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THE INSEAM OF OUR LIVES

In* seam", v.t. To impress or mark with a seam or cicatrix

Dear Readers,

Welcome to issue #6, filled with quality and original content like every Distrikt copy that reaches your hand.

We have great news! First off, we are increasing our distribution to 800 locations as we now print 10,000 copies of each bimonthly issue (standing ovation appreciated!) Recognition to Hans Klemm! Secondly, we have received great reviews from AeroMexico customers who read us in the VIP lounges and through the sky. Thanks! And finally, you asked for it, we hear you: Distrikt Subscriptions available nationwide! Receive them fresh from the press! Find out more online.

To Michael Hardy and the Carnival Center for the Performing Arts: Congratulations on your awaited launch and welcome to significantly enhance the cultural portion of this city!

We would like to congratulate our S.E.X editor, Alberto Ferreras, for his new industry activity: Professor at NYU! Also, we want to remind you that the Dec/Jan anniversary edition of Distrikt is in production and promises to be amazing; it's dedicated to Cubans who have enhanced Miami's urban scene. Don't miss it!

As we create editorials that can enlighten you, or at least amuse you, we also like to recommend that you pay attention to: health, family, personal safety, and taking care of the environment. There is a consciousness wave traveling the world and you should get on board and tune into your own awareness!

Distrikt thanks the citizens who watch our backs -and yours- constantly. This issue pays homage to the officers, detectives, community leaders and scientists fighting for justice and for a safer planet.

Thanks for all your support and remember to visit <http://www.distriktmag.com> for updates, promotional giveaways and for previous and current issues of the magazine. Check out the Downloads, -your desktop background will never be the same!

We welcome your comments and ideas...this is YOUR Distrikt.

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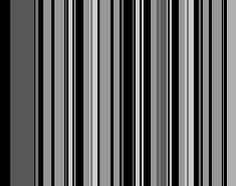
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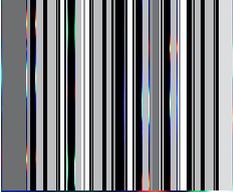
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01. BUILT FOR CELLS, IPODS AND LAPTOPS

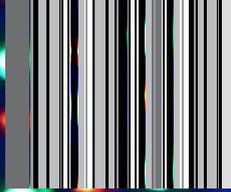
Built NY has launched the new Electric Line to ensure protection for your electronic gadgets while at the same time giving you funky designs from neoprene (wetsuit material) and extra security for bumpy rides. Moreover, they are stain resistant and machine washable. The Laptop Sleeves come in 12", 15" and 17" sizes.

The Electric Pockets allow different appliances to fit inside the stylish design; they come in three sizes and are attachable to, everywhere basically. Once you become acquainted with their products, you'll even get an insulated flexible bottle bag for your water. Another great feature: the price is right !



02. NIGHT TIME MSN SYSTEM

Nebula is the name of this item. It's a projection system that promises to enhance the bedroom experience. Before going to bed, make sure that you turn on your ceiling projector and access the database of content via Internet so that the atmosphere in your room can be as funky as you can imagine. According to the designers and developers trying to sell this for more than what it is: a toy, "it provides intuitive and natural ways of physically participating in a virtual experience, through simple body movements and gestures". We think it's a great conversation item that may develop reflection and benefit communications skills, in bed. Now, if the TV is on, forget about focusing on the ceiling.



03. FIRE BUBBLE

Andrea Crosetta is the designer responsible for this high-end creation for ANTRAX. The Bubble is an open fireplace that ensures a unique atmosphere. It appears like a metal bubble, hence the name, but it's suspended from the ceiling, just like a pendulum. Those in small apartments need not to worry, the Bubble fireplace only needs a small space and can be classical or modern depending on your taste and interior design. Besides the ceiling version, ANTRAX also offers a wall version that floats away from the wall. Wherever you place this classy item, it's sure to be the focal point, besides the talk of the town.



04. IRIS CARD PRO !

These guys make a great point: it's the business you want, not the cards! With that in mind, this item is a priority for all companies because it saves you time, captures all information contained in the cards –even a batch of them-, and with one touch it exports it to your preferred electronic address book. Did we mention that it's compatible with PC and Mac? The Iris Card Pro, which operates via USB, also works as a photo scanner. The quality is excellent and this gadget is portable too. There are many secretaries and personal assistants fearing for their jobs right about now, or else, they'll keep the news about this tool from their bosses so they can slack at work while the Iris Card does all the job. Are you ready for your home office now? We tried this one out and are very happy with the results.

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05. INFLATABLE THEATRE

For those of you with kids inside the house –because it’s illegal to keep them outside for long periods of time–, this theater system may save your life...Ok, not your life but it’ll save you a trip to the store to buy a new system every time they break your TV, speakers, etc. The Inflatable Theater with Speakers measures 8 feet, can be used outdoors, takes minutes to set up, it’s easily connectable to any projector and when you’re done having a ball with the rest of the kids from the neighborhood, store it until next time, and save some living room space. We have yet to test the quality, we are willing to wait and get it. Let us know if it does the trick, though, we don’t want to watch V for Vendetta in poor quality.

**FOR MORE INFO ON THESE PRODUCTS
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06. A RAINBOW OF SUBMARINES

Three years of endless designing, developing and testing by Dutch company U-Boat Worx give new meaning to submarine editions. Now these cats are ready to launch their battery-powered C-Quester 1. Aquatic bodies are salivating over this item! It is said that you’ll be able to achieve 50 meters of depth at no more than three knots of speed for up to two-and-a-half hours. No decompression periods required! What will scuba divers think? The price to pay for one of these toys? We don’t want to know.





07. SONIC SCULPTURE

It's called the SoniColumn and it's a cylinder of LEDs with sensors that make music and create a display of lights when the person in front of them moves. There is even a handle to turn it around, as if you want to pass the wave of melody to someone else. We haven't seen it live, yet, but it sounds like fun, not to mention addictive. Jin-Yo Mok is the artist who created this music box project, inspired by a simple toy. The SoniColumn, another incarnation of a music box idea, is exhibiting in Bitforms Seoul in New York City.



08. GLOWING CHAIRS AND ILLUMINATED BEHINDS

Glowing Places is a Philips concept. Not sure what the purpose is other than offering a nice illuminating scene of modern furniture. A loss of points took place when we found out that they are made of plastic, which in Miami can turn into a sweat-triggering object. The seats have LED (light-emitting diode) strips and sensors that calculate the presence of people. The result depends on: people sitting for briefs periods or longer periods of time. What you get is a pleasant mood created by a 'social interactive pattern' that varies according on the activity presented in each chair. We expect some to be displayed in South Beach. Watch out for the silicon melting!



09. BRAILLE BOOK

So one of the great advantages of technology is that it provides solutions and tools for all of us fortunate enough to have eyesight. Not the case of this great item; it's a book for blind people! The Braille Book (bBook) is filled with books, newspapers and magazines; it comes with rechargeable batteries, Bluetooth ready, no cables, and protective case for easy transportation. It allows you to read Braille and move texts. This info came to us from Seville, Spain where it seems to have been created. If you've used one, let us know what your thoughts are. We think it looks very trendy and practical, -not to mention elegant.



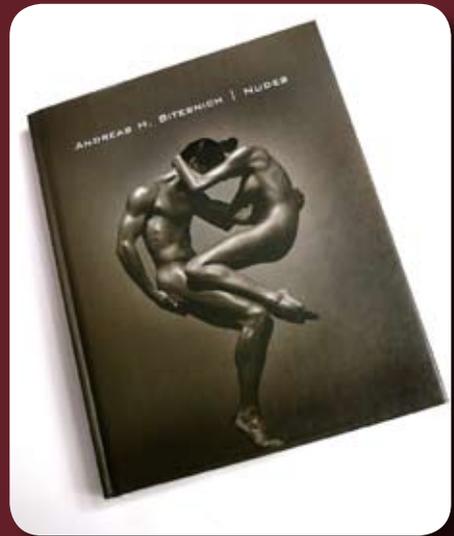


Name of the Book: LUXURY HOUSES

Editorial: teNeuess.

Photos: 350 Color photos of Interior spaces.
Many excellent architectural photographers.
Size: 10 1/2 x 13 inches.

Overview: Great for getting ideas for decoration. Useful as a gift because it's very cute. Nice finish. Will do great as a coffee table item or as a decorative accessory. You'll different find styles and materials inside.



Name of the Book: Nudes Andreas H. Bitesnich

Editorial: teNeuess.

Photos: 104 duotone photographs.

Size: 8 x 10 inches.

Overview: Amazing artistic views honoring the human body. Lots of aesthetic and sexy nudes. Interesting models. Great for artistic references when searching for human shapes. Excellent studio photos.





Name of the Books: Miami Houses, Rome Houses and Los Angeles Houses Designpocket books.

Editorial: teNeuess.

Photos: 400 color photographs.

Size: 5 x 7 inches.

Overview: Gorgeous pocket books for interesting reference. Great architectural images, tons of interesting materials that depict the different decoration and architectural styles in the most transcendent cities in the world. Also includes tons of ideas that can be adapted to your home or apartment !



Name of the Book:
Guido Argentini Private Rooms

Editorial: teNeuess.

Photos: 140 color & duotone photographs.

Size: 11 x 13 inches.

Overview: Even if this is an adult book the quality of the images and the intensity of the sexual content is extremely interesting. Beautiful women are photographed in many hotel and apartment rooms with highly sexual contents. This book is an ode to the female body and anatomy (all of the body.) Great red velvet cover.



For more info on these publications, please visit www.distriktmag.com and find it in LINKS TO FRIENDS.



STILO

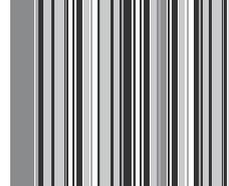
JORGE LUIS VARONA WHEN HYPERREALISM COMMITTS

BY JORGE LUIS VARONA & ISA TRAVERSO-BURGER

IMAGES COURTESY OF: JORGE LUIS VARONA

Cuban born Jorge Luis Varona left his home island at the age of five. Although he enjoyed doodling, he didn't want to take art classes, "because I didn't want someone to tell me how to do it" -even at the urge of his parents. Feeling puny about his role in the world he went for a Business Major in Miami Dade Community College and received an AA. After that, not able to alienate the inspiration pouring out of his mind, he enrolled in UM where he transferred from 'architecture' to 'fine arts'. It is at this age of 22 that Jorge Varona finally began to focus on his calling.

Besides obtaining an M.F.A from Colorado State University, he has earned, twice, the Oscar B. Cintas Fellowship, -allowing him to be exhibited in galleries all over the USA with other renowned Latin masters such as Frida Kahlo, Fernando Botero, Wilfredo Lam, Amelia Pelaez, Tomas Sanchez and Miguel Padura.



STILO

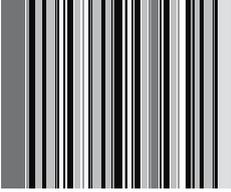


His detailed-oriented works, which can take from one to six months to complete, identify him as a realist; or how the audience's acceptance has categorized him: New American Realist. What his art expresses is the perfect picture. He draws-as well as paint- with such an impeccable detail, that you don't know if what lies before you is a painting or a photo, but it's certainly a work of art. His nudes are subtle and tasteful, -his portraits angelic.

