooked and go overboard.

Risk of plastic surgery

- Bleeding after surgery in normal, but too much is a problem and you and your doctor should pay attention because it can result in complications.
- Scarring is related to suture reactions and wound healing. Doctors hide them and you should watch and take care of them.
- Necrosis is a death of tissues due to the lack of oxygen. Allow ventilation on your surgery.
- Bad reaction to anesthesia is very rare and it is always associate with nausea. Call your doctor if you feel vomiting

Riesgos

- Sangrar es normal, pero ponga atención cuando es demasiado.
- Cicatrizar tiene que ver con la sutura y la cura. Están escondidas y debe cuidarlas.
- La muerte de tejidos se debe a la falta de oxígeno. Ventile la herida.
- La reacción a la anestesia produce náuseas. Consulte a su doctor si siente ganas de vomitar.

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makes you sweat



English

Mia St. John looks in the mirror & confirms what she sees. *I am beautiful*, she reminds herself. She repeats it as often as it takes. It starts to manifest from her soul. Mia steps away to get ready for another long day promoting her book, *The Knockout Workout*. She is ready to face the public again and tell her story. To Mia, it's really always been simple: to conquer all is just a state of mind. "The message of the book is, basically, that diets don't work. To overcome the overeating cycle, you have to change your mindset. Love yourself and satisfy yourself with progress over visible evidence of conditioning," she said.

Mia St. John has been many things -- college graduate and model, martial artist and boxer, Playboy centerfold and author. She is also the overseer of her own foundation. "The foundation is called 'El Saber Es Poder.' It's the most important thing I've done. It has always been a goal to help kids rise above by being a role model. It's difficult because in my case I was involved in politics from two countries" -- referring to the United States and Mexico.

The image of perfect health and beauty conceals a life of struggle. The now retired Mexican-American boxer is letting the public in on some secrets, & it has not always been the best of rides. Mia grew up with an alcoholic father: "I first realized what it took to change when I got sober. You must understand: I was doing that from age ten until I was twenty-one. I was hospitalized for an eating disorder. It's the same program. First, you recognize that you are powerless over your addictions. Let go and accept it for what it is. Use your higher power. In my case, I asked God to help me. I meditate and call positive energy. I accept all my faults, as well as my positive aspects. I looked at myself every morning and say, "I love you." I am beautiful. I am intelligent. I love my body," she said.

Mia attended California State University and earned a degree in psychology. She also took Tae Kwon Do, where she earned a black belt. She remembers: "I wanted to compete in Tae Kwon Do in the 2000 Sydney Olympics, but I was too old. So I took up boxing. I wrote a letter to Don King. It helped that I sent a photo. He contacted my manager. I was in the right place at the right time. Soon thereafter, I joined Bob Arum & Top Rank. I put it in my contract that I was to fight on all Oscar de la Hoya undercards. I tried to break the racist stereotype of the boxer."

Mia was one of only a handful of recognized women boxers. She appeared on the cover of *Playboy*, continued to fight the best, and more than held her own. "I took the offer from *Playboy*. Hugh Hefner gave me a lot of money to appear. I was the first Mexican boxer on the cover. It gave me a lot of popularity in the mainstream, so I got a lot back in return. It was worth it," she said.

A special moment took place this year as Mia fought her last fight -- her first in Mexico. It was something she had been looking to for years. "Mexico is very accepting, no matter what. They accept me for who I am. They are my people. I wrote to the WBC and said my last dream is to fight in Mexico. It was incredible to me," said the now-author.

Mia is now concentrating on her book & her foundation work. Looking at her smiling at events & promoting a positive disposition, she is far away from that little girl who had a serious case of low-esteem. Now she reaches out to many, & she finds that she can relate to a generation of kids who know it's OK to look in the mirror...because when you accept the face reflecting back to you, life isn't as hard as it seems.

By Luis Vazquez



Quiérete y rebaja

Mia St. John se mira al espejo. Confirma lo que ve. Recuerda que es hermosa. Y lo repite una y otra vez con insistencia. Se comienza a manifestar desde muy adentro. Luego se retira del espejo para asumir otro prolongado día con el fin de promover su libro 'The Knockout Workout.' Mia está lista a enfrentar a su público y contar su historia. Para Mia siempre ha sido simple. Para lograr hacerlo es simplemente un asunto mental. "El mensaje del libro es básicamente las dietas no sirven. Para controlar el ciclo y dejar de comer es indispensable pensar diferente. Amarse a sí mismo y auto-satisfacerse con el progreso por encima de las evidencias visibles del condicionamiento", dijo Mia.

Mia St. John ha sido muchas cosas. Graduada de una universidad, modelo, especialista en artes marciales y boxeadora, modelo de la Playboy y autora. También supervisa su propia fundación. "La fundación se llama 'El Saber es Poder' y es la cosa más importante que he hecho en mi vida. El objetivo siempre ha sido ayudar a los menores a levantarse y convertirse en modelos de vida. Es muy difícil porque en mi caso siempre estuve en medio de las políticas de dos naciones", dijo Mia refiriéndose a los Estados Unidos y México.

Su imagen con un cuerpo saludable y hermoso no deja ver una vida de dificultades. Ahora es una boxeadora estadounidense retirada y no siempre se ha guardado sus secretos. Tampoco ha disfrutado siempre este proceso. Mia creció al lado de un padre alcohólico. "Me di cuenta que tenía que cambiar cuando no estaba borracha. Hay que entender que tomé licor desde los diez años hasta los veintiuno. Estuve también hospitalizada por desorden en mi alimentación. En realidad es el mimo programa. Lo primero que debe hacer la persona es reconocer que no tiene control sobre esas condiciones. Hay que aceptarlo y dejarse llevar por ese hecho. La persona debe usar un poder superior. En mi caso le rogué a Dios que me ayudara. Use un mediador y llamé a la energía positiva. Así acepté todos

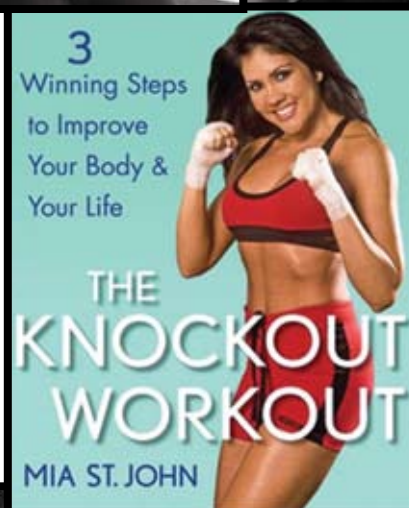
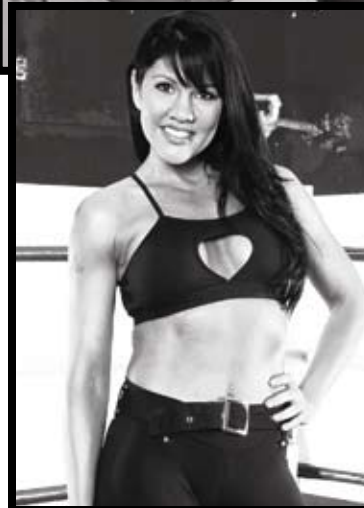
mis errores, al igual que mis aspectos positivos. Todas las mañanas me miraba a mí misma y me decía te quiero. Soy hermosa. Soy inteligente y amo mi cuerpo", Mia continúa.

Mia acudió a la Universidad del Estado de California y obtuvo un título en psicología. También tomó clases de Tea Kwon Do y ascendió hasta cinturón negro. Mia recuerda: "Quería competir en Tea Kwon Do en los Olímpicos del 2000 en Sydney pero ya estaba muy vieja. Entonces me dediqué al boxeo. Le escribí una carta al promotor Don King. Me ayudó que le envié una fotografía y contactó a mi manejador. Reconozco que estaba en el lugar exacto y a la hora precisa. Muy pronto estaba trabajando con Bob Arum de Top Rank. Logré colocar en el contrato que abriría todas las peleas de Oscar de Hoya. Así traté de vencer todos los estereotipos racistas de los boxeadores".

