

# mdm

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issue 179 11/2011

## HOMETOWN GIRL AT HEART

Felisa Adams, young girl  
with an old soul

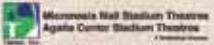
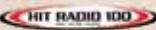
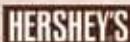


## FIRST DATE BLUES

Why he hasn't  
called and why she  
won't answer

## FITNESS ASPIRATIONS

Why you can't get J-Lo's butt or  
Tyson Beckford's pecs



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Felisa Adams



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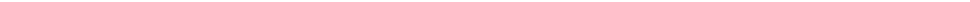
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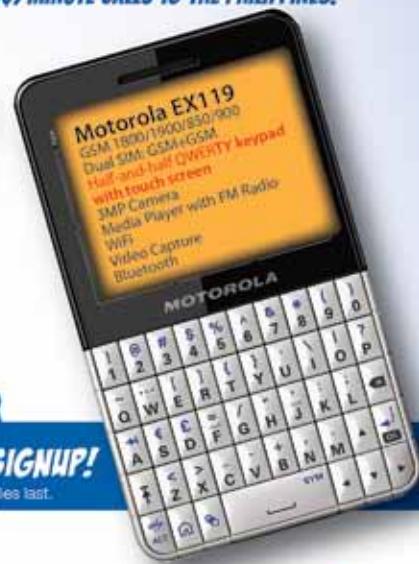
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# Young Girl with an Old Soul

*Felisa  
Adams*

Photography: Rich Ocampo • Hair & Makeup: Salon Fusion  
Text: Jacqueline Perry Guzman • Location: House of Brutus

#### WHAT KIND OF MUSIC DO YOU LIKE?

FA: Soulful music. I like Alicia Keys, Adele, Jasmine Sullivan, Melody Fiona and others. I like music to have a lot of different elements and a lot of instruments. I don't like simple music. I enjoy a good beat.

#### WE KNOW YOU LIKE TO SING AND WE KNOW YOU ARE A LITTLE SHY. DO YOU SING FOR OTHERS?

FA: My family encourages me to sing. They always offer me a microphone when we are around a karaoke system. I try to hide, but eventually I will sing a song.

#### WHAT DO YOU LIKE TO SPEND MONEY ON?

FA: I love antiques and vintage house ware. I like to repurpose items around the house. I watch HGTV a lot.

#### DO YOU LIKE TO COOK?

FA: I love to cook, especially country cooking like homemade macaroni and cheese, fried fish, neck bones, peach cobbler and collard greens. I'm still getting used to local food.

#### WE KNOW YOU ARE A BASKETBALL FAN. WHO IS YOUR FAVORITE TEAM?

FA: I am partial to the Oklahoma City Thunder. Oklahoma is where I am from. I am also a fan of Dwyane Wade, Blake Griffin and Carmelo Anthony.

#### YOU'RE ONLY 20 YEARS OLD BUT YOU WANT TO RAISE A FAMILY?

FA: Yes. I am a small-town girl and I love big families. I am the step-mom to four children. I want to try for maybe four more someday.

#### WHAT ARE SOME OF YOUR LONG-TERM GOALS?

FA: To finish school. I am studying cosmetology, but that is on hold for now. I want a career and I want to be married and have a family.

#### WE KNOW YOU HAVE A WEAKNESS FOR ONLINE SHOPPING. CAN YOU TELL US A LITTLE ABOUT THAT?

FA: In high school we lived far away from the nearest mall so I shopped online and even had my orders delivered to my school address. I still shop online a lot. It is so much easier and fun.



This page and on cover  
Toska black and white strip  
jacket (\$29), necklace (\$20) and  
bangle (\$8.50) from Everdine

Chique denim vest (\$32),  
Bozzolo pink tank (\$10),  
Creation earrings (\$10)  
and Mind Code skirt (\$25)  
from Everblue.



Monaco dress (\$32) and star ring  
(\$13) from Everblue.





Cowl neck dress (\$32)  
from Everblue.

A full-page photograph of a woman with short, curly hair, smiling and posing on a balcony. She is wearing a purple, sleeveless, ruffled romper. She is leaning against a metal railing, with one hand on her hip and the other resting on the railing. Her legs are slightly apart. The background is a blurred night scene with lights and a building. The overall mood is elegant and sophisticated.

