

SIZZLING SUMMER STYLE

VOLUME 4 NUMBER 2

flossin

M A G A Z I N E

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Vida Guerra

As you've never seen her

ROY WILLIAMS

Dallas Cowboy &
God's servant at home

MAYBACH

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Lessons from

DAVE FROHNMAYER

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One Twelve, Juvenile, Damon Dash

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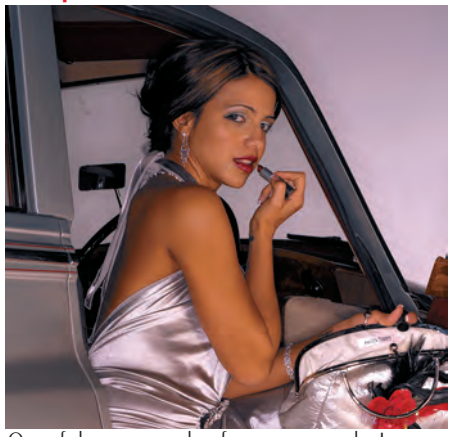
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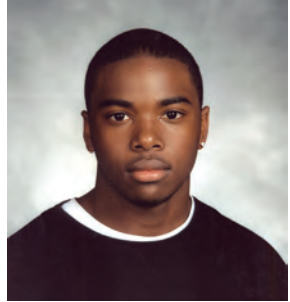


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Vida Geurra, the sexy Cuban sensation, is fuel enough for any classic ride. Jewelry from Liquid Assets, hair and make-up by Courtney Gilmore and Kara Wilman.

Photo Earl.

flossin'

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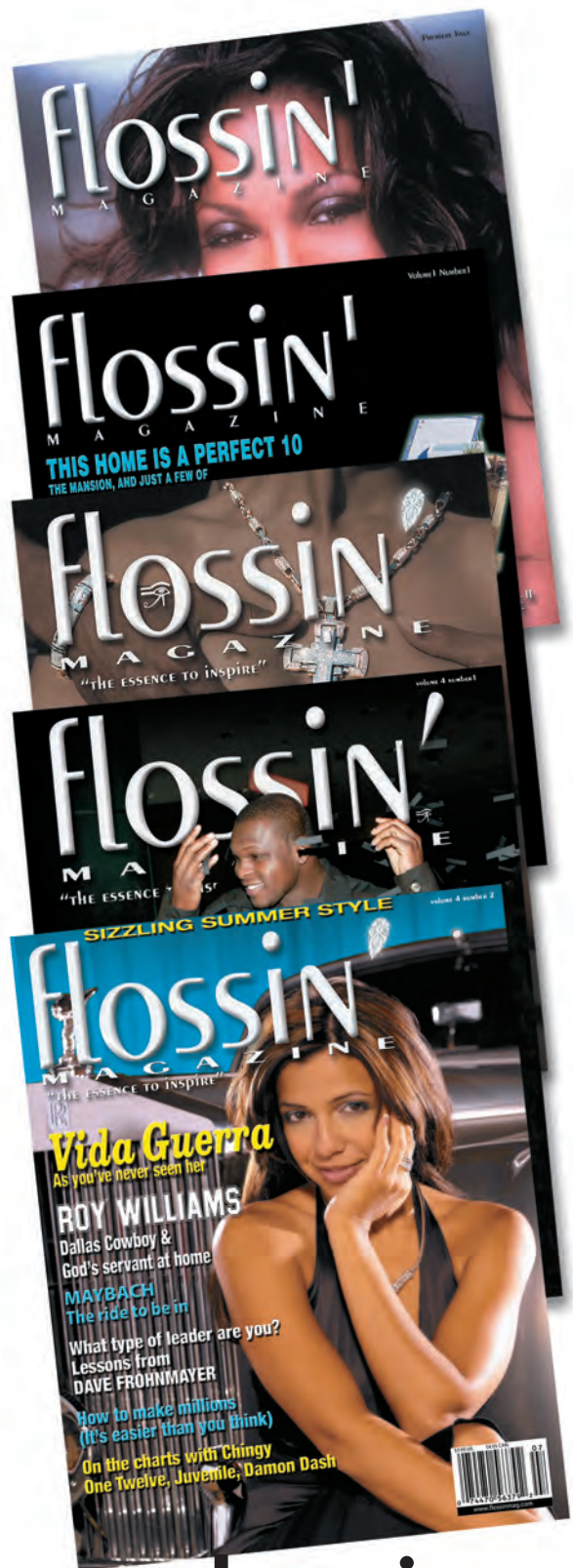
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LETTER FROM THE EDITOR

“As we compiled the stories for this issue, I began to see a theme emerge: issues surrounding the heart. Heartache, heart attacks, dreams from the heart, and leaders who lead from the heart are all prevalent in this issue.”



In our last issue, I shared with our readers the idea that we would take a long, hard look at urban lifestyles and the families that exist within it; topics on men and their relationship with women; and the relationships men have with each other and their families. This issue was a treat for me, and it was fun to put together.

This issue's cover goes to the young, hot, Cuban sensation Vida Guerra. I must say, she was a pleasant surprise to work with. Flossin' took a different direction with this model. While most magazines are trying to take her clothes off to show her sexiness, we wanted to dress her up and bring out her inner beauty. The results were sensational.

We were also successful at getting a candid look at the hard hitting defensive back from the Dallas Cowboys, Roy Williams. His home, his life changes, and his renewed sense of direction are a real treat for you ladies out there.

Working with the CEOs and leaders in this issue was truly inspirational. The insight gleaned from Ron Tonkin and Dave Frohnmayer was worth the price of admission. These spiritually rich men make the Pac West pretty damn exciting.

This issue also touches on the powerful life drama of young Eddie Barnett, a high school student athlete who died on the basketball court. Because of Hypertrophic Cardiomyopathy, a family and community were torn apart. The struggle to pull together and help others in this battle of the heart is truly an emotional challenge.

Speaking of hearts, as we compiled the stories for this issue, I began to see a theme emerge: issues surrounding the heart. Heartache, heart attacks, dreams from the heart, and leaders who lead from the heart are all prevalent in this issue. Even issues of life and death are about the heart. Life's experience has taught me many times that to know life in its richness, one must first consider death.

Read and be filled by the mission of Flossin' Magazine. Hopefully your life will be enriched.

We here at Flossin' are on a mission to bring to light an existing formula for good living. An awakening, spiritual in nature, its essence is to educate and inspire our readers through highlighting the diversified lifestyles of successful people.

Come be a part of this exciting experience. Write us, text us, call us, email us. Share your life story with us.

Peace,

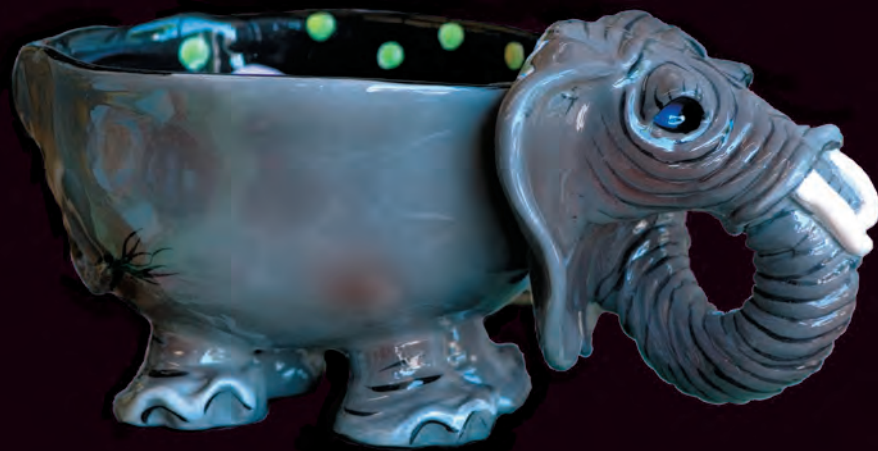
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The Mystery of Wine Tasting

By Michele and Joseph McHenry

We were seduced by wine. Its fragrance and aroma tease you, as you approach the goblet. The color intrigues the eyes and beckons, and then the taste brings a moment of ecstasy that lingers and says, "Try me again." From one of nature's best kept secrets, we become enthralled with the magnificent possibilities for adventure and the beginning of a love story.

When I first met my husband, Joseph, I had not yet developed a taste for wine. Most wines tasted like vinegar to me; so, as is the case with many of us, I avoided wine if anything else was available. I did, however, realize I had a fondness for sparkling wines and champagne.

In 1995, I was single and had been living in the Pacific Northwest for ten years. Yet I had been wine tasting only once in my life. My first wine tasting experience was with graduate school friends on a limo tour of wineries in the Willamette Valley just southwest of Portland, Oregon. I really didn't care when I was told that

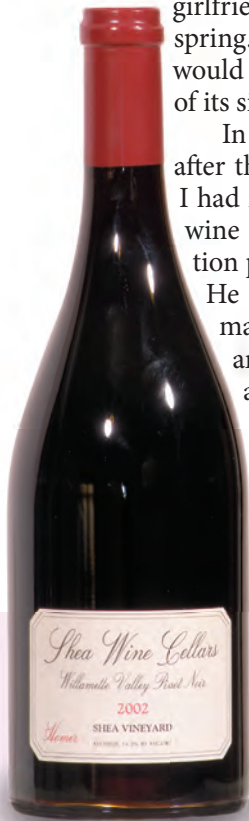
I was going to experience the cutting edge wines produced from beautifully lush countryside. It was more important to spend the day with girlfriends and enjoy a rare sunny day in late spring. Little did I know that in four years, I would be seduced by wine and the mysteries of its simple charms.

In June of 2000, Joseph and I went to France after the celebration of the New Millennium. I had not thought much about incorporating wine tasting or consumption into our vacation plans. However, Joseph had other ideas. He is a long time wine connoisseur, wine maker and chef. Joseph's plan was simple and cunning. He knew I loved good food, and he made sure that each meal we ate was paired with an appropriate wine or Champagne. He opened my senses to the wonderful world of French wines while we visited and took in the wonders and delights of Paris.

Paris is a sensory Mecca. There is a bakery practically on every corner and the smell of fresh croissants early in the morning was a temptation difficult to resist. Down each street stands of fresh fruit and vegetables stare out at you, luring you to come in and sample the wares. We had a view of the Moulin Rouge from our rented apartment. The sounds of the French language surrounded us 24/7. This inspired me to want to touch the one I was with. Mon Dieu! It is an amazing place. Why not do as the French do and have a bottle of wine with dinner everyday, a glass of wine at lunch, and Champagne for breakfast? I was hooked. Joseph's plan worked.

I found myself actually enjoying these wines I had never heard of nor tasted before. The simple pleasures of an Alsatian Riesling with crab, or a Muscat with pan-seared Brie, or a Chardonnay with fricassee chicken. Of course, we sampled many a Champagne along the way, all of which I loved. The fantasy was coming true -- being in Paris with mon amour, eating delicious food Joseph prepared in the privacy of our Paris home, and toasting the moment with a bottle of French wine was over the top!

Now the enological door was open, and I was up for trying any wine at least once. I learned to keep an open mind and vowed to do more wine tasting as soon as we returned home to Portland, Oregon and the Willamette Valley.



Back in Portland, we were buying wines to experiment with and venturing on day trips to the Eola Hills near Salem and the quaint town of Dundee to visit wineries with tasting rooms. What a gorgeous landscape right here within an hour of our home and there are wines, so many of them that we are still exploring the area and finding gems new to us.

One curious observation we made repeatedly in our early wine tasting adventures was that we were usually the only African American customers in each of the tasting rooms. We found few, if any, tasting rooms where the staff were people of color. Even more of a surprise to us was the lack of interest some of our friends voiced when invited to join us on a leisure day of wine tasting. Very few seemed to want to venture into the vineyards of Oregon. We were mystified. Most of our friends enjoy wine and buy several bottles a month yet they feel uncomfortable going out to taste wine. When asked why, some stated they were intimidated when amongst wine connoisseurs since they did not know much about wine. Others stated they did not want to be around wine snobs. Yet others could not see the value much less the opportunity that was right under their nose; to experience what the rest of the world was starting to recognize as premium wines coming from Oregon.

In 2004 Joseph and I traveled to France for a train adventure through the Champagne and Burgundy wine regions. The Burgundy region looked just like the Willamette Valley in Oregon. If you saw pictures of each side by side, you would not be able to tell them apart. Pinot Noir is grown in both as is Chardonnay. But, in contrast to Burgundy, the Champagne region is a bit more austere, dank, and gray, yet the beautiful hillsides are covered with the grapes that give champagne its elegance and style. We found Pinot Noir up high on the south facing hillside, Chardonnay in the valleys next to the rivers, and Pinot Meunier in between. We decided it was time to take matters into our own hands.



VINOIR was born. With our mutual love of wine and Joseph's culinary/catering skills, we developed a plan to bring wine tasting into people homes. We want to bring a soul twisting experience to you and your friends. We thought catered wine tasting parties would allow someone to be comfortable about asking questions about the entire experience while learning about wine in a friendly environment. For those with advanced wine skills and tastes, we have access to a wide choice of high-end wines that can be sampled and shared with friends and business associates.

We would like to share four wine profiles with you. If you can't find them, please e-mail us at mochamichele@yahoo.com. We have chosen three Oregon wines we personally love and one

California Wine to which we have just recently been introduced.

1. Shea Wines and Vines—Pinot Noir 2002, Homer, Oregon, www.sheawinecellars.com

Here is the quintessential Oregon wine—a single vineyard Pinot Noir. The aroma of cassis, pears, and cherries smack right between the eyes. You sip a little, and instantly you detect cinnamon, nutmeg, cassis, and muir. This wine is exotic and tightly bound to a dry palate. Its astringency is offset by the wonderful palate of spices. You can drink it now, but in two years, you will find a new adventure. Pair this wine with herb-crusted salmon, a bitter green salad, and butter grilled asparagus.

2. Sineann Old Vine Zinfandel 2003, Columbia Valley, Oregon, www.sineann.com

One of our favorite wines is Sineann's Old Vine Zinfandel. If you can find a vintage older than the current 2003 release, grab it without hesitation. This wine is big and bold, uncompromising in taste and complexity. It will age for a least five years after the vintage date. The color is almost jet black with just hints of blood red filtering through. The nose, that sent you get from swirling the wine in the goblet and putting your nose over the edge of the bowl, throws you into an orchard of ripe blackberries. On your tongue, the sweet taste

of ripened black cherries lingers with just a smidgen of clove and darkened caramel. The after taste is a tease forcing you to sip again. Next year it will be even better.

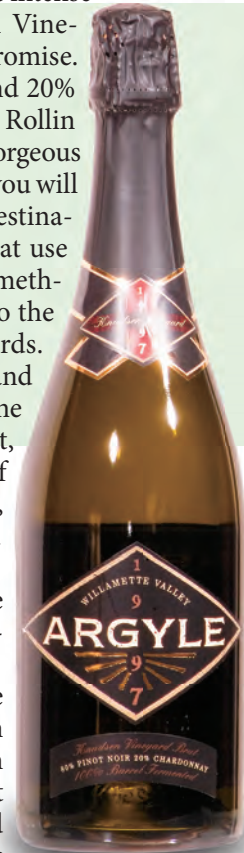
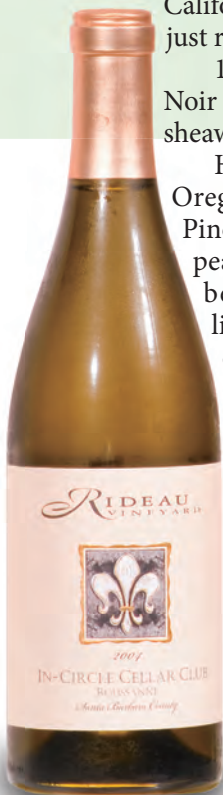
3. Argyle Knudsen Vineyard Brut 1997, Dundee, Oregon, www.argylewinery.com

There is magic in the bubbles of sparkling wines. The more bubbles, the more intense the experience. Argyle Knudsen Vineyard of any vintage fulfills this promise. With a base of 80% Pinot Noir and 20% Chardonnay in the 1997 vintage, Rollin Soles and his crew have created a gorgeous Sparkling wine to match any that you will taste from France or any other destination. Here are sparkling wines that use the French method of creation (methode champagnoise), and live up to the expectation of such high standards. It is bold and yet subtle, it is big and yet under stated. This sparkling wine can be sipped alone, or if you want, paired with your Sunday Brunch of eggs benedict, oysters Rockefeller, and any other combination you chose.

