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Are You Putting Your Best Foot Forward? What Your Shoes Say About You.

PORTFOLIO Five Fab Models.

BALANCE & POWER

Boost Your Self-Esteem Boost Your Life. Lifestyle & Entertainment

INSOLENT GOURMET

Reality-Based Gastronomic Opinions.

SAGE KRISTIEN Russian

Figure Skater
Slides into
Acting in
America.

DJ STEVE POWERS

NEW YORK
INTERNATIONAL
AUTO SHOW
2012
Preview!





WINSTON NEW YORK

MILLENNIUM

PUBLISHER Warren Woodberry Jr.

MANAGING EDITOR Triphenya Zachery-Bailey

EXECUTIVE ASSISTANT O'Neil Jerrick

INTERNIST Tess Bresden

CONTRIBUTORS Annie Abraham Alan Barry Cathy Berger Sydney Cohan Kyo Coyote Danielle Davis Amanda Greer Jake Nabutovsky Jennifer King Eileen Lichtenstein Terry Maher Fanny Olmo Phillip Ossm Nik Pressly Eric Reithler-Barros Christopher Soto-Chimelis

CONTENTS

10 | HEALTH & WELLNESS

11 INFLUENTIAL

12 | STEVE POWERS

18 | NY AUTO SHOW 28 | FASHION SOCIETE'

30 | SAIGE KRISTIEN

32 | INSOLENT GOURMET

36 | PORTFOLIO

49 | MIXOLOGY

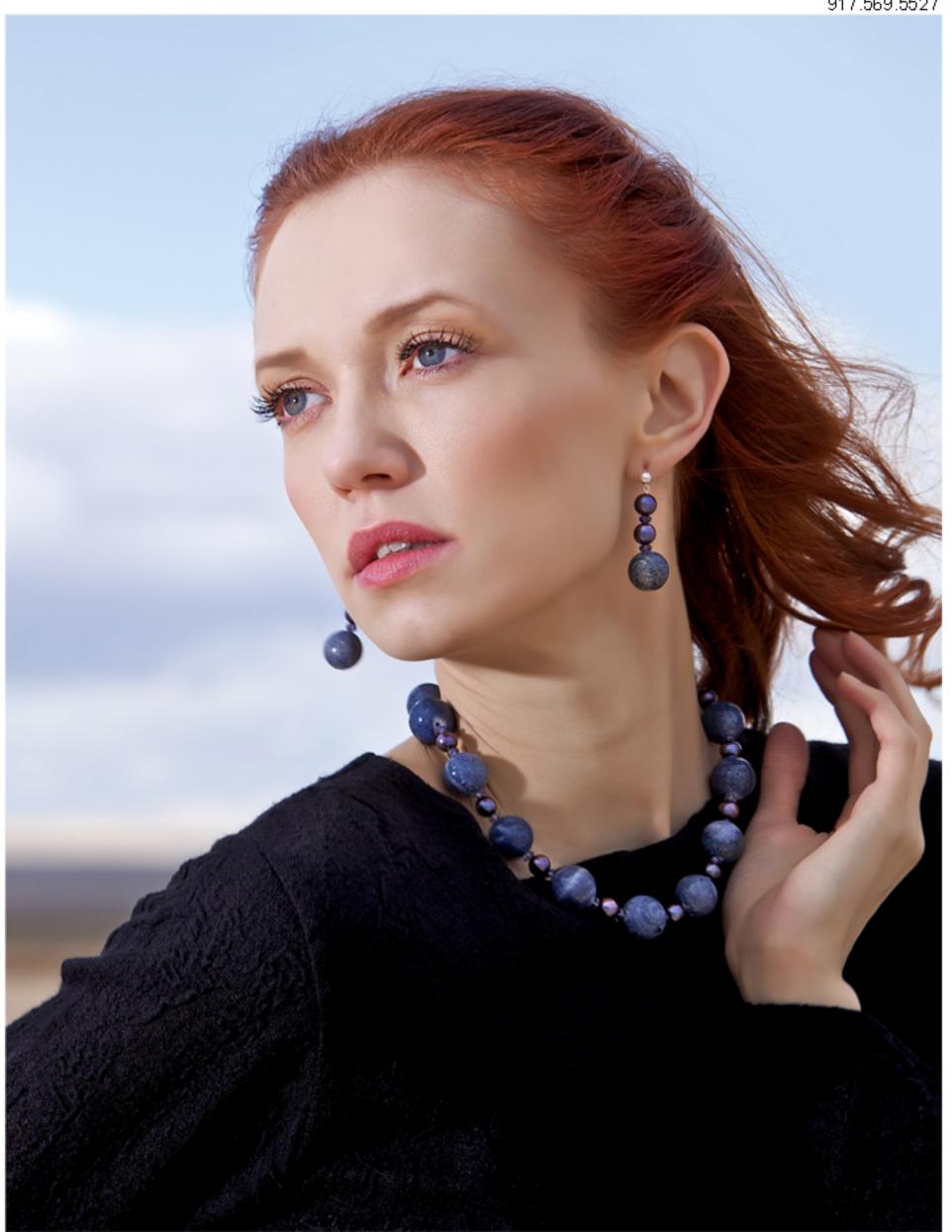
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Steve Powers **Photographer** Alan Barry P | 12



Mina D.