Mia fue una de las pocas boxeadoras reconocidas. Su foto apareció en la portada de Playboy y aún sigue su propia lucha sin desfallecer. "Tomé la oferta de la Playboy porque Hugh Hefner me dio mucho dinero para que lo hiciera. Fui la primera boxeadora mexicana que apareció en la portada de esa revista. Me dio mucha publicidad en el mercado anglosajón y así logré beneficiarme al máximo de esa oportunidad. Mereció la pena", dijo Mia.

Un momento especial tuvo lugar este año cuando Mia peleó por primera y última vez en México. Algo que buscó durante años. "México siempre es especial sin importar lo que suceda. Me aceptaron por lo que soy. Es mi gente. Le escribí a la WBC y les dije que mi último sueño era pelear en México. Fue algo increíble para mí", dijo la autora.

Mia ahora se concentra en su libro y en su fundación. Mirando ahora su sonrisa en eventos y su positiva disposición, está muy lejos de la pequeña que tuvo un caso crónico de poca estima. Ahora entra en contacto con mucha gente que se siente igual y encuentra la forma de relacionarse con la juventud que aprende a mirarse en el espejo y acepta su imagen para reconocer que la vida no es tan difícil como aparenta.



LYMAN GOOD

A Fighter Teaches Through Action



English

The Tiger Schulmann Gym in NJ is alive with young fighters & people who simply want to learn to defend themselves. A chiseled instructor moves around showing a move here or verbally detailing a counter there. The teacher, Lyman Good, is the current Bellator Welterweight Champion, and well-versed in several methods of martial styles.

Bellator is an upcoming Mixed Martial Arts organization. “A lot of schools and most dojos don’t practice what they preach. As a teacher, I would feel like a hypocrite if I couldn’t show that the teaching could be validated. It was a sense of vindication to show that in this tournament,” Good said.

This past June, this young undefeated fighter from Spanish Harlem defeated three very able fighters to acquire a title & the top prize of \$100,000. He went in confident of victory, but was emboldened by those who look up to him. “The major influences on my training are those who rely on you. I went into this selfless, for my supporters: my students. My family is very much a part of my training. It’s a lot of pressure, but it provides motivation to succeed. I want to move them to a better neighborhood, a better life,” Good said.

Good chose Bellator over the more well-known brand X-Elite this past January. At the time, it was a curious choice, but with the collapse of X-Elite, Lyman now is in the driver’s seat. “Bellator is making a difference. When they deliberated on those they wanted to sign, my name came up

through a good friend of mine. It was a risk, but they had faith in me and I reciprocated, and things have gone well. They respect the fighters and put them above the event. They protect the fighters, provide good pay incentives & build name recognition through storylines. We put in the effort and reap the rewards.”

Good has a strong belief in the tradition of the fighting arts: he is a man of honor, and feels responsibility to be a proper role model for his sport. Bellator head Bjorn Rebney also believes this: “Lyman is great for the sport. He looks the part, is articulate, speaks Spanish & English, and is a believer in Honor.” Good adds, “Other groups misrepresent our sport. The fighters are the opposite of what they appear on TV. Parents see the brutality and lack of respect in their storylines. What we teach kids is self-defense. This training empowers a person, and in the street people avoid someone who is self-assured. If you present a strong demeanor, you can avoid fights more often than not.”

Good’s future looks bright: He is set to defend his title against the winner of the second season of Bellator’s Welterweight Tournament. He continues to do the things he loves: being a teacher and embracing whatever opportunities can around. Good said, “The tournament served a purpose because it tested me as a person. Teaching is my true love. It all comes down to the enjoyment I get when a young man is taught to defend himself and acquire a means of self-worth.”

By: Luis Vazquez

Español

El gimnasio Tiger Schulmann de Nueva Jersey se mantiene vital con peleadores o gente que simplemente desea aprender a defenderse. Un instructor rígido se mueve por todo lado enseñando movimientos o hablando sobre un encuentro. El profesor es conocedor de varias técnicas de artes marciales. Se llama Lyman Good y es el actual Campeón Bellator Welterweight. El Bellator es una organización de Artes Marciales Mixtas. "Muchos instructores e improvisados no practican lo que predicán. Como profesor me sentiría como un hipócrita sino pudiera validar mis enseñanzas. Fue una reivindicación lo que hice durante ese torneo", dijo Good.

El pasado junio este peleador sin derrotas del Harlem Hispano derrotó a tres oponentes y adquirió el título y un premio de 100,000 dólares. Enfrentó con seguridad la victoria y fue envalentonado por sus seguidores. "La mayor influencia en mi entrenamiento son esas personas que me siguen y confían en mí. Me olvidé de mí por mis seguidores, mis estudiantes. Mi familia siempre está alejada de mis entrenamientos. Es mucha la presión pero me inspira a triunfar. Y quiero desplazarlos a un mejor vecindario pensando en una mejor vida", añadió Good.

Good escogió Bellator el pasado enero sobre el más reconocido estilo X-Elite. En ese momento fue una escogencia curiosa, pero con el colapso de X-Elite entonces se convirtió en el conductor. "Bellator está haciendo la diferencia. Cuando discutieron a quienes contratar, mi nombre llegó por intermedio de un amigo. Fue un riesgo pero tuvieron confianza en mí y todo salió bien. Respetaron a los peleadores y estuvieron por encima del evento. Protegieron a los peleadores, les proveyeron un buen salario e hicieron crecer la marca con sus historias. Pusimos esfuerzo y obtuvimos recompensa".

Good cree en la tradición de las artes marciales. Tiene honor y siente la responsabilidad de ser un ejemplo para su deporte. Bjorn Rebney, el líder del Bellator así lo cree: "Lyman favorece a este deporte. Nos representa bien, es articulado, habla español e inglés y cree en el honor". Good está de acuerdo: "Otros grupos no representan este deporte. Los peleadores son lo opuesto a lo que muestran en la televisión. Los padres ven la brutalidad y la falta de respeto. Lo que nosotros les enseñamos a los niños es auto defensa. El entrenamiento le da seguridad a las personas y les enseña a evitar problemas en la calle. Si usted sabe comportarse puede evitar las peleas".

El futuro de Lyman Good luce bien. Defenderá su título contra el ganador de la segunda temporada del torneo Bellator's Welterweight. Continúa haciendo lo que ama, ser profesor y aprovechando las oportunidades. Good está de acuerdo: "El torneo cumple su propósito porque me desafía como persona. Enseñar es mi verdadero amor. Todo se convierte en el placer de saber que un joven está aprendiendo a defenderse y adquiriendo el respeto propio".



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las calles y en el ring de
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1. Gisele Bündchen

She eats cheeseburgers and doesn't have any problem being naked. "I am very athletic, so I guess because of that I get to eat what I want," she said. After eating, she just jumps on the treadmill and loses all the calories. Gisele is a hot woman with a fast metabolism. Good for her.

2. Eva Mendes



She said that she never puts emphasis on losing weight, but on bettering her life. "I don't succumb to the pressure in Hollywood to be thin because I am what I want to be, to feel good inside and out," Eva said. She has a trainer to plan her time at the gym and be in shape.



3. Shakira

To get those moves, you need to do a lot of exercise. Her hips don't lie: she doesn't eat that much & she's always on the move, planning and doing things all over the world. The most important thing for her is to look great when she dances on stage. Shakira's secret: keep dancing all day long.

To look this good she goes to the gym several times per week under the supervision of a personal trainer. Her motto: Don't get desperate, keep exercising, eat well and healthy, and feel ultra-confident wearing next to nothing.

CELEBRITY



4. Eva Longoria

1. Gisele come de todo, incluyendo hamburguesas y simplemente hace mucho ejercicio para quemar las calorías.
2. Mendes prefiere vivir la vida a plenitud y no preocuparse demasiado por la dieta y los ejercicios, aunque tiene un entrenador que la orienta.
3. Shakira se ejercita constantemente para poder mantenerse en forma y lucir bien cada vez que sube al escenario a bailar. Tampoco como mucho y su secreto es bailar y bailar. Mueve las caderas.
4. Longoria acude al gimnasio con frecuencia y considera que no es necesario desesperarse, hay que hacer ejercicios, comer bien y sentirse segura usando poca ropa.



