

11/2018 April Issue

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Spirituality

In John 1:1, "In the beginning was the Word, and the Word was with God. And the Word was God."

Everything comes from having words that describes thoughts and feelings in this world. From infancy onwards, our minds are full of words that we try to comprehend and create our own world. Most of the time though, we get confused or even lost in the translations of perceptions. Some of us take refuge in religion and view it as a means to our spirituality. This is where we are actually mistaken or wrong in trying to put spirituality into words.

What do you consider spiritual? Do you have ideas what a spiritual person is supposed to be? Are you aware of just labeling people according to their beliefs?

If you want to learn more about Spirituality, go within!



5 Keys to Happiness

- Love openly
- Forgive quickly
- Give freely
- Speak truthfully
- Pray Faithfully



Reed's Day at the Martial Arts History Museum



LETTER FROM THE EDITOR

“The way to find out about your happiness is to keep your mind on those moments when you feel most happy, when you are really happy—not excited, not just thrilled, but deeply happy. What is it that makes you happy? Stay with it no matter what people tell you. This is what I call following your bliss.” -Joseph Campbell
(The Power of Myth)



Recognizing your own Momentum helps a lot in staying at peace with yourself. In such a momentum, you should take a deep breath and trust that everything is going the way it is meant to be. Life is how you see it. It is like a mirror of your thoughts. It is yours to create and make.

People do things according to their own passion or interest. It's a great way to be and so we, in Dragons Network, support talents and creative people who are passionate about their dreams. Being in harmony with each other with respect, love and integrity.

Dragons Network News' next issue will be on June, 2018.

Yours sincerely,

Lady L. Reed

Dragons Network News| Official Newsletter of Dragons Network Productions LLC

February Issue 2018

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We welcome contributions but reserve editorial rights.
Ideas and opinions are strictly those of the writers and does not necessarily reflect those of the Dragons Network Productions LLC.
Contact ladylallainreed@gmail.com to learn more about advertising opportunities.

“Loving can cure all.” — John-Roger



Have a “Souper” Delicious Meal

To beat the winter cold, now is a good time to make a steaming pot of nutritious soup. Here are a few quick, inexpensive and delicious soups.

Potato Soup :

Boil a pot of peeled potatoes in water enough to cover. When fork tender, let cool. Cut in 1/2 “ cubes.

Do not drain water. Mash potatoes in water. Mix 1 c milk & 1/3 c flour until smooth. Add flour to cold milk 1 t at a time until smooth. Then add all the milk slowly to avoid lumps.

Add milk and flour mixture to potatoes, season with salt & pepper.

You can enrich the soup with evaporated milk, cream, herbs, white pepper.

Add leftover meat & veggies as desired. Great with leeks or green onions which can be added while boiling potatoes.

Rice Soup:

A traditional Chinese porridge can be made with leftover rice. Add water or broth to rice and simmer over low heat for an hour or until thick.

Add bouillon or broth for more flavor. Then add veggies, mushrooms, bok choy, spinach and meat as desired. Top with cilantro & sprinkle with soy sauce , chili oil, ginger or sesame seeds to taste.



Lentil Soup:

Saute a mirepoix (chopped onions, carrots & celery) with garlic in olive oil.

Rinse lentils, then add at least 2 1/2 cups liquid (water, broth, tomato juice) per cup of lentils.

Add herbs such as oregano, basil, Italian seasoning, cajun seasonings, sea salt, white pepper.

After an hour, add veggies on hand. Chop greens, tomatoes, squash - the more variety the better for color, nutrition and flavor.

Simmer another 15 minutes. For fresh color, sprinkle with green onions and / or parsley before serving. Add grated parmesan if desired.

Bone Broth:

Very nourishing broth that helps inflammation as it is rich in collagen.

Put bones such as beef, marrow, chicken, turkey in a pot. Cover with water. Add a quartered onion, garlic, celery, peppercorns, carrots and 1 T apple cider vinegar. (This will help pull the calcium & minerals from the bones.)

Simmer for as many hours as possible. When cool, the broth should be gelatinous which signifies the broth is rich in amino acids.

Can be also used as a soup base as well.

Joycelyne's cookbook will be out this year. You can preorder by sending \$20 to Final Print, 1952 N. Van Ness Ave., L.A. 90068 or phone orders at (323)466-0566.

Price includes tax & shipping.

Save money with inexpensive meals high in nutrition, low in cost, yet full of flavor.



Please LIKE and SUBSCRIBE. Hope you enjoy the show!

Let me know any dishes you would like featured on the show at joycelynefp@gmail.com I will answer any questions as well.

Cooking In with Joycelyne is also available on Amazon Prime.

