

# MORE MEOW

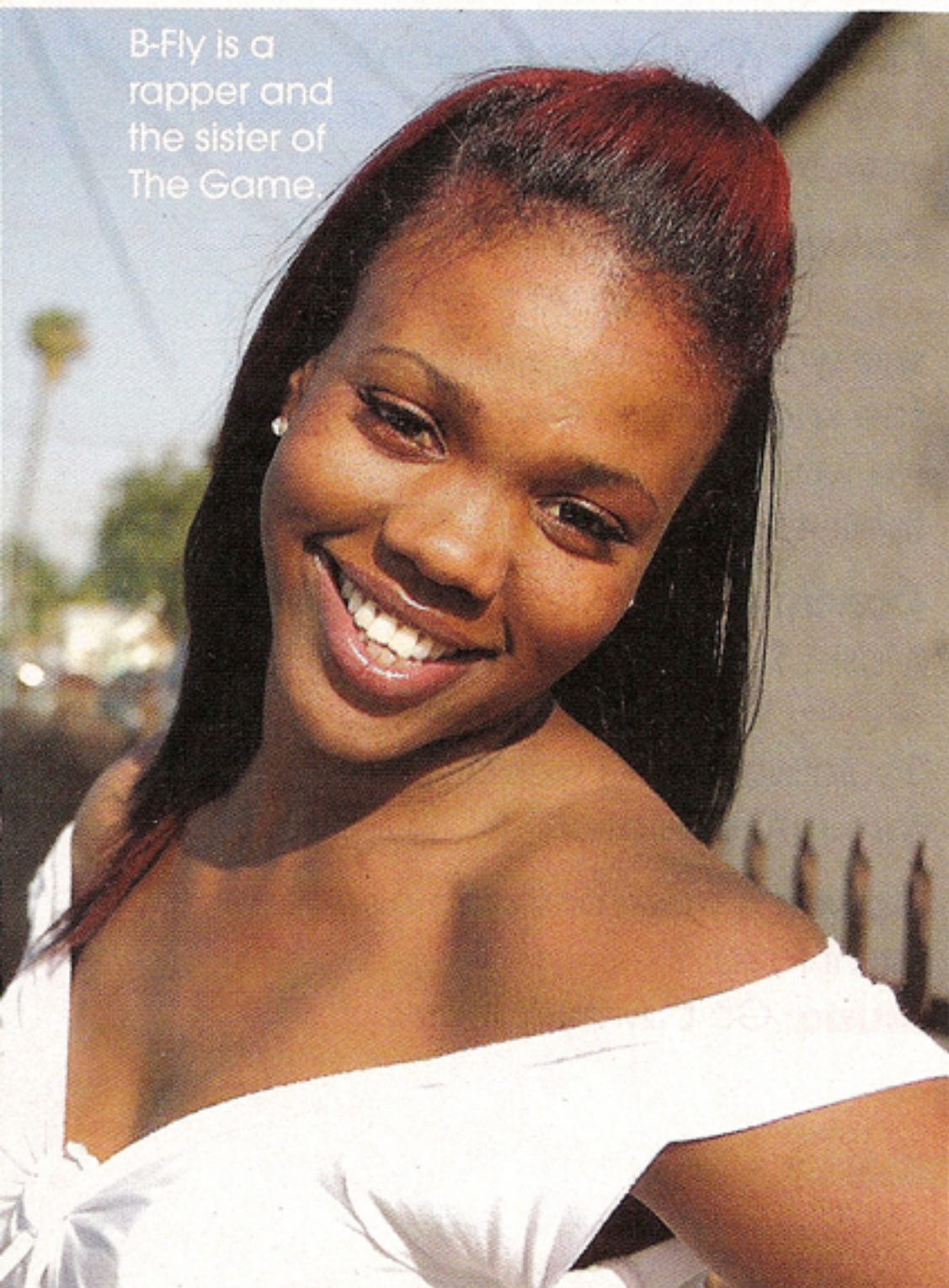
continued from page 17

## Rapper B-Fly takes wing without help from superstar brother

In case you haven't heard, B-Fly is the hottest lil' newcomer spittin' from the West Coast. When she heard about a contest on an L.A. radio station 93.5 KDAY, Sherani Taylor, a.k.a. B-Fly, submitted her demo. After an intense month-long competition, B-Fly emerged as the winner with her song called "Feel My Pain."

I hear that the radio station's DJ Yo-Yo (who had a few rap hits of her own in the '90s) has been playing B-Fly and that the station's listeners are really feeling her too! She is wasting no time with her newfound popularity. B-Fly has already done a photo shoot and, at press time, was making preparations to go into the studio to record. She also has a cool collabo with United Kingdom R&B singer Charmaine Laudat called "Sensational" that can be heard on Charmaine's MySpace page. It's the start of a humble rise to stardom for

B-Fly is a rapper and the sister of The Game.



the younger sister of a superstar rapper; The Game is her brother.

