

CELINE DION: Jazz & Blues || Rebel Salute || Shaggy & Friends

# PJM

# 50

WAYS TO CELEBRATE  
JAMAICA'S GOLDEN JUBILEE  
OF INDEPENDENCE

VOL. 5 ISSUE 2 WINTER 2011/ 2012

**EXCLUSIVE!**  
LEON ROBINSON  
Reveals his passion

**TRANSFORM YOUR  
HOME WITH ISHKA DESIGNS**

**MUST-TRY  
RECIPES FOR  
2012**

**MODE DE  
LUNA**

Preview drenna LUNA's  
2012 Collection

**BOB ANDY**

A MOMENT WITH  
ONE OF JAMAICA'S GREATEST  
SONGWRITERS

**BUDGET BRIDES  
ITES INTERNATIONAL  
ITIBA**

\$600 JMD | \$5.99 USD | \$5.99 CAN



# YKKAEB COSMETICS

All Natural Products  
for *All Types* of Hair



WITH BOABAB SEED OIL

Call: 877.871.0909  
[Ykkaebcosmetics.com](http://Ykkaebcosmetics.com)

Our hair products are infused with natural oils and pure extracts, our collection will help nourish and maintain healthy, shiny hair, and protect it from over-processing, drying, pollution, free radicals, and split ends.



# GO NATURAL



Before After

AVAILABLE AT



beauty · nature · life  
44 LADY MUSGRAVE RD  
KINGSTON 10, JAMAICA  
876.978.9889

ORGANIC CURL CARE • FOR WASH & GO HAIR  
WWW.KINKY-CURLY.COM

A MOMENT IN THE LIFE OF...

# BOB ANDY

BY TRICIA WILLIAMSON

**“It is  
pointless to  
regret, as all  
of it is life.”**

**- Bob**

PHOTOGRAPHY BY IMANI COLLINGS

PANACHE JAMAICA MAGAZINE HAS COME ON BOARD AS A PARTNER WITH THE BOB ANDY SONG FOUNDATION TO SUPPORT ITS GOALS INCLUDING THE PROMOTION, PRESERVATION AND EFFORTS TO IMPART THE MUSIC, ARTISTIC TALENT, SONGWRITING AND MUSICAL LEGACY OF BOB ANDY THROUGH MUSIC EDUCATION AND OTHER PROGRAMMES.

**I**N this issue, we had a one on one with acclaimed songwriter and icon in Jamaica's music industry for this exclusive interview.

**PJM: From Protégé to Denyque at the Tribute concert the effort to incorporate the younger generation was well received- many of whom were not yet talking when you penned some of the songs in your vast catalogue. When you reflect on Jamaica's 50th anniversary in 2012, what are your thoughts on the music industry then to where it is now? A music industry you helped to build...**

Bob Andy: Our music is as strong as ever and there is evidence that with artistes such as Protégé, Denyque and our other younger generation of artists that the music is in good hands, thanks largely to the Edna Manley College and its visionary teachers. It is a testimony to the power of our music that we enjoy international acceptance without having developed an industry. We do some business but we are not an organized industry and there is still a culture of hustling.

**PJM: In a 1990 interview, you mentioned "the dominance of the dub music for a long time undermined the structure of the classical Jamaican music." As 2012 draws near, is there anything you see as undermining the pillars of Jamaican music today?**

BA: At that time I could not see beyond the dub culture and great popularity of the dance hall generation. It seemed to me that dance hall had gained ascendancy at the expense of our classic idioms that had evolved since the late 1950's. Now as it has manifested, my position has changed and I have realized that dance hall is part of the evolutionary process – from ska

to rock steady, rock steady to reggae, reggae to dance hall. Having performed worldwide, particularly in Europe and seen how much the artistes and the recordings of my generation are still in demand I know that dance hall is just another idiom that developed which has augmented our music and that there is more to come. There are no threats and today we have a reggae uprising – Dubtonic, Raging Fyah, C Sharp, Roots Underground – all firmly rooted in reggae but strongly influenced and incorporating dance hall. So definitely not – there are no threats it is all along the continuum.

**PJM: Mr. Andy it is clear that quality in production is very important to you. Can you mention other areas that are equally or just as important for people to know?**

BA: I advise young people who are entering tertiary institutions, particularly those doing law, to turn their attention to intellectual property. We need professionals in music - business managers, administrators, accountants marketers, groomers – all of which will lead to the development of a true music industry.

**PJM: You received the Order of Distinction in 2006; of all your accolades what do you cherish the most in your life- both in business and personal?**

BA: The recent Bob Andy Unplugged concert and the many tributes paid to me by my peers, the audience and the media; and the effect that the concert had on so many – from the Friends of Bob Andy to the janitors who cleaned the auditorium – is undoubtedly a cherished milestone event in my life. I am happy that the Bob Andy Unplugged concert raised the bar and set a standard for concerts and performances to come. More than this, to know that my generation is successfully passing the baton to the next is extremely rewarding for me.

**PJM: I have read on more than one occasion, where you have mentioned that a prophet is typically not praised in his own country but in Jamaica the amount of respect, admiration and love you receive is overwhelming. Why do you think 'Bob Andy' resonates with Jamaicans so much that they continue to honour and recognize you and your work daily?**

I have grown to understand that as a songwriter I am able to string words and sentences together to say those things that people would like to say for themselves. Part of my blessing is to be able to advocate for people from romance to social issues. I just give voice to the everyday experience and to the realities that confront us daily.

**PJM: Lastly, given the thoughts you express at the tribute concert- particularly that such an event could have easily been your funeral instead of the celebration that it was. Do you have any regrets in your career, anything you would have done differently and God forbid...do you fear dying?**

BA: All fear of death has evaporated with what I have come through. It is pointless to regret as all of it is life. ||PJM||

LEARN MORE ABOUT THE BOB ANDY SONG FOUNDATION AND HOW YOU CAN GIVE YOUR SUPPORT ON PAGE 7.



# PANACHE'JA

**PUBLISHER**  
PANACHE' COMMUNICATIONS INC., LLC.

**EDITORIAL DIRECTOR**  
TRICIA WILLIAMSON

**DIRECTOR OF PHOTOGRAPHY**  
ROGER JONES  
**SENIOR PHOTO EDITOR**  
ROGER JONES  
**DESIGN DIRECTOR**  
TRICIA WILLIAMSON

**FASHION DIRECTOR**  
TRICIA WILLIAMSON  
**BEAUTY EDITOR**  
LATOYA JONES  
**ENTERTAINMENT EDITOR**  
STACEY BETHEL

## CONTRIBUTING PHOTOGRAPHY & TEXT

Ykkaeb Cosmetics, Kinky-Curly, Imani Collings, Bob Andy Song Foundation, Stacy Linton, Stacey Bethel, Suza Kohlstedt, Tricia Williamson, Roger Jones, Caroline Bruce, Dr. Anissa Holmes, Varun Baker, Yoki K. Hanley/ itiba, Negril de Nail, Latoya Jones, June Smith/ TAJJ Cosmetics, Forplai, Shirley Richards, Nandi Chin, Nicole M.Chow Fernandez, Arlene Martin/ drennaLuna, Marc Evans, J. Angelique Clothing, Cecil Evans, Cherine, Cen'C Love, Andreen Rose Cephas, Tyrone Wolfe, G Hair Wrap, Curlynikki.com, Taneish Monteith, poshbridesbykari.com, Ishka Designs, Chef Randi Anderson, Sashan Morris, Joni "JSL" Wedderburn, Yahoo! Health.

**MARKETING SALES**  
advertising@panachejamagazine.com

**INFO@PANACHEJAMAGAZINE.COM**  
**WWW.PANACHEJAMAGAZINE.COM**  
P.O. Box 77, Kingston 20, Jamaica, W.I.  
TEL: 876-448-4565  
FAX: 876-749-7061

**Facebook.com/panachejamagazine.com**  
**Youtube.com/panachejamagazine.com**  
**Twitter.com/PanacheJaMag**

PJM Digital magazine is powered by Issuu.com

**PRINTED IN JAMAICA.**

Copyright 2011. All rights reserved.

PJM magazine assumes no responsibility for unsolicited material. All intellectual property rights remain with authors and creators of content. All content appearing in PJM magazine may not be reproduced in any form without written permission from the Publisher.

| PANACHE JAMAICA |



the cover shot...

Covergirl Chantal Clarke was photographed at Hellshire Beach, Jamaica for our "Caribbean Chic" fashion spread on page 42 along with fellow model- Jameela Geddes. Our model is wearing jewellery and dress - styled by Budget Brides. Hair and makeup was courtesy Ms. Stacy Linton.

**Cover Designed by:**

Tricia Williamson

**Photographer:**

Roger Jones

**Photo Editing:**

Roger Jones

**Hair & Makeup Artist:**

Stacy Linton

**Photo Assistant:**

Petty-Ann Samuels

## SUBSCRIBE NOW!

### PANACHE JAMAICA

1 YEAR: \$18 USD / \$1,800 JMD / \$18 CAD

**ONLINE AT**

**WWW.PANACHEJAMAGAZINE.COM**

FULL NAME

MAILING ADDRESS

EMAIL

TELEPHONE

Caribbean Fashion & Lifestyle  
Magazine



## The Bob Andy Song Foundation

“Long after the lights have been turned off and the bands have quit, the song remains” Bob Andy 2011

The Bob Andy Song Foundation incorporated September 2011 seeks to promote, preserve and impart the music, artistic talent, songwriting and musical legacy of Bob Andy through music education and other programmes.

The Foundation also seeks to progressively impact the development of Jamaica’s musical heritage, and to promote music and the performing arts among the youth, young adults and children in Jamaica, in particular, those resident in the inner-city.

Donations to the Bob Andy Song Foundation can be made online through Panache magazine. Donations over \$30 receive a gift of the 32-page official Bob Andy Unplugged concert programme. A \$50 donation receives an autographed copy of the concert programme.

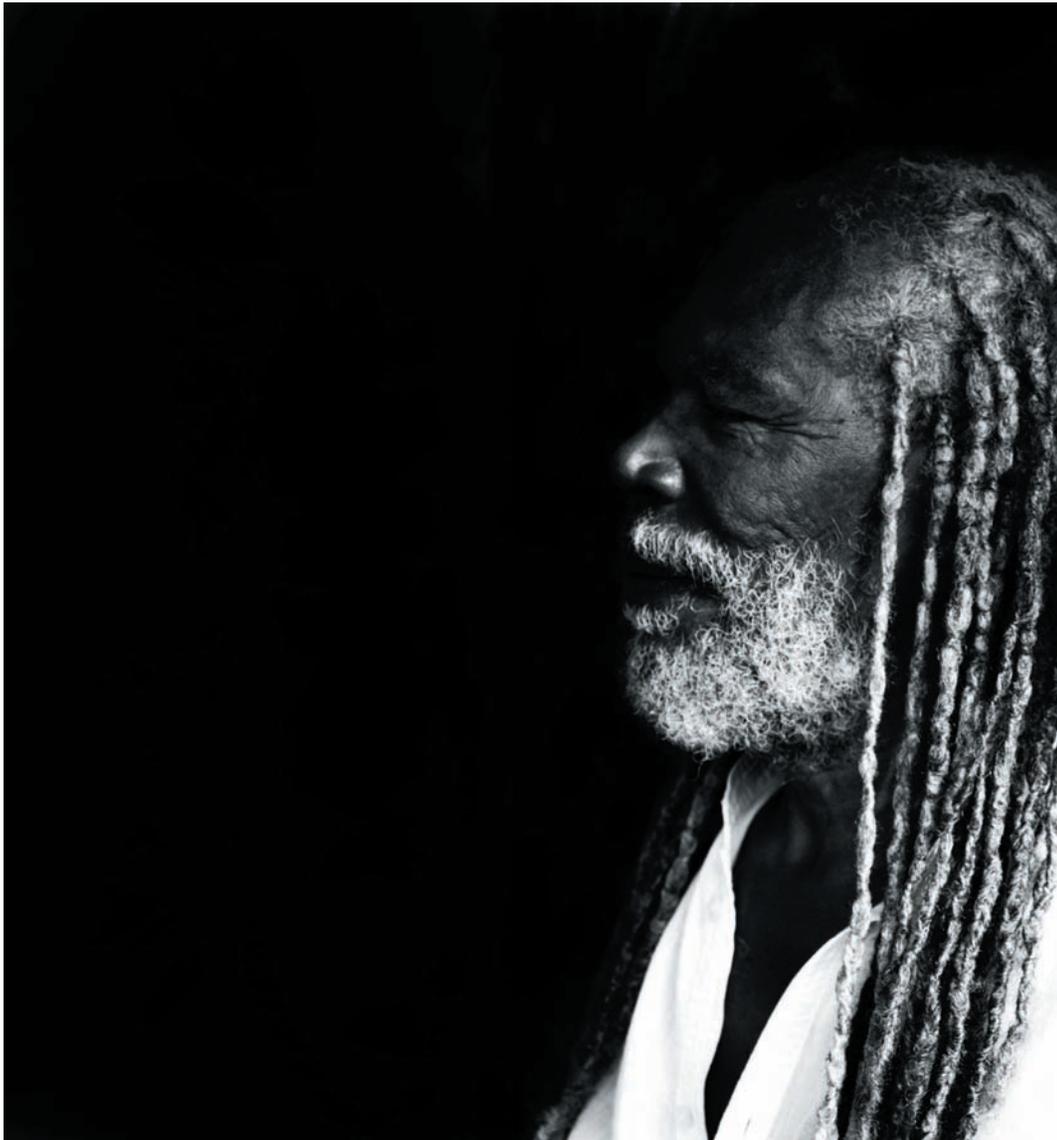
Donations can also be sent to:

Bob Andy Song Foundation  
Casa Monte Estate  
C4  
Old Stony Hill Road  
Kingston 8, JAMAICA

For further information contact [BobAndySongFoundation@gmail.com](mailto:BobAndySongFoundation@gmail.com) or 876-756-3999

All donations will be gratefully acknowledged.

**GO TO [WWW.PANACHEJAMAGAZINE.COM](http://WWW.PANACHEJAMAGAZINE.COM) & GIVE YOUR SUPPORT TO THE BOB ANDY SONG FOUNDATION**





**EXCLUSIVE!**

---

By Stacey Bethel,  
Entertainment Editor

# Leon

SUCCESSFUL ACTOR, SINGER & SONGWRITER LEON ROBINSON  
REVEALS HIS PASSION AND LATEST PURSUITS...