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MILLENNIUM

FINANCIAL DISTRICT 110 Wall Street 11th Floor New York, NY 10005.3817 212.709.8137 PHONE

MIDTOWN WEST 545 Eighth Avenue Suite 401 New York, NY 10008.4341 212.560.2513 PHONE

212.479.7872 FAX

EMAIL

contact@millenniummagazineonline.con

WEB millenniummagazineonline.com

FACEBOOK Millennium Magazine

TWITTER twitter.com/MillenniumMag

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COVER



April 2012 | Number 15

DJ Steve Powers. Photographed by Alan Barry. Produced by Victoria Talbot for Hype Inc. PR













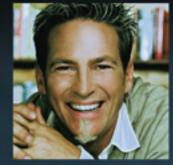
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"The Day of the Hairdresser" April 15 and 16, 2012 Taj Mahal, Atlantic City

CONTRIBUTORS

April 2012 | Number 15



FANNY OLMO in this month's issue interviews DJ Steve Powers, the Feature Cover story. "Interviewing DJ Powers was fun," said Fanny. "I must admit, I love electronic music. My favorite part of the interview was being able to hear what it feels like for an electronic music DJ to get people in a trance state of mind - just mind-blowing!" Fanny has been on assignment for Fox News, The Miami Herald, Univision, Downtown Magazine and now as Lead Correspondent for Millennium Magazine.



ALAN BARRY photograph's Millennium's April 2012 Cover Feature DJ Steve Powers in historic Greenwich Village on McDougal Street. "Steve looked like the typical hip resident of the neighborhood as he walked the street, stopping to pose for photos," says Barry. Interior shots were taken in one of the oldest and most popular Italian Restaurants in Little Italy. "He is a natural, and his posing came off as natural and uneffected," said Barry.



ERIC REITHLER-BARROS shows us his alter ego in Insolent Gourmet, an irreverent, unpretentious, smartass, guerrilla approach to upscale restaurant critique. Eric grew up in the kitchen of his French mother, learning the fundamentals of gastronomy and wine from a very early age. He has since traveled the world every few months for the past two decades, developing his palate and experience in food and wine.



CATHY BERGER in this month's Fashion Societe says shoes absolutely define your image. "Whether you like it or not, people judge you by what you wear," says Cathy. "If they are chic and attractive, people will assume you have great taste and a distinctive aesthetic sense. Similarly, someone who wears scuffed, old shoes is revealing to the world they're untidy, unkempt and lazy."





Boost Your Self-Esteem, Boost Your Life

Advice from President of Balance & Power and Author of SOAR! With Resilience



BALANCE AND POWER

Eileen Lichtenstein

he concept of expansion works wonderfully with improving self esteem! Imagine a drop of water (self esteem) expanding into a puddle, then into a lake! Then imagine yourself standing on the shore, throwing a pebble into the lake and seeing the expansion of the concentric circles.

Here are some general tips to improve your self esteem. Feel free to adapt them:

- Be kind and helpful. People appreciating you will make you feel better about yourself.
- List all of your positive traits and characteristics.
- Expand on the list with details and give a few concrete examples of each one.
- Read the list out loud often.
- Create affirmations from the list and attach in places you're sure to see them every day.
- Smile as much as possible even when you don't feel like it. Smiling is great for your mood and it improves your look immensely!
- Surround yourself with positive people.
- Exercise and eat well so you feel good about your physical body.
- Reward yourself each time you reach a goal for improving self-esteem or any other goal that you set for yourself as long as it's not self destructive like binging on fatty foods.
- Acknowledge if you're having difficulty doing any of the above and seek out a life coach.
- SOAR! with Resilience is a great resource for improving self-esteem!

Go to www.balanceandpower.com to find out more.

Misery Loves Company

A big issue that blocks improving self esteem

is taking things "personally" when it's not indicated, ie: owning someone else's misplaced anger. Usually the person blaming you is dealing with their own problem and simply wants company - like misery.

For this reason, make sure to surround yourself with positive people. If you are living or working with someone negative, try building a "shield" around yourself. Visualize yourself surrounded by a protective white light energy that any inappropriate negativity directed at you bounces off. If possible, leave the scene.

Once physically removed from the situation, take long deep breaths and reconnect with your affirmations. Breath in through your nose, belly rising before your chest, say an affirmation or a few key words from it like a mantra and exhale slowly, releasing any negative energy that may have touched you. Repeat this until you feel calm, confident and fortified for whatever lies ahead. You may also do the breath affirmation-release while walking briskly- which will also work towards improving self-esteem.

Another modality that can release negative energy is Emotional Freedom Techniques (EFT), an amazing practice based on meridian tapping together with powerful coaching and specific language.

As with almost any "daunting" task, when you are motivated to succeed and have the intention to expand and energize your being, improving self-esteem is easy! When you boost your self esteem you boost your life as a whole! M



RISE OF THE SPIN MASTER

Words by Fanny Olmo Photos by Alan Barry

usic has revolutionized

generations over decades. To those from the 60s, it was a way of letting go of every and any material possession. Music became a movement of peace and love.