Intro purple romper (\$32)  
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# WHAT ARE YOUR FITNESS ASPIRATIONS?

By Carmen Rojas

When many people decide to get into better shape, they have a mental picture of what they want to look like. Some want to look like a particular celebrity or sports figure, for some people it's a family member, or a friend. But many of us have an external view of what we want to look like. But how do we turn these pictures into fitness realities? It starts with having realistic aspirations.



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First, the bad news. Only Halle Berry is going to look like Halle Berry. Only Angelina Jolie has the genetics to look like Angelina Jolie. Only The Rock has the fitness history to look like The Rock. While you may be reading this saying "duh," the point is that many of us have goals to look like someone else and that goal is entirely unattainable. For starters, what we see on TV and in movies are actually a collection of the celebrity and a team of graphic artists, hair and makeup experts and lighting professionals. Second, the genetic makeup combined with a series of life choices and a fitness history make people look like what they look like—movie stars included. So to say at 32 years old that you want to look like someone else is a recipe for disaster.

That is not to say that you can't admire J-Lo's rear end, or Tyson Beckford's pectoral muscles. You can even work to get the definition that first lady Michelle Obama has in her arms, or the abs like your sister. The difference is admiring a part and not obsessing with becoming like the whole.



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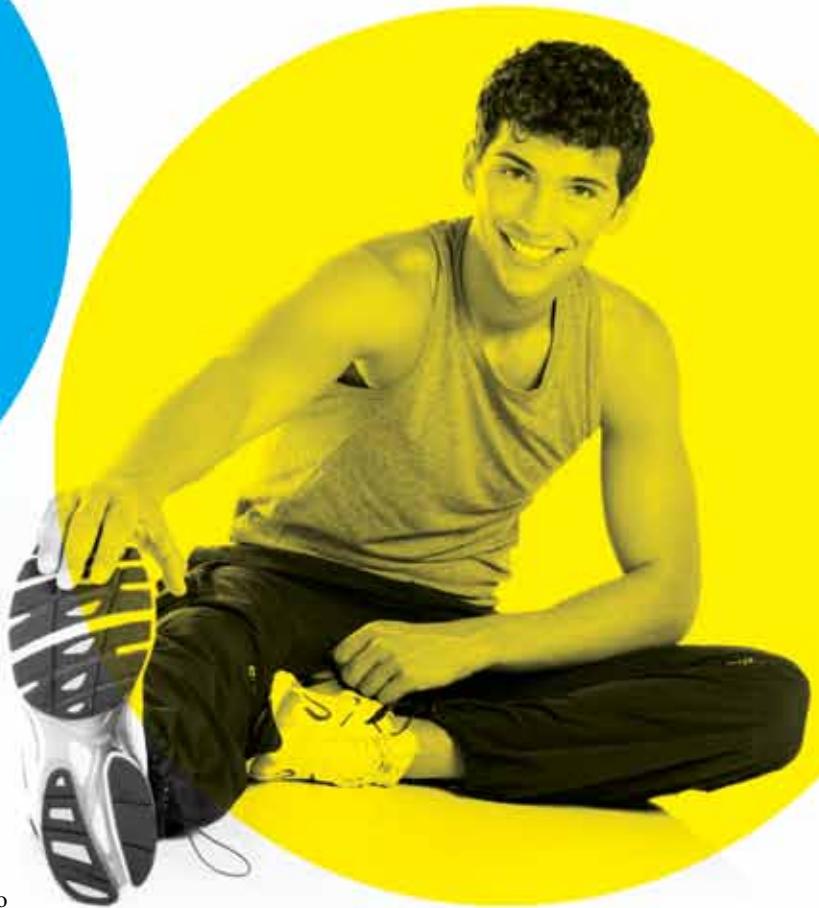
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To set realistic goals you need to first know yourself. Physical, social, psychological, and even genetic awareness of yourself is essential for realistic goal setting. Know what drives you and what turns you off when it comes to health and fitness. Be aware of your traps and temptations, and know if you are ready to fight them or not. Understand that how well you picked your genetics has a big role to play in the battle toward fitness. And be honest with yourself. Have a mental "talk" with yourself and don't sugar coat anything. You know you hate running. You know that your weakness is cinnamon rolls with lots of icing. And you know that no one in your family is over 5 feet 8 inches tall. If this sounds like you or someone else, all hope is not lost.