4. Rideau Vineyard In-Circle Cellar Club Roussanne 2004, California, www.rideauvineyard.com

Well, Iris Rideau has come to Portland, Oregon. She is an African -American vintner with flair, class, intelligence and a great business plan. She demonstrated that Oregon is not the only location where great Pinot Noir grows. We sampled six of her wines: 2003 Reserve Chardonnay , 2004 In-Circle Cellar Roussanne, 2003 Jazz Pinot, 2002 Chateau Duplantier, 2003 In-Circle Estate Syrah and the 2004 Riesling. Without a doubt, her favorite is the 2004 IC Roussanne. Iris describes it as a fruit forward white wine with ample life later for those who want to let it rest and mature. It's a big white, much more sublime than Chardonnay and yet not overly sweet like a Riesling. It is floral with lime, tangerine, hints of mango and papaya undertones and just a little sweetness. It is a perfect match for gumbo, etouffee, bouillabaisse and paella. These dishes will not over power this heady white.

We hope you enjoy these treasures as much as we do!



Total Euphoria

by Sterling Alexander

Looking for a new way to throw that super-fabulous party? This dynamic trio will transform the simplest gathering into a delightful soiree. These three artisans merged their individual businesses to create a one of a kind experience: Euphoria Spas. I have searched all over and have not found any other business that comes close to what Euphoria Spas has to offer.

Euphoria Spas was created in 2004 under the collaboration of Kris Dews, Jonathan Mathews, and Jeanee Petree. They combine lavish style catering, exquisite interior design and luxurious spa treatments, all in one complete package. Their goal is to bring their customers to a “euphoric state”, says Jeanee. These professionally crafted home parties start at about \$5,000 for a party of 10-12, but rest assured, your guest will come away well fed, entertained and pampered. Euphoria Spas can also accommodate small and large parties.

Mind, Body, Spirit:

Here is a very brief synopsis of what you will get: Jonathan will come into your home and help you design your party theme. Kris will prepare and serve a menu of your choice. Her presentations are awesome! Jeanee and her team will provide a selection of various spa treatments. During your party, your guest will be whisked away for their desired treatment and re-introduced back into the party with smiles on their faces.

The people behind Euphoria:

Kris Dews, a renowned sushi chef/private chef, originally came from Seoul Korea in 1964. Kris completed her training as a sushi chef in Seattle, and later started Sook Enterprise in 2000. I was curious how Kris came up with the name “Sook” for her business. She told me it was her Korean name, Hong Ji Sook, which





between them. From Kris, I sensed her passion about cooking and teaching. Jonathan, dressed sharp from head to toe, demonstrated his attention to detail. Jeanee, who I initially thought was quiet and shy, ended the meeting with a powerful com-

ment about touching people on a mental, physical and spiritual level.

means growth, blossoming and beauty. In her business, Kris offers catering and culinary instruction. She has taught hundreds of private and commercial cooking classes.

Kris has been described as a passionate chef who loves to cook. I was told she brings out unique flavors in her various cuisines. Kris says, "No one can throw a party like Euphoria."

Jonathan Mathews, a phenomenal interior designer and artist, originally from Thailand, attained his degree in design. He later started his own company called "Kwanchai", which was Jonathan's name when he was growing up in Thailand, and means "First Born".

I asked Jonathan what he liked about doing the Euphoria Spa parties. He said his goal is to exceed the customer's expectations. He brought his creative side in developing environments that relieve stress and promote healing and growth.

Jeanee Petree, a highly skilled esthetician, will bring along a professional team who can provide you with everything from hot stone massages to champagne caviar facials.

Jeanee is a highly sought after professional who, in 2004, received the "Healing Hands Award" from the Euro Institute in Renton, Washington. Jeanee proudly admits, "I've got the magic touch."

When I first met Kris, Jonathan and Jeanee, I instantly sensed this unique synergy

ment about touching people on a mental, physical and spiritual level.

Words cannot completely describe what Euphoria Spas has to offer. It is something you will have to experience firsthand. I guarantee your partygoers will walk away saying, "That was one Flossin' party."

For more information about Euphoria, go to www.sookfood.com , www.euphoriaspas.com and www.kwanchai.net

Or contact them at (206) 241-2158.



FORWARD Thinking

By Toshio Suzuki

Home Security: The Fear Factor

Is federal terrorism protection relevant to all U.S. communities? Is the current protection system capitalizing on the fear factor?

Portland, OR, a city mainly known for its multiple shades of green foliage, is taking Paul Bunyan-size steps to alter the way Americans perceive their protection in a post 9-11 world.

Mayor Tom Potter and the City Council recently voted 4-1 to leave the FBI-led Joint Terrorism Task Force (JTTF), making Portland the first city in the U.S. to do so.

At dispute here was the fact that Mayor Potter, a former Portland police chief himself, wanted the top-secret FBI clearance that is allowed to the two officers on the JTTF. The FBI did not grant his request and subsequently the officers will be reassigned.

"I believe our failure to be in the Joint Terrorism Task Force here puts other Americans at risk, not just in Portland, Oregon," said Dan Saltzman, the lone commissioner to vote against the resolution. "We are setting ourselves up to be alarmed when something is on the horizon or in our laps—that is not prevention."

The 9-11 Commission clearly reported that inter-departmental communication is the key to fighting terrorism. With regard to the JTTF pullout, communication between state and federal law-enforcement agencies will move from a live-in relationship to one that is simply on speaking terms.

The majority of speakers at the council meeting spoke or referred to a fear of the federal government—not terrorism.

"By taking this pro-active step, we are turning back the clock in the post 9-11 hysteria," said Dan Handleman, co-founder of the police watchdog group, Portland Copwatch. "Overall, in taking this action, you are setting a national trend."



Portland mayor, Tom Potter.

Photo courtesy of The Skanner

Other citizen speakers cited the Brandon Mayfield case and how the FBI made catastrophic errors in linking the local Muslim lawyer's fingerprints to the terrorist bombings in Spain last year. Mayfield, who is now suing the government, spent two weeks in jail before the FBI acknowledged it had made a mistake.

The Mayfield example is the main point stoking the fire of mistrust in Portland. Citizens feel the JTTF has not only proven it doesn't work but also that it has the potential to create harmful paranoia; and their elected representatives strongly agree. This is despite the fact that Portland's JTTF is

credited with the arrests and convictions of six people for conspiring against U.S. troops in Afghanistan.

It is probable that other local law enforcement officials will replace the Portland officers on the JTTF, leaving the populace to wonder the actual significance of the decision.

Elected officials and citizens across the country who live in the other 100 JTTF communities are also keeping a discerning eye on what will happen in Oregon. Only time will tell, as Portland is set to revisit the situation in October of this year.

"I've been told if something happens in this city, I am toast," Potter said. "There is no doubt in my mind we are doing the right thing."



MasterCard State University

There are some things money can't buy, for everything else, there's...student identification cards?

At Colleges and Universities across the country,

an increasing number of students are signing on as schools are teaming up with Higher One to revolutionize the look and worth of ID cards.

Sam Houston University, Columbus State University, the University of Western Georgia and most recently Portland State University are examples of

schools that have implemented ID cards with a MasterCard logo on them and are usable as debit or check cards for students.

The basis of this new example of corporate integration of public universities is almost in all situations budgetary. In the recent case of PSU, Higher One assumes responsibility of all financial aid disbursement, freeing up university staff to provide more personal assistance to students. Higher One also covers the costs of the more advanced, secure ID cards issued to all university students and personnel.

Higher One touts themselves as a corporation that among other things strengthens campus communities. The system offers students a no minimum balance, no monthly fee checking account that also has nice collegiate options such as the 'Send Money' feature.

This, in theory, could allow family members to wire money into a students account.

The concept sounds like a win-win situation for both the university that saves money and the corporation that only makes money when students choose to open an account with their cards. But what about the American student who, according to the Center for Economic and Policy Research, has almost doubled the amount of debt accumulated after attending a public four-year college?

"It's awful being poor," said recent college gradu-

ate, Lindsay Huffstutter. "You're (college students) magically supposed to know how to manage your money."

Christian Gaston, editor-in-chief of PSU campus newspaper, The Vanguard, says it is hard to read how the student body currently feels about the ID card issue.

"In the Fall it was a contentious issue with about 2,000 students picketing, some cutting cards and others sitting in at the president's office," he said. "They (the student body) kind of went hog wild."

Troy Micciche, a PSU finance major, doesn't feel any added financial pressure with the new ID cards but was slightly bothered that the university didn't consult students about the adjustment.

Money matters for college students and even for politicians trying to figure out

how to fix social security. Decisions relating to fiscal management are controversial because not everyone is capable of making the correct choice.

The simple fact is that most college-age students already have some form of plastic payment available to them. This does not mean that universities and Higher One should be taken lightly. They are out for profit like any other business. Students need to keep a sharp eye on this information, along with their new equally valuable and dangerous ID cards.



Don't Look Now the Hybrids Are Coming

With Americans consuming 840 million gallons (20 million barrels) of crude oil a day, the concept of a hybrid automobile is no longer just for those concerned with blue skies and green meadows. The hybrid automobile makes fiscal sense, and the latest sales numbers indicate American car owners are getting the message.

According to R.L. Polk & Co., the hybrid market has grown 960 percent since 2000. For instance, new

hybrid vehicle registrations totaled 83,153 in 2004. Despite this growth, hybrids still represent less than 1% of the 17 million vehicles sold last year.

Right now the carmakers cashing in on this hybrid hysteria are the Japanese giants Toyota Motor Corp. and Honda Motor Corp. Together these two corporations account for more than 95 percent of the quickly growing U.S. hybrid market.

Toyota's hybrid model is the Prius, with a starting price of about \$21,000. Toyota, the first automaker to commercially produce and sell hybrid cars, sold 53,761 Prius hybrids last year and plans to produce 100,000

FORWARD THINKING

more for North America this year.

Honda currently has three hybrid models: the Insight, Civic and Accord. The three range from about \$19,000 for the Insight to \$30,000 for the Accord.

Other carmakers have taken note as Mercury, Lexus, Saturn and Chevrolet intend to join Toyota and Honda in unveiling about a dozen new hybrids within the next few years. More are certainly to come, as the new hybrid models will not be reserved to small passenger vehicles but hatchbacks, sedans, pickups and sport utility vehicles also. Ford currently offers the Escape, the first hybrid SUV on the market, priced around \$27,000.

Hybrid automobiles are sophisticated machines that run on the simple premise that they are powered by both gasoline and battery. The power structure is diverted so that it is not entirely reliant on fuel. Hybrids still have gasoline engines. They are just smaller and are designed to reduce emissions and increase efficiency.

The unique electric motors on hybrids are what set them apart from 20th century vehicles. Engineers figured out a way to allow the motor to act as a generator as well—drawing energy from the batteries when needed and vice versa.

This sharing of power within the hybrid engine can also be a parallel example for why the hybrid has become more abundant—the supply and demand for oil around the world. Most economists attribute increasing fuel prices to the skyrocketing demand for oil in developing countries such as India and China.

“A third of humanity doesn’t want to ride bikes anymore,” said Anne Korin, the co-director of the Washington-based Institute for the Analysis of Global Security, an energy security think tank.

Riding a wave of new and efficient technology, hybrids are on the brink of transforming from an alternative vehicle to a staple of livelihood for Americans.

Are you ready?



Toyota Prius Hybrid.



Honda Accord Hybrid.



Honda Civic Hybrid.



Honda Insight Hybrid.



Sean John Wheels Bring Sexy Sophistication to Any Ride

For some people, the job responsibilities of musician, fashion designer, actor, and entrepreneur might be enough to fill in a full work week. For Sean “P. Diddy” Combs, though, this apparently is not sufficient. Adding to his vast empire, P. Diddy is now stepping into the world of high end, custom made, luxury wheels.

The Sean John branded wheels are perfect for those living the sexy, sophisticated, and fast-paced lifestyle for which P. Diddy is known. All nine multi-spoke designs are tough and durable, yet they still have an aura of elegance.

“Wheels have become a fashion statement--a badge of taste and style,” said P. Diddy. “We see an opportunity to bring excitement to the wheel category by delivering the Sean John sophisticated design with the best quality production.”



photo Joe Orlando

The NBA's Newest Entrepreneur



photo Steven Williams

At the age of 25, most young adults are either still searching or just starting to settle into their careers. At the age of 25, Corey Maggette is one of the NBA's leaders in free throw points, is an athletic powerhouse and team captain for the Los Angeles Clippers and can now add Entrepreneur to his resume. Corey has joined the league of fellow basketball stars such as Latrell Sprewell, and has embarked on a business venture with Daat Wheels to introduce the Flight 50 Wheel. The Flight 50 wheel, which has a very sleek and masculine look to it, is sure to be turning heads on the streets very soon. Furthermore, Corey's partnership doesn't just end with this debut wheel. He assured me that two more wheels from the Flight 50 series will be released shortly, which I'm sure will be just as fly as the debut wheel. You can be certain that Mr. Maggette will be sporting the wheels on his ride, as well as some of his teammates. I found out this

information after asking Corey if his teammates will be buying the wheels to show their support. “I'm sure my teammates will be showing their support, but they won't have to pay for the wheels. They would be free for them.” Well, isn't that nice...what about me Corey?! I know it's not nice to beg, but a girl can always try.

KIRKLAND AUTO

by Keonna Jackson

It's not often, if ever, you walk into a prestigious car dealership, in an affluent suburb, and the general manager is a twenty-something African American male. Defying the odds, Blair Macintosh is that man. The successor of his father's dealership, the sharp & debonair Blair is now running the show at Kirkland Chrysler-Jeep. Donned in tan slacks, loafers, a crisp white dress shirt and designer tie, he represents the epitome of a successful entrepreneur. From a very early age, Blair was groomed to succeed his father. Shortly after

he learned to walk, he was accompanying his father to business and dealership meetings locally and abroad--learning the business. Rubbing elbows with top executives and big wigs was all 'in the cards' to prepare Blair to eventually take over.

Blair grew up in the Pacific Northwest before taking off to college at Florida A&M. Realizing he was too far away from his passion, he moved back and completed his final 3 years at the University of Washington, while spending time working at the dealership in between his studies. Fulfilling his



“The successor of his father’s dealership, the sharp & debonair Blair is now running the show at Kirkland Chrysler-Jeep.”

father’s plan, he attended the NADA Dealership Academy in Washington, DC, arming himself with all the tools and education he needed to manage the business. Tragically, the weekend of Blair’s graduation, his father died in route from a car show never making it to the graduation. I watch with awe at the respect and admiration Blair has for his father, as he reflects on his loss. “Every decision I make, I want to make him proud.” The sadness is apparent in his eyes as he wishes his father could have seen his dream become a reality.

As we tour the dealership, I take it all in. From the classic 1939 Chrysler bling-blingin’ on the showroom floor to the Parts & Service department, everything: fabulous! We end up in his cozy front office, simply decorated with a couple of pictures. A flashy laptop and flat screen monitor sitting atop a neat and tidy desk, indicates this man is strictly about business. “I’m not as vocal. I try to really command respect through my actions and let them speak for themselves. When I’m here, I always work and have a serious demeanor. Everyone here knows I’m serious about the direction of this dealership.” It’s apparent Blair has demonstrated that, and has become the poster child for integrity, demonstrated by his friendly and professional staff interacting with each other and their customers. So, what is your advice to young entrepreneurs? “Be humble. Don’t be afraid of help. Keep long-term goals in front of you. Work hard, and the 3 F’s, Faith, Family, and Friends.” That’s not just advice for entrepreneurs, but for everyone.

I walk away remembering how Blair defines flossin’, “Doing things your way without a care of what anybody else thinks, and living life like its golden.” A smile comes to my face. I have to agree, that’s flossin’.



Chrysler Crossfire coup.



Chrysler 300.



Jeep Grand Cherokee

THE MAYBACH

by Niki J Miles

A Grown Man's Whip.





From Hollywood to Hamburg, it is making the grade for those who love the high life. It is the new prince of cars: The Maybach. R Kelly rhymes about a butler for his Maybach. Brother Nas chimes “You ain’t even en mi clasa- Maybach Benz, back seat, tv plasma”. Cedrick co-starred with a Maybach in “Be Cool”. The truth is, if you aren’t in the back seat of a Maybach, you aren’t being noticed. So what is the story, and why does this car take the trophy as America’s new king of luxury ride? Here is the 411 on the Maybach, but my story can only paint a low class picture of this high class ride. You must test drive this ride for yourself to get that true Maybach picture.

The Maybach comes in two models 57 and 62. You will need between three to four thousand C notes to pocket one. That cash will buy you certain exclusivity and one of the world’s most luxurious rides. Mercedes, the maker of the Maybach, only turns out 1000 or so of these handmade masterpieces a year. That is where your exclusivity comes in.



The Maybach has solid history of producing some of the world's most luxurious rides. But no cars had been produced since the 1940s until the brand was given CPR and re-launched in 2003 by Mercedes.

Looking up from inside the Maybach 62, you will catch the sky through the electro-transparent panoramic glass roof. This is a smart roof that contains liquid crystal and can change how much of the outside world is visible by the switch of a button. You can choose to see the moon light or you can set the roof to opaque to shut out the sun and keep the rays from coming through.

This ride knows you are coming!