Experimenting with psychedelic drugs gave way to better and more inspirational songs. The same movement has made its way into the present generation, evolving in what is known as electronic, dance music. Today, hundreds of people of all ages and backgrounds let go of their differences and stereotypes and unite to listen to their favorite underground DJ's. Very close to home, at one of the hottest clubs in Manhattan, one can find Steve Powers, a young artist who is turning quite a few heads.

Unlike other DJ's, Powers attended college for communications and political science. Throughout college, he played football and became a student athlete mentor, never considering a career in music.





Millennium Magazine recently sat down with Powers. He recalls his transition into the music scene right after college.

__

"I really had no musical talent as far as drums or piano goes, but I felt music was going to be around me some way. So I decided to become a DJ and then started producing my own music," Powers said.

According to Powers, part of his inspiration for his mixes comes from living in New York City alone.

"For me it is all about high energy and I like to bring that to the main stage where everyone can enjoy my music," he says. "I like taking old songs and giving it a 2012 feeling to them."

It is that same high energy in his music which has granted him access to play at one of the 25 Best Nightclubs in the United States. Powers is currently a resident DJ at Lavo nightclub in New York City, known for booking some of the best talent in dance music from around the globe.

"It is a matter of knowing how to keep the music up all night long to get the crowd excited and how to end it. People are there to dance and have an amazing time," he says.

His music is also heard at various other hot spots in the city such as the Marquee, Greenhouse, the Empire Hotel and Kiss and Fly. National venues include the Dusk inside Caesars Palace in Atlantic City, along clubs in Las Vegas, Chicago and Miami.

Powers is no stranger to the electronic music scene. He has played alongside superstar deejays such as Avicii, Afrojack, Deadmau5, Chuckie, Kaskade, ATB, Laidback Luke, including others.

His popularity is rising and so are his fans, which include top Hollywood names: Rihanna, Leonardo DiCaprio, Meryl Streep, Derek Jeter, and Eva Longoria.

He recalls how electronic music has emerged over the years, categorized by some as experimental music associated with the use of drugs such as ecstasy and a liberated mindset.

"I truly believe that for once, dance music is finally getting that opportunity to be heard by the masses and more people approve of it now," said Powers. "We are finally getting there with our music."

The New Jersey native was recently selected as the official Men's watches G-SHOCK DJ to go along with the company's campaign, reaching out into the dance, electronic music scene. He is set to be featured on their official global website and is expected to perform live at most of their events across the country.

Asked what he likes most about his job, Powers says it is all about the connection between the crowd and the music.

"What truly excites me is to see the interaction between the people. The best part is to see their reaction to my music and the energy that is created on the dance floor every time they listen to it," he said.









MILLENNIUM | 18











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Are You Putting Your **Best Foot Forward?** What Your Shoes



By Cathy Berger

Founder & President of Fashion Societé

I was recently at a reception and the honoree's shoes had really seen better days. They needed a polish and maybe a resoling. I can't tell you how many people I heard talking about it. Men and women had both noticed this person's shabby shoes. It isn't just a cliché – but shoes really do make the man.

Unfortunately for many, shoes are an afterthought. They're just something to throw on to protect your feet from the mean streets of the world. They should match what you're wearing, more or less, but they don't need special attention.

That is wrong on so many levels! In many cases, out of all the items in a person's wardrobe, footwear is the single most important element of style.

There are three different degrees of shoe-awareness. There are people with shoe fetishes – obsessive collectors with Imelda Marcos-like stockpiles that fill closets. There are the Carrie Bradshaws of the world, who focus on the high fashion and the extreme price tags that come with a pair of Manolo Blahniks and Jimmy Choos. And then there are those who seek out functionality making comfort their M

Fashion Continued on Page 46.









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SAGE KRISTIEN



By Nik Pressly

Sage Kristien, a world class professional ice-skater, is the latest Russian super beauty to brave the New York entertainment scene. Sage, who came in second in the Moscow championship and was third in Russia overall, was a runway model and appeared in top magazine fashion editorials prior to her New York arrival. But her dream was to become a dramatic actress in the U.S., and her experience as a skater has given her a unique, gracefulness and strong focus to succeed.

With the drive and ambition that has served her so well, Sage attended the American Academy of Dramatic Arts and studied under Mary Boyer at MTB studios. Utilizing her athletic ability from skating, she became a skilled martial artist and weapons expert, specializing in sword fighting. Sage began to audition a year ago, and casting directors were drawn by her beauty, athleticism, mastery of the American accent, improvisational comedy, and ability to cry on cue.

She began landing roles immediately, playing an angelic lady in the pilot for, "Nightmare Decoded" for BioChannel, which will be airing soon. She had a supporting role in, "Down with David", a physical comedy about a male stripper written by Derek Nelson. Most recently, she played a lead role in "Celebrity Close Calls", as the country pop star Jewel at age 18, with Bobby Brown, Morgan Fairchild, and Elliot Yamin.

Sage has been described as the "beautiful bitch with a heart of gold." She is on a fast track to success as an actress with a wide range of talents that apply to drama, comedy, and action roles for film and TV. Sage plans to stay in New York City to focus on film, TV, and theatrical roles.



