

The only magazine dedicated to the Caribbean Woman

SHE

C A R I B B E A N

Shala Monroque

**THE FASHION
DARLING OF
NEW YORK
REDISCOVERS
HER SAINT
LUCIAN
ROOTS**

**EAT RIGHT,
STAY HEALTHY
THE SUN TEMPLE
WAY**

FASHION

**THE TRENDIEST,
HOTTEST LOOK'S**

from the runways of Hot Couture
& Caribbean Fashion Week

**GOOD
SEX
STARTS
WITH
GOOD
TEXTING**

**DREAM
VACATIONS**

**COURTESY
SIR RICHARD
BRANSON'S
VIRGIN
ATLANTIC**

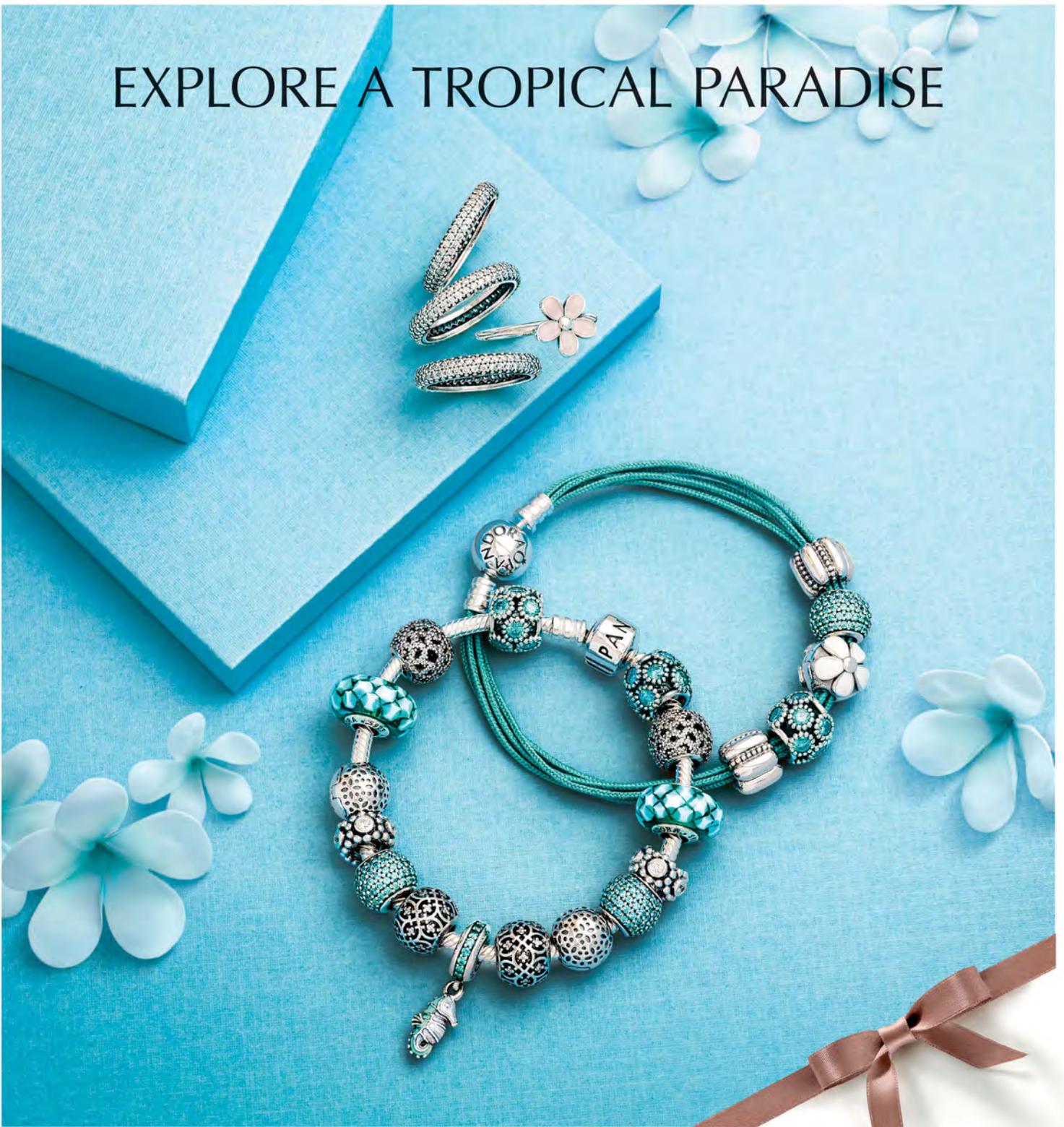
**BERTHIA
PARLE**

**HER FIRST
CANDID
INTERVIEW
SINCE
LOSING HER
HUSBAND
OF 30
YEARS**

**BREAST
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on
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PHOTOGRAPHY: RICK WAYNE
MAKE-UP: MIKE M. CELESTIN
HAIR: EMILE @ PHAZE ONE
MODEL: SHALA MONROQUE
DESIGNER: MEILING, TRINIDAD
LOCATION: STAR STUDIOS, SAINT LUCIA
STUDIO ASSISTANT: CASSIE PALM



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Publisher's Page



With the amazing MAC team at the 2014 Fall Trends show in Miami



I'M A JET-SETTER I AM, I AM!

I'm one lucky lady. I mean, seriously! I learn so much from the people I meet in the course of doing this job. You know what? We females truly are amazing. My friend and spinning partner Germaine Waters says I'm "a Renaissance woman" and I'm not about to argue with that. Especially when she defines the breed (while we try to keep up with our instructor Cathy) as "a woman who is comfortable with whom she is; has nothing to prove; embraces herself and is absolutely happy with everything she has become."

Well, that's certainly good enough for me. Have I mentioned I'm up in the air over Miami en-route to New York, where I'll hook up with my fabulous friend Cybelle? A couple hours ago I was at the 2014 Fall Trends show put on by Mac Cosmetics. Is that wonderful, or what? Hanging out with the one and only Gisel Calvillo, friend and make-up artist to the stars, surrounded by wall-to-wall beauty. I tell you, the ladies of MAC know the meaning of LBD—little black dress. The night before the show I had a helluva time with old pals Novia, Sandra and Walter Greene, the only man I know who asks meaningful questions about eyeshadow and lipstick colours!

A few weeks ago I was one of the specially invited guests at sexy millionaire Sir Richard Branson's party to launch Virgin's new uniforms, designed by the iconic Vivienne Westwood. Also on hand at the très chic Shoreditch venue were my old buddies Neysha Soodeen of Maco and Beverly Layne of Virgin Airlines. Hey, in case you're wondering, London remains as ever the greatest city in all the world. London doesn't just "swing like a pendulum do," the city rocks like no other! (For proof of that check page 64.)

What makes my adventures so mah-va-lous are the people: publishers, photographers, editors, writers, stylists, designers—all of them from the Caribbean. We talk about what we do, the tough environment we work in, the feeling of not being as appreciated as we'd like. We moan and we gripe and then we head for the always well-stocked bars. Or we try to attract an attractive garçon to serve us more libations. Soon we are all without a care in the world, laughing our heads off at each other's faux pas, our more embarrassing moments and so on. Or we talk about art, fashion, photography. The best part is the way we've supported one another's efforts over the years.

In London and Miami everyone expressed gratitude to folks like Sir Richard and our friends at MAC for inviting us to their fabulous parties. They help lighten our load.

I am especially honoured to have on our cover Saint Lucian icon Shala Monroque, who was a big hit at Hot Couture last May. Shala is widely celebrated as a style guru and with good reason. Recently Town & Country voted her one of America's most interesting women. So how does a girl from tiny Saint Lucia not only end up on the cover of one of the world's leading magazines but also the toast of New York? Great question. And I promise you the answers to this and several other questions we put to Shala during her most recent visit back home are nothing short of inspiring.

Meanwhile, I have more reasons to celebrate: another birthday. And I'm happy to report I feel absolutely wonderful. I am more than ever comfortable in my skin, and, as the English say, altogether chuffed with who I am. I guess Germaine was right after all. So, say hello to this Renaissance woman. And while we're at it, pat yourself on the back, fellow Renaissance ladies!

SO HAPPY READING!

Mae Wayne
Publisher
mae.w@stluciar.com



Cover girl Shala Monroque & Hair Stylist Emile

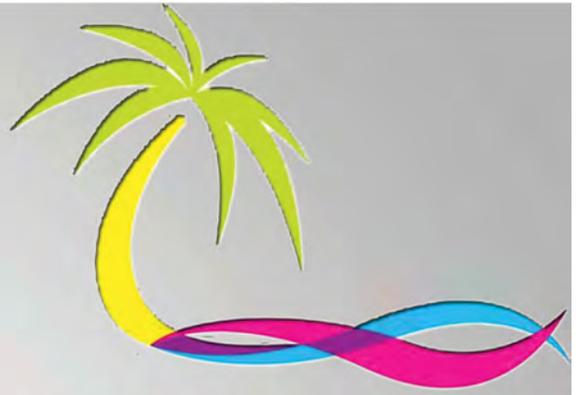


Left: Shopping in London is so much fun!
Right: With friend and fellow Renaissance woman Germaine Waters after a spinning class.

MAE'S MUST HAVES MY FAVORITE BEAUTY PRODUCTS

- 1) I love my **Neutrogena** body oil with light sesame.
- 2) **L'Occitane** Eau de Toilette with organic verbena extract is better than any perfume!
- 3) For my face, I adore **Clinique** Moisture Surge CC Cream.
- 4) **L'Oreal** True Match Crayon Concealer hides any blemishes.
- 5) As for mascara, it has to be **MAC** Studio Sculpt Super Black Lash. The wand is magic! It's a curved comb which works brilliantly.
- 6) Final flourish? Lipstick, of course, and there's nothing better than my **MAC** favorites in red: So Good and La Vie En Rouge





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Letters

WHAT YOU THINK

We are listening. Here's how you responded to our Spring Issue



EXCELLENT COVER

A proud black girl looking like an ice queen! Avionne projected beauty and power making Trinidad proud. Great makeup, great story.

Christine, Trinidad



PARADISE & THE CITY

The photo spread by Fiona Compton was the best I've seen in SHE. Fiona's photography of her own Paradise Prints brought to life a perfect portrayal of her love for Saint Lucia juxtaposed against London's street art. Beautiful photo spread.

Jenelle, Barbados

VOICES

Thank you Agnes Francis for having the courage to share your story with us, It was sad but inspiring as well.

Camilla, Jamaica

I watched my aunt struggle with Alzheimer's. What a wicked disease. It robs you of your dignity, your pride and your self worth. The impact is worse on the family members who have to care for their loved one, and the added financial burden. Thank you Agnes for sharing your story with us. Your journey has helped me cope better with my situation.

Michelle, London

LONG BEFORE SHE WAS A LADY, SHE WAS A LADY!

Our interview with Lady Janice Compton generated the most mail. Here are just a few of our favourites:

Thank you for this very intimate interview with Lady Janice. Even though I've lived in St Lucia and grown up with the Comptons I still saw a new side of Lady Janice - her family and her softer side. It was a necessary interview for St Lucians to read who sometimes take for granted the sacrifices that the Compton family have made.

Barbara, Castries

Although I didn't always agree with the Compton politics, this was a bold and courageous interview. I like how Lady Compton continues to protect the Compton legacy.

Catherine, Canada

Wish the Comptons were still governing St Lucia. Good interview.

Nelita, St Lucia

Contributors



FOOD & HEALTH

Germaine Waters

Having always been interested in fitness and health Germaine has created Sun Temple Food. This is a health foodies' dream. Traditional recipes turned on their heads; new uses developed for local and easily found ingredients; photographs to swoon over. She shares her quirky and personal stories through the narrative of food.



SEX BITES

Nasha Smith

Nasha is passionate about sports and fitness, and the only female sports journalist in St. Lucia. Editor of two weekly magazines, she works out almost daily, loves cheese but is lactose intolerant, and admits to being a secret reality TV addict. Her research into all things sex is preparation for meeting the right man!



RELATIONSHIPS

Angie Montoute

Angie is Managing Director of APM Productions, a Life & Business Coach and Radio personality. An expert in her field of communications and passionate about eradicating the emotional pain we inflict upon ourselves and others. A change catalyst empowering others to design powerful and fulfilling lives.



VOICES

Berthia Parle

St Lucians know Berthia Parle as their First Lady of Tourism In 2012 she was appointed independent senator and elected by her peers to serve as Deputy President of the Saint Lucia Senate. Her reputation in tourist industry has been earned over 30 years of dedicated work in the field, and she served as the first female president of the Caribbean Hotel & Tourism Association.



BEAUTY

Denise K. Lay

Formerly an international runway model, Denise is the proud mum of two beautiful sons, Ibrahim and Ishmael and baby daughter Emma Rose, born in April this year. Back in the Caribbean after years in London, Denise has coached and modelled at St. Lucia Hot Couture, and is a self confessed devotee of all things luxury.

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CELEBRITY ADVOCATES

Caribbean Soca Queen Alison Hinds is BPW International Goodwill Ambassador

In February 2014 Alison Hinds was appointed the International Federation of Business and Professional Women (BPW International) Goodwill Ambassador. In her letter of appointment President of the BPW International Freda Miriklis said, "We have identified in you, qualities that contribute to BPW International efforts, in raising awareness of the aims, objectives and key priorities of the Organization, to convey messages about its activities and to extend its public outreach." Speaking about the prestigious appointment, Hinds says: "Because BPW is such a highly regarded organization with strong values and a great mission it is a huge task, but I have always advocated through song for women, and I firmly believe in the mentoring and upliftment of them also." Crowned the undisputed "Queen of SOCA" by fans worldwide, Hinds' powerful, emotional vocals and high-energy live shows are legendary in Caribbean music. Her musical journey has taken her throughout the Caribbean islands and the Diaspora worldwide. When Alison is not performing, she takes time to work as an advocate for causes such as AIDS awareness, Women's rights, and the Diabetes foundation and has participated with them wherever possible as well as organizations for disabled and physically challenged children.

UNICEF GOODWILL AMBASSADORS

Shelly-Anne Fraser-Pryce was named as the first UNICEF National Goodwill Ambassador for Jamaica on 22 February 2010. In the same month she was also named Grace Goodwill Ambassador for Peace for 2010 in a partnership with Grace Foods and not-for-profit Organisation PALS (Peace and Love in Society).

Harry Belafonte is one of the most successful Caribbean American pop stars in

history, dubbed the "King of Calypso" for popularizing the musical style with an international audience in the 1950s. His breakthrough album Calypso (1956) was the first million selling album by a single artist but is perhaps best known for singing "The Banana Boat Song", with its signature lyric "Day-O".

According to The Philadelphia Tribune: "For more than seven decades, Harry Belafonte continues to stand tall among social visionaries and activist-leaders who champion the cause of equality and liberation throughout the world."

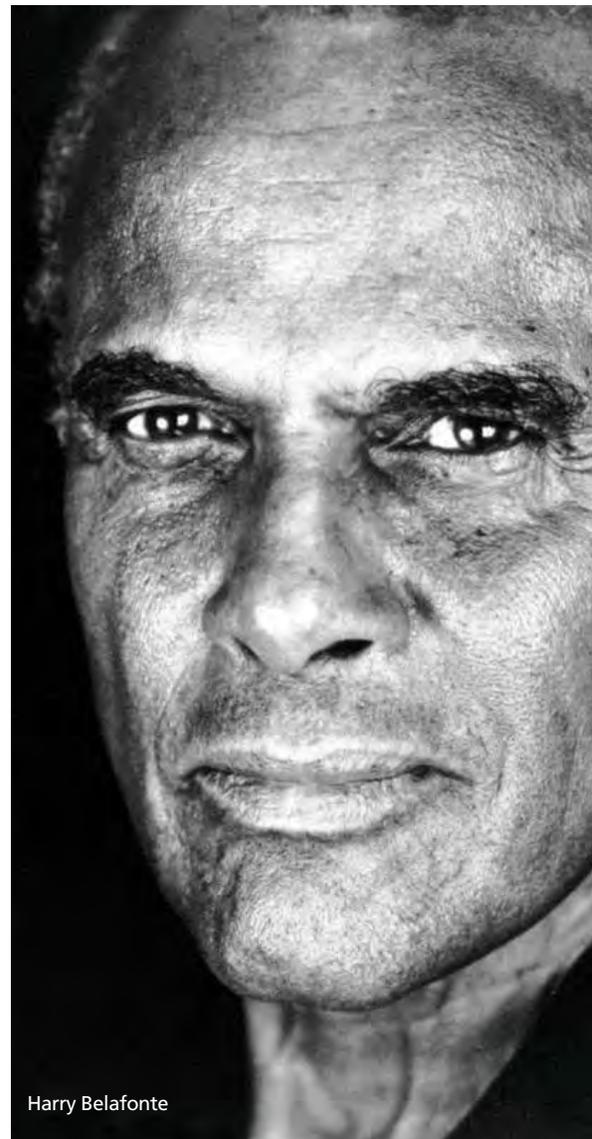
During his lengthy career as an activist, he helped organize the Grammy Award-winning song "We Are the World" in 1985 and performed in the Live Aid concert that same year. In 1987 he received his appointment to UNICEF as a goodwill ambassador and in 1994 he went on a mission to Rwanda and launched a media campaign to raise awareness of the needs of Rwandan children.

In 2001 Belafonte went to South Africa to support the campaign against HIV/AIDS. Two years after Africare awarded him the Bishop John T. Walker Distinguished Humanitarian Service Award in 2002 for his efforts to assist Africa, Belafonte travelled to Kenya to stress the importance of educating children in the region.

In 2006, Belafonte was the recipient of the BET Humanitarian Award at the 2006 BET Awards and named one of nine 2006 Impact Award recipients by AARP The Magazine.



Shelly-Anne Fraser-Pryce



Harry Belafonte



■ SEP 20-21 MARTINIQUE

European Heritage Days

A celebration of local heritage and culture celebrated each September with museum open houses, storytelling, lectures and workshops on local crafts, clothing, and more.

■ OCT 23 TRINIDAD & TOBAGO

Diwali

The annual Hindu festival of lights, Diwali is one of the island's biggest events, and since Trinians of all ethnic stripes love a party, everyone joins in the fun. The festival traditionally culminates with the lighting of small clay lamps on the shortest day of the year, but in Trinidad there are nine days of partying beforehand.