Once you have a good sense of self, then start to consider what will make you healthier. Not everyone needs to lose 20 pounds. Some of us need to lose more. But what is most important is that which will help you to live a longer, happier, healthier life. So lose weight because you are predisposed to diabetes. Start walking because it reduces stress in your life. Replace the soda with water in your diet because it will help your skin look better. Put health first in setting fitness goals. Once you are clear on your own state, and you have some health goals in mind, now you can start thinking about your cosmetic side. A word of caution: that does not mean to start planning to grow 6 inches after age 25. But you can round out



---

***And be honest with yourself. Have a mental "talk" with yourself and don't sugar coat anything.***

---

those biceps, or tone up your posterior. If you have never had a six pack, it's tough to do. But it is possible if you are willing to do the work it takes to get and maintain one. In summary, to set realistic fitness goals, first know yourself, then consider your health. And finally look at the cosmetics. Keep the proper priority when setting goals and it's hard to go wrong. Be healthy for you, and the ones who love you!

## Building Strong Families

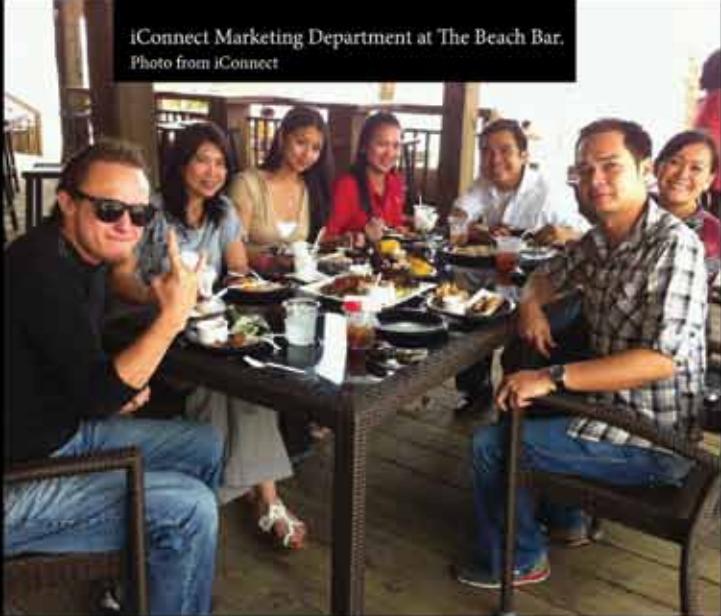
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Congratulations to Randy Diego & Mel Quenga on their engagement

St. Jude Fiesta 5K Fun Run Photos from iConnect



Congratulations to newlyweds, Brian and Jinky Enderes, who tied the knot on Sept. 3, 2011.



# ON THE ROAD

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GCA Family Picnic with iConnect  
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Friends with Benefits Facebook Party on Sept. 30 at The Globe Ultra Lounge  
Photos from iConnect



Jon Martin's Birthday Party Photos from iConnect



Happy Birthday to Kayley Elago (Nov. 14) & Krystel Leigh (Nov. 2)

Photo from iConnect





Rex Navarette returned to Guam to perform on Oct. 14 at the Guam Marriott Resort & Spa.

Photos by Allan Cadawas



Augie T and Jose Dynamite comedy show on Oct. 7 at Onward Beach Resort to benefit the American Cancer Society.

Photos by Florence Stair



Ralphy's Lounge Third Anniversary Party on Oct. 12.

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Lights Off party on Sept. 24 at Lush Night Club

Photos by Allan Cadawas

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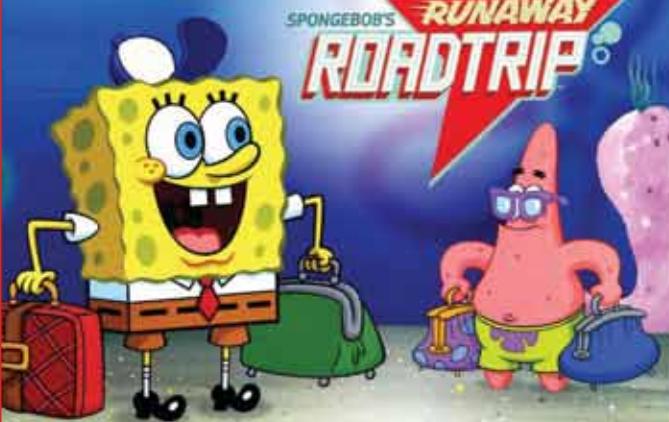
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# NERDVANA

## Geeks gather at GeeXpo 2.0

By Florence Stair

The line snaked all the way to the second floor of Agana Shopping Center as people eagerly waiting for the doors to open for "GeeXpo 2.0: Return of the Geeks," held Oct. 8 and 9.