B-Fly is taking off without much support from her big brother, but their mom has developed her own industry connects and hooked B-Fly up with her first gig through a chance conversation with DJ Quik's manager. He called to offer her tickets to an upcoming show at the House of Blues and Mom suggested that he give her daughter a chance to open instead.

We hear that B-Fly gave a great performance for the packed house and stayed onstage throughout the show. Now they've been getting calls from music industry insiders who weren't so interested in helping her before she created this buzz. B-Fly is spreading her wings. Now we have to wait and see which label will get onboard before she takes off.

## 21 pounds in 21 days

Most people want to live a long, healthy life. There's a new book hitting the shelves this month called *21 Pounds in 21 Days: The Martha's Vineyard Diet Detox* that aims to help folks reach that goal. If you follow the directions, Dr.

Roni DeLuz RN, ND, who wrote the book with her partner James Hester, claims that you will shed 21 pounds while flushing toxins out of your body.

Dr. Roni owns and operates Martha's Vineyard Holistic Retreat where my husband Lorenzo and I have gone for detoxifying retreats to remove preservatives, artificial flavors and other toxins that can cause prob-

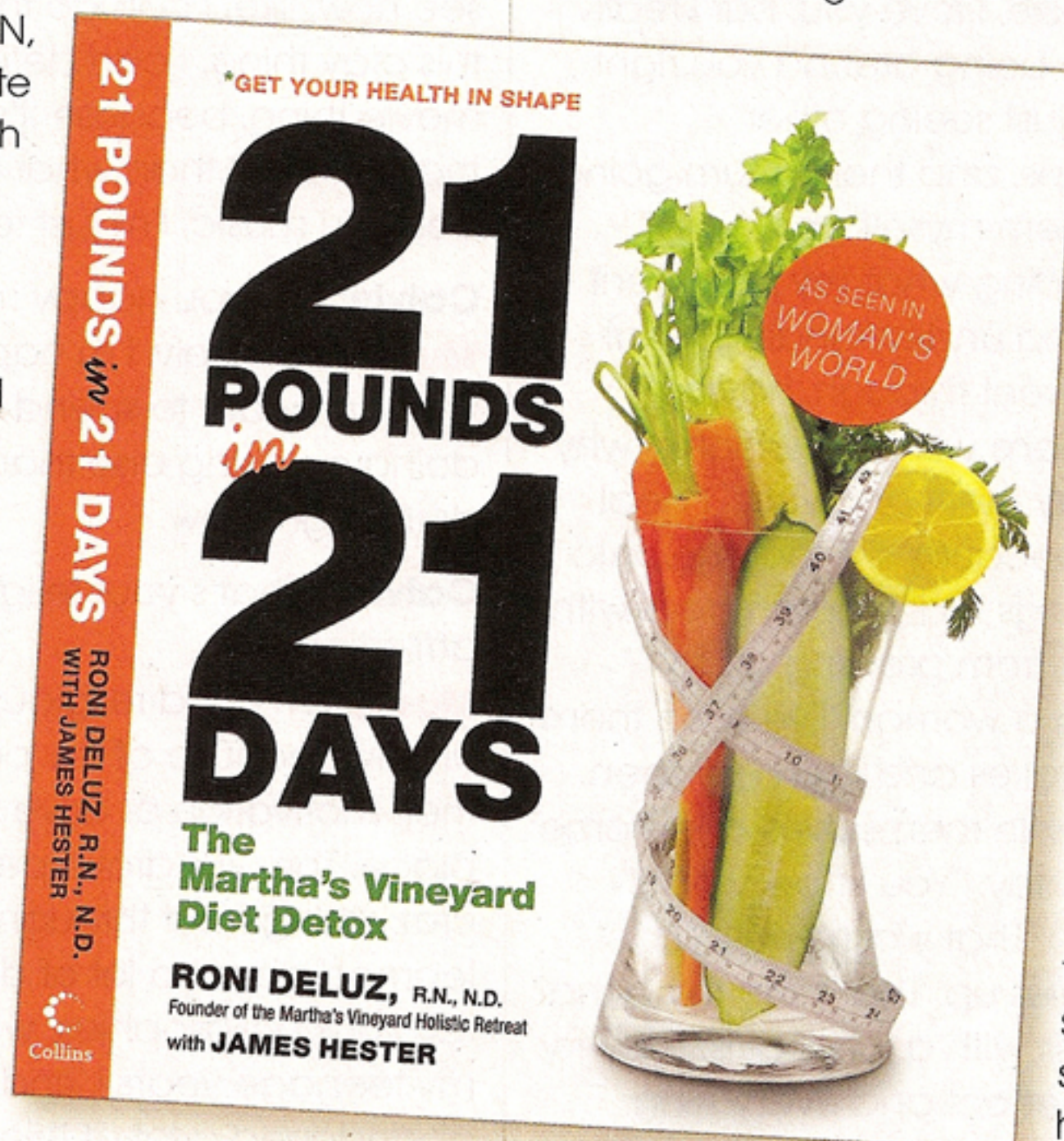
lems like bad skin and fatigue. After our first diet detox, not only did we feel like we had more energy, but I lost 22 pounds and Lorenzo lost 27. We've been back to Martha's Vineyard for more intensive detoxes since. During these visits we focused on preventative health care, but Dr. Roni said that it's important to start with the basic cleansing of your body before you get into the hardcore cleansing processes that we've undergone. Through this book, anyone can do a basic diet detox without taking time off from work or spending more than \$25.