Reality-Based Gastronomic Opinions

Saxon + Parole 316 Bowery Street (@ Bleeker) New York, NY 10012 (212) 254-0350 saxonandparole.com Neighborhood: Noho

Dine date: September 26, 2011

Meal: Dinner

Words & Photos by ERIC REITHLER-BARROS

What do NYC new-school iconic dining rooms Public, Stanton Social, Beauty & Essex, Park Avenue [Season], Sapa, Quality Meats, Hurricane Club, Lavo, and Bourbon Steak have in common? They are all the product of cutting-edge downtown design firm AvroKO, a team that has developed a highly recognizable aesthetic - actually more of a visual narrative – within the restaurants and other spaces they have designed. But to simply call AvroKO a design firm isn't fair – they are also a full-service architecture firm (with a highly anticipated W Hotel Bangkok in the works) as well as being proficient and respected haute restaurateurs.

Wait a sec – interior designers and architects that run restaurants? Yep. They're their own client. It's like Firestone buying rubber plantations, or Starbucks buying up coffee fields. Okay, maybe not exactly. But it's vertical integration in an industry that has seldom seen it done successfully - a concept that AvroKO calls "self propelled" restaurants. They even produce Parole Whiskey, their own locally distilled brand of rye. Top that, Starbucks.

It doesn't hurt that one of the group's four principals – who all met when they were 18 years old – has a brother who is a kickass chef. This creative cross-genre collabo spawned the opening of NoLiTa staple Public, the group's first restaurant, in 2003. After its tremendous success, AvroKO continued its almost experimental foray into the restaurant world with Double Crown in 2008, which after a lackluster performance, rebooted on September 19, 2011 as equestrian/Americana-themed Saxon + Parole. Named after two famous racehorses of yesteryear, Chef Brad Farmerie describes the eatery as a "celebration of the grill".

The primetime location on the southwest corner of Bowery and Bleeker makes for a central and convenient downtown meet up for you and your fabulous peeps. The chic awning provides cover for fair-weather seating at nine deuces, surrounded by greenery to sequester the space a bit from the bustling Bowery sidewalk. The entrance corridor leads you past the maître d' desk and into the warm and inviting bar area. The look is unmistakably AvroKO, with lots of exposed brick, warm Edison-style lighting, brushed metal fixtures, and light wood paneling everywhere. It's industrial design with organic hipster

styling, and a dash of gentrified country. Trendy tipplers are sipping signature cocktails at the bar and ordering oysters, charcuterie and the like. The first of three dining rooms is off to your right, and its centerpiece is a flower-adorned marble fireplace sitting beneath two huge portraits of the namesake racehorses. The second dining room is a gorgeously paneled room in the back, flanked along one wall by a long leather banquette, and crowned by the best table in the house: a two-top in front of a mirrored marble fireplace.

Insider tip: the west wall of this dining room contains a hidden door that leads to AvroKO's adjacent speakeasy, Madame Geneva - an in-the-know booze destination in and of itself.

A walk down a flight of steps reveals a candle-lit corridor lined with five sumptuous private bathroom boudoirs, as well as the restaurant's third dining room - a cozy, windowless, wood and leather-bound space encircled by hundreds of wine bottles. This will definitely be a killer spot to tuck into during winter or for private parties year round.

The front-of-house welcome is gracious and inviting. The well-dressed and good-looking staff is professional and efficient, but friendly and accommodating. Expect to be seated quickly and be well attended to throughout the course of your meal. The knowledgeable servers are quick to point out the bestsellers and to ask about food allergies. They elaborate on what's being tested in the kitchen (the pork chops) and how the house-made tonic is an excellent cocktail mixer (order one, very unique). Courses are paced correctly, on point and legit. The spacing in the dining rooms is fairly tight but adequate by New York standards, with about eighteen inches to the next

The appetizer section is as eclectic as a Hoarders episode, ranging from roasted piquillo peppers to toasted chili marshmallows. The two-tiered seafood tower (medium size; \$67) is well stocked but will disappear quickly if served for more than four people. Everything is exceptionally fresh. The mussels are not too salty/briny or crunchy, and are smooth on the palette - especially with the tasty accompanying sauces. The clams lack fishiness and are very smooth in consistency, and slip right down the throat [insert joke here].

Featured on the menu are seasonal house made pots that are "best shared by the table", although the portion is about right for one person as an appetizer. The chicken liver mousse pot with port and pepper jelly (\$9) starts with a layer of geleé, followed by the chicken liver mousse, which is served cold. It's a bit hard to get through with a fork but is exquisite and really features the port and peppery flavors it advertises – not too spicy on the tongue, but actually somewhat sweet and quite refined. The three segments of perfectly toasted bread are not sufficient to get through the pot, so order extra right off the bat. The portobello mousse pot (\$8) is also splendid - it's



laced with a small quantity of proprietary whiskey, and the layered truffle jelly bursts onto the palate with complete control and presence without overwhelming the mushroom spread nor the bread.

The razor clam and egg salad (\$10) come served in two razor clam shells set upon iceberg leaves. The flavors say ocean side summer picnic - citrusy if not with a touch too much mayonnaise. The triangle toasts make a nice vehicle.

The foie gras and five spice terrine with grilled peach and onion relish (\$17) is pure finesse. The six-bite portion is just right for a normal human. The grilled peaches are sweet, fruity and aromatic. They are lightly dusted with five-spice, a blend that is popular in Asia and consists of cinnamon, nutmeg and other spices. Foie gras meets Santa Claus.

