



The Grammy for Best New Artist Goes To...

By: Dana Damato

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> Esperanza Spalding? You heard right, but maybe you've never heard this new artist's name on a mainstream radio or music station. The mystery behind the question which millions of people asked the moment her name was called, 'Who is Esperanza Spalding?' Grammy Awards 2011 winner for Best New artist, Esperanza Spalding broke the Bieber Fever, turning the heat on herself. This 25-year-old bassist, vocalist, and composer may just be the hope for the future of jazz and instrumental music. Born in Portland, Oregon into a single-parent home, Spalding discovered her passion for music at the tender age of 5.

Spalding's musical journey has taken her from small clubs in Portland to the stage

at the White House. However, this journey was anything but smooth for this prodigy-turned-pro musician. Being raised in a neighborhood she describes as "ghetto" and "pretty scary," Spalding learned early on the meaning of perseverance and moral character from the role model whom she holds in the highest regard to this day-her mother. The defining moment when Spalding knew that music would lead the path of her life was watching "Yo-Yo Ma" on Mr. Roger's Neighborhood at 5 years old and realizing that she wanted to do something musical in her life. Little did she know that success was soon to follow later down the road. Being home-schooled for most of her life due to a lengthy childhood illness, Spalding found that she never quite fit into a tra-

ditional classroom setting. Her one pursuit that always made sense was music. Within one year, she taught herself how to play the violin well enough to land a spot in The Chamber Music Society of Oregon. Spending a significant ten years with the group, by 15 she excelled to a concertmaster position.

Realizing at 16 that community orchestra wasn't enough for this young teenager anymore, she moved her talents to local club circuits where she would play blues, funk, hip-hop, and a variety of other styles. Not long after, Spalding decided to leave high school for good, obtained a GED, and enrolled into the music program at Portland State University. Being the youngest and most inexperienced musician in her class, Spalding's natural ability to play music shined through after earning a B.M. and signing on as an instructor in 2005 at the Berklee College of Music. At 20 years old, she was a recipient of the prestigious Boston Jazz Society scholarship for outstanding musicianship.

Spalding's journey as a solo artist began in May 2008 with the release of her debut record, *Esperanza*. The record became best selling album by a new jazz artist internationally in 2008 and was the highly acclaimed release for a worldwide audience to experience her talents as an instrumentalist, vocalist, and composer. After the release, *Esperanza* shot straight to the top of Billboard's Contemporary Jazz chart where it remained for over 70 weeks. From there on out Spalding's name spread like a wildfire, landing her spots on the Late Show with David Letterman, Jimmy Kimmel Live, the CBS Saturday Early Show, the Travis Smiley Show, Austin City Limits, and National Public Radio. Other monumental moments for Spalding were two appearances at the White House, a Banana Republic ad campaign, the Jazz Journalists Association's 2009 Jazz Award for Up and Coming Artist of the Year, the 2009 JazzWeek Award for Record of the Year, and several high profile tour dates. In early 2010, Spalding was noted in *The New Yorker* and was featured in *O, The Oprah Magazine's* "Women on the Rise."

She isn't what mainstream music is. Spalding's breathtaking music innovates an element of jazz, folk, and world music into the foundations of classical chamber music traditions. She is a star on the rise and the journey of this brilliant and gifted young artist is just beginning. In her August 2010 release of *Chamber Music Society* promotes a product that exudes an immense level of sophisticated intimacy that brings warm and comforting tones to its listeners. Winning the Grammy Award for Best New Artist may be the first but certainly not the last you will see or hear of Esperanza Spalding as stating in her acceptance speech, "I take this honor to heart so sincerely and I'll do my damndest to make a whole lot of great music for all of you."<

LOOK FABULOUS Straight Talk About Sun Protection

By George H. Pope, MD, FACS



People often ask me, "What is the most important thing I can do to look younger?"

My simple answer may surprise you: use a high quality sunscreen every single day, on your face, neck and hands.

We estimate that 90 per cent of the signs of aging are caused by the sun. I saw startling photographs recently of two sides of a woman's face. You would have thought they were before and after photos of a face-lift patient, but the woman had worked in an office building for 15 years and the side of her face closest to the window looked at least 15 years older.

Here are the basics about shopping for sunscreen.

- Make sure it contains either zinc oxide or titanium dioxide to block the sun's UVA rays, the rays that go deepest into the skin and cause wrinkling, age spots and sagging. There are no chemical substitutes for these mineral sunblocks.
- Remember that the SPF factor is important, but it is only a measurement of the protection against UVB rays, those which cause burning.
- The law allows companies to market their sunscreens as "broad spectrum" even if they protect against only one type of ray (UVB or UVA), so don't assume you are getting protection against both.
- The earlier you start protecting your children, the healthier their skin will stay.

My staff and I are excited about a new sunscreen we just started carrying by Obagi, Nu-Derm Sunshield SPF 50. It is paraben-free and non-allergenic and ideal for all skin types. It has a matte finish and the micro-fine zinc oxide applies completely sheer. It's safe even for children.

If you would like to know more, or would like to schedule a consultation, please call my office. We look forward to helping you achieve your dreams!

E-mail your questions to drpope@orlandoplasticsurgerycenter.com or call 407.857.6261 for more information.

3872 Oakwater Circle at S. Orange Avenue
Look your best with the latest cosmetic procedures and products.
Dr. George Pope is a board certified plastic surgeon in Orlando



>> DON'T MISS THE BEAT

Get ready to fill those MP3 Players. Check out this list of albums to watch out for this month.



Crystal Stills
Album: *In Love with Oblivion*



Girls Names
Album: *Dead to Me*



Gorilla Zoe
Album: *King Kong*



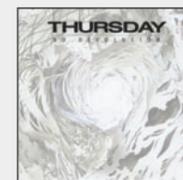
Rachel Platten
Album: *Be Here*



Steve Earle
Album: *I'll Never Get Out of this World Alive*



Thao & Mirah
Album: *Thao & Mirah*



Thursday
Album: *No Devolucion*



Kimberly Caldwell
Album: *Without Regret*