Happy Eating! www.joycelyne.com

*Beloved you touch me
Our souls are enchanted
Your eyes reveal everything within
Our heartbeats dance in the rain
Here in this realm our spirits connect
I can hear the whispers of your pain*

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Foods you Should be Eating for Health and Well-Being

By Jeff Behar, MS, MBA, CIH



Eggs

Egg yolks are high in choline, a key nutrient required to make the neurotransmitter acetylcholine (it helps with signaling between memory-supporting neurons). "People who meet the recommended levels of choline performed better on memory tests than those who didn't," says Rhoda Au, a research professor of neurology at Boston University School of Medicine. The daily recommendation is 425 milligrams; two eggs have about 300 milligrams.

Green tea

Green tea has many known health benefits. Green tea increases the metabolism. The polyphenol found in green tea works to intensify levels of fat oxidation and the rate at which your body turns food into calories. Green tea also helps regulate glucose levels slowing the rise of blood sugar after eating which can prevent high insulin spikes and resulting fat storage. It may also protect against the formation of clots, which are the primary cause of heart attacks.

Green tea also reduces bad cholesterol in the blood and improves the ratio of good cholesterol to bad cholesterol. It is said to delay the deterioration caused by Alzheimer's and Parkinson's. Studies carried out on mice showed that green tea protected brain cells from dying and restored damaged brain cells. Studies also suggest that the chemical antioxidant "catechin" in tea can destroy bacteria and viruses that cause throat infections, dental caries and other dental conditions.

Legumes

Peas, beans and peanuts are great sources of magnesium, a mineral that plays a core role in your body's energy production. I have written articles before regarding the importance of magnesium. Magnesium is involved in more than 300 biochemical reactions in your system, and when you magnesium is redistributed throughout the body to help energy molecules get to where they're needed. Approximately 80% of people are deficient in magnesium and most do not know it because it will not come up on a blood test.

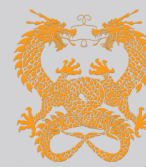
A deficiency in magnesium can lead to muscle spasms, cardiovascular disease, diabetes, high blood pressure, anxiety disorders, migraines, osteoporosis, and cerebral infarction.

A magnesium deficiency may cause you to feel tired, and perform less than desired when exercising. People who workout need to be extra vigilant because you lose magnesium through sweat. Legumes will help you fulfill the RDA of 320 milligrams: One cup of white beans has 134 milligrams; even a cup of frozen peas delivers 35 milligrams.

Other high magnesium foods include dark leafy greens, nuts, seeds, fish, whole grains, avocados, yogurt, bananas, dried fruit, dark chocolate, and more.

Instagram: <https://instagram.com/beharjeff/>

<https://www.facebook.com/jeff.behar>



TECHNOLOGY

Professional Graphics Software you can get for FREE

Many computer users are unaware that there is an abundance of professional-grade software that they can legally acquire to use for free. Many of these free software applications are readily available, of professional quality, and contain many of the features of the expensive commercial-grade software products available which cost several and often hundreds of dollars more.

In this article, I will share with you some common, free, feature-rich, software applications that you can use to get stuff done without breaking your bank account. In addition to photo editing capabilities, the programs presented below can be used to create artwork, drawings, animations, pixel art for games, and images.

1. Photoshop CS2

This is essentially the Photoshop 7.0 workhorse used by industry professionals for years as their primary graphics and photo editing tool. It is now available from Adobe as a free product.

<https://www.techspot.com/downloads/3689-adobe-photoshop-cs2.html>

2. GIMP

GIMP is a very powerful, feature-loaded photo and image processing application, and often competed with Photoshop in past years. Like Photoshop, the learning curve for GIMP is somewhat high, but this is a great software product.

<https://www.gimp.org/>

3. MSPaint

This image and photo editing program is still included with Windows and is accessible from the Programs menu, or by pressing WinKey+R, typing mspaint, and pressing enter. This is a very basic, easy to use, but powerful program.

4. Inkscape

Inkscape is not only an image editing program, it is a great vector drawing program. Inkscape allows you to save images in a vector file format, as opposed to one of the more common image formats (bmp, jpg, gif, etc.). Saving in vector format allows your images to be resized without impacting the quality of the images. Inkscape is used by many artists in the gaming world to create amazing art, characters, and illustrations.

<https://inkscape.org/en/>

5. GraphicsGale

GraphicsGale is designed primarily to create pixel art and animations for games and presentations. At first glance it does not look like much, but after you get used to the interface, the features and abilities of this software are incredible.

<https://graphicsgale.com/us/>

6. JPixel

JPixel is a very nice program used to create pixel art, animations, tiles for games, and characters for games. It has a very clean interface and is extremely easy to use.

