

Sure making it in Hollywood is about being in the right place at the right time. But then again, it is also about studying and perfecting your craft, marketing your image and doing an amazing job once you land the role of a lifetime. There is little doubt that Sofia Milos is riding high on professional success...the hit CSI Miami and the much anticipated show The Border, which revolves around homeland national security and will air on the USA channel later this year. But life for Milos is about more than a script and a role...it's about making each moment count.

Milos was born and raised in Zurich, Switzerland. Later in years, she moved to Rome where she studied business and economics. The passion she carries to both her on and off screen life can be credited to her Greek mother and Italian father heritage. Combining the best of both old world cultures she developed a serious crush on the thrill of fine watches and the taste of good chocolate. She is fluent in four languages: French, Italian and German and can stir up a decent conversation in Spanish and Greek and says she learned English from her first American boyfriend. When she landed in L.A. she set out to conquer English and began working with some of the best dialect coaches in the business. These days she speaks perfect English without an accent for acting purposes only. The charm of her native language is something she never wants to lose or forget. Talking about her zest for life and learning she says that she has the persistence and tenacity of a warrior, with the sensitivity and sensibility of a child when it comes to appreciating all that is spiritual and beautiful.

“One of the things I enjoy besides bringing a film or television character to life that moves the audience is cooking and painting. Mostly I paint women and faces,” she states. “I love representing and painting women because women are smart and beautiful. Like a fascinating, resilient, never dying flower women never cease to amaze me as we have endless amounts of courage and potential,

intelligence and strength not only for ourselves, but for all the men around us who seek our unpretentious strength through them. Women are men's greatest validation. I admire my mother, my grandmother and beautiful girlfriends because of it. Every time I represent a woman in a film or role, I get to explore and communicate her world, culture and heart through my passion, my eyes, and I hope my breath between the words spoken. I used to freelance in fashion design for women's clothing, which I did in my late teens while modeling for 10 years across the world for every top magazine you can name and every designer you can think of. Hence, my flair for clothes, though I would live in my birthday suit all day long if I could.”

Milos is a breath of fresh air. Our interview was down to earth and to the point...reflective of her independent, strong and yet vulnerable and spiritual personality. It is easy to see why this beautiful, talented and evolving young woman is making such a splash in Hollywood. Her desire to make her life the best and the world better—gives all of us inspiration to do the same.

Her first acting role on TV was in 1992 on the new WKRP In Cincinnati, as a nun. Soon she was seen across the screen on shows such as Friends, Mad About You, Caroline In The City, Curb Your Enthusiasm and The Sopranos among others. Then came CSI Miami. Milos nabbed the role of Columbian detective Yelina Salas in 2003—an appearance that could have easily been a one shot deal. But true to her nature the ‘woman warrior’ emerged and by 2006 she had turned an initial guest role into a regular character that not only boosted the already skyrocketing ratings, but created a character that the audience wouldn't let go.

ST: Starring on one of the top rated shows on prime time television is such a coo. How did the CSI gig come about?
SM: During season one the show was looking for a new female to be matched up with David Caruso—a possible love interest. They created a new role within a three-episode arc. I went in and read like many others did and got the part that day. Television is about ratings and how well you communicate with the audience...especially a show with the outreach of CSI—seen in 180 countries.

It comes down to the actors and people in their living rooms watching us. It's scary and wonderful. It's a blessing to be part of such an incredible show. Of course, when I went on board the show was already doing amazing with an audience of about 16-17 million viewers. Then I did my three episodes and the ratings did exceptionally well. The audience enjoyed the chemistry between my character and David's. I have to thank the viewers for making me an integral part of the show because after those three episodes they asked me to stay on.

ST: We've seen actors on successful shows start believing their own press, leave to pursue superstar status and then fade away. Why give up something so amazing for uncertainty?

SM: As an actor you take a job not knowing what you are going to be in for. You hope for the best. You hope you will do a great job and bring something important to a show and, that the show will bring something important to you. Some actors don't calculate a ride of four, five, six, ten—years. It's harsh to judge anyone because it's very hard work. You have to really want a certain lifestyle. For me I am very appreciative. I love being called back season after season. That's what is so amazing in television...what power an audience has and how much involvement they play in a show. The audience literally kept my character alive. We have an incredible season finale on May 18th which I'm a part of and it's exciting. I'm honored that they keep asking me to return.

ST: Although your days are busy taping shows, you make time for charity work.

SM: Being on the show affords me a platform to use my celebrity and voice to help others. It gives me power and ability to gather a group of people to fundraise for things I really care about. I just came from New York and did the American Italian Cancer Foundation. Other foundations I give my all to are Citizens Commission of Human Rights (which is against psychiatric drugging of children). All this hype about ADD and ADHD. Of course I understand the problem, but I encourage people to get informed about drugs they give their children so they are in a place to be able to make a more educated choice. There are side effects to these drugs that are not publicized. This drugging of children is in my opinion a self-pocketing business. Is drugging our children the solution? I don't think so. I think finding a solution

to the problem is the solution. I support CRIMINON, a rehabilitation program for prison inmates. It finds ways to raise their self-esteem so they choose not to commit crimes. The belief is that if we invest more time, effort and money on rehabilitation we have a better chance of helping people stay out of prison. While inmates are in prison we encourage them to do an extension course which changes their lives. They become better human beings working to the good of their families and their communities.



ST: Tell us about your life away from Hollywood.

SM: My mother lives in Rome. I lost my father three years ago unfortunately. My mother is my life and my love and we talk every day on the phone. I have an older brother who is married and at age 23 had his first child. We really chose different paths in life. Now he has a teenager. It's really funny between us. He sometimes envies me and my jet-setting and I envy him and that he has a beautiful family. Sometimes I work 16, 20 hours a day on the set. It's difficult, but the incredible thing is that I get to do what I love to do. I get to bring words and characters to life. The rewards are so great. I am living out my passion.