Recently he has been centering the attention of his art on his Cuban-American heritage: cafetera cubana, guayabera, machete, juxtaposing it with something American, like apple pie. The aroma of the coffee in the house, family and friends sharing the experience of "un cafecito" all bring fond memories. Whether it is classical or modern, his pieces tell a story, they take you to a moment you might have lived, or might want to. He remembers nostalgically and transmits this feeling to us, while it gets harder and harder to believe the talent he creates. His images also include a leather bomber jacket, "anones" that may identify his warrior side.

In Varona's own words, "My work celebrates my heritage. I want to take these objects that have been a part of me and elevate them to something more than a mere object. In my work you will also find hidden objects, they are almost a language of my own. These hidden images might be a skull, the island of Cuba, and others. They invite you to look at my work and revisit it to find more. The scale of the paintings range from 12x18 in. to 3x5 ft."

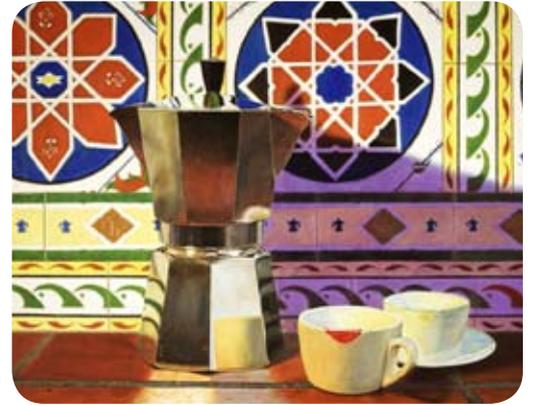




STILO

According to Carol Damian, art critic, Varona's work has received a wide acceptance within the category of New American Realism. "It is especially unusual today to see the work of an artist who displays a mastery of the oldest and most traditional form of artistry. The viewer is at once seduced and mesmerized by the accuracy of their representation." Armando Alvarez Bravo, art critic, states, "Varona is a Cuban artist with a clean execution that introduces in his pieces a narrative that is eminently figurative."

Jorge is also a dedicated family man; his wife Iliana is a ballerina turned school-teacher; his son Jorge, an aspiring bass guitarist; and Carolina, his angel-like daughter is a special needs child.





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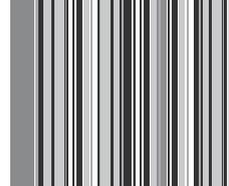
BOZENKA THE EXQUISITE SEDUCTION OF A MIDDLE-EAST CUBAN

BY ISA TRAVERSO-BURGER

PHOTOS: ALFONSO CORONA

Shakira has made the shaking of the ass extremely popular but this traditional body movement that uses every muscle group of the body is not a one woman's dance, -men do it too. Places like Egypt, Turkey, Lebanon, and Arabic countries have practiced Raqs Sharqi (belly dancing) for centuries. According to some, the most admired dancers are the ones able to express their emotions through the simplicity of movements connected to rhythm and performance. The practice is beneficial for the body and the mind, it's a cardiovascular workout that builds strength, improves self-esteem and creates a better image. Some evidence suggests that belly dancing's hip-circling movements can aid a woman during childbirth discomforts; not to mention that sixty minutes of dancing can burn 330 calories.





STILO

Bozenka, which means ‘touched by God’, is a voluptuous, tall, fair-skin woman who comes from a Cuban-Czech heritage. Through her passion for belly dancing she inspires people around the world to experience this magnificent performing art. She lives in Miami where she trained at The Mid Eastern Dance Exchange under the leadership of Tamalyn Dallal. Two years later she earned the prestigious Miss America of Bellydance title thanks to her elegant and earthy charisma.

As if that was an indication of her future, Bozenka took the enthusiasm to heart and kept focusing on a gift she obviously has. A couple of months ago CNN reported, “An American Belly Dancer has taken the Egyptian crown!” after Bozenka, with her unique grace, beat 150 dancers from all over the world in the “Ahlan Wa Sahlan” dance festival in Cairo, Egypt.

Now a Bellydance Superstar, Bozenka continues to flourish and demonstrate her spirit through the unspoken communication of body movement. She has choreographed for the Latin pop star mentioned in the first paragraph famous for shaking her booty, performed with Alabina, and entertained celebrities like Sean Connery, Donald Trump, Hugh Hefner, Madonna, and Enrique Iglesias. With motivation that impregnates all who attend, and with her characteristic fervent technique, she is an admired instructor in this Oriental dance form.



Bozenka says:

"I call myself a 'Missionary of the Art of...Raqs Sharki, Oriental Dance, Middle Eastern Dance or the ever-popular misnomer 'Belly dancing'...however you choose to call it, it's all the same art form. And it is not only what I do for a living, but rather, it's a way of life. Whether I'm entertaining guests at a local wedding, performing on stage while touring Europe, choreographing for celebrities, teaching a seminar across the globe or directing my dance company based in Miami Beach, belly dancing is what I do 24/7. It defines me and it's the dance form that I best identify with. I love the intricacy of Middle Eastern music and the sensuality of the movement. Belly dancing personifies strength and power in its most feminine form. Expanding people's knowledge of this dance beyond biases and inhibitions is my lifelong mission. Dancing is my religion. Movement is my practice. When everything is in sync; music and movement are my direct links to the divine."



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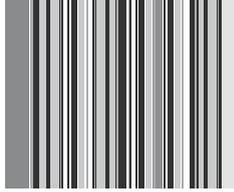
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1.1 CRIME LAB REAL CSI: THE DNA OF BAD KARMA

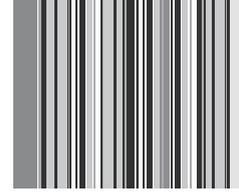
BY ALFONSO CORONA AND ISA
TRAVERSO-BURGER

PHOTOS: ALFONSO CORONA

The Miami-Dade Police Department Crime Laboratory Bureau opened its doors to Distrikt so that we could briefly document what goes on inside. Here's the scoop on one of the most interesting and busiest offices within Dade County:

The Crime Lab is responsible for a population of more than 2 million individuals in more than 26 municipalities (including Miami Beach). In their full service facility, surrounded by state of the art equipment, they employ more than 40 scientists whose mission is to provide scientific and technical support to the law enforcement community. If you think C.S.I Miami is the bomb, read on my friend, this is no T.V show. We conversed with George A. Borghi, Criminalist 3 Supervisor and staff about the fabulous and complex job the department executes. These are their own words:

Regarding crimes, first we accept a case, then we analyze it, and take it to court; it all starts as a criminal investigation obtaining evidence by our own police department. We serve any agency that investigates crime in Miami Dade County and about 30 municipalities, whether it is the Miccosukee or the FBI, or any other agency. The largest numbers of cases are related to drugs, -anywhere from 12 to 17 hundred cases per month. They can be about possession or trafficking.



1.2 CRIME LAB

://INNERVIEW

There are more tools to identify crime. Are they the Divine tools to find a guilty person?

When I started working here, years ago, the instruments were more basic, we were depending on what we had available, today we have sensitive instruments, very tech advanced; as technology increases, forensic labs stay on the bandwagon; as the instruments develop, we get those instruments. Science outside forensics is huge, we benefit from their growth because this helps the forensic community. Now, instrumentation is all computer operated, software driven, enabling faster results.

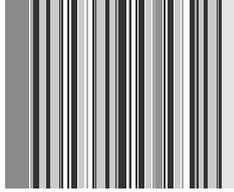
In the Miami Police Department, is there a specific person in charge of discovering new technologies?

Every scientist here is, there are over 50. Everybody here is current on journals and literature, Internet research, etc, to search new techniques and find those developed for forensics. Every year something different comes up, something that can solve this problem or that one. We also get info on them when we go to meetings. There is a lot of communication and education.

Is working here like the C.S.I TV show?

Although it's nice to see C.S.I, some things don't exist as they show it. The role of the scientists they have in the program is something we, -and other forensic labs- don't have, they don't go to crime scenes, only detectives do this. ->





INNERVIEW

1.3 CRIME LAB

://INNERVIEW

In the show, detectives, scientists, crime investigators, they all take part in the process; in reality, police officers collect the evidence and bring it to the laboratory. We ask for a summary, what they believe took place. Then we analyze the evidence before sending it to different sections. We issue a report, use it in the investigation and if it ends up in an arrest we go to the Defense Attorney.

We are finders of informational facts; we give it to them; we don't take interest in someone being guilty or not, we can't be biased. We're here and we serve our purpose objectively.

Is it a creative process to unveil the evidence and the story behind the crime?

Creativity is the right word. There are guidelines to follow so you can't corrupt the evidence. The first thing is to take a deep look; if they can't see it they can't photograph or document the scene. It's important to make sure that they don't transfer footprints or materials. They should be looking for things that are not obvious. Crime Scene requires the question: what could've happened. Some people are more creative and may ask themselves: "I need to collect that because it's sitting over there." Crime scene people are really just there to document and collect evidence.

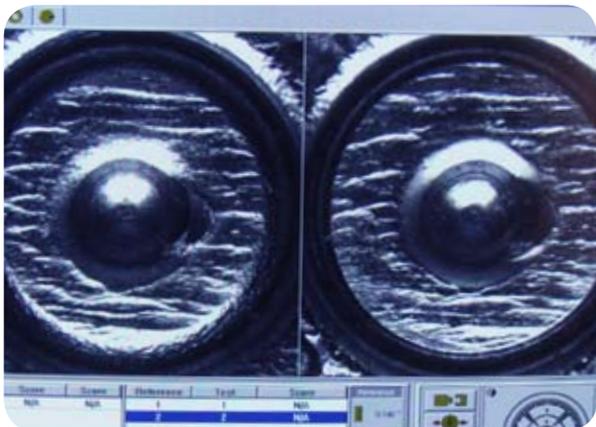
Is there a crime with no trace left?

No, there's never a crime with no evidence. It may not be recovered but there's always something present. Sometimes it's not detectable, but there's always something. The perfect crime is almost impossible...a lot of criminals don't understand that most leads come from someone who knows something and they talk. If someone wants to commit a crime and doesn't tell a soul, it's harder to catch, but not impossible. There's always someone who knows about it, suspects, etc. For example, there is a case where a car hit a pedestrian. The police found the car, the person opens the door, claims his car was stolen but he had sparkles in the shirt, and they compared glass from the shirt to the windshield of the car and it matched; it was the size of a grain of salt. You get a very accurate measurement of refractive index.



1.4 CRIME LAB

://INNERVIEW



Relive the moment of entering first to a crime scene...

The first check point is the evidence. If you have a scene, let's say a body on the ground, you know something took place so you start to reconstruct the possibilities: someone had to walk in, shoeprints, fingerprints, even with gloves, that's even evidence, maybe there's a pattern in gloves, find the DNA inside...If all you have is a scene and nobody to talk to, think about all possibilities. You can verify a bullet hole, other shots, did they walk or come in a car, which door they came in through, etc. You have to start with what you see and work your way out. They want complete coverage and you should assume nothing. Once you turn the scene over, it's contaminated, you can't use it any more.

How can you tell if someone fired an arm?

The Scanner Electro Microscope. Take a sample from a person's hand, tape it into the instrument of 6 or 8 discs, it scans, divides the circle into 256 different areas, and then 256 more, looking for particles of gun shot residue. If it has elements such as barium, antimony and lead, they're unique to a primer residue. If you don't find it still doesn't mean they didn't do it, it rubs off. It can be a secondary transfer, you grabbed the gun and you shake hands; it can be explained, but if we don't do it, we don't do a complete job.

The Integrated Ballistic Identification System (IBIS) is a connection with a National database. We search on cartridge cases. If you fire twice from the same gun, you can likely identify it; Glocks are unique looking firearms. Some characteristics may lead you straight to the manufacturer.