5. Will Smith

All these movies keep Will very busy and fit. Running around is sometimes the best exercise someone can do. The movie *Ali* also helped him get in shape. Former boxer Sugar Ray Leonard trained this black actor for more than a year and it shows in his body. Good move!

This actor is always pushing people to exercise, and to create a better relationship with nature. "I put in a garden myself because I was inspired. I am growing zucchini, lettuce, tomatoes, strawberries and corn," Adrian said. He wants to take this approach to the set of *Entourage*.



7. Adrian Grenier

WORKOUT



6. Mario Lopez

This TV star looks very fit and healthy, and we're pretty sure he does lots of exercise during the day. "I still go to the gym to fight amateur bouts with guys who are trying to make it in boxing," said López. "You can get knocked out, but don't get disfigured."

8. Matthew McConaughey

Matthew McConaughey is known for working out in the outdoors. He does body-weight calisthenics, & works out with rocks. Matthew also knows how to keep fit with exercise & eating well. People can see him running in different parts of California and taking the time to say "hello" to his fans.



5. Will es un actor que se prepara muy bien para desempeñar sus papeles y se entrenó durante más de un año para interpretar al ex boxeador Mohamed Ali.

6. Mario luce muy bien y su método es hacer mucho ejercicio y subirse al cuadrilátero a enfrentarse con boxeadores que lo pueden tirar a la lona, pero no desfigurarlo.

7. Adrian siempre está conversando con la gente para que hagan ejercicio y establezcan una mejor relación con la naturaleza. Tiene su propio jardín y ha sembrado vegetales.


8. Matthew hace mucho ejercicio al aire libre en California, usa pesas, come bien y le queda tiempo para decir "hola" a los fanáticos que salen con entusiasmo a saludarlo en los parques y en las playas.

FASHION DESIGNER



ISABEL TOLEDO

ENTERTAINMENT



Fashion designer Isabel Toledo says she wants people to go to her exhibition at the Fashion Institute of Technology (FIT) in Manhattan because it highlights what she loves most in life: "My passion, my love for sewing."

English

Toledo's referring to her exhibition, "Isabel Toledo: Fashion from the Inside Out," which will run until September 26. The exhibition showcases 25 years of her career as a fashion designer and displays more than 70 iconic looks. "I feel that my career just started," she says. "I worked hard and people accepted my designs and stores have opened the doors for me."

The exhibition includes the ensemble worn by First Lady Michelle Obama on Inauguration Day last January. This is the first time the dress and matching coat is being shown to the public. The First Lady has spoken highly of the design, saying, "I absolute adored my Inauguration Day ensemble designed by Isabel Toledo, and I am happy it will be part of the exhibit, so that others can appreciate the creativity and craftsmanship of one of America's great female designers."

Isabel Toledo's husband and Illustrator Rubén Toledo proudly talks about her work. "This exhibition represents the technical and poetic process involved in Isabel's creations," he says. "It is a language, a vocabulary, a way to communicate with the people who love clothing."

The exhibit also includes Isabel Toledo's work as creative director of Anne Klein and drawings and mannequins by Mr. Toledo. They have been working together for decades.

Ms. Toledo was born in Cuba in 1961 and met her future husband in high school. Her first fashion show was in 1985 and now she is known as "the designer's designer" and "cult figure in fashion." Designers like Calvin Klein and Narciso Rodriguez have praised her work because she's always creating a trend in fashion.

"I never thought of myself as a designer," says Toledo as she proudly stands next to her dresses at FIT. "I'm a seamstress. I really love the technique of sewing more than anything else. The seamstress is the one who views fashion from the inside. That's the art form really: the technique of how it's done."

The exhibition has several themes to describe her work. The section Origami includes garments with simple shapes. Suspension refers to jersey and taffeta dresses. Liquid Architecture features jersey sensual dresses. Shadow examines the interplay of the transparent and the opaque. Manipulated Surfaces is about how Toledo treats the fabrics. Organic Geometry refers to her combination of the intuitive and geometric forms.

Go and see the exhibit: it doesn't cost a penny!

By Javier Castaño

Español

Alma de costurera
 La diseñadora de ropa Isabel Toledo desea que la gente visite su exhibición en el Fashion Institute of Technology de Manhattan (FIT) porque allí se encuentra lo que más ama en la vida: "Mi pasión y amor por la costura". Toledo se refería a su exhibición "Isabel Toledo: Fashion from the Inside Out" que estará abierta al público hasta el 26 de septiembre. La exhibición examina 25 años de su carrera como diseñadora de ropa y posee más de 70 estilos diferentes. "Siento como si mi carrera apenas comienza", dice Toledo. "Trabajo fuerte y la gente acepta mis diseños y las tiendas me abrieron sus puertas". La exhibición incluye la prenda que vistió la Primera Dama Michelle Obama el día de la posesión de su esposo el pasado enero. Es la primera vez que este juego de vestido y abrigo se muestra al público. La Primera Dama se ha expresado muy bien de ese diseño: "Adoro mucho esa combinación de vestido y abrigo que usé durante la posesión, el cual fue diseñado por Isabel Toledo. También me siento contenta de que sea parte de la exhibición para que otras personas puedan apreciar la creatividad y la destreza de una de las mejores diseñadoras de esta nación". Rubén Toledo, el esposo de Isabel, quien también es ilustrador, se expresa orgulloso del trabajo de su esposa: "Esta exhibición representa el proceso técnico y poético que envuelven las creaciones de Isabel. Es un lenguaje, un vocabulario, una forma de comunicarse con la gente que ama la costura". La exhibición también recoge el trabajo de Isabel Toledo como directora creativa de Anne Klein y los dibujos y maniqués de Rubén Toledo. Han trabajado juntos por varias décadas. Isabel Toledo nació en Cuba en 1961 y conoció a quien se convirtiera en su esposo en la escuela secundaria. Su primer show de fashion fue en 1985 y ahora es reconocida como "la diseñadora de diseñadores" y "el culto a la figura en fashion". Dis-

añadores como Calvin Klein y Narciso Rodríguez han hablado bien de su trabajo porque siempre ha impuesto tendencias en el diseño de ropa. "Nunca me consideré una diseñadora", dice Toledo muy orgullosa al lado de sus vestidos en FIT. Soy una costurera. Realmente amo la técnica de cocer más que cualquier otra cosa. La costura viene de la persona que observa el diseño desde adentro. Es realmente una forma de arte: la técnica de cómo es que se hace". Esta exhibición esta organizada para describir varias temáticas de su trabajo. La sección Origami incluye vestidos de formas simples. Suspension se refiere a vestidos tafetán y jersey. Los vestidos sensuales y jersey están en Liquid Architecture. Shadow examina la relación entre lo transparente y lo opaco. La sección Manipulated Surfaces se refiere a la forma como Toledo manipula los tejidos. Y Organic Geometric se refiere a la combinación de la intuición y las formas geométricas. Vaya y vea la exhibición. No cuesta un centavo.

velvet jersey dresses
 Fashion by
 Isabel Toledo;
 Artwork by
 Ruben Toledo



Diamond Draped Bodice Dresses, finished and unfinished, fall 2005
 White rayon jersey
 Photograph by William Palmer



Redneck dress, Spring/Summer 1998
 Black lace, organdy, nude chiffon, red chiffon
 Photograph by William Palmer

Toledo for Obama
 Lent by First Lady Michelle Obama.
 Photographs by Irving Solero,
 ©The Museum at the Fashion Institute of Technology, New York

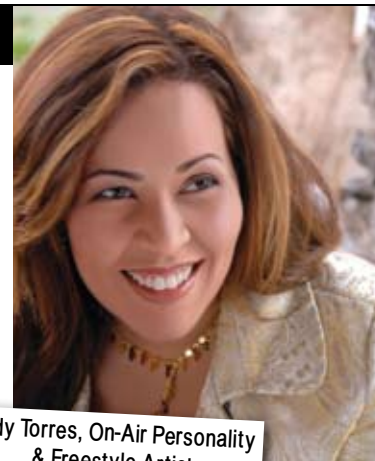


English

I had sex with my roommate's boyfriend.