"GeeXpo was created to celebrate all things geek. From everyday users of smart phones and tablets and the avid anime collectors and hobby enthusiasts to the hardcore gamers," says the self-proclaimed "geekspert," Jason Respicio, sales manager for Hit Radio 100. "Technology affects our lives in some form or another. There's a little bit of geek in all of us."

***"Technology affects our lives in some form or another. There's a little bit of geek in all of us."***

The expo had a bit of everything to satisfy everyone's inner geek, including an extreme gaming setup from Computer 2000, custom-designed scooters from Car Audio Image, Fatcap and Petbot figurine collection displays by Above Rational Thinking, as well as model car, all-terrain vehicle and boat displays by Jetworx Performance. Anime fans and video game enthusiasts came to the event dressed as their favorite characters.

The first GeeXpo Tech Show was held at The Phoenix Center at Father Duenas Memorial School in August 2010. "After seeing the success of the first event, we realized the demand for a second event designed specifically for the gamers. Thus the birth of the GeeXpo Games, which was held in March this year," says Respicio. "We were a lot more efficient this time, which is always a good thing."



The expo also held eight video game tournaments featuring NBA 2K12, Marvel vs. Capcom 3, Call of Duty, Heroes of Newerth, Madden 12 and Street Fighter 4. The winners won trips to Saipan, courtesy of Fly Guam. Hit Radio 100 also raffled off round-trip tickets for two to Palau and Hong Kong, courtesy of Fly Guam. Hit Radio 100 also gave away Xbox 360 systems and PlayStation 3 systems.





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# November

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 All Souls Day	3 Nov. 11 Deadline for MDM 2012 Cover Girl Search submissions!	4 The two stoner friends are back in <i>A Very Harold &amp; Kumar 3D Christmas</i> , in theaters today.	
	8 Call of Duty: Modern Warfare 3 in stores today				11 Veterans Day From the producers of 300, comes another epic movie: <i>Immortals</i> , in theaters today.	
13 20th Annual PIC International 5K, 10K and Half Marathon Races	14 	15 "Novemberfest" UOG Alumni Reunion at Hyatt Regency Guam, 6-10 p.m.  <i>Assassin's Creed: Revelations</i> , out on XBox and PS3			18 The Twilight Saga: <i>Breaking Dawn, Part 1</i> , in theaters today	
20 9th Annual Governor's Tourism Cup Golf Tournament	21 	22 Happy 27th Birthday to <b>Scarlett Johansson</b>		24 Thanksgiving Day 41st Turkey Trot 3.7M Fun Run at Two Lovers Point, Showtime: 5:15 a.m.	25 GVB Holiday Illumination  12th Annual Pleasure Island Dance Festival	
27	28 	29	30 		Kiera Knightley, Viggo Mortensen and Michael Fassbender in <i>A Dangerous Method</i> , in theaters today	19th Annual Christmas Festival at Skinner Plaza



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# WHY HASN'T HE CALLED HER AND ISN'T SHE ANSWERING HIS CALLS?

MDM attempts to answer the age-old question about why a girl doesn't get a return phone call (or text message, email, facebook message) after a seemingly great date and similarly why a girl doesn't answer a boy's phone calls (or text messages, emails, facebook messages) after a fun night out. Why does he say he is going to call and why does she say she had a good time and would like to do it again some time?

## HE SAID:

By Mark Scott

If it's only been a few days and he hasn't called, relax. The guy could just be playing it cool. If it's been a couple weeks and he still hasn't called, forget it. The date wasn't good at all, and chances are he was just being nice.

So what went wrong? It could be any number of things, but the most common complaint from guys - the lack of the "S" word, the one thing all men want. Simplicity! Whether the guy is looking for a casual hookup, to get to know you better, or even hoping for a serious relationship, he prefers the path of least resistance (drama-free). If he feels too pressured to live up to expectations and complicated needs, it can be a real turn-off.