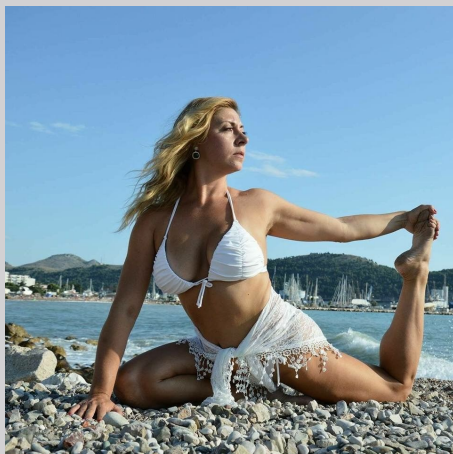
<https://emad.itch.io/jpixel>

Enjoy the free software, and Happy Creating!

Bob Herndon



Inner Conversation for Rejuvenation



How is your conversation to your-self sound? *Yes, that talk you give to your mirror? Does that communication to your cell rejuvenative to your Body and Mind or not? Is that clear for you that your body is the river of intelligence and 98% of your atoms are replaced in 1 year?*

So when we speak about Anti-Aging Yoga ore Anti-Aging practice, we speak about creating **A NEW model of your Body which is Younger Next year**. A big portion of success in that creation of a new

body model depend on the quality of your inner conversation with your cells ..and here is where Yoga come very Handy. Why? Because the original definition of Yoga from Yoga Sutra Patanjali sounds like this: **“Yoga is a control of thoughts waves”**.

What kind of “ thoughts waives in your mind”?

What are your believes about aging? Do you believe that biological age reverse is possible? Do you love yourself to speak kindly to your mirror image? On my workshop Habits for Rejuvenation, we pay a great deal of attention when it comes to inner conversation. According to Body/Mind medicine, the quality of your thoughts determined the quality of your biochemistry. If you think as a young and healthy person, your body would respond to this. If each time you look to the mirror you would notice only imperfection and aging and condition yourself to idea “i am getting older”, guess what happened? Yes, your body, your most loyal animal in the world would go old. On contrary, if read a chapter on” mental conditioning and biostate” then you could support your inner conversation to antiaging , rejuvenative direction.

There is a great Mantra ..It says in sanskrit : **Sat Chit Ananda** - “My inner dialogue reflect the fire of my soul”

If you have nothing to say to yourself - say this Mantra “ Sat Chit Ananda” And what if your desire of your soul is having a body in good shape and an attitude of youthful person? What kind of conversation it suppose to be? I recommend planting affirmation as “ seeds” for your inner garden Something like this:

I love and I am loved.

Every cell of my body rejuvenate well.

I accept my own chronological age and understand that my biological age and psychological age are not depend on numbers in my passport.

I am a creator of my body.

I love and enjoy my body.

My biostate set up for biological age of ...(and name a age 10 -15 years younger than your age).

Everyday and every way, I have energy for rejuvenation.



NEWS



You can find the commercial directed by
Art Camacho at the link below.

<http://ericlee.com/dragons-network-productions-llc/>

The Mind of a
Champion
Revealed

Lady Lallaine Reed

The Mind of a Champion Revealed
ebook is published!!!

<http://www.lulu.com/shop/lady-lallaine-reed/the-mind-of-a-champion-revealed/ebook/product-23533654.html>

Eric Lee and Lady Lallaine Reed's
first book together!

It's a self-help, motivational book that is recommended for everyone.

THE ULTIMATE MIND OF A CHAMPION by ERIC LEE will be published very soon too! Watch out for it!



Presented by the MARTIAL ARTS HISTORY MUSEUM and coined as the "ComicCon" of the martial arts, DRAGONFEST is the most popular and one of the biggest and greatest martial arts and Asian conventions in the world. With movie stars, martial arts celebrities, weapons, toys, martial arts products, stuffed animals and more. Nearly 150 booths!

Enjoy a fun day of Asian cultural performances including Hawaiian Hula dancing, Filipino dancing, taiko drumming, Chinese lion dancing, martial arts demonstrations, Q&A with the celebrities and so much more.



August 25, 10 am to 5 pm - Dragonfest Expo
August 26, 9 am to 2 pm - Workouts, Seminars

August 25 is FREE TO ALL KIDS 17 & UNDER
Sign up online at <http://www.Dragonfest.com>
You can find special rates for hotel stays.

This is a CHARITY event, 100 percent of all proceeds goes to benefit the Martial Arts History Museum.



Introducing the new CYNTHIA ROTHROCK youtube channel. Watch some unique videos on her martial arts, her movies, her unique and interesting adventures and an in-depth look into her personal life.