**Photography by Suza Kohlstedt**



**S**ex appeal du jour! He is the embodiment of charm and he has occupied a space in the hearts of women around the globe for three decades. Who is “he?” Actor, Leon Robinson of course! But when was it that the masses fell in love with Leon? Was it when he played Robin Givens’ boyfriend in the

1989 ABC miniseries *The Women of Brewster Place*, or when he was cast as Saint Martin de Porres in Madonna’s controversial 1989 music video *Like a Prayer*, or alongside Tom Cruise in 1983 in *All the Right Moves*, or his 1993 leading role in the film *Cool Runnings*? Whenever it was, Leon continues to be Hollywood’s “go-to” sex symbol to steam up the big screen and tug at the hearts of female moviegoers everywhere.

His wit, charm, talent, smile and killer physique has been just some of the reasons why Leon has enjoyed a career in film for 30 years. He has starred in some of the most memorable roles in film, television and stage and has worked with top billing actors. To his credit are *Cliffhanger* alongside John Lithgow, and *Sylvester Stallone, Above the Rim, Waiting to Exhale, Once Upon A Time When We Were Colored, The Temptations, Little Richard, The Five Heartbeats* and HBO series *Oz*.

And while he is known for his acting, Leon surprised his fans when he became lead singer of his own band, *Leon and the Peoples* in 2005. The band released their debut

album, “*The Road Less Traveled*” in 2006 and in 2007, the band received a nomination for the CD from the International Reggae and World Music Award. Additionally, the band completed a 36 city US tour with reggae singers Beres Hammond and Marcia Griffiths on the “*For The Love Of It Tour*.” He was also a frequent surprise guest on Beres Hammond’s 2008 “*A Moment in Time*” US tour. In 2010, the band performed at the Aids Walk Concert in NYC’s Central Park.

With Singing and acting, Leon has so much more ground he would like to cover. And looking at his track record, there is no doubt that he will achieve what he sets out to. But don’t take our word for it! Hear it directly from the horse’s mouth in an exclusive one on one interview for our magazine.

**PJM: You have starred in over 25 movies.**

**Do you have a dream role that you have not yet played?**

**LEON ROBINSON:** I have several and I’m sure some of them haven’t even been thought of yet. I yearn to do memorable roles in memorable movies, TV or stage, that’s all!

**PJM: Of all your Movies and TV series, do you have a favorite?**

**LR:** No, cause I hardly ever watch the work that I do. I’m far too critical of myself. My favorite movies or shows are the ones that people like the most cause that is who I act for, you!! If it’s your favorite, then it’s mine.

*Being on tour with Beres was great!! The shows were packed and the response we got was incredible!! Plus, going to a Beres Hammond concert is one of my favourite things to do in life and when we were on tour I got to do it, every night!!!*

**PJM: What Actors or Directors would you like to work with that you have never worked with before?**

**LR:** Far too many to list from the US & Overseas. I’m a big fan of the Irish director Jim Sheridan (“*My Left Foot*” and “*In The Name of The Father*”).

**PJM: So many people know you as Leon “the Actor” and not the singer. How did singing come about?**

**LR:** Singing was my first love and while in college I wrote and performed a song for the Special Olympics. As I became more popular as an actor, I would be asked to MC & host concerts and festivals. Many of them Reggae shows because it was known that I was a reggae head. While back stage I would hang out with many of the artists - Beres Hammond, Pinchers, Freddie McGregor, Steel Pulse, etc. We would all be singing back stage and they would encourage me to sing. They told me I should do it because I genuinely love it!!

**PJM: When and why did you decide to form your band “Leon and the Peoples?”**

**LR:** I was ask to be part of the band with some very talented musician friends called The Young Lions and it was fun but I wanted to do original music not just covers. So I formed my own band called The Peoples. We became Leon & The Peoples when I realized that we would get more and better shows using my name upfront.

**PJM: Of all the genres you could have chosen, why Reggae?**

**LR:** Reggae was the first music that made me wanna sing but my band’s music is Reggae/Soul Music. We are a blend of Reggae & Soul.

**PJM: I know you currently have an album out entitled “The Road Less Traveled. Why that title and when was it released?**

**LR:** For three reasons: 1. I believe I have taken *The Road Less Traveled* by becoming successful as an actor and then becoming a singer, songwriter and lead singer of a band, 2. We took *The Road Less Traveled* by becoming a live band (we performed for five years) before recording our first album and 3. I took *The Road Less Traveled* by becoming a Reggae/Soul artist. I imagine most people would have thought, I would be singing some sexy R&B music. The album was released

in 2006.

**PJM:** Beres Hammond is listed as one of the producers on your album. How was it working and touring with him?

**LR:** Beres is the top of the line!!! I feel blessed to have him as a friend, mentor, and of course, producer. Being in the studio w/ Beres was not easy cause he is so prolifically talented as a writer & vocalist that you have to get over the "awe factor" with him and realize that you are here collaborating with him, not being a fan!! Being on tour with Beres was great!! The shows were packed and the response we got was incredible!! Plus, going to a Beres Hammond concert is one of my favorite things to do in life and when we were on tour I got to do it, every night!!!

**PJM:** What other producers did you work with on the album?

**LR:** In addition to Beres, I also worked with JK and Johnny Brit

**PJM:** What was it like working with Tony Rebel, Tanto Metro and Syleena Johnson?

**LR:** Tony Rebel is just one of those artists that you hope to work with. He was easy & great! The song "Working Man" was a perfect song to collaborate with him and he killed it!! Syleena Johnson was easy too. Fell in love with her voice years ago and luckily she was available and willing to do our reggae version of "Bottles & Cans." Tanto Metro's energy is amazing!!! I loved working and hanging with him. I originally was planning on doing the song with Anthony B but schedules didn't work out and luckily Tanto's did and now I couldn't imagine anyone else but him. Check him out on our first single "That Emotion."

**PJM:** What other artists/producers would you like to work with?

**LR:** I would love to work with many other producers & artists but it's all about the song for me!!

**PJM:** Inside information tells that you are currently working on a new music project that includes two singles "Dance With Me" produced by Beres and "Love Is A Beautiful Thing."

**LR:** Love is "A Beautiful Thing" will hit first and we are currently looking for beautiful women (all shapes, sizes, colors) to appear in our video. "Dance for Me" is some sexy reggae music!!

**PJM:** Are they going to be part of an album?

**LR:** Originally, they were gonna be singles from our new CD but now the business has changed so much. It makes more sense to release them as singles, in this new digital era we now live in.

**PJM:** Victor E. Lewis of Vicrae Inc. manages world-renowned reggae ambassadors Third World Band and also your band. What is like working with him?

**LR:** A true pain in the ass, just joking! Vic is my partner in the band and he understands what I have to go thru navigating my dual careers. He was there at the start of the band and together we will get thru!! Having Third World on his roster is a major plus cause of their talent & worldwide following, plus I'm a big fan!!

**PJM:** Where can anyone see LEON & THE PEOPLES perform?

**LR:** Next up for us are some Southern California dates and a live streaming benefit concert with Third World Band at The Roxy in Hollywood. Always check our websites for upcoming shows [www.leonandthepeoples.net](http://www.leonandthepeoples.net)

**PJM:** In your recent stage play "Why Do Good Girls Like Bad Boys," you play the 'BAD BOY.' How was the experience playing that role?

**LR:** Great!! He wasn't just a bad boy, I made him a multi-dimensional character - suave, charming, bi-polar, vicious & mean. It was Fun!

**PJM:** Which do you prefer Stage, Film or Television?

**LR:** I love them all!! Film and TV (dramas especially), are essentially the same for an actor, same process. Theater is the foundation

"Being a Dad to my daughter Noelie, may be my favorite job of all!" -Leon



**Ex-Free- romantic comedy starring Leon, in theatres in 2012.**

of acting and where trained actors learn to act. There is nothing like the live response of the theater audience but I feel I was made to be on film. It's all me!!

**PJM:** What film projects are you currently working?

**LR:** I have two movies coming out next year. The romantic comedy "Ex-Free" and the drama "Soul Ties" based on a book by Tee Austin.

**PJM:** With such a rigorous schedule, how do you spend your free time?

**LR:** What free time?? Luckily, I like my job. I do play as much tennis as I can.

**PJM:** Other than music and acting, is there anything else you would like to try your hand at?

**LR:** I'm also a producer and have several projects in the works as well as a director. However being a Dad to my daughter Noelie, may be my favorite job of all!!!**[PJM]**

**Words by STACEY BETHEL  
Triple 7 Entertainment LLC  
201-981-6960 (USA)  
BBM Pin: 25E27236  
stacey@triple7entllc.com  
www.triple7entllc.com**



Your Online Oasis for Caribbean Fashion, Beauty & Lifestyle

PJM COMING TO AN iPad NEAR YOU!



'PROJECT RUNWAY' FINALE WINNER: ANYA AYOUNG-CHEE KICKS START WITH HP

"Participating in 'Project Runway' has been a transformative experience for me," said Ayoung Chee. "Throughout the season I've had the opportunity to take my designs to the next level creatively and technically. With this HP technology suite, I have the tools I need to enter this next stage as a designer, elevating my business and sharing designs on an international scale."

CELINE DION TO PERFORM IN JAMAICA...AS JAMAICA JAZZ & BLUES FESTIVAL 2012 PROMISES TO BE A MOST MEMORABLE EVENT



2012 has the distinction of being the 16th anniversary staging of the event and also the year of Jamaica's 50th anniversary of Independence. The Jazz Festival has been billed as a celebration and a 'gift to the people of Jamaica' with one of the highest calibre of stars- Celine Dion.

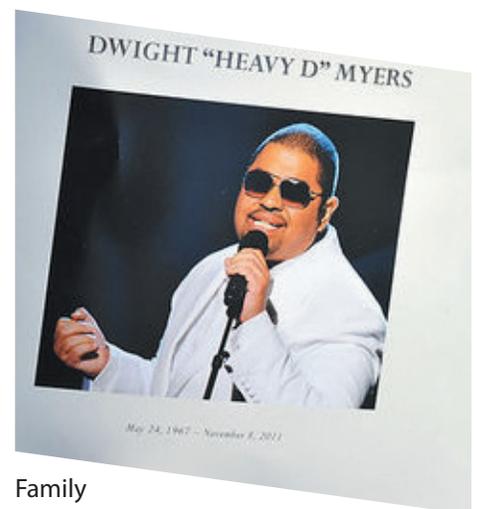
With Celine Dion's commitment to perform in Las Vegas exclusively- her appearance at the Jazz Festival is a major coup as it will be the only place on Earth outside of Vegas where she is currently scheduled to perform.

MORE SAINT MODELS EARN INTERNATIONAL DEVELOPMENT

At a time when the business is cited for favouritism to Caucasian models, and where there is a raging sentiment against racial imbalance with certain agencies and clients in the business, it is remarkable that a Jamaican agency continues to break records with getting new faces through the doors of the world's most selective agencies.



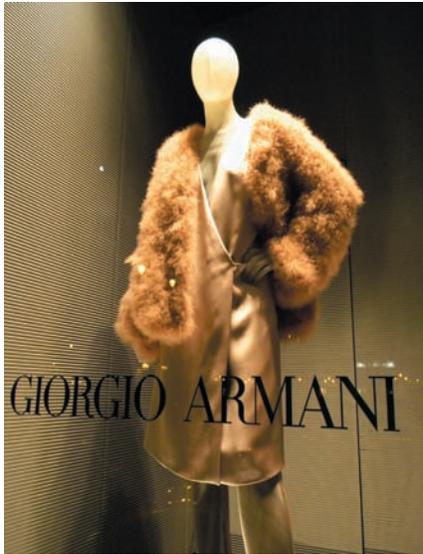
CELEBRITIES ATTEND HEAVY D'S FUNERAL



Family and friends gathered to pay their respects to hip-hop legend Heavy D. The funeral was held at Grace Baptist Church of Mount Vernon, which was filled to capacity with everyone saying their goodbyes on November 18, 2011. ||PJM||

Find Panache Jamaica Magazine on Facebook, Twitter and LinkedIn!

# Editor's Note



Nevertheless, Brussels was fabulous from the moment you disembarked! With 2011 BMWs for airport taxis you were welcomed to a lap of luxury all the way.

My stay was at The Hotel on Waterloo and you most certainly paid for a spectacular panoramic view of the city and wonderful service! The Hotel also had a perfect location with Chanel, Louis Vuitton, Armani all within walking distance amidst a plethora of grills, bars, shopping to enjoy!

To wrap up one cannot be in Belgium and not have their calling card of chocolate and of course- the famous Belgian Waffle!!! My lips are wet just thinking about that hot chocolate drowned over that dessert!

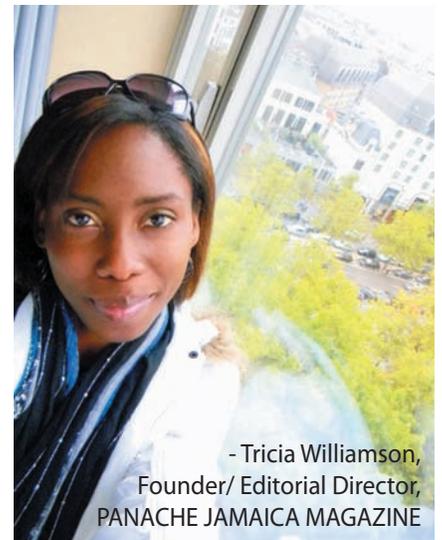
But all in all that trip was great! Loved it and I plan to go back on my future plan to backpack through Europe! So until then a wonderful Christmas to you and a Prosperous New Year! Enjoy the issue!



Another year wraps up and there's a lot to reflect on- far too much to cover in one note and who really takes the time to read this page anyway? (Smiles) Prove me wrong at [editor@panachejamagazine.com](mailto:editor@panachejamagazine.com)

So rather than tell you about all the great features we have for you in this issue, I'll reflect on one of my trips this year- my time in Brussels, Belgium this past October!