## SHE SAID:

By Jacqueline Perry Guzman

If a girl is not answering, it means that she is not interested enough to see him again. There is not one clear reason, there could be several. Maybe she just doesn't think it will work out or maybe she thought he was dull, too aggressive, not aggressive enough, too into himself, or a thousand other things about him that just didn't click for her.

Not answering calls is a pretty clear way to say you are not interested. Maybe the date did go well. Maybe she was just being polite. Ignoring phone calls is a pretty passive aggressive way to treat someone, but even the nicest girls have behaved this way.



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# CRYSTAL BALLER

By Kyle Mandapat

## KYLE PREDICTS 12-21-12 EVENTS



Yo, yo, yo! Hafa Adai and what's up to my peepsquad! Wow, we are only one month away from the end of the year. It's November; that was fast. Okay, so this is what I am thinking, while I can say, it is two months away from 2012 I can also say it's a year and 1 month away from Dec. 21, 2012. What will happen on that day is a mystery to all, until now...

**THIS IS THE PLANET KYLE REAL LIFE GUIDE TO WHAT IS REALLY GOING TO HAPPEN ON DEC. 21, 2012!**

In order to help with these predictions I had to consult several objects that I would otherwise not have been in contact with. After checking things out, I found that all the bad stuff that people think is going to happen isn't going to happen. It's actually not going to be bad at all. Check these out:

### THE END OF EXPENSIVE CHRISTMAS SHOPPING

After consulting my crystal Ouija board, I found out that on this day, something pretty cool is going to happen. Something positive that will leave all happy in its wake. I found out that it will be the end of expensive Christmas shopping, why? Because this is going to be the day when the Dededo Flea Market begins opening on Fridays. Finally, the people of Guam will be able to go to work happy every morning, not because of a cup of coffee, but because of a morning cup of Arroz caldo!

### THE END OF \$4 GAS

After shaking my super magic 9 ball, I was told that something else will come to an end on 12.21.12, — the gas that costs \$4 and something cents. The bad news: it's going to be the day that the price of gas would have probably reached \$6! Let's just be honest here, until someone who owns a gas pump decides that they want to be nice, this is probably the direction it's going in. Let's just hope that by this time, we have cars that are powered by natural gases. My dad could sell some, and probably be a millionaire.