■ OCT 26 SAINT LUCIA

Jeunen Kweyol (Creole Day)

Saint Lucia embraces its Creole heritage with a weekend of traditional food, music and fun for all the family. Hosted in a selection of villages around the island, but for a week before the festival, watch out for madras fashions all around, as folks express their Creole pride!

■ OCT 24-26 DOMINICA

World Creole Music Festival

The highlight of sleepy Dominica's annual cultural calendar includes a broad variety of creole music and performers, touching on genres like Cadence-lypso, Kompas, Zouk, Soukous, Bouyon, and even Louisiana Zydeco.

■ NOV 9-15 BERMUDA

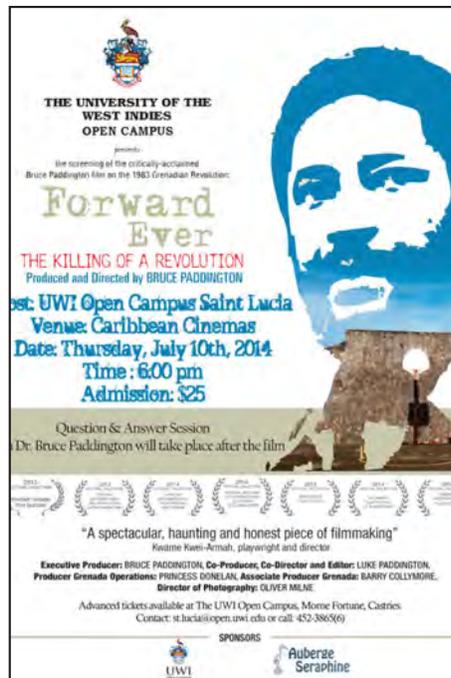
World Rugby Classic

New Zealand will be joined by Argentina, Canada, Classic Lions, France, Italy, South Africa and the United States in this year's Classic which will run from Sunday the 9th to Saturday the 15th November with a big Welcome Event in Hamilton on Saturday the 8th.

■ NOV 6-16 CAYMAN ISLANDS

Pirates Week

Eleven fun-filled days of music, street dances, competitions, games, wonderful local food and drink, kids day, glittering parade, sports events for everyone, Heritage Days, pirate invasion and fireworks galore!



Forward Ever: The Killing of a Revolution

As a piece of documentary film-making, Dr. Bruce Paddington's heart-stoppingly compelling and viscerally visual record of the rise of the Maurice Bishop's New Jewel Movement is a real triumph – perhaps not perfectly in line with everyone's opinion or recollection, but certainly for the historical significance of capturing a story which tore apart the tiny island nation and deeply impacted the entire Caribbean region.

The film focuses on the 1979-83 period through the eyes and experiences of many of the key participants. From the bloodless coup through which Bishop and the NJM

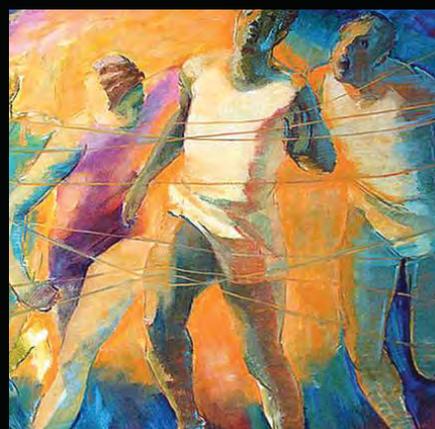
seized power from Eric Gairy and the Grenada United Labour Party, through the wonder years of a unique experiment in socialism to the dramatic implosion of the People's Revolutionary Government, and the events surrounding the execution of Bishop who was then Prime Minister, along with cabinet members and civilians, concluding with the U.S. military invasion in October 1983.

Paddington sourced archival footage from Grenada, Cuba and the USA, filmed hours of interviews with ordinary Grenadians and those who experienced in one way or another the bliss and the horror associated with the revolution. His son Luke edited the project, and together they have created a film of such importance, that one viewer at the Saint Lucia premiere suggested that 'Forward Ever' be shown in every school on the island, so significant is its educational value.

Dr. Bruce Paddington agrees, but is also aware that in some ways his film raises more questions than answers; What was the root of the factionalising that emerged and led to the bloody implosion of the Revolution? Whose orders put Bishop under house arrest? Were the executions ordered and if so, by whom? Where are the bodies of Maurice Bishop and the others executed at Fort Rupert? Was political interference from Cuba the cause of the PNG disintegration and what part did the CIA play before, during and after the revolution?

One thing is abundantly clear: there is much more to the story of the Grenadian Revolution than can be contained within even a long format documentary film, but 'Forward Ever: The Killing of a Revolution' is Paddington's personal contribution to telling that significant tale and documenting its historical impact on Grenada and the world.

JAMAICA IN RETROSPECT: FORTY YEARS OF THE NATIONAL GALLERY OF JAMAICA



Barrington Watson: Athletes Nightmare

In its 40th anniversary, the National Gallery of Jamaica has furnished its calendar with some very intriguing exhibitions. 'In Retrospect' is an exhibition documenting the active role that the National Gallery has played in the Jamaican art scene. For four decades it has researched, collected and cultivated Caribbean artists, so consequently the exhibition will be a riveting narrative of region's history. These are exciting times at the gallery, particularly as it is also hosting the Jamaican Biennial this year - starting on the 14th of November. *In Retrospect ends on Oct 26. National Gallery of Jamaica, 12 Ocean Blvd. Block C, Kingston, Jamaica +1 876 922 1561*

Pepperpot



Novia McDonald-Whyte

Journalist of Distinction

For as long as she can remember, Novia McDonald-Whyte had dreams of creating events that made people sit up and look. She also wanted those events to put Jamaica and the Caribbean on the map. McDonald-Whyte has done just that with her annual Food Awards and Fashion Night Out which she produces with the Jamaica Observer newspaper. The former showcases the best in Jamaican and Caribbean cuisine while the latter is a shopping blitz that attracts thousands to stores in September, a traditional slow period for retailers.

That drive has not gone unnoticed by the Jamaican government which has made her a recipient of its Order of Distinction (the country's fifth highest honour), citing her "service to journalism and innovation in the creation of Take Style Out and the Food Awards". McDonald-Whyte, a longtime contributor to SHE Caribbean Magazine, said the recognition is "a shocker", but

added: "It's a big deal for lifestyle in Jamaica." According to the Kingston-born, London-reared writer/events coordinator, "I've always wanted to change the way we look at lifestyle in the Caribbean. We have the biggest celebrities coming here and have great jazz festivals but we've never really highlighted our own."

McDonald-Whyte has covered a number of major events such as Royal visits to Jamaica, and the Royal Ascot race meet; as well as fashion weeks in New York, London and the Caribbean.

Fashion Night Out, which she initiated in 2010, is among her pet projects. It sees stores across Jamaica slashing prices in a frenzied late-evening spree that benefits store-owners and shoppers alike.

"It shows that even in September with back-to-school and a struggling economy, you can generate money. It's something we should see more of regionally," she said.

Caribbean in his first interview since his appointment in Saint Lucia in July 2014.

He shared the adage that the success of any organization, especially one as large as Sandals, relies upon the vision and foresight of its leadership.

And being a part of that leadership team for 15 years, Andre has developed and implemented several strategic directives within the company and has helped to establish the culture for which the organization has become renowned.

While he would not share with us the details of his most ground-breaking approaches, the new guy does admit to having a keen sense of detail and being the pilot of his fair share of novelties within the company.

"...Having the ability to strategise, coupled with good timing of execution has yielded some wonderful results," he said.

By continuously raising the bar at Sandals in Saint Lucia, Barbados, Grenada and Antigua, Andre will be looking to exceed the expectations of all team members and, most importantly, the guests of the resorts.

This dedicated father encourages his young daughter to strive for distinction and admits that his most rewarding time is spent with young Jessica, and of course the pleasures of playing golf.

In 12 months Andre says he expects to have created "a strong bottom line" in Saint Lucia and the other islands, having extended the company's community presence through the Sandals Foundation.

Great leaders like Andre, we're told, inspire those around them to reach higher, dream bigger, and achieve greater. Without a doubt, this newest addition to Saint Lucia's corporate arena is an innovator, intent on making a path for others to follow.



New Regional Director for Sandals Eastern Caribbean says "...Life has one crop, make the very best of it."

Andre Dhanpaul, the new Regional Director for Sandals Resorts International in the Eastern Caribbean embodies the importance of tenacity in achieving success, having joined the Sandals family 25 years ago at the bottom of the ladder.

"I was a high school dropout that needed a job. Sandals Negril hired me as an accounting clerk. I worked my way up through Finance and then Operations," Dhanpaul told SHE

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Collene Mills



Francine Set To Break Records in **NEW YORK**

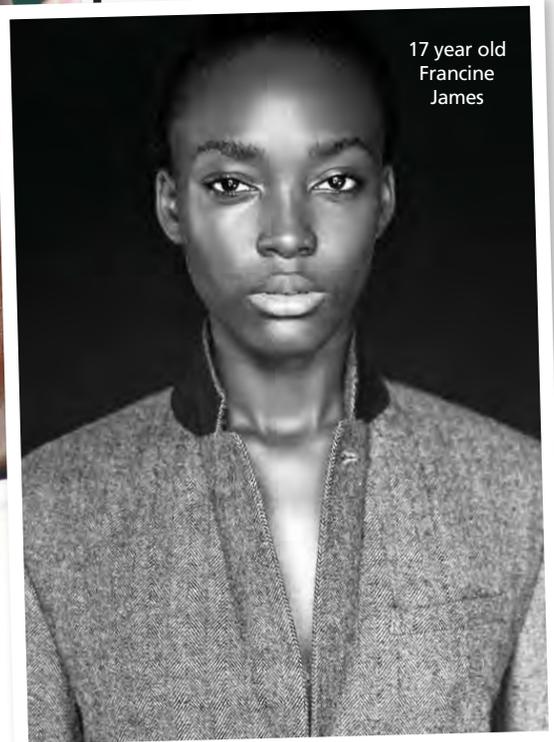
She won Pulse's Caribbean Model Search last year, and as she gets ready to enter the New York market very soon, 17 year old Francine James is causing an uproar among the world's top model agents. The shy Camperdown High School student discovered by Pulse's chairman Kingsley Cooper, while on a visit to the school, has elicited very unusual responses from the top managers in the business.

Francine herself is unfazed by all the attention, preferring choir practice over runway training last week. "Yes," she says, "I am excited, but sometimes it gets to be too much."

Her Dad, on the other hand, can't wait to see her succeed. He always felt she would be a star. "Now I am watching it all unfold."

Clearly, it is early days yet, but from all indications, Francine is one to watch very closely. Cooper, who discovered her, as he has done so many stars before, is confident. "You never know in this business", he said, "but Francine has as good a chance to succeed, as any other model we have ever produced at Pulse. We anticipate great things from her."

17 year old
Francine
James



Collene Mills Lands on **PROJECT RUNWAY**

Another Pulse star on the rise, leggy Collene Mills, has landed on the hit fashion reality TV series, Project Runway. The Emmy award-winning program is anchored by supermodel and entrepreneur, Heidi Klum with fashion arbiter Tim Gunn as co-host.

Along with the designer with whom she will be matched, Mills will be featured in the fourth season of the All Stars edition of the TV series. The show will air on Lifetime TV, and affiliate stations of the A&E Television networks.

An outstanding contestant in Pulse's Caribbean Model Search, the 5'11" Mills walked away with the runner up prize in 2012. Her svelte body and evenly proportioned frame made the judges take notice and so too did her New York agents, Boss models. She is expected to be among the top picks of models set for the Fall collections at New York Fashion Week come September.

The former Clarendon College graduate has hitched her hopes to the stars and wants to accomplish top status in the industry. Having represented her school in netball, the admittedly shy Mills says she is quietly competitive.

"This is a very positive opportunity for me. I have learned a lot although I have just arrived in this business and I have a strong desire to achieve success. My mom has worked very hard and I want to make her proud. I am also grateful for the chance that Pulse has given me."

(Left to Right) Kelly Pierre 3rd place, Winner Angel Culmer, and Tarea Sturupp 2nd place at Profiles98 Fashion Face Of The Bahamas 2014.
Photo by Jay Isaacs



FACE of an Angel

She is only 13 years old, but Nassau native Angel Culmer has been declared the "Fashion Face of the Bahamas." Angel beat out 16 other beauties to capture the title in the first ever Fashion Face model search to be held in the country.

Hosted by Profiles98 Magazine in conjunction with Saint International (Jamaica), the competition involved a two-day workshop at the British Colonial Hilton last Friday and Saturday, during which the contestants were groomed, trained and primed for the grand finale in August.

Coming in second place was Tarea Sturupp, 18, while Kelly Pierre, 17, placed third. All three of the top winners will be signed to the Saint International model management and will represent the Bahamas at the Fashion Face of the Caribbean model search in Jamaica in March 2015.

Some of the world's top agents are expected to be in attendance at the model competition in Kingston next year. In the past, top-tier international agencies such as ELITE, Wilhelmina, MUSE Models, IMG and NEXT have come to judge and offer contestants on-the spot contracts.

Saint International's Founder and CEO Dewight Peters, who was in Nassau for the event, said he was so impressed with the calibre of models that he first named the top five candidates before announcing the top three winners. The other two contestants rounding out the final five were Ereisha Mackey, 17, and Carroll Stubbs, 23.

Also on hand for the event and serving as judges were professional dancer Khadija Nicholas and Walter Green, international fashion writer/guru and fashion editorial director at Profiles98 Magazine. Khadija, who recently shot to fame after she was selected for the cover of Pharell's "Marilyn Monroe" single, assisted as a trainer during the workshops and as the emcee during the finale.

CRUISIN' INTO ISLANDS OF THE WORLD FASHION SHOWCASE

6TH – 8TH NOVEMBER 2014, NASSAU, BAHAMAS

Plans for the sixth edition of the award-winning Islands of the World Fashion Showcase are in high gear, and you are invited to either cruise there at your leisure on board The Sky cruise liner, part of the Norwegian Cruise Line fleet, or simply take a flight over to Nassau to experience what organizers have described as "a mosaic of fashion, culture, and art" from designers originating from island nations around the world and designers from countries such as France, Nigeria and the USA. This year's event promises to be yet another awe-inspiring production as it marks a milestone in the vision of its founders with the creation of the collection under the proprietary label "Exiles", a cooperative design concept inviting designers to create ready-to-wear resort and active wear under the brand name.

The Showcase, from its inception in 2008, has had the endorsement of the United Nations Educational, Scientific and Cultural Organization (UNESCO) for its promotion of cultural diversity, and as a means to bring value-added levels of production to the fledgling fashion industries in developing nations, particularly more vulnerable small island developing states. The intent is to draw attention via international media and trade exposure to the skills and creativity across the spectrum of the fashion industry in the islands. To date in excess of 130 designers representing 40 countries have presented their creations on the catwalks of Islands of the World Fashion Showcase.

The Closing Runway Show on the evening of Saturday, 8th November, will feature the spectacle of "Arte y Moda" from Cuba, where attendees will experience the unique fusion of fashion, art and music in a manner never witnessed before. Twenty-six designers get their inspiration from different pieces of art and create designs which convey a powerful story and set to music which transforms the model from a mannequin into a dancer.

For more information and updates, visit the website www.islandsfashionweek.com or the Facebook page www.facebook.com/islandsfashionweek.



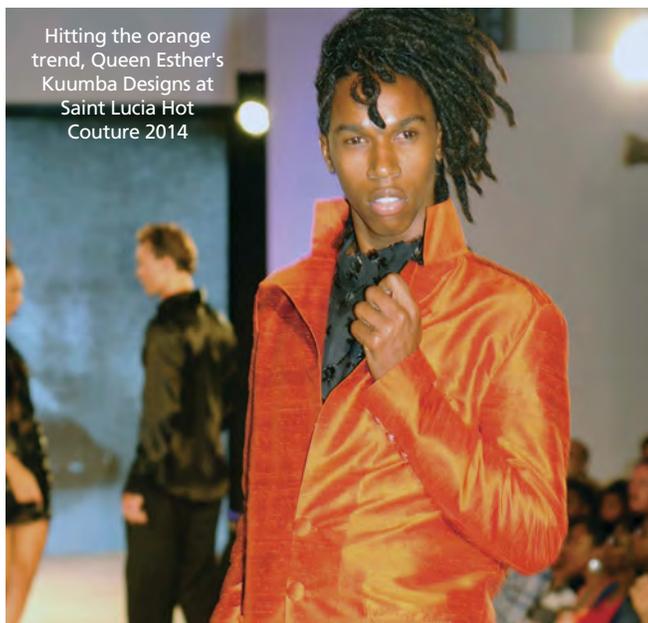


BLOGWORLD CARIBBEAN STYLE INFLUENCERS

Meiling's Kite Soars in the City

Fashion blog "Cities and Islands" hit the nail on the head with a post about finding a "Caribbean Aesthetic." "The best part of this dress: it's a sneaky caftan. It's made in a sturdier fabric, and with a button neckline and a collar. But it's still a caftan, with sexy elements like the unexpected backless peek-a-boo. This is what the Caribbean Aesthetic is all about. Taking those island life influences and creating a wardrobe and style that really becomes every day, or that can be dressed up or down based on occasion, as a Kite absolutely can."

www.citiesandislands.com Photograph: Kyle Walcott Photography



GROOMER TO THE STARS, ADRIAN FANUS RAISES "BARBERING" TO AN ART!

From Hollywood's heaviest hitters to gridiron greats, there's one thing today's most notable entertainers have in common: celebrity groomer Adrian Fanus. With a client list that boasts Academy Award winner Forrest Whitaker, actor Idris Elba, and sports greats Grant Hill and Nate Robinson, just to name a few. The Adrian Fanus Grooming experience is one of the best kept secrets in all celebrity circles.

A native of St. Lucia, Adrian Fanus

began his career under the apprenticeship of Mr. Ryan Evans, one of the island country's most distinguished groomers. With a specialized approach to detail, Mr. Fanus analyzes each client's facial structure and personality to tailor a unique look. Adrian states, "I think a haircut is like a fingerprint. No two fingerprints are the same so a haircut has to be individually tailored."