Which is the most complicated branch of all?

DNA is the single most complicated. The DNA investigations involve biological material. It's relatively new technology for forensic lab and it evolves constantly. We can get samples by perspiration, bodily fluids, etc. The largest section in the lab is this one; it's rapidly growing because now we can identify it—even- in the steering wheel. DNA totally identifies someone; they want to make sure they have it correct. The complexity is separating all DNA samples. If George's blood gets on my t-shirt, they cut the sample and get his and my profile, -you have four. You can't separate them but instead, have to do a mixture simulation.... Everything can get complicated in a second.

On behalf of innocent people, thank you for the excellent effort!

LT. JOE SCHILLACI

THE SOCIAL PASSION OF CHANGING WORLDS

BY ALFONSO CORONA AND ISA
TRAVERSO-BURGER

PHOTOS: ALFONSO CORONA



Lieutenant Joseph Schillaci of A&E's *The First 48* reality TV is a veteran of the Miami Police Department. He was a Sergeant, a homicide investigator, undercover narcotics cop and former Lt. Commander of the Crime Suppression Unit. Now, he is a certified Nonviolence Specialist Counselor and a Motivational Speaker, proudly spreading the Kingian Non Violence Philosophy. His passion for greater awareness, -accompanied by his personal experience, is a key source in his mission to eradicate verbal and physical violence. Read this exclusive interview for *Distrik* to learn how he strives to make a difference with *The Unit*. He is currently finishing his book, and when it comes out, we highly suggest you read about *Little Jasmine*; if that doesn't change your life, nothing will.

INNERVIEW

2.1

LT. JOE SCHILLACI

://INNERVIEW

Lieutenant, can you please explain your transition to this mission?

I do it because I have a purpose that I want to deliver, a solution to many problems that are violence, prostitution and drug addiction. I've come up with this solution not reading books, TV or magazines but from experience.

I've lived a life fulfilled. I've seen a lot: beatings, kidnapping, shootings, and -an awful lot. Through good and bad I have developed this philosophy of making a difference, getting the word out to schools and churches.

The main reason I left narcotics, the vice, the street, to come to The Unit is because it's the heart of the city, not a funnel. So many people can be reached; nothing is more exciting in my life. That's what I want to give back to the community. This Unit has the ability to wrap their arms around kids that can cross the line or are in process. I speak from the heart; I know what happens to a child from when he's 6 to 25 years old.

When I speak as 'We' it means the whole society. People put a stamp on violence, but it's not only murder and robbery, it's also verbal. People get shot for what they say. Most murders that occur happen because of what comes out the victim's mouth. I teach to communicate with each other; there is a right way to do it. If we bumped into each other, light up and talk, alternatives to violence are the clue.

How does that equate to this Unit?

This Unit is the spaceship that drives that message into our society, community, schools, and churches. We all have the same passion and beliefs, guys do presentations, explore and reach out to kids, on how we can make a difference, so they can avoid the crossing to No Man's Land. Violence is not a normal part of life. I've seen a child stepping on a body to cross to the other side of the street, he didn't even acknowledge the corpse, and that is not normal behavior. Physical and verbal violence are abnormal behaviors.

For example, The Police Athletic League goes out to schools and recruits kids into their program, to work with them and provide alternatives. It's vital that they become involved, become writers, sport coaches, athletes. The mentality has to stop being: "I can't play football, I go to sell drugs". People think it just happens in bad areas, and it's not true, it's nationwide.

20 years ago I realized there were many things I wanted to try: play the piano; write a book, etc. I achieved both, I'm not the greatest one but I tried. Find a passion, get the experience, pay it forward, and give it. What a waste to have knowledge and not give it to someone else! I just want to plant the seeds; I have to believe that it will grow into something positive.



2.2 LT. JOE SCHILLACI ://INNERVIEW

What are the key factors to find that passion?

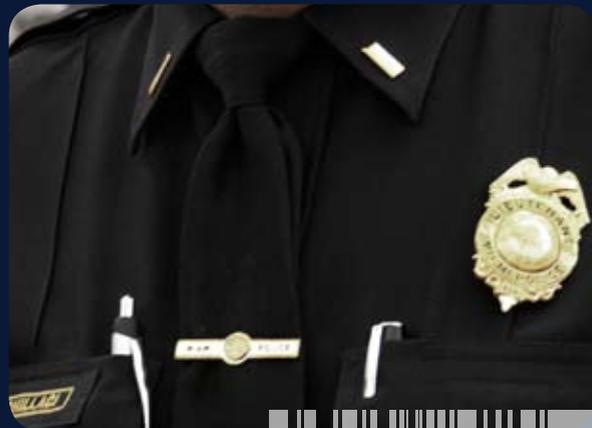
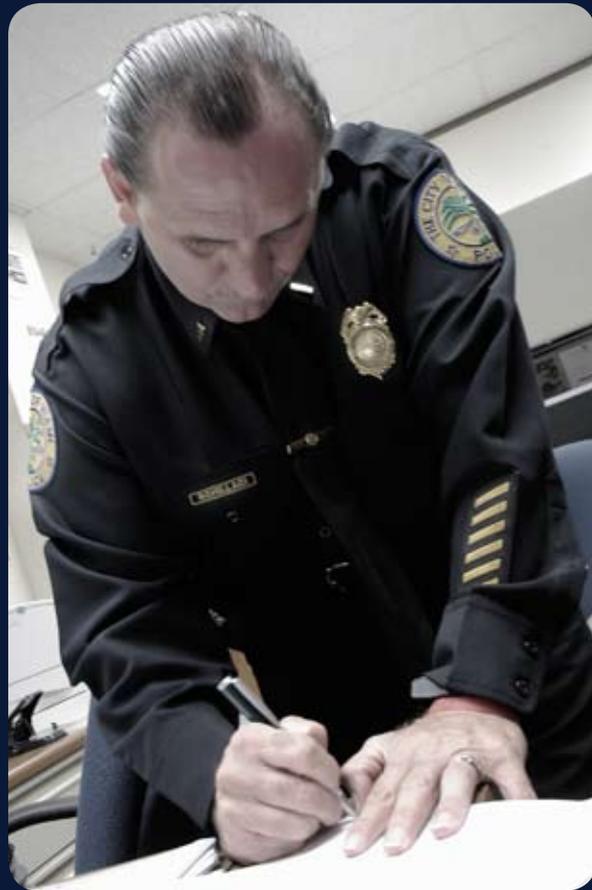
We all have a passion. I speak on behalf of me, what's worked for me, I've had experiences and people pointing out my passion, pointing out what I'm about, you have this ability, just tap into it. I've learned that, through the passing of my mother and homicide investigations. Everyday we wake up, there's a beautiful sunrise, you close your eyes, and there's the sunset. It scares me to waste time. The point being, you don't have to be special, just raise your level of awareness. A lot of people are afraid of dying and death, but they're really afraid of living.

What are the facts that changed your life vision from 15 years ago?

From the time I was 5 or 6 I had this unbelievable profound passion to talk to people. My mom was like that. There was a case not long ago where we had to bring justice to a murder; everyone gave up on the suspect, until I got him to confess. That made me realize that it was because of my respect towards people.

How did you decide to become a policeman?

I was 8. I was playing football on the street and the ball went under this police car, and he said: "you have to be careful where the ball ends." When I looked at that man I knew what I wanted to be, he became my Godfather, Joseph Chancey, and the reason why I became a policeman. I always say, wear your uniform proudly, but more importantly your heart. It's not your badge, authority or gun that gives you power, it's your heart.



2.3

LT. JOE SCHILLACI

://INNERVIEW

In some Latin American countries, Mexico and Venezuela for example, we are fearful of some cops.

You wear a badge of honor, you have tools, you can take away the freedom, or the life of someone, it's a tremendous responsibility and power. I have had to do both, what I've learned, especially in the shooting, is that I went home and I cried, and cried, and cried. It felt good to tell people, but it hurt. It's okay to be a person, just because I use a uniform doesn't mean I don't have feelings, I'm not a robot. You're going to make mistakes and hurt. It's okay to be mad, cry at what you saw, and okay to talk about it.

How do you persuade a society that revolves around money to care about other priorities?

Educate society; raise the level of awareness. Violence, -both physical and verbal- is NOT normal. Youngsters who are likely to get into trouble live day-to-day, looking for the 'bling', not thinking about tomorrow. The propaganda teaches us that consumerism is the way. "I am not going to be able to have those shoes, jeans, car... I want to be like my classmates, like the celebrities." Statistically, from the ages of 16 to 25, sooner or later, you land in prison or get killed if you get into drug dealing.

Priorities are alert on not-so-positive thinking, fancy cars and money, do you agree?

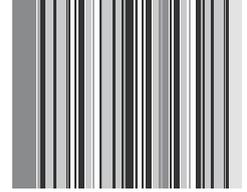
I don't want to stereotype but money, jewelry, fancy houses, you don't have to have that to be successful, some kids realize that. Being bitter about what you don't have is not a normal behavior, the nervous system shuts down from all stress and you end up not enjoying life.

Parts of society don't know this. How do you teach them?

Dr. Martin Luther King, my mentor, is a driving force behind much of what I talk. You just have to believe in it.

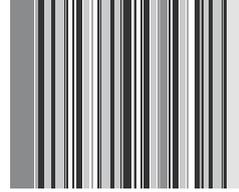
If you could be in charge of the educational system what lessons would you suggest?

To do at least one kind thing a day, -how hard is it to smile at somebody?
Impose unconditional love and respect towards each other.
Crime prevention and awareness of surroundings, -Don't be naïve.
Take the time to learn about each other instead of judging.
Believing that This Unit is the heart of city.



INNERVIEW





INNERVIEW

ANIMAL SERVICES THE BEST OPTION WOULD BE: NOT TO EXIST



3.1 ANIMAL SERVICES ://INNERVIEW

BY ALFONSO CORONA AND ISA TRAVERSO-BURGER

Imagine 50 to 100 dogs exterminated ‘every day’ in Miami Dade. Does it sound creepy? It is, but it’s also true.

Dr. Sara Pizano and Robert Santos-Alborna spoke to Distrikt about an urgent matter...Cats and Dogs. The benefits of owning a pet are endless, look it up online and all you’ll see is positive effects -even if the responsibility is great. Before you run to a breeder, check out the best option out there: Adoption!

Animal Services is in charge of enforcing laws against animal cruelty; they accept animals in their shelter with hopes to find long-term homes for as many as possible. About 70% are pure breeds, but being a proud parent of a Katrina rescued mutt, I can assure you that mixed ones are the way to go. Whatever your style, there’s a dog – or cat, ready to become part of your family. Check out the facts and say hello to love at first sight.

://INNERVIEW

PHOTOS: ALFONSO CORONA

3.2 ANIMAL SERVICES

://INNERVIEW

INNERVIEW

What is the task of Animal Services?

Dr. Sara Pizano:

There are several responsibilities: upholding chapter 5 of the County Code, removing strays from the streets, providing animal control officers 24/7, caring for shelter animals, reuniting them with owners, running investigations for dangerous dogs or breeds, cruelty investigations, encouraging licensing pets and vaccinating them. The majority has no microchip -no tag, no id. They are kept here for 5 days, unfortunately. We wish to keep them all really. But our goal is to educate people about the importance of spaying and neutering and also identifying their pets; only 1200 were reunited with their owners last year.

What does everyone in Miami need to know?