After a wonderful 13+ hours of flights from Jamaica to Belgium through Madrid, Spain. I must say it was a refreshing change from the pace at home. The Spaniards are many things and being very romantic tops that list, one couldn't help but notice the loads of PDA amongst couples young and old. Plus being the only 'cocoa chica' on the Iberia flight, I had the unique experience of sitting through an inflight showcase ranging from the high fashions of Europe to naked tribes in Africa...come on! I think we are past that colonial mindset.



- Tricia Williamson,  
Founder/ Editorial Director,  
PANACHE JAMAICA MAGAZINE

## A FEW OF OUR CONTRIBUTORS



CAROLINE/ TWEAK BOUTIQUE

Panache` is always in search of unique products to showcase and we came across the exquisite designs of Tweak Boutique, based in Canada and designed by Caroline Bruce- an Ontario designer of Jamaican heritage. See full story on page 38.



STACEY BETHEL/ ENTERTAINMENT EDITOR

Check out Stacey's new e-zine: Triple The Focus is a Music, Entertainment and Lifestyle E-Magazine that gives the reggae music fraternity another platform to gain visibility and connect with fans in a not so typical fashion.



DR. ANISSA HOLMES/ JAMAICASMILES.COM

Dr. Holmes' brilliant smile is only one of many shining examples of the wonderful opportunity she presents through her cosmetic dental services her in Jamaica. Learn more on page 58.



VARUN BAKER/ PHOTOGRAPHER

Varun Baker owes his photographic talent to a genetic twist of fate that had him wearing glasses since the third grade. Enjoy the stories his photos tell on page 34 in our Panache` Portfolio.



BECOME A CONTRIBUTOR TO PJM

CONTACT US AT:  
EDITOR@PANACHEJAMAGAZINE.COM



YOKI K HANLEY/ ITIBA

Quite an inspiring lady, Yoki has developed a wonderful line of Caribbean naturals for your skin. itiba is a force of nature that came into being in 2009 from the creative mind of owner Yoki K Hanley and you can read the first part of that journey on page 21.

# Photographer's Note

## with Roger Jones

**T**his winter issue has been a tough one- with the model photoshoots, the events, not to mention deciding on who becomes our new cover girl!!

We had two beauties who kept our minds active, Jameela Geddes and Chantal Clarke. Plus wanted the special kind of look that both uniquely possessed which made it difficult to choose one -so we gave each a covershot.

With all that we went through in deciding, I hereby make a note to myself... "Don't have more than one

beauty per issue, it will drive me crazy!!!  
(Smiles)

Lastly, I just want to thank you- our readers for all the support given over the years, do have a Blessed Holiday and all the best for the New Year!...

You can view other shoots I've done on facebook @ Roger Jones Photography, click the like button and share with your friends and family,

*God Bless...  
Roger Jones  
Director of Photography,  
Panache Jamaica Magazine*



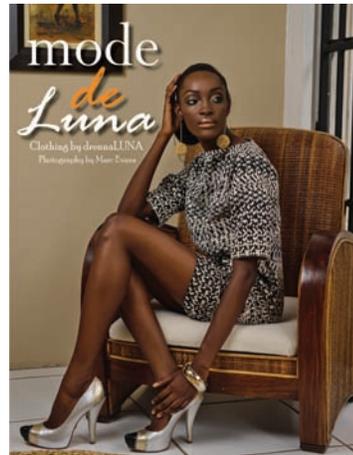
Mermaid Moment



# WHAT'S INSIDE THIS ISSUE



- 4 A MOMENT WITH BOB ANDY
- 8 EXCLUSIVE WITH LEON ROBINSON
- 12 PJM ONLINE
- 13 EDITOR'S NOTE
- 14 OUR CONTRIBUTORS
- 15 PHOTOGRAPHER'S NOTE
- 18 NEGRIL DE NAIL
- 20 RELAX & GET PAMPERED
- 21 THE LEGEND OF ITIBA
- 23 SASS: HOT SEXY STYLES
- 25 CONGRATS! JUNE SMITH
- 26 BUDGET BRIDES & 5 TOP WEDDING TRENDS 2012



- 27 THE SCOTCH BONNET
- 28 THE AWARD-WINNING NANDI CHIN
- 29 MODE DE LUNA- PREVIEW DRENNALUNA'S 2012 COLLECTION
- 34 PANACHE ` PORTFOLIO: VARUN BAKER
- 35 J'ANGELIQUE CLOTHING
- 38 MAXIMUM IMPACT WITH TWEAK BOUTIQUE
- 41 A YEAR OF CHANGE WITH CHERINE



42 CARIBBEAN CHIC  
FEATURING TWEAK BOUTIQUE, ITES INTERNATIONAL, & BUDGET BRIDES

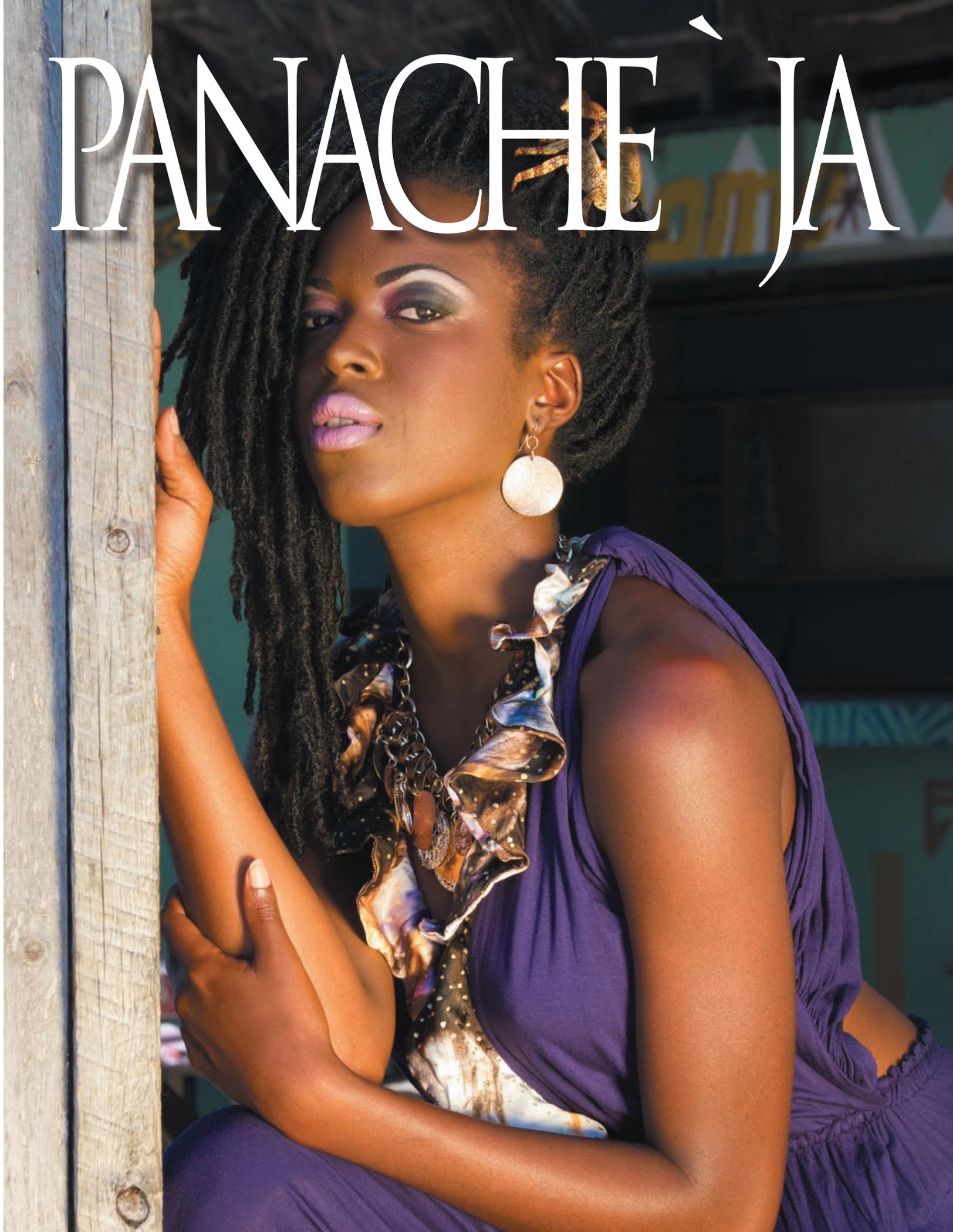
- 51 INTRODUCING CEN `C LOVE
- 52 HAIR ENDS II- ASSESSING YOUR HAIR CONDITION
- 54 CURLY CONFESSIONS FROM CURLYNIKKI.COM
- 56 5 DECOR SECRETS WITH ISHKA DESIGNS
- 60 JAMAICA SOCIAL LIFE- 50 WAYS TO CELEBRATE OUR GOLDEN JUBILEE



- 65 MUST TRY RECIPES FOR 2012
- 68 REVIEW: CUDDY'Z SPORTS BAR & RESTAURANT
- 70 15 BIGGEST NUTRITION MYTHS
- 72 BITE INTO A NEW YOU WITH COSMETIC DENTISTRY
- 78 SAND & STREET STYLE: JAMAICA



# PANACHE JA



# Negril De Nail.com

Nail Salon & Makeup Studio



**10% off**  
Discount Coupon

**Gel Manicure**  
\$3000JA(\$35USD) & up

**Pedicure**  
\$2000JA(\$24USD)

**Individual Lash Extension**  
\$6000JA(\$70USD)

**Bridal and Runway Makeup**  
\$60USD and up

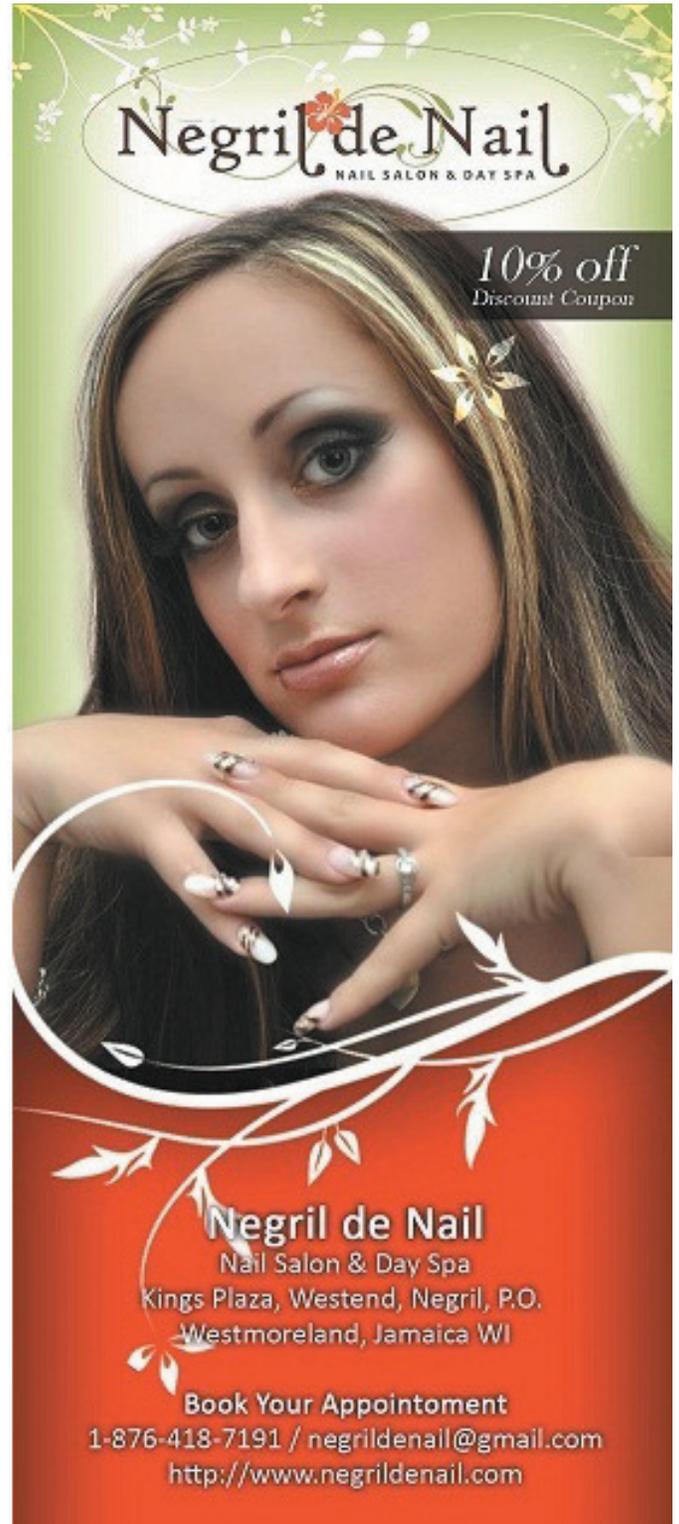
We use gel nail brands:  
Gelish, IBD, Gelaquer  
for gel nail service.

Single lash extension  
lasts 3-4 weeks with  
proper care.

**Free Makeup Trial**  
With Purchase of  
Gel Nails & Pedicure  
**\*\* Limited Time Offer !!!**

**Negril de Nail**  
NAIL SALON & DAY SPA

For Appointments:  
1-876-418-7191 / [negrildenail@gmail.com](mailto:negrildenail@gmail.com)



**Negril de Nail**  
NAIL SALON & DAY SPA

**10% off**  
Discount Coupon

**Negril de Nail**  
Nail Salon & Day Spa  
Kings Plaza, Westend, Negril, P.O.  
Westmoreland, Jamaica WI

Book Your Appointment  
1-876-418-7191 / [negrildenail@gmail.com](mailto:negrildenail@gmail.com)  
<http://www.negrildenail.com>

876-418-7191 | | [negrildenail@gmail.com](mailto:negrildenail@gmail.com)

# Misako Kasai

# M

Misako Kasi Coward, originally from Japan, is the owner and lead nail artist for Negril de Nail nail salon and day spa located in Negril, Jamaica. Trained and licensed in both the United States and Japan, Misako has

been a nail specialist for over 10 years. After working as a professional nail artist for many years in the USA, and owning a successful nail salon Japan, Misako has landed in her husband's home country, Jamaica. Specializing in authentic gel nails, Japanese 3D nail art and nail stone art, Misako is a trendsetter in her field. With quality products imported from the USA, Misako creates some of the most unique styles and designs of nail art in all of Jamaica. Beyond specialized nail art, Negril de Nails offers quality services in semi permanent individual lash extensions, full body waxing and has just begun offering Bridal, runway and photography makeup services. The quality of our work can be seen on our website at [www.negrildenail.com](http://www.negrildenail.com). If you find yourself in Negril, come by and try our services for yourself.