### THE END OF THE WORLD OF SUPER LATE TAX RETURNS

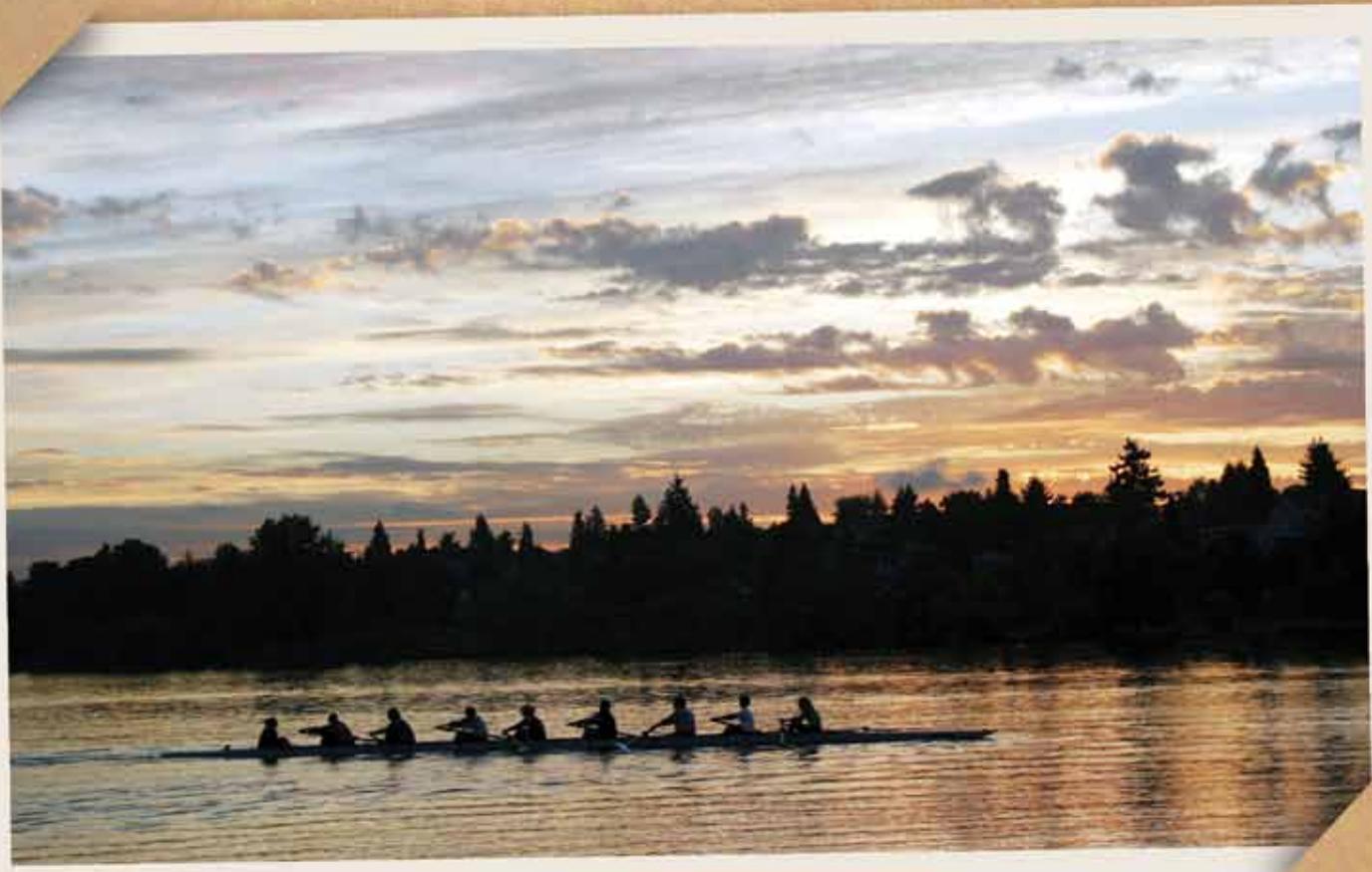
I know that everyone on Guam has had the same dream for the past two decades, and I am happy to announce that according to my needle-and-thread method, like the one that tells girls what the gender of their babies is going to be, 12.21.12 will mark the last day of having to wait forever for a tax return! According to my needle-and-thread the Government of Guam will finally sell the last Dededo bond that will give us enough money to pay everyone what they are owed, even if that means Latte Heights will be owned by a rich king from Syria.

Hopefully, these put your fears away. The end of the world will not happen next year, the end of expensive gas, two-day flea markets and super late tax returns will however. Here's to the future — cheers. See you guys next month, have a happy Thanksgiving and until then, hear you on the radio. Pues shoots.



# ROW, ROW, ROW YOUR CANOE

By Florence Stair



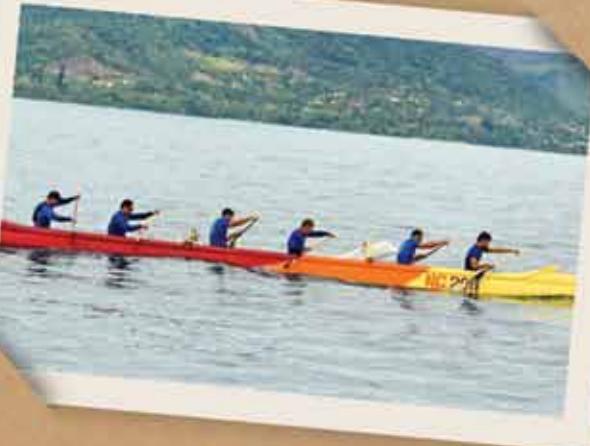
*Credit: mikeledray/Shutterstock.com*

During the ancient Chamorro times, outrigger canoes were vehicles for personal transportation, commerce and recreation. European travelers were impressed by the speed and maneuverability of these handmade boats. Today outrigger canoe racing has become a popular island sport.