Dr. Sara Pizano:

Spay and Neuter. There is an over population crisis. It's healthier for pets too. It prevents cancer in females and infections on males, for example. The other thing is, people must be careful about having id on pets, -tags and colors can come off easily, but microchip companies keep your address. It's vital that they update their contact information because some have outdated info and it makes it impossible to be reached when their pet arrives in our shelter.

What is the biggest concern?

Dr. Sara Pizano:

The number of stray animals and the misconception that they are sick, muddy, aggressive dogs, -we get 70% pure bred, in a variety of different ages. The number of homeless animals is our biggest problem.

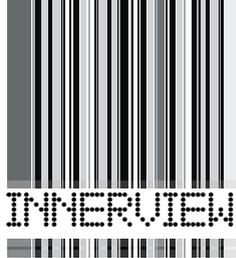
What is the good news?

Dr. Sara Pizano:

We have increased adoptions, we became an independent department to overhaul the department and there is an increase of 55%; 1,000 more animals were saved, the numbers are staggering. Many thousands are euthanized because we find them no homes or no rescue groups. It's a heartbreaking reality about what we do; we want people to be upset so they react.

Robert: A number of organizations are 'no kill', we don't have that luxury, we are going through a process of implementing it 3 years from now, but the building is old, we have to find the place for animals, we have a sad reality of no option.





3.3 ANIMAL SERVICES ://INNERVIEW



What message do you have for the South Florida community?

Dr. Sara Pizano: A family with pets should be mindful. We want to urge them to be good parents, demonstrate responsible ownership, and we encourage the use of a microchip, actually legislating that is one of the goals. We ask people to give shelter. Give us an opportunity first, we have worked diligently to turn corners, we will show you professionalism, cleanliness, and we've come a long way, the facility has improved remarkably. We want everyone curious or interested to COME TO THE SHELTER.

No Kill shelters are the ones that accept 'X' amount of animals and then close the doors, limiting the admissions of animals. No matter how you decide, this Public County facility has the opportunity to have -and save- more animals.

Are health and temperament factors that determine who dies and who lives?

Robert: Can it injure a 2-year-old child? We negotiate the aggression level and if it's dangerous, he doesn't stand great chances of survival. Health is a great area; animals that are healthy go faster for adoption. Per ordinance we are allowed to keep the animals here for 5 days. Rescue Groups take about 25% of animals. The irony is having a large number of healthy and nice dogs kept here for 10 days and people buying expensive pets. Then, the older ones nobody adopts. We are at the Mercy of the public. Issues are a reality. When dogs have kennel cough, we give them antibiotics, but we don't have the luxury to keep them for long, it's highly contagious and spreads throughout the shelter, we don't have the option of saying, "keep him for more days". It's a different perspective.

That is an unbelievable number...it's critical to get your message across!

Robert: We have a free program.

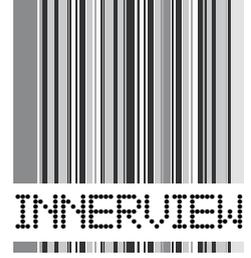
In the South Clinic, through an appointment, individuals come and spay and neuter dogs and cats. We come to your doorstep too. We are condescending, taking aggressive steps.

19,000 animals euthanized per year. We don't want to do it, people who work at shelters put themselves in heartbreaking situations to try to stop it. It's a huge message for the public when they put those numbers into perspectives. The first thing to think is, "those monsters", but they need to understand the reality. We invite them to come in and see these beautiful, sweet animals.

The focus of Animal Services today is...

Robert: We are celebrating our first year as independent, October 7th with a great event. Part of the mission is to educate the public, inform the public, take opportunities, reach the media, do ad campaigns at events, and put up posters at buses and trains, -all focusing on adoption, id, and neutering.





What is basic in order to be good parents?

Dr. Sara Pizano: Neutering, id, making sure you see a vet, annually or twice a year. Certain vaccines are needed. Take them to be de-wormed regularly. Provide fleas and tick control. Making sure they have enough exercise, pet food diet, no snacks or table food -obesity is a huge problem that causes heart disease. Making sure they have enough to do. People surrender animals because they chew a couch, they are very intelligent animals, they get bored, buy interactive toys; keep them busy and occupied. If people invested in training when they first get a dog, there would be a lot less surrendering of family pets to shelters. Honestly, behavioral problems come when people don't have the patience to teach them.

What about owners not fit to be parents, or dogs not fit to be pleasant kids?

Robert: If the dog meets 8 characteristics of abuse, it has 48 hours to be relocated. The Civil Court can require for the owner to pay \$500 per day the dog is kept at the shelter. If it's really bad, they have a Criminal Right to appeal at a higher court. We'll confiscate the pit-bull; it's not authorized in Miami Dade County. We do not hesitate in issuing a citation in cruelty cases. There are two kinds of cruelty, intentional and neglect.

What about aggressive dogs?

Robert: If you raise an animal to be aggressive, it will be; by nature pit bulls are strong, at this point in time, regardless of opinion, they can be relocated if there is no history of bite. Most aggressive animals have a reason 'why' they behave like that.

What's the most attractive part about adopting a dog from Animals Services?

We are Miami Dade Bachelors trying to defend the animals without a magic wand, we would like for all animals to be adopted. We will do everything to increase adoptions to the highest level possible. The larger cities are all faced with overpopulation; we try to do community outreach. The price for adopting a cat is \$35, a puppy \$54 and a young dog \$62.50. It includes vaccination, de-worming, chip, etc. Everyone should come to visit these animals and see how attractive they are.

3.4 ANIMAL SERVICES ://INNERVIEW





FROM

IN TRANSIT...

BY ELI BRAVO

Miami is a city marked by human passage. It's no coincidence that Julia Tuttle, a widow from Cleveland, Ohio, is considered the mother of this town. The land that her father bought next to Biscayne Bay fascinated this lady, and in the winter of 1891 she decided to bring a train to her home; with aims of developing a city in the skirts of a river that during thousand of years served as the pool for the Tequesta Indians.

The Spanish, in XVI, eliminated a great part of these Indians while being battered during 200 years by the English and French, until 1763 when Spain gave Florida to the United Kingdom in exchange for Cuba. This change didn't last long because the Spanish returned to charge 20 years later, and settled here until 1821 when General Andrew Jackson, -the one featured in the \$5 bill-, took control of the territory on behalf of the United States.

In 1959, Cubans, motivated by Castro, began stretching the link between their island and the peninsula. Since then, people have not ceased to arrive to this paradise -which in some instances, is hell with air conditioning. Miami is a city of immigrants with the advantage, according to the more cynic, of being close to the U.S.



Of the two and a half million inhabitants, only 26% can claim to be 'born and raised' here. It's easier to find an immigrant than an ATM. This makes the city, deliciously diverse and terribly scattered. If someone declares to know the city, it's probably a lie or a politician in campaign (he's lying).

The identity of Miami has been materialized on the screen with Miami Vice, on the radio with Gloria Estefan and in sports with the Heat and the Marlins. Nothing defines Miami as a whole, except maybe FPL (Florida Power and Light), whose uncovered cables are to be blamed for our constant darkness with the arrival of each hurricane. Without electric power we are all similar, however, some have larger generators than others.

Miami is a city where people find their place in the world for a few years. Since it's NOT New York, here, everyone has a project in order to make the big leap into taking advantage of everything still needed to be done. It's not a requirement to live for ten years in the city to call yourself a Miamian, -the will to hit the streets as if you owned them and jump into the adventure is enough.

That is one great thing about this city, it's an exhilarating experience of adaptation, or something we can't quite describe, but that keeps us alive, with the need to connect to the energy left by all who have stepped through this land.

That's why it's essential to charge the streets with good vibrations, so that future tenants can find common grounds and a space where they can evolve and create.



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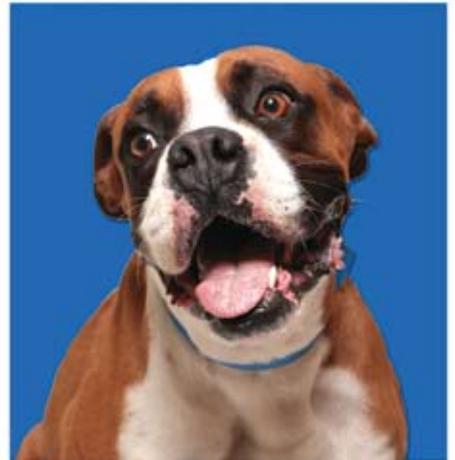
ALFONSO CORONA



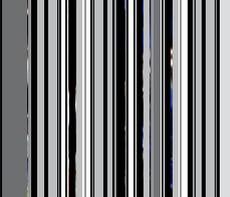
**What do they have
in common?**

**They are all
homeless.**

**Every year more than 30,000
stray animals are left at
Animal Services.**



**To adopt a dog or cat, contact Miami-Dade County's Animal Services at
3-1-1 or visit animals.miamidade.gov • 7401 NW 74th St. Miami, FL 33166**



MISS
CONDUCT

THE RIGHT TO TELL **WITHOUT HOLDING IT BACK**

BY: VERONICA MILCHORENA

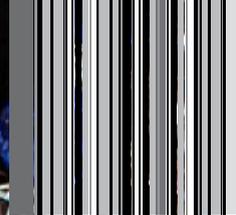
Introducing the second newest Distrikt section: Miss Conduct (in honor of Veronica Milcho who lives in her own wacky world). Her perspective is something worth reading. You'll be surprised and entertained, and hopefully you'll discover something unique about her and yourself. She says what she wants, and somehow, everyone listens and reflects. We welcome unique personalities like hers!

Born March 16, 1972 in Paris, France, causing no change in the planet's atmosphere, neither in it's politics nor in it's ozone layer; As a matter a fact, only eventful for a handful of people.

Although technically from Salvadorian nationality -depending on whom you ask; one may like to throw in a little Mexican, a little French, a little this, a little that, only to make the person explaining the breed a bit higher on the cooler scale for knowing her. But if you ask me the first one mentioned is cool enough.

I, me, she has been a Camera Operator, Framer, Lens Lover, Hand Held Dominatrix, Concept Writer, Art Show Exhibitor, Mango Eater and hair puller since 2 years before the OJ Simpson Trial. (The last two descriptions, I would have to say a few more years than that). Important to add is that I, me, she inherited the filmmaker title from her uncle, Salvadorian director Baltazar Pollo.





MIS
CANDID

I, me, she, has worked as a music video, commercial and television Director (or Producer) for as long as longer, working with names worthy enough to throw around in case of an emergency to get a table at any trendy restaurant or club in town (Method always forgotten to use).

Besides... I, Me, She became a talent for The Travel Channel dating reality game show "Get Packing"...And then, without warning, Milcho became the co-director for the "Miami Short Film Festival" for about 4 full moons. Also worth mentioning: Director/Camera Operator for MTV's "My Super Sweet 16" and "Mis 15" for La Mega, to date (about now someone will yell, "She's French!" somehow it's hard to believe that El Salvador has the ability to produce coordinated people).

I, me, she suddenly created a mixture between repulsion and curiosity, -as well as comfort, in some people when I, me, she was featured in the cover of the Miami New Times in the summer of 2005 in an article titled "Crown of Thorns", where I, me, she accepted the trichotillomaniac experience. Tricho WHAT? Ever heard of the girl that pulls and eats her own hair? That quote puts I, her, and me in people's mental map most of the time, even Oprah Winfrey found that interesting, or something. (Thanks?)