But now the secret is out and Adrian Fanus brings his cutting-edge style – pardon the pun – and sophisticated design to the Empire State. Situated in trendy Clinton Hill, Brooklyn, Mr. Fanus' very own grooming loft and lounge makes his celebrity expertise available to everyday clientele. With a technique all his own, complete with a trained and licensed professional team, Adrian Fanus Grooming endeavors to bring a comprehensive grooming experience to all customers looking for that rare cut above.

Adrian Fanus' self-taught artistry and his magnetic personality complete the Adrian Fanus Grooming experience – and keep his celebrity and professional clients alike coming back for more. Mr. Fanus notes, "It's about effort, impacting somebody's life. It's more than just a cut. My focus is not in getting them in my chair, but in getting them back – and when they come back, I know I've done a good job."

"From Trinidad, With Style" has had enough of Fast Fashion!

"When I was learning about Fashion Styling, and how to sort a closet effectively, I used my own wardrobe as the guinea pig. Sorting through and getting rid of the junk food, I realized that my clothes did not speak for me. These garments though pretty to the eye, had no real value nor love. Here I was supposed to be going out and telling people that their clothing and their image reflect who they are, and my clothing was saying that I was easily replaceable, socially unconscious and worst of all, that I was not special.

"After years of us lapping up the sugary carbonated drink that is Fast Fashion, the Slow Fashion Movement has emerged; a shift in the way we shop and look at clothes. The idea has been greatly influenced by the way we now look at food; comparing junky, toxic fast food, with healthful, home-cooked meal that may have taken a bit longer and cost a bit more, but has left you feeling and looking better.

"Clothes should be more than a look. I want to pass down these things to my daughter. I want my jewellery to tell a story. I want my clothes to say more than "Blowout Sale." For me, it means that I will be shopping locally; seeking out the designers who are so involved in the end product, that when they see me in their work, they beam with pride. It definitely means that my closets will be less than stuffed, but at least it's only the best food going into them."

steph-nmfv.blogspot.com

ACUIBIEN SAYS IN **MENSWEAR** FASHION: ORANGE IS THE NEW BLACK

Scott Adams was definitely not referring to the insanely popular American comedy-drama series when he dared Caribbean men to embrace "the orange palette [which] continues to pervade the best of fashion collections for at least 3 continuous seasons." And the surprisingly, the spectrum of orange hues is vast and mouth-watering – tangerine, pumpkin, salmon, burnt-orange and fresh orange peel among them. Says Adams: "Gentlemen on the cutting edge of styling are embracing this flaming, brilliant and bold colour. The well-groomed elect to either play with hints and tints of understated orange, perhaps through accessories – a watch strap or silk handkerchief; while others, more confident in their self-expression, are opting for daring fashion citation with shorts, jackets and pants, affirming that truly, 'Orange Is The New Black' – even into autumn winter styling."

www.acubien.com

Photograph: Dave Pascal

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COLOURFUL
FASHION
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AT ITS BEST.

ANTHONY REID

YANNIS KOVEOS

PARADISE PRINTS

HOT TO TROT FOR HOT COUTURE!

PHOTOGRAPHY BY CHRIS HUXLEY

DRENNALUNA

LILYDEZILES

THE CLOTH

Saint Lucia Hot Couture 2014 was a slick, exciting, innovative production. The two-part show celebrated an Island Vibe theme, reflecting real Caribbean style and sensibility. In part one, "Resort Essentials" showed off the best of the region's resort and swimwear to a backdrop of the Sports Illustrated Swimsuit 50th Anniversary Edition shot on the beaches of Saint Lucia, while part two took the audience to "After Dark," with sexy party gear and elegant gowns accompanied by a collage of images from The Bachelor, which had returned to the island for the second time in 2013.

THE HIGHLIGHTS

After a long absence showing in Saint Lucia, **Meiling** made a welcome return with two collections. Her signature black was edgy and easy with oversized shirts, asymmetric lines and flowing kaftans, splashes of red providing the right

detailing, while Meiling's white collection was simple and exquisite as always.

Queen Esther's triumphant Hot Couture debut with **Kuumba Designs'** stylishly sustainable collection of classic white and sisal. Queen's party collection rocked sheer black chiffon with applique and vividly contrasting orange shantung silk

From Guadeloupe, Tamara Depestre's **Lilydeziles** in sherbert sheer silks and chiffons, like a Caribbean feast for the eyes, gorgeous against the shimmering skin of every model.

DrennaLUNA by Jamaica's Arlene Martin was elegant with tailored separates and sexy long shirts over skimpy swimwear.

For After Dark, satin chic evening-wear in monochromatic black, white and grey with a French flavour.

Sonia Noel from Guyana produced a creole afro-influenced coed line which included inspired sheer white cotton layers and basket woven insets, bold black white blocking and earthy ethnic elegance. Quirky little hats were a lovely style detail.

Trinidad's **Rhion Romany** took chevrons and spideys to a gasp-inducing extreme. His über-bare black and white swimwear is ingeniously designed to titillate but probably not to tan.

Robert Young's **The Cloth** was the collection that added a little depth to the sun, sea and sand motif, with reverent choreography telling the story. Amazing, densely complicated prints and patchworks, signature appliques and buffalo gal white skirts against stark black.

Saint Lucian designers did not disappoint: along with veteran **Shazi Chalou** who showed with **Perry Bags**, newcomer **Treasure Frederick** brought pristine tailoring and pretty prints to the runway, while strong, sexy swimwear lines from Nicole Pierre's **House of Lush**, Thelma Phillips' **C.W.A.D** and Sophie Betts' **FYA** were a hit with the crowd.

Fiona Compton's **Paradise Prints** were brilliant with splashy



Fiona Compton and Taribba Do Nascimento's hi-energy impromptu finale was a real crowd-pleaser!



tropical flowers on bodycon dresses, drapery jumpsuits and gauzy kaftans, hand-painted by the designer herself. Taribba Do Nascimento's **Même Bête** line of fun, funky bags provided the perfect styling. Smouldering model attitude gave way to a virtual congaline of smiling, dancing and whining as Fiona and Taribba of **Même Bête** took to the stage dancing and egging on a proud and appreciative crowd.

The two Saint Lucian ladies brought the house down in a triumphant finale of national pride, and Saint Lucia Hot Couture 2014 drew to a high energy close with the promise of more to come next year. It was a virtually flawless production by anyone's standards, and a credit to the vision and teamwork of the collaborators. A strong Caribbean flavour which never lost its Lucian-ness - that's a smart strategy for building a long-term regional and international brand.



SONIA NOEL



CLAUDIA PEGUS



RHION ROMANY



TREASURE FREDERICK



MEILING



MEILING



KUUMBA DESIGNS



DRENNALUNA



RHION ROMANY



SHANIKA BURNETT



CLAUDIA PEGUS



FYA



KESIA ESTWICK



HEATHER JONES



SONIA NOEL



HEATHER JONES



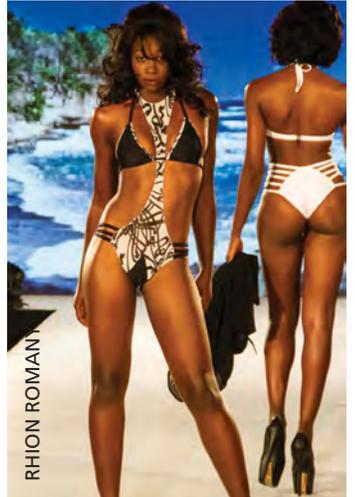
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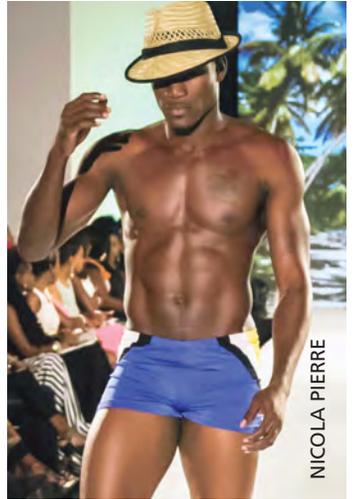
RHEA CUMMINGS JORDAN



FIONA COMPTON



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NICOLA PIERRE



KESIA ESTWICK



THE CLOTH



LILYDEZILES



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KESIA ESTWICK



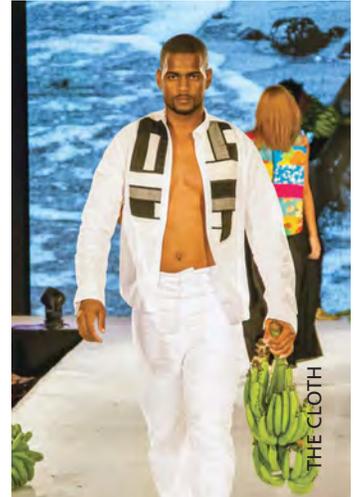
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PARADISE PRINTS



NICOLA PIERRE



THE CLOTH



DRENNALUNA



NICOLA PIERRE



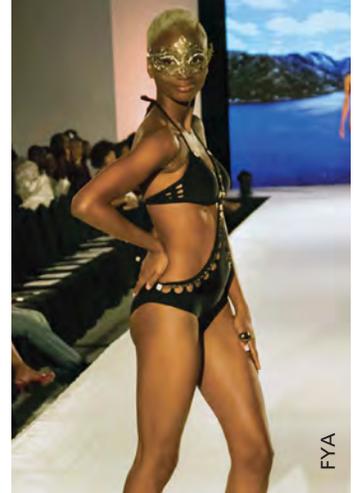
KUUMBA DESIGNS



FYA



KUUMBA DESIGNS



FYA



SHAZI CHALON



ANTHONY REID

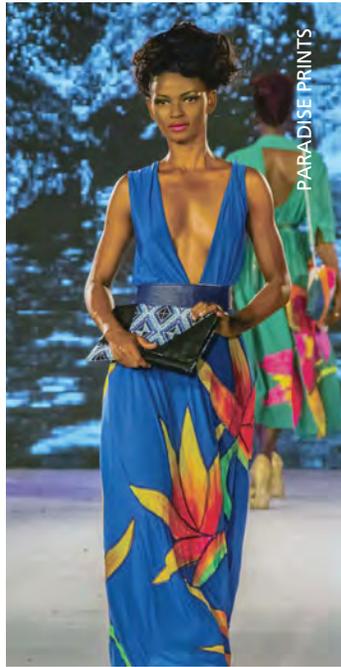


SHANIKA BURNETT

C.W.A.D



NICOLA PIERRE



PARADISE PRINTS



DRENNALUNA



SHANIKA BURNETT



ANTHONY REID



YANNIS KOVEOS



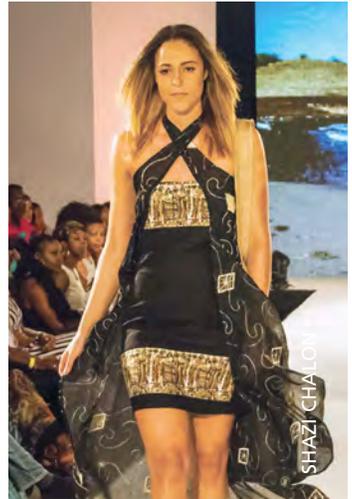
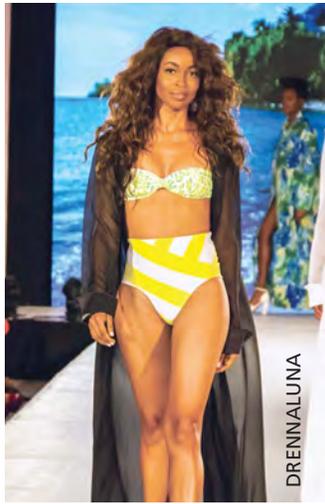
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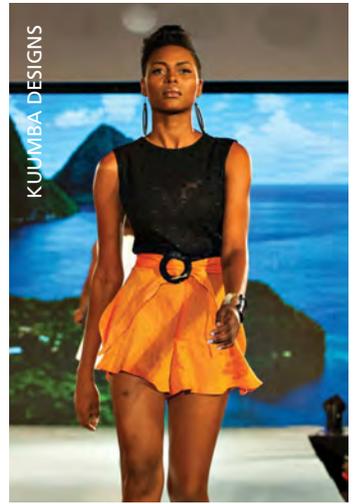


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INSPIRING
ISLAND
FASHIONISTAS
FOR 14 YEARS!

HOPE WADE

OCHUN

JULIET BERNARD

MEILING

MUTAMBA

CARIBBEAN FASHION WEEK REVIEW 2014

PHOTOGRAPHY BY O'NEIL PERRIN

The renowned fashion powerhouse, Pulse, introduced Caribbean Fashion Week—CFW—14 years ago, and continues to deliver glamour, originality and strong exhibitions of talent. The company's dedication to the development of Caribbean fashion was reinforced this year with the launch the e-commerce site Shopcaribbeanfashion.com (SCF). An initiative with London based JHPR and SheBuildsBrands, the site is to become the portal through which the world can make direct purchases of Caribbean fashion items. And, as the collections came down the CFW runway on June 14 and 15, patrons had the option to shop the looks at the onsite lounge or on SCF.com. Designers from Trinidad and Tobago, the French Caribbean, Belize, West Africa, Europe, Canada, the U.S.A and Jamaica demonstrated mastery of craft with collections that incorporated sharp swimwear to flowing floor sweeping frocks.

Jamaica's **Julan** and **Moncrieffe**, T&T's **Delia Alleyne** and **The Cloth** and London's **Alicia Mullings** played with lively colours and signature prints. **Jehan Jackson** and **Tosha Groves** were among the new standouts. **Jackson** presented a sexy and concise narrative with her Old Harbour Babe swim collection while **Groves** showed

off exquisitely made crochet pieces that set the show right off to a brilliant start.

But it was the 21 year old Harlem-based, **Yvonne Jewnell** who took the emerging designer top honours. The young artist's creativity shone with a mixture of hand-painted abstracts and street art infused into her clothes, which helped her take the Gavin Douglas adjudicated, CFW 2014 emerging designer award.

Cedella Marley paid homage to her dad with the launch of her 'Marley' menswear collection as **Maxi Priest** captivated the audience during his performance on the closing night. Young artistes, **Denyque** and **Ishawna** combined upbeat performances with the launch of their own collections. The dynamism of the CFW experience – exciting collections, celebrity music performances, a mix of local and international models, the business forum, the CFW party bar, the on site shopping lounge outfitted with pieces from some of the region's top couturiers from **Meiling** to **Spunk** – all captivated the world press who continue to hail the Caribbean's biggest fashion event.



CEDELLA



HOPE WADE



JORIS



JULAN



MUTAMBA



DELIA ALLYENE



GILLIAN



HONORINE



JULIET BERNARD



MEILING



OCHUN



HOPE WADE







HOPE WADE



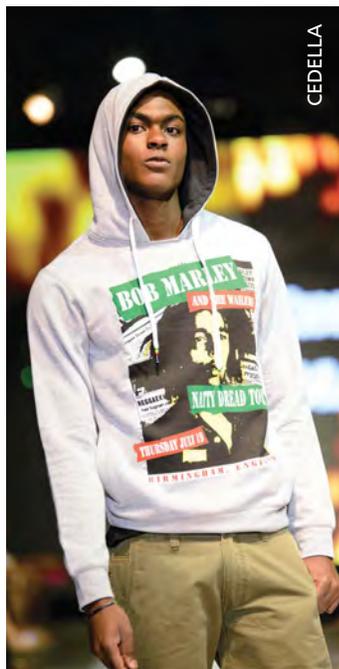
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SONIA NOEL



CEDELLA



BARRY MONCRIEFFE



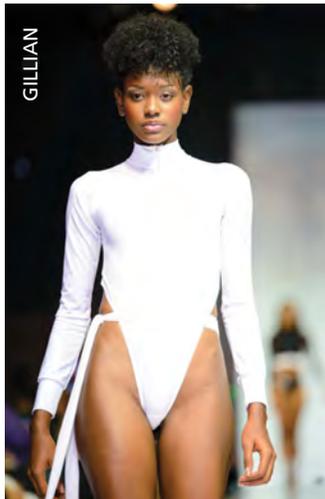
SPUNK



JULIET BERNARD



THE CLOTH



GILLIAN



HONORINE



YVONNE JEWELL



VAIN GLORY



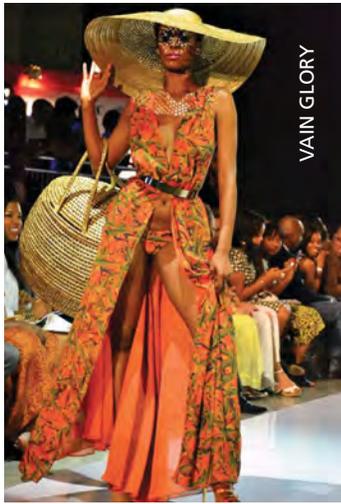
ALICIA MULLINGS



DELIA ALLEYNE



OCHUN



VAIN GLORY



JULIAN



JULIET BERNARD



THE CLOTH



JULIAN



SPUNK



DELIA ALLEYNE



MEILING

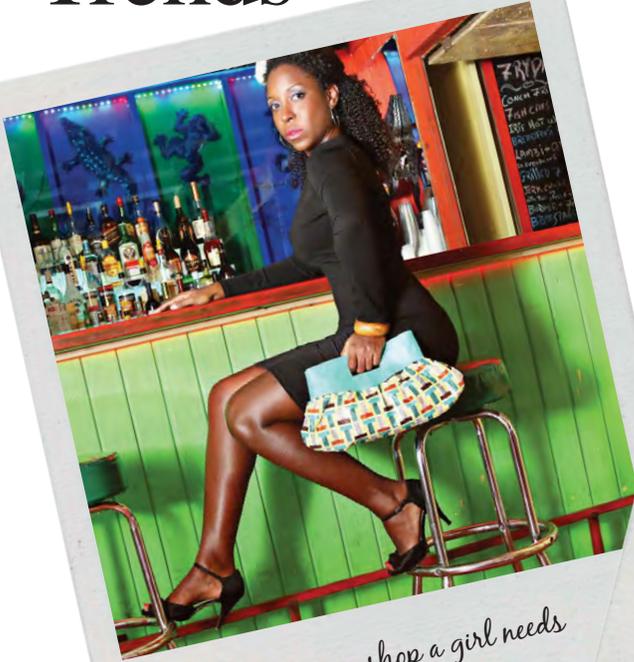


MUTAMBA



SONIA NOEL

Trends



Even at the rum shop a girl needs her mème bête . . .