Website: CynthiaRothrock.org
Youtube: <https://www.youtube.com/cynthiarothrockchannel>



Come support & Celebrate Sifu Ford V. Edwards & Little Tao Dragon Martial & Healing Arts with over 25 years of teaching Kung Fu , Tai Chi, Reiki and Rei-Chi. Plus his never ending support of others in the Martial Arts, and the community with no expectation of anything other than gratitude, and the satisfaction of it's the right thing to do.

April 28, 3pm

located at 2319 W. Magnolia Blvd.,
Burbank, CA 91506.



May 19th, 2019

JJ STOMP's DAY at the Martial Arts History Museum!!!



Entertainment

Hi everyone!

Here's a great event coming up featuring an open Q&A with **Beth Klein, Universal Television Executive Vice President of Talent and Casting.**

A not-to-be-missed one-time event for actors, producers, content creators, agents, managers, etc., and ANYONE who wants to know the inside scoop on how things work behind the scenes at a major studio!

Beth will be available to answer all your questions in a **live Q&A** at this one-time-only event!

Details are below - as always, there's a **great discount** for **INFOLIST.com**, and feel free to forward if you know someone that would be interested!

Good luck, have a great day, and don't forget to dream big!

-Jeff

Jeffrey R. Gund
INFOLIST.com

Breaking into Hollywood presents

Open Q&A

with

**UNIVERSAL TELEVISION CASTING
EXECUTIVE BETH KLEIN**

EXECUTIVE VICE PRESIDENT OF TALENT AND CASTING

** Interested in gaining insights about the casting process for television?*

** Want inside tips on how to elevate yourself as an actor or influencer in the current marketplace? **

** Are you interested in networking with more casting professionals? **

** Or becoming a casting director, or even a studio executive? *Los Angeles, CA 90064*

Please note: this is an informational event only.

For questions or more information

n:

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at **www.INFOLIST.com** as the source if re-posted on a website or other list. Thank you! While InfoList does its best to confirm and validate all information posted, we are a service that posts information from other companies and individuals, and are not responsible for the content posted, or any errors, omissions, typos, etc. To change what information you would like to receive, please login at **www.INFOLIST.com** and check or uncheck any email lists in your preferences, or simply click the link below to be removed from all lists. Have a great day! -Jeff



NEWS

Whatever your situation - now is your chance to get inside information on casting from a top industry professional!

All participants will have an opportunity to ask candid questions directly to the speaker!



A not-to-be-missed one-time event for actors, producers, content creators, agents, managers, etc., and ANYONE who wants to know the inside scoop on how things work behind the scenes at a major studio!

DON'T MISS THIS ONE-TIME ONLY EVENT!

MONDAY, April 9th, 2018

7pm - 9pm

at

Westside Pavilion

Community Room B, Level 3

(near Landmark Theaters)

10800 W. Pico Blvd.

SPECIAL DISCOUNT FOR INFOLIST.com!!

Use the special link below, and get **25% OFF!** That's just **\$45** (normally \$60!) for an evening with a top industry professional!

SPACE IS LIMITED, SO REGISTER NOW!

TO REGISTER:

Advance RSVP only, as space is very limited. Use the special link below to get your **discount:**

www.breakingintohollywood.org/4918-DISCOUNT

ABOUT THE SPEAKER:

Beth Klein is the **Executive Vice President of Talent and Casting** at **Universal Television**. She started at the studio as Senior Vice President in September 2011.

Klein heads the casting department at Universal Television, which is responsible for such hit series as "**Unbreakable Kimmy Schmidt**," "**Master of None**," "**Brooklyn Nine-Nine**," "**The Mindy Project**," "**Bates Motel**," "**Shades of Blue**," "**Chicago Fire**," "**Chicago P.D.**," "**Chicago Med**," and Universal Television's annual holiday live musicals including "**The Wiz Live**" and "**Hairspray Live**."

Prior to joining NBCUniversal, Klein was **Showtime's** Senior Vice President of Talent and Casting, where she worked closely with **Robert Greenblatt** (now Chairman of NBC Entertainment) for several years. While at Showtime, she oversaw casting for the network's scripted series, including "**The Big C**," "**Dexter**," "**Weeds**," "**The Borgias**," "**The Tudors**," "**Queer as Folk**," "**The L-Word**," "**Nurse Jackie**," "**United States of Tara**," "**Episodes**," "**Shameless**," and "**Californication**."

In addition, Klein oversaw more than 30 made-for-television movies and the pilots for "**House of Lies**" and "**Homeland**." For more than 23 years, Klein was in charge of casting for Showtime while she also worked for other divisions of **CBS/Viacom**, including **Viacom Prods.**, where she oversaw casting for such series as "**Ed**" and "**Sabrina, the Teenage Witch**." Klein is a member of the Academy of Television Arts & Sciences Casting Director peer group.