Mercedes has used its "fob transmitter" in previous models like the S600. However it is well suited to the Maybach. As you approach the car it senses you through a small identifier and unlocks the doors. You will not need a key for the Maybach, as this ride starts by the driver pushing in the top of the shifter.

Riding the Maybach: she slides you into another place. It's all about respecting your needs, and what you need are things like a built-in refrigerator, that great electro-transparent panoramic glass roof. To stay cool while stationary the solar cells built into the roof operate a ventilation system. For safety this car has ten air bags. It has four normal airbags for all four passengers, four side-impact airbags and two curtain airbags. So smoke does not get in your eyes, the Maybach has charcoal and pollen filters to clean incoming air. It's all about the mood, and so the mood is set inside with ambient lighting. If an entrepreneur should run out of cash and need to write a check, there are writing desks that unfold from the armrests.

It's All about Entertainment

When you ride inside the Maybach, the key is entertainment, and this car has every thing a budding rap star could want. It is always movie time, since you will find a DVD player in the back seat along with two screens embedded in the backs of the front seats. A TV tuner is also present along with a CD changer and off leash phones. The bass can be pumped through a Bose® sound system, thumpin out at 600 watts with 21 speakers. But comfort is also the key

with optional fully-reclining rear seats along with a built-in massage unit. To make sure you can communicate with the driver, you will find an intercom between front and rear seats. If you need to conduct some private business, a retractable window has been placed between front and rear seats, with electro-frosting when desired, so you can have some private time. Up front the driver will find a navigation system, self-monitoring tires, telediagnosics, etc.

Under the hood

The Maybach 57 performed on the road in a 0-60 mph trial with an impressive time of 4.9 seconds, and in the 0-80 mph test, it came in at 7.8 seconds. If you need to stop suddenly, the Maybach 57 can break from 60 mph in just 121 feet. From 80 mph, it took only 212 feet.

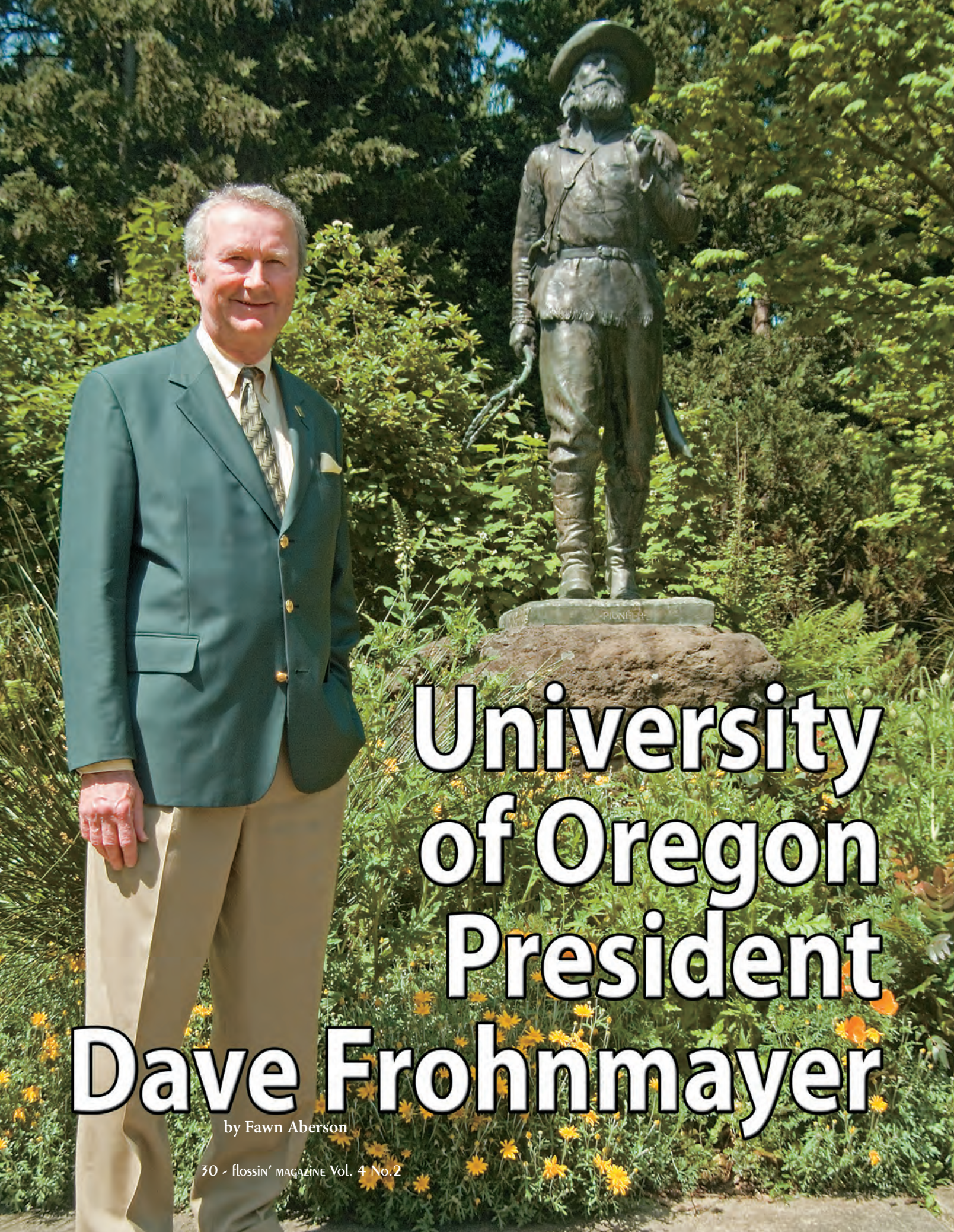


Over all the Maybach performed better than the Corvette in speed and breaking.

Don't expect to be able to roll up to any Mercedes dealer and get a Maybach. The best way to go Maybach shopping is to contact the company, and they will assign you a personal shopper who will take you through the buying process.

For the Maybach experience or to locate a Maybach studio near you go to www.maybachusa.com to locate me try nikjmiles@milesaround.com.





University of Oregon President Dave Frohnmayer

by Fawn Aberson

“Ever wonder how one becomes an effective leader? Well, it sounds easy, but it is the toughest thing you can ever do in life. It requires learning about yourself. The biggest starting point toward becoming a leader is self-discovery.”

What you put on your walls can speak volumes about what you value. If you value art, you may have paintings on your walls. If you value travel, you may have maps and compasses dangling around you. At the University of Oregon, the first thing you notice when walking into President Dave Frohnmayer’s office is that his desk is tucked cozily into the corner near the meeting of two walls. On the wall to his near left are photos of loved ones. Among them is one which speaks memories of carefree times. It is of a youthful Dave, his wife Lynn and their five young children. They are outdoors and the wind has played havoc with their hair as well as added a rosy glow to their cheeks, enhancing their cheesy grins. On the wall to his right are book shelves, in fact, books are all over the place. The assumption being that what is truly valuable to Dave, are the experiences he shares with his family and the knowledge taken from the literature in books. It is an assumption he will later confirm. There is another thing that is interesting, apart from the walls; it is the round table in the middle of the room. It is at this round table, with no sides nor head, where we sit with Mr. Frohnmayer, and he shares with us a dialogue on self-assessment and leadership.

No one who knows Dave well would give a second thought as to why we are seeking insight from him on these subjects. However, for those who need some qualifying data, here you go: Graduating from Harvard Law, Dave took a position at the University of Oregon as a law professor, which quickly elevated to a, slash law advisor, for the university president. Dave explains, “It was the early 70s and a lot of distrust existed. As you may remember those were interesting times in terms of self-expression. I remember on more than one occasion being called in to the university president’s office to advise on protests and conflicts.” His career

launched from there to that of the prestigious Oregon State Attorney General. As you can imagine, his leadership skills were stretched to new lengths.

This leads us to his current position as the president of one of the highest-ranking journalism and architecture universities in the United States. He has been a university president longer than most university presidents in the nation. The average is four years; Frohnmayer is going into his 11th and says, “This just *feels* the right place to be.”

In addition to his many duties as president, he teaches a class in leadership. Ever wonder how one becomes an effective leader? Dave Frohnmayer shared his insight.

“Well, it sounds easy, but it is the toughest thing you can ever do in life. It requires learning about yourself. It is the ancient Greek aphorism, ‘know thyself.’

If you do not know yourself or try to learn, then you will not be able to persuade other people what you are asking them to do is authentic. The biggest starting point toward becoming a leader is self-discovery.”

So how does one begin to self-assess? Frohnmayer began when he asked himself a few questions. Starting as a young high-school graduate it was, “What do I want to do for a living?” As he grew older the question became, “What do I want to be?” This question can go down the road of philosophy and theologies. However, it wasn’t until the past few years that Dave discovered a third question relating to self-assessment, and that was “What is worth doing?” He explains this one. “You see you take the ‘I’ out of that question. The ego goes out. It is not what ‘I’ want to do or be. It becomes what is worth doing and has value?”

This third question became a prominent force with Dave at two different points. One was facing his own mortality and a second chance at life. “I was dead for 27 minutes; I had



Dave Frohnmayer identifies four different types of leadership.

1. Brute Force- Do what I say or I will hurt you.

2. Stripes- Do what I say because I have two stripes on my sleeve and you only have one.

3. Expertise- Do it like me, I will show you how.

4. Esprit'- Let us all do it together because it is worth doing.

Which type of leadership do you think Dave Frohnmayer most resembles? Which one are you? Which one is your boss? Do you need to look for a new job? Email your response to editor@flossinmag.com

collapsed from a heart attack.” His divine intervention was suffering a heart attack directly across the table from two doctors and a nurse. They worked on him until he came back to life. “When I came to in the hospital and saw the bright lights and green coats around me, and realized ‘this is for me,’ my next thought was, ‘I can’t die, it is too soon, we haven’t saved Amy yet.’” He was referring to his other prominent force--the discovery of a deadly illness (Fanconi Anemia) that has affected all of his daughters. Two of his three girls (Katie and Kirsten) have died, and the third, Amy, is threatened. His two boys (Jonathan and Mark) have been mercifully unaffected. Dave explains this life changing circumstance in his own words. “We watch Amy like a hawk and live day to day with the fear of losing her. To struggle as desperately as you can to try to keep kids alive, then see for no reason at all, due to any responsibility of their own, they can’t make it, well it kills you. You have to ask, ‘Is this all there is?’ What you come face to face with is mortality. When you cannot protect your own kids, it can be just devastating. Then, if you do not completely fall into despair it can be, ‘Okay, what is really worth doing?’”

The randomness of death teaches us to cherish life, but also gives us the knowledge of



“If you authentically believe that being excellent in everything you do is important, then you give everyone a place in the sun. This has to come from your real feelings. You have to believe they are important, otherwise, people can smell a phony emotion in a second.”

powerlessness. This powerlessness means we have no control over death. However, we do have control over how we embrace life. What we have gleaned from Dave Frohnmayer is that he has indeed done the latter.

This embracing has pushed him to new heights of leadership, new heights of wisdom and new heights of compassion.

What Dave now believes is worth doing is to make a lasting impact for the University of Oregon by taking it into the 21st century. The university is embarking on a 600 million dollar fund raising campaign, one of the highest undertakings of a major university its size. The original plan generated two billion dollars worth of ideas, but it was compacted into what was felt an achievable 600 million dollar figure. With the help of major donors like alumni, Carolyn Chambers (Chambers Communication) and Phil Knight (Co-founder of NIKE), they are more than halfway to their goal. This Spring the university held an appreciation gala for many of their donors and contributors. It

was a red carpet affair, organized by alumnus Bryce Zabel, (three time Emmy Award Show Director). Movers and shakers turned out from all over the state and country. With such a large undertaking, there are sure to be a number of personalities and egos involved. Dealing with these egos is something any leader of any company must address. Dave Frohnmayer addresses the dilemma by saying, “If you authentically believe that being excellent in everything you do is important, then you give everyone a place in the sun. This has to come from your real feelings. You have to believe they are important, otherwise, people can smell a phony emotion in a second. You have to look for opportunities to validate that what people do, counts.”

Another dilemma for a leader is decision-making. How do you make good ones? Frohnmayer’s practice is to seek and consult advisors, and not be the person making isolated decisions where pride can become the enemy. “We have to be willing to hear the truth



Dave talks to the students coordinating University Day to see how the work is going on campus.

“What you put on your walls can speak volumes about what you value.”



from those less powerful. Often when I am in the room, I am listening and not talking. I am trying to pick up where the gravity of wisdom is.” He also goes on to include experience as another key to assessing risk and helping our decision making process. “Experience is a teacher, and hopefully, we go to school on other people’s mistakes. Making our own can be painful. Experience gratefully can come from reading as well as our own actions.”

Aside from the mass fund-raising, which will enhance the journalism, architecture and athletic programs, Frohnmayer also hopes to boost the diversity of the school. “I have a three word definition for diversity, identity within community. I want people to feel a sense of community, and that they have a voice and they matter. Now that’s not to say, let’s all jump

into the hot tub with a bottle of chardonnay and everything will be fine. You can’t use a cookie cutter for this topic.” This undertaking to increase a diverse population became a challenge for Frohnmayer when he looked at the statistics for people of color, particularly the African American male, and realized that enrollment numbers were low. He worries that because Eugene, Oregon is such a small town and the state itself has only a small number of minorities, this demographic may feel a sense of loneliness. He wants to change that. We asked Frohnmayer what he wants the people of color to know about the campus. His response, “I want them to know that they could make a difference here, and we need them. We can help them grow and set and reach goals they never dreamed possible.”

With issues of the university and family pressing at Dave Frohnmayer, the need for sustaining leadership is eminent. "It can be tough, a tough battle. It is one thing for any businessperson to make a million bucks. It is quite another to get up in the morning with the same level of motivation and excitement required to sustain such an achievement. We all live such frenetic lives: the pace of our world can cause us to miss moments of reflection such as 'what am I really doing?' I walk every morning, and this is where I get some of my reflection time and it helps."

Dave Frohnmayer shared with us his reflections on death, life and love.

Death- "It is final, it is real and it can be scary. I 'm not afraid of its finality, I just hope that when I leave, I will not leave things undone."

Life- "Making a difference seems to give a purpose and a meaning to yourself and others. Hopefully, we leave it a little better than when we come in. The key is to make it count and your involvement engaging and rich."

Love- " If we think of it as possession that is too narrow, misleading and selfish. It is the time when you extend yourself to another person and that extension is a big risk, because we do not know if it will be reciprocated. But if we really love we will extend it any way and if it is reciprocated, it becomes full, if not then it is still honest."

The largeness of this man's life was too much for this story--these few pages. It held me in, and made me reflect upon my own life's existence. I exhaled. It was a blessed encounter. Some hope for the future of young people. Some hope for the future of all people.

The idea of self-discovery is a huge undertaking. Any person or business that refuses to take a fearless and moral inventory of their inner stock is almost sure to fall short of an authentic life.

For those of you who are afraid, you may want take a lesson from Dave Frohnmayer. Class starts now.



"We all live such frenetic lives; the pace of our world can cause us to miss moments of reflection such as 'what am I really doing?' I walk every morning, and this is where I get some of my reflection time and it helps."



ROY WILLIAMS #31 GOD IS IN HIS HOUSE

by Fawn Aberson





As we walk up the curved driveway of Dallas Cowboy's star defensive back Roy Williams' 1.3 million dollar mansion, a soft breeze greets us and sends a welcomed chill to our humid dampened skin. We are grateful for the short relief from the hazy, thick heated air that is so prevalent to Dallas, Texas. The entrance is aligned with colorful flowers, and a soothing fountain serenades our ascent up the smooth concrete stairs to the extra tall wood and glass door. It is a powerful site. The door is pulled open almost instantly to our ring, and Roy stands in Dallas Cowboy emblazoned shorts and a tee-shirt. His bare feet take advantage of the cool granite flooring, and sunshine cascades in from the French doors in the living room behind him. You can make out hints of blue shimmers from the pool beyond those doors, as reflections from the water play with the light in the vaulted entry way and up the spiral stair.

“His life is evolving toward a three hundred and sixty degree turn around. But to understand this turn around, we must first take you down the road of some of his recent agitation.”



Roy goes for a swim in his spacious backyard playground.



all photos Haleah Photography

There is a quiet from the neighborhood, the house, and Roy's demeanor, which comes across as very peaceful. The mood is non-combative, non-intimidating and non-aggressive. The very opposite of the adjectives that would describe an on-the-field NFL Williams, but it is, after all, the off season. Roy laughs when I point out the contrast, and says, "I don't know what my name is on the field, but when they talk about that alter ego, I have it. I don't want to say I'm a beast, but if you are on the field, and I get a chance to tackle you, you will remember and try to avoid me." But the Roy we are with today gives us free run of the place, and it was a good chance to discuss the trying times of the past year. He gives us some insight on his personal relationships, his work (the Dallas Cowboys) and his spirituality.