The right mème bête . . . always puts a smile on a girl's face!

MÈME BÊTE...

Where fashion handbags are concerned, Taribba do Nascimento is definitely not cut from the same cloth! SHE asked the Saint Lucian designer about her up-and-coming handbag business.



LBD - the perfect canvas for a mème bête . . .



mème bête . . . bags are one-of-a-kind, hand-made with leather and printed fabrics, inspired by Ethiopia and manufactured in the Caribbean.



mème bête . . . totes, clutches, crossovers. The only limit is your imagination.



WHAT DOES "MÈME BÊTE..." MEAN AND EXPLAIN THE BRAND ETHOS?

mème bête... comes from a local [St. Lucian] saying that loosely translates to "there's no difference, we're all the same." It is both a pun on the fact that I use leather, as well as paying homage to the fact that I draw inspiration from around the world, even though I am from the Caribbean. mème bête... creates bags for the everyday woman. We like to boast that first and foremost our bags are practical. A small operation like ours means we can tailor bags to suit people's specific needs, from colour to the length of a strap to the number and types of pockets. We also like to boast that even though a bag is practical it can still be fun and fashionable, so we use a lot of bright colours and unusual leather finishes like tie dye. The tag line for mème bête... is "luxury fashion for the everyday fashionista" and that is exactly what we aim to deliver.

HOW DID YOU GET STARTED?

mème bête... started out as a hobby when I was living in Ethiopia. Working with women

mème bête... started out as a hobby when I was living in Ethiopia. Working with women artisans, I got to learn about the various craft industries in Ethiopia and the leather industry really piqued my interest.

artisans, I got to learn about the various craft industries in Ethiopia and the leather industry really piqued my interest. I learned all about the different types of leather and leather finishing and I was absolutely fascinated. And of course the vibrancy of African print material has been a fascination of mine since before I could remember!!

I realised that the combination of [leather and fabric] would give me a multitude of options for making beautiful bags. I trained under a young leather smith who taught me everything I know. It was tough at first, I

made a lot of mistakes, wasted a lot of leather but eventually I got the hang of it.

WHAT HAVE BEEN THE KEY CHALLENGES FOR YOU AS A DESIGNER AND BUSINESS?

The biggest challenge for me has been moving my business from Ethiopia to St. Lucia. Sourcing materials obviously became a huge issue, as now I have to import all my materials which of course has affected my costs, although I still try to remain at a reasonable price point.

Also, re-branding for the local market was a bit tough at first. There were quite a few teething issues with regards to understanding the local market trends, both in terms of style and colour. This of course changes every so often, but because of the interactive nature of the business it makes it easy for me to keep up-to-date.

AND GREATEST ACHIEVEMENT?

My greatest achievement is being successful in Saint Lucia. This is actually a big deal for me because I actually thought that mème bête... would have ended when I moved back home. We are a hard bunch to please and the 'buy local' campaign is still trying to gain momentum. However, Saint Lucians have been very receptive and appreciative of my work. It has truly been a humbling experience. I have quite a number of repeat customers and get quite a few warm words of congrats on my Facebook page and it all just encourages me to do better. The demand for my bags is greater than I would have ever imagined!

WHAT'S ON THE CARDS FOR MÈME BÊTE... FOR THE REST OF THE 2014?

This year I will be doing something big for Jounen Kweyol (Creole Day in Saint Lucia held in October) in collaboration with local fashion retail store Sea Island Cotton Shop, and one of the best local designers in Saint Lucia. The project is going to be amazing!

I am also looking to launch a batik line for Christmas as well as incorporate more men's items. I am struggling with launching my online store and unfortunately I haven't been successful thus far. I hope to do so for the holidays to make it easier for my international customers.

Check out mème bête... At [facebook.com/meme.bete](https://www.facebook.com/meme.bete) for the latest styles and news. **Photography** by Fiona Compton

Trends

FOR MEN by Anthony Reid for the House of Meiling

ANTHONY: "We wanted to have fun and I hate being predictable. My signature for the men's line has always been a juxtaposition of prints and solids. This line is playful, men need to get out of their comfort zone. My pants are slim cut, well tailored like a work pant but with a playful touch seen in the pockets that pick up on the shirt. The shirts are also slim-fitted with contrasting solid accents."



Ayana shows Josh, Clinton and Gibson how to wear Meiling menswear!

MEILING

**ONE
ON
ONE
WITH
THE
ICONIC
MEILING**



Black & White are your signature colours - is this deliberate?

My mantra in life is "LESS is MORE" and this is also my tag line so I always regard and enjoy black and white as clean slates and the perfect starting point and then I enhance with my attention to line and detail. If you are familiar with my work you will know that I love reinventing the classic white shirt. As you've probably noticed my wardrobe consists of only black. This said, I also work in colour.

Your "kite" dress has been a huge hit this year! What inspired it?

I was inspired by the classic Dashiki as the silhouette reminded me of the elegance of a kite in motion. I played off the ease of the Caftan and created a look that evolved and has almost been perfected for the modern woman. It's been one of my most successful creations to date being embraced and enjoyed by many trendsetters.

Is your trend more towards separates or dresses?

I usually veer towards separates as I believe its the direction of today's woman It gives me such a kick when I see her pairing one of my pieces with that of another designer to create her own personal style.

What can we expect from your new line?

One word . . . INVERSION!



Ayana in the popular silk taffeta kite dress.
Josh in a sleeveless cotton knit jumper with hood.

"I believe separates are the direction of today's woman It gives me such a kick when I see her pairing one of my pieces with that of another designer to create her own personal style."



Gibson in a linen shirt with overlay of cotton lace and cotton drawstring pants.
Bernella in cotton shorts and an organdy shirt with inserts of linen.



Taylor in an off-white leather bra top with full flared skirt of tea-dyed organdy.
Clinton in cotton shorts with a sleeveless shirtjac with flap detail pockets and wooden buttons.

Photography Rick Wayne • **Stylist** Richard Young
Models: Ayana Whitehead, Bernella Velinor, Taylor Gilmore, Josh Stevenson, Gibson Charles, Clinton Didier



Versatility

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MAKEUP 101:

How to remove EYE MAKEUP without removing lashes!

It's one thing to enjoy gilding the lily during the day, but not so much fun every night when it comes time to take it all off, and eye make-up can be the trickiest. Too much force and you'll lose lashes and irritate the skin under the eyes. If this is you, you're not doing it right!

1 Do a first pass First, you should do a general clean sweep. Don't worry about the particulars, just use a gentle wipe or gel to remove most of the makeup on your face. For heavy (or stage) makeup, you may need to use a more substantial product, such as an oil-based cleanser.

2 Cleanse thoroughly Splash tepid water on your face and gently massage face wash all over, including the eye area, just keep your eyes closed! Then, pat skin dry with a towel.

3 Take care of eye makeup residue To get rid of the remaining bits of liner, mascara, and so forth, use a mild, fragrance-free eye makeup remover with a cotton ball to help prevent damaging the skin or lashes.

Be gentle: press the cotton ball onto the lid, hold for a few seconds, then lightly wipe.

NOTE: It's important not to rub as this can stretch and worsen wrinkles, which is why using mild products and a light touch is important. If you've been an eye-rubber for years, don't fret. Damage is reversible when you stop rubbing so change your habits now, and you should diminish wrinkles and fine lines in the long run!

4 Hydrate hydrate hydrate When putting on eye cream, the well-known advice holds true: dab it underneath your eyes using your ring finger, because it's difficult to apply too much pressure with this digit.



REGAIN YOUR HAIR'S STRENGTH AND HEALTH WITH

Total Repair 5 Extreme

L'Oréal Paris is pleased to introduce the latest advancement in hair care technology with Total Repair 5 Extreme. This new line of Shampoo, Conditioner, and treatments was developed specifically to restore hair health after extended periods of processing and coloring damage.

The Total Repair 5 Extreme Shampoo and Conditioner are formulated with Ceramide and LAK1000 which restore hair's 10 layers and repair the internal structure of hair. Both the Shampoo and Conditioner also work to fill in the cracks of hair from root to tip. The Split End Leave-In Treatment adds even more nutrients to the hair with two serums: the Reconstructive Gel within the treatment works layer by layer to internally bind split ends, and the Reconstructive Serum seals split ends externally with highly concentrated silicones. To replenish and soften hair The Instant Repair Mask can be used after using the Shampoo and Conditioner and leaves hair hydrated and healthy.

After using the Total Repair 5 Extreme line, hair is revitalized, transformed and restored after coloring, chemical treatments, and the continual use of heat styling products. With a formula that is designed to address the key signs of hair damage: split ends, dryness and dullness, users of Total Repair 5 will see a noticeable difference in their hair and regain their hair's health.





FLAWLESS RADIANT SKIN WITH

True Match by L'Oréal Paris

Give your skin the flawless finish you desire with L'Oréal Paris' True Match collection of cosmetics. The line provides an ample assortment of shades and products to give skin needed coverage without clogging pores. The True Match Super Blendable Makeup includes patented color technology that adheres to skin tone perfectly and blends easily into the skin's texture. Its oil-free formula won't clog pores and contains Vitamins A and C, wheat germ extract, and grape fruit extract which help maintain skin healthy and nourished. For added coverage the True Match Super Blendable Powder can be used over the True Match Super Blendable Makeup for a flawless finish or alone for a more natural look. This versatile powder comes in 33 shades and contains a hint of pearl pigments which perfect skin tone. For those that suffer from oily skin True Match offers the Minéral Pressed Powder which is designed specifically for combating excess oil. This breakthrough powder absorbs oil and keeps skin shine free for up to 16 hours. Minéral Pressed Powder comes in 8 shades and helps fight oil causing triggers like heat, humidity and sweat. To cover imperfections and blemishes True Match has the Crayon Concealer. This innovative crayon offers coverage for large or small areas and easily blends into skin. By using the tip of the crayon, smaller imperfections can be covered and for larger areas the side of the crayon gives more coverage. The Crayon Concealer comes in 6 different shades and has a lightweight texture with light-diffusing pigments which ensure skin looks flawless. Lastly, the line includes the True Match Blush which effortlessly blends with True Match Powder and Makeup and provides skin with a touch of color. The True Match Blush is non-comedogenic and oil-free leaving skin with a soft touch of color.

Pregnancy Skin: The Cardinal Rules for Natural Beauty

Although we're sure your natural glow will be all you need, sometimes pregnancy skin can be a little unpredictable, so here are three good rules of thumb to keep your complexion in top shape:

- **Stay hydrated.** Nurture yourself by drinking lots of water and moisturizing in order to keep your skin elastic and help with stretch marks. Melted beeswax is great to apply right to your belly and raw coconut oil is your best bet for an effective and safe moisturizer. Be extra careful, too, about what you use on your breast area if you plan on breastfeeding.
- **Seek out natural healers.** Get lots of ylang ylang, tea tree oil, chamomile, and citrus. All are great ingredients in skin care products, and especially while pregnant. If you breakout during your pregnancy, use tea tree oil on your pimples.
- **Avoid known inflammatory.** Rosemary, jasmine, and cinnamon—all natural—are all also known to increase blood pressure and could cause early contractions. Be mindful of salon services; don't wax since your skin is too sensitive. For the same reason, steer clear of anything containing synthetic fragrances.



OILY SKIN IS A PROBLEM OF THE PAST WITH

Garnier Clean + Oily Skin Regimen

Garnier is proud to introduce its new Clean + Oily Skin regimen formulated naturally derived ingredients. The Blackhead Eliminating Scrub works as a powerful exfoliator that contains micro beads which give skin a deep clean and minimize pores while leaving skin smooth to the touch. Its special formula has Salicylic Acid which removes dirt and other impurities. For everyday use the line includes the Shine Control Cleansing Gel which works to remove excess oil and make up and leaves skin shine free. Both are oil-free and contain charcoal which acts as a magnet for dirt. After one week, skin is clearer, and pores are visibly reduced.

InsideBeauty



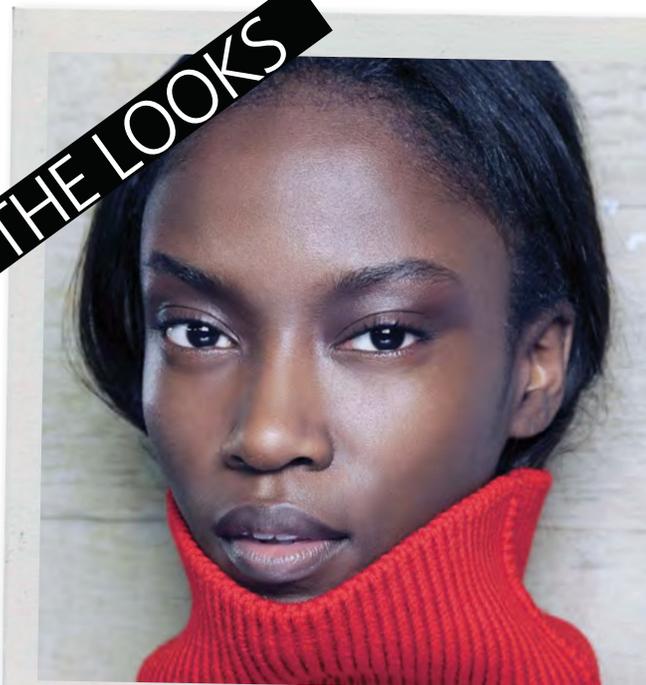
MAC PRO Senior Artist Gisel Calvillo shared her wisdom at the MAC Autumn/Winter presentation in Miami.

BEAUTY IS INDIVIDUALITY

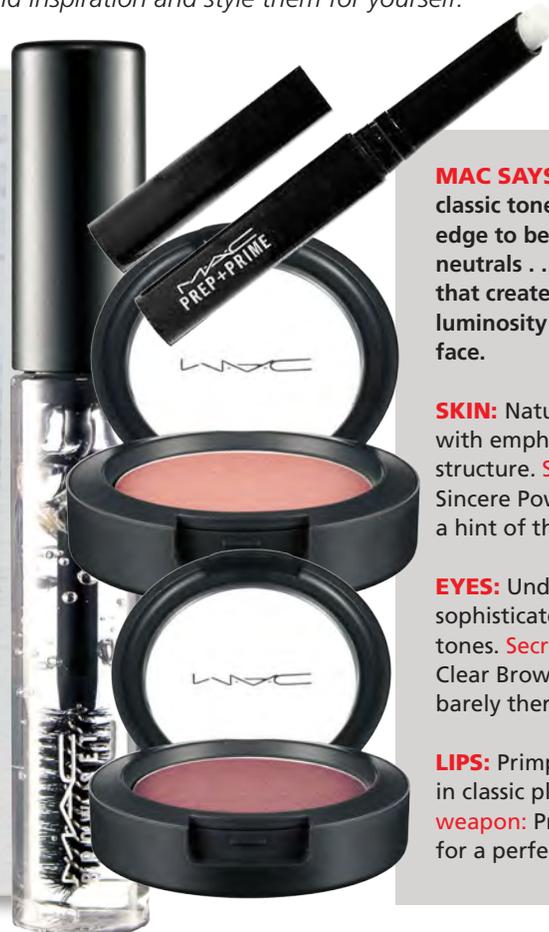
Fall Trends from MAC

For Autumn/Winter 2014, makeup has become something of a beautiful paradox. It's about artistry to achieve something that looks essentially un-cosmetic. Masking and Morphing feels irrelevant this season. A quiet alchemy of product and technique that nonchalantly amplifies what is unique in the Face is the new stealth wealth of makeup. Look for nuances of texture, transparent lightness rather than heavy opacity, unpredictable colours – "OFF" colour is distinctly "ON" trend. The MAC Attitude? It's your own. Take the ingredients and inspiration and style them for yourself.

THE LOOKS



off colour



MAC SAYS: Subverts classic tones with a dirty edge to become the new neutrals . . . Grungy colour that creates the effect of luminosity and life in the face.

SKIN: Natural and dewy with emphasis on bone structure. **Secret weapon:** Sincere Powder Blush for a hint of the sun.

EYES: Understated and sophisticated with earth tones. **Secret weapon:** Clear Brow Set for that barely there definition.

LIPS: Primp your pout in classic plum. **Secret weapon:** Prep + Prime Lip for a perfect canvas.

ALL PHOTOS COURTESY OF MAC COSMETICS



on reflection

MAC SAYS: Explores how shine is the most crystallized direction of the season . . .

KEYWORDS: Radiance, glow, lustre.

SKIN: Flawless and fresh with subtle contouring. **Secret weapon:** MAC Pro Longwear Foundation and Concealer for all day perfection.

EYES: Soft and smoky with hints of metallic. **Secret weapon:** Fling Eye Brows and Wedge Brow Pencil for perfectly defined eyebrows.

LIPS: Natural tones with a sweep of shine. **Secret weapon:** Wildly Lush Plush Glass for finish and flourish.



unprocessed

MAC SAYS: Makeup employs the skins own shades to embrace authenticity in every form . . .

KEYWORDS: Dramatic, sophisticated, powerful.

SKIN: Perfectly primed with defined contouring. **Secret weapon:** Illuminate Prep + Prime CC Colour Correcting SPF 30 for that impeccable complexion.

EYES: Ethereal greys with a sleek defining line. **Secret weapon:** Black Ice Pro Longwear Eye Liner for smudge-free days and nights.

LIPS: Frosty and pale with oodles of moisture. **Secret weapon:** Beurre Creamstick Liner for subtle and hydrating definition.



streamlined

MAC SAYS: Eyes have a gestural quality to them that widens the eye . . . Eyes are indisputably the feature to focus on for the season ahead.

KEYWORDS: Theatrical, quirky, fashion-forward.

SKIN: Warm and glowing with tawny contouring. **Secret weapons:** Mineralize and Gingerly Powder Blush.

EYES: Geometric shapes in bold colours to match your mood or your outfit. **Secret weapon:** Electric Eel Eye Shadow.