The steamed asparagus with poached egg (\$13) comes with a sprightly and savory pancetta and truffle-yuzu hollandaise. The dish is plated hot and the egg is just runny enough to coat the vegetables perfectly. The six pieces of asparagus are incredibly fresh and crunchy.

The beet salad (\$10) is underwhelming. Despite its, its simplicity is out of place with the relative originality of its peer dishes. Zipping it up with an interesting dressing, say a poppy seed sauce or a yogurt-based dressing, would take things up a notch from the plain vinaigrette.

The sautéed edamame side dish (\$6) overcomes its innate blandness with a healthy mix-in of sundried tomatoes and feta.

As another notable side, the cauliflower and gruyere gratin (\$7) is salty, crispy, and filling without being too overbearing.

Moving into entrees, the whole roasted branzino (\$28) comes stuffed with salty parmesan. The 9-inch fish has a crispy blackened skin that is a bit too salty on the palette – especially with the parmesan - but is somewhat tempered by toasted

BREAK IT DOWN...

Eats - 3.5/5
Good delivery
overall; a couple of
easy fixes could
bring this up to a
solid '4' rating.

Service - 4.5/5 Orderly, casual yet respectful, knowledgeable and non-judgmental.

Vibe - 5/5 AvroKO designed it. Done.

Value - 3.5/5
Generally fair
pricing for what
you get.
Exceptions are \$44
for the short rib is
excessive, as is \$90
for a wine that
retails at \$49.

Accommodation
On Walk-In - 5/5
We pretended we
didn't have a
reservation. They
were cool about it.

Bathroom:
Sanctuary Or
Minefield? - 5/5
Zen spa. Five
bathrooms that are
each their own little
10'x10' room; in
basement away
from the bustle of
the dining rooms.

Ability To Have Sex In The Bathroom - 5/5 See above; doesn't get much better than this. There is even a little chair in each boudoir. Nobody would ever notice. Seat Height
Equilibrium - 3.5/5
Tables have uniform
seats, but the
banquettes are a

bit mushy and will put you about 2" below your table mate.

Affect Of Staff - 4/5 They are cool and they know it. Not overly pretentious though.

Humor Of Staff - 4.5/5 Responded well to jokey banter.

Wine Recommendation Honesty 5/5 Spot-on calls by a solid somm.

Quality Of Music 1.5/5 Weird choice of blues and other random stuff; wasn't even playing at all for the first hour.

Noise
Level/Acoustics
3.5/5
Reasonable
enough, but the
rear dining room
is pretty reflective
and had some din
going on.

Laaaadies! Purse Hanging Options At The Table 5/5 Bar has hooks, and table chairs have square backs. panko and smoked paprika. The house made tartar is unremarkable. The fish itself is hearty and not overly oily for a branzino, but was served with a few too many bones remaining, a fact that in all fairness was prefaced by the server.

The Guinness and five spice glazed short rib (for two; \$44) is of Flintstoneian proportions. The meat is unquestionably of a very high grade and prepared masterfully, but is lacking in sauce and flavor. It feels high-end, yet winds up naked and vapid - kind of like Kourtney Kardashian. The accompanying baked parsnips introduce a new and unexpected taste element, but quickly reveal themselves to be overly dry and limp.

Insider tip: the A Tribute to Grace 2008 grenache (\$90) somehow manages to pair quite well with both the branzino and the short rib, forcefully bridging the gap between hot meat and a fishy dish – kind of like Dominique Strauss-Kahn.

Your sweet tooth won't mind winding things down on the chocolate soufflé with whiskey ice cream (\$9). It's rich, moist, and downright soft on the inside – kind of like... enough already. The flavor is intense and consistent throughout, but the whiskey ice cream steals the show. Excellent flavor reprisal against the dense dark chocolate shout-outs from the cake.

Overall, the experience is solid from beginning to end. You feel right at home – especially if your home is designed by AvroKO and in the Berkshires. The staff is executing well despite only being at it for a week, as is the kitchen. The menu fails in certain areas but the letdowns aren't monumental. It rocks in others, but also not monumentally. This doesn't mean you are in for a mediocre experience, quite on the contrary - it just means that the experience will not fluctuate drastically throughout its course, but will remain on a generally high trajectory. Groundbreaking gastronomy is not what's happening here, but it's a very good meal in a very cool space, and conceptually very intriguing. Worth looking into for friends or a group, rather than a romantic interlude. M



PORTFOLIO MILLENNIUM | 36





Melissa Maria

NAME: Melissa Maria

GENDER: Female

AGE: 30

CITY: Atlantic Highlands

TELETIT: 515

HEIGHT: 5'5

WEIGHT: 120

MEASUREMENTS: 34C-27-34

SHOE: 8 HAIR COLOR: Blonde

AIR COLOR: Blonde

EYE COLOR: Hazel

ETHNICITY: Caucasian

GENRES: Promotional, Print,

Spokesperson, Editorial,

Fashion, Swimwear, Lingerie

EXPERIENCE: Miss Howard TV March, 2012,

Jersey Shore Premiere Host, 2011

WRAT Rock Girl 95.9FM, Harley Davidson

Promotional Model

EMAIL: MelissaMaria959@gmail.com

WEB: http://www.facebook.com/melissamaria.fanpage

http://therealmelissamaria.wordpress.com/

PHONE: (732) 204-2142

My name is Melissa Maria, I grew up in a small town along the Jersey Shoreline called "The Highlands".