His life is evolving toward a three hundred and sixty degree turn around. But to understand this turn around, we must first take you down the road of some of his recent agitation.

In a kind word, the Dallas Cowboys season could be tagged as one of "rebuilding".

Williams puts it this way, "We know we let a lot of games slip away that we should have won. We got complacent, soft, winning one game, losing one, and then losing two and so on. I think we had some new players who didn't buy into the hard work system, but that should change this year because Coach Parcells said he is going to be harder on us." Williams puts Parcells attitude into this perspective, "Parcells is a grumpy old man who says he is too old to lose, and I agree. I think he will have the team doing a complete 360 from the last season."

So, the hitter takes some hits, not only in business but from some personal angles as well.

His parents split up after 22 years of marriage. His comments were, "It happened right during the middle of the season about two years ago. I was like Ugh! I was hurt by it. Funny thing is they have both moved on, dating and what not and I'm just like, keep it to yourselves; I don't want to hear it." He laughs at his own denial, a gesture not so far removed from acceptance.

Williams speaks a little about the influences

continued page 44



Roy Williams on Life:
Life is beautiful and can be whatever you make it.

Roy Williams on Love:
Love can sweep you off your feet, love can break you, and love can hurt you. There are so many different meanings to love, but when you experience it, you don't ever want to let it go.

Roy Williams on Death:
I am not scared of it. Actually when it's my time, I am looking forward to it, because I can't wait to get to the kingdom.





By wisdom a house is built,
and by understanding it is established;
and by knowledge the rooms are filled
with all precious and pleasant riches.

Proverbs 24:3-4





“These days, Williams spends his time riding horses, fishing and mentoring young kids with his pastor.”





and roles each of his parents played in his life growing up. “My mom gave me my never quit attitude. She is my hero, well, she and the kids in the hospital who are fighting for their lives. She works in the hospital next to the radiology department, so she has seen the challenges many people face regarding health. And my dad? Well he was hard--hardcore, and that’s what he gave me, but he also instilled morals and respect for women.” While his parents closed a chapter and Roy dealt with the impact, he found himself opening one of his own with Kelly Rowland. He and the Destiny’s Child star met and fell in love, and this past March, they were to be married. It didn’t happen, and the rumor mill began to grind. Williams shed

me stay focused. The way I carry myself now, I am not even close to the man I was months ago. When people look at me, I want them to see a humble man and a servant of God.”

These days, Williams spends his time riding horses, fishing and mentoring young kids with his pastor. “I remember standing with my pastor, speaking to a group of young kids, and the pastor asked the question, ‘How many of you feel like you’re stupid?’ Nearly twenty kids raised their hands, and I couldn’t believe it. My head just instantly dropped. It just hurt me more than anything else, because I could understand how they feel. Then I share with them my story. I couldn’t even really read until around 9th grade. I was in a special resource class, because my learning curve wasn’t as fast as the other kids. Because I was frustrated, I would act out by being the class clown. Instead of talking things out with my teachers, I drove them crazy with my actions. My mom finally got me to open up about my frustrations, my struggles with reading, and we



light on the subject; “Kelly is a sweet, tender, and loving person. We are not engaged anymore, but we haven’t ruled out a future. It’s just that we were struggling with conflicting schedules and communication. It hurt, but I have moved past it. It’s all good. I am young.” He raises his eyebrows and smiles sweetly as to say what will be will be. It is an attitude that stems from the action he has taken to re-focus and re-dedicate his life to God. “The best display of me or reflection I can give of my inner-self right now is the one becoming a man and a servant of God. I felt like I was back sliding and putting other things before God. I don’t want to do that anymore. I keep scriptures in frames around my house to help

started to address the situation. I overcame my struggle through applying myself and staying dedicated.”

Transition can be a difficult part of anyone’s life and quite often comes in a series of difficult events. You have to applaud Roy’s uncovering, discovering and discarding the different aspects of his life. His ability to do so with a quiet grace is a lesson in growth for all of us.



For over four generations the fine craftsmanship and exqu
fine jewelry designers continued there quest for perfection and b

King



KG1



KG2



KG3



KG4



KG5

Empire



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EM2



EM3



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JL1



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JL5

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Today the current NEKTA generation continues its family's time honored tradition and s
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WIDA GUERRA



Interview by Big Bubba & Troy Atterberry
Words by Troy Atterberry

"WE CAME TO THIS COUNTRY WITH NOTHING., AND IF MY FAMILY HADN'T FOUGHT FOR ME., I WOULDN'T BE WHERE I AM TODAY.. SO WHEN I HIT A BUMP IN THE ROAD., IT GIVES ME THE MOTIVATION TO KEEP MOVING.."

There were no lights, camera, nor action, no screaming crowd of fans or photographers snapping shots. Well at least for the moment there wasn't... However, what there was, was a young lady, Ms Vida Guerra. As she entered the room, a presence followed unlike any preconceived notion one might have of the "Video Vixen of the Year" nominee. She has a kind and gentle tenderness about her. In addition, you could tell through that thick, east coast, Cubano accent that she was real. "I'm as real as you can get," said Vida.

Her life today is a far cry from the one she left behind in a small town in Havana Cuba where she was born. Vida does what she does because of that--to thank her family for bringing her here. Her father fought for the freedom of his family. Through threats of being kicked out of the country with his family left behind, to be subjected to the constrictiveness of communism, escape attempts, capture, prison and legal red tape, he wanted to give his family the opportunity America would afford them. Vida said, "We came to this country with nothing, and if my family hadn't fought for me, I wouldn't be where I am today. So when I hit a bump in the road, it gives me the motivation to keep moving. I want to give back to my family what they gave me. Beyond the glitz, glamour and sexuality there's a woman the world needs to know.

In this world of big business and entertainment, Vida has already graduated from the school of hard knocks. She's had rough times, like her current pending lawsuit over pictures stolen from her cell phone. She is disgusted and upset about the invasion into her personal property, and claims the more intimate photos are not of her. "There is going to be a very big lawsuit, and whoever is responsible will be held accountable," states a Vida representa-

tive. Other trials include past experience with management, who had promised her everything and delivered nothing. This cost her nine months of wasted time, and the realization that when it comes to your career and finances, be careful about whose hands you leave yours in. With her career on the rise, her brother currently manages her. "If you can't trust your family, who can you trust?" said Vida. "I know my brother has my best interest at heart. He may not have all the connections, but fortunately, opportunities come to me, and with that, I develop more opportunities."

Since I had Vida in a position of being comfortable and very open, honest and truthful, I took the opportunity to delve deeper into her personal life. Here's what I found:

Flossin'; When it comes to relationships do you think all men are dogs?

Vida: You know what? It's funny you say that to me because I've been asking guys, actually every guy I meet; I ask them if all men cheat. Do you know 99% of them told me that men cheat? That's discouraging to hear especially for a woman who would be dedicated to one man. It makes you not believe in love. When you're a little girl you grow up believing

continued page 53

GUERRA

VIDA







VIDA GUERRA

"I USED TO THINK THAT EVERYONE HAS A SOUL MATE, AND THAT LOVE IS THIS WONDERFUL THING.."

your prince charming is coming to save you, and everything is going to be all good. Then you grow up and it's not. I think there's a lot of temptation in this world where men, and some women, but mostly men, give in. A long time ago, it wasn't like that. Things are more acceptable now than they were back then.

I have a hard time trusting men because I have been in situations where men have approached me, married men, men with girlfriends (beautiful girlfriends), and the girlfriends are thinking, 'oh my man loves me,' and their men are hitting on me. So, what should make me believe I could have a man, and he won't hit on the next pretty girl who comes along?

At Flossin' we always ask about three things: life, love and death. What is your perception of each?

Life

Vida: Life is a struggle. It's a learning experience. In life, you learn as you go. My name is Vida; it means life in Spanish. My last name is Guerra; it means war. So, it's as if your life is a war. You're always fighting...everyday.

Love

Vida: I use to think that everyone has a soul mate, and that love is this wonderful thing. My parents were married for 32 years, it will be 33 this year, and they love each other. I mean they fight, but it's natural to fight with someone with whom you live. Ultimately, at the end of the day, they have love for each other. I've never seen my dad be unfaithful to my mom, and my mom has definitely never been unfaithful. My dad is the only man my mom has ever been with since she was 16 years old. Is there love...hell no! I haven't found it. I've had bad experiences.

I was watching a movie about this love



"I'M AS REAL AS
YOU CAN GET."

WIDA GUERRA



Vida photo shoot

Shoes and bags courtesy of Sole-503-222-SOLE

clothing courtesy of Miguel Torres-213-891-1263

Jewelry courtesy of Liquid Assets-1-800-690-4995

"I HAVE A HARD TIME TRUSTING MEN BECAUSE I HAVE BEEN IN SITUATIONS WHERE MEN HAVE APPROACHED ME, MARRIED MEN, MEN WITH GIRLFRIENDS (BEAUTIFUL GIRLFRIENDS), AND THE GIRLFRIENDS ARE THINKING, "OH MY MAN LOVES ME", AND THEIR MEN ARE HITTING ON ME."

story. It's called The Notebook. It's such a beautiful story. I was crying hysterically. I was like, ooh God, could somebody actually love somebody that much? If they can, I've never seen it.

I was thinking all that day, because of the movie. Saying that there's no such thing as soul mates, no one's going to love someone that much, and then the strangest thing happened. That same day, I was in the airport, and this weird guy just comes up to me out of the blue and says, "How come a beautiful woman like you isn't married?" I looked at him and said, "What?" He said, "I'm sorry. I don't see a ring on your finger, so I'm just asking." I said, "No, I'm not married. I'm married to my career. I try to stay focused." So he said, "Do you mind if I sit down for a second?" I said, "Sure go ahead." He goes, "You know what? Your soul mate is on the west coast...trust me." I said, "Oh yeah." He said "Yeah", and as he's standing up, he says, "Just remember you don't have to compromise." So I was like okay. He goes, "That's when you'll know that's your soul mate." So I go "okay", and with that, he just walked out. I looked at this lady who had overheard the whole conversation, and she just looked back at me like I don't know. I looked back for the guy, and he had just totally disappeared. I don't know where the hell he went. After that I was thinking, like, Wow! Was that a message from God? Because I had been thinking about that the whole day, it was weird how it just happened.

Speak to us about death

Vida: We're all born; we're all going to eventually die. If I were to die today, I'd die happy, because I think I've lived my life. I've never experienced being married or having children, but if that's the way God has it for

me, then so be it. I don't mourn like how you're sad when somebody dies. My uncle just died on New Year's Day. He was very sick, but I knew he was better off. He is in a better place and is happy. My grandmother used to always have to take care of him, and she couldn't. She is 91 years old. What I think about death is that when it's your time to go, you can't avoid death. When it's going to happen, it's going to happen to you no matter what. Sometimes people fear things because they think, okay, I could die, but if it's your time to go, you're going to go whether you're on a plane, walking or in a car.

I found Vida to be a very spiritual and intuitive woman. Spiritually, she believes there is a higher power and feels that you do not have to go to church to pray to God. You can talk to him directly. I would have to say, 'I feel her on that'. As far as intuition is concerned, she says, "I just put it out into the universe, and it happens for me." The condominium she lives in now, when they were building it, she said she wanted to live there. Guess where she lives? Before becoming a model, there was a corporate office building across from a mall. She said, "I want to work there, because lunch time I could go shopping!" She got the job. When she was a little girl, just eight years old, she was signing autographs, and her family would ask her, "What are you doing?" She would reply, "Oh, I'm just practicing for when I have to give out my autograph."

Vida has aspirations of becoming a singer and an actress, and she's put it out into the universe. So I'd advise record companies and movie producers to get her while the opportunity exists, because from my experience, what Vida wants, Vida gets, and if you don't know, now you know!



The Tonkin Formula

by Fawn Aberson

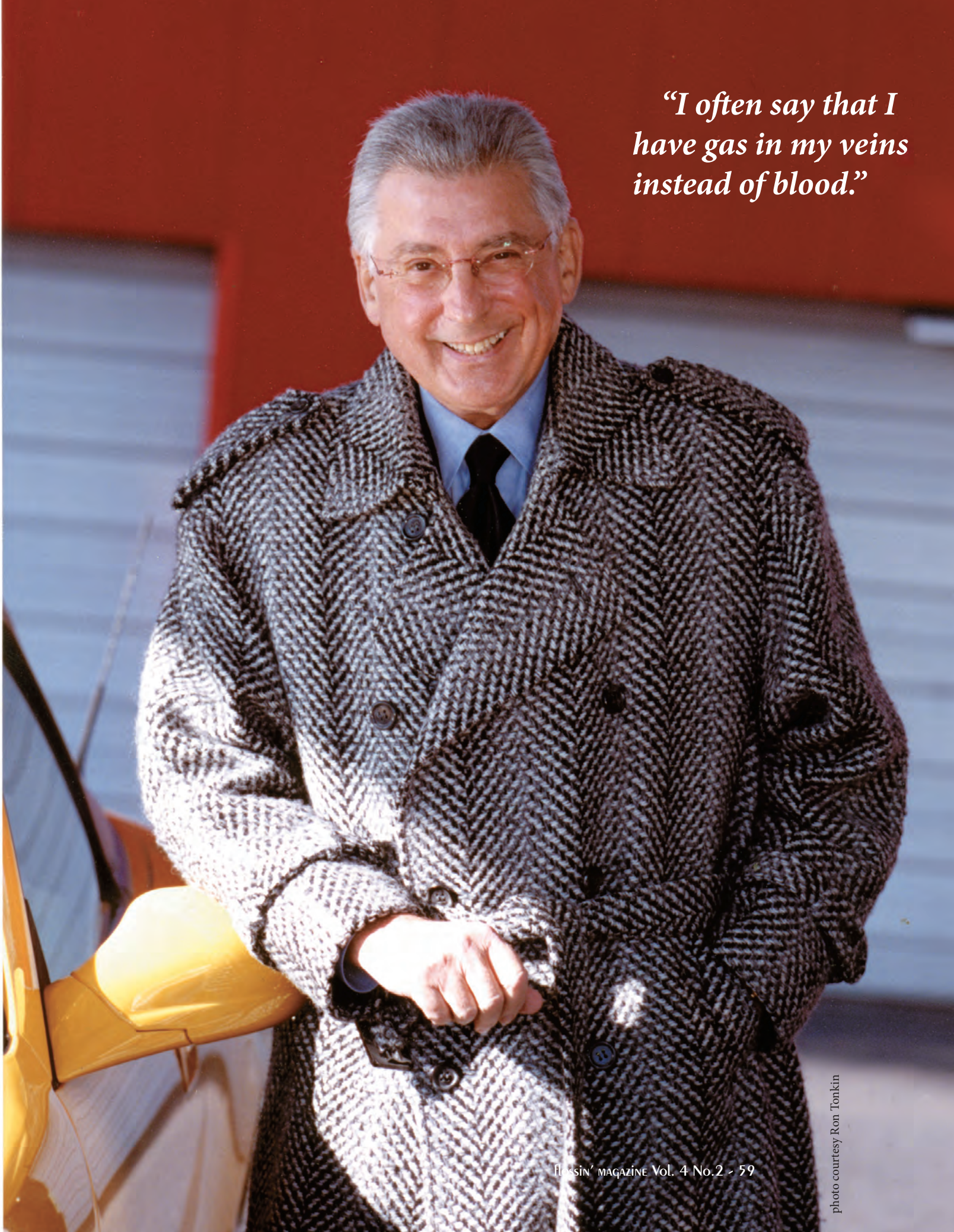
For the love of cars, is the tag line to Ron Tonkin's empire. This one phrase sums up the passion, love and respect he has given to the automobile industry and gotten back one hundred fold.

Reminiscent of a Jimmy Stewart drawl, Ron Tonkin puts a perspective on his life as an automobile industrialist and his formula for success. "I often say that I have gas in my veins instead of blood." His chuckle trails on for a number of seconds, and his joy for the business he has been in love with for his entire 74 years is apparent. His formula for success involves credibility, innovation and accurate perception of reality. As we talked, the demonstration of this formula came to light.

His introduction into the car business came from his father who owned a dealership in the late 30s until his passing in 1953. "The hot car for me growing up was a Chevrolet. Back then imports were not an issue; in fact they were almost non-existent," recalls Tonkin. In 1960, he was "America's Youngest Chevrolet Dealer." His passion for cars soon had him spanning the globe and he picked up a love

for the Ferrari, even racing them for awhile. Since that time Ron Tonkin's knowledge has been sought, and those seeking it were not disappointed. He has led countless associations concerning dealerships, science and industry, museums and charitable foundations. His delight for learning and challenges has always been an excitement for him as he explains, "They say that we use only 10% of our brain so everyday I try to fill the remaining 90% by learning something new". In 2004 he was awarded the "Distinguished Service Citation" which recognizes an individual who has significantly improved the automotive industry. Other accolades were Time Magazine "Quality Dealer Award" and Sports Illustrated "All-Star Dealer Award". Clearly his passion for the industry is reflected in the outpouring of these honors. Now with over 18 dealerships all over Portland, Oregon and past association titles like the prestigious, President of National

*“I often say that I
have gas in my veins
instead of blood.”*





Ron Tonkin on Life: Everyday is a gift. That is why it is called the present. I have been through prostate cancer and a kidney transplant. When you go through these things, let me tell you, it gives you a different perspective. I am grateful to still be vital and for the gift of each new day.