Victoria and I have lived together for almost 2 years, & have been friends for almost 10 years. She's beautiful, has the perfect body and is often the center of attention. I always felt jealous, which is why I started to flirt with her boyfriend. I never thought I had a chance, but now he comes over when she's not home. Last week, we slept together. I feel horrible about this, but at the same time very satisfied: like I won a game. But now that I slept with him, I don't want to see him anymore, & I also don't want her to find out. Everything is so complicated because we live together and she is my best friend.

Kat (25)



Judy Torres, On-Air Personality & Freestyle Artist

Dear Kat,

I have three words for you -- Integrity, Character and Self-Esteem! Integrity: the ability to follow your own morals & ethical principles. What are your morals? I'm sure that sleeping with your best friend's boyfriend doesn't apply here. Character refers to qualities of honesty, courage and good repute. There's nothing honest about what you've done. It may have taken courage to do this, but now you're left with fear: fear she'll find out and you'll never be friends again, fear he'll tell on you, and fear your good name will be tarnished. Self-esteem is a realistic respect for oneself, and here is where your problem lies: Where is your self-esteem? I believe the reason you even did this was because you needed to feel wanted, desired, special -- YOU needed to feel like the center of attention. Well, you are now! But not in a good way.

I know how you feel: I have a friend who is GORGEOUS -- and she knows it. I've had my moments where I secretly wished she'd lose her hair or gain 100 pounds. But she's my friend. I knew, deep down, that I just didn't feel good about myself. So I took the things I admired about her & applied them to myself. For example, she always took good care of her hair and nails. So I spoke with her and now get my hair done with her...LOL. God has a sense of humor: He made us all different. Some are gorgeous, some fat, some thin, some tall, some short. But God also has put something good in each of us, and you just have to find out what those good qualities are. It's those good qualities that make you beautiful. We often make the mistake of comparing ourselves to others, but we can't do that. When the day is over, no matter how bad we wished we looked like someone else, we look in the mirror and there we still are.

So you weren't feeling desired or beautiful, and your beautiful friend's boyfriend paid good attention. You got what you wanted and said that at the time you "won the game." What game? Are you secretly angry at her about something and got even? Stop sleeping with her boyfriend. Decide whether or not to tell her about what happened. You may lose her friendship, but you will regain your integrity. Move out and create some space so you can think about everything, and your character will re-emerge. Look in the mirror and do some reflecting: find out what you're missing that you don't think YOU are beautiful. Work on being a good person, don't play the "game," and you will have your self-esteem back. If you do tell her, I hope she forgives you...but if not, consider this an expensive, but necessary, lesson you had to learn in life. All my best to you!

Español

Me acosté con el novio de mi amiga

He sido amiga de Victoria por 10 años y vivimos juntas durante dos años. Ella es hermosa, con un cuerpo escultural y con frecuencia es el centro de atención. Siempre he sentido envidia y por eso comencé a coquetear con su novio. Nunca pensé que podría conquistarlo, pero ahora me visita cuando mi amiga no está en casa y la semana pasada nos acostamos. Me siento muy mal, aunque al mismo tiempo muy satisfecha de haber ganado éste juego.

Querida Kat,

Tengo tres palabras para ti: Integridad. Carácter. Amor propio. Integridad es la habilidad para seguir tus principios morales y éticos. ¿Cuál es tu moral? Estoy segura que acostarse con el novio de tu amiga no es el caso. El carácter se relaciona a la honestidad, el coraje y la buena reputación. No hay nada honesto con lo que hiciste. El amor propio es respetarte a ti misma. He aquí la raíz de tus problemas. ¿En dónde está tu amor propio? Creo que la razón por la cual hiciste esto es porque necesitas sentirte deseada y especial. Necesitas ser el centro de la atención. Bueno, por fin lo lograste, pero no de una buena forma. Yo se cómo te sientes. Tengo una amiga que es hermosa y ella lo sabe. En muchas ocasiones he deseado en secreto que pierda su cabello o aumente unas 100 libras. Sin embargo, ella es mi amiga. En lo más profundo de mí ser no me sentiría bien haciéndole daño, así que usé las cosas que admiro en mi amiga y las apliqué conmigo misma.

Por eso es que Dios nos hizo a todos diferentes. Algunos son hermosos, otros gordos, flacos, altos y bajos. Pero Dios también puso algo bueno en cada uno de nosotros y tú simplemente tienes que hallar esas buenas cualidades. Son esas cualidades las que te hacen hermosa. Es muy usual que caigamos en el error de compararnos con los demás y es mejor no hacerlo. Así que no te sentías deseada y amada y el novio de tu amiga estoy segura que se dio cuenta. Tú obtuviste lo que estabas buscando y en ese momento dijiste que ganaste el juego. ¿Qué juego? De alguna manera secreta ¿estabas disgustada con tu amiga y decidiste vengarte? Deja de acostarte con el novio de tu amiga. Decídate si le vas a contar o no a tu amiga lo que pasó. Quizás pierdas una amiga, pero vas a recuperar tu integridad. Avanza y así crearás un espacio para que tengas la oportunidad de pensar sobre tu vida y tu carácter surgirá una vez más.



Tony winner David Alvarez



English

David Alvarez is a true Latino who would move his expressive wide eyes towards you and whisper, "Trust me, I did not expect this at all," after winning the 2009 Tony® award for Best Performance by a Leading Actor in a Musical, which he sportingly shared with Trent Kowalik and Kiril Kulish. They're all playing the leading role in the musical *Billy Elliot*.

A plain ballet student when asked to audition for the Broadway show, his immediate reaction was to say, "it's a dream come true," when he found himself a winner, not recollecting his reluctance to go into acting, singing and tap lessons to join the celebrated cast for this musical that picked up 10 Tony® awards, including Best Musical. David is a regular guy born in Montreal, Canada to Cuban parents, who speaks Spanish at home, French in the streets of Montreal, and English (with a slight British accent) onstage. However, English is still David's third tongue to command, making him an outstanding role model for our Latino youth!

David's had no interest for those post-awards show parties. After cameras stopped shooting, he politely excused himself, saying, "I'd been up since 6 a.m. I'm kind of... exhausted," and went home. But he attracted critics' attention from the start. McNulty from the *LA Times* called him "an absolute marvel of balletic grace," and, rounding up his thoughts on the show, said, "When Alvarez lifts his arm or torques his body, all the Broadway schlock is momentarily banished, and the stakes of

Billy's Royal Ballet School audition assume an almost life-or-death importance".

Ben Bradley, the heavy-weight ballet reviewer at the *NYTimes*, had this to say: "Mr. Alvarez, a natural lyrical dancer, exudes just the right air of conviction and perplexity. This Billy can't articulate his need for dance, but he understands the potency and worth of his emotions."

A born winner, David received a scholarship to Jacqueline Kennedy Onassis School at American Ballet Theatre (ABT) in 2005. In 2008, Alvarez was included in the top 20 young ballet dancers to be watched by *Dance Spirit Magazine*. While enrolled in classical piano at the 92nd Street Y School of Music (where he's been since 2006), he received the Recanati-Kaplan Merit Scholarship. You can enjoy a video of David's standing ovation at "Electricity" from *Billy Elliot* at the 92nd Y School website.

By Nilda Tapia



Estrella de Broadway

David Alvarez es un latino de verdad, que te mira con sus expresivos ojos mientras susurra: "Créame, nunca me esperé esto", luego de ganar el Tony 2009 por Mejor Actuación del Papel Principal en Musical, que sin reparos compartió con los jóvenes Trent Kowalik y Kiril Kulish, todos personificando el papel principal del Musical Billy Elliot.

Un simple estudiante de ballet cuando lo convocaron a audicionar para el show de Broadway, su respuesta inmediata fue "Es un sueño hecho realidad", al verse ganador, sin recordar su rechazo al comienzo cuando estimó que tenía que estudiar actuación, canto, y zapateado americano para ser parte del celebrado elenco de este musical que

ha levantado 10 premios Tony, incluyendo el de Mejor Musical. David es un chico sencillo nacido en Montreal, Canadá de padres cubanos. Habla español en casa, francés en las calles de Montreal e inglés con un leve acento británico en el escenario. Pero el inglés no deja de ser su tercera lengua, un modelo a seguir para nuestra juventud latina.