When I was younger I went to Barbizon Modeling School in Red Bank, NJ. I love modeling, acting, singing, dancing, working out, sports, writing poetry, doing make up on people, drag & circuit racing, anything active. For those who know me I have a lot of energy, always have and always will. I'm hard-working, self-motivated and everything I do I always give 110%.











MILLENNIUM

A Lifestyle & Entertainment Publication.













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main priority over style.
There is a plethora of
designers who offer high
style at more moderate
price tags, and there are
designers who focus on
comfort and classic looks.
Nonetheless, there are
shoes with a style and
price for everyone so
there are no excuses to
be shabby-shod.

Shoes absolutely define your image. Whether you like it or not, people judge you by what you wear. If they are chic and attractive, people will assume you have great taste and a distinctive aesthetic sense. Similarly, someone who wears scuffed, old shoes is revealing to the world they're untidy, unkempt and lazy. For this reason, it is imperative to choose and wear shoes that make a great impression about who you are and how you feel about yourself.

That said, with footwear, it's essential to note that you get what you pay for. Even when times are tough, you can still spend a little more on a classically designed, well-made pair of shoes because not only do they tend to fit better, but you can make them last much longer. They can be repaired over time at a fraction of the original price. This is especially true for men's shoes and more classic women's shoe designs, like basic pumps, flats, and loafers.

But, some of you may be protesting, what about



fashion? What about sky-high stilettos, platform t-straps with pleats and ruffles, and pointy-toe boots with kitten heels? Shoes are an important fashion statement, and as we all know, it can often take some discomfort to look good.

Have you ever seen pictures of women who participated in the ancient Chinese custom of foot binding? It's extreme, but it's the result of, for lack of a better term, a "fashion craze" that went overboard. Even today, sitting in a pedicure chair, you can see the evidence of women who are victims of ill-fitting shoes. Pointy-toed stilettos and 4-inch heels cram women's toes into narrow spaces and can cause painful foot afflictions down the road. Wearing a shoe that fits well is extremely important, no matter the shoe style of the season.

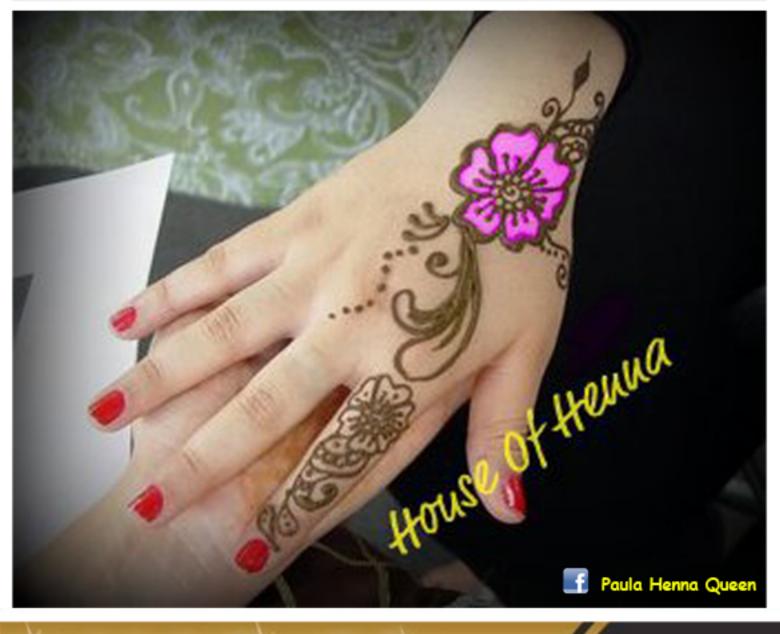
If the shoe truly makes the man (or woman), then it's important to wear a shoe that not only looks good but also makes you feel good. It's counterproductive to wear shoes that look great but have you grimacing from pain. Pay attention to your shoes. Take a moment to consider what they say about you. And remember to always put your best foot forward! M





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Is your BRAND fitted with the right company...or does it need to be altered?