REGISTER NOW:

Advance RSVP only, as space is very limited. Use the special link below to get your **discount:**

www.breakingintohollywood.org/4918-DISCOUNT



I challenge you to feed 20 people today! So go and buy, 20 hamburgers, 40 tacos, or make 20 meals, because it's got to start with you! I believe that Love is just as contagious as hate, and if we choose to Love, we can spread it, reduce crime, and create smiles. Are you with me? I want this to be bigger than the Ice Bucket Challenge, this actually helps people during real life hardships.

Join Reverend Chris Sanders with ForestCoin to end hunger out on our streets worldwide. This is the Street Feeding Challenge! [www. Sustainableangel.com](http://www.Sustainableangel.com) <https://www.youtube.com/channel/UCLqcRgp5tClbkMNOLJenVTw>



EXPERT PANEL

 G. Brian G. Benson <small>Author/Publisher/Speaker</small>	 Sara Z. Miljarec <small>Media/News Foundation</small>	 Patrick Kilpatrick <small>Live/Club/DJ Artist</small>	 Cecilia Mota <small>Media & Social Personality</small>
 Wilson "M" Johnson <small>CEO/ST Entrepreneur - Host/Producer</small>	 Sandy Rodriguez <small>Writer/Editor, Journalist, Social/Media Host</small>	 Roger Salam <small>Investor/Speaker</small>	 Michael Molinski <small>Author - Foreign Correspondent - Entrepreneur</small>



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When the leaves all gone
 May snow comes or not at all
 All trees look the same.
 They are like us all earthlings
 Once naked, we're all the same

© LL Reed 17022012

Photo: Lady Lorraine Reed 17022012



INTRODUCING BARTEK GLINIAK

Bartek Gliniak is a composer of music for films and television based in Los Angeles. His remarkable, expressive and innovative scores faithfully embody both story and character. He is a graduate of the Academy of Music in Cracow.

In 1994 he received an award in the 22-th International Electroacoustic Music Competition in Bourges (France). In 1994 he had his debut at the International Festival of Contemporary Music Warsaw Autumn. Since 1996 he has been collaborating with the Experimental Studio of Polish Radio in Warsaw where he composed and recorded numerous electronic and experimental compositions.



He is an author of soundtracks to over 30 films including the films numerous awarded at the international and national festivals. He scored a numerous awarded films such as 'My Nikifor' directed by Krzysztof Krauze, 'The Firefly' by Ana Maria Hermida, 'Reconciliation' by Maciej Sobieszczanski, 'The Erlprince' by Kuba Czekaj, 'Palimpsest: A Hypnotic Mystery' directed by Konrad Niewolski, 'The Sand is a predator' by Krystian Matysek, 'Joanna', 'Case Unknown' and 'The Collector' by Feliks Falk. Bartek was four times nominated to 'Eagle'-Polish Film Award in the category of Best Film Music (2005 - 'My Nikifor', 2006 - 'The Collector', 2007 - 'Palimpsest: A Hypnotic Mystery', 2017 - 'The High Frontier').

He is also an author of the score for one of the most popular Polish TV shows 'For good times and for bad times' ('Na dobre i na złe').

A record with the premiere performance of the oratorio 'Seven Songs of Mary' with the music by Bartek Gliniak to the libretto by Zbigniew Ksiazek released in 2007 became Double Platinum. In the years 2008-2009 the oratory 'Seven Songs of Mary' was numerous performed for capacity audiences. In 2009 a record with the premiere performance of 'Kalwaria Oratorio' also created by the same authors became Golden Record just in the first month of its release.

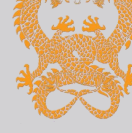
The compositions of Bartek Gliniak have been performed at such festivals as: the International Festival of Contemporary Music 'Warsaw Autumn', Tage für Neue Musik in Zurich, Cracow Composers Festival, Synthèse Festival in Bourges, The International Rostrum of Composers (IRC), the 3rd International Contemporary Music Festival - Lviv (Ukraine).

Since 2006 Bartek has been a member of European Film Academy (EFA).

He lives and works in Los Angeles.