Ron Tonkin on Love: You can't go through the world alone. You need to care about someone more than yourself and find someone that feels the same. I have been fortunate enough to find it twice, my first wife before she died and my second wife who has helped me through some rough times of depression where I didn't have a lot to look forward to. Love has been good to me.

Ron Tonkin on Death: When it comes, I ought to have a smile on my face because I have been a very fortunate human being.



photos Buko

Ron Tonkin's impressive personal car collection contains over 40 automobiles with at least half of these being Ferraris. He puts it best when he says, "I am a Ferrari-aholic. Not only is it a great sports car, but I believe it is the highest form of automotive art that has ever existed, a true automotive sculpture."

Automobile Dealers Association and the Board of Directors and Trustee to the Automotive Hall of Fame, Ron's rhythm for success is eminent. Currently he is serving on the Board of Trustees of the National Automobile Dealers Charitable Foundation. Tonkin speaks on staying ahead of the curve.

"Innovation is the key. In 1953 after my father passed we took over a sleepy little dealership and took the sales from an average of 140 a year to 1,000. I give the credit to the television. I was one of the first people to use television advertising and do it ourselves. Usually there was one guy that would do all the commercial announcing, but we thought for something different and to add more believability, we would do the announcements ourselves. I was chosen as the spokesperson and was given a key to KPTV to let myself in at night. There was just me and a guy in both with a red light. There was no tape in those days. You had to go live. I got to the point where I could nail down a 60 second commercial within ½ of a second. I can still do it to this day." Recognizing the wave of the future and making it available to his customers, Ron has never been the one to stand in the way of progress. Quite the opposite, he has magically managed to ride the wave that may intimidate others who did not listen to the desires of their customers. "If you stand still you get stepped on. The only way to maintain your position is to expand as opportunities arise. Concentrate on changing inventory to be more appealing and available to the consumer. If you pay attention to your customers needs, then you will do well not only in the good times, but the tough times as well," Tonkin matter of facts. So what are the needs of automobile driver and buyers today?

The "hot buttons" as Tonkin puts it, are soaring gas prices and the hybrid vehicles. He addresses them in this way, "With regard to the soaring gas prices, the Europeans, for

over 20 years, have been paying \$4 and \$5 per gallon. It hasn't stopped them from traveling; although accordingly, their cars have become smaller and more fuel efficient. Let's face it, gasoline is a limited resource. We have to develop vehicles that will give us higher mileage and yet still give you adequate performance and most importantly adequate safety. This brings us to the hybrid, meaning a vehicle that has a gasoline engine as well as an electric motor. Now hybrids aren't new. However, the newest challenge of manufacturers is to offer the hybrid vehicle in the style the consumer wants. Toyota and Honda are leading the way with other companies like Ford and Chevrolet stepping up--all who are trying to answer that demand. There is a stage beyond hybrids that is a few years away. That is the development of a fuel cell powered by hydrogen, but the eternal combustion engine won't go away anytime soon."

With his perceptive skills honed, Tonkin has become a student of reality. "For the most part perception lags reality by several years." States Tonkin, "Take for example the perception that all import vehicles are great and all domestic cars leave something to be desired. That is perception not reality. Today the quality of GM, Ford and Chrysler is every bit as good if not better than the European and Asian cars. But the public doesn't yet believe the reality. In truth, domestic cars and ethics in the car business were bad for quite awhile. When I was growing up, the new car dealer was one of the most respected citizens in the community. Then after WWII, cars were hard to come by. The greasy used car dealer with the plaid jacket, white buck shoes and the polyester pants came into play, and American manufacturers were putting out some pretty damn bad cars. The dealer was taking all the complaints, and so they began to push the imports. This went on until the 80s. Today the reality is a new



computer wise and market wise consumer, combined them with all of the federal red tape the automobile dealer has to work through and you have little choice but to be on point. The car industry is too big and too expensive and one mistake can put you out of business. Domestic car examples that are trying to right the misperception are Dodge with

the Magnum, Chrysler with the 300 and Chevrolet has a fascinating low price high quality style called the Cobalt. Today you have to have high quality or you won't survive."

What enhances his perceptions are a few good habits, like being a voracious reader of his craft, confidence in his ability to implement his learned knowledge on a day to day basis, and a grateful enthusiastic spirit. "I am as enthusiastic today as I was the first day at my first store. The key to doing well is to love what you do."

Ron Tonkin's ability to evolve has netted him a legacy of knowledge and love he hopes will be reflected when he is gone. "All you leave behind is your name and a lifetime of your creation. I hope that a lifetime of mine is well accepted." For the love of cars and a passion for his craft, Ron Tonkin's reflection of his inner self, demonstrated in his outer world, is in a word, flossin'.



photo Buko





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THE LEGACY OF EDDIE BARNETT

by Tim Phillips

For The Love Of The Game

Strong character shined in the young man who passed away at age 16, collapsing during a high school basketball game in Portland, Oregon late February of this year. The medics were called, but he died soon after. His mother, Teena Johnson, spoke about her last eye to eye contact with her son. “He was waving at me, and when I saw him, I could tell something was wrong. No one was focused on Eddie like I was.” She went on, “When he fell, I ran straight to him, trying to get whoever I could to help. But in my mind, I knew it was over.”

Little Eddie Barnett was a big man on campus at Grant High. He had good grades and was a starter on the varsity basketball team. Being the class clown, he got along with everybody—yes everybody.

Eddie had a heart condition called Hypertrophic Cardiomyopathy (HCM) diagnosed early in his teen years.

“THERE’S A RECENT DURACELL BATTERY AD AIRING ON TELEVISION THAT DEPICTS THE SAME SCENARIO IN WHICH BARNETT UNFORTUNATELY DIED. THE PLAYER IN THE AD HAD HIS LIFE SAVED BY AN AUTOMATED EXTERNAL DEFIBRILLATOR (AED). THE AD WAS FOR THE BATTERY IN THE AED, BUT THE MESSAGE IS THE SAME AS JOHNSON’S. ‘I BELIEVE IN MY HEART IT (AED) WOULD HAVE SAVED HIS LIFE.’ ”



photo courtesy Phillips

861304 FRx in open case with pads.

The doctors would not let Eddie participate in sporting activities, namely basketball, and that really hurt Eddie. He stated in a poem written in the 5th grade how “his passion for the game was bigger than the state of Texas”. Johnson shared how her relationship with her son was different than most others. “He was my confidant and my advisor, and for a young kid he had good advice.”

Little Eddie or “Eezy baby”, as many referred to him, shared that same compassion with anyone who surrounded him. This was reflected in the outpouring of emotional, moral and financial support in the Northeast Portland community and spread throughout the area in a matter of days. Eddie’s first two years of high school were at Jefferson High School, a Grant rival. He then transferred to Grant for the opportunity to play sports. He made his mark on the varsity football team and became the starting point-guard for the Generals. The playoffs were a week away when Eddie passed. Students from both schools shared equally in the hurt. “Eddie just had that kind of affect on people,” Johnson says. So much an affect, the University of Portland donated the use of the Chiles Center Arena for the memorial with over 1,500 in attendance. It was clear little Eddie’s story had touched more and more lives each day. Later that evening, Grant’s basketball team played its first game without Eddie, against the ultimate state champions, the Jesuit

Crusaders. Respectfully, they honored Barnett before the game started. “It’s hard to grieve,” Johnson adds. “I’ve been soaking up so much of the love. It’s great to know that people care. It’s the community keeping me going strong.”

Could this entire situation have been avoided? If you ask Teena Johnson, she would say yes. There’s a recent Duracell battery ad airing on television that depicts the same scenario in which Barnett unfortunately died. The player in the ad had his life saved by an Automated External Defibrillator (AED). The ad was for the battery in the AED, but the message is the same as Johnson’s. “I believe in my heart it (AED) would have saved his life.”

Soon after Eddie’s death, Teena looked for ways she could get the word out on AED’s and their importance in the role they can play in normal everyday life. She received a tip about Oregon State legislation already in the works for mandatory defibrillator placement in Oregon schools. She contacted Oregon State Representative Mark Hass who had been bringing proposals forward since 2000 advocating a bill but all had been unsuccessful. With the death of Barnett, and the testimony of Johnson before the State Education Committee, the bill passed through to the Senate without any more delay. “God intervenes,” says Hass. The message behind AED placement seemed to stand out aggressively when a testimony with the hard facts, backed with tragedy, opened



Above; Eddie's parents (front left) with and his Grant high school teammates and friends retire Eddie's number.

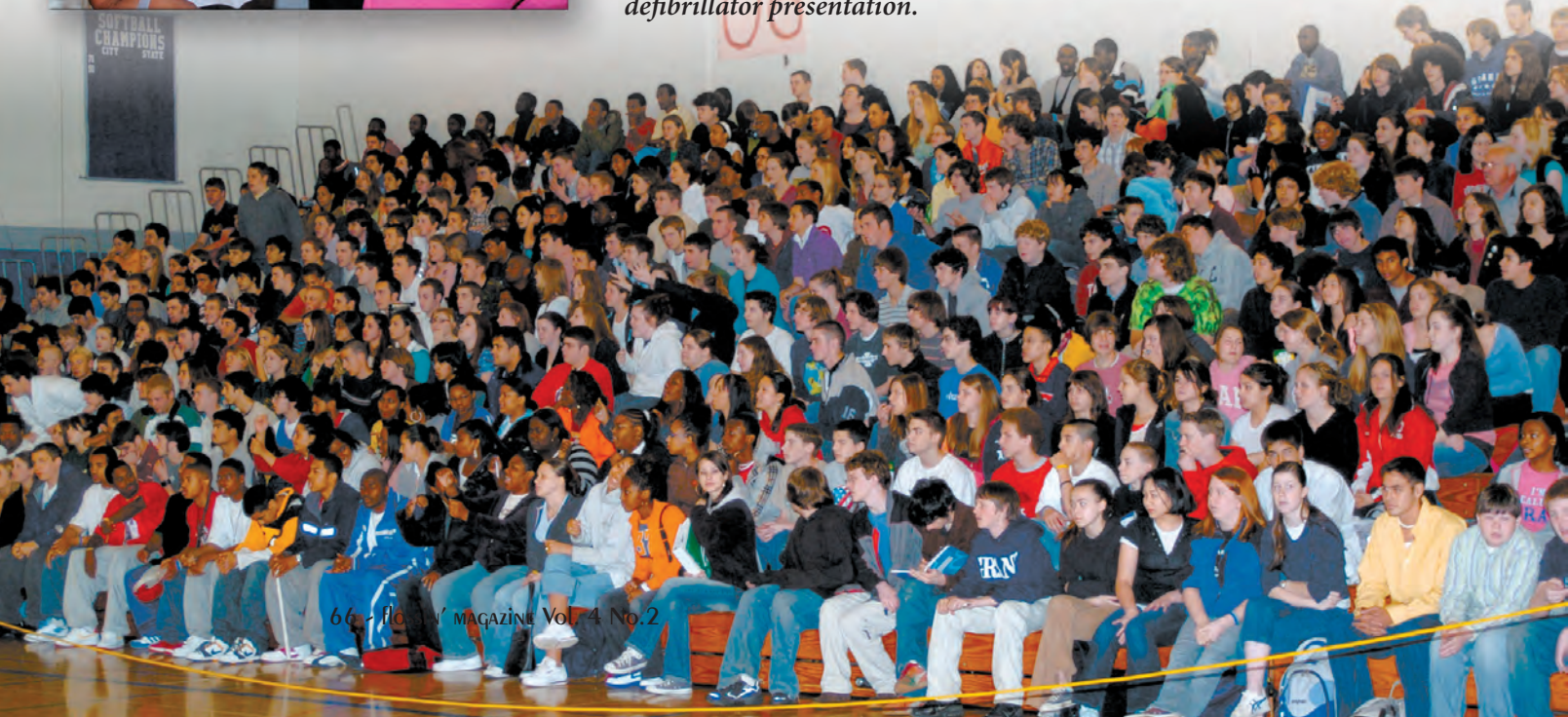
Left; Teena Johnson, (Eddie's mom) empties his locker.

Right; Teena Johnson presents Grant High school with a portable defibrillator. A few weeks earlier Teena presented Jefferson High (Eddie's other school) with a defibrillator.

Below; Students and friends gather for the retirement ceremony and defibrillator presentation.



photos Michael Smith



“I’M DEDICATING MY LIFE TO MY SON’S CAUSE,’ TEENA EXPLAINS. AS A RESULT OF HER PERSONAL TRAGEDY, PARENTS IN THE PORTLAND AREA BROUGHT THEIR CHILDREN IN ALARMING NUMBERS TO BE CHECKED FOR ALL TYPES OF HEART CONDITIONS.”

minds. “These devices (AED) are like the fire extinguishers of human modern day society,” Rep. Hass so eloquently put it. “They may not get used a whole lot, but when used they’ll save lives,” he added.

Johnson has now moved to a more national approach with her mission and story. “My focus, along with the AED placement, is the disease Eddie died from, HCM.” Her push is to find out why there isn’t much research being done on HCM. Johnson currently is running a non-profit corporation, The Eddie Barnett II Foundation, which raises money for research and for a national awareness campaign for HCM and AED placement. “This is exactly what Eddie would want me to do,” said Johnson.

Kory Brown with Sciatra Medical has worked closely with Johnson to get the word out on a broader base concerning the AED. “They’re a product of the Emergency Medical Services, a push to improve patient care and the outcome of cardiac arrest victims,” says Brown. Barnett’s condition, HCM, is a form of Congestive Heart Failure (CHF). The American Heart Association reports 4.7 million people have CHF, and approximately 20% of CHF patients will die within one year. Although it’s hard to give exact survival rates of people treated with the AED, Brown informed us that the current survival rate for various casinos in Nevada is at 67% and Chicago Airports had survival rates as high as 77% at one time. “These numbers are impressive, considering without an AED, the national survival rate from cardiac arrest is 5%,” Brown commented.

As media coverage of AED awareness expands, so does the placement of the AED. Currently, there are 18 states with some kind of legislation for AED placement. “The concept of early defibrillation is difficult for people to grasp without a personal attachment,” says Brown. “Fortunately, as the media heats up

and the stories of those lives lost, as well as those of survival are spread, more awareness is the result.”

Can there be any closure for Johnson when the pain hits so close to home? “I’m dedicating my life to my son’s cause,” she explains. As a result of her personal tragedy, parents in the Portland area brought their children in alarming numbers to be checked for all types of heart conditions. Eddie’s peers present a different outlook on life, saying that life’s too short, and it should always be lived to the fullest. “Eddie lived that way,” Johnson says, clutching one of Eddie’s many headbands, his own personal trademark you’d rarely see him without. In a despairing view some may ask why little Eddie? Why do the good ones have to go? The big picture is best spoken from the mother’s heart, “I believe Eddie was a gift to me and everyone around him. I feel in my heart that he was too good for this world with all the sex, drugs and violence that surround teens today. I believe, though a great sacrifice for me, the impact of his death is bigger and will generate outstanding work in his name.”

On a personal note, I was blessed to know Eddie Barnett. I watched him grow up and evolve, and though his evolution was cut short on the physical plane, I smile at the impact his transformation from this world to the next has left behind. He has put a light on a topic that plagues blacks across this country. High blood pressure, heart disease, diabetes, and being overweight afflict the Black demographic in rampant proportions. Though economically, blacks are more prosperous than any generation before them, they still face the some of the most dangerous health issues of any human race. Hopefully, from this young man’s life story, someone will check their blood pressure or walk a mile in Eddie’s name. You were large my friend, take it “Eezy Baby.”



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photos Michael Smith



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*Berger S, Dhala A, Friedberg DZ. "Sudden cardiac death in infants, children, and adolescents." *Pediatric Clinics of North America*, April 1999;46(2):221. Statistics above are estimates.
† Frost and Sullivan.



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Ironman

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by Jen Dowd



In late 1997, my high school sweetheart and I split up after ten years together. My heart was broken. I thought I would never get over the loss. So I started running as a way to keep my mind and body busy. In 1998, I ran my first marathon. I really participated in the marathon in hopes of seeing my ex-boyfriend--he had volunteered at the race the year before. That didn't happen, but a greater thing did. I found something I enjoyed that kept me busy and motivated to stay healthy and fit.