"If you have a lot of money you can come to me and I can detox you," Dr. Roni said. "But the reason why we put the book out is so that you can do it at home. You can be healthy and lose weight right in your own kitchen; you don't need to come to a big expensive place."

Dr. Roni got the idea for the book after her partner James went through the diet detox program and loved it. "He kept concentrating on the weight loss and how good he looked and how much energy he had," Dr. Roni said. James then encouraged Roni to share the program with the rest of the world through this book. But what

about people who want to detox and maintain their weight? "If you don't have weight to lose all you have to do is add some protein," she said. "It's still about health, no matter

which way we look at it. But the benefit of this detox is the 21 pounds." The book has dozens of recipes for soups







(l to r) James Hester and Dr. Roni are the authors of *21 Pounds in 21 Days*.

and vegetable puree drinks that you're encouraged to feed your body with every two hours while you're cleansing. The diet doesn't make you starve, but it does require tons of rest—which helps the body detox—and nothing but liquids. They don't want you to chew, hence all the juices and soups. The book also gives a seven-day and two-day alternative to the 21-day diet detox. Dr. Roni said that eating even one meal a day of cleansing foods and avoiding sodas or potato chips could make a difference.

## 'Weeds' actress Tonye Patano lives to work

Most professional actresses work consistently and never have to worry about paparazzi, worst-dressed lists and all the scrutiny that a shooting star like Jennifer Hudson faces. Tonye (the "e" is silent) Patano is one of those actresses. The Ohio-raised L.A. native has been acting since 1984. She has a master's degree in theater from Brandeis University in Boston and has been working steadily, doing plays, with TV work here and there. "I get to have my cake and eat it too," Tonye said of the anonymity she enjoys as a working actress. But things are slowly changing.

Tonye has been getting recognition for her character Heylia, a trash-talk-

ing marijuana dealer on Showtime's original series "Weeds." "'Weeds' would be my first semi-peek into someone knowing who I am," Tonye told S2S. "But the thing is, I'm a character actress. So people will see me as Heylia, but that's not who I am.... but I'm about 15 years younger than Heylia. I'm a lot sillier and crazier and goofier than Heylia. I mean Heylia is no-nonsense."

As "Weeds" enters its third season, viewers are beginning to learn more about Tonye's controversial character, who supports her family by supplying weed dealers (like the show's leading lady Nancy, played by Mary-Louise Parker). At first, critics hated the stereotypes that "Weeds" presented: the Black family that seems to sit around bagging weed all day and their combatant interaction with the White suburban widow who sells marijuana to maintain her family's lifestyle. But Tonye said that those people were missing the point—the show is based on stereotypes.

It helps to know that the creator of the show, Jenji

Kohen, who is Jewish, once wrote for "The Fresh Prince of Bel-Air," where she learned to play dominoes. Once the show ended, she went into Venice Beach seeking dominoes games and ran into the people she ultimately based the show's Black family upon. "That was the creator's life experience and the way she heard the language (of those Black people) and her experience of being given a hard time (while) trying to fit in because she wanted to go and play dominoes," Tonye explained. "As she kept going and this group of people came to know her and she came to know them, in my estimate, I think that that's what happens. People become more real to you." And, she said, that's why you have to keep watching "Weeds;" the relationships evolve.

Tonye likes to spend her "free time" working. During this year's hiatus from "Weeds," Tonye toured with "Legends," a play starring Joan Collins and Linda Evans. But Tonye is single with no kids and said that she plans to spend more time mingling and less time traveling, now that she has a steady role. "If there are any beautiful brothers out there who enjoy a strong Black woman," Tonye said, "I'm right here."



Actress Tonye Patano plays Heylia, a weed dealer on Showtime's "Weeds."