Su interés por las fiestas después de la entrega de Tonys no era muy especial. Luego de que las cámaras cesaran de fotografiarlo, se excusó diciendo. "Me he levantado a las 6 a.m. Estoy exhausto." Pero David Alvarez atrajo a la crítica desde un comienzo. McNulty del LA Times lo calificó como "una absoluta maravilla de gracia del ballet" y al concluir su opinión sobre el show dijo: "Cuando Alvarez levanta su brazo y tornea su cuerpo, toda la efervescencia de Broadway se desvanece momentáneamente, y la parte de Billy al audicionar para la Escuela del Royal Ballet, asume

una importancia de vida o muerte".

Ben Bradley, el peso-pesado del ballet en el NY Times dijo: "Alvarez, un bailarín lírico natural, exuda justo ese aire que convence y asombra. Este Billy no articulará esa necesidad de bailar, pero comprende el potencial y el peso que tienen sus emociones".

Ganador nato, David recibió una beca para la escuela de ballet del ABT en 2005. En 2008, su nombre estaba entre los 20 jóvenes bailarines a observar, según el Dance Spirit Magazine. Enrolado en clases de piano clásico, en la Escuela de Música de la 92nd Street Y, recibió una beca Recanati-Kaplan por mérito. Un video en la página web de la "92nd Street Y" muestra a David aclamado de pie por su interpretación de "Electricity" de Billy Elliot.



Rebels with a Cause

English

The music of Rebel Diaz can be described in many ways – socially conscious rap, influenced by Latino rhythms, or lyrical descendants of Rage Against the Machine and Public Enemy – but the bottom line is that their music is aimed at an audience that demands more substance than style. In this regard, they do not disappoint.

Originally from Chicago, but now based in the Bronx, the trio consists of Teresita Ayala (Lah Tere), Rodrigo Venegas (Rod Starz), and Gonzalo Venegas (G1). Lah Tere is the daughter of educators, while Rod Starz's parents were Chileans who were exiled to England due to Pinochet's dictatorship. Besides performing, Starz is active as a community organizer, revolving around such issues as police brutality, immigrants' rights, and gentrification concerns. As Starz's younger brother, G1 was also heavily influenced by their parents' political status, along with 90's rap artists like KRS-ONE and Gangstarr. He attributes his adolescent years spent in Chile as crucial to his musical development. Along with Lah Tere, the Afro-Caribbean energy of the group (who has an impressively crisp delivery), Rebel Diaz has performed at The House of Blues, SOB's and, most recently, at Celebrate Brooklyn, sharing the bill with Obie Bermudez and Cucu Diamantes. Their solidifying moment came when they were invited to perform at the NYC Immigration Rally in 2006 in front of thousands of people.

Their political activism is both a professional and personal vocation, and inseparable from the music. The brothers' own legal battles with the NYPD have received much media attention: they were involved in a physical altercation with police in June of 2008 while they tried to interpret English for a street vendor that they felt was being harassed. G1's apartment was subsequently raided by police, which he believes was a direct result of the dispute. This experience spawned the song *Bullpen Therapy*. Despite (or perhaps because of) their struggles, their new album is due to be released in the fall of 2009.

For more information and to hear their music, go to rebeldiaz.com.

By Glendaliz Camacho

Español

Rebeldes con causa

La música de Rebel Díaz puede describirse de muchas formas –de conciencia política, influenciada por los ritmos latinos o de descendencia lírica de Rage Against the Machine y Public Enemy, pero lo único cierto es que su música está dirigida a una audiencia que demanda más sustancia y estilo. Con esas expectativas están satisfaciendo a su audiencia.

Se originó en Chicago y ahora con sede en El Bronx, el trío lo integran Teresita Ayala (Lah Tere), Rodrigo Venegas (Rod Starz) y Gonzalo Venegas (G1). Lah Tere es hija de educadores, mientras que los padres de Rod Starz fueron exiliados chilenos en Inglaterra debido a la dictadura de Pinochet. Además de presentarse en escenarios, están inmiscuidos en actividades de la comunidad relacionadas a la violencia policial, los derechos de los inmigrantes y el proceso de desplazamiento. Como el hermano menor de Starz, G1 estuvo fuertemente influenciado por el estatus político de sus padres y por los artistas de los 90 como KRS-ONE y Gangstarr. Atribuyen los días de adolescencia en Chile como muy cruciales en su madurez de músicos. Con Lah Tere, la influencia afro-caribeña del grupo que posee un tono arrrollador, Rebel Diaz se ha presentado en House of Blues, SOB's y más recientemente en Celebrate Brooklyn, compartiendo con Obie Bermudez y Cucu Diamantes. Su momento de consolidación llegó cuando fueron invitados a presentarse en la protesta de inmigración en la ciudad de Nueva York en el 2006 frente a miles de personas.

Su activismo político no es simplemente una vocación profesional sino personal e inseparable de su música. Las batallas de los hermanos contra la policía han recibido su debida atención. Estuvieron envueltos en una confrontación física en junio del 2008 cuando trataban de traducir para un vendedor ambulante que consideraron que estaba siendo molestado. El apartamento de G1 fue invadido por la policía y él considera que fue debido al incidente con la uniformada. Aunque el incidente generó la canción *Bullpen Therapy*. A pesar de su lucha o quizás debido a esta, su nueva producción saldrá en el otoño de este año.

Para más información o para escuchar este grupo, vaya a rebeldiaz.com

New Releases

July 13, 2009

Toño Rosario – *Los Mega Exitos en Vivo*

A heavy-weight of merengue, Dominican singer Toño Rosario has a discography that stretches back to 1990 – and that is only as a solo artist. Prior to that, he enjoyed a successful career alongside his brothers in the group Los Hermanos Rosario. A charismatic and wildly inventive performer, Toño's latest release is comprised of live versions of his songs.

Zacarias Ferreira – *Te Dejo Libre*

With his sweet & mournful voice, *bachatero* Zacarias Ferreira has enjoyed a string of hits and two *premios Cassandra* since 2000. This new album follows the vein of romantic *bachata*, like his most recent hit, *Dime Que Falto*.

July 28, 2009

Omega – *El Dueño del Flow*

Arguably the most popular singer of the offshoot of merengue known as *merengue de calle*, this Omega release contains his most popular songs with infectious, fast-paced rhythms like *Que Tengo Que Hacer*, *Tu No Ta Pa Mi*, and *Si No Me Amas*. Guest appearances on the album include Rakim y Ken-Y & Toby Love.

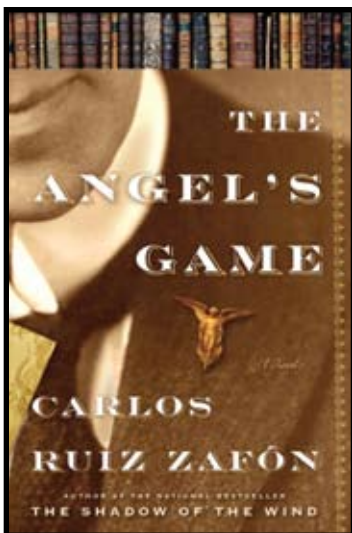
August 25, 2009

Rocio Durcal – *Duetos*

The late, great Spanish singer Rocio Durcal was well-loved and highly respected internationally, especially in Mexico. With a throaty and powerful voice and an elegant style, she was known in her later years as a *ranchera* singer and worked with many notable singer/songwriters like Juan Gabriel and Marco Antonio Solís. This latest offering proves she may be gone but not forgotten.