Later that year, my cousin's son, Andrew, died of Leukemia. His passing motivated me to sign up for my first season with the Leukemia & Lymphoma Society's Team In Training. I ran the Chicago Marathon and raised \$5000 in Andrew's memory. Running the marathon sparked a quiet childhood dream I had secretly harbored since first watching an episode of ABC's "Wide World of Sports" during the 1980s. I wanted to do an Ironman. Ironman is a triathlon in which competitors swim 2.4 miles, bike 112 miles and run 26.2 miles. I wanted to do that! So over the next few years I continued to train for events as a part of Team in Training. I completed two Half Ironmans, raised \$30,000 for the Leukemia and Lymphoma Society, and inched closer to my dream of doing an Ironman. Finally the day came.

Dateline:
August 29, 2004, 4 AM

My cell phone alarm clock rang, though I didn't really need the noise to wake me up. I had been awake for hours. Not the best nights sleep. A teammate said two nights before Ironman is the most important night to sleep. I had slept that night, so all would be ok. Ironman really isn't a one-day event; rather it is a ten-month process of training and preparing followed by Ironman weekend followed by the Ironman triathlon.

Back to 4 AM...

I was up before the alarm. I brewed some coffee, had a bagel and cream cheese for breakfast, and chatted with a few teammates. I got the last minute stuff together, made some sandwiches, went to get a good luck wish from my mom and met up with my teammate Renee. We headed to the race. Once the van drove out of the driveway, I realized--NO WETSUIT. A quick turn back into the hotel driveway, and the wetsuit was retrieved. I was back in the van and off to the start.

First stop, I get my number #1968 on my body parts. Next, I put my last minute stuff in my transition bags. I stood in line for the port-a-potty--oh joy--a quick bowel movement (which is an essential part of Ironman). I was thrilled to have the experience pre-race. Renee and I had managed to stay together, which is hard. At this point, everyone is in black wetsuits and yellow or purple caps. We headed to the start. Our yellow flowered flip flops are a hit and quite fashionable. Happily I saw

my mom!

It was 6:54 AM. I was a little nervous, but the time was creating a sense of urgency to get to the water. We then saw Renee's mom. Renee is crying, oh god, she's crying! I'm crying, but we've got to go! Then there's Renee's husband--more tears. The time is ticking away. Finally we are in the water, and I'm on a mission to go front left outside. We see other teammates--a few hugs and good race wishes--then I'm back to my mission. Go front left outside. Renee hangs back with Fred and Dan. I'm dragging Jeff with me. We swam together in workouts, and I had challenged him early in the season. He came up front with me. While I stressed out, he was completely calm. It's like 30 seconds to start time. I turned to Jeff and said, "Aren't you going to put your goggles on?" and...

Swim Begins

BANG!! The race starts. I turned around and started moving! I walk a few steps and start swimming. I breathe, looking left in order to maintain a steady pace and stay calm. People are everywhere--feet, arms and torsos. I move further left, further left. I'm not exaggerating when I say people are everywhere--legs, arms, torsos, and they could care less about swimming around you or over you. It is straight ahead. After a few minutes, I find my space--all the way on the outside. Good swimming now! I'm able to bilateral breathe, left then right... sight right, sight forward. At the first turn I look at my watch--25 minutes. Only 35 minutes more in the water. While I am in the water, I realize that swimming is the answer to my triathlon dream. I'm good at it, and it feels great. I breathe every three strokes, thumb to thigh... stay left, another boat. I look at the watch--45 minutes. I'm almost done. That means the bike. I still stay left. Now I can see the hotel, and the water is colder. People are walking next to me. Once my hand hits the sand, I stand and run toward the swim finish.



Photo courtesy of ASI - www.asiphoto.com

“And then, I heard the words that had been my dream, ‘You are an Ironman!’”



Photo: Fred Barrigar

Transition One Begins

The volunteers rip off my wetsuit. I jog toward my transition bag. I hear the familiar “HUUEEEE” cough of my dad. There are my parents with friends Molly and Elaine. I move toward the fence to say hello. The volunteer doesn’t seem to understand why I’m not sprinting through the transition area. I explain that I’m not going to win, and that it’s a Kodak moment. “My mom needs a picture!” I say. As I change into my bike clothes, volunteers are there to assist me—unpacking the bike clothes, and packing the swim gear. I apply a little sunscreen. Now I need to find Dale, the name I’d given my bike. Once I find Dale, I put on my helmet, sunglasses, and I am off on the bike course.

Bike Begins

The first part of the bike course is through town, and there are fans lining the course. I hear a “Go Team” every once in a while. I finished 341st out of 2100 participants in the swim, and I’m with the more “serious” triathletes. While biking, I get passed a lot. In fact, I get passed 1105 times over the next 112 miles. The bike course is harder than I expected. The course has 9 ascents—that is 9 hills to climb! The first half of the course, I tried to take it easy, tried to use my aerobars. That wasn’t working; the aerobars made my back hurt. And I am not sure I took it easy enough. I ate some food—a piece of bagel with turkey, a cliff bar, and gu. I drank my drink—pink cytomax. I

realized I did not have my electrolyte pills. These are helpful when I start to get hazy. I was worried. I hoped they were in my special needs bag at mile 70. No luck. I did not pack well. As our coaches told us multiple times during the season, have a plan, but be flexible and change it. My new plan was that I hoped a teammate would catch up to me with extra pills. The part of the course that leads to the special needs area was an out and back; therefore, a chance to see teammates.

As I ride, I look at photos of my honorees, Jason and Louie (the team’s honoree), which are taped on Dale. In my head I had the song, “Kiss the Day Goodbye” from A Chorus Line, the way my Dad sings it. My thought was that it would be a good funeral song. It makes me think about Jason and Louie. And it makes me cry. I see a sign, “Louie’s got your back.” That makes me cry harder. I really need electrolyte pills or a gu. When none of my teammates caught up with me, at mile 85 I finally asked another athlete, Gary, if he had a gu he could spare. He gave me four electrolyte pills. It really helped. I had a great descent. Dale got up to 45.6 MPH. AWESOME!

By far the biggest highlight of the bike was being done with the bike—6 hours 52 minutes is a long time to be biking. I was ahead of schedule. My pre-race plan was to bike for 7 to 8 hours.

Transition Two Begins

I am FINALLY off my bike. A volunteer

is there to take it. I take a seat in the changing tent and see one of my teammates, Evelyne. She's in more of a hurry than I am, but we chat about how the day is going and how great the experience has been. Once again a volunteer helps me unpack my run gear and packs my bike gear in my transition bag. I change slowly and methodically from my biking to running clothes.

Run Begins

I run out of the transition area. I am supposed to see my folks, Molly, and Elaine at the Peach--a landmark by the beach. Unfortunately, when I run by the first time (it's another out and back), they aren't there. I am running with a teammate, John Dodson, just chatting. I tell him I'm worried that I'm not going to see my people. That is exactly what happens. They are not at the Peach on the return either. I see Karen, a teammate who is there as a fan, as she's already done her Ironman. A quick "Have you seen my mom?" No, but how about a photo?--another Kodak moment. Then I see Brett, a friend of my mentor, Mike. I use his cell phone to call my Mom. People are laughing at me on the phone. I'm walking, trying to talk and walk and not stop. I am bummed they weren't there, because that means they will not see me for five hours.

I'm back on the run course. Now teammates are starting to catch me. I run or walk with all of them. It was great to see everyone and talk for a few moments. At mile ten, after leaving the port-a-potty, sweeeettt, I see Mike Hammett, another teammate. I jog a bit to

catch up with him. This would be a key discussion. Mike was having a hard day--harder than my day. He was having trouble running, with chaffing, with gastrointestinal issues, bloating. I was in serious chat mode. Mike and I stayed together until the finish. He was a good sport, because I was chatting most of the way. He insisted, though, that I was helping him get through.

The Finish Begins

I see Elaine, Molly and my Dad at Main and Wade Streets (about mile 24.) They take a couple of photos. They walk with us for a few minutes. Then, we move on to finish the last miles. At the Peach, there is my Mom. Out and back. I'll see her again in a few minutes. By then Molly, Elaine and my Dad are there. The finish line is in sight. The streets are lined with people. Mike's kids are running with us. I let Mike go to the finish first. As I run through the finish, I feel tears. I cross the line into the arms of two volunteers who are there to make sure I am ok. I am ok. As I give Mike a big hug, I move into the finish area.

I had sent the announcer information that he actually announced. I am Jen Dowd with Team in Training. With my team, we raised over \$500K, I raced in Jason, Andrew, and Louie's honor, and my parents and Ironman fans, Molly and Elaine, supported me. And then, I heard the words that had been my dream, "You are an Ironman!"

I am an Ironman...



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Ageless Synergy

While most of us at the age of six were out playing games like hide-n-seek and tag, or making believe we were famous, a young Shad Sharp was conducting business. It is as if he could already see what the future held for him. "I always knew as a young kid I'd be

develop a multi-family recycling plant.

Shad loves to be in the game competing and playing. He was a notable high school athlete who lettered as the place kicker for his football team, gained the rank of captain of the swim team, and ran long distance on the track



an entrepreneur," said Shad. "I can remember when I was six or seven years old, I was getting old bicycles and lawnmowers from around the neighborhood, fixing them up, and re-selling them. While the other kids were out playing, I was actually making money." He grinned and shrugged his shoulders. So what did the enterprising youngster do with his money? Shad replied, "I'd re-invest it and buy another bicycle or lawn mower."

His godfather, who owns and runs a disposal business, was an early mentor who was instrumental in teaching Shad to think outside the box. In high school he put Shad to work during the summer. For the first two years, Shad was lifting cans. By the third year, Shad got to do what he liked, helping his godfather

team. After high school, Shad went into the car business to help pay for college. With about a year and a half of his education completed, Shad's cell phone and pager were blowing up during classes, making it hard to concentrate on learning about business when he could be out doing it. Though he got good grades, sitting still left him restless. He wanted to get out and mix it up, make things happen. Shad admitted that a lot of his principals, building blocks and business skills weren't developed in college classes, but rather in the real world playground: making mistakes, banging his head against the wall, and being in the trenches.

At 24, Shad started a company called The Sharper Zone, where he developed brochures, tapes, and literature to help teach others how

“I always knew as a young kid I’d be an entrepreneur.”

to be successful in direct sales. This is where he made his first million.

Just being in his presence, you can feel his energy. Shad is an entrepreneurial dynamo and power generator. “I’m a very good motivator. I can get people excited, real excited,” Shad said,



photo Buko

his eyes sparkling. He is like a wild conductor, who, in a flurry of arm movements filled with decrescendos and crescendos, is able to pull sweet melodies from people who didn’t even know they had music in them. His caring heart has been rewarded materially, and he now lives a life of luxury filled with private jets, luxury buses and European cars at his disposal. At the young age of 30, he is already a self-made millionaire, but feels he has not yet reached his stride.

So what’s the secret formula to success? Shad claimed, “There is no secret. You work hard and be good to people. We’re all in the people business. If you have good relationships with people then you show them you’re willing to get in there work hard. When you get in the

trenches with them day in and day out, good things come. That’s been my formula.”

The business world requires energy, and Shad will be the first to admit that trying to do everything on your own will only cause burnout. So, like many entrepreneurs who are searching for natural, healthy ways to maximize life’s potential, Shad began a quest for support and solutions. His search for energy sources brought him to

Oasis LifeSciences—natural products for a healthy aging process. This turned out to be one of the biggest opportunities in his already impressive life.

“Nutraceuticals,” as Shad tagged the Oasis products, “are the healthy waves of the future. Oasis LifeSciences is producing nutraceutical products that will revolutionize the way people experience the aging process. Oasis is among the few companies in the world with the resources to do genomics research—exploration at the DNA level. Oasis is the *only* natural products company with two fully-equipped genomics laboratories. It’s a whole new world of discovery.”

So what are these nutraceutical products? According to the company, they are much healthier and safer than many pharmaceuticals’ notorious side effects. Oasis has conducted clinical studies that document five key benefits: increased vital energy, mental clarity and focus, stress management, joint flexibility, and reduction of inflammation. Ageless Extra, Oasis LifeScience’s flagship product, has been shown to produce all of these benefits, resulting in an improved aging process.

An Oasis representative explained, “It is absolutely a blessing to have access to products that truly help people live a better quality of life. With the distribution method of network marketing that Oasis uses, thousands of people will be able to generate additional income just by sharing the benefits and information of the products.”

“We’re all in the people business. If you have good relationships with people then you show them you’re willing to get in there work hard. When you get in the trenches with them day in and day out, good things come.”

It sounds all good, but Flossin’ wondered about the legitimacy of direct sales and network marketing products.

Shad laughed and agreed. “You’re exactly right. Bad network marketing, like any bad business, has an ugly side. But thankfully, not all business is bad, and Oasis is on the good side of the scale. The reason I got involved is because of the product. I tried it, tested it, and it worked. I got the boost my workout and mind needed. I met with the management of Oasis, and they are professional people with tremendous business experience. They have a great compensation plan with excellent incentives and recognitions, which reward the efforts of those who work. Oasis wellness products and business programs can actually change and improve people’s lives.”

Taking into consideration the perspective of a man who has been doing profitable business from the time he was six, we asked Shad where he sees something like this going for him.

“I want to be like a Richard Branson or a Donald Trump of direct sales and network marketing,” Shad said with a glint in his eyes. Speaking of Trump, Shad actually made it to the semi-final round of auditions on *The Apprentice*, but was rejected for being too balanced. “They didn’t like the fact that I didn’t get upset about anything,” Shad recalled with another shoulder shrug and a smile. Amazingly, he also made

it to the final round of auditions for the *Rebel Billionaire* (Branson’s show), and from time to time exchanges email with the tycoon. In true form, Shad didn’t let these events steer him off course; he kept working on his plan.

“We formed a dynamic, experienced professional team to help create a marketing program that will revolutionize the industry,” he said, “along with great support and training system. Each and every person who wants to join our team will be able to achieve their financial dreams and goals. People like Al

Keranen, with more than 25 years in networking and building relationships, Ron Bell, an international businessman with more than 20 years in sales, and John Sachtouras, with 25 years in global marketing and corporate trainings, have all done that.”

What we take from Shad Sharp’s entrepreneurial formula is an insightful look at vitality and spirit. Staying balanced and focused in a chaotic life is a gift, one that Shad is willing to pass on to others. When you evolve to that level, you’re flossin’.

To learn more about Oasis and Shad, visit www.joinshad.com.



photo Buko





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These knit slippers by Dollhouse earn points for style and comfort. Wear them at home with jeans, or wear them out with a strappy black dress. (\$44, Sole)



It's not easy being green, but wearing a pair of these cute green wedges from Nicole sure is. (\$64, Sole)



Knitwear is hot, and these knit Tribeca heels are sizzling for summer. A wooden wedge and flirty colors go perfect with any summer barbeque or pool party. (\$59, Sole)



If a towering pair of stilettos makes you nervous, go for a low heel, like this pair from BCBGirls. (\$94, Sole)



Mirrored toe beads make these heels from Hype more than just a pretty purple foot accessory. Slinky, exotic, and enticing, these shoes are for vixens only. (\$119, Sole)



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THE LOOK OF LEATHER

Leather choker, (\$59 Sole)



Brightly colored leather strap bracelets with glass stones, (\$79 Sole)



Don't worry, these belts are more runway than wild west. D.L. Rhein's flowery buckles add a hint of femininity to any outfit. (\$119, Sole)



A good pair of jeans shouldn't be worn without a belt; it's just not right. Do your outfit justice and slide on one of these studded Linea Pelle belts. (\$79, \$89, Sole)

flossin' style GRAB BAG



Hot rivets and cool colors make these purses a must have for the summer. Bonus turquoise and coral make the color cut for fall.

\$159



\$459



Easy access is the big draw to this chic white bag with dual front pockets. \$149



This brightly colored purse is for the bold and beautiful gal. With its- patent leather accents and waterproof covering they are the perfect accessories for any pool party.