The bottom line is that nothing is as frantically life-thrilling as, my, her Directing & Framing moments that cause a real effect within her: sleep, emotional state, appetite control, water retention, muscle contractions, blood circulation, spirit motivation & just my, her pure daily and unadulterated happiness involving a place to put her, my eye to see the Frame and ultimately make tangible factious moments that were only ideas at one point.

Veronica Maria Stuard Milchorena Polfo aka Milcho is still living, causing major problems in the planet's atmosphere by taking in too much air, rioting quietly for political matters regarding the towing and parking system in Miami Beach while opening new gateways in the ozone layer by staring for too long at the stars. But one thing stays the same.... It's only eventful for a handful of people.





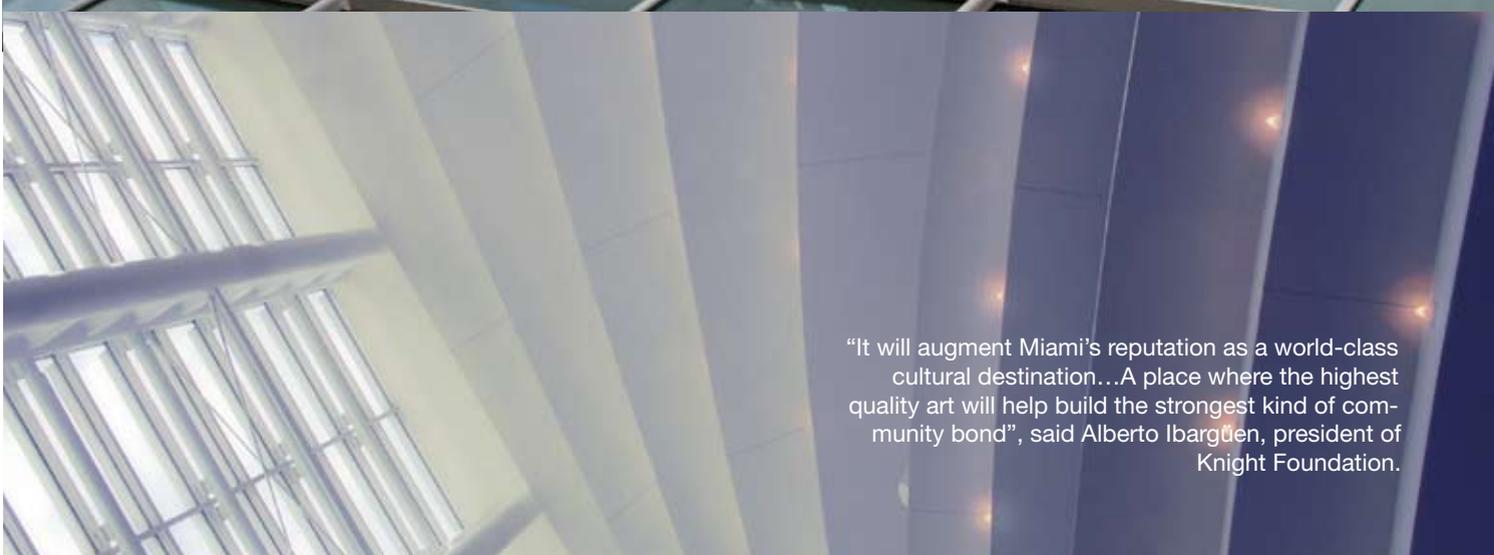
SPACE

CARNIVAL CENTER FOR THE PERFORMING ARTS

PHOTOS: ALFONSO CORONA



Distrik's first issue (#1) featured the vision of Michael Hardy: a multicultural center for the arts. Now, the Carnival Center for the Performing Arts, his wish, -and ours-, is a reality that embellishes our beloved city.

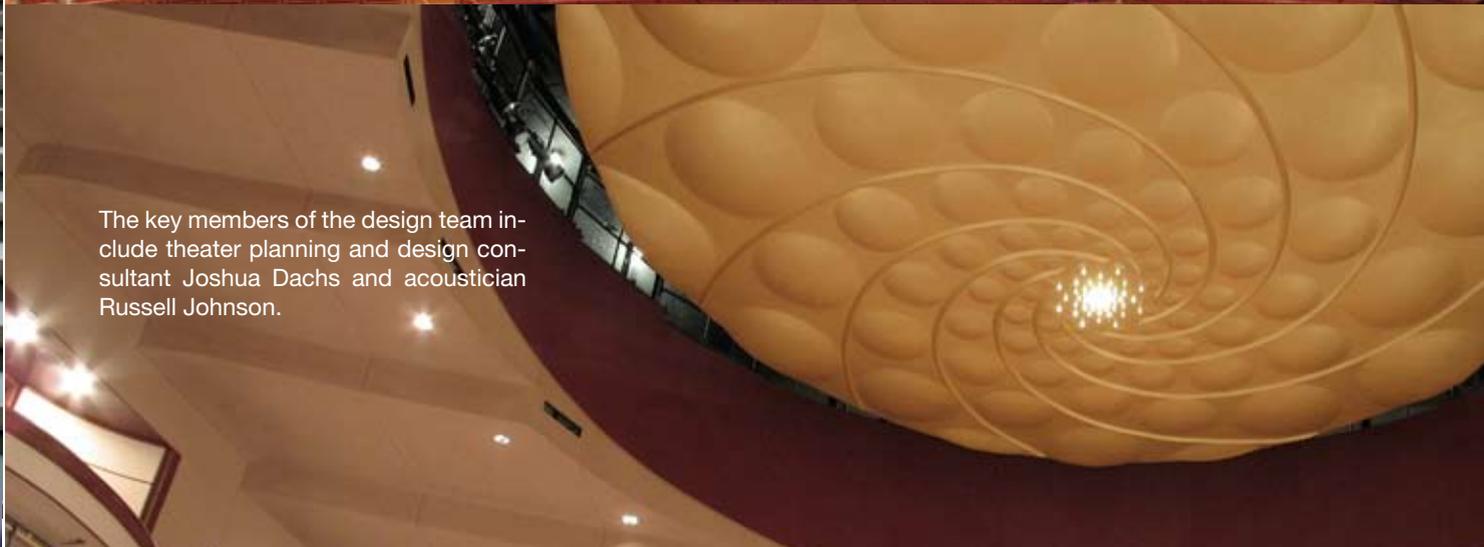


"It will augment Miami's reputation as a world-class cultural destination...A place where the highest quality art will help build the strongest kind of community bond", said Alberto Ibarguen, president of Knight Foundation.



SPACE

Dolores Ziff Ballet Opera House seats 2,400.



The key members of the design team include theater planning and design consultant Joshua Dachs and acoustician Russell Johnson.



The Center's Concert Hall has been renamed the Knight Concert Hall, it seats 2,200.

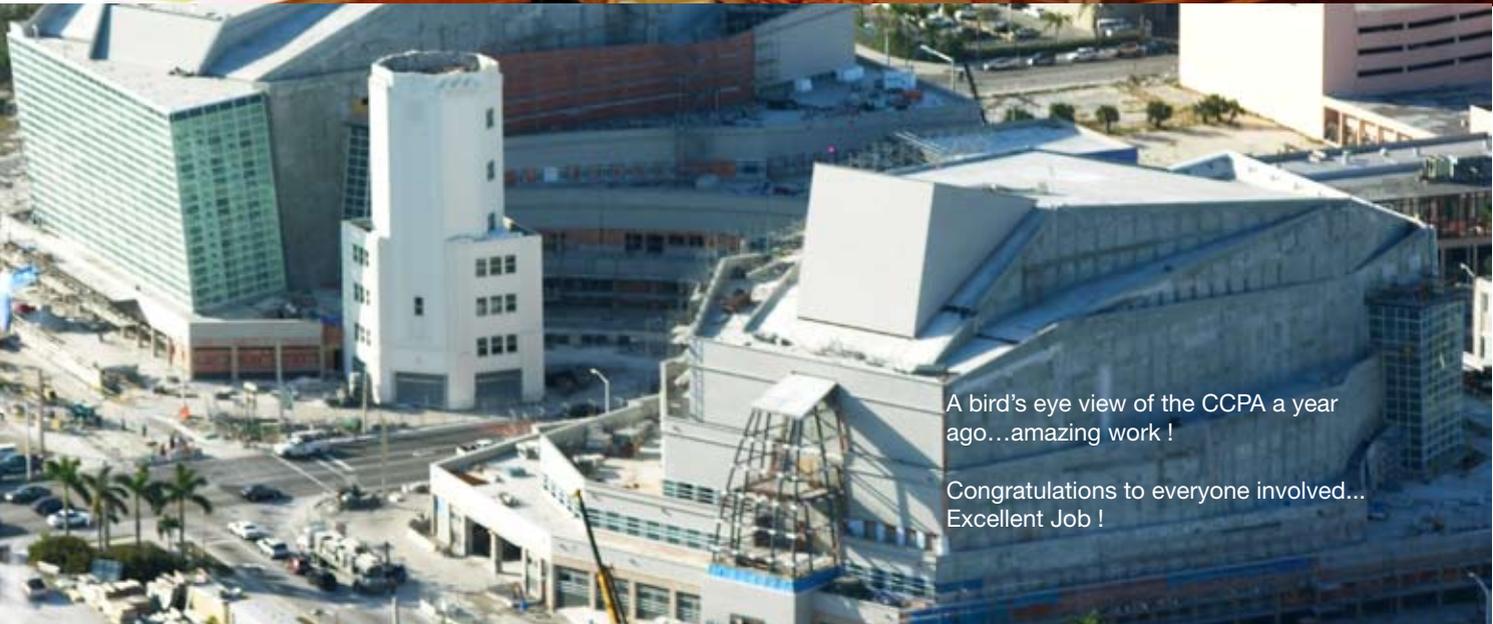


SPACE

Open now! The Carnival Center is Miami-Dade County's largest ever public/private-sector partnership.



This will be a venue not only for four resident companies (Concert Association of Florida, Florida Grand Opera, Miami City Ballet, and New World Symphony), but also for many smaller South Florida arts organizations.



A bird's eye view of the CCPA a year ago...amazing work !

Congratulations to everyone involved...
Excellent Job !

PHOTO BY Outumuro

EVA YERBABUENA
BALLET FLAMENCO

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TO PURCHASE TICKETS AND FOR UP-TO-DATE INFORMATION CALL
305.949.6722 or visit **www.carnivalcenter.org.**

For groups call 786.468.2326.

COSMETICS, SKIN AND HAIR: WHAT YOU SHOULD KNOW

BY ISA TRAVERSO-BURGER

With so many beauty and health products, invading the shelves of every shop and inundating your inbox with advertising, which are really worth purchasing and which are really a scam to get you to spend the money? The truth is out there, research the possibilities online and find what's best for you and your body; read the labels even when the products say "safe" or "natural". Here's a brief to guide you better through the process.

More than 300 companies have signed the Compact for Safe Cosmetics, a vow to make safer products such as shampoos, deodorants, toothpaste, make-up and lotions among other goods that, -believe or not, are linked to cancer, birth defects and other health issues. Guess what? There are many other companies that have not signed yet! We urge you to encourage them.

Personal care items should be safe since the ingredients found in them are absorbed through the skin, inhaled or ingested affecting our bodies with all sorts of chemicals.

Another hazardous material is a plastic known as PVC (polyvinyl chloride), found in the packaging of toys, and almost all men and women razor blades, -yes probably the one you use too. That kind of packaging is a pain in the butt to open; you know what I'm talking about! These are the most common toxic substances found in items such as hair sprays, eye drops and nail polish: Mercury, Lead Acetate, Formaldehyde, Toluene, Petroleum Distillates, Ethylacrylate, Coal Tar, Dibutyl Phthalate.