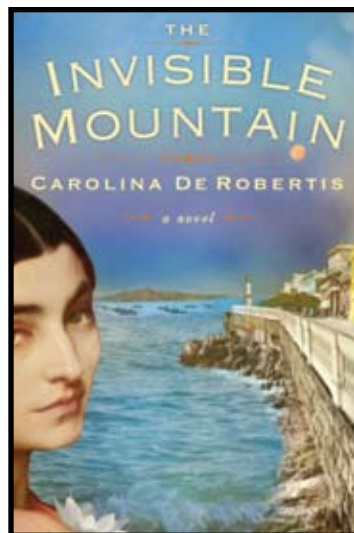
By Glendaliz Camacho





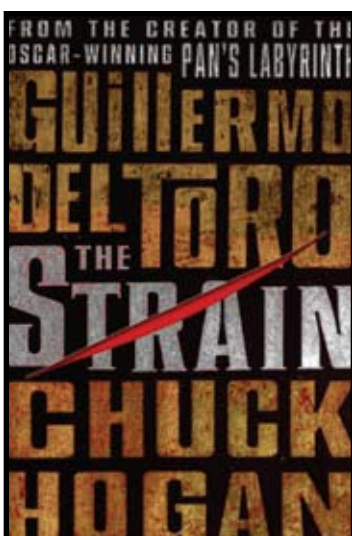
The Angel's Game
by Carlos Ruiz Zafón
(Random House)

This is the highly anticipated second novel by Zafón, which is a prequel to *The Shadow of the Wind*. David Martin is born into poverty but becomes a successful novelist with the help of his benefactor Pedro Vidal. He writes two novels: one for Pedro to call his own, one for himself. Pedro's book becomes notable while David's is panned. Pedro then marries the love of David's life. To make matters worse, David accepts a proposal to write a story that makes him a prime suspect in a series of murders.



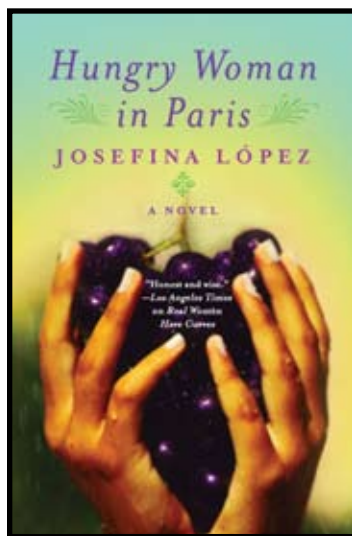
The Invisible Mountain
by Carolina De Robertis
(Knopf)

This epic family saga examines the lives and loves of three generations of Uruguayan women: Pajarita, the matriarch who begins the family with her Italian immigrant husband Ignacio; Eva, Pajarita's beautiful daughter, who longs to be a poet and is in love with a man who can't return her feelings; and Salome, Eva's daughter, whose political convictions put her in the path of guerrilla fighters.



The Strain
by Guillermo del Toro and Chuck Hogan
(HarperCollins)

The Strain is the first entry from a vampire trilogy co-written by del Toro, who wrote and directed the critically acclaimed *Pan's Labyrinth*. The trilogy revolves around a vampire virus that strikes New York City.

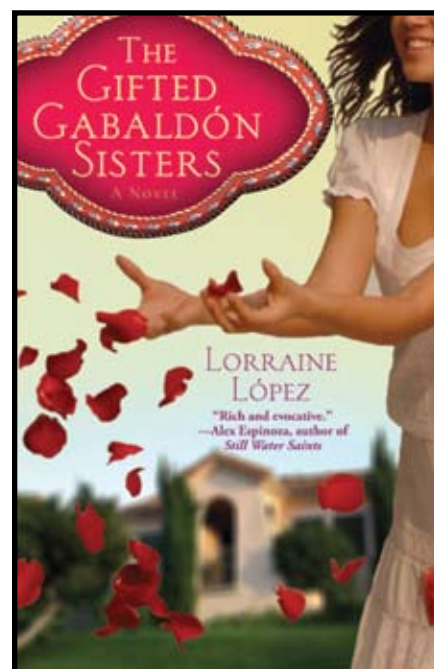


Hungry Woman in Paris
by Josefina Lopez
(Grand Central Publishing)

From the co-screenwriter of *Real Women Have Curves*, this book introduces Canela: a journalist and activist who escapes to Paris after breaking off her engagement, experiencing career frustrations & the death of her cousin/best friend Luna. In Paris, Canela enrolls into cooking school, where she gains enough strength and insight to eventually return home and deal with her cousin's death.

Summer Reading

By Glendaliz Camacho



The Gifted Gabaldón Sisters
by Lorraine Lopez
(Grand Central Publishing)

A master short-story writer and novelist, Lopez spins a tale about the Gabaldón sisters being raised by their elderly housekeeper, Fermina, who promises to leave each one a special "gift" upon her death. The eldest, Bette Davis Gabaldón, thinks her gift is the power to make anyone believe her stories. Loretta Young Gabaldón believes her power is the ability to heal animals while sister Rita Hayworth Gabaldón thinks she can curse her enemies. Lastly, little sister Sophia Loren Gabaldón is certain her talent for making others laugh is her inherited gift. But the sisters soon find out their gifts come with more complications than they had originally realized.

SHORTS

Conceived by Robert Rodríguez

English

"My children have been involved in every one of my family films. Whether they are stunt kids, or on-screen robot kids, or featured spy kids beating up on other stunt men, they have always done their part of helping out in the family movie-making business," said Robert Rodríguez, writer/director of the new film *Shorts* that opens nationwide on August 21st.

"My son Rebel was so enthralled with this idea of a rock that looked like a rainbow that I thought about making it a magic rock that could be found by the kids under a rainbow after a giant storm. What if this rock

could make wishes? So I tried it out on my boys, and asked them, 'If you had a magic rock and could wish for anything, what would the wish be?'

"My 6 year old said, 'ummm to have a butt for a head.'

"My 8 year old said, 'to be a potato.'

"I said, 'OK. Well, I'd wish for a million more wishes,' Rodríguez said.

Welcome to Black Falls, where all the houses look the same and everyone works for Black Box Unlimited Worldwide Industries Inc., whose Mr. Black's Black Box is the ultimate communication and do-it-all gadget that's sweeping the nation. Other than keeping his parents employed (Jon Cryer, Leslie Mann), however, Mr. Black's Black Box has done

nothing for 11-year-old Toe Thompson (Jimmy Bennett), who just wants to make a few friends...until a mysterious rainbow-colored rock falls from the sky, hits him in the head and changes everything. The Rainbow Rock does Mr. Black's Black Box one better: it grants wishes to anyone who holds it.

Written and directed by Robert Rodríguez, *Shorts* stars Jon Cryer, William H. Macy, Leslie Mann, James Spader, Jimmy Bennett, Kat Dennings, Trevor Gagnon, Devon Gearhart, Leo Howard, Rebel Rodríguez, Jake Short and Jolie Vanier.



Español

"Mis hijos siempre han estado inmiscuidos en mis películas. Cuando hacen doblajes, como robots o como niños espías que golpean a personas adultas en el rodaje, siempre han ayudado al negocio familiar de hacer películas", dijo Robert Rodríguez, escritor y director de la nueva película *Shorts* que se estrena el 21 de agosto a nivel nacional.

"Mi hijo Rebel estaba muy cautivado con la idea de una roca que se parece a un arco iris y pensé en hacer una roca mágica que pudiera ser hallada por los niños bajo un arco iris luego de una gigantesca tormenta. Y

qué sucedería si esta roca pudiera otorgar deseos. Así que decidí intentarlo con mis hijos y les pregunté que si tuvieran una roca mágica y pudieran adquirir cualquier cosa, entonces qué desearían.

Mi hijo de seis años dijo: "ummm tener una nalga como cabeza".

Mi hijo de ocho años dijo: "ser una papa".

Yo dije, está bien y quiero que reciban millones de deseos más", continuó Rodríguez.

Bienvenidos a Black Falls, en donde todas las casas lucen iguales y toda la gente trabaja para Black Box Unlimited Worldwide Industries Incorporated y el Black Box del señor Black es el más reciente invento de comunicación que lo hace todo y se está tomando la nación. Además de mantener a sus padres empleados (Jon Cryer y Leslie Mann), el Black Box no ha hecho nada por su hijo

de 11 años Toe Thompson (Jimmy Bennett) quien simplemente desea nuevos amigos... hasta que una misteriosa roca con los colores del arco iris cae del cielo, le pega en la cabeza y cambia todo. La roca le hace algo mejor al Black Box del señor Black: otorga deseos a todo aquel que la sostenga.