Selected filmography:

2017: 'Reeves Road' by Alex Carl
2017: 'Sin Cielo' by Jianna Maarten
2017: 'Reconciliation' ('Zgoda') by Maciej Sobieszczanski
2016: "Bogdan's Journey" by Lawrence Loewinger&Michal Jaskulski
2016: "The Erlprince" by Kuba Czekaj (completed)
2015: "High Frontier" by Wojciech Kasperski
2014: "La Luciernaga" by Ana Maria Hermida (In post-production)
2014: "Father" by Hanna Västinsalo
2014: "11" by Janusz Madej
2014: "Sie heißt jetzt Lotte" by Annekathrin Wetzell
2013: "Deceived" by Marcin Solarz
2013: "Sharp Date 3D" by Maciej Odolinski
2012: "Lord of the Carpathians" by Krystian Matysek
2012: "Secrets of Love" by Krystian Matysek
2011: "Birthday" by Maciej Sobieszczanski
2010: "Joanna" by Feliks Falk
2010: "Twist&Blood" by Jakub Czekaj
2010: "7 minutes" by Maciej Odolinski
2008: "Case Unknown" by Feliks Falk
2007: "Katyn" by Andrzej Wajda (music adaptation/music consultant/music recording supervisor)
2007: "Teah" by Hanna A.W. Slak
2006: "The Officers" (TV series) by Maciej Dejczner
2006: "Palimpsest: A Hypnotic Mystery" by Konrad Niewolski
2005: "The Collector" by Feliks Falk
2005: "A Short Story of a Blackboard" by Feliks Falk
2004: "My Nikifor" by Krzysztof Krauze
2003: "City" by Maciej Odolinski
2003: "The Sand is a Predator" by Krystian Matysek
2003: "Touch me" by Anna Jadowska & Ewa Stankiewicz
2003: "Kero" by Maciej Odolinski
2003: "The End of Holiday" by Marcin Krzyształowicz
2002: "Al Jazair the Nameless War" by Agnieszka Łukasiak
2001: "General Piłsudski" by Andrzej Trzoz-Rastawiecki
2001: "Witches" (doc) by Agnieszka Trzoz
2001: "Everyday closer to heaven" by Maciej Adamek
2000: "Santa Claus Night" by Janusz Kondratuk
2000: "Complaint" (doc) by Agnieszka Trzoz
2000: "For good time and for bad time" (TVseries)
2000: "Enduro Boyz" by Piotr Starzak
1999: "It's us" by Waldemar Szarek
1999: "The last mission" by Wojciech Wójcik (orchestrator, conductor)



Pre- Easter Potluck Party with FEEDBACK Band!



Lady L. Reed with Jack Stern organized a pre-easter party last March 31, 2018 in Jack's private house. It was a great event where a number of awesome came to share their time with good food, music and laughter. The kids also enjoyed swimming while the adults were enjoying themselves. Among the guest were Grandmasters and Masters of martial arts, actors, musicians, singers, directors and producers.



Guinness Book of Record holder for most cinematic masks worn/actor : Bill Blair, Producers/Directors; Tamas Birinyi on the lower photo.



Executive Producer and Action Star Dr. Bob Goldman along with movie stars Sifu Alan Goldberg and Soke Michael DePasquale Jr are excited to announce that "Father and Father", a new Michael Baumgarten/Art Camacho Film, has secured a prime screening date and time at

the Sunscreen Film Festival taking place next month. The world premiere and red carpet is set for Sat. April 28th with festivities starting at 1:30 and a panel discussion to follow. Hats off to the entire cast and crew. Kick Ass! Repent! Repeat!

<http://sunscreenfilmfestival.com/>

LIFETIME ACHIEVEMENT AWARD
DR. ROBERT GOLDMAN TO RECEIVE 2018 AWARD

A great friend, scholar and team. Coaches, administrators, students and events, Dr. Gold has been dedicated to promoting sports (especially bicycling and martial arts), health and fitness. Most importantly Dr. Robert Goldman bases his hopes on what do you want to be remembered for? Honor someone whose life has...making a positive impact and difference in the world.

Dr. Robert Goldman To Receive 2018 Award

International Sports Hall of Fame founder and World Hall of Fame of Physical Fitness inductee Dr. Robert Goldman will receive the Lifetime Achievement Award from the Arnold Schwarzenegger when the Arnold Sports Festival celebrates its 30th anniversary in March 2018. Dr. Robert Goldman

Golman founded the International Sports Hall of Fame in 2002 with Arnold Sports Festival Co-Chairman Schwarzenegger and Jim Lortme among the inaugural class. Lortme congratulated him last year at the Arnold Sports Festival in Columbus, Ohio.

"It is an honor to stand on the most prestigious honor, and I feel honored to be recognized," Golman said. "To be on the same stage as my personal heroes and mentors is beyond and Jim Lortme and to receive the same honor as Ben & Joe Weiser, Jack LaLanne, Reg Park and all many others is such a tremendous honor. It's the privilege!"

The Arnold Classic Lifetime Achievement Award has been presented annually since 2005 to an individual who has made a major contribution to the fitness industry and offered a lifetime of service to the advancement of sports performance and promotion.

