



## PRESS RELEASE

FOR IMMEDIATE RELEASE

### UPCOMING GUESTS ON "OPEN" FRIDAY HOSTED BY RHINA VALENTIN

**Airs Friday, 8/22 Live! 10AM on BronxNet TV**

New York, New York, August 21, 2014 - This Friday, on "OPEN", Rhina Valentin will host Writer & Director of For the Love of God, Soraya Soi Free. From The Iron Garden™ We also have (Indo Board Trainers) Sifu You-Lee, Sifu Matos & Sifu Mata. Our Open Artist Spotlight shines on a performance by (Model & Singer) Miyoki Jones. Bobby C. will also be doing his weekly Sports Roundup segment. And, animated correspondent Gail is back to discuss Van Cortlandt Park Labor Day B'Ramble 5K /10K run.

The one-hour talk show airs live every Friday at 10AM in the Bronx on channels Cablevision 67 and Verizon FiOS 33 with re-cablecast on Fridays at 5PM & 10PM, Saturdays at 12PM, and Sundays at 4PM & 10PM. Also available in Manhattan via re-cablecast on Saturdays 12PM on channels Time Warner Cable 56, RCN 83, Verizon Fios 34, and MNN 2 Lifestyle Entertainment and in Massachusetts via re-cablecast on Fridays and Saturdays at 9PM on channel Amherst Media 12.

#### About "OPEN" Friday

"OPEN" Friday, hosted by Rhina Valentin, is one of BronxNet's signature produced shows which covers arts, culture, entertainment, health awareness, women empowerment and youth development. Rhina has been the Friday host since it's pilot episode in 2006. Every week she explores all that the arts have to offer to the Bronx and the World.

#### About La Reina Del Barrio Inc.

Incorporated in 2013, La Reina Del Barrio Inc. (LRDB) is an independent media production company. The principals of LRDB have released several projects over the last 10 years through self-finance as well as the use of Fortune 500 corporate sponsors. For more information, please visit [www.lareinadelbarrio.org](http://www.lareinadelbarrio.org)

#### About BronxNet

BronxNet is an award winning not-for-profit community media center providing access to



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training and technology while televising programming reflecting the diversity of the Bronx. BronxNet has a commitment to: produce local programming, train the public in television production, provide hands-on internships with solid media career preparation for high school and college students. For more information, please visit [www.bronxnet.org](http://www.bronxnet.org)

### About For The Love of God

This story was inspired by the highly acclaimed and national bestseller “Race Matters” by Cornel West. This short film is an introduction to the webisode series scheduled for 2015. This film follows the lives of two young people with different struggles that come to a crossroad when faced with the harsh realities of life. This intriguing short film serves as an eye opener towards relationships, and challenges to think deeper.

### About The Iron Garden™

The Iron Garden™ takes its inspiration from the late Grand Master Ip Man. Ip Man’s legacy is his philosophy, the philosophy of Wing Chun, passed down to generations of Wing Chun martial artists. Wing Chun provides a path on the journey of physical, mental and spiritual development.

While you may not have heard of the great Ip Man, you surely have heard of one of his pupils, the late Bruce Lee. Bruce Lee learned from Ip Man the fundamentals of Wing Chun and used those in his films and developing his own style of martial arts, mixing Wing Chun with Jee Kun do.

### Contact Information:

Jacqueline Acevedo-Villanueva

[917-640-1003](tel:917-640-1003)

[LRDB.PR@GMail.com](mailto:LRDB.PR@GMail.com)

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