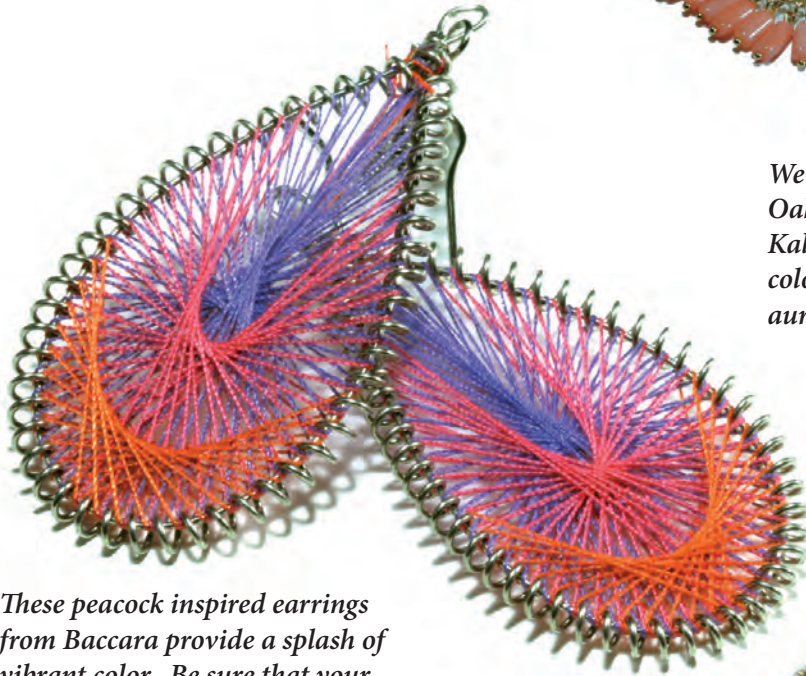
\$264

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FAN DANGLE



We may not actually live on the island of Oahu, but with earrings like these from Kalan, we can at least look like we do. Peach colored coral shells provide a sunny, tropical aura for your look. (\$104, Sole)



These peacock inspired earrings from Baccara provide a splash of vibrant color. Be sure that your other accessories share corresponding hues, like these bracelets from Nia Accessories do. (\$34, \$9, Sole)

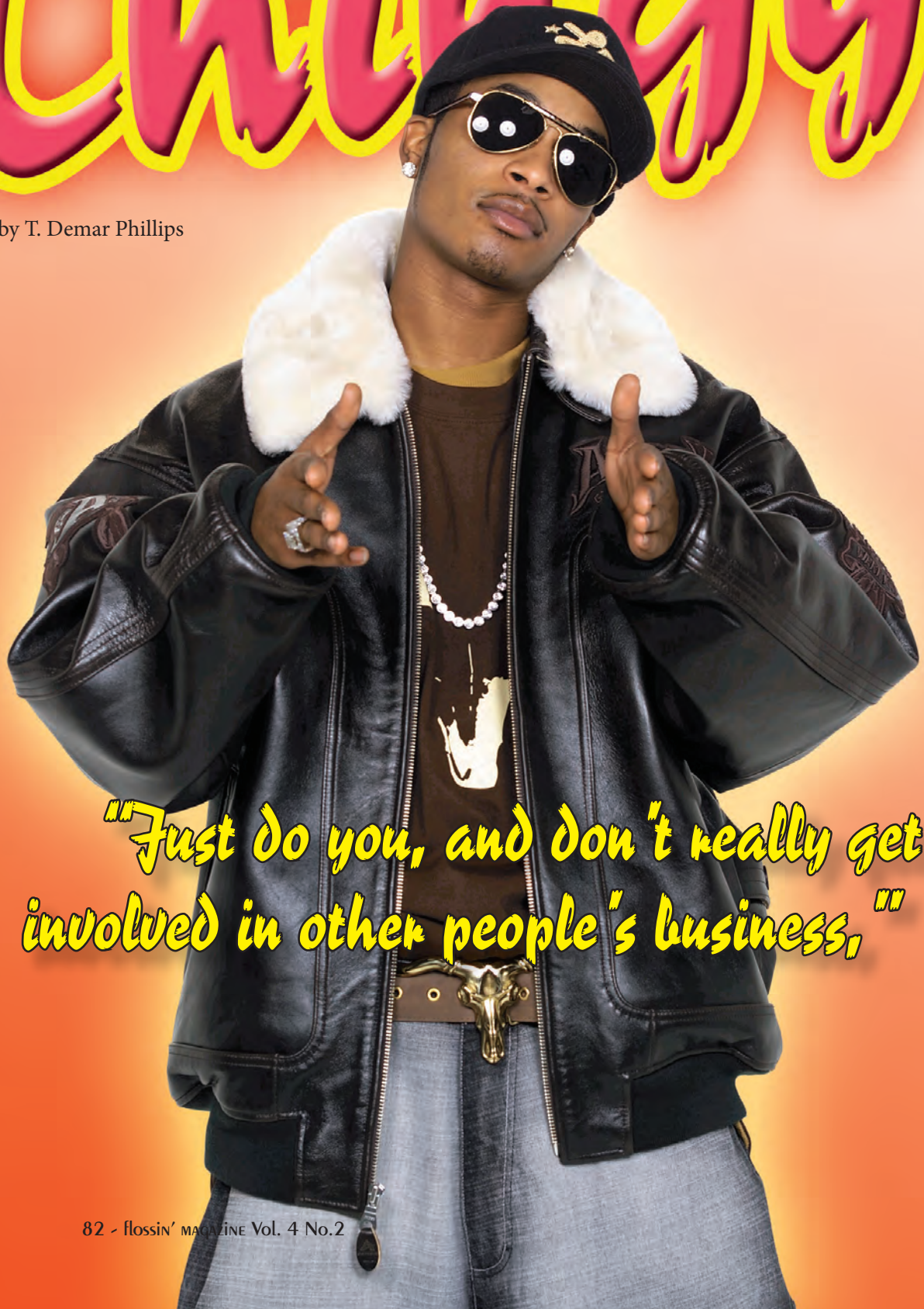


Chunky shell and wood accessories, like these necklaces and bracelets from Jewelry Queen, have that sophisticated, yet down to earth, feeling. (\$14, \$29, \$59, Sole)



Chingy

by T. Demar Phillips



"Just do you, and don't really get involved in other people's business."

"Too many people are just about the check and not about the best interest of the artist,"

When it comes to keeping business in check, Chingy has risked a lot to keep it honest, to keep it true, and to keep it in his circle.

At the age of eight, this St. Louis representative started writing lyrics and rapping, dreaming of becoming rich and famous, and making it out of the rugged inner city streets. Today that dream has come true, leaping onto the mainstream hip-hop scene in 2003 with certified hits like, "Right Thurr", "Holidae In" with Snoop Dogg and Ludacris, and "One Call Away". These hits all came off his debut, triple platinum album "Jackpot". "It feels great!" Speaking on the success of the album, "I've been struggling to do this so long, and to go platinum makes me appreciate it more, because it's a big accomplishment in my career." This past spring he made international appearances in Japan, Australia and New Zealand.

The success of his "Jackpot" CD put the twenty-five year old from the Walnut Park, the North Side of St. Louis, in a position to live a life that is truly flossin'. His second album is "Power Ballin'" and features the power voices of Lil Wayne, R. Kelly, and Janet Jackson. I personally had the unexpected duty of releasing the album's platinum status to Chingy, and the first to give my congrats. "That's right on man, you had to be the first to let me know that," he commented.

You'd think with success of his first two albums that everything would be on the up and up with management. That's just not the case in Chingy's state of affairs. He now manages himself. "Too many people are just about the check and not about the best interest of the artist," he stated. "In those situations you got to let people go," he finished.

No rap artist would be without his crew. Chingy has the Git it Boyz. "They're homeboys

and family that I grew up with, and they all rap and do the same things I do. When you get a chance to get on and make something happen, you gotta put ya folks on," he spoke proudly. A Git It Boyz CD is presently in the works. Chingy himself is also preparing for the release of his 3rd CD, "Hood Starz", and the Git It Boyz DVD coming out soon. The young tycoon is now ready to step into a more business like approach with his music by starting his own recording label named Slot-A-Lot. "You gotta have that cash flow name. You got to keep the cash flowing." He stated, holding true to his monetary name. "In this game it's 90% business and 10% talent," speaking on the thing's he's learned in order to sustain in the music industry. "Just do you, and don't really get involved in other people's business," he added.

As for long term goals, getting into the restaurant and clothing industries, along with becoming more in-depth with the stock market, seem to be the direction he's working towards, "I'm just trying to be a business man with a lot of different types of businesses," says the aspiring entrepreneur as he prepares to venture into other ways to create capital.

Chingy is inspired by people like Russell Simmons. "He helped me out so much in this game. I've learned a lot from him." Chingy, himself, is an inspiration to his seven year-old son, Mykael. "I want him to have everything I didn't growing up and more." he said. The path ahead for the St. Louis ambassador will involve plenty of decision-making that puts him directly in the driver's seat on the road to controlling his own destiny, and put the artist in a position to be a Boss Baller.



Mami Chula

What may sound like the title of a new reality TV show about the next big DJ, is the real-life story of Amy Espinosa aka **Mami Chula**, one of the hottest female DJs spinning hip-hop, reggae and R&B!

As a little girl, Amy was determined to break out of the confines of her hometown, Wichita, Kansas, where she grew up among her siblings. While her Caucasian mother, a manual laborer at Boeing for over 15 years, was a supportive parent, she may have never really understood Amy's desire to do something different. To this day she questions Amy's decision to leave school with only two semesters remaining to complete her Bachelors degree. Her Mexican father was a little-seen hustler who often stood Amy up for father-daughter outings. She remembers a few good times when he finally showed up, but mostly recalls his reputation of doing dirt. Although his inconsistent presence in her life left her with feelings of abandonment, she gained from her maternal grandpa's street knowledge and survival tactics. With her mother's encouragement, she learned from her Mexican stepfather to embrace her Latin roots. While she was always in high demand with the boys, she never really trusted them, and was actually a hardcore tomboy!

She earned scholarships in both athletics and R.O.T.C. at Kansas State University, but it was at the local Kansas radio station where she first touched the tables and discovered her destiny. After years of honing her DJ skills, mastering techniques and learning to rock the crowd in a seriously male dominated world, Mami Chula was elated when a contact in Atlanta finally offered her a real shot...Or so she thought! \$200, two crates of records and two weeks



of clothes were Mami Chula's only worldly possessions when she arrived to discover that the job offer was bogus. The future female **Funk Master Flex** had developed thick skin in the business and kept it movin'. She shacked up with a girlfriend, hang-glided on her dreams, and eventually landed on her own two feet making Hot-Lanta her home.

Mami Chula is now a premiere DJ and on-air personality at **HOT 107.9** in Atlanta. Her weekly hip-hop show, "In The Penthouse" with super producer **Jazzy Pha**, is one of the station's most popular. Her bona fide ability to move the crowd, has positioned her on stages around the country, spinning at the hottest nightclubs, concerts and events like the 2005 Super Bowl Pepsi Smash. She has toured with music heavy hitters **Ciara**, **Jagged Edge** and the national "How the West Was One" tour with **Ooh Wee**, **Snoop Dogg** and **The Game**. Her ambitions set on mainstream notoriety, the Midwest maven lovingly warns NY's Funk Master Flex that she's coming for him as she prepares to be that 1st face of Music

Choice Network; the on demand music channel. Currently advancing its technology to include videos, EPKs, concerts and [w/ Mami Chula holding the mic], interviews on demand, Music Choice Network will propel Mami Chula in over nine million homes across the United States! She is also an active part of the Murda Mamis, the 1st all women support squad to lock down the entertainment industry whose illustrious members include; MTV's **La La**, **Remy Martin**, **DJ Lazy K** and **Rah Digga**. This turntable vixen always knew her potential, but recent national television appearances on BET's "Rap City" and "In the Basement w/ Tigger", "The 2004 Source Awards" and "Ellen Degeneres" are showing the REST of the world that Amy Espinosa is not in Kansas anymore!

By, Trea Davenport
Trea Day Publicity

O.G. One

Who's The Man?

In today's realm of mix-tape specialist and DJ kingpins, the likes of **Funk Master Flex**, **Kid Capri**, **DJ Clue** and **Kay Slay**, to name a few, are household names. Well I've got another main ingredient real music heads should sho' nuff add to their shopping list. He's **DJ O.G. One**. VA to Watts to P-town is the road traveled by this mega-mix marvel. Through gangs, the streets, mentors, the ups and downs of life in general, all the way to becoming a community mentor and roll model, OG has been there and done that. And music he says has been the glue that held it all together. Brought up in a household which was

heavily into music, O.G. is most definitely in tune with the classics: **Gap Band**,

The Whispers, **Marvin Gaye** etc., you know the list. I call it *vacuum cleaner music* because it's those songs my people played on Saturday morning while cleaning the house. I was blessed with the opportunity to witness the turntable majesty of Portland Oregon's premiere DJ. But let's not get it twisted. My man ain't limited to or in any way to be taken or considered as a local DJ. You had better check the news. Granted he does his thing on the #1 hip-hop radio station in P-Town (**Jammin' 95.5**), but this list extends nationwide. From the Black College Tour to Rap City's "The Basement" hosted by **Big Tigger**, O.G. One is no doubt a man on the move. He's done it all!!!

I put O.G. through the Flossin' Magazine interview ritual and asked the ceremonial questions: What do life, love and death mean to you? Here's how he replied:

O.G. One: Life: LIFE.... Is the ability to be at peace with who you are spiritually, mentally, and practically. Not being afraid to love, trust, cry, and express the true you in any environment or circumstance.

O.G. One on Love: Love is just an extension of you loving yourself. You can't love anybody else unless you love yourself. You can't love anything you do unless you love or are happy with who you are...

O.G. One on Death: I have a theory that death starts at birth. I look at my life as starting from death, moving backwards, moving to birth. Meaning that at the end of my life, I don't want people to have to make up stories about how good a person or man of integrity I was or have to try to speech me into heaven. So, I make sure I live everyday as if I could die 2 minutes

from now. I live life to the fullest and treat people that way, because I personally believe that every person has to give an account for everything that they do in life. When I die I want to make sure that my account has a huge balance.

Flossin': In life what is your most prized possession?

O.G. One: In this exact order, my wife, then my kids. My wife, because she provides balance for me...period! My kids, because my kids are an expression of our unity, and I love them to death.

O.G. has a book coming out that tells the story of the man behind and beyond the music. The book is currently untitled, but in the mean time, you can check him out by logging onto www.djogone.com; so show your love and support. This brother is definitely one to stand behind. With O.G. One, what you see is definitely what



photo Mike Smith

you get!

by Troy Atterberry



Noc On Wood

Imagine just sitting around with your friends relaxing, and conversing about entertainment. The question arises: Where are the hotbeds of talent? One might think of New York, Los Angeles, Atlanta, Chicago, Detroit, Philly and most other urban centers across the country. It's doubtful anyone would ever say the Pacific Northwest, especially Seattle. However, that is all about to change.

Nocturnal Rage, the hip-hop/rock-n-roll trio, are from Seattle and are the face of music in the Pacific Northwest. They have been featured in several publications and have music on three EA Sports video games. They were the last to work with the innovative master of seduction himself, **Rick James**. Do a little bit of research on the music history of Seattle, and you'll find that Seattle has been, and will continue to be, a leader in bringing you some of the most innovative artists to ever bless a microphone.

The older generation knows that Seattle has birthed the careers of heavyweight entertainers like the Late Great **Ray Charles** and the musical genius Mr. **Quincy Jones**. Seattle was also home to, arguably, the greatest guitarist to ever play—**Jimmy Hendrix**.

Each generation brings a new wave of talent. With the release of **Nocturnal Rages'** third album, fans will witness the maturation of boys to men. **Nocturnal Rage** represents something unique in the music game. They add a refreshing new twist to hip-hop with the meshing of rock-n-roll. It is something needed in hip-hop right now. It is coming full circle, as if **Run DMC** meshed Rock with hip-hop twenty years ago. The response was major.

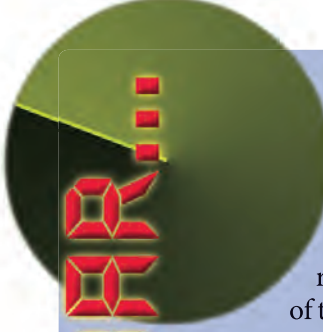
Nocturnal Rage gets their inspiration from within. They have had humble beginnings which makes the group very

passionate about how they produce music and control the stage. During their short journey in the music business, they understand that humility goes a long way. **Nocturnal Rage** realized in the beginning they were not the best out of the gate. Many aspiring entertainers are so full of arrogance; they never reach their full potential. The group understands perseverance. **Nocturnal Rage** has paid the price to be where they are today. The group had many naysayers when they first started. Throughout all the growing pains, **Nocturnal Rage** is here to stay. Some artist's careers are consumed with negativity which seems to control their creativity; therefore, ruining their careers. Staying true to themselves, their music has evolved and come full circle.

According to Caligula, "Hard work is what has brought us where we are today." **Nocturnal Rage** worked hard in the studio for two years before their first show. The acceptance of the show was well received until fans realized they were from Seattle. Fans thought they didn't pay enough dues. The real behind the story was **Nocturnal Rage** was perfecting their craft while others weren't paying attention.

Noc on Wood Records is the family owned business that is the home of **Nocturnal Rage**. The group has thrived on their dedication and persistence to become successful businessmen.

One of the highlights of **Nocturnal Rages'** career was working with the legendary late **Rick James**. Their experiences with him have shaped them to become who they are today. **Nocturnal Rage** did a remix of "Mary Jane", and **Rick James** told them he loved the fact they kept the integrity of the song. He told the guys to stay true to who you are as musicians, and fans will love you! During the short stint working with **Rick James**, **Nocturnal Rage** real-



ized that by respecting the game and its predecessors, they would go far. Nocturnal Rage is blessed to have been schooled by a legend, and they take it in stride everyday.