Not to worry though, there's a solution out there for every major problem. To find out if your favorite products contain hazardous chemicals, you can check out the world's largest database sponsored by the Environmental Working Group's Skin Deep. If your goods are not safe, let the company that manufactures it know that you're aware.

According to the Campaign for Safe Cosmetics, the European Union bans more than 1,000 chemicals from personal care products while only 9 chemicals are banned in the United States.

And now, the best option: natural cosmetics.

These types are produced from nature, being plants the most widely used ingredient, -also known as herbal cosmetics. Natural cosmetics prepared with leaves, barks, roots, oil extracts, fruits, etc, are harmless on the skin and effectively provide nutrients. It's so popular in other parts of the world such as India, China and Latin America, that some are even considered miraculous, for example, Ayurvedic recipes.

Some popular ingredients used for hair and skin rehabilitation are: honey, mineral products, yogurt, eggs, lemon, cucumbers, almond, coconut and aloe. In Ven-

ezuela, it's popular to pour some beer on your head when at the beach, under the sun; is it healthy? Not sure, but it's oh so refreshing for your natural highlights.

For instance, if you want to improve your skin, try olive oil! It may sound nasty but it works! Rub it gently in your arms, as you would baby oil, or body lotion. Also popular are: to sleep with a glass of water next to your bed to moisturize while you sleep, and to drink chamomile tea for upset stomach and to calm your nerves. The list is endless, there's an herb out there just for you, -even one to help you quit smoking. Go find it and see for yourself why homeopathic medicine is so prevalent!

Don't fall for these:

Expensive products are safer than the less expensive ones.

The word 'natural' on a product means SAFE or NATURAL.

Just a little exposure won't harm you.





PERISCOPE
TELESCOPE
MICROSCOPE

SEX, MODERN-TANTRA, SEXUAL APPLICATIONS AND UNIFIED FIELD

BY SHANKAR

Every time two people get connected and synchronized in a sexual way, a spirit or energy form takes the control inside body and soul, -unleashing an almost infinite series of unique sensations.

This natural energy has the main task to take over –momentarily- the people involved in this ‘ritual’, helping them to fulfill and accomplish their natural cycle of preservation of the species.

In other cases, this energy has the objective to unite two persons of the same sex into deep states of love and inseparable understanding.

Humans -and some other species like the Bonobo primates or the dolphins- play with this energy, pretending that if ‘she’ enters our bodies and give us the better sensations and orgasms, we’ll cooperate with her in the task of ‘creating new life’.

In most cases, we mock this energy by altering our body chemistry, or by exploiting the use of rubbers so ‘her’ task cannot be completed; so the rest of the womanly system can reject her ‘homework’. In the end, humans and these other species, are allowed to keep the best of this ‘happening’: an exciting sensation, and a sublime orgasm.



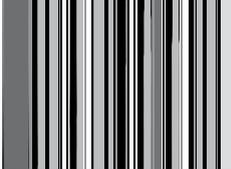


Did you know that in some countries an orgasm is called “La Petite Mort”? Could this be a complete abstraction of our physical body? Well, be sure that we’ll be discussing this theme in future PTM (Periscope, Telescope, Microscope) articles.

This natural ceremony of seduction is the one that evokes this force to come inside our bodies and minds; the movements, actions, visions, smells are the ones in charge of persuading the relationship with this energy. It could be used more often, but due to social issues, mind embroideries, past or future guilt, headaches, excess of self employments, etc, most of us limit it to little doses, -in other cases the acceptable ones.

In many Oriental cultures this is not a physical state but more a different way of handling and focusing this energy. In our Occident culture, we’ve already come a long way dealing with the stupid and rigid evolution that the perception of the ‘sexual act’ has taken in past centuries. Fortunately, time has taught us that.

I would like to stay with the energy version and the ‘guilt free’ side of it even if it’s just for now...



PERISCOPE
TELESCOPE
MICROSCOPE

I want to invite you to celebrate this energy and our amazing corporal potential of enjoying it the way we want, with no fear or cultural attachment -even if it's only once. Focus this energy in the back of your spine to the maximum, feel how it flows up and down, let it stream freely in every organ of your body, -no cultural ideas, no past and no future-, just celebrating its existence and benefiting from the way it becomes a 'live' entity when it surges through your body. Concentrate this energy right at the base in the back of your head, right in the cerebellum, after it has reached the connection with the brain, send it all the way down through your spine until it has reached its end, leave it there for a couple of seconds, take a deep breath and let it gush stronger to the top again.... don't be afraid of your feelings and thoughts, take it to the max, after all, what would be better than an overdose of this power along with the human being that detonated it?

Don't want to take Alberto's place here but let me suggest something that your mom will probably not do: watch some porn, have a good time and enjoy the freedom of being able to use this vigor ANY way you want.

As usual, thanks again for reading, sharing and helping make this a happier world by filling it with positive and creative energy that will make the people involved happier and healthier human beings...



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A COLLECTOR'S LIVING ART

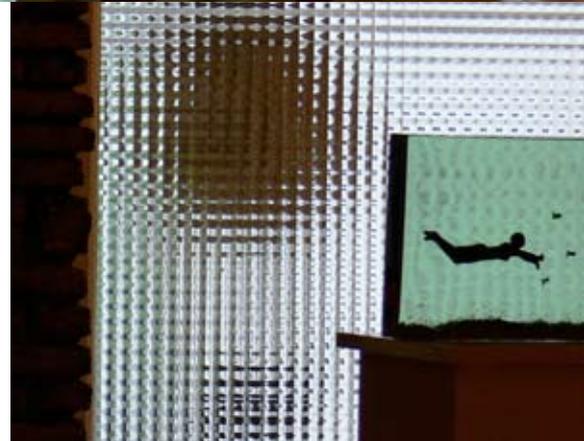
BY ISA TRAVERSO-BURGER

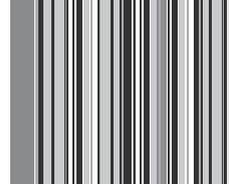
PHOTOS: ALFONSO CORONA



The house was built in 1948, the same year Mahatma Gandhi died and Cleveland won the World Series against Boston. But it wasn't until 1992 when Eddie McYntire bought it. Later on, when his partner, Jojo Corváiá, moved in, the renovations and adventures began.

Focusing on its classic mid-century style and through the use of colors and simple lines they began the remarkable job of bringing the house back to its original life but surrounding it with art. An artist himself, Jojo includes a number of his own photographs and sculptures as embellishment and enhancement for this talent sanctuary.





The proud owners of the house started collecting pieces of local and emerging artists. They only buy art that provokes an emotion; art that appeals to them at some level, making them laugh or contemplate. But being supporters of rising talents doesn't mean they don't appreciate the classics and recognized names of Caviglias, Picasso, Antoni Tapies, and Stephan Picther, --which also adorn their home.

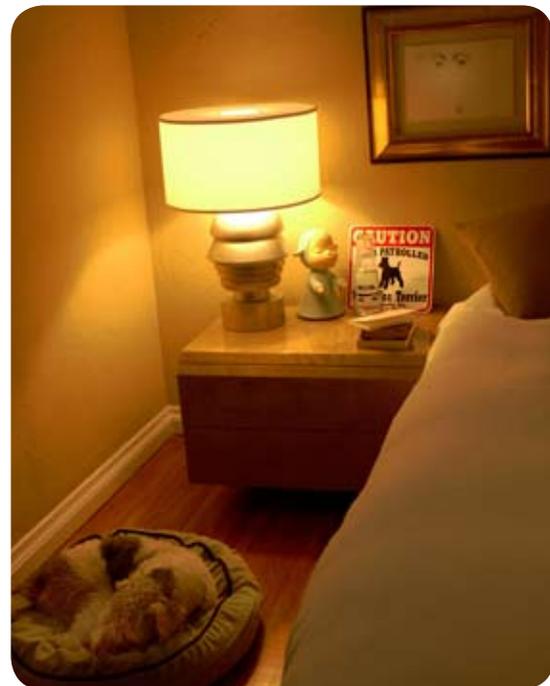
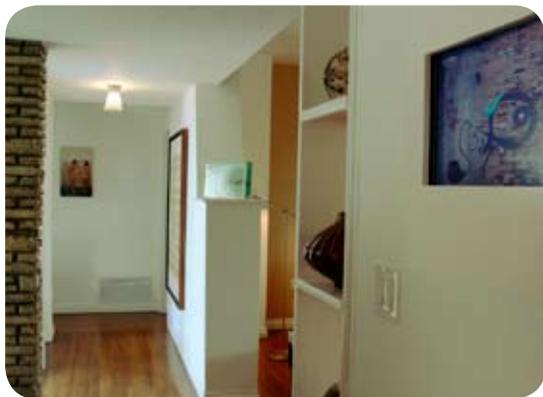
The circumstance under which they bought the Picasso is worth retelling. Can you believe Frank Sinatra gave it to a friend and then they purchased it at a garage sale for \$200? This original, ink over paper, piece is now restored and properly framed. If only we could all have friends in high places that own an original Matisse or Dali for such a price.

Another example of their fanatic endeavor of having the art speak to them is the acquisition of an Emilio Pérez in 1995. They fell in love with the rawness of the piece, the creation of a work of art made from waste. It didn't matter if Emilio didn't become a successful artist -as he is now-, the value of the work was irrelevant since what really matters to these art connoisseurs is how the labor accomplished makes them feel.

John LaHuis and Carlos Betancourt embellish their living room, carefully and tastefully drilled in the wall. Few childlike pieces of Hiroshi Kubayashi are on display as well, after being purchased right off the wall of a Palm Beach museum.

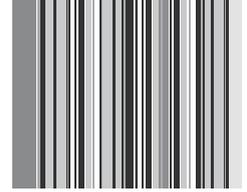


Since the arrival of Art Basel in Miami, they have had a blast visiting alternative galleries to obtain affordable pieces from all over the world; for example, they are fond of Argentinean artist Esteban Pastorino, whom they discovered at a space in the Design District; they proudly exhibit in their home a 3ft. long photo, shot from a moving car.



As if promoting and supporting emerging artists wasn't enough to collaborate with the cause, these two fascinating characters also include in their collection a First Grader named Johnathan Martinez. The piece titled, "Monkeys and Vines", grabbed their eye at a fundraising auction; after engaging in a bidding war with about 4 people to win the artwork, they went home triumphant. "Basquiat has nothing on this kid!"

Recently, they began a video art collection, owning works from Julie Kahn, Chris Cunningham, You-workforthem, Gas and Takagi Masakatsu. A frame was designed around the flat screen so they can enjoy stimulating art, all day and night.



ARKI



Art is a huge part of their life, a never-ending examination as they experience the transition of each artist. They keep a spotlight on everything that moves them, that makes their environment –their home- and space, a unique haven of talent, positive vibrations and original works of ability and passion. It's known that, 'home is where the heart is' but in this particular case, although it's not OUR home, our heart is right between every corner of this magnificent place.





REKETE 80'S PRO BALLET

MAKE UP ARTIST: ENRIQUE DIVINE
MODELS: (PLEASE SEE LAST PAGE OF THIS EDITORIAL)
PHOTOS: ALFONSO CORONA



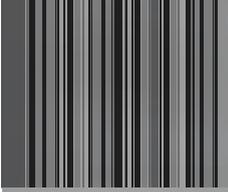
we did this shoot inside
European Art Gallery



All these ladies are professional ballet dancers.