Now we offer single lash extension and gel nail design workshop in Kingston, Montego Bay, Negril area. Please contact us by email. Learn newest and highest technique what we can offer from US and Japan.

Negril de Nail is always welcoming new clientele to their shop located in Kings Plaza, Westend, Negril. We can be contacted at 876.418.7191 or [negrildenail@gmail.com](mailto:negrildenail@gmail.com).

**FIND US ON FACEBOOK at <http://www.facebook.com/negril.nailart>**

# Gel Nails



by Misako @ Negril DE Nail

# Lash Extensions

5 weeks after

Negril DE Nail by Misako



# Relax... Take A Day & Get Pampered

BY LATOYA JONES  
Beauty Editor

“Your tired wound up muscles will thank you...”

**W**ith the hustle and bustle and the stresses of everyday life, more Jamaicans are beginning to realize the bliss that lies in slipping away for an hour or so simply to be pampered and rejuvenated or to loosen sore joints and tight muscles or even avert would be ailments that crop up from stiffness's and soreness's hold on us or the little aches and pains

we just can't seem to explain. Locals and even visitors to our island are finding that a trip to the spa is a good way to recharge one's batteries and power up to face the Goliaths of our everyday lives. A good massage can leave you feeling relaxed and invigorated, and rightfully so. A massage, when done properly, improves circulation and helps to reduce stress. That feeling of being

pampered and cared for is something that you'll carry with you for a long time too. Warm scented oils, exfoliating body scrubs and wraps or heated rocks are just a few of the pickings offered by our local spas. Whether you're a newbie or a spa veteran, we urge you as the year draws to a hurried close to treat yourself, all your tired wound up muscles will thank you.

May we suggest...

## SALON & SPA

### ADAM & EVE DAY SPA

Known for their combo 'Adam&Eve Signature' a mix of a hot stone and deep tissue massage. 925-2944; 114c Constant Spring Road, Kingston 10.

## MEDI SPA

### ANNE MARTIN

A new kid on the block that's definitely holding their own. They boast a dermatologist on call for Botox shots. 960-3134; Shop 8 Mall Plaza, Kingston

## SPA

### THE FACE PLACE

The Swedish massage at this fab new location comes highly recommended, also known for expert makeup application. 754-3923; 48c Constant Spring Road, Kingston 10.

## SALON & SPA

### JEN CARE SKIN FARM

An oldie and a goodie in the business, offering physiotherapy in addition to aesthetic services. 946-3494-7; 82 Hope Road, Kingston 6.

## SPA

### SPANISH COURT HOTEL 'ZEN SPA'

The Spa sits atop the roof of this swanky new hotel and offers a 30 minute tension relief massage . 926-0000; Suite 28 1 St Lucia Avenue, Kingston 5.



Photo courtesy: Grand Palladium



ITIBA, LLC NATURAL SKIN CARE PRODUCTS...nature, earth, beauty.

Long ago in the Caribbean our ancestors, both African and Amerindian, used only what was given to them by Mother Earth - itiba - to cleanse the skin and beautify their appearance; and their skin loved them for it. Even today in the Caribbean, it is still apparent in the descendants of those two peoples in their beautiful, healthy skin. Using the principle of Sankofa, we learned from the past and went back to the Earth - itiba - to create these wonderful, luxurious products using only natural plant oils and butters. The flowers of the Caribbean lend their unique and sultry aromas to help create a uniquely Caribbean product that leaves you experiencing the same healthy skin as our ancestors. Out of a Caribbean heritage full of rich culture and strong tradition comes itiba - a natural skin care company.

itiba, LLC is a Crucian based skin care company offering its customers a

Caribbean alternative to the mass produced skin care products being offered in the market today: Caribbean Exoticism.

To this end, we are proud to introduce our itiba women! We wanted to know what or who is an itiba woman.

The itiba woman is a natural woman, a caring woman. Not necessarily a mother in the literal sense, but nurturing to herself and to others. Her beauty is apparent not because of her features, but because she just radiates beauty with her smile, her actions. She is sexy and sensual. itiba woman is a strong, intelligent woman. An itiba woman is confident in her skin, yet versatile to wear any skin she finds.

An itiba woman is a natural beauty. An itiba woman is each and every one of us who welcomes the joys of being a woman and welcomes the challenges because we know we can turn them into triumphs!

An itiba woman is in each and every one of us. When we look in the mirror she

smiles back at us and tells us we can do it. She loves being a woman and enjoys her strengths and weakness because she knows the only way to go is up to make those weaknesses into strengths.

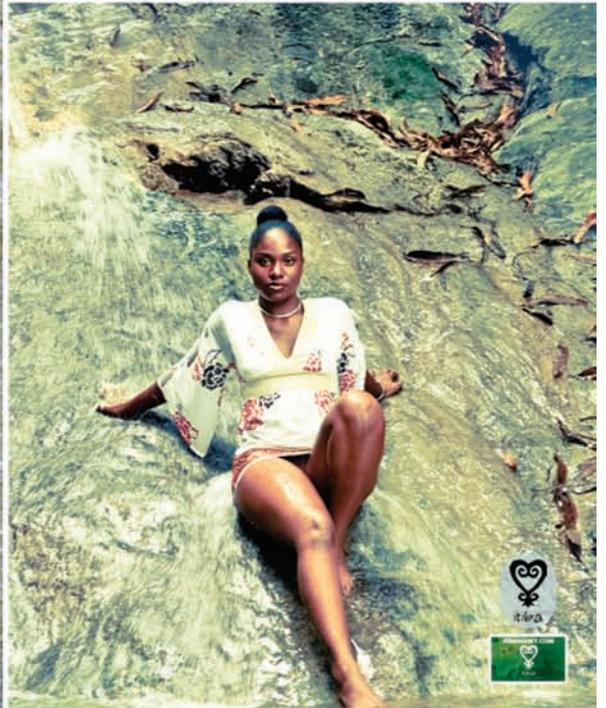
She is you and she is me.  
She is...Nature. She is...Earth. She is...Beauty!

Through itiba, Yoki has worked with others to help create or refine other natural products. Currently, itiba is developing and manufacturing the So~Real Natural Hair Care Line for Nat'ral Xpression on St. Croix. The first product to be released from that line, Paradise Bliss Hair and Body Oil has been a resounding hit with the natural hair care clients of Petra Matthews, owner and master loctician of Nat'ral Xpression.

**Read the full story online at PJM.**

# The Legend of itiba

www.itibabeauty.com





IMAN



JENNIFER HUDSON



KIM WAYANS



VIOLA DAVIS

## SAND & STREET STYLE::: HOT SEXY STYLES WE LOVE!



MELANIE



ZOE



NICKI MINAJ



MARY J BLIGE

# MIXED CHICKS®

a curly revolution



© mixed chicks, Inc. 2011

**moisturize**

**control frizz**

**define curls**

## JAMAICA

experience Mixed Chicks at the following locations:

**NYLORAC @ LOSHUSAN BARBICAN CENTER**  
29 East Kings House Rd., Shop#10  
Kingston, Jamaica  
876.946.1470

**Discount Beauty**  
Shop 7 & 8 Kings Plaza  
38 Constance Spring Rd.  
Kingston, Jamaica  
876.906.2361

other caribbean locations:

BAHAMAS

BERMUDA

CURACAO

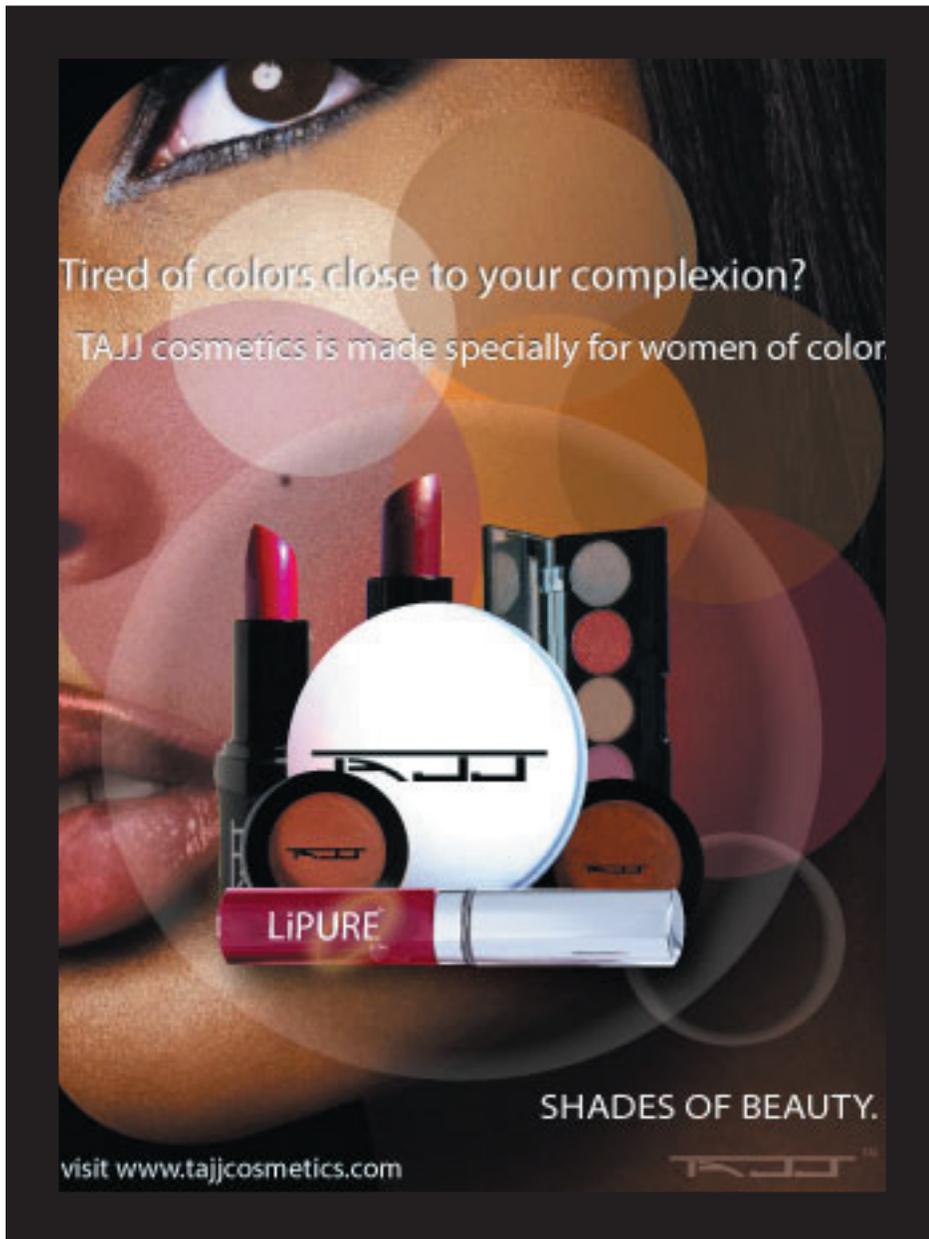
DOMINICAN REPUBLIC

ST. MAARTEN

TRINIDAD

VIRGIN ISLANDS

[www.mixedchicks.net](http://www.mixedchicks.net)



# BBWO50



Black Business Women Online

50 Fabulous Women Entrepreneurs

## JUNE SMITH OF TAJJ COSMETICS- ONE OF TOP 50 FABULOUS WOMEN ENTREPRENEURS

Canadian founder of TAJJ Cosmetics June Smith has been named one of 50 top Fabulous Women Entrepreneurs by SistaSense Magazine and Black Business Women Online. Smith is one of 10 women selected in the category of Beauty. After starting her company in the summer of 2009, June first developed the Incredible Corn Concealer for the feet, which immediately gained the attention of women around the world.

In making the recent announcement, SistaSense Editor-in-Chief LaShandra Henry says "I see thousands of black women whose deeds go unnoticed. I wanted to recognize the BBWO50 for their hard work and diligence and show Sistasense readers these are our women to support, promote, and aspire to be like. Henry says she chose women who have built established businesses with visible growth over time both online and offline. She also focused on up and coming women entrepreneurs whose innovative online business ventures are publicly recognized. "In short, these women are widely respected for the businesses they have established and their social influence both online and offline is undeniable," she added.

June says, "I am deeply honored and blessed to have been included on this list", and thanked LaShanda Henry for recognizing her. Many times Black Female Entrepreneurs are overlooked in spite of how hard they work and the expertise they bring to the table. ||PJM||



June Smith

### CONGRATULATIONS!

Many times Black Female Entrepreneurs are overlooked in spite of how hard they work and the expertise they bring to the table.