LIPS: Pretty in pink tones with barely there outlining. **Secret weapon:** Boldly Bare Lip Pencil



DO YOU THINK ABOUT **INK?**

HUMANS HAVE BEEN TATTOOING SKIN, FILING TEETH AND DECORATING WITH ORNAMENTS SINCE PREHISTORIC TIMES, SOMETIMES TO STAND OUT, SOMETIMES TO BLEND INTO A GROUP. OETZI, THE FIVE THOUSAND YEAR OLD ICE MAN UNCOVERED IN THE ALPS, HAS TATTOOS THAT MAY HAVE TELEGRAPHED IDENTITY, OR WORKED TO RELIEVE, PHYSICALLY OR PSYCHOSOMATICALLY, HIS LOCAL ACHES AND PAINS. OR PERHAPS ALL OF THESE. **BY DENISE LAY**

When we see someone with a tattoo, we form different opinions. 'She's probably easy.' 'He'll never get a corporate job.' 'He probably smokes and drinks a lot.' Seldom are they positive opinions. Although tattoos are no longer as taboo as they were in the past, they still evoke very strong emotions and reactions. Without wanting to discriminate, it is almost certain that when choosing prospective staff, an employer will not hire that bright, young recruit who has a face and neck tattoo. Unfortunately that is an increasing percentage of the workforce. We do of course have plenty of tattooed geeks solving problems down in Silicon Valley.

What then when your career is based entirely on your physical appearance? It has been a shocking eye opener having worked with regional models and finding out that perhaps two out of three girls have one or more prominent tattoos on parts of their bodies. Entire thighs were covered in ink! Stomachs were decorated with butterflies and fairies. Ankles, lower backs, décolletage, arms, necks and hands were embellished. It really amazed and concerned me that so many young girls, eager to be the next Chanel, Iman or Jourdan Dunn, were so quick to permanently scar their skin.

As I came across more models with more ostentatious tattoos, I started questioning the thought process behind getting inked. Reasons ranged from 'just because' to 'it makes me feel sexier' and everything in between. Peer pressure was one of the main reasons. It got me thinking, is there more to a butterfly on a girl's hip?

The actual process of getting a tattoo is quite a painful one depending on the part of the body. It is permanent and seen by the individual as an enhancement of their body. That in itself implies that

an individual getting inked thinks that their body isn't good enough and needs modifying. So does that mean models who get tattoos have deep-seated insecurities, or is it really just skin deep?

I spoke to girls with the loudest tattoos and they almost always burst into tears as they shared stories of abuse, broken homes and rough childhoods. Their tattoos were a way of expressing their hurt. The physical pain was something they'd become used to and had already leapt that threshold.

But why a tattoo? Weren't they concerned about the limitations that they were placing on their careers? I'd never seen a Victoria's Secret model strutting down the catwalk with Jack's beanstalk on her thigh. Turns out the desire to do something drastic far outweighed the potential of damning their modelling future.

During a long conversation with one of St. Lucia's Hot Couture beauties, she revealed a very soft side to her tattoo. At just seventeen, after her mother had passed away, she got a tattoo that made her feel like her mum was always near. It was a very simple decision and although the significance is monumental, she now regrets getting the tattoo for fear it may hinder her opportunities.

Why your stomach? I asked. "At the time I wanted something in an inconspicuous place but did not want the artist anywhere too

private, so [stomach] was the easiest," she laughed. Surely you're not shy? You're a model after all! I retorted. "Around women I'm far from shy. Men, yes." I wondered if this hid something deeper. I dared not pry as I was afraid of more tears so I went on to ask how she now feels about her tattoo.

"Rather than sadness, I feel warmth. The regret comes from knowing that [my mother] would have wanted better. As modelling is so important to me she would not want anything to hinder my growth.

She'd remove her tattoo in a heartbeat, but what if she didn't model? "Hell yes! I'd be tatted up! There is usually a pattern. No one gets just one tattoo," she exclaimed. She describes the pain as fun; I'm still not fully sure how to dissect that comment. Long term effects of ageing and childbirth don't worry this beauty.

"When you get a tattoo, you don't really think of the after effects. It's like smoking!" I couldn't help but chuckle at her candid honesty.

Getting one or multiple tattoos is ultimately a very personal decision and motivations vary greatly. For a model, getting tattoos seriously affects one's scope, so be mindful of your choices and do remember that your body is a perfect canvas. Is your canvas worthy of Picasso masterpieces or subway graffiti?

Advice on Getting Tattoos

- Ask someone you know who has had a tattoo to recommend a tattoo parlour or artist.
- Visit as many tattooists as possible. Ask to see their portfolio and certificates of training and hygiene or first aid. Take someone along with you if this makes it easier to ask.
- Trust your instincts. Does the place feel, look and smell clean? Can you trust the tattooist? Are they open to questions? Do they explain things well? If you're not sure – leave.



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TALKING HAIR



Hawaiian Silky Argan Oil, Hydrating Sleek-Sleek Edge by JF Labs

THE HAIR OIL COMPETITION

Most women are moving away from the misconception that oils weigh their hair down, making it too limp for styling, so the new manufacturers in hair care today are competing with one another to produce the latest miracle cure for all hair types. Oils generally add shine to dull hair, remove frizz and can also be used as a great styling agent. Some of the more popular contenders are Moroccan oil, almond oil and the Caribbean's all time favorite coconut oil.

Oils have ultra hydrating benefits to most hair types, as the popularity of Moroccan argan oil has proven. The nature of the modern hairdressing industry is so complex and diverse that clients can take their hair from blah to beautiful, rescued from the effects of bleached highlights, braiding, weaving and other extreme chemical treatments. When hair has reached such epic proportions of abuse, and by this I mean totally fried, there is no need to add oils to the root; it will wind up looking greasy. Shampoos formulations which include oils are best to use in this instance.

However, when applying oil as sheen to aid styling, it is important to move away from heavier oil, such as jojoba which is great for hot oil treatments. Lightweight oils like sweet almond will add a healthy sheen without weighing fine hair down.

DIP DYED

Looks like every entertainer wants to be turned upside down and have the tips of their hair dipped in a bucket of their favorite cocktail of paint. From actress Jessica Biel to songstress Rihanna, the two-toned ombre approach to hair colouring is as stylish and current as it gets. If your hair is long and straight or long and wavy, this sun-kissed colour technique starts from the middle length to the end like the natural lightening effect of the sun's rays.

SCARF COUTURE

I cannot think of a woman in the world today who does not own a headscarf as part of her wardrobe collection. This 1950s vintage American accessory introduced women to a more relaxed approach to fashion, and changed forever the female silhouette. In warmer climates, scarves are a cool way to shade the head and of course the scarf has become the perfect "bad hair day" cover up and defence against the sun's attack on coloured and other chemically treated hair. It also keeps hair off the face and holds some hairstyles perfectly in place. Little wonder Giambattista Valli's collection at the Haute Couture Fashion Shows in Paris in July 2014 paid homage to this timeless accessory and its simple decadence.



ARE YOU BRUSH SMART?

Make sure that you have the correct hairbrush for the style that you are trying to achieve and for your hair type and texture. A baby-soft bristle is great for fine hair and coarse bristles are perfect for thicker hair. Ask your stylist for more advice. ■ Wash your hairbrushes regularly in warm water with a little shampoo and allow the bristles to dry naturally. ■ You don't need to buy the most expensive hairbrush- just make sure the bristles are soft enough. Natural bristles are usually softer and kinder to the hair, though more expensive. ■ Use a hairbrush with bristles long enough to reach your scalp. This way they will release your hair's natural oils. ■ Hair brushes which are not rubberized at the tip are extremely bad for the scalp and hair shaft as they cause bruising and create split ends. ■ Use a comb instead of a brush to detangle wet hair (some people even say don't comb it when it's too wet because your hair is weaker when it's wet). ■ Regardless of the quality of your hairbrush, you always need to use heat protection products on your hair before blow-drying. ■ Don't brush thick, frizzy hair—use a pick comb instead.

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15 Minute Orgasms!?!?

I bet that caught your attention. Sounds farfetched? Not according to a new lubricant on the market titled 'Foria,' a play on the term for intense happiness and excitement, Euphoria. And it promises the best sexual experience a woman has ever had, reportedly due to its powers to provide multiple orgasms. This miracle of modern science was created by 40 year old Los Angeles entrepreneur Mathew Gerson, in his kitchen! But that's not the wildest part. The main ingredient in this mystical mixture is marijuana. Here's how it works. According to laweekly, "Gerson encourages women to spray the lubricant onto their nether areas to get that sensual feel. It reportedly takes around 15 minutes before women feel the effects. One to two pumps of "Foria" can also be sprayed into the mouth since the product is also edible. However, like marijuana, this process would also elicit the feeling of elation." Sadly for now Foria is only available in California, but something tells us that this may catch on quickly.

How to be the best he's ever had

Everyone wants to be good in the bedroom right? Right. Whether we admit it or not, we all want to be able to give someone a night to remember. Because when someone tells you that you're good, well, it's a pretty brilliant



feeling. So how can you be the best he's ever had? We really wanted to know, so we spoke to Annabelle Knight, presenter and sex and relationship expert, to get her top advice. Trust us ladies, if you want to be the one he never forgets, you'll want to read these tips.

BE A TRY-SEXUAL

Want to be the best he's ever had? Then don't be afraid to experiment. That doesn't mean you have to get out the whips, chains and handcuffs (but of course if you want to, then go for it!), but a little experimentation can go a long way. Sensory play is a good one to start with. "You'll be amazed at how your other senses are heightened when one is cut off," Annabelle says. Try blindfolding your partner and using something to toy (excuse the pun) with them. If you really want to up the kink factor then Annabelle suggests using a chilled glass toy. Pop it in the fridge

beforehand and run it all over the body, re-visiting their erogenous zones. Team that with a passionate kiss now and then and you're onto a winner.

GREAT SEX STARTS OUTSIDE THE BEDROOM

Before you even get into the bedroom you can start spicing things up. Annabelle calls it foreplay to foreplay. "Play the long game, sexy messages while you're at work, a romantic dinner, a candle lit massage with sensual oils - all of this will create a build up that can lead to the most incredible of experiences," she says. Yes, being the best isn't only about what you do in bed, it's about what you do out of bed too.

LUBE UP

When it comes to sex, wet is best. Lubricants with added extras like delay gel or warming qualities are a great addition to the bedroom. "Hand jobs will never be the same again, lube up your palm and your partner, then use long smooth strikes," says Annabelle. "Try twisting your hand at the same time for a whole new experience."

DON'T FORGET THE PERINEUM

The perineum is the little patch of skin in between his testicles and anus - it's a nerve super centre and is very responsive to touch. "Apply a light amount of pressure with the tip of your finger and massage gently," says Annabelle. "Gauge his reaction and adjust the pressure and speed accordingly," Doing this at the point of climax can add to the intensity and make his orgasm feel like its lasting much longer.

EYE CONTACT

Looking someone in the eye can make the experience really intimate and more intense, especially if your faces are just inches apart. "Don't stare your partner out, blinking-competition style, but a few seconds here and there of lengthy gazes will up the ante and also help you to gauge what should come next," says Annabelle.

TAKE CONTROL

Yep, being assertive and self-assured is a great trick for giving him a night that won't forget in a hurry. Try not letting your partner get control at any point - you stay on top and decide how things are going to go. "Restraint is a great way to gain control, soft satin ties are a great alternative to clunky handcuffs and feel great against the skin, alternatively just hold their hands in place," says Annabelle. "This isn't just sexy because it's kinky, but also because of the level of trust required. trust increases intimacy, leaving you with a deep and sensual experience." It could be a bit much if you do it all of the time, but every now and then it can work a treat. www.sofeminine.co.uk

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Chikungunya | CASES CONTINUE TO CLIMB

It's likely that 2014 will be remembered in the Caribbean as the year of chikungunya – a previously little-known virus which became a household name as it spread throughout the region. However, by August, health officials in the USA were reporting that for the first time, U.S. mosquitos were spreading the virus. Two people in Florida were reported to have acquired chikungunya infections domestically; in both cases a person infected with the virus after visiting the Caribbean was then bitten again by an uninfected mosquito in Florida, which then transmitted the illness further.

"The arrival of chikungunya virus, first in the tropical Americas and now in the United States, underscores the risks posed by this and other exotic pathogens," said Roger Nasci of the Centers for Disease Control and Prevention, in a prepared statement.

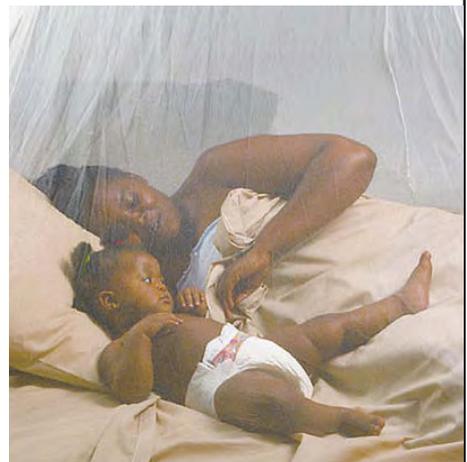
Chikungunya virus is rarely fatal. Infected people typically suffer fever, severe joint pain and swelling, muscle aches, headaches, rash or a combination of symptoms. The name is derived from the Tanganyikan language, Kimakonde, and means "that which bends up," describing the debilitating pain infected people suffer. Patients usually recover in about a week, although some people suffer long-term joint pain. There is no vaccine and no specific treatment.

WHAT YOU NEED TO KNOW:

- Chikungunya is a viral disease transmitted to humans by infected mosquitoes. It causes fever and severe joint pain. Other symptoms include muscle pain, headache, nausea, fatigue and rash.
- This virus is not spread person to person, but rather by the bite of the Asian tiger mosquito (*Aedes albopictus*) or the yellow fever mosquito (*Aedes aegypti*).
- The disease shares some clinical signs with dengue, and can be misdiagnosed in areas where dengue is common.
- There is no cure for the disease. The only advice for avoiding infection is to avoid mosquito bites. Treatment is focused on relieving the symptoms.
- The proximity of mosquito breeding sites to human habitation is a significant risk factor for chikungunya.
- Since 2004, chikungunya fever has reached epidemic proportions, with considerable morbidity and suffering.
- The disease occurs in Africa, Asia and the Indian subcontinent. In recent decades mosquito vectors of chikungunya have spread to Europe and the Americas. In 2007, disease transmission was reported for the first time in a localized outbreak in north-eastern Italy.

PREVENTION TIPS:

- Use mosquito repellent on exposed skin.
- Wear long sleeves shirts and pants.
- Have secure screens on windows and doors to keep mosquitoes out.
- Get rid of mosquito breeding sites by emptying standing water from flower pots, buckets and barrels. Change the water in pet dishes and replace the water in bird baths weekly. Drill holes in tire swings so water drains out.
- Additionally, a person with chikungunya fever should limit their exposure to mosquito bites in order to avoid further spreading the infection. The person should stay indoors or under a mosquito net.





GOOD NEWS FOR ALOPECIA SUFFERERS?

A drug used to treat a rare type of bone marrow cancer restores hair in patients with an autoimmune disease that causes hair loss, a new study has found. Columbia University Medical Center researchers found that the drug ruxolitinib restored hair growth in a small number of patients with alopecia areata, a disease in which immune cells destroy hair follicles.

Alopecia areata can occur at any age and affects men and women. Patients typically lose patches of hair on the scalp, but may also lose facial and body hair. Currently, there are no known treatments to completely restore hair in these patients, who can suffer mental and emotional stress, the researchers said.

First, the researchers identified the immune cells that destroy hair follicles in people with alopecia areata. They also discovered that ruxolitinib — which is approved by the U.S. Food and Drug Administration to treat a bone marrow cancer called myelofibrosis — eliminated these immune cells.

The study team first tested the drug in mice and then in a small number of people with moderate to severe alopecia areata (more than 30 percent hair loss). Within five months of starting treatment, three patients had total hair regrowth.

"We've only begun testing the drug in patients, but if the drug continues to be successful and safe, it will have a dramatic positive impact on the lives of people with this disease," study leader Dr. Raphael Clynes said in a Columbia news release.

"We still need to do more testing to establish that ruxolitinib should be used in alopecia areata, but this is exciting news for patients and their physicians," he added. "This disease has been completely understudied — until now, only two small clinical trials evaluating targeted therapies in alopecia areata have been performed, largely because of the lack of mechanistic insight into it." The study findings were published online in the journal *Nature Medicine*.

PMS – STILL NO JOKE!

Think you know all about PMS? Well, it has been on the radar of women's health for years, and the topic is a favourite for stand up comedians of all genders – after all, about 85% of women experience some degree of PMS. But what can you realistically do to cope with that monthly scourge which can reduce women to a jabbering heap of hormones every 28 days or so?

SYMPTOMS OF THE SYNDROME

- Many women get specific cravings when PMS strikes, often for sweet or salty foods like chocolate cake. Other women may lose their appetite or get an upset stomach. Bloating and constipation are also common.
- Acne is one of the most common signs of PMS, and it doesn't just affect teenagers. Hormonal changes can cause glands in the skin to produce more sebum. This oily substance may clog the pores, triggering a breakout.
- PMS can trigger a wide range of aches and pains, including back pain, headaches, tender breasts and joint pain.
- For many women, the worst part of PMS is its unpredictable mood swings. Irritability, anger, crying spells, depression, and anxiety may come and go in the days leading up to your period. Some women even have trouble with memory and concentration.

HELP YOUR PMS WITH HEALTHY LIVING

- Exercise can help boost your mood and fight fatigue. To get the benefits, you need to exercise regularly -- not just when PMS symptoms appear. Aim for 30 minutes of moderate physical activity on most days of the week. Vigorous exercise on fewer days can also be effective.
- Foods rich in B vitamins may help fight PMS. In one study, researchers followed more than 2,000 women for 10 years. They found that women who ate foods high in thiamine (pork, Brazil nuts) and riboflavin (eggs, dairy products) were far less likely to develop PMS. Taking supplements didn't have the same effect.
- Complex carbohydrates, such as whole-grain breads and cereals, are packed with fibre which can keep your blood sugar even, and may ease mood swings and food cravings. Enriched whole-grain products also have B vitamins, thiamine and riboflavin.
- Because PMS can cause tension, anxiety, and irritability, it's important to find healthy methods of stress relief. You may want to try yoga, meditation, massage, writing in a journal, or simply talking with friends. It also helps to make sure you get enough sleep.



Is Breast Cancer

LINKED TO THE GLOBAL OBESITY PANDEMIC?

BY DR. CORY COUILLARD

October is Breast Cancer Awareness Month and there's no better way to recognise the cause than by actually addressing the cause. Genes play a role in breast cancer but maintaining a healthy body weight and engaging in regular physical activity can prevent approximately 25 per cent of all cases.