Don't worry about buying equipment right away if you want to try out paddling. "To start, there isn't much 'equipment' you can get, just a swimsuit, quick-dries and a rash guard. Once you decided that you want to continue with the sport, of course you're going to have to start looking to buy a paddle," says Jasmine

Benavente, who paddles with Team Chalan Manganna, which is under the supervision of the Guam Kayak and Canoe Federation and the Marianas Paddlesports Racing Association. Usually teams have an extra paddle for a newcomer to use, or you can borrow a friend's paddle. Benavente, 19, has been canoe

paddling since the high school paddling season of her freshman year at George Washington High School in 2007. Paddling has given her the opportunity to travel, "The biggest race I have been to would have to be in November 2009. I went with Animus Tasi to Rarotonga, Cook Islands, for Vaka Eiva. Teams from all over



Billy Taitingfong, (left) with his team during the Pacific Games in New Caledonia. Photo courtesy of Billy Taitingfong.

the South Pacific participated in it. There were sprints, a 12-mile distance and my biggest race yet — the Round-Raro race, about 26 miles around the island. We practiced hard for this race. A lot of body aches, but it was worth it in the end. It was such a great experience," says Benavente.

University of Guam student Billy Taitingfong, 21, has represented the island as part of Guam's racing team and coach for Chalan Manganna. Friendship, he says, is another reward offered by this sport. "The friends you make in paddling are like no other friends you can make out of sport. The bond created is a lifelong one," Taitingfong says.

The team practices on Mondays, Wednesdays and Fridays. When preparing for a big competition, the frequency and intensity of training increases. "During a competitive season, like this with the Micro

Cup coming up, I've practiced up to six times a week. We are paddling for four days, and cross training for two. Typically, because of our canoe resources, water practices, — when we actually get into the water and paddle, — occur three times a week," says Benavente, who is also full-time student at UOG.

Juggling their schedules between school and practice is not easy for these two paddlers. "I just have to plan my classes in the morning or early afternoons, so I can be ready for practice," says Taitingfong.

Says Benavente, paddling is a Zen experience. "Through paddling, I have become more confident, independent, trusting, and determined. The traits that I developed through paddling help me in everyday life, but most especially in school," she says.



Photo courtesy of Jasmine Benavente

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# 66 DEGREES – ALL ABOUT GUAM

While temperatures on Guam never drop to 66 degrees, the creator of a television show by that name insists the show is all about Guam.

66 Degrees, created by Cory Caso, is a television show that emphasize, 'chilling.' "66 Degrees means June 6, my birthday, 66 is my number, and I love numbers," Caso says.

"It's a little Fresh Prince meets Wayne's World. 66 Degrees is all Guam," Caso adds. "That's why we do what we do. It's for the island and the people. Our people are our stars, their stories must be told, so we choose to tell them

*"It's a little Fresh Prince meets Wayne's World. 66 Degrees is all Guam... Our people are our stars, their stories must be told, so we choose to tell them as we see them."*

as we see them. We document our artists at the heights of local and international competitions or performances and strive to enlighten our fans to their vision and dreams. If we don't tell their story, who will?"

66 Degrees premiered on Liberation Day during prime time. The show airs every Thursday

night at 7:30 p.m. on Fox Channel 6. It features local talent from bands to graffiti artists. It also runs on Sunday at 5:30 p.m.

"The show makes money, and we anticipate maximizing our potential through public events and print," Caso says. "66 Degrees promotes art in a chill setting. We promote beauty, talent,

skill, comedy, dreams, people, life, stories, travel, adventure, entertainment, and most importantly Guam and the Marianas."

"We've produced three full 30-minute episodes to date, and episode 4 will premier, Oct. 20 at 7:30 p.m. on Fox Channel 6. Episode 6 will take us through the New Year and I guarantee 66 will deliver 'Santa style' at our Christmas public event. Stay tuned for that big show!" Caso says.

To prepare for each show, "we don't write anything down. We just go on the fly. We know where we want to go and how to get there. It is very guerilla, new-age style filmmaking. My idols were film school dropouts like Quentin Tarantino and Robert Rodriguez whose passion and nontraditional views propelled them to new forms and their own distinct styles of filmmaking. Passion and creative thinking is all we need," Caso adds.

"It is a very involving process to get an entire show together. It took two years of shooting and editing and finding the right stories to show for television. We travel worldwide and chase the biggest stories. We gather stones and produce diamonds, dropping gems into your living rooms," he says.

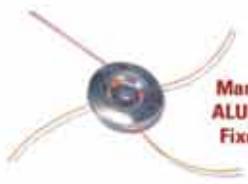




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