Divine says, "Collaborating with this Distrikt issue, surrounded by excellent, down to earth dancers, was a gratifying experience."



E..E..



The conversations were in different languages: French, Spanish from Spain, Latin American Spanish and English.



The works of Elmar Hund and Manuel Wassmer adorn the backgrounds.



Alfonso, nervous about missing the perfect 'ray of light' for his pictures, would have been grateful to have Madonna host the session.



F.F.

Iliana Lopez

Irene Balague

Jessica Colina

DeAnn Petruschke

A mysterious car parked in front of us turned up the music... Go figure!

F..F..



Laura Clark



Christine Hodges



Migdalia Martinez

this place will be a cinema
in the near future...

DUTCH LANGUAGE

BY ISA TRAVERSO-BURGER

Dutch is a West Germanic language. It means 'of the people'. Close to 22 million people speak it, mainly in the Netherlands and Belgium, but also in South Africa, Indonesia, France, Germany and Eastern Guyana.

Dutch is the official language of: Aruba, Belgium, European Union, Netherlands, Netherlands Antilles and Suriname.

It's one of the few languages from which another independent language aroused, Afrikaans (one of the 11 languages of South Africa and mother tongue of 15% of its population). In 1984 Dutch was derecognized in South Africa.

You know these Dutch:

Van Gogh and Rembrandt, Heineken beer (according to research, not the best beer from the country), Audrey Hepburn, Alex and Eddie Van Halen, Mata Hari.

Did you know?

*The popular "coffee shops" in The Netherlands don't sell coffee -guess what they sell.

*Oranje is the 'pet name' for the National soccer team.

*Tulips are the typical Dutch flowers.

Popular Dutch Proverbs:

*Heb je geen paard, gebruik dan een ezel

If you don't have a horse, use a donkey.

*Wie boter op zijn hoofd heeft, moet uit de zon blijven

He who has butter on his head, should stay out of the sun.

*Voor niets gaat de zon op

The sun rises for free.

Time to learn Dutch!

Good morning.	Goedemorgen.
Good afternoon.	Goedemiddag.
Good evening.	Goedenavond.
Hello!	Hallo!
Hi!	Hoi!
How are you doing?	Hoe gaat het?
(Very) Good.	(Heel) Goed.
Excellent!	Uitstekend!
Yes.	Ja.
No.	Nee.
May I introduce myself to you?	Mag ik mezelf aan u voorstellen?
My name is ...	Mijn naam is...
Where do you come from?	Waar komt u vandaan?
Thank you.	Dank u wel.
You're welcome.	Graag gedaan.
Nice to meet you.	Aangenaam.
Goodbye.	Tot ziens.
It's nice weather.	Het is mooi weer.
It's raining.	Het regent.
It's cloudy.	Het is bewolkt.
It's windy.	Er waait wind.
I did not understand you.	Ik heb u niet verstaan.
Where is ...? / Where are ...?	Waar is ...? Waar zijn ...?
Can you tell me ...?	Kunt u mij zeggen ...?
Can you help me, please?	Kunt u mijn alstublieft helpen?
Hurry!	Flug!

MYSPACE TUNES

LEND ME YOUR EARS

BY RULO DEL ALTO

If you own a computer and haven't been exiled to Jupiter you are probably aware of MySpace.com. If, in fact, you have been living in Jupiter, let me give you the 411. MySpace is an online community for networking, making friends and dating, much like Friendster and Hi5. The difference? MySpace.com has 90+ Million members worldwide...

The best thing about this online place, aside from MUI (MySpacing under the influence), is the gazillion of bands one can find and discover. Everyone -from U2 and Coldplay to your baby brother's band- can preview songs, show tour dates, pictures and even videos in their own space, (cry your heart out MTV!)

So, without further a due, I give you some of the best (in my humble opinion) new artists making a buzz on Myspace.

YOUNG LOVE

Myspace link: myspace.com/younglove

New York, NY

Label: Island Def Jam

Sounds Like: The crush that will never go away. Ever.

Do we really need another The Killers? Hell yeah! The more, the merrier, I say. Just like NYC knows how to throw the best parties making it seem effortless, they also produce the best party bands.

Not to be confused with whatever DJ spun at the last office gathering, -this is more Truman Capote's Black and White Ball, had he lived in the Lower East Side.



ROSE'S PAWN SHOP

Myspace link: myspace.com/rosespawnshop

Los Angeles, CA

Label: None

Sounds Like: Southern comfort food and a pint of Guinness.

Boy sings. Boy meets Girl. Boy makes Girl angry. Girl pawns all of the Boy's music instruments in revenge. You gotta love a happy ending.

However, it seems like these boys are having the last laugh. What do you get when you put an Elliot Smith type singer/songwriter at the helm of a furious country/punk band? Fuego baby, mucho fuego!



PROTOKOLL

Myspace link: myspace.com/protokoll

Allston, MA

Label: Illicit Recordings (UK)

Sounds Like: Night clubbing in Paris. Alone.

As if the name didn't give away any clues, this band could perfectly fit a bill with the likes of Interpol, Editors and Bloc Party. You will dance, dance, dance the night away with this 4 people band that doesn't hide their love for groovy bass lines, four on the floor beats and melancholy-filled guitars. No wonder Europe signed them first!



TUNES



THE PINK SPYDERS

Myspace link: myspace.com/thepinkspiders

Nashville, TN

Label: Suretone/Geffen

Sounds Like: Think Grease. Now switch Pete Doherty for Travolta, Sienna Miller for Olivia Newton-John and let Sofia Coppola direct.

Some might say this band sounds like Weezer. Maybe. But while Weezer is talking to the girl in the cafeteria over a milk shake, The Pink Spiders will blow up the restrooms; do shots of whiskey with the Principal and whisk off that same girl to Bora Bora in Johnny Depp's plane.

REGARDING EMMA

Myspace link: myspace.com/regardingemma

Seattle, WA

Label: None

Sounds Like: Your first kiss (if you grew up in the 80's).

Rock pop reminiscent of The Motels and Scandal. Xolie Morra, (the singer and front person of the band) has the same cool and charisma as a young Chrissie Hynde (sans the Telecaster).

Recently, during a visit to L.A., their gig got canceled at the last minute and Tom (our MySpace favorite friend) saved the day by asking his 90 million friends to help. Needless to say, the band got another venue and played to a packed place that very night.



Another ECHO for your eyes and ears. Thanks to our reliable sources. Have you heard or read anything wild lately? Voice it with us!
Email editor@distriktmag.com

1. Beliefnet asks: "Do you think that the United States has a special relationship with God?"
Madame Secretary Madeline Albright responds: "I think that the United States is very blessed. But, I don't think that we have an innate right to blithely assume that God blesses America. That we have to try to figure out how to be on God's side and do God's work, but not that God has--that God is on our side."

2. "Those of you who are working on massively multiplayer online games, organized crime is already looking at you".
Dave Weinstein, Microsoft

3. "Retire into yourself as much as possible. Associate with people who are likely to improve you. Welcome those whom you are capable of improving. The process is a mutual one. People learn as they teach."
SENECA

4. "For 95 years before that fateful day in 2001, the anniversary many associated with 9/11 was the launch, in 1906, of Mahatma Gandhi's nonviolent resistance to British imperialism."
UTNE magazine

5. "Can a man who is warm understand one who's freezing?"
Asks the narrator of "One Day in the Life of Ivan Denisovich". From the Russian Nobel Prize in Literature: Aleksandr Solzhenitsyn.

6. "You cant' argue with success"
Jon Bon Jovi, responding to a question regarding criticism on his music & career, in a Sunday Morning TV Show.





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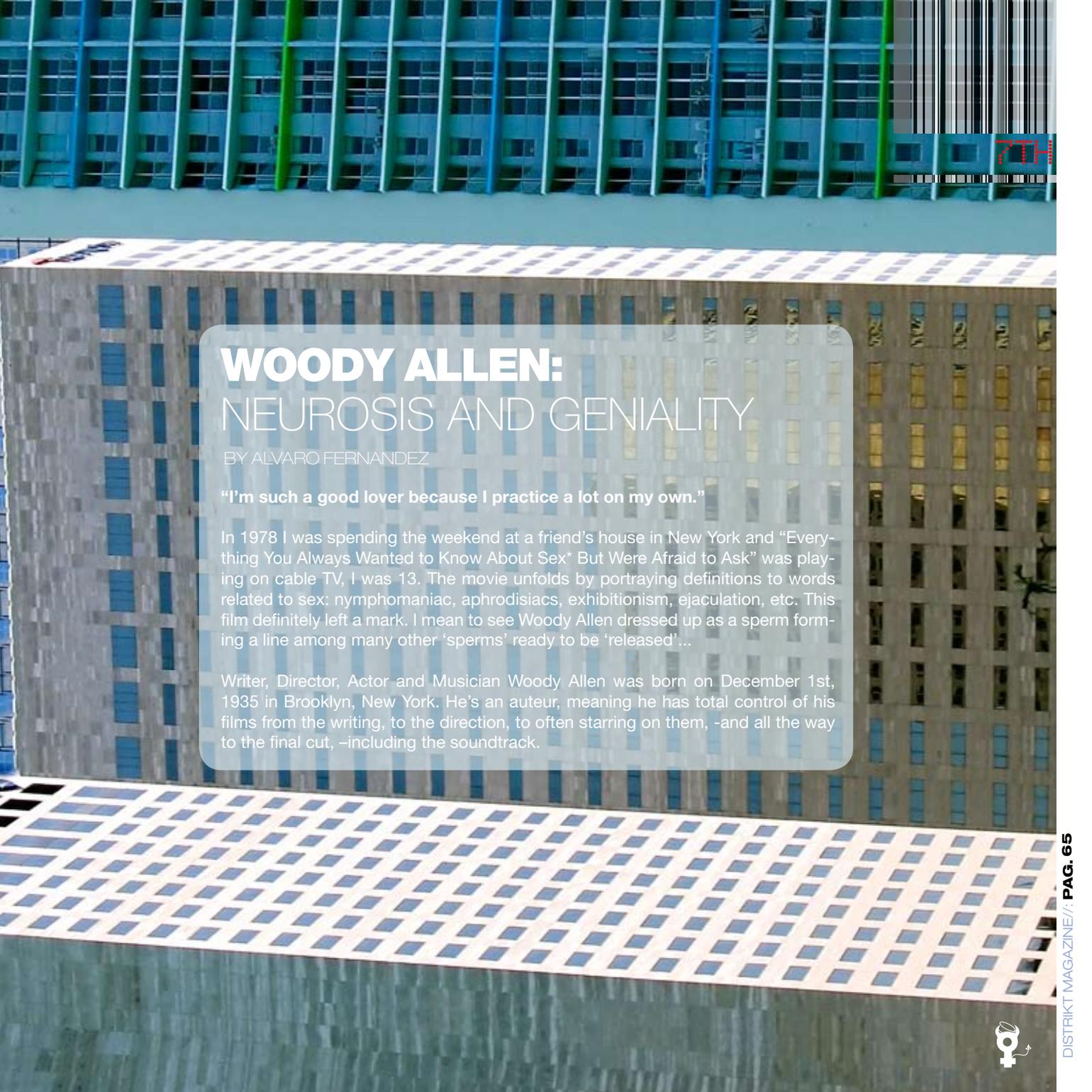
The Celia Cruz Foundation was created in 2002 with the purpose of offering music scholarships to low income Hispanic students and supporting organizations that fight against cancer.