On the other hand, only about 5 to 10 per cent of breast cancer cases are thought to be hereditary or inherited from a parent.

This is increasingly important in the developing world as many countries are adopting sedentary lifestyles, eating processed chemical-based foods and consuming or even abusing substances such as alcohol and tobacco.

As a result, 69 per cent of all breast cancer deaths occur in developing countries, and the majority of cases are diagnosed in late stages. Lack of public health education, health care services, and cultural influences all play a significant role in the development of breast cancer.

The problem is there really is a misunderstanding of the role that culture has in the development of non-communicable diseases, including breast cancer. Cultural factors often have an influence on obesity, diet and physical activity trends. For example, in some cultures, being overweight is considered to be a sign of wealth and therefore being obese is a status symbol. In the Caribbean,

curves and size have culturally been a turn on, to the point where the "rolly poly," i.e. overweight, even obese, woman has become the sex symbol of 2014.

However, extreme poverty is also associated with an increased risk of obesity and its related conditions. The two main reasons for this include, firstly, lack of knowledge about fitness, nutrition and how to lead a healthy lifestyle and, secondly, the higher cost of a healthy diet including fruits and vegetables, which often means that processed and fast foods are the norm.

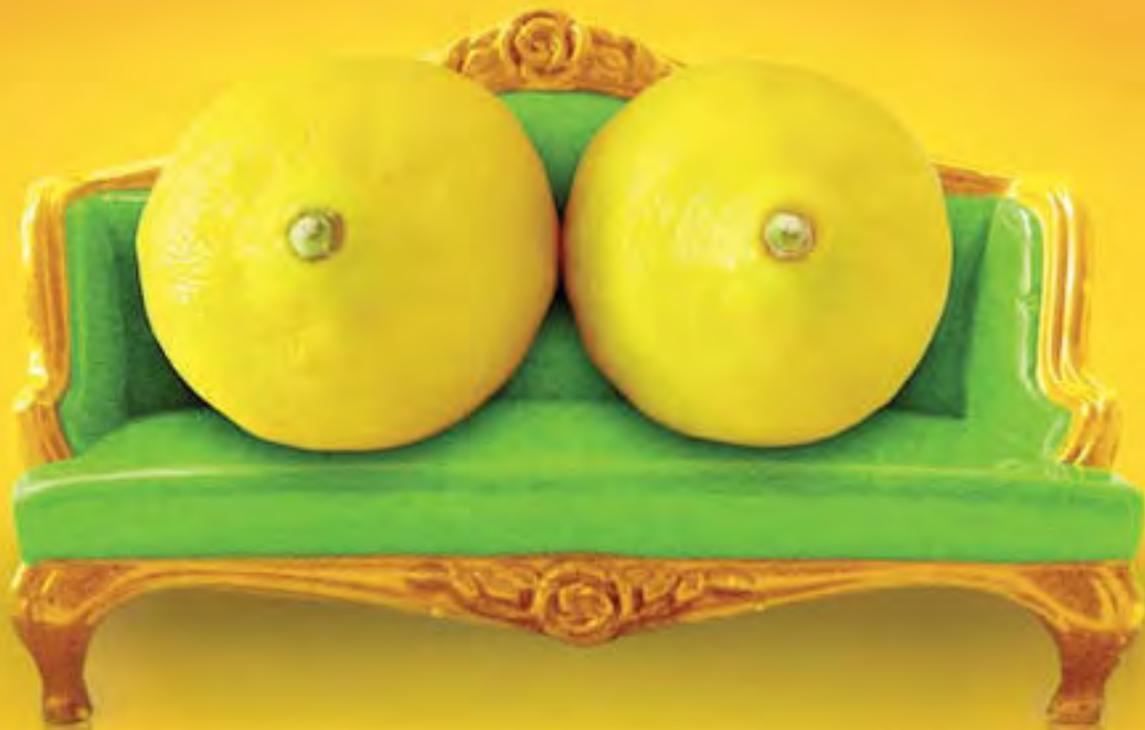
The greatest amplifying factors of the obesity and cancer epidemics have been technological advances and trends towards urbanisation. Like a perfect storm of circumstances, more and more people work in 'modern' jobs with little

physical input and rampant access to unhealthy take-away foods.

In May 2014, the World Health Organisation stated: "Obesity has reached epidemic proportions globally, with at least 2.8 million people dying each year as a result of being overweight or obese. Once associated with high-income countries, obesity is now also prevalent in low- and middle-income countries." The term "overweight" is classified as having a Body Mass Index (BMI) of more than 25, while "obese" refers to a BMI of 30+.

A recent study in the Journal of Clinical Oncology found obese women to have four times the risk of developing inflammatory breast cancer. Two-thirds to three-quarters of breast cancers occur after menopause, the time where women

The greatest amplifying factors of the obesity and cancer epidemics have been technological advances and trends towards urbanisation



Obesity in the Caribbean

A study by Global Burden of Disease in 2013 showed a staggering increase in obesity rates in women between 1980 (29.8%) and 2013 (38%). The report indicated that obesity rates are higher in women than men, which is the reverse of developed countries. According to the WHO, Caribbean countries have among the highest obesity rates in the world. Perhaps even more concerning are the statistics for “overweight” women in the Caribbean, assuming that there is considerable risk that these women will become obese unless dramatic life changes are adopted.

COUNTRY	PERCENTAGE OF WOMEN WHO ARE “OVERWEIGHT” (BMI 25+)	PERCENTAGE OF WOMEN WHO ARE “OBESE” (BMI 30+)
Antigua	63.3	33.1
Bahamas	72.1	44.2
Barbados	75.1	44.2
Belize	76.6	45.4
Dominica	71.2	39.1
Grenada	62.2	32.1
Guyana	56.6	27.1
Jamaica	70.6	38.2
St. Kitts & Nevis	79.5	49.5
St. Lucia	63.6	31.9
St. Vincent & Grenadines	63.7	33.5
Trinidad & Tobago	69.6	38.0

Source: WHO 2008 figures.



gain the most weight. Excess fat has been proven to raise levels of oestrogen and fuel the development of most breast cancers.

Another hormone called insulin has also been found to play a significant role in the development of breast cancer. People who are overweight can develop a condition called insulin resistance where the body is unable to use insulin and results in its over production.

Weight control through improved diet and physical activity can keep insulin and oestrogen at the right levels. How much physical activity is needed? As little as 1.25 to 2.5 hours per week of brisk walking has been found to reduce a woman’s breast cancer risk by 18 per cent. Signs of breast cancer

Everyone’s breasts look and feel different, alter with age and at different times of the month. It’s important to lookout for changes that are unusual for you. Common signs of breast cancer include the following:

Swelling or painless lumps in breast tissue, often towards the nipple; thickening, puckering or dimpling of the skin; nipples that are tender, turned in or producing discharge; swelling underneath armpits.

It’s important to note that not all lumps are cancerous. Women will experience normal menstrual-related breast changes with their monthly cycle that includes swelling, tenderness, nipple discharge and pain.

Dr Cory Couillard is an international health columnist that works in collaboration with the World Health Organization’s goals of disease prevention and global health care education.

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BREAST CANCER IN THE CARIBBEAN

According to the Pan American Health Organisation (PAHO) in 2012 more than 408,200 women in the Americas were diagnosed with breast cancer and 92,000 women died from the disease. Alarmingly and presumably linked to the obesity trend in the region, breast cancer ranks as the first cancer type both in terms of new cases and deaths, in Latin America and the Caribbean.

FACT: breast cancer is the most common cancer and a leading cause of cancer deaths among women in the Americas: This is despite the improvements in breast cancer care made in the past 20 years with early diagnosis and treatment.

FACT: Almost half of all breast cancer deaths in the Americas (47%) occur in women in Latin America and the Caribbean, although it is often perceived to be a disease affecting women from the North.

FACT: The mortality rates from breast cancer are highest in Northern America and the Caribbean.

FACT: If current trends continue, breast cancer cases are projected to increase to over 595,900 and breast cancer deaths to over 142,100 by 2030 in the Americas, due to demographic changes.

TURNING THE BREAST CANCER TIDE

As a priority public health issue, PAHO is clear on the way forward if the region is to reduce breast cancer rates: **COMPREHENSIVE BREAST CANCER PREVENTION AND CONTROL PROGRAMS ARE ESSENTIAL TO REDUCE THE BURDEN OF DISEASE. This includes:**

- Education, screening and early detection, diagnosis, treatment and palliative care, within an organized program with continuous quality improvement methods.
- Health promotion and health education efforts should aim to improve awareness and understanding among women about the importance of screening and early detection for breast cancer, and not to postpone seeking care in the presence of signs or symptoms.
- While the causes of breast cancer remain largely unknown, risk factors such as family history of breast cancer, early age at menarche (first menstrual period) and late age at first childbirth, hormone use, obesity, and alcohol have been identified as factors which can increase breast cancer risk.
- Early detection, accurate diagnosis and appropriate treatment are the currently available methods to prevent breast cancer deaths.



Relationships



DO RELATIONSHIPS AFFECT THE PROFESSIONAL YOU?

Have you ever pondered the impact of all types of relationships on your life and career success?

By Angie Montoute

We all know that relationships play a huge part in our lives, but what you may not have thought of is the damage, stagnation and sabotage they may be creating in every aspect of your life. Yes, I'm talking about your love life, finances, health, emotions and profession. Be warned—relationships are affecting the entirety of your being.

As you move through life tackling the intricacies of climbing the professional ladder and developing your skill set while simultaneously building a household, your career can be a challenge. This juggling act can be less difficult when we understand that there are many types of relationships and all of them can impact the professional you.

Contrary to westernised ideology, relationships are much more than collaborations that we have with people. They are alliances which impact the level of success or failure experienced in life. For instance, your disciplined and diligent relationship with your hobby, talent or dream can catapult you into financial independence and success, like Serena Williams, Oprah Winfrey or St Lucia's Top

Chef Nina Compton.

There are relationships; with "things" such as cars, gadgets and designer clothes; relationships with habits, behaviours and beliefs. There are emotional relationships which manifest in us being victims, constantly making excuses, rationalising our point of view and creating romanticised fantasies versus the reality of being with an unavailable lover.

What about our relationship with the present which prevents happiness and peace because of the perception and affiliation with the past and the future? Which I must point out is impacting the professional you.

How many of us are living with regret in a spiral of eroding self-esteem because of what we did or did not do, or are robbed of our dreams because we choose relationships of fear and procrastination.

Bite the bullet and dump relationships that don't serve you; instead align with those that empower and build self-esteem with characteristics like discipline, consistency, determination and stickability, all of which make navigating the professional ladder less challenging.

In my more than twenty years as a life coach, many clients have asked interesting questions about relationships such as no commitment common law alliances, desires for same sex partnerships or the pain of domestic abuse. The main question they want answered is how can their lives be fixed.

Human beings have the ability to have in-depth conversations, but without the knowledge of a win-win approach and what's best for the relationship, we constantly miscommunicate, stepping on each other's feelings like elephants. There can be much parrying from verbal,

Human beings have the ability to have in-depth conversations, but without the knowledge of a win-win approach and what's best for the relationship, we constantly miscommunicate, stepping on each other's feelings like elephants.

emotional and physical blows not just from an outside abuser but also from self-sabotaging behaviours—that's you by the way! The negative mindset impacts any true team player's thought process and the power of toxic thoughts pervade.

Let me ask you this: Is the mistress "mashing" up your relationship. I bet you immediately think I mean the female 'jabal', but there are other 'mistresses' like alcohol, the voracious escapism of sports or reading, going out and being anywhere but home, excessive sleeping, 24/7 social media, gambling, pornography and the list goes on... They take priority, they get attention, you'd swear it's a woman (or man for that matter), as you choose to spend more and more of your time with your 'mistress.'

So all in all, the multifaceted nature of your relationships offers clues to your life, exposing your weakness and strengths, ultimately offering lessons that you can choose—if you wish—to listen to and learn.

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Coverstory

Shala Monroque

*Silk chiffon gown
by Treasure Couture,
St. Lucia*

THE MUSE FROM MARISULE!

HER BROAD SPECTRUM OF TALENTS AND ACHIEVEMENTS MAKE IT IMPOSSIBLE TO PIGEONHOLE HER: ART CONSULTANT, WRITER, MAGAZINE EDITOR, ECLECTIC BLOGGER, STYLE-INFLUENCER. SHALA MONROQUE IS ALL OF THAT AND MORE. WHEN SHALA SPEAKS, THE TRENDY AND TRENDING LISTEN. SMALL WONDER THAT A-LIST INTERNATIONAL PUBLICATIONS CAN'T GET ENOUGH OF HER.

BY DEE LUNDY-CHARLES

PHOTOGRAPHY BY JAMIL SMITH AT JACOB RIIS BEACH, NEW YORK, NY



In a Vogue pictorial Shala is seen at home in Saint Lucia teaching wide-eyed kids about preserving the ocean. Her Shala's Rabbit Hole blog features photos of Chisel Street, Castries in 1997 juxtaposed with Alexander Wang's new store in Tokyo; an Instagram shot taken in Colombia presents her in a bright pink creation by Guadeloupe's Lilydeziles, whimsically framed by a perfectly matching traditional doorway. And then there are her well-covered front-row appearances at fashion weeks in New York, Paris and Milan, and on red carpets the world over. As if already she did not have more than her fair share of talent, it turns out Shala Monroe may be capable of being in several zones at the same time!

Her international reputation as a style chieftain spreads across the multiple lanes of social media. The Saint Lucia-born fashion phenom is the darling of creative New York and the world of haute couture.

She grew up with sand between her toes, playing at Marisule beach on the northwest coast of Saint Lucia. Shala reminisces: "I loved to play, climb trees, bathe in the rain, explore, walk along the coast from Vigie . . . On school vacations, and sometimes at weekends, I stayed with my grandmother at

the island's southern end, in Saltibus. So in essence I had an idyllic childhood."

Storytelling and music were a big part of her family life, as was growing vegetables in her granny's garden and eating what they grew in that old time farm-to-table self-sufficiency that is suddenly trendy again. Her mother worked at one of the island's earliest resorts, the St. Lucian Hotel, and it was here that have-not Shala got her initial glimpses into the life of the haves. Saint Lucia was even then a popular wedding destination for the rich and famous and from about age seven she was a paid flower girl, spending days at the hotel with the guests, snorkeling, lunching or accompanying them on tours. For Shala it all amounted to "a taste of what was possible."

But too much of a good thing can be bad. Despite her deep-seated love for Saint Lucia, for the teenaged Shala island life became boring. What she saw on TV about living in America convinced her that's where her future lay. She was twenty when she left for New York. But things are seldom as they first appear. New York reality initially proved a bit of a shock: "Loud, overly aggressive and stinking!"

A few years later Shala Monroe gave the

USA another try, indulging a romantic idea of taking the Greyhound bus from Miami to New York like she'd seen in movies. This time, her experience was very different.

"I arrived in New York around Fashion Week," Shala recalled during a recent visit to her home island. "My aunt worked backstage at the venue so I got to go to the shows and some parties. I felt so at home in that environment. I kept extending my stay, from two weeks to a month, to three months. I didn't want to go home to Saint Lucia. But I did, eventually. However, I knew New York was where I belonged."

Hard as it is to believe, Shala claims to be something of a non-planner, even these days as she continues to evolve into a fashion household name thanks to exposure in Vogue, Town and Country, Harpers Bazaar and New York Magazine. In her early NYC days, Monroe went through a number of career reinventions to pay the rent, from receptionist to waitress to hostess at ultra-hip restaurants Man Ray and Nobu.

It was in 2009 that she landed the position of Pop Magazine's editor-at-large, at which point the fashion industry began to sit up and take notice: Miucca Prada became devoted to this mysterious muse; global

“

I LOVED TO PLAY, CLIMB TREES, BATHE IN THE RAIN,
EXPLORE, WALK ALONG THE COAST FROM VIGIE . . .
ON SCHOOL VACATIONS, AND AT SOMETIMES
WEEKENDS, I STAYED WITH MY GRANDMOTHER AT
THE ISLAND'S SOUTHERN END, IN SALTIBUS

”

HOT GOSSIP!

What did you think of Saint Lucia Hot Couture?

I loved it. It was really good, and there's a lot of talent here and in the Caribbean. This was my first show in the Caribbean, so it was great to see it in Saint Lucia.

Who were your favourites?

Oh I'm not sure I should say . . .

When you're Shala Monroque it's your duty to say, so share the scoop with SHE readers!

[Smiles] Well I wrote a few names down: Thelma Williams from Saint Lucia, Meiling from Trinidad; Tamara Depestre (Lily Deziles) from Guadeloupe was really nice, and I really loved Treasure Couture from Saint Lucia. When I got here I thought I'd have a bunch of stuff made, then go back to New York looking like the coolest person. It's a really nice feeling to do that. Treasure Frederick surprised me – I could see all the details and quality in his pieces – I was expecting a younger,

hipper designer, but he does have a lot of experience and a really cool moustache.

[Laughs] I was really intrigued.

How did the show differ from New York or international runway shows?

The format was different – you had many more designers, so it was longer than the usual 5-10 minutes for individual shows. It was nice that it was in two parts, so you could grab cocktails in between the viewings. I think it was also nice to see Caribbean designers alongside Saint Lucian, and to see what's going on in the region. I think that talent scouts from major labels should really be looking here for new talent.

You're known for your passion for Prada, but what other international designers excite you?

Jil Sander, Rochas, and Miu Miu.

Do you plan to come back in 2015 for Saint Lucia Hot Couture?

Certainly!



Swimsuit by Rhion Romany, Trinidad

WATER BABY

As an island girl, what significance did the ocean play in your childhood?

The first thing the ocean did for me as a child was open up my imagination. I instinctively knew that it held invisible roads to wonderful places around the world and often imagined crossing it. My childhood home gave me a spectacular view of the horizon, of wonderful sunsets and of cargo ships sailing in and out of the harbour and living that close to the beach, I was very often in the water.

[We had] so much freedom as children back then, there was usually a pack of us headed to [the] beach to swim, play and express ourselves without any sort of fear or hindrance. We even bought fresh fish from the fishermen on certain days. So in effect I think the ocean gave me a wonderful sense of freedom of the imagination and also physical freedom.