LIFETIME ACHIEVEMENT AWARD HONOREES

2000: Joe Weider	2009: Franco Columbu
2001: Reg Park	2010: Sylvester Stallone
2002: Jim Lortme	2011: Lou Ferrigno
2003: Frank Zane	2012: Robert Kennedy
2004: Bill Pearl	2013: Rich Gaspari
2005: Jack LaLanne	2014: John Balik
2006: Lee Haney	2015: Jim Manion
2007: Cory Everson	2016: Dr. Raphael Santorja
2008: Ben Weider	2017: Betty Weider

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THE MARTIAL ARTS KID 2: PAYBACK at Action Magazine's Mega Martial Arts Weekend in Atlantic Cit with actor/stunts R Marcos Taylor, actor Sasha Mitchell, actor Chuck Zito, Associate Producer/actor Alan Goldberg, co-star Don Wilson, co-star Cynthia Rothrock, and Producer/actor Dr Robert Goldman.

<https://www.indiegogo.com/projects/the-martial-arts-kid-2-payback#/>



A ROSE IS BLOOMING; LAVETTE CHERIE IS MAKING SWEET NOISE IN THE POETIC WORLD WITH THE RELEASE OF AN ALBUM, BOOK TOUR, ACTING AND MORE!

LaVette Cherie’s life, reads like a collage; A presentation of a multi-faced portfolio. It wreaks of one word, significance. Her life is saturated with talent, but her mission is teeming with a purpose. She lives in the moment and presently is riding a crest of events that are bringing the fruits of her labors into a successful fruition in the here and now-THE MOMENT.

She can not be called just a poet. She is not just an elocutionist. Her beauty, which emits a vibe, attracting a dancer to her rare, seemingly vulnerable, different beat, is like a flower to the bee; All in her path are magnetized, to her almost child-ish precocity, her eyes, and bewitching smile, both a snare and a window, from a caring , empath soul.



Ms. Cherie has recently published a book called, " I am Poetry". She remarked, " I am very excited about this publication !!!!! It is My personal series of Love , Inspirational , and Life Poetry. Within my spilled ink there lies "

I asked Ms. Cherie to expound upon her mission and exploding life. It is as follows:

1. Lavette, your talents are so diverse. What do I call you, a poet, or an actress? Cherie: " I am a poet, author, actress , model, public speaker, elocutionists. In addition, I am a Pixtory and Artistivo contributor, Internet Magazine Artist, and Platform.
2. Where do you recite poetry? Cherie: " I recite poetry at various events ie, Fashion shows , art exhibits , private events such as 2016 Orange County Black History Parade , Hip Hop and Museums.
3. Are there any works dropping? Cherie: I am working on an album 3 EP released and set to go. You can go to my fan page at <https://www.facebook.com/LaVetteCherieThePoet/>, or Website: <https://incidents95.wixsite.com/lavettecherie>; More info and access to my published materials can be reached at Apple; <https://itunes.apple.com/album/id1328122426?ls=1&app=itunes> Spotify; <https://open.spotify.com/album/5jBT0KycXhJxqGKSJN7QNP>
4. Where can I find some of your current projects, "hot off the press", as they say Lavette?Cherie: Current events. I am so happy to answer that. On March 8, 2018 in Georgia in "Hotlanta"--Atlanta-in case you are unaware of the slang. " Diary of a Ready Woman, book launch and monologues on Peachtree Street. This tour will encompass selected sites around the country. One can go to the website, www.diaryofareadywoman.org; I also modeled for Paulette Mouquet.
5. I have heard your poet flavor, and your elocution skills are mad and off the chain. Are there any accolades that you have won it that regard?Cherie: Yes! I am a published poet and was in the publication, Best Emerging Poets of California – I was chosen among 20K plus. In fact, among poets, only 110 of us were chosen to publish poetry. I am thrilled as I have been asked to return for Best Emerging Poets of America - <https://www.amazon.com/Californias-Best-Emerging-Poets-Anthology/dp/1974273377>.children’s book series.

Cherie, as a young woman, beset on all sides by solitude, single parenthood, and its financial burdens, and a mean-spirited divorce, found herself acting in plays such as (2016) " Scenes from The Bridge" a Nina Childs Production Theater Play, (2017) Hotcombs , Homegirls , and Homicides, and most recently, writing books, releasing poems on Cloud, and becoming a hot commodity on the theatre stage. Her most famous stint as a thespian was for the play, in 2017 "Beautiful Poison", where she played a beautiful sociopath.