# WEDDINGS IN STYLE

Introduces



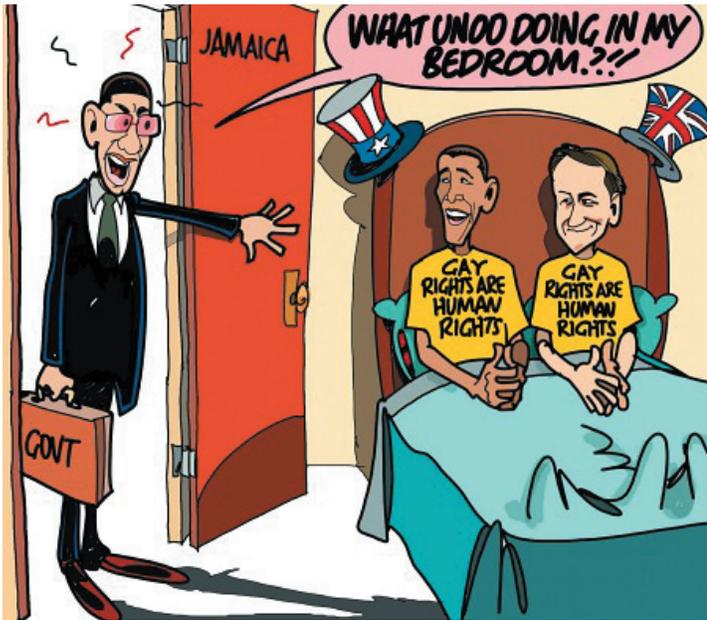
FOR APPOINTMENTS CONTACT TANEISH MONTEITH AT 876-374-0706

## 5 Top Weddings Trends for 2012

by [www.poshbridesbykari.com](http://www.poshbridesbykari.com)

1. A Royal influence is expected in 2012. From Kate's dress, her sister's white bridesmaid's dress and a revival of hats, everything and anything related to the royal wedding will be a popular wedding trend. Americans have long been enthralled by everything Royal and this latest royal nuptial will surely influence wedding trends for years to come.
2. A popular wedding idea for the reception is specialty stations. We have seen them in the past, but they will explode in 2012. From liquor tasting stations to coffee bars with baristas, what type of specialty station to have at your wedding is only limited by your imagination. In fact, depending on your theme, you could even venture to include a cigar bar or have an entire reception centered on the idea of hosting wine and cheese sampling.
3. Jewels are another fashionable new wedding trend yet not in the way that you'd think. Jewels sparkle everywhere in the seasons to come. They adorn everything from the bride's hair to the bouquet. Some creative bakeries are even adding a little bling to the wedding cake for a unique look.
4. Wedding themes are back with a vengeance. And, why not? Themes are fun for everyone involved, from the wedding party to the guests. There really is something to be said about hunting down the perfect wedding reception site or favor for your chosen theme. A winery would be the perfect setting for a themed wedding. Likewise, a beachfront ceremony lends itself to a sea theme. You can even go for a non-traditional theme like Christmas in July or a medieval themed wedding held at a Shakespeare Festival. It's your wedding; have fun.
5. The dessert table gains more ground over the traditional cake again in 2012. In fact, it has now expanded to include a variety a specialty items. Guests love the idea of getting up when they're ready and picking out one or two special treats. Thoughtful brides love being able to offer everyone's favorite with this option. Miniature cheesecakes, single-serve key lime pies and ice cream sundae bars with a plethora of toppings all fit the bill and satisfy the sweet tooth. Believe it; no one will be watching the calories on the day of the event.

# The Scotch Bonnet tings we a chat bout...



The Editorial Cartoon by Clovis published December 9, 2011  
in the Jamaica Observer.

On November 12, 2011 the Jamaica Gleaner published this article by their guest columnist- Shirley Richards- What are your thoughts on this issue?

## JAMAICA MUST NOT SURRENDER SOVEREIGNTY

Not being satisfied with the failure of the Commonwealth heads of government to arrive at a consensus on the matter of the repeal of sodomy laws within the Commonwealth, British Prime Minister David Cameron has taken the decision to withhold British aid from non-compliant nations.

Did we hear right, or were we mistaken? Is it true that our former masters are now calling on us to repeal laws that they are not in agreement with, or face the penalty? Is it that somewhere in the 1962 Jamaica (Constitution) Order in Council which facilitated our independence, there remains a hidden, residual power for Britain and its allies to manipulate our legislature as it thinks fit? What did Gandhi, Nkrumah, Manley and others fight for?

The effrontery of David Cameron and his allies is incredulous! (Incidentally, If Eric Williams were around, he surely would have made it clear to members of the Commonwealth that 43 from 54 leaves nought!) Thankfully, however, the very system which the British left us contained within it the right to resistance. That very same philosophy was the driving force of the struggle for the independence of America - government depends on the consent of the governed.

As has been many times said before, the retention of the buggery law provides guidance to us as a country between that which is acceptable and that which is not, in terms of sexual behaviour. It is the legal underpinning of the survival of the tradition of the heterosexual family. It is a guide to parents, children and to our public officials in the matter of sexual affairs. How could the homosexual lifestyle be in the interest of

humanity when it leads to nothingness and is fraught with dangers both for the individual and the society?

What makes the effrontery worse is that the scientific literature has indicated that in Europe generally "HIV transmission seems to be out of control in the MSM population". If David Cameron was really interested in our welfare, wouldn't he be urging us, with tears in his eyes, not to repeal our laws, as it would appear that by liberalising their laws Britain and its allies have made a grave error?

What is also of grave concern is that in these countries where the laws have been liberalised, there seems to be an emerging tyranny which penalises any expression of dissent of the lifestyle, even where such dissent is expressed privately. Just last month in England, father-of-two, Adrian Smith, 54, was found guilty of misconduct by the Trafford Housing Trust and had his salary slashed by £14,000 after saying on his private Facebook page that same-sex weddings in churches would be "an equality too far".

Neil Addison, an expert in religious discrimination law and a practising barrister in England, commented on this case, saying: "When I was a child, people in England used to say, 'I can say what I like, it's a free country.' That is certainly no longer the case in Britain today."

It's a very similar situation with the abortion issue. On November 15, an employment tribunal in London will begin to hear the case of Margaret Forrester, who was sacked from her job as a mental-health worker because she had shown a pro-life booklet to colleagues that said women suffer from mental-health consequences after abortions.

It is also expected that by December 5, the British Government will lift the ban on same-sex civil-partnership ceremonies in churches. (This was what Adrian Smith was concerned about). Equalities Minister Lynne Featherstone is insisting that churches would have the freedom to decide if they want to offer same-sex services. However, the fear is that even if the scheme was initially voluntary, churches that do not agree to offer the services are "likely to be put under huge pressure to change their policy by campaign groups".

With all due respect to Lord Gifford, QC, the situation seems to be the same in Ireland. At the time sodomy was decriminalised in 1995, it was argued by the homosexual lobby that they simply wanted to be left alone. However, since then, the lobby has grown into 'a rights industry', and now any criticism or even questioning of them and their continuous demands is not tolerated.

On Sunday, October 30, journalist Eamon Delaney, writing in Ireland's leading newspaper, the Irish Independent, referred to the "insatiable demands" of the homosexual advocates "for more and more recognition and identity". Mr Delaney expressed the concern that this will "eventually alienate mainstream opinion." <http://www.independent.ie/opinion/analysis/loud-and-proud-gays-want-to-take-over-rest-of-society-2920975.html>.

It is just a matter of time before persons who hold contrary views on both the issue of homosexuality and abortion will have to flee Europe and the United States in search of safe haven. (Déjà vu?)

At the same time, however, one wants to make it abundantly clear that use of violence against homosexuals is absolutely wrong and must be denounced. All allegations of violence, including violence against homosexuals, must be thoroughly investigated by our security forces with the aim of bringing perpetrators to justice.

So up, you mighty nation! Have you forgotten who you are? You are Jamaicans, for goodness sake! Within your laws as they currently are is the key for the preservation of the family, the health of nations and the survival of the human race. So do not be ashamed! Do not be intimidated! You are on solid healthy ground!

As a teenager, Nandi designed dresses for her friends' sweet sixteens, graduation balls, New Year's parties, and formal events.

After graduating from Immaculate Conception High School, in Kingston, Jamaica, before decided to follow her true passion, fashion design, Nandi attended the University of Miami in the United States in an attempt to pursue a career in Marketing and Graphic Design.

Recognizing she was neglecting her destiny, Nandi began studying fashion at the Art Institute of Fort Lauderdale, Florida, where she earned her Associates Degree, graduated at the top of her class with honors, and won the Future Fashion Designer Award.

Living up to her award, Nandi knew she had to get herself to New York, knowing it was the *fashion mecca of the United States*.

Nandi continued her education at the prestigious Fashion Institute of Technology in New York City, where before earning her bachelors degree of Fine Arts in Fashion Design, she studied abroad in Florence, Italy at Polymoda, an affiliate of F.I.T.

After four years in New York City, Nandi returned to Miami, Florida, where she privately continued her craft until entering Brides magazine 2011 Operation Dream Dress contest, a competition for up-and-coming designers to create the ultimate wedding dress.

Nandi was announced the contest winner for the first time on a nationally live televised talk show, Good Morning America, this past June.

Nandi's illustration of her design was selected over the designs of nearly 400 other designers, becoming one of 24 semi-finalists whose gowns were posted online for nationwide voting.

After more than 16,000 votes Nandi won the third annual Operation Dream Dress Contest.

Nandi's gown made the July cover of Brides magazine.

Currently Nandi is working on her own design. Her collection includes bridal gowns, eveningwear, and ready to wear attire. Nandi also designs custom dresses and garments. You can contact Nandi through her website [www.nandichin.com](http://www.nandichin.com).

Creativity runs in Nandi's family, as her parents, Raymond and Charmaine Chin, are the owners of Simply Delicious Bakery in Kingston, and her sister Krysta is culinary artist, and brother Timothy an ambitious graphic designer in Florida, United States of America.

||PJM||

**F**aith, belief, determination, and an inescapable passion are the fabrications that led to an inevitable calling of fashion designing for Nandi Chin Fernandez.

At just eleven years old Nandi was designing couture dresses; choosing her own fabrics when following her mother to the fabric store, and demonstrating unusual talent for fashion illustration, as she would sketch her own designs for dresses and clothes for her mother's seamstress to stitch her sketches to life.

Nandi was always ahead of her peers when it came to her fashion sense. At a young age Nandi had already gained a reputation at school as a fashionista; many schoolmates would seek her to design their dresses as well.



## *The Award-Winning* **NANDI CHIN**

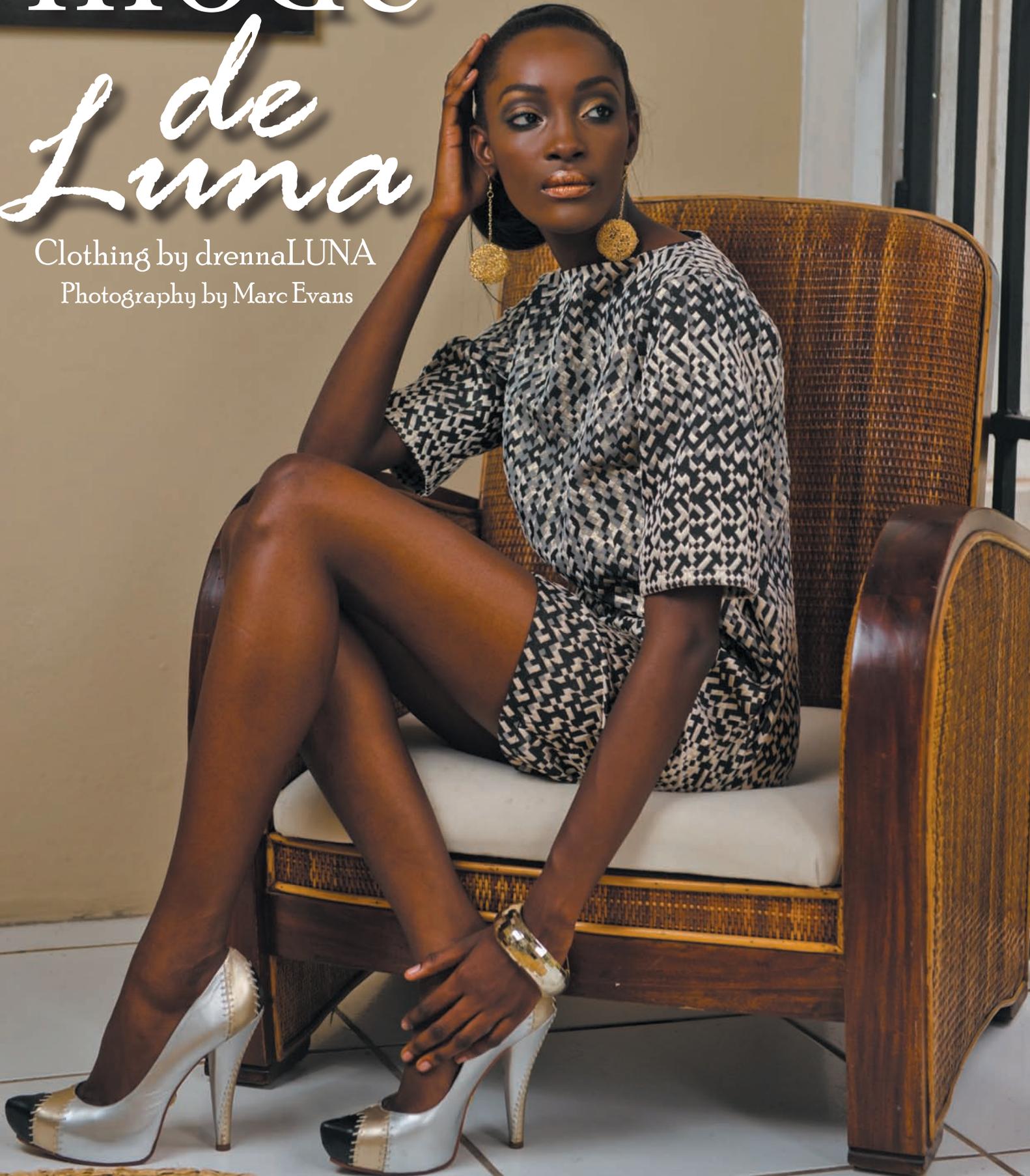
By Nicole M. Chow Fernandez



# mode *de Luna*

Clothing by drennaLUNA

Photography by Marc Evans



PREVIOUS PAGE: MONIQUE  
LOUNGES IN HER COCKTAIL  
LOOK: A BROCADE,  
GEOMETRIC PRINT TUNIC OF  
BLACK, GOLD AND SILVER.

CURRENT PAGE: FIONA IS A  
RENAISSANCE WOMAN IN  
THE NEW "SMART" LOOK:  
SMART DOES NOT HAVE TO BE  
A SHEATH. THE STATEMENT  
LOOK OF WIDE LEG  
TROUSERS AND MATCHING  
JACKET MAKE A FASHIONABLE  
SUBSTITUTE.