Why did you choose to work with La Mer and what do you hope to contribute?

Working with La Mer happened very organically. I was contacted by them to find an ocean-related charity to support and heard about Kids4Coral through the [St. Lucia] tourist board.

It totally made sense for me to support them as I felt very connected to the cause. As a child snorkeling and swimming right off the shore, I had been exposed to what at the time was breathtaking marine life at Jalousie beach. I'm sad to report that with the development of that beach, much of what I remember has gone.

The memory of the marine life there has remained vivid. It was a sight so beautiful that I wanted to share it with everyone. Kids4Coral is one good way of making St. Lucian children aware of our marine heritage and also sparking a desire to protect it as they are the future leaders of our country. La Mer is a brand that sustainably uses sea kelp in its formulas and is dedicated to supporting Ocean conservation and awareness. It made perfect sense for us to align our interests.

How did you spend Ocean Day 2014?

I spent World Oceans Day at Rock Away Beach in New York.





"I LOVE SAINT LUCIA,"
SHE SAID FOR MAYBE
THE TENTH TIME DURING
OUR INTERVIEW. "I LOVE
THE SLOWER PACE, THE
WAY PEOPLE HERE ARE
SO LAID BACK."

*Known for her love
of colour, Shala
rocks this hot pink
cotton gauze dress
from The Cloth,
Trinidad*

PHOTOGRAPH BY RICK WAYNE

gallerist Larry Gagosian was papped with the smiling sphinx-like Monroque. Everywhere, editorial ears perked up at the sound of her name.

This from *Essence*: “The stunning social jet-setter, art enthusiast and editor-at-large of *Pop Magazine* possesses a high level of sophistication and elegance with a dose of eccentricity that is rarely seen and sorely missed in today’s fashion landscape. Monroque first [piqued] our interest at the Paris Fashion Week Spring/Summer 2010. And how could we miss her? Among a sea of severe black and leather ensembles, there was Monroque front row at every show in a riot of eye-popping hues, prints, textures and statement necklaces. We love her willingness to stray from the pack with confidence. It’s no wonder this editrix made *Vogue*’s top ten best dressed list.”

A formidable fashionista! What a surprise, then, to meet Shala Monroque for the first time and to discover her a sweet, shy, almost guarded woman. Which is not to say she projects anything but self-confidence, especially when in front of the camera. An air of mystery seems to surround her, but as she swigs on fresh coconut water and sucks the sweet flesh of a ripe mango through its punctured skin—Looshan style—the observer is left in no doubt at all that she’s one of us: An authentic island girl!

Sitting down with *SHE Caribbean* on the heels of last May’s Saint Lucia Hot Couture, the local tourist board’s special guest opened up about her passions and the altogether sophisticated life she leads as a favorite of New York’s dedicated followers of fashion. Don’t call her a celebrity, despite her rave reviews and fashion-household-name status.

“I don’t think of myself that way,” she says, “not in New York and definitely not in Saint Lucia. It always sounds weird to me. Always sounds weird to me. I still think of myself as just Shala, the girl from Marisule.”

Nevertheless she confesses to soaking up the local “inspirational vibe and channeling the positive island energy” when in NYC. She’s regularly stops on the way home from Hewanorra airport just to sample Looshan treats such as Creole bread, coconut turn-overs and coconut water—now becoming a favorite in the big wide world—she drinks as much as she can when on the island.

I couldn’t help wondering how Shala felt about being described as a “style icon” and “It Girl.” She seemed to mull over the question for several seconds, as if she’d never before given thought to it. Finally, she said with a shrug: “I guess people see what they see. Sometimes they see things you don’t see about yourself. Everybody has his or her own

subjectivity.”

But when asked if she feels the labels diminish what she is achieving in her professional life, a circumspect Shala admits that it can. “In the beginning, sometimes, I found it . . . I don’t want to say annoying, but, what’s the word? I guess I used to be preoccupied with the world’s image of who I am. Or who I think I am. Sometimes it can be a tight line. The media will do what the media will do.” She pauses, smiles. “You’d be surprised who fails to fact-check information. So for the first few years, even now, I stand back and look at it for what it really was.”

And what of the singular style that has caught so many editorial eyes? “I’m not quite sure,” she claims. “I’ve been told that I have a great understanding of colour. I also dress for whatever environment I’m in. I guess I understand fashion’s rules and know how to use them. Also when and how to break them.”

Shala does not subscribe to the style-can-be-taught school of thought: “I don’t think of style only in the sense of the clothes you wear. I think it’s how you go about life. For me, style is something that’s innate. It’s not so much the clothes you wear that people react to. Rather, it’s the life you live in the clothes you wear that they respond to.”

And how does New York’s most celebrated style influencer choose what to wear? “I don’t have a routine. It depends on where I’m going, the weather, what I’d like to accomplish, the mood I’m in. Sometimes I’ll be hell-bent on wearing a certain shoe, in which case everything has to follow that. Other times I like to blend, so that has its own dictates.”

Given her nomadic lifestyle of the past few years and her reluctance to plan ahead, it’s quite understandable that routine is not her thing. Still she hopes one day to have a home base in Saint Lucia.

“I love Saint Lucia,” she said for maybe the tenth time during our interview. “I love the slower pace, the way people here are so laid back. You know it’s very easy to keep complaining about what we don’t have while missing out on what we do have. My favourite thing about modern-day Saint Lucia is that I can buy bottled coconut water at the roadside. Not only because it’s fresh and nutritious but also because it shows an entrepreneurial energy that didn’t really exist when I was growing up here. It’s a shame that farming has such a bad stigma in Saint Lucia when we have so much arable land.”

On the flip side: “I wish we had a better recycling program. When I left no one really bought bottled water; now everyone does. I’ve gotten used to recycling in New York and it hurts every time I put a plastic bottle in with

the rest of the garbage, knowing it will most likely end up in the ocean.”

As a schoolgirl, she was always involved in some form of artistic expression, whether dancing and acting as encouraged by her mother, or writing poetry and prose at Leon Hess Secondary School with the encouragement of her principal. But she attributes much of her artistic direction to reading: “I was a member of the Castries Public Library from as young as I can remember. I was always a participant in the children’s summer programs. Reading exposed me to much of the outside world . . .”

Like Saint Lucia-born poet and Nobel Laureate Derek Walcott, Shala too fears for the future of the arts on her island. She recently visited the Saint Lucia School of Music and discovered the government had cut funding for the school’s community outreach programs, in particular a community orchestra in one of the island’s most infamous ghettos.

“There are many ways of combating crime,” she observed, “and one of the easiest is by affording idle children in vulnerable communities positive activities to engage in. I’m not sure why it was on the government’s list to cut funding for these programs. I really hope they have a very valid reason. We can’t that easily give up on our children.”

I asked Shala for her opinion of one of the most contentious magazine choices this year: the infamous Kimye *Vogue* cover. As a dyed-in-the-wool fashion maven, did she share the skepticism of many of the critics who saw the image as a sell out?

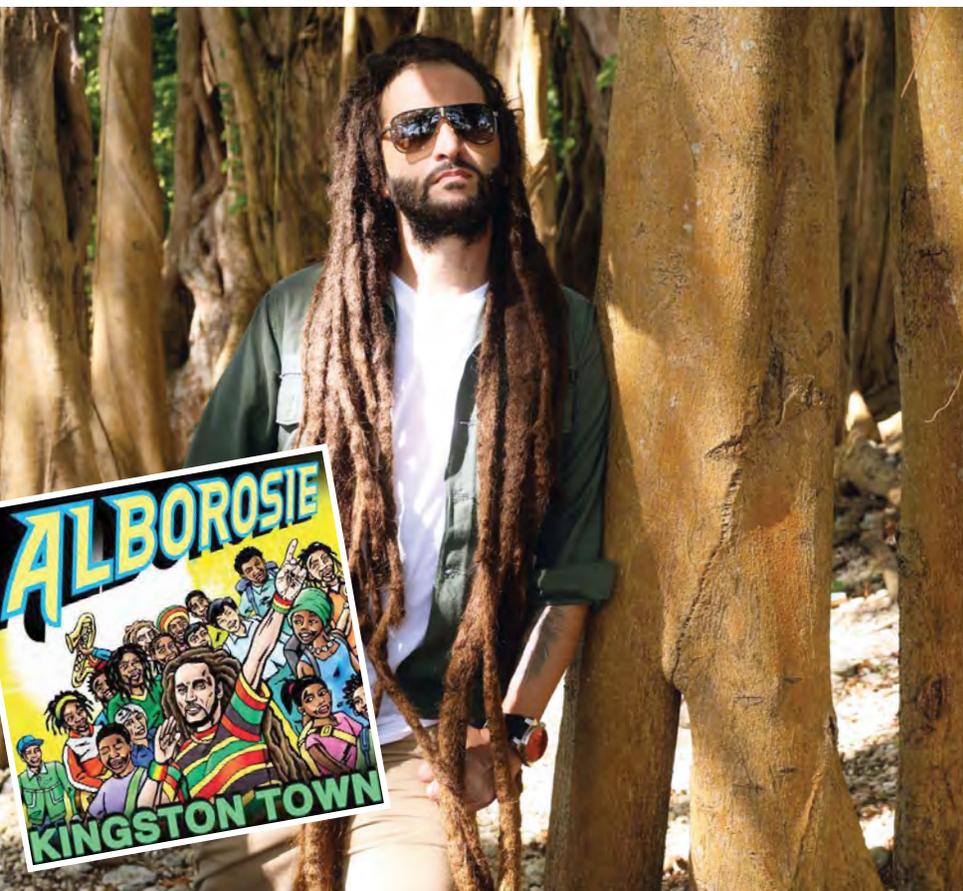
“Well I guess fashion is about reflecting the times, and that’s where we are. You can’t discount the fact that Kim has 18 million followers on Instagram. There is tremendous value in that. Kanye is a phenomenal musician, super-super talented, and she is a successful businesswoman with her own clothing line.

“That particular *Vogue* cover was historic. I don’t think the magazine has ever had a couple on its cover; certainly not an inter-racial couple. So it spoke volumes. There’s a lot that could be broken down from it. Anna Wintour had the same issues in the 80s when she put Madonna on the cover. There was absolute outrage. Wintour has her finger on the pulse of the times so there are more reality stars and musicians on magazine covers.”

That may be so, but with all her creative guns blazing and a growing army of followers on the planet’s trendiest webzones, it seems clear that the world can look forward to many more covers featuring inimitable Shala Monroque, the girl from Marisule.

Entertainment shorts

BY HOWARD CAMPBELL



ALBOROSIE DOUBLES UP

Italian reggae artiste Alborosie gets a little help from his colleagues on Specialist Presents Alborosie & Friends, a double album released in June by Greensleeves Records. The set hears Alborosie working with a number of acts including reggae great Dennis Brown, Steel Pulse and Etana. The Sicily-born singer has been recording in Jamaica since the late 1990s when he first visited the country. His biggest hits include 'Kingston Town' and 'Jah Jah Blessing'. The latter, done with Etana, is his most popular song in reggae land. On 'Specialist Presents', he reworks classic hits by Steel Pulse ('Stepping Out') and Brown ('I Can't Stand It').



RE-INTRODUCING MISS LOU

Louise Bennett-Coverley, one of the Caribbean's legendary literary figures, is the subject of a biography by Mervyn Morris, Jamaica's Poet Laureate. The book, 'Miss Lou: Louise Bennett and Jamaican Culture', was released in April by Ian Randle Publishers. Morris, a professor emeritus at the University of the West Indies' Mona campus, is hoping to familiarise Jamaican youth with Miss Lou. "What I wanted to do was pull together the basic line of Louise's life which I've never seen in print to this degree. The book is primarily meant to be attractive to all," Morris said. Miss Lou championed the teaching of Jamaican culture in schools during the years of British rule. She also helped expose Caribbean literature in the United Kingdom while working on the British Broadcasting Corporation's Overseas Service. She died in July 2006 at age 86 in Toronto, Canada.

"What I wanted to do was pull together the basic line of Louise's life which I've never seen in print to this degree. The book is primarily meant to be attractive to all," Morris said



ORIEL LOOKS TO JAMAICA

Singer Oriel grew up listening to reggae in his native Dominica. Now, he is trying to make a mark in Jamaica working with that country's top artists. Give Me a Reason is a song he did with singer Richie Stephens, one of dancehall's consistent hit-makers of the last 20 years. Based in Pittsburgh, Pennsylvania, Oriel says he is all about 'blending different sounds'. "I'm not trying to be the next Michael Jackson, but I want the music I make to be heard," he stated. Oriel, who grew up listening to Bob Marley and Gregory Isaacs, is a fixture on the Pittsburgh reggae scene. He has collaborated with contemporary reggae acts including Konshens and , Voicemail.



'GOT TO HAVE KAYA'

These are good times for marijuana lovers. Colorado in the United States has legalised the weed, so too parts of Canada. In June, Jamaica's government announced it would amend sections of its as it relates to marijuana use. These include ending prosecution of persons with small amounts of the weed, and allowing others to use it for medicinal or religious purposes. That is music to the ears of musicians like British deejay Macka B, whose latest song is 'Medical Marijuana'. "I welcome the (Jamaican) government's announcement, with the overwhelming evidence of the medicinal benefits of ganja (Jamaican slang for marijuana) and the unnecessary criminalising of people. It was only a matter of time before the government put into place what the people have been saying for many years," said Macka B. Rastafarians like Macka B have lobbied for the legalisation of marijuana for years. Bob Marley yearned for it on his song 'Kaya' while Peter Tosh called for open use of the plant on his album and song, 'Legalize It'.

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WHEN SIR RICHARD BRANSON DOES IT, HE DOES IT BIG! THE MEDIA LAUNCH OF VIRGIN ATLANTIC'S REDESIGNED UNIFORMS FEATURED THE HIP, TRENDY AND BEAUTIFUL, AND A FEW AMAZING SURPRISES. **BY MAE WAYNE**



***An iconic partnership:** they first met in the 80s through the designer's ex-husband Malcolm McLaren, who Branson knew from signing the Sex Pistols to the Virgin record label.*

Talk about an offer impossible to refuse! On a recent lazy Sunday afternoon, every nerve in my aching body pleading with me to lay down my iPad in favor of a short snooze, I chose instead to check my e-mail.

For a nano-second I almost regretted my decision. Every opened letter reminded me of business headaches. And then, seemingly out of nowhere—the silver lining that suddenly lit up my life.

“You are invited to cover the launch of Virgin Airlines’ new uniforms.” Wow! Three times I read and re-read those magical twelve words, not quite certain I wasn’t asleep and dreaming.

Thirty minutes or so earlier I had finished reading an amazing story in *Vanity Fair* about the future of travel; airbuses big as small cathedrals, their seats fully-equipped with digital entertainment systems; multi-billion-dollar air terminals in Dubai, and jaw-dropping airport shopping to match the world’s best malls.

Well, I mused, tomorrow can wait. Virgin’s out-of-the-blue invitation could not. London here I come!

The pampering began the moment I stepped aboard my flight at Hewanorra. The cabin crew eagerly catered to my every desire and suddenly I asked myself, who knew Saint Lucia was this close to Gatwick?

Thanks to a soothing sound system, as many irresistible entertainment choices as only a Vegas brochure might promise, including movies I’d somehow missed, ever-flowing champagne, smoked salmon—and a comfortable cool bed with the fluffiest pillows a head ever dreamed of. Something tells me that henceforth, Virgin travelers will have little need of iPads and sleep masks.

As if all of that were not enough for the most demanding of pleasure seekers, the notorious London weather, for once, was absolutely super. Like a regular Saint Lucian Sunday morning. In no time at all I had checked into the ultra hip ACE hotel in the heart of East London’s now unbelievably trendy Shoreditch. Oh, and did I mention the loaded-limo ride from Gatwick? Which I had all to myself, by the way.

And then it was party time all over again: more lip-smacking cocktails, more champagne, more irresistibly yummy tidbits to nibble on. Turns out my famously affable host, the muscle and brain behind Virgin’s phenomenal success, had invited media personnel and Virgin operators from around the globe for the unveiling of the airline’s new red uniforms.

Yes, red. All flawlessly tailored, with matching red shoes and bag—created by the legendary designer, fashion icon and my own



THE SIGNATURE UNIFORMS

In 2013 Virgin Airlines commissioned Dame Vivienne Westwood to recreate its uniform collection. The vision was born of a love of heritage and a passion for creativity. The new uniforms will return to the glorious glamorous past of travel.

Vivienne Westwood was the perfect choice, merging original design and sustainability. Westwood was the original punk designer, as maverick a spirit as her flying fashion partner, Sir Richard Branson of Virgin Airlines. It was a proud British innovation!

Vivienne kept the basic signature elements of the Virgin uniform – the classic Red – but she brought more tailoring and intelligent cuts, that make me and other women feel comfortable and confident.

To add glamour to the signature red jacket, a frill front blouse was introduced, with a hand-drawn wing motif, which was carried through every detail.

Uniforms have to be functional and beautiful. Sustainability was a focus, which led to innovations like plastic bottles recycled into polyester yarn. Bags were even introduced for ground staff in collaboration with the ethical

institute in Nairobi and the United Nations international trade center ITC.

Just as important, the Virgin Airlines male cabin crew received the Westwood treatment with a sharply-tailored, Savile Row-inspired three piece suit with a contemporary twist, in burgundy wool worn with a classic white shirt. To complete the look, a slim fit trouser and classic Vivienne Westwood Oxford shoe in matt black leather.



Vivienne Westwood was the perfect choice, merging original design and sustainability

favorite wonder woman, Vivienne Westwood. Trust Sir Richard Branson to go ten extra miles! Famously a man for details, Sir Richard had thought of everything, down to the specially commissioned shade of lipstick to go with the regulation hair and eye make-up.

Forget about flip-flops, baggy jeans and naked faces—unless you want to experience how a fish feels out of water. Obviously Branson’s plan is to encourage Virgin passengers to dress up the way our parents did in the heyday of Concorde!

Just when some were thinking, as we say in Saint Lucia, *de party done*, guests were transported to the très chic Village Underground nightclub, deep in the heart of Shoreditch. With my head and tummy full of bubbly and canapés, I was returned as if by magic to ‘70s London and my headiest days as a carefree student—when the reigning Queen of Punk was Blondie.