She has emerged, with a mission like a faultless chrysalis of strong self-sufficient womanhood. Empowered, and seeking, through her poetry and talents, to empower all genders with love, self-esteem and hope, her mission mandates taking care of her family and successfully bringing her poems and acting into fruition. She has done just that!

With pilot deals being surveyed, by both Netflix and Paramount, this Ohio native, reared in California, of Latin, German, Native American, Black and French stock, has shrugged the victim role. She said, "my mom escaped domestic violence, and fled to California when I was 7 and I have remained here ever since. Three years ago, I too, badly beaten, barely retaining sight in my left eye—where all of my positive energy flows—got out of domestic violence. I am lucky to be alive! Ms. Cherie, along with other "battle tested and domestic violence honed" survivors were recruited by Nekisha Michelle's "Diary of a Ready Woman" event and launch at [Atlanta Ga](#) at WeWork, March 8, 2018. These women told of their plights, WHAT THEY LEARNED and how they survived during some of the worst times of their lives. IT WAS CALLED, "The official book launch and monologues of "A READY WOMAN"—proceeds went to charity.(ALL PHOTOS PROVIDED BY La-VETTE CHERIE)

Written by [Maurice Dwayne Smith](#)

I was born in Fountainbleu in Paris France to an army family. My father, Ruben Smith, and my mother Nancy Smith, worked for the Army and as a school teacher in France, respectively. We are originally from the South. My father's people from Mississippi and Alabama and my mom's from South Carolina. I am an avid sports fan and I attended and played sports—football, wrestling, and track— at Bishop England High School, in Charleston, South Carolina; my mom chose both a Catholic high school and an elementary school, Immaculate Conception, for my sister and I. Initially, I wasted a lot of time in school pursuing sports and partying but nevertheless, I went to the College of Charleston, The University of South Carolina, where I majored in Journalism, Advertising and Public Relations, with a minor in Theatre and Speech. I finally graduated from The University of Redlands, in Redlands, CA with a degree in business management. I managed to get into SAG-AFTRA, mostly as an extra, but I have done an occasional speaking stint here and there—CD-ROMs, experimental and industrial films, and voice overs in radio. My most recent endeavor was playing a doctor on "Grey's Anatomy". What was I like as a child? Well I tend to think that I existed and flourished within "a culture of hate"—however South Carolina has ceased and desisted with both "The jim Crow Laws' and flying the Confederate Flag-- witnessed "colored only" bathrooms, and was in establishments where the Klan showed up. I grew up with some very cool whites, mexicans, Filipino's and other races. It has metamorphosized into being a cultural and real estate melting pot, as many from other states are recently flocking there for the cheaper home prices, very stable, safer lifestyle and "bible belt" mentality, and affordable education. I too have metamorphosized, as I am not the militant little athletic, and partying freak I used to be and have settled into writing for Cold HeatNews and assisting We Care for Humanity with their charitable functions. Consequently, I am pretty much a normal army brat who has realized that life is what you make it and people and things are subject to change. So change with life and let by gones be by gones. My dad has since passed away, and my mom and sister and most of my cousins are still alive, but their positive, influence, along with the impact my elementary and high school friends have had on me continues on. Infact, if not for my childhood friends, my high school football Coach Jack Cantey and occasional teenage battles with my dad, I would have become a gang member! Thus my personal manifesto is, Live hard, party when it is time, and utilize both education, and Love for God, and know that FAMILY AND FRIENDS are most important; They're one's conduit for a viable and happy life. ALSO, A FRIEND IN NEED IS A FRIEND---NOT A "FAIR WE ".



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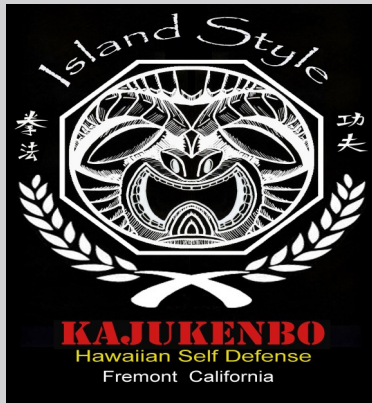
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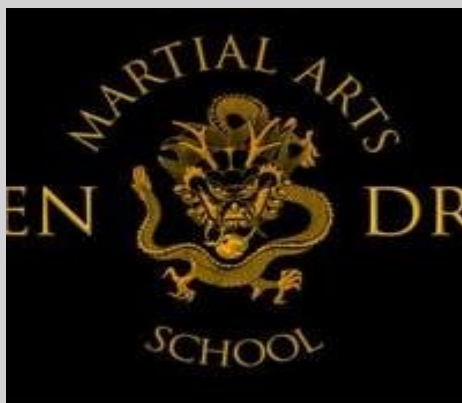
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