CLOTHING: DRENNALUNA (FOR  
MORE INFORMATION GO TO  
DRENNALUNA.COM)  
PHOTOGRAPHER: MARC EVANS,  
MARCEVANSIMAGES.COM  
MODELS (PULSE): FIONA DAVIS,  
CARIBBEAN MODEL SEARCH  
(CMS) 2011 WINNER  
AND MONIQUE.  
MAKE-UP: ANGELIE MARTIN-  
SPENCER  
STYLIST'S SHOES AND  
ACCESSORIES



ENJOY THE NIGHT IN THIS FUN PARTY LOOK: A CUTE, BUT SEXY ROMPER STYLED WITH SEQUINED BELT AND BLUE PUMPS (NOT SHOWN HERE)

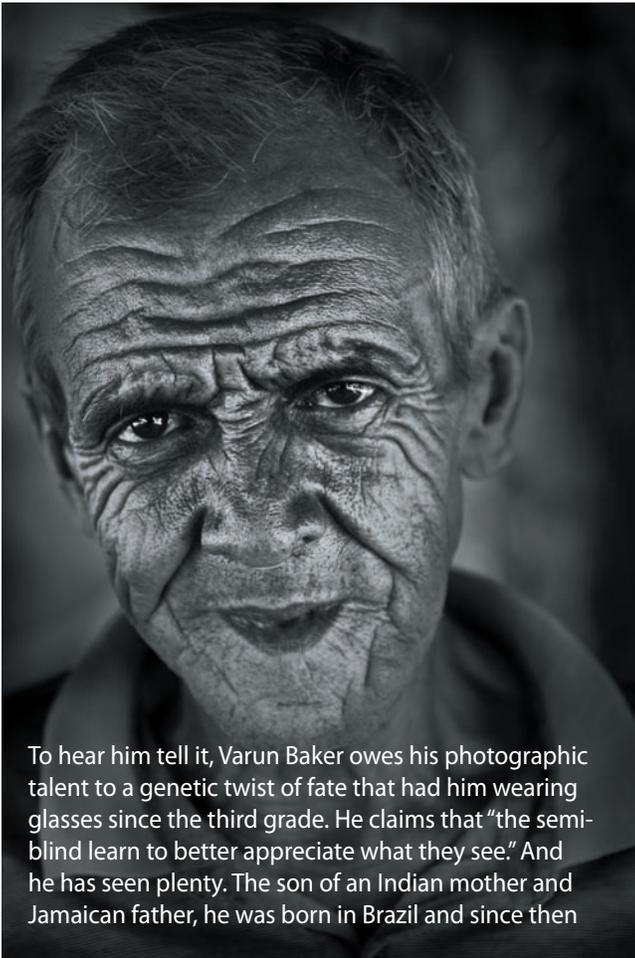


# drennaLUNA



(PREVIOUS PAGE): A FORMAL LOOK IS OFTEN FORMFITTING AND THIS STRUCTURED DESIGN OF A HEAVY KNIT IS PERFECT TO ACCENTUATE WHILE DISGUIISING ELEMENTS OF THE WOMAN'S BODY.

(CURRENT PAGE): BLACK-TIE OPTION WITH A FULL SKIRT COMPLETE WITH LAYERS OF EXPOSED TULLE. ||PJM||



To hear him tell it, Varun Baker owes his photographic talent to a genetic twist of fate that had him wearing glasses since the third grade. He claims that “the semi-blind learn to better appreciate what they see.” And he has seen plenty. The son of an Indian mother and Jamaican father, he was born in Brazil and since then



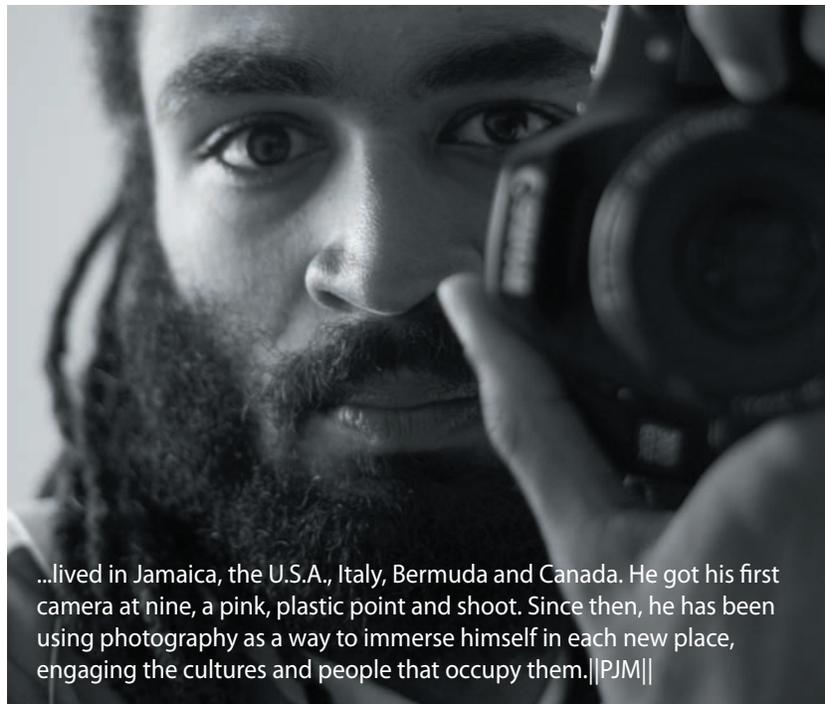
PANACHE,  
PORTFOLIO



# VARUN BAKER

[www.varunbaker.com](http://www.varunbaker.com)

Photographer



...lived in Jamaica, the U.S.A., Italy, Bermuda and Canada. He got his first camera at nine, a pink, plastic point and shoot. Since then, he has been using photography as a way to immerse himself in each new place, engaging the cultures and people that occupy them.||PJM||

# J. ANGELIQUE CLOTHING



Photography by Cecil Evans

Mariposa Maxi



The Christianna Dress

**F**ashion has the power to change the world; shape attitudes, change perceptions, build confidence and transform lives. We must use this power wisely to mould Caribbean people into respectful, self-assured and open minded individuals. Fashion for progress, this is the big picture.

I am designer Janelle Angelique Forde and I introduce to you, J.Angelique Clothing. J.Angelique Clothing was borne from instinctive love for fashion and style and continues to develop because of a desire to aid in the enhancement of the lives of Caribbean people. My academic background has influenced my thoughts concerning fashion and the Caribbean. A Bachelor's Degree in Sociology, a Minor in International Relations and exposure to a Master's Degree in Development Statistics has allowed me to fathom an alternative path to prosperity for the region.

Fashion design is one of my natural talents and has only recently become an option as a career. Fortunately, my work has caught the attention of the press and fashion and social websites such as The Trinidad Guardian (Newspaper) (Trinidad and Tobago), The Business Authority (Weekly Publication) (Barbados), CaribFashionTV (St Kitts), Caribbean Fashion Style Journal (Trinidad and Tobago), Vision Newspaper (London), We Style (Trinidad and Tobago), ET&T (Trinidad and Tobago) and MNI Alive.

My creativity represents true Caribbean beauty, reveals self-confidence and effortless flair. My creativity relays positive messages of empowerment and enlightenment; 'Fashion. Love.Earth.' is a J.Angelique Clothing initiative that sparks awareness of the importance of preserving the environment for future generations. "Be the change you want to see in the World" (Mahatma Gandhi) is the underlying principle for 'Fashion.Love.Earth.' as J.Angelique Clothing urges its supporters to engage in eco-friendly activities as one small step may lead to great change.

J.Angelique Clothing presents its 2012 Collection "Tropical Glamour." Tropical Glamour is a combination of Caribbean flair and sophisticated style, and epitomises the modern woman who remains true to her Caribbean roots and years for fashion and style.

Janelle Angelique Forde  
Owner and Designer  
J.Angelique Clothing  
[j.angeliqueclothing@gmail.com](mailto:j.angeliqueclothing@gmail.com)



**Model: Tabita Roberts**  
**MUA: Mawasi Martin**  
**Styling: Jamilia Alexander**  
**Photographer's Assistant: Marcus Arthur**

**Peek-a-boo Dress**



**The Gelato Pant**

# MAXIMUM IMPACT



'TWEAK' YOUR STYLE WITH  
EXOTIC STONES AND EXQUISITE  
DESIGNS

**Jewellery &  
Photography by  
Tweak Boutique**

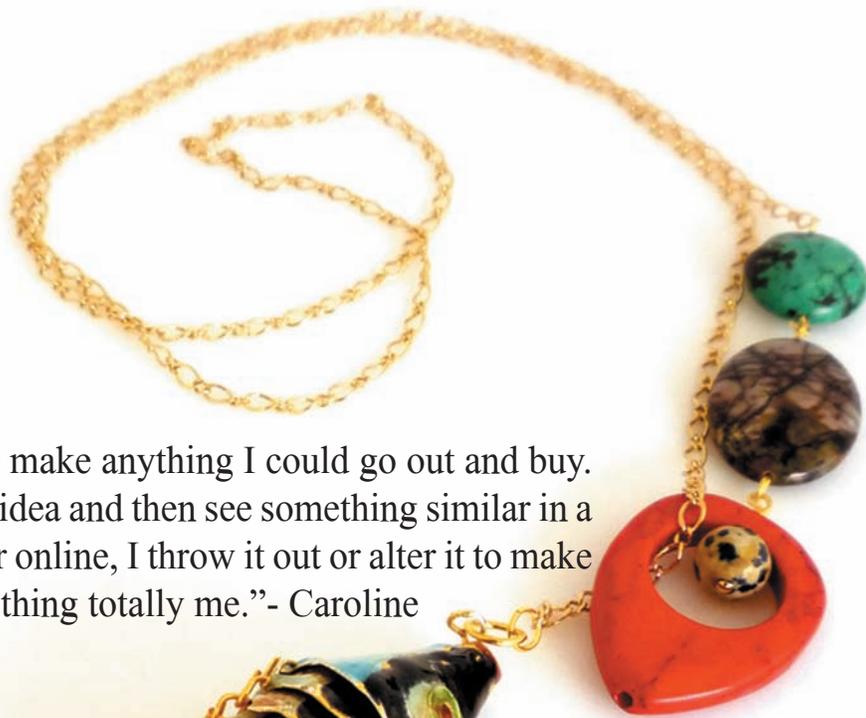


In a sea of handcrafted jewelry, it's rare to find something that really stands out. But if you are blessed to come across a tweak accessory, that's just what you will find. Tweak is a funky-elegant boutique jewelry line by Ontario designer Caroline Bruce. Every piece of tweak is a study in colour, texture and a touch of the unexpected. And every piece is a guaranteed compliment. Just ask any of the tweakboutique's already faithful followers. From teenagers on up, the versatile pieces are show stoppers that can fit effortlessly into any wardrobe.

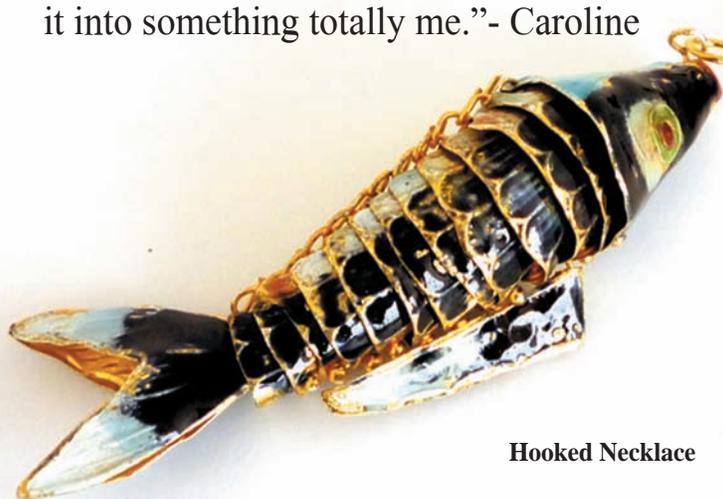
"At the risk of sounding trite, I have to confess that I really fall in love with every piece I make," says Caroline. And if public reaction is any indication, everyone is sure to find a piece of tweak that they can't live without. From natural stones to orchid specimens preserved in resin, every component of each piece is carefully and skillfully chosen for maximum impact. "I want a woman to see a piece of my jewelry, fall in love with it and not be able to stop herself from wearing it three days in a row! That's the greatest compliment for me."

Growing up in small town Ontario (Parkhill to be exact), not exactly the heartbeat of style, Caroline has always been fascinated by fashion. "I think I was consistently overdressed for every event, church picnic and piano recital I attended in Parkhill. In fact, I'm pretty sure I still am," says Caroline. She never studied art in high school, although she did try to take a fashion course only to find the class enrollment too low for it to run in the small high school she attended. Nevertheless, creating was a consistent part of Caroline's life and her parents always encouraged her sewing, painting, stamping, and flower arranging projects.

Rockstar



“I try not to make anything I could go out and buy. If I have an idea and then see something similar in a magazine or online, I throw it out or alter it to make it into something totally me.”- Caroline



**Hooked Necklace**

Upon her graduation from highschool, in true spreading-her-wings form, Caroline left home to attend University in Toronto and get her dose of big city life. The city was good to her, the biology degree she chose to pursue, not so much. It was during this time that a fabulous friend introduced her to a wonderful place called a bead store and the love affair began. Refusing to let Organic Chemistry and Immunology get the best of her, Caroline did finish her degree, but not before plotting her next move- a Bachelor of Interior Design at Ryerson University. “I didn’t know much about interior design per se, but I did know that I had strong design opinions and a bit of a fascination with business, so I thought interior design would be a good fit for me. And I knew that as a designer I would be expected to look great on the job. This I knew I could live with.” Four years later, degree in hand, Caroline packed up and moved to her father’s homeland of Jamaica to design with Sandals resorts for two years. The love of beads grew through all of these life experiences and Caroline may or may not have loaded her carry-on luggage with upwards of 20 kg of beads to take back to Montego Bay.

Returning to Canada (and Parkhill), a little worn out from her Caribbean experience (go figure), Caroline couldn’t think of anything she’d rather do than try to make a business out of a hobby she loved so much. She had sold her jewelry to family and friends and even a few people she didn’t know over the years, but



**Caroline**  
(Photography by Richelle Hunter)

it had always been a means to buy more beautiful beads. Could this hobby become her career? Maybe. With encouragement from everyone – family, friends and even strangers – tweak was born.

“I try not to make anything I could go out and buy. If I have an idea and then see something similar in a magazine or online, I throw it out or alter it to make it into something totally me.” If she doesn’t feel it says “tweak”, it doesn’t make it out of the design studio. “I know there are very few new ideas left in the world of jewelry, but I like to think that my colour combinations, compositions and use of materials are at least somewhat unique.”