There seem to be many different reasons why no one has exploded out of the Pacific Northwest since **Sir Mix A Lot**. Nocturnal Rage understands it is a business first and fun second. Many groups in the North-

west just take it as a hobby and do not understand that music is a business. According to Caligula, "Success in the Northwest is on its way." The Pacific Northwest has gotten totally behind this group except for a small group of people inside the industry in Seattle. "Keep the haters where they lay!



Nocturnal Rage.

photo Alexis Wolfe

We have the people behind us, so we are just going to keep doing us," explained Fo Feva.

Obviously, Nocturnal Rage are setting themselves apart. They have had the opportunity to share the stage with many great performers. They range from **Twista**, **DJ Quik** to **Wu-Tang Clan**. They had a single, "How Ya' Feelin'", which was featured on EA Sports MVP Baseball 2004/2005, NHL 2005, along with another song, "It's Noc on Wood".

They also were the feature band on "Premium Blend" on Comedy Central.

Each of the group members has a strong work ethic; and they each know what they want out of the business. According to Pyromaniak, "Noc on Wood Records is all love. We are a family, and we do this for our fans. It is a beautiful thing!" Nocturnal Rage is not afraid of losing, but they are afraid not to trying. They want to let the Flossin' reader's know that staying true to the game and being real will keep you focused. You will get where you need to be.

The new album is called "Way Out Your Mind". It is filled with original tracks that are unique, melodic, and funky. This album is a must have for lovers of the live music scene, as well as those looking for a change of the stereotypical boom, bang sounds today in hip-hop. Many artists just receive tracks and have no idea what it

takes to actually perform these songs live. Nocturnal Rage wants to bring the sound you hear on the stage directly to the album! Nocturnal Rage has passion for their craft, and you will take notice of their love of music in their live show. Witnessing a show will fill you with excitement and a want for more!! To learn more about Nocturnal Rage, log on to www.noconwood.com.

By Carlos Fletcher



4 of a Kind

Opening performing arts academies, contributing to charities, giving back to the community, participating in after school programs for kids, taking care of family—these are not the typical goals one would expect from a group of young men from the killa' streets of CPT (Compton California). B.J., Bon-Bon, Barry-B and Devan make up the members of **4 of A Kind**, the latest musical group to emerge from a city notoriously known for drive bys, guns and gangs.

No, it's not the modern day version of **NWA**. With influences that range from **The Temptations**, **New Edition**, **The Jackson 5** and **The O'Jays** to **Lincoln Park**, **Simple Plan**, **Green Day** and **The Persuasions**, these four are

definitely cut from a different cloth. Don't get it twisted; they don't rap.

These 17 year old crooners are coming into the game making changes with their own style of sultry, soulful, melodic, sexy, energetic sound. They are self-branded as Youdee Music. Youdee Music is defined as booty music for the youngsters. As good guys in a bad boy's world, they have their work cut out for them, and they seem to be well prepared.

Sacrifice and dedication are key elements in their search for success. When most young men their age from Compton are out partying, chasing the ladies, hooping at the park or gang bangin', the home schooled members of 4 of a Kind are handling business. Not just music! They are firm believ-

ers in the importance of education. "Get your learn on" as one of the members puts it. With quotes from the group like "Stay in school", "Go to college", "Be a leader. Don't be a follower" and "Keep God first", these 4 are truly inspiring. In a world where many view success as pushin' a six on 20s, an iced wrist and a phat crib with a fridge full of Cristal, B.J., Bon-Bon, Barry-B and Devan have an outlook that's a little different.

These fellows agree they've made it when they've put their families in homes, see mom and their little brothers, sisters, aunts, uncles and other family members happy. When they have money to give back to the community, can build shelters so that the homeless on the streets of their hood have a place to sleep every night; when they can

show that Compton ain't just a ghetto where you're stuck, and they become an example that hard work and dedication really does make dreams come true.

I don't know if I'd particularly agree with their three to one pick of Pac over Biggie as their favorite rapper, but I will say that 4 of A Kind is one of a kind.

When four teenage boys living in Compton can overcome the predominately negative influences of inner-city life and shine through with their positive mind set. "Ain't no bout-a-doubt-it baby", that's flossin! We should most definitely show them

love. Check them out at www.hotwaxxentertainment.com. Go cop that album!

by Troy Atterberry



4 of a Kind

photo courtesy 4 of a Kind

Maraire's in the Morning

Urban radio shows in the Pacific Northwest are a rare find, not to mention a hip-hop radio show. Seattle has one of the best hip-hop morning show west of the Cascades. They are the "Maraire's in the Morning". The group consists of Draze, Willow, and J-Styles.

Each personality brings a different approach on the show; which is consistent with the heavy hitters in the business, like the Doug Banks or Tom Joyner Show.

Draze is the main personality on-air. His intangibles on-air are his wit and personality.

J-Styles brings a laid back masculine approach, while

Willow's personality represents the feminine side with passion and grace. The three personalities on-air blend

like your favorite mocha or cappuccino. Listening to the "Maraire's in the Morning", you can catch up on your hip-hop, news, sports, entertainment and gossip.

The team has a spiritual essence to the show. They are on the conscious edge to uplift the hip-hop community. They each preach on-air how to strive for sights unseen. Check out the "Maraire's in the Morning" from 6 AM to 9 AM, Monday through Friday on X104.

They also can be heard worldwide on www.x104.fm.



Flossin' BEAUTY



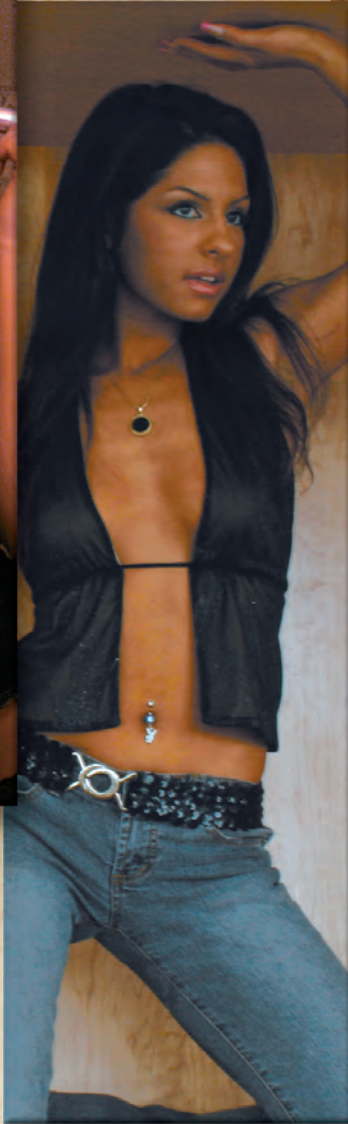
JASMYNNE ALI

All Jasmyne Ali knew when she went out one night in April was that she was heading to a Flossin' party. She would never have guessed what would happen next. Upon arriving at the hip Portland nightclub H2O, Jasmyne was told that the main event of the evening would be a model search, hosted by none other than Vida Guerra. "A lot of the staff there kept mentioning I should join it," Jasmyne said, and not wanting to disappoint, she signed up for the contest. With her unique Persian looks, she wowed the crowd and the judges with her poise during the questioning round, her outgoing personality, and her on-point stage presentation. Oh, and a cute pair of boy-short panties didn't hurt either.

As part of her winnings, Jasmyne received a \$900 pendant from Liquid Assets (pictured), flowers, and this photo shoot with Flossin'. So how did she like the whole experience? "[The pics] are gorgeous! Really artsy and modern," Jasmyne gushed. "It was actually my first time working with a female photographer, but it was the best! I loved it. I'm so excited to see the results in the magazine." For even more on Jasmyne, visit her website at www.JasmyneAli.com.

If you'd like to be the next Flossin' Beauty Model, get at us and show us your goods. Send your info to 1231 NE MLK Jr. Blvd., Suite 530, Portland, OR 97232.





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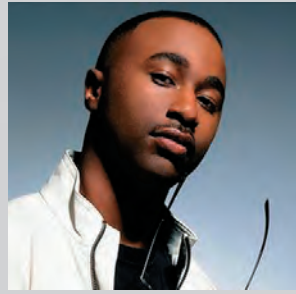
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After the drama, departures, and break-ups the show must go on.

One Twelve



photos courtesy BET

With their new single “U Already Know” heating up the charts, One Twelve is back in full swing. This is what they had to say about their latest musical endeavor:

Is there any particular reason why the album is named “Pleasure & Pain”?

“Pleasure and Pain” is the title of the album because, for the last year and a half, that’s what we’ve gone through in our personal lives as well as our careers. And now we just decided we want to let everybody in on the real and what’s going on. In our professional career, man, we just dealt with a

painful situation, the lackluster success of the “Hot & Wet” CD.

The first single “U Already Know” is hot (no doubt). Do you have any plans for a possible second single?

As far as One Twelve is concerned, our focus right now is to release a ballad. It’s been awhile since One Twelve released an official ballad, and we want to make sure it’s the right one. We’re between nowhere and what if...

What’s the feel of the album?

The ballads, the real deep thought provoking ballads, are the main stay on this album. It’s just a mood; you know the type of mood One Twelve puts you in when you want to go from the club to the bedroom. That’s the type, you know, you can expect from One Twelve as far as this album, man. It’s a lot of ballads; it’s real sexy. This album is so sexy, man, it’s ridiculous. It definitely has a mood. Like all of our other previous albums, you can just pop em’ in and let it play... you know, let it ride.

by Troy Atterberry - Courtesy of BET

Doin' Their Own Things

Damon Dash



photo courtesy BET

It seems to be movies, movies, movies on the mind of this entertainment mogul. I had a little chat with **D Dash**, and it went a little something like this.....

Flossin’: So what’s on your plate right now?

Damon Dash: Well I’ve got a new movie coming out called “Death of a Dynasty” with **Dr. Dre, Flavor Flav, Busta Rhymes, Sean “Puffy” Combs,** and **Mariah Carey.** I also have

“State Property II” coming out with **Beanie Sigel, Omillio Sparks, N.O.R.E. Santiago, Freeway,** and **I’m in it.**

Flossin’: Cool. Cool. I hear there’s supposed to be a TV show coming out similar to “The Apprentice”, and you’re going to be in the role like Donald Trump. What’s up with that?

Damon Dash: Well, we’re working that one out. We’re not quite done with all the details, but it’s in the works.

Flossin’: D Dash, what do Life, Love, and Death mean to you?

Damon Dash: Life is living. It’s doing your thing, makin’ it happen.

Love is something that I think a lot of people, well actually, I think people get to experience it but don’t understand or respect it a lot of the time. But I think it’s something to be appreciated. It’s probably one of the better things in life. But love everybody, and overall, I think that’s what we’re here to do--learn how to love.

Death...as far as death goes, it is a part of life; because, there is no life without death.

Flossin’: As for some of the new jacks trying to break into the entertainment game what advice would you give them?

Damon Dash: I’d tell them to work hard, work hard, work hard and work hard. You know what I’m sayin’?

Flossin’: There’s no doubt that Damon Dash can make something out of nothing. He’s already shown and proved that by building one dynasty in the music realm. Now he seems to have his sights set on the movie scene. With his work ethic and business savvy, who knows what’s next? Maybe Damon Dash for President....you never know...Don’t sleep!

by Troy Atterberry - Courtesy of BET



photo courtesy "it" girl public relations

Juvenile

Juvenile is no longer the youngster that hit the music scene in the early 90s. He now has 5 platinum albums under his belt, has started his own label, and has broken away from the **Cash Money Millionaires**, the group that started the southern rap invasion.

He's all grown up and now ready to be recognized as a businessman as well as an artist. His new label, UTP Records, showed life immediately with artists, **Skip & Wacko**, who spent weeks on the Billboard charts with their hit single, "Nolia Clap".

The label's next release comes from artist, **Partners in Crime**.

Juvenile is two fold. He is at the top of his game career wise, and he is accomplishing great things in his personal life. He was recently married, and he and his new wife have just bought a magnificent new home in New Orleans. He has truly learned to balance the role of entertainer and family man, priding himself on the ability to focus on his roles: family man, businessman, and artist.

"Reality Check" is the much-anticipated follow-up album to the chart topping "Juve the Great," and will drop August 23, with the first single "Animal", hitting streets June 1.

Tri-Polar

Craig Montoya, the only bassist Art Alexakis ever made a platinum record with, has just finished his latest CD with **Brian Lehfeldt (Sweaty Nipples)** who had been touring with **Everclear** the last few years and new guitarist **Kevin Hahn (the Red Sector)**. The music is just good ole' rock'n roll in the spirit of hard rockin' bands **AC/DC**, **Aerosmith** and **Iron Maiden**. One of the songs "Puppets" even takes a jab at Art as well as the myriad of clone bands that all sound the same.

Since ending the relationship with Everclear, Craig is having fun again writing and playing his new music. Recorded in Craig's studio the self titled debut CD is available thru the bands web site www.tripolarmusic.com. So far the band has only played shows on the west coast but that's all going to change now the new music is finished. This is definitely a band to keep an eye on.

Text and photo by Buko.



Tri-Polar; Kevin Hahn, Craig Montoya and Brian Lehfeldt.

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flossin' EVENT flicks

WHENEVER THERE'S A HOT PARTY, CONCERT OR ANY OTHER EVENT YOU CAN BET FLOSSIN' MAGAZINE IS IN THE HOUSE, MAKING IT HAPPEN.



L to R, Flossin' Advisory Board member Terrell Brandon, CEO Jeff Belle, Vida, and Editor in Chief John Washington.



Snoop Dogg



Rawhide Girlzz



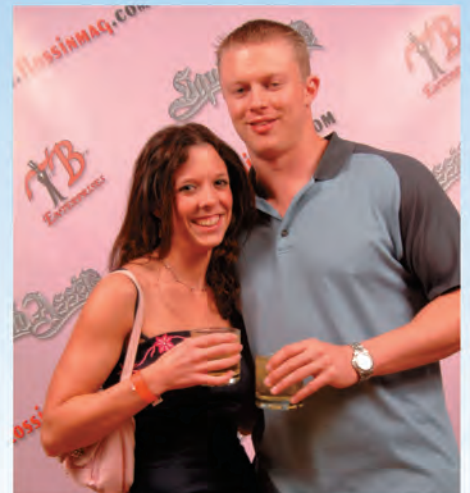
Kristina, DJ Jerm & Starchile at the Bomb Concert



Elisha



Vida & Sterling



Carla and Josh



Denise



Uncle June Bug



Vida & Arron



Thor, Skillz & Troy



Jasmyne wins



Kuwana & Keith



Alisha & Erica



Tim



Fillet



Jasmyne & Angela



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Terrell Brandon, Jasmyne, Damon Stoudamire, Vida & Leketa.



Pretty Ricky & Greg Lawlry



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Egypt, Duryan, Vida, Sonie, Felix the Cat



Big Bubba poses with the ladies



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Summer



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The Game

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conversation from the chair

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Even amongst the smallest of towns there are hidden gems to be discovered. There are many talented people who come from rural areas who never get the recognition they deserve. This time Conversation from the Chair visits rural middle America. We discovered a local barber shop in Xenia, Ohio that was full of history. I sat down got a haircut, and I was amazed at the skill level Rodney, the local barber had. I asked him a few questions because his shop was very interesting. {Q} How long has the shop been in existence?

{A} We have been a staple in the community for about 35 years.

{Q} How did you get your start?

{A} My father Sid is a barber and I wanted to follow in his footsteps. I have been cutting for about 15 years. I always wanted to be responsible for myself and I loved the way people felt looking good leaving the shop.

{Q} Since your shop is in a small town, where do many of your clients come from?

{A} We are consistently busy. We have our local customer base and we also service two historically black colleges. We have Wilberforce University which is the oldest private black institution in America along with Central State University a couple miles down the road.

{Q} What sets Sid's Barber Shop apart from other barber shops?

{A} Since I have clientele from many big cities, I have to travel and go to hairshows to stay on top of the fads in barbering.

{Q} What are your specialties?

{A} I pride myself on being able to give you a tight fade to keeping your afro in good shape. I also have developed a large following with the ladies because I also do eyebrows. I have mastered the skill of making the eyebrows compliment the face.

{Q} Is there anything you would like to tell Flossin Readers regarding the reality of barbering?

{A} Barbering is not just about cutting hair. You also have to be business minded. You have to be an artist, what I mean by that is barbering is about skin care, hair care and making your client feel like their best when they leave the chair.

{Q} Do you have any famous clients?

{A} We have David Chappelle the comedian and the newly drafted Philadelphia Eagle Trent Cole. I also have many NFL ball players who come back to visit me during homecoming festivities.

When you are in Southern Ohio look up Sid's Barber Shop. You will enjoy the hometown customer service. Across America there are many hidden gems, Sid's Barber Shop is one of them. Rodney can be reached for an appointment at 937-372-0233.

By, Carlos Fletcher

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