Shorts fue escrita y dirigida por Robert Rodríguez y tiene como estrellas a Jon Cryer, William H. Macy, Leslie Mann, James Spader, Jimmy Bennett, Kat Dennings, Trevor Gagnon, Devon Gearhart, Leo Howard, Rebel Rodríguez, Jake Short y Jolie Vanier.

More Latino Films

HBO/NYILFF

From July 28 to August 2, the New York International Latino Film Festival (NYILFF) celebrates its 10th Anniversary. This year, the festival has two new venues: the Clearview Chelsea Cinemas on 23th Street (bet. 7th and 8th Aves.) & the Visual Arts Theater on 23rd Street (bet. 8th & 9th Aves.) Tickets can be purchased at www.NYLatinoFilm.com

"This festival began as a dream project and we've grown in size and stature, along with our community," said Calixto Chinchilla, executive director.

Among the premieres at this festival: *La Mission*, starring Benjamin Bratt, Jesse Borrego, Erika Alexander, Jeremy Ray Valdez and Talisa Soto Bratt. This movie is a story of a man's journey toward redemption through his struggle with violence and homophobia. You can also catch *Where God Left His Shoes* with John Leguizamo (July 29); *Don't Let Me Drown*, directed by Dominican Cruz Angeles; *The Line (Closing Night, August 1)*; and *Calle 13, Sin Mapa*, a fusion of urban music and pan-regional sounds.

Brazil at MOMA

From now through August 3rd, the Museum of Modern Art (MOMA) in Manhattan will present contemporary movies from Brazil. A total of 22 movies will be presented, including: *Beyond Ipanema: Brazilian Waves in Global Music* (2009) by Guto Barra and Béco Drano; and *Moscou* (2009) directed by Eduardo Coutinho. For more information, call the MOMA or visit www.moma.org

Do not miss this!

"Most love stories told by Hollywood are just bullshit," said Joseph Gordon-Levitt, the star of the indie romance *500 Days of Summer* (opening July 17th).

new technology

Jump in or get lost

English

The traditional media has had to adapt to some major changes in the last couple of years. The advent of the Internet has totally revolutionized the way in which information moves. Technology has had a major impact on the media. This magazine is also adapting itself to this new trend in the media business.



We saw how Virginia Senator George Allen lost his Senate seat in part because he called a staffer on Senator Jim Webb's staff *macaca* (a racial slur), & within minutes it was on YouTube and millions of people had seen it. In the Democratic primary, we saw how blogger Matt Drudge impacted the race by posting on his blog *The Drudge Report* that candidate John Edwards paid \$400 for a haircut. This did not help Mr. Edwards who, at the time, was running as the candidate of the working class. Senator John McCain, who was criticized when he ran for President with being "out of touch" with technology, is now Twittering away & outing the politicians who are fond of earmarks and wasteful spending. We also witnessed how the YouTube videos of Reverend Jeremiah Wright yelling 'Goddamn America' almost derailed the campaign of President Obama.

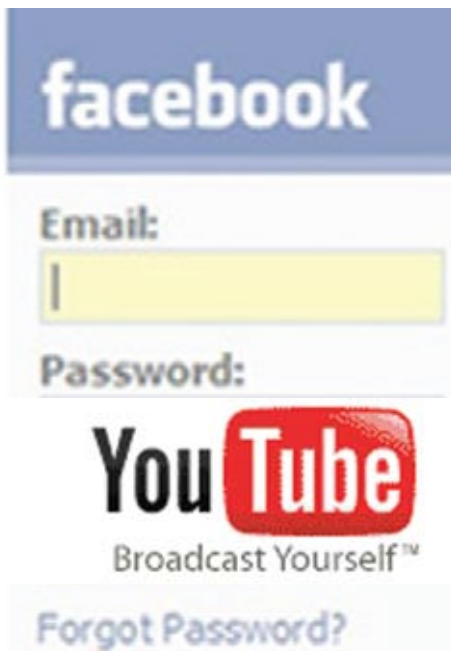
I have mentioned a number of instances in which, what we like to call "new media" has impacted the political landscape, but we can also look at the way that an older generation has had to adapt to the Facebook and MySpace era. People who traditionally would not be on social networking sites have had to adapt to a world in which technology is changing a mile a minute and the way that you get your message across to a younger demographic has changed dramatically.



We are hearing that the traditional newspaper is now in danger of becoming extinct because people are now beginning to prefer getting their news through their Blackberries® or online.

Do you know about the concept of Google Wave? If this is the first time you've heard about this trend, you'd better get to the Internet to print some articles and see the video on YouTube. This "Wave" will make e-mail, Facebook and Twitter obsolete: your virtual friends will see what you are writing in Google Wave before you press the 'Send' button.

By Robert Pérez



Roberto Perez

Español

Conéctate

En los últimos años los medios de comunicación tradicionales se han tenido que adaptar a muchos cambios. El advenimiento del internet ha revolucionado la manera como diseminamos la información. La tecnología ha impactado en todos los medios. Este magazin también se está adaptando a esta tendencia en el negocio de las comunicaciones.

Observamos como el senador de Virginia George Allen perdió su posición porque llamó maraca a un empleado del senador Jim Webb, que es una ofensa racial, y en pocos minutos millones de personas vieron esta ofensa en YouTube. En las elecciones primarias demócratas vimos como el bloggero Matt Drudge hizo su impacto posteando en su blog el Drudge Report que el candidato John Edwards pagó 400 dólares por un corte de pelo, algo que no ayudó al político que en ese entonces se presentaba por el partido de la clase obrera. El senador John McCain, quien fue criticado como candidato por no estar en contacto con la nueva tecnología, está ahora usando twitter para condenar a los políticos que derrochan dinero. También observamos en los videos de YouTube como el reverendo Jeremiah Wright gritó 'Dios maldiga América' y casi perjudica la candidatura del presidente Obama.

He mencionado varios acontecimientos en los cuales la nueva tecnología de medios ha impactado la política, aunque también podemos observar la manera como las personas más maduras se han tenido que adaptar a esta tendencia en la era de FaceBook y MySpace. La gente que tradicionalmente no se había metido en estos grupos sociales del internet ha tenido que hacerlo porque la tecnología cambia cada minuto y la manera de conquistar el mercado joven también ha cambiado dramáticamente.

Estamos escuchando que los periódicos tradicionales se están convirtiendo en una especie en vías de extinción porque la gente ahora prefiere obtener información en la red o en su blackberry.

La última pregunta: ¿Conoce el concepto de Google Wave? Si es la primera vez que escucha esta tendencia lo mejor es que vaya al internet e imprima algunos artículos y vea el video en YouTube. Se está quedando atrasado. Esta ola convertirá el e-mail, FaceBook y Twitter en algo obsoleto. La gente, sus amigos virtuales podrán ver con Google Wave lo que usted escribe antes de que presione el botón de envío.



THE LAMAS FAMILY

a showbiz saga

English

From *General Hospital*, to her success on *The Bachelor*, Shayne Lamas is one of Hollywood's busiest young actresses today. A daughter and granddaughter of two well-known actors (father Lorenzo Lamas & grandfather Fernando Lamas), she is set to star in a new E! reality series, *The Lamas Family!* The show will follow Shayne & her immediate family of talented actors & musicians, including former heartthrob Lorenzo Lamas of the hit TV series *Renegade*. There will also be memories of her grandfather, actor/director Fernando Lamas, who starred with Lana Turner in *The Merry Widow* and 31 other movies. In addition to her own reality show, Shayne also has several films coming out later this year, including the comedy *Deep in the Valley*, horror flick *In the Pines*, and the coming-of-age surfing film *Endless Bummer*. She also appeared in *Fan Boys* and was recognized for her role in *The Bachelor: Paris*.

The Lamas Family! is E!'s first reality series featuring a Latino family...and an unusual one! The family's show business involvement starts with grandfather Fernando Lamas. Originally from Argentina, he was hired by MGM in the 1950's, and participated in 32 movies. He married Arlene Dahl in 1953, with whom he had a son (actor Lorenzo Lamas). He later married Esther Williams. Lorenzo had six children: actors A.J. & Shayne, and daughters Payton Ashbrook, Alexandra Lynne, Victoria & Isabella Lorenza.