Currently, Caroline has chosen to sell her creations in an internet boutique, aptly named [tweakboutiqueonline.com](http://tweakboutiqueonline.com). She also occasionally exhibits at various shows, both public and by invitation only. “I want everyone to be able to get their fix of tweak, but I don’t want it to be everywhere.” It may not be the typical capitalist attitude, but so far so good. Be sure to visit tweak boutique and make your own judgment. You’ll probably want to be “tweaked” too. ||PJM||



**Bloom Multistrand**

**2011** has been a year of growth for me as an artist. Earlier in the year we released the video for "Make Up Sex" and "Rebel" w/ DI and I've seen a growth in the amount of interest in my work. I was blessed to gain the attention of the International Travel Channel, who came to Jamaica to do a feature on outstanding Jamaican women of which my music, and life was featured. I also started my band Rockfort Rebels and we've been growing from strength to strength. Perhaps the biggest thing that happened this year was the release of my FREE mixtape JA9.25 (download at [www.cherineanderson.com/mixtape](http://www.cherineanderson.com/mixtape)) and the attention it received from not just the media but the fans. This has allowed me to shoot 2 new music videos which will be released before the end of this year. One of which is a music video/ 'mini-movie' called "How We Living" which I directed. I really love this song and I believe the video is one of my best videos to date. A lot of thought, and time was put into every aspect of this video project. I was blessed with a great team, and I am hoping fans receive it positively.

We (My team and I) are getting ready to do more shows locally and increase my overall presence here in Jamaica, especially with my band Rockfort Rebels. We have two new videos that will be released soon as well as another video that is in pre-production. Overall we are getting ready for an exciting 2012. I also plan to do a lot of touring as well and I look forward to the release of my debut album. I am really looking forward to releasing a strong album and touring to support it, really taking my music out to the people across the world. That would really be awesome.

I have also been working on several outreach programs including the Jamaica Cancer Society and Yoplait with their "Save Lids to Save Lives" breast cancer campaign of which I was asked to be the 2011 spokesperson. I was also asked to be the spokesperson for "The Way Out Project", a brand new UN funded project as part of Bureau of Women's Affairs and the Ministry of Sports, Youth and Culture; whose mandate is to deal with problems surrounding women such as domestic violence and gender inequality and to ultimately work towards the empowerment of women. Moving into

## A year of change

# cherine

2012 I will be spending a lot of time working with youths on a project that's very close to me, "Reach One Child" Jamaica School Tour. I am excited to work with the schools and enjoy interacting with our youths. I am most certainly looking forward to sharing more than just my music with them.

Tell us...

**PJM: ONE APP YOU CAN'T LIVE WITHOUT?**

**CHERINE:**...don't have a favorite app, but love interacting with my fans on "facebook" ([facebook.com/cherinetv](http://facebook.com/cherinetv)) and "twitter" (@cherineanderson)

**PJM: WHO IS HER ARTISTIC MUSE AND WHY?**

**C:**...I am inspired by lots of people but mainly my mother, Lauryn Hill, Oprah Winfrey, Maya Angelo, Beverly Anderson-Manley, The I-Trees....as well as others like Prince, Harry Belafonte, U2...so many. I admire strength, and individuality and being rebellious with a cause. I think they are all people who show compassion for serving and helping their community but leading their lives by example. Their stories are far from perfect but they stay committed to overcoming the greatest odds to be the amazing people they are today

**PJM: FAVOURITE PLACE TO EAT IN JAMAICA?**

**C:**...My kitchen at home. Cooking for myself is one of my new delights. I also love Mystic and East Japan both sushi restaurants in Kingston.

**PJM: FAVOURITE FOOD ON A SUNDAY AFTERNOON?**

**C:** Sushi or maybe some Ethiopian or Steamed Parrot Fish.

**PJM: FAVOURITE PLACE TO EAT INTERNATIONALLY?**

**C:**...I have a lot of them but the ones that first come to mind are Kabuki in Hollywood, Little Ethiopia in Little Ethiopia, Los Angeles.

**PJM: ANY CHARITY YOU ARE PASSIONATE ABOUT?**

**C:** Reach One Child, Jamaica. I love working with young people. I also enjoy all the other side projects that I have been involved in like Yoplait's "Save Lids to Save Lives" Breast Cancer outreach

**PJM: ONE THING YOU WISH YOUR FANS COULD EXPERIENCE AND/OR UNDERSTAND?...**

**C:** Being lost in a song on stage....it's like being in a perfect world

**PJM: BEAUTY PRODUCT THAT IS A MUST-HAVE WHEN TRAVELLING?**

**C:** Black Soap with Shea Butter...||PJM||





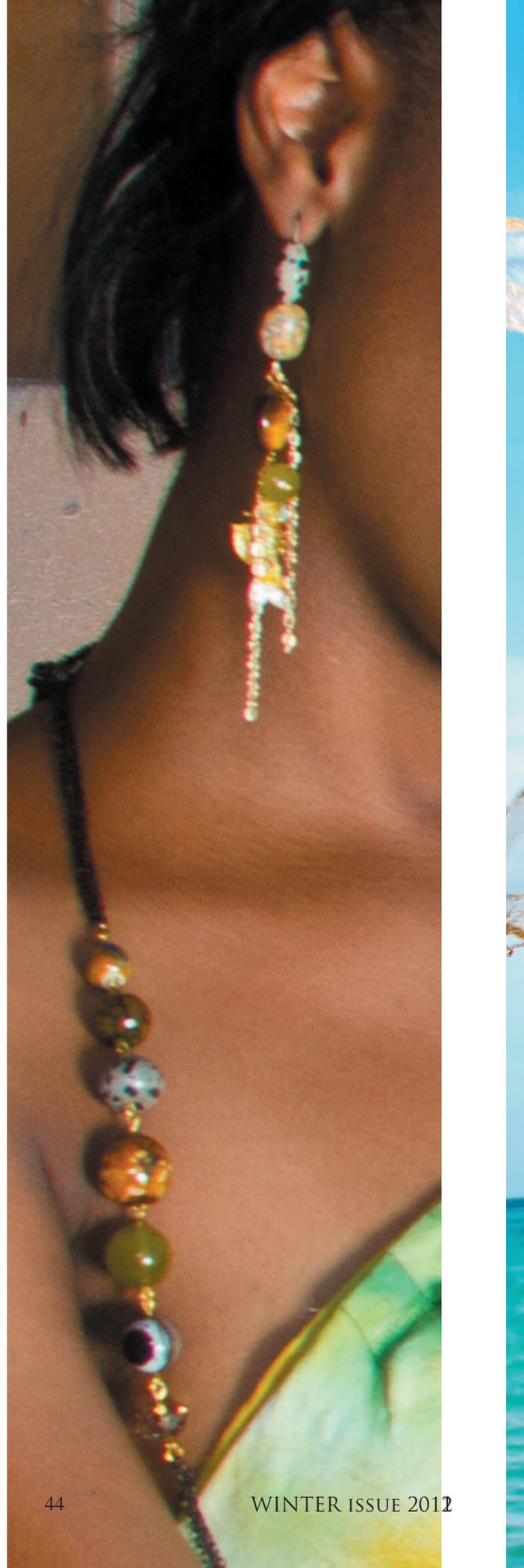
PHOTO ASSISTANT: PETTY-ANN SAMUELS  
HAIR & MAKEUP ARTIST: STACY LINTON  
MODELS: CHANTAL CLARKE & JAMEELA GEDDES



# *Caribbean Chic*

PHOTOGRAPHY BY ROGER JONES  
FASHION EDITOR: TRICIA WILLIAMSON

Chantal is wearing [on this page] dress by Ites International; Earrings and necklace by Tweak Boutique.



Chantal is wearing [on this page] dress by  
Ites International; Earrings and ring by Tweak  
Boutique.





Jameela is wearing [on this page] dress by Ali Lue Couture; Earrings and necklace from Budget Brides.



Jameela is wearing [on this page] dress by Ites International; Earrings from Budget Brides.

Jameela is wearing [on this page] dress by Ites International; Necklace designed by Tweak Boutique.



Jameela is wearing [on this page] dress by Budget Brides; Necklace designed by Tweak Boutique.





**Chantal and Jameela are wearing dresses courtesy of Budget Brides. Chantal is wearing jewellery courtesy of Budget Brides and Jameela is wearing a necklace designed by Tweak Boutique.**

**S**inger, Songwriter, Musician, Fashion Designer, Visual Artist, Cen'C Love is a 21st century renaissance woman. With the sultry voice and soulful sounds of a Billie Holiday, the musicianship of Lauren Hill and the word wit of Jill Scott, Cen'C, the daughter of Reggae icon Bunny Wailer, continues the musical tradition of the illustrious "Wailers" family of Reggae.

Her debut album, LOVE LETTER, on the Lyvestone Music label, is a musical journey through the myriad landscapes of Love. Her message is poignant and inspiring in songs like PARADISE and HEY YOU, stripping away the fear of baring our souls to love, then consciously relative in songs such as CYSTEM, which describes the Babylon matrix control system and THESE LIES, about low self esteem and the resulting obsessions with materialism and artificial identities.

In addition to music, Cen'C embraces a natural holistic lifestyle through the practices of Yoga, Meditation, Qi-Gong and holistic nutrition. She is an environmentally conscious woman who intends to add Midwife to her list of abilities.

Cen'C has performed in Jamaica, Atlanta, St Croix, Los Angeles New York and Amsterdam. She appeared at the Cannabis Cup in Amsterdam 2008 and at the Reggae Awards in New York in the spring of 2009.

Since the launch of her album, LOVE LETTER, in February 2011, Cen'C, whose name means "the highest grade", has been based in Kingston, Jamaica, promoting her album. The first single, CASANOVA, peaked at #6 on the Reggae Singles Chart. She has had numerous radio and television appearances including 'The Entertainment Buzz' on IRIE FM, Smile Jamaica on TVJ, HYPE TV's Video Countdown and A Fe We Choice Music Countdown. Her print media features include the Jamaican Gleaner, Star, Enquirer and High Times magazine. She is a favorite of internet radio shows, magazines and blogs.

Cen'C has been actively polishing her talents on local stages with performances at Spring Break, Negril Escape's One Love Concert Series, Sumfest, and Capleton's A St Mary Mi Come From. With her new band, Love Express, Cen'C has been playing her part in the recent resurgence of live Reggae shows around Jamaica at Jonkonoo Lounge's Plug and Play, Redbones Cabaret Series, Breadbasket Poetry Festival at Taino Cove, Treasure Beach, Jamnesia and Wiki Wacky in Bull Bay and Isis' Conscious Reggae Party Series. She shuns tracks, preferring to perform acoustic sets with her brother Asadenaki on drums if her band is not accommodated.

Cen'C's most rewarding accomplishment to date, however, was becoming a new mother at the end of 2009.

With a new baby, a new attitude and a brand new song to share, Cen'C Love is ready to bring her infectious brand of Reggae Soul to your world.

**Contact:**

**M. David**

**876-830-1621**

**876-474-3445**

**lyvestonemusic@yahoo.com**

**www.lyvestone.com**

**www.cenclovemusic.com**

**fb cenclove**

**tw cenclovemusic**



**CEN'C LOVE**

# Hair ENDS!

by Andreen Rose Cephas

WITH TRICHOLOGIST, LCGI, MASTER CUTTER MRS ANDREEN ROSE CEPHAS. WE COMB, BRUSH TUG SCRATCH AND ABUSE OUR HAIR AND SCALP EVERYDAY. FROM FRIENDS TO NEIGHBOURS TO KIDS ALL JOIN IN THE ABUSE.



## Assessing Your Hair Condition

**H**air can be oily and dry at the same time, and so can the scalp. The hair and scalp are in fact always changing- according to the season, hormonal fluctuations, changes in lifestyle or nutrition. If your hair is color treated, you could have dry, damaged ends and oily scalp. In cases like these- as in many instances where there are dramatic differences between hair and scalp conditions.

### Normal Hair

We all would like to say our hair is normal> The word normal, however, is a specific term described that is strong, resilient „moisturized, and shiny- whether fine,medium,or coarse in diameter, and straight, wavy, or curling its shape or textural movement. S normal scalp is one that is moist and pink without any form of irritation, redness or bumps (these may be symptoms of folliculitis, an irritation of the follicles).

### Oily Hair

Oily hair is not very prevalent today because of the amount of shampooing we do keeping excessive sebum at bay. Oily hair usually means oily scalp. Fine hair tends to take on a limp, greasy look if the sebaceous glands are work overtime. Adolescents often experience this condition, the hormones do balance and normalize over time, though, given a healthy diet and lifestyle. In all case o f oily scalp it is important to choose a gentle cleansing shampoo that will wash away excess oil without exacerbating the problem. It is very possible that you will need to select a shampoo for an oily scalp

while choosing a conditioner for dry hair lengths.

### Dry hair

Dry hair is dull, lack luster and, at the extreme, brittle in its appearance. This type of hair feels hard, not soft and silky. It craves moisture, and in most instances requires a healthy hydrating treatment. Dry hair needs protection in the form of emollients and lubricants which will lay down the outside cuticle layer of the hair and create shine. Humectants will attract and retain moisture within this type of hair.

Hair may be dry for a variety of reasons; this may be a natural condition of the hair especially with very curly or frizzy hair. Dryness can also be created by products used on the hair such as styling or chemically treated with color, waves or relaxers, or as a response to environmental conditions like, sun chlorine, salt water, or forced heat in cold climate .many people who think they have dandruff don't have dandruff at all- they simple have a flaking scalp from a buildup of dry cells mixed with shampoo and conditioner residue that has not been thoroughly rinsed from the hair. Hormonal and environmental conditions can certainly create as well as aggravate a dry scalp, diet and nutrition plays an integral role as well. Ensure you visit a professional salon to have your hair properly analyzed; a shampoo and conditioner though appear to be quiet simple can do great harm. ||PJM||

The next time you:  
Think Shampoos!  
Think Care!

“Dryness can also be created by products used on the hair such as styling or chemically treated with color, waves or relaxers, or as a response to environmental conditions like, sun chlorine, salt water...”

Shop 2,  
New Kingston  
Shopping Centre,  
Kingston 5, Jamaica  
876-960-8663



STACY LINTON (HAIR AND MAKEUP ARTIST FOR OUR COVERSHOT) IS LOCATED AT KLUBKLIPPERZ BEAUTY SALON AND BARBERS. SHOP #20 HAGLEY PARK PLAZA, KINGSTON10.