The Foundation has donated \$150,000 during the last two years to League Against Cancer in Miami.



THE CELIA CRUZ FOUNDATION
PO BOX 649 EDGEWATER, NJ 07020
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WOODY ALLEN: NEUROSIS AND GENIALITY

BY ALVARO FERNANDEZ

“I’m such a good lover because I practice a lot on my own.”

In 1978 I was spending the weekend at a friend’s house in New York and “Everything You Always Wanted to Know About Sex* But Were Afraid to Ask” was playing on cable TV, I was 13. The movie unfolds by portraying definitions to words related to sex: nymphomaniac, aphrodisiacs, exhibitionism, ejaculation, etc. This film definitely left a mark. I mean to see Woody Allen dressed up as a sperm forming a line among many other ‘sperms’ ready to be ‘released’...

Writer, Director, Actor and Musician Woody Allen was born on December 1st, 1935 in Brooklyn, New York. He’s an auteur, meaning he has total control of his films from the writing, to the direction, to often starring on them, -and all the way to the final cut, -including the soundtrack.

“This year I’m a star, but what will I be next year? A black hole?”

Woody entered the film industry in 1964 when he was hired to write the script *What’s New Pussycat*, but it was in 1977 -with *Annie Hall*-, when he was able to show the world his caliber as a well-rounded artist. The film won an Oscar for Best Picture, Best Director, and Best Original Screenplay. *Annie Hall*, in which he stars as a neurotic New Yorker who falls in love, is a movie for people who like smart dialogue. It deals with people talking about life and death, and love and sex, and relationships, and other real stuff, very real.

I personally think that watching Woody Allen movies from that period is a lot like spending a few hours with a bunch of people who are wondering about life’s meaning, people who are dealing with life just like we are. They are not being followed by a stampede of exploding cars; they are dealing with daily human problems. All his films have intellectual, emotional, visual, and musical elements strategically orchestrated in them.

The way this genius choreographs tête-à-tête scenes is really marvelous! The camera floats around while the characters enter and exit the screen; they are the truest representation of human interaction during dinners, parties and other social gatherings.

Another thing that attracted me to Allen’s movies was the fact that New York City is a character in most of them. Not only do most of them take place in Manhattan, but also you can certainly feel the presence of the city in his films.



“My love life is terrible. The last time I was inside a woman was when I visited the Statue of Liberty.”

Woody has dated a few of his co-stars including Diane Keaton and Mia Farrow. He and Mia never married but during their 12-year relationship they adopted two children and had one together.

They both starred in thirteen of his movies of which a few stand out, *The Purple Rose of Cairo*, *Hannah and Her Sisters*, and *Alice*. He is now happily married to Soon-Yi Previn, adopted daughter of previous partner, Mia Farrow.

“What if everything is an illusion and nothing exists? In that case, I definitely overpaid for my carpet”.

But years have passed and not in vain; he now has more Academy Award nominations for writing than anyone else. He has done almost forty films in the last forty years. And then, another masterpiece comes out of this short man’s soul, *Match Point*, one of my favorite recent films. This film was shot in England with mostly British actors. It is intelligently filled with small jewels that keep showing up as we are left open mouthed.

Woody is currently working on yet another project written and directed by him, which is still unnamed, it includes Colin Farrell and Ewan McGregor. They are shooting in London as I write this, and honestly, I can’t wait to see the final creation!



GENDER BENDER

BY ALBERTO FERRERAS

PHOTOS: ALFONSO CORONA

I hope not to sound misogynistic when I say this, but there's nothing funny about seeing a woman dressed up as a man.

I'm not saying that it doesn't have lots of merit, and that fantastic plays, books and social experiments have been written and inspired by brave ladies who've cut their hair and stuffed a banana behind the zipper of a three piece suit; but cute and interesting as it might be, it's far from being funny. However, it's a fact that the moment you put a wig on a man—any man, from George W. Bush to Osama Bin Laden—you're going to laugh your ass off.

For a gay guy of my generation it's embarrassing to admit that I've only dressed up as a woman a couple of times. The first time was a few of years ago, when I dressed up as Liza Minelli after her latest divorce— and the second time was just a few weeks ago while spending a weekend in Fire Island. I attended an exclusive party where you could only be admitted if you were a man dressed up as a woman, or a woman dressed up like a man—who tries to look like a woman.

For this important occasion I decided to go for the full Monty: hair, nails, make up, heels, boobs... I would do anything to look like a girl—except shave my legs, chest, arms or characteristic goatee. Yeah, it clashed a little bit with the girlie outfit, but—what the hell—hair seems to play an important part in my chances of getting laid.

That afternoon I started my beauty ritual by duct-taping my beefy pectorals to create the illusion of a natural cleavage, then I sat in front of the mirror like a Miss Venezuela contestant, and applied a thick layer of make up that was supposed to be “waterproof”, but clearly not “sweat proof”. While I applied the foundation on one side of my face, the other side melted. The lipstick I chose was a bright shade of red that I smeared generously -yet unevenly- over my lips, achieving an interesting ‘abused-prostitute’ look. After giving up on the make up, I decided to put on my \$15 “Blonde Temptress” wig, that made me feel sexy and glamorous until its tight elastic band gave me a sharp headache.

Though I have known for years that platform shoes and chunky heels are more foot friendly than stilettos, I borrowed a pair of size 12 Manolos that got stuck on every possible crevice I found along the road. Once at the party, I swirled on my high heels for about an hour before an excruciating pain that shot from the ball of my feet to my upper calves crippled me.

A special paragraph must be dedicated to my faux fingernails, an accessory that was probably designed by the Spanish Inquisition in “whore” and “floozy” lengths. The simplest activities in life can be turned into a Herculean task when you have two-inch fingernails on. I dare any masculine man out there to glue a set of “Lee Press-Ons” and then try to unzip his pants in a hurry. I guarantee that you’ll soil yourself before you figure out how to work those claws. A quick word of advice to those who try take up on this challenge: be careful when you remove those nails, and make sure that you don’t yank your real ones out -like I did.

Regardless of the fact that I looked like a whorish clown, I had a fantastic time at the party. After my third drink of straight vodka I found myself surrounded by two-dozen men dressed up like Marilyn Monroe in the “7th Year Itch”. Clearly I didn’t get that memo.

As I casually sat on the dance floor with my toes curled, my water-filled condom breasts popping out of my dress, and a stream of sweaty make up playfully trickling down my chin, I understood that it takes a brave man to look like a woman.

I was hot, soared and tired, but as I casually tossed my platinum-nylon hair over my shoulder to smile for a rather muscular Charo impersonator, somehow, all the suffering seemed to have vanished.





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8-25 HEALTHIEST FOODS IN THE WORLD

BY VANESSA DE LA RUE

Sometimes we believe, -perhaps it's a Western cultural thing- that it's easier to fix than to prevent. At least some of us act that way and only visit the Doctor to heal, seldom to avert any disease or to make sure our health is intact. I think that if we begin to prevent before curing, our perfect recipients (our bodies) will thank us. At the end, our bodies have been faithful to us all these years, even during an occasional flu; we get sick and then well again.

The fundamental principle to good health begins with something delicious and elementary: food. The great pleasure of eating is more valuable when we acknowledge that a synonym of food is: provisions. This means that it's necessary for our health and bodies because of the many quantitative attributes some nourishments have, acting as natural medicine for own benefit, -others, provide nothing positive.

The first batch of eight nutritious foods and their assets are:

Almonds- Out of all nuts, these count with a high level of Vitamin E, which helps high-blood pressure and the heart -as well as lowering cholesterol levels. Almonds provide us with high doses of minerals, calcium and Vitamin B (ideal to eradicate bad mood!)

Brazil Nuts- Flooded with selenium! These are important to fight cancer and excellent for the heart. Two a day provide an ideal supplement. It's also a great source of Vitamin E.

Berries- These delicious fruits prevent cellular infections and pains. Black berries are filled with Vitamin E and fiber, ideal to strengthen blood vessels, improve eyesight and maintain a healthy heart.

Bell Peppers- One of the greens! These kinds of vegetables are extremely important. Bell peppers are extraordinary for the immune system, excel in Vitamin C and are ideal to prevent ulcers. They come in green, yellow, orange and red -being the red ones a great source of beta-carotene.

Apples- The popular saying of an apple a day is absolutely true. Apples have keratin, great for heart disease, cancer, nails, hair, etc. They also have a lot of fiber and help maintain low sugar levels. My recommendation leads to organic apples, otherwise peel them before consumption, non-organic apples are filled with preservatives and wax!

Broccoli- The nightmare of children! But extremely healthy. Once you acquire the taste, it's yummy. Broccoli prevents tumors and reduces the risk of colon cancer and it's rich in Vitamin C, fiber, beta-carotene and everything to take care of your heart.

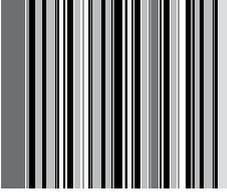
Brown Rice- Better than white rice! Excellent for digestion and swamped with Vitamin B. A nice source of carbohydrates, filled with minerals like magnesium, phosphorus, selenium and zinc!

Chickpeas- A lot of vitamin C, iron, calcium, magnesium and potassium. This legume excels in preventing all kinds of illnesses and is awesome for the heart.

As always, we don't intend to cure or provide diagnostic to any sickness. This is just complimentary aid for your knowledge so that next time you eat, you make the right choices and enhance your health.

Good Appetite and until next time with more foodstuff! Remember that anorexia and bulimia are so out-dated. Eat your heart out!





SPECIAL



PETER BETAN

MIAMI'S OWN

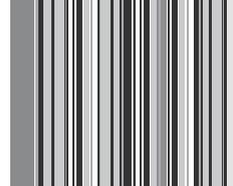
One of South Florida's most prominent artists began playing music in New York and then settled in Miami, next to family, surrounded by activities and night life. Peter Betan's music comes from his channeling of emotions through creativity and instruments. An avid music composer, he claims that if his music had a taste and color it would be mellow ice cream and greenish blue.

Since 1997 he hasn't stopped playing music: 4 records, 2 compilations, endless performances within the city, featured in the soundtrack of *Gringo Wedding* (screening soon at the Ft. Lauderdale Film Festival), and in a documentary called *South Beach*. Worthy of mentioning is the fact that his main intention, already palpable, is for people to recognize his original sound wherever they hear it. Peter believes that the art scene in Miami is filled with luster instead of substance, however, he also believes it's really improving and it will increase with musicians pushing themselves to the next level; developing more muscle.

As if his amazing talent and soul-filled songs weren't enough reason to support his art, he has opened for Bob Dylan, Donovan, Michael McDonald, Al Stewart, Neville Brothers, The Yellow Jackets and Richie Havens among many others. A truly gifted artist, as *Billboard* once labeled him, Peter Betan is the true meaning of heart-felt, finger picking, harmonious artist.



PHOTO: ALFONSO CORONA



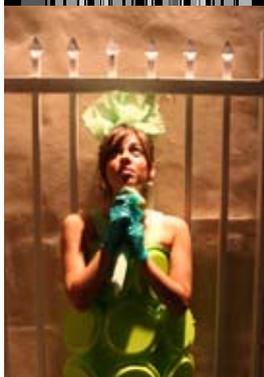
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GALLERY NIGHT AT **EUAG** & **CHEZ NATHALIE**

PHOTOS: ALEX DIAZ

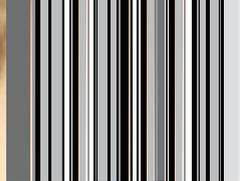


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