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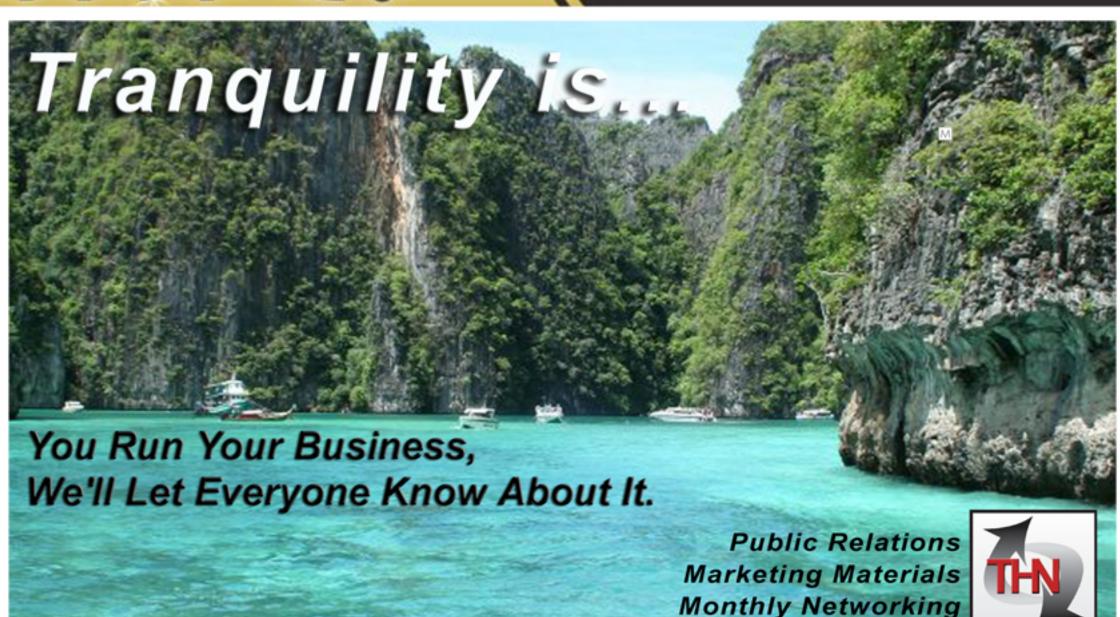
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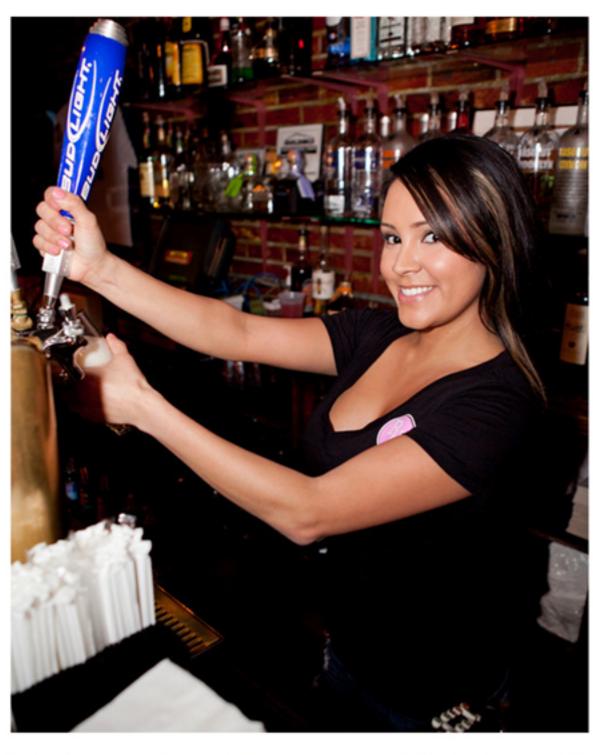


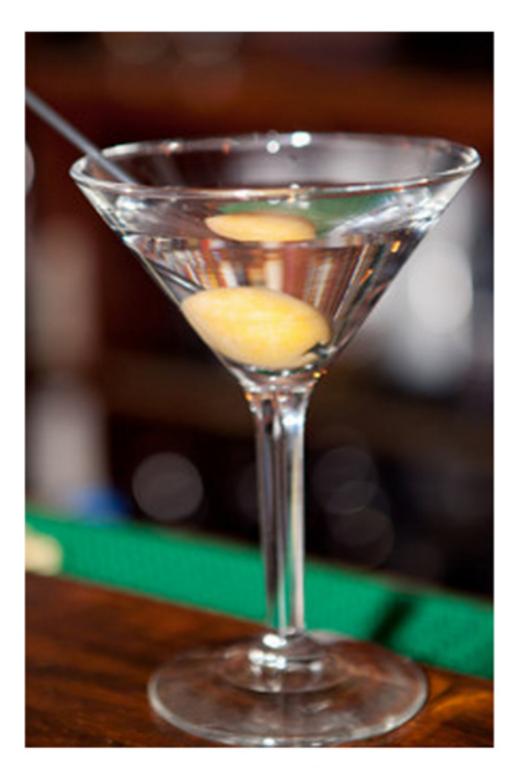
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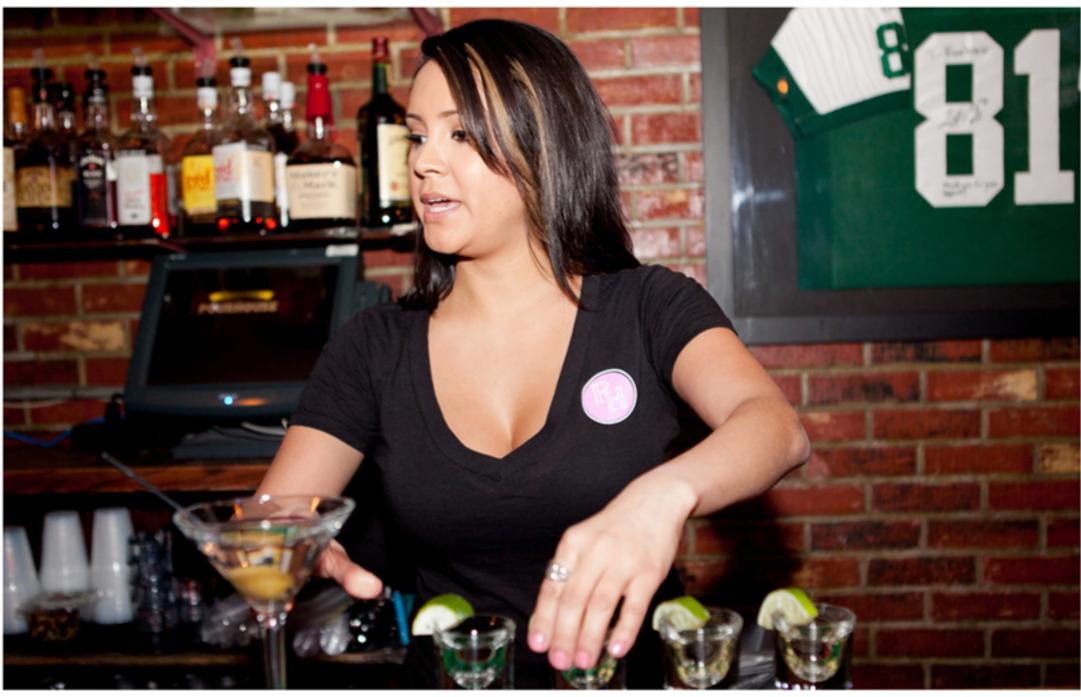