Turns out Deborah Harry, a longtime Branson buddy and the night’s superstar act, had just turned 70. Can you believe it? Blondie? Seventy? If there were any among us who may have wondered about her rockability, they were soon reassured to the screaming delight an the audience of starstruck supermodels, adoring TV celebs including hotties such as singer Kelis, actresses Naomi Harris and Sadie Frost, and of course, supermodel Lily Cole.

Lifestyle press from Nigeria and beyond mingled with fashion bloggers, haute couture magazine publishers and editors, travel industry honchos and chart-topping pop stars for whom Sir Branson’s party was easily London’s hottest ticket. By all I picked up, almost everyone danced till the broad daylight!



Left to right:
Vivienne Westwood
Lily Cole, Richard
Branson, Neysha
Soodeen & me!



Blondie rocks the party!



Revealing the new
amazing uniforms

SHOPPING

I spent much of my teenage years as a so-called Sloane Ranger, addicted as I was to shopping at Sloane Square, where the department stores are downright palatial! Hellooo, there is still only one Harrods! From Bond Street to Knightsbridge, the shopping is unmatched. Expensive, true, but also an experience not easily forgotten.

On my most recent visit, the times being as they are, my wallet was altogether out of place in my long-ago acquired Chanel bag. But what shopaholic ever quit cold turkey? I left it to my sister to plan shopping trips that worked wonders for the spirit – yet did not demand plastic.

London markets offer everything from food to flowers to modern art and antiques. Also great for vintage, as well as clothes by talented new designers this close to landing in Vogue. When it comes to enjoying the outdoors, London’s large sprawling markets are hard to beat.

From London LGW to the Caribbean, Virgin VS style . . .

- St Lucia UVF Hewanorra International Airport, Vieux Fort
- Barbados BGI Grantley Adams International Airport, Bridgetown
- Grenada GND Pointe Saline International Airport, St. Georges
- Cuba HAV Jose Marti International Airport, Havana
- Jamaica MJB Sangster International Airport, Montego Bay
- Puerto Rico SJU Luis Munos Marin International Airport, San Juan
- Tobago TAB A.N.R Robinson Airport, Trinidad & Tobago



First stop, my favorite Camden Lock, home to over a hundred shops and stalls and open seven days a week. There you'll find an excellent mix, from designer clothes and accessories to one-of-a-kind pieces of art, clothing and furnishings. There are also restaurants and stalls stretching the entire Lock, with tours running up and down the Thames. At Camden, I sampled my first ever Nitrogen ice cream – you read right! – at the only ice cream parlor of its kind! Check out www.camdenmarket.com for a glimpse of this shoppers' paradise.

Second stop, Portobello Market, made famous by Julia Roberts and Hugh Grant in 'Notting Hill,' and also known as Portobello Road. It's been around since the 1800s and is particularly famous for antiques. Today the market is more bustling than ever. Besides being a haven for antique collectors, it is also paradise for the trendy shopper with an eye for a bargain. The fashion market boasts some of the largest second-hand clothes dealerships anywhere. And they may be second-hand but trust me, some of the items have hardly been worn. Mixed into the blend are young designers destined soon to be "the latest thing." There's lots more info at www.portobellomarket.org

London remains the wealthiest, most exciting, glamorous and culture-rich city on Earth, so start planning to make it your next vacation choice. I'm betting Richard Branson's cabin crew can hardly wait to take you there, **as only Virgin can!**

Camden Market



London markets offer everything from food to flowers to modern art and antiques. Also great for vintage, as well as clothes by talented new designers this close to landing in Vogue.



Sloane Street

Upper Class in a Class of its own . . .

Attention to detail is the name of Virgin's high-flying game, so book into Virgin Upper Class for a mind-blowing foray into luxury travel. Imagine . . .

- Breezing through the dedicated check-in and relaxing in the stunning Clubhouse, where your only difficulty might be choosing between the spa or a cocktail. Virgin's exclusive Clubhouses are more like luxury hotels than airport lounges. Some even have a spa. Just don't get too comfy and miss your flight.
- Time to board the plane, and a welcoming glass of Lanson Black Label Champagne or Bucks Fizz in a fabulous champagne coupe glass awaits, as you settle into your Virgin Upper Class suite. Each suite has a 12.1 inch touchscreen monitor with a touchscreen handset where you can connect your phone, USB stick or tablet to watch, read or listen to your own content, plus charge your device.
- Elegant dining is de rigeur on Virgin Upper

Class. The meal service features designer linens and elegant, specially designed crockery and cutlery. The menu offers a delicious selection of hot and cold cuisine and delectable desserts. There's also a choice of fine wine, plus cheese and port to finish your meal. If you're just a little peckish, the Graze menu offers a range of hot and cold snacks you can order to your seat whenever you like.

- **SHOPPING FROM YOUR SEAT!** Perfumes, jewellery, make-up, gifts, spirits and champagne are just a few of the possibilities in Virgin's Retail Therapy catalogue and prices are up to 50% lower than the UK high street. Home delivery is now available, so you can enjoy tax free equivalent prices, delivered straight to your door. And there's an even wider range of fantastic exclusives that aren't available on board.



SURPRISE!!!

If you know someone who's travelling on Virgin and has reason to celebrate, why not spoil them? Whether the occasion is a birthday a honeymoon or something else entirely, Virgin can surprise them with a personalised gift and message delivered direct to their seat. Visit Virgin-Atlantic.com for more information.



EAT YOURSELF HEALTHY

Someone once said that if you can't pronounce the ingredients list on a food product, and have no idea what they actually are—don't eat it!

The Sun Temple Food philosophy is actually quite simple. The closer to the way God made our food and the less tampered with by human hands, the better it is for us. In other words, less processing is more healthful! I don't bang a drum for any particular way of eating, as I believe extremes of anything are not usually good. But I have been an insulin controlled diabetic for 20 years and I am fit and healthy, with clear eyes and skin and lots of energy.

Eating the Sun Temple Food way is not a restrictive diet. Quite the opposite. So let's eat fresh! These recipes are simple and made with island sourced ingredients.



BATTERED FLYING FISH

My dad always kept a boat during our growing up years. The first was called "Ti Jean," after a Derek Walcott play. It was common in those days to see dolphins, turtles and even whales. Flying fish were abundant and always caused the cry of "Look!!! Flying fish!!" coming from whomever had spotted them first. They would literally fly out of the water in their tens and twenties and land really far from their exit point, thereby escaping (we hope) whatever was chasing them (which must have had bigger and sharper teeth.)

Ingredients

- 10 flying fish fillets
- 2 seasoning peppers finely chopped
- 1 green chili pepper finely chopped
- juice of 1 lime or lemon
- 1 large clove garlic (pressed)
- 2 salad onions roughly chopped
- salt and pepper

Batter ingredients

- 1 large beaten egg
- 60g (1 c) coarse whole-wheat breadcrumbs
- 100g (1 c) white flour
- salt and pepper

Steps

Dip the fillets first in the egg then coat with the flour and breadcrumbs, which you have previously mixed. Fry in a small amount of olive oil for 2 minutes per side. Serves 5.

For more sun temple recipes Visit www.suntemplefood.com

I had a chat with a dramatic looking rasta recently.

He turned out to be very well travelled and knowledgeable about natural remedies and this is what he said: "When we eat food which has been imported from afar, we are eating the illnesses from that country." I'm not sure I would go that far, but he is in fact a proponent for trying to be a "locavore." That is, eat what is being grown or produced where you live—and not processed. We have so many amazing food products well known for their health-giving properties, like turmeric (chi chi ma in St. Lucia), cocoa and coconut.

But that's for another time.....



RAW BROWNIES

Ingredients

- 180g cocoa stick grated
- 115g (1 cup) walnuts
- 115g (1 cup) pecans
- 160g (1 cup) raw unsalted almonds
- 1 tsp salt
- 250g dates
- 100g (1 cup) freshly grated coconut
- 1 tsp grated cinnamon

Steps

Blitz everything together in the food processor until slightly oily. Press firmly into a casserole dish and cut into squares. Put in fridge and break into individual brownies after an hour or so.

I promise you, you will not believe just how wonderfully satisfying these little beauties are. They are free from gluten, dairy, processed sugar and fat, and instead are chock full of the super-food amazingness of raw cocoa, nuts and the sticky sweet goodness of dates. They will take approximately 10 minutes of your time. I love these little bites so much that I now always have a batch in the fridge for after supper, when you just want a little "something sweet" to pass in the mouth. I am such an advocate that my family all make them and I've even got my gym ladies on board the raw brownie express.



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iYES or iNO?

Every parent has faced the anxiety of letting go, allowing your child take the next step.

It's not always easy but it definitely makes for less stress if we arm them with the tools they need to succeed!

Sigh! My 4-year-old old isn't a baby anymore. Oh alright, so she hasn't been a baby for quite some now. But her enrollment into kindergarten this year is the pin that has burst my bubble. I'm nervous. I'm worried. I'm scared. I know I will cry.

I worry that she will find it hard to make new friends. I worry that teachers will be annoyed by her free spirit. I'm worried that I'm worrying needlessly. So how do I navigate this new world? How can I help her adjust even as I feel my heart race at the thought? As if that was not enough, there are the rapid and constant changes in technology revolutionizing the way our children learn and interact.

Have you seen this new generation of tech savvy toddlers and pre-schoolers? How they sit before their iPads and navigate through the menus, solving problems, taking photos and recording videos. Talk and chalk may still hold sway in many Caribbean schools, but it's only a matter of time before computer labs—whether fitted with personal computers or iPads—are commonplace.

When my first daughter was two we would sit and fit together wooden jigsaw puzzles; two years later her sister is developing the same cognitive, memory and problem solving skills using a fun puzzle app on a Notepad.

FACT: The tech world is theirs. **FACT:** They will grasp the concepts quicker than some adults!

FACT: They are going to bump into it and it would be unfair not to introduce them to the enormous potential the technology offers. The game plan is to filter what we expose them to and ensure whatever we choose will add to their skill set.

TECHNOLOGY TRENDS

Touching is intuitive: Children love the ability to touch. They know exactly what to do. They're not afraid to explore. There are touch pads and exploratory tablets developed just for infants to 3-year-olds with their own learning curriculum. There are building blocks with computer sensors that are motion-and proximity-aware, so depending on which block you put where, they'll sing, tell stories or do math puzzles. There are even some blocks that children can program using an iPhone. The iPad has endless stuff for toddlers, whether for learning ABCs or looking at picture books or listening to stories that are also interactive.

Children as Content Creators: As children get a little older, they are becoming the content creators. They're creating movies, pictures and stories. Let them.

Multiple Learning Modalities: We're getting away from the traditional "drill and kill" applications, where children are asked to solve a problem and if they get it right, a voice congratulates them. Things are getting more sophisticated with learning based on different modalities. For instance, if you can't learn 1+1 one way, there's an alternative way to learn it, such as through a story or a jigsaw puzzle.

So after two weeks of camp where she learned all about science and conducting experiments, I've told my excited girl that she will enjoy her new school and make lots of new friends. That she will learn tons of new stuff about her world and I've downloaded some new phonics and reading apps for her to use during the summer.

Kindergarten here we come!

There are a plethora of applications available to enhance your child's educational journey.

PRESCHOOL & KINDERGARTEN:

■ MATH

Intellijoy: Kids Numbers teaches number concepts, minimum and maximum value concepts. (Free)

■ Curious About Shapes and Colors

Through fun games and puzzles, your child can help George put his toys back together.

■ LITERACY

Elmo Loves ABCs - Songs and videos about letters and coloring pages and games about letters A to Z.

Intellijoy: Kids ABC Phonics teaches letter sounds that are integral building blocks as children learn to read. It also teaches how to blend letters into words. (Free)

■ EARLY SCIENCE

Sid's Science Fair: Sid's Science Fair engages players (ages 3 to 6) in experiential learning with core science and math concepts from classification and identifying patterns to charting and sequencing.

ELEMENTARY:

■ MATH

Operations Math: For children ages 5 to 12, teaches basic addition, subtraction, multiplication and division through interactive game play that turns boring tables into a global adventure.

■ LITERACY

Toontastic Jr Pirates: Pick a beginning, middle, and ending – then animate your story just like a puppet show, recording your voice while you move the characters onscreen!



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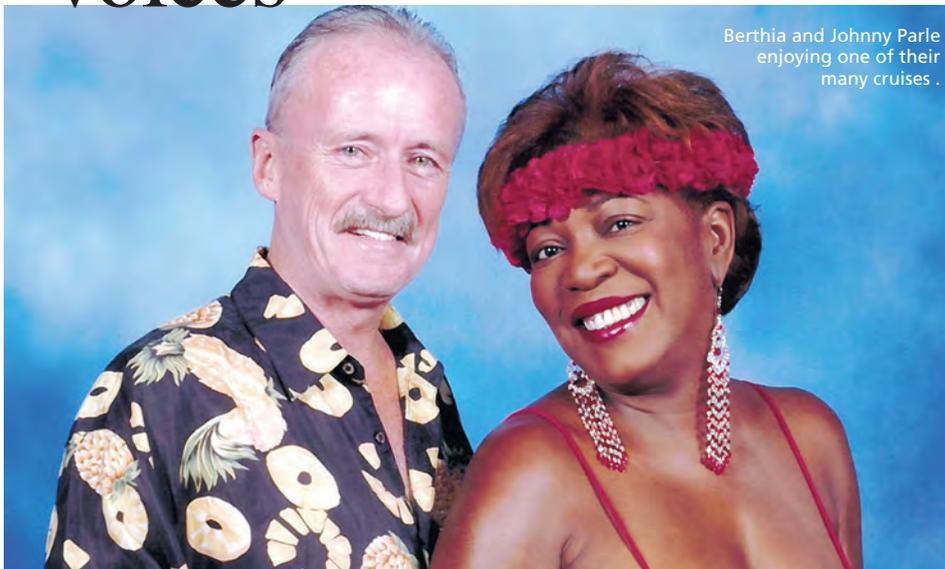
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Berthia and Johnny Parle enjoying one of their many cruises .

'Tis better to have Loved and Lost . . .

It's been a year since I became a widow. Losing Johnny has changed my life forever. The world since his death is a darker place. Life goes on but I know I'll never stop missing him. **By Berthia Parle**

There's a whole lot more to Alfred Lord Tennyson's In Memoriam A.A.H., which he wrote following the death of a very close friend, than most people realise when they say "it's better to have loved and lost than never to have loved at all." For instance, that it was a great favorite of Queen Victoria, who after the death of her husband Prince Albert wrote that she was "so soothed and pleased" by the poem.

I'm not all that big on poetry, but Tennyson's line always comes to mind when I think about Johnny, my life's great love. Ours was truly a charmed life, full of fun and laughter. We were nearly always surrounded by loving family and friends. We were fortunate enough to be able to travel a lot, to enjoy many of life's luxuries that I'd fantasized about as a young girl with not the slightest idea Johnny even existed. Nothing could've been further from my mind than the thought that our life together would not go on forever.

We were married for 35 unbelievably blessed years. Then Johnny's health began to fail and all of a sudden everything changed. The last three to five years of our wonderful marriage were especially painful—for both of us. He seemed to deteriorate so quickly. And of course I was a close witness to it all: the strokes that left my once energetic, hard-working and playful Johnny barely able to do the smallest things for himself; the pain that he suffered so courageously.

I looked on helplessly as he gradually lost his cognitive functions. He developed skin problems that left his frail body covered with open wounds and scars. Then there was dementia that got so bad he became as a baby who could not tell night from day, sugar from salt.

I would come home from trying days at work to broken china all over our once cheerful, impeccably-maintained home. It broke my heart to watch my husband deteriorate physically and mentally, knowing there was nothing I could do to help him. He forgot how to spell his own name. He would fall out of bed and I would have to lift his battered and bruised body off the floor. The situation got especially bad at nights after the caregiver had left, and at weekends when we were again alone.

Oh how I cried. I prayed for strength; prayed that I would never betray my marriage vows; prayed I would never betray my Johnny in his darkest days. He had freely given me so much; had been so tolerant of my carefree spirit; had pampered me beyond my wildest expectations. Johnny did all the grocery shopping, all the cooking . . . I depended on him for so many little things. We both loved cruising and we went everywhere

together. Every evening at bedtime he would serve me my glass of iced water.

I never took him for granted. On the contrary, I got on my knees each night and thanked God for placing Johnny in my life. I never imagined a time would come when he would not be at my side, giving me strength when I most needed it, making me laugh when all I wanted to do was cry over things that on reflection were never as important as I imagined they were.

It was hard going to work and to keep smiling throughout the most stressful days imaginable. It was no easy task keeping our hotel guests happy and in vacation mode when all the time I was worried beyond words about what was going on in my own life, what could be going on at home; what was happening to my Johnny.

Then at the end of the workday, when I took over from our caregiver, I would have to cook for Johnny, clean him up, do the shopping he once so enjoyed doing. I was by now the breadwinner. Not that any of that bothered me. It was the very least I could do for this generous man who had done so much for me. My one regret was that I could not cure him; could not bring him lasting relief; could not return him to the vibrant and healthy and life-loving man he used to be.

I'll never forget for as long as I live the look in his eyes after he stopped eating. On the sixth day he looked into my own eyes and softly whispered: "I'm so sorry." I knew then the inevitable was close but still I never expected it to happen so quickly. What was left of my broken heart shattered into still more pieces.

How am I today? One day at a time, I go through my life without Johnny. I'm especially lucky and grateful to have the friends I have. I try to cope, try to do the best I can for our

Understand that life as we know it is not forever. Life can change suddenly, when you least expect it to—for better or for worse. Cherish life and your loved ones.

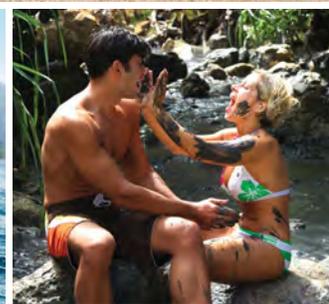
son and grand-daughter. But there can be no denying that when Johnny passed away a great part of me followed him. Not a single day goes by when I don't think about him or wish he were still

here will me. I'll miss him until that day we will meet again!

To others in my position, others who right now are experiencing for themselves what I endured during Johnny's final days with me, I offer this advice: Understand that life as we know it is not forever. Life can change suddenly, when you least expect it to—for better or for worse. Cherish life and your loved ones.

Above all, remember life is to be lived. So, live while you still can!

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