**Stop By Today!**

PHOTOGRAPHER TYRONE WOLFE

## HAIR EXTREME BEAUTY & BARBER CONCEPT



Shop 2,  
New Kingston  
Shopping Centre,  
Kingston 5, Jamaica  
876-960-8663  
876-906-1193

### The Scarf That Stays On



G-Wrap's® exclusive patented sleep scarf designs...

- Keep scarf from falling off during sleep
- Minimize loss of moisture and oils from hair
- Reduce daily use of hot irons
- Stylish, fine fabrics for night or day

Order Today!  
[www.ghairwrap.com](http://www.ghairwrap.com)  
407-496-4489





**CORINNE BAILEY RAE**

**On her hair story...**

I was natural until I was about 13 and then got my hair permed. I didn't really look after my hair before that and didn't know that it would actually grow 'curly' on its own. So yeah, I had a perm, and when I was about 16, I had it relaxed because I had my hair cut really short. It was kinda like Indie... like a white boy's hair style [Laughter], because I was in this guitar band. It was really, really straight and I'd wear it off to the side. I remember, hoping it wouldn't grow... you know, so it'd stay sort of as it was when you just had it done (relaxed). That's very unhealthy... horrible even.

**On her current routine...**

These days, I've embraced the texture even more. What I do now is wash it, put the conditioner in and detangle it with a big paddle brush which takes 40 minutes... it takes a while. I do it from the ends to the roots and then I put it in 4 or so plaits-- I plait the front section and then one in the crown and two at the sides. I leave that for a day or a day and a half... it has to be a day where you're just hanging out at home. When I take them down, it's in those loose kinks from the plaits, but it's still a bit wet, so then my natural curl kind of comes back in a bit and it's a combination between those kind of kinks and my normal curls. That's my staple style.

# Curly Confessions

SOME OF OUR FAVOURITE CELEBS SHARE THEIR HAIR JOURNEYS WITH CURLYNIKKI.COM



**LEDISI**

**On her natural hair...**

I relaxed once years and years ago and didn't like it. I relied on the pressing comb for a while and then I went natural. I started wearing styles like Bantu knots in 1999. Close to 9 to 10 years ago I started locking my hair. My hair is very curly, very wavy and although it took a minute to loc, when it did, it was beautiful.

**On why she loc'ed...**

I don't know, it's not deep... I loved Bob Marley a lot and ... I wanted to see how it would look and feel on me. I used to wear Bantu knots a lot and they'd always start to loc if I wasn't careful and one time, I just let them.



**ELLE VARNER**

**On her natural hair...**

My whole life I've never had a perm. Every once in a while, I'll do a blow out. In the winter, I mainly wash and set because it's easier to not wet your hair that often. I've always been curly. I love my curls.

**Check out her 'Only Want to Give it To You' video as she discusses the hair prep....**

We took tiny pieces of hair and pulled it around a 1/8 inch barrel curling iron to get a bunch of tight curls. Then we took the bottom of a rattail comb, the fine pick, and gently pulled them apart so that it didn't look like noodles. So it looked more natural.

**Here hairstyle during the summer...**

I just wash my hair, comb it while it's wet, style it and then lean my head over and wrap it up in the Curly Hair Towel for like 2 minutes. That's it. I found the towel at TJ Maxx. It's a little thinner than a regular towel and less harsh.

Products they use & love: Kinky-Curly, Mixed Chicks, Miss Jessie's Quick Curls, TIGI's BedHead Afterparty, Aubrey Honey Suckle Rose, Aveda Shampure, Terax Creama Hair Conditioner, Komenuk Bijin, Karite Anti Frizz Therma Active, Organic Root Stimulator Hair Mayonnaise, Olive Oil Conditioner, Doo Gro, Afrodisiac.



## MALINDA WILLIAMS

### On her hair story...

My hair story is anything but brief! I've always loved my hair. I remember when I was 8 or 9 years old, I would beg my mom to let me do it myself. And she did. I grew up caring for and styling my hair and actually wore it natural until I turned 16. Around that time, I had to get braces and I was absolutely miserable... truly in angst at the thought of it! My mom, seeing how upset I was, said, 'well let's do something special'. I got my braces on and right after the orthodontist appointment, I went straight to the hair salon and got my first perm. From there, I was pretty much back and forth between permed and natural until recently.

### What do you love most about being natural?

The thing that I love about our hair is its versatility. I completely use that versatility to my advantage. I just try to have fun with it. People tell me different things... I'm very involved in social media and keep up with what people tweet about me, and some love my hair long, some love it short... I love my hair all different ways. Simply put, I love my hair. ....It's really just about what I'm feeling at the moment. And in this moment, I'm natural and totally happy. We have such a gift in that we can do all these different things with our hair. Our hair dances, our hair shrinks up, it's curly, it's straight and sleek. I think the one thing that I've done is embrace my hair in all of it's different states. Not just natural... not just permed... whatever I'm feeling at the moment.



## TAMERA MOWRY

### On her hair then...

I was born with very, very curly hair. And as a kid I didn't know any different. I was just like, okay, this is my hair. I never noticed that other girls had straight or wavy hair, it was just my hair and I liked it.

My mother did our hair until we hit junior high, and it was always so pretty and smooth. She'd comb it and put it in braids every night, and finally, when at 13, she was like, 'girls, I'm done, you need to learn how to do your own hair'. So that's when I realized how difficult naturally curly hair could be... getting that balance right is tricky! You can either put too much product in it and weigh it down, or too little and end up with dry hair, and we all know that curly hair needs moisture. It took me a very long time to figure it all out...

### On her hair now...

So blowouts were the staple until 3 years ago when we decided to start wearing weaves to protect our hair from the demands of work. We were doing a lot of filming and weave just made sense. I recently took the weave out and got color and a Brazilian Blowout. The BKT was the biggest mistake of my life. I know there are some girls who love it and tout it as 'life changing', but it did absolutely nothing for me. My hair fell out and I've basically had to start all over again. It thinned out really bad. That, plus the color... complete disaster. I'm currently transitioning and in the process of completely growing my hair back out. I'll rock the occasional clip-on if I want some versatility, but I'm really pushing toward totally healthy, natural curls.



## KIMBERLY ELISE

### Have you always been natural?

I had my last relaxer in the early 2000s. I grew up with the pressing comb, had a Jheri Curl and then I started relaxers. I have a very sensitive scalp and no matter what I did, they always burned. My hair wasn't happy and didn't do well. And so I just stopped at a certain point and my last one was probably in 2000 or 2001. I reverted to using the pressing comb, then I tried braids, sort of leaving it alone, and I found that that made it really grow.

Just last summer, 2010, I thought I'd try something a little different. I had heard about the keratin thing and I understood it to be a temporary process... something you could put in and wash out in like 2 months. I thought it would be a nice change. Well, it didn't wash out and my curls were gone. It was really upsetting. I pulled back again, put it in and braids to let it grow and recently cut off about 6 inches, all the keratin, and now I finally have my curls back.

It's been almost a year of letting it regrow itself. That's where I am now. My curls are back and honestly, I didn't know a whole lot about how to take care of my natural hair until this last year... how it thrives in a way that I really never understood before. It's very empowering because you really are in your own little world trying to figure it out (hair), and to see this whole community of support and education and sharing information, it was refreshing. ||PJM|| READ ALL THESE STORIES AND MORE ON CURLYNIKKI.COM.

## Greening your home

**1. W**e can all do our part to help protect our environment while reducing our light bills up to 21%. Simply swap out those incandescent bulbs for fluorescents. Your savings will more than offset the initial cost outlay. Fluorescents now come in warm temperatures and even dimmable lighting solutions. If available, opt for LED light sources or use dimmable low-voltage light fixtures, which will help set the mood and burn less electricity. Use energy star appliances only and if possible purchase a dual flush toilet for your bathroom remodel.

## Don't forget your ceilings

**2. O**ne of the ways to bring some new life to your home or office is to consider painting the ceilings. Often times, ceilings are left stark white, which can undermine your decor. Soften it up with a tinted white, or if your walls are a pale colour try painting the ceiling the same. Or go for bold with impactful colour, but if you do, consider this your accent wall so keep the remaining walls neutral.

## Fresh Flowers | Large dried Botanicals | Fruits

**3. T**he beauty of living on an island is our access to flowers and other amazing botanicals, i.e. banana leaves and ferns. Keep fresh flowers, fruit and/or dried botanicals on the dining table, kitchen counter, or desktop. The smell and the sight will do wonders for your home.

## Area rugs

**4. A**rea rugs are great for defining an area in your home while bringing an added texture to those tile or hardwood floors. They are also great under feet in the cooler months and can add a pop of colour and interest to a space.

## Window Sheers

**5. T**here is nothing that says island more to me than white linen sheets swaying in the breeze as they air-dry on a clothesline. Bring that same sensibility to your windows and patio doors with simple floor length window sheers. They will allow a lot of light in but will help to soften up those gridded windows and all those concrete walls. If not available in the local home goods store, sheers are easy to make if you are handy with the sewing machine. ||PJM||

**ISHKA DESIGNS** is an interior design firm located in Brooklyn, New York, with a satellite office in Kingston. We are a full-service interior design firm and we work with clients at all levels from conceptualization, planning and construction drawings, to sourcing and implementation. We create unique interior experiences that lean towards minimalism. The overriding essence of each designed space is the organic quality that allows for freedom and flexibility. Our process always attempts to make environmentally conscious decisions to improve the well being of everyone. The Ishka Designs' creative team consists of the duo, Anishka Clarke and Niya Bascom. Their collaboration brings together a similar aesthetic, mixing warmth and minimalist ideas to create efficiently designed spaces. Constantly challenging each other to push the envelope and perfect their craft, the duo continues to create inspired solutions.

Photography by Niya Bascom  
Photography (niyabas.com)





# 5 Decor Secrets with Ishka Designs



Website: [ishkadesigns.com](http://ishkadesigns.com)  
Blog: [ishkadesigns.blogspot.com](http://ishkadesigns.blogspot.com)  
Twitter: [@ishkadesigns](https://twitter.com/ishkadesigns)  
Facebook: [facebook.com/ishkadesigns](https://facebook.com/ishkadesigns)  
Email: [inquiry@ishkadesigns.com](mailto:inquiry@ishkadesigns.com)

*The Supernova of*



*Celine*

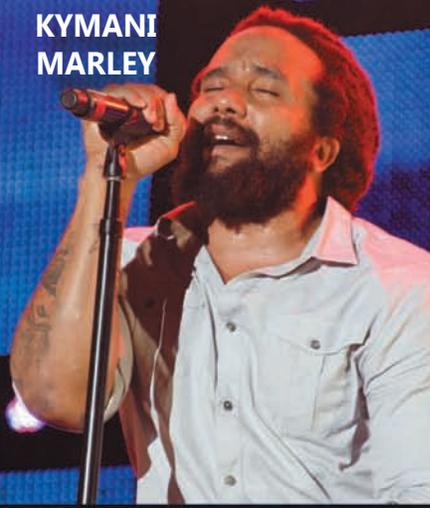
**GENTLEMAN**



**DESTRA**



**KYMANI  
MARLEY**

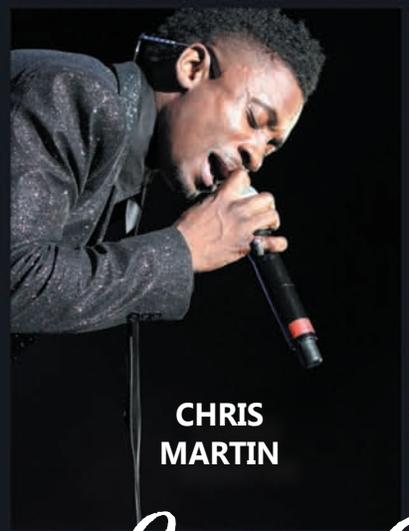


**YELLOWMAN**

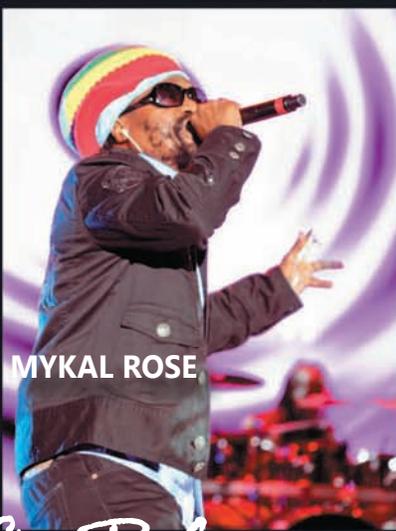


Photography by Roger Jones

**CHRIS  
MARTIN**



**MYKAL ROSE**



**ETANA**

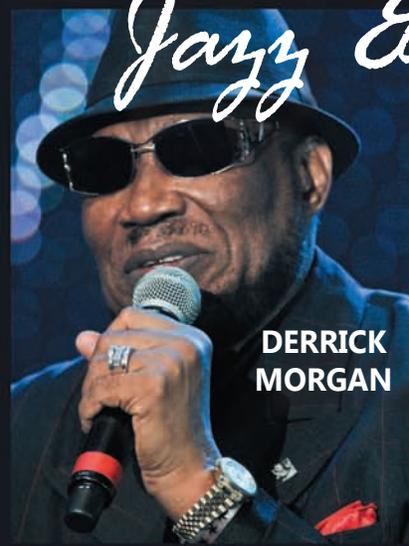


**TARA  
HARRISON**



*Jazz & Blues 2012*

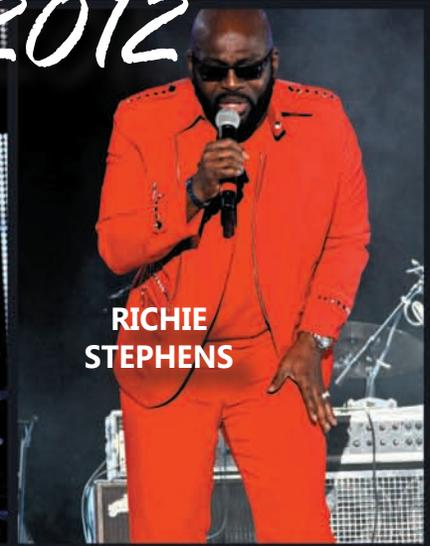
**DERRICK  
MORGAN**



**TAMI  
CHYNN**



**RICHIE  
STEPHENS**



**NICOLE  
HENRY**



**HEAD OF  
STATE-  
JOHNNY GILL**