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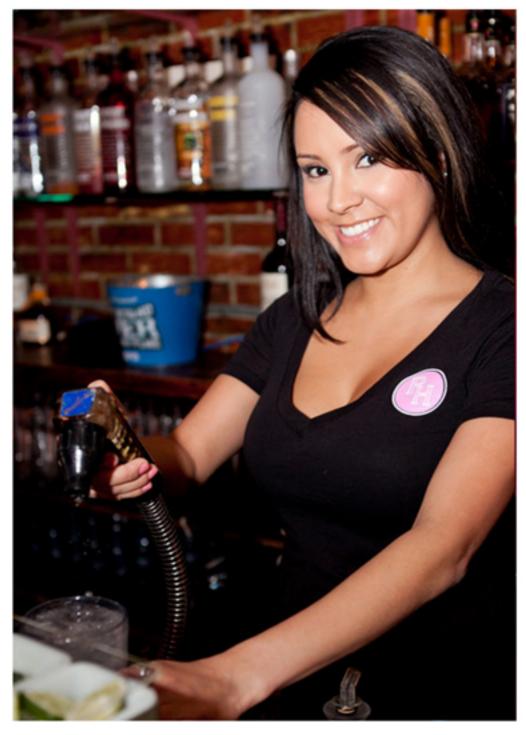




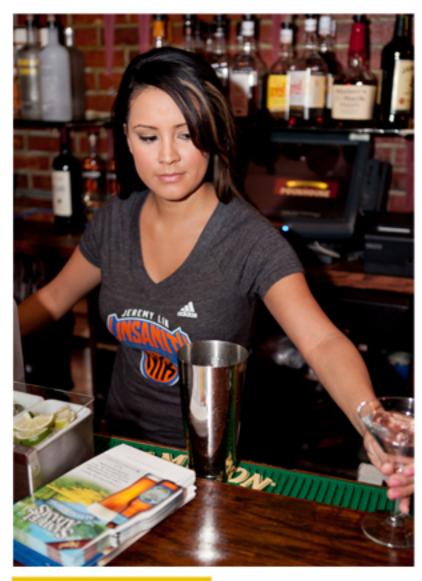












Amanda Vazquez

Village Pourhouse 64 Third Avenue Corner of 11th street New York, NY 10003 212.979.2337 www.villagepourhouse.com

MM: So what is your favorite drink to make?

AV: My favorite drink to make is a Tequila shot, because I like to drink them. (Laughs) We also have a really good cocktail here that we make called, Vision Pink Lemonade and that is probably one of my favorite drinks to make as well.

MM: What's the best tip you've received from a customer?

AV: The best tip...I used to have a regular customer that came in every Wednesday night that would tip me \$100 no matter what, even if I served him one beer all night long.

MM: What's the worse tip you ever made?

AV: The worse tip? I think I prefer a zero tip as oppose to some change left on the bar. Leaving some change on the bar is really upsetting.

MM: Tell us something your boss doesn't know about you.

AV: I am amazing at blowing fire. They won't allow me to blow fire here. I could really do that. It's a fire hazard. I might burn down the building.

MM: What is your favorite food to eat here?

AV: The boneless buffalo wings. I think we have amazing wings, really good burgers. I eat our food on a daily basis. I definitely recommend it to our customers.

MM: Tell us something you don't like about your boss?

AV: He's not tall enough.

MM: How long have you been working at the bar?

AV: I've been here for 8 months. I love it. I definitely feel at home here. The staff here is great, everyone really gets along here. We all like each other. We have no cattiness here.

MM: Have you ever been in a bar fight?

AV: (Laughs) I hate to say it but yes I have. It wasn't here it was at a different bar in Texas. It was me and a guy. He said some rude comments to me and I punched him. Don't mess with me. I'm nice until you mess with me.

MM: What would you say to people who haven't been here?

AV: If you haven't been to the Village Pourhouse you need to stop by. We have a great staff, great food, a good environment and we always have every favorite sporting team playing on the tubes.



Photographer Christopher Soto-Chimelis