The show can lend itself to be a little evocative, & starts with Fernando's career, beginning in 1943's *Evita Peron's Argentina* and ending with his last movie, which premiered two years before he died in 1982. Of course, Shayne's adventures, along with playboy brother/actor A.J.'s, will be the center of the reality show, providing many moments of sheer entertainment! A.J. has dated Lindsay Lohan and father Lorenzo's ex-wife Michelle Smith (keeping everything in the family). Father Lorenzo can also add interesting moments to the showbiz family life, which spans over 66 years of productive careers, plus mementos about their love affairs, marriages and subsequent divorces. We will be immersed in the daily happenings of a family whose members' looks have made for spicy comments!

By Nilda Tapia



The Time Machine

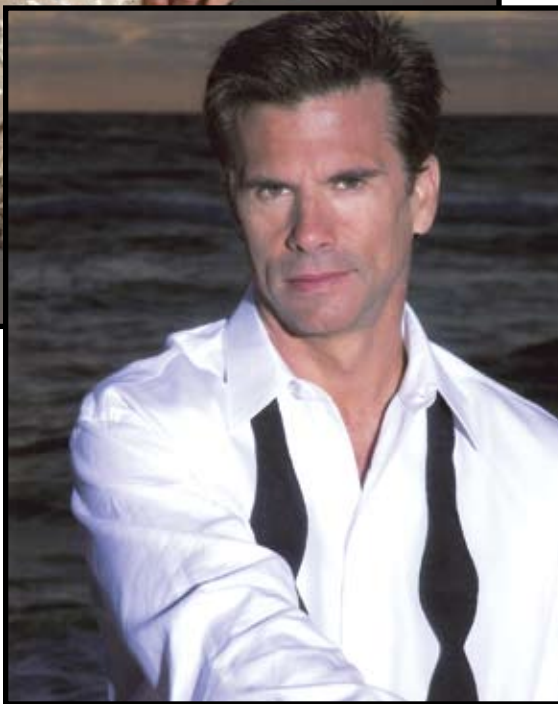
Español

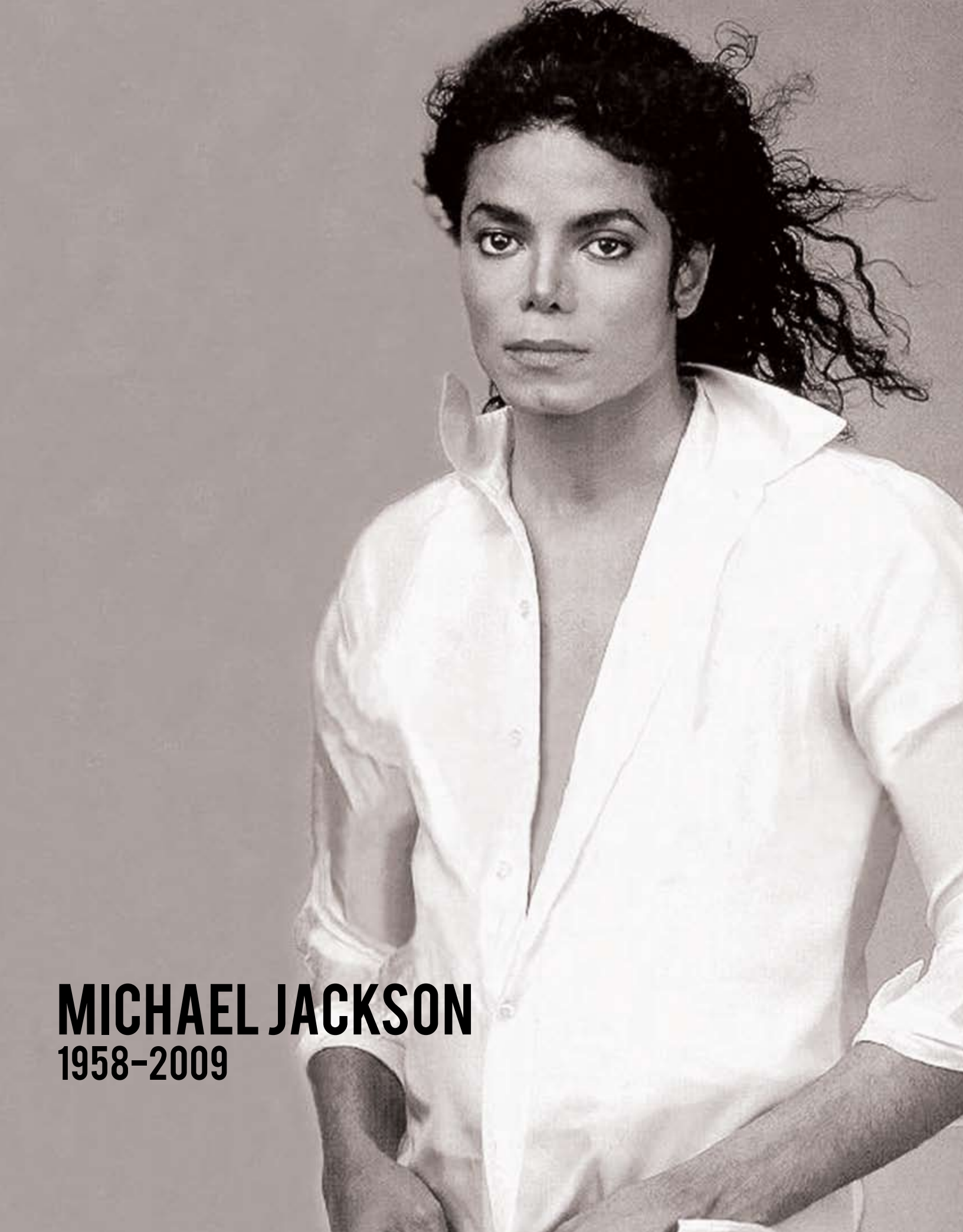
Lamas para rato

Desde "General Hospital" a su éxito en "The Bachelor," Shayne Lamas es hoy unas de las actrices más activas de Hollywood. Es su padre Lorenzo Lamas y su abuelo el actor Fernando Lamas. Shayne estelarizará una nueva serie reality para la cadena E! Network, "The Lamas Family!". Esta se centrará en las figuras de Shayne y su inmediata familia de actores y músicos, incluyendo el solicitado galán Lorenzo Lamas, que participara en la exitosa serie de TV "Renegado," con ciertas memorias del abuelo Fernando, actor, productor y director, quien estelarizara con Lana Turner el film "La Viuda Alegre," y 31 películas más. Además de su propio reality show, Shayne Lamas participó en varias películas a estrenar este año, incluyendo la comedia "Deep in the Valley", una película de terror "In the Pines" y otra sobre surfing "Endless Bummwe". Recientemente ella apareció en "Fan Boys" y recibió un reconocimiento en "The Bachelor in Paris".

'The Lamas Family!' es la primer reality de E! Network's que presenta a una familia latina, nada común por cierto. La relación de sus integrantes con el cine comienza con el abuelo Fernando Lamas en Argentina, luego contratado por la Metro Goldwyn Mayer en los años 50s. Participó en 32 películas, se casó con Arlene Dahl en 1953 y tuvo un hijo con ella, el actor Lorenzo. Luego se divorció de Dahl para casarse con Esther Williams matrimonio que duró hasta su muerte. Su hijo Lorenzo tuvo seis hijos, el actor A.J. Lamas, la actriz Shayne Lamas, y sus hijas Paton Ashbrook, Alexandra Lynne, Victoria y Isabella Lorenza.

La serie puede ser algo evocativa y cubrir la carrera de Fernando desde 1943 en la Argentina de Evita Perón, sumando sus años de Hollywood hasta su última película estrenada dos años antes de su muerte en 1982. Las aventuras de Shayne, su hermana Dakota y hermano y actor A.J. serán obviamente el centro del reality que será muy entretenido. A.J. ha sido pareja de Lindsay Lohan y de Michelle Smith, ex de Lorenzo (quedando todo en familia). Lorenzo Lamas agregará momentos interesantes a esta familia del cine que se extiende por 66 años de carreras productivas, romances, matrimonios y consecuentes divorcios. En suma, nos sumergiremos en los pormenores de una familia cuyos integrantes han sido expuestos a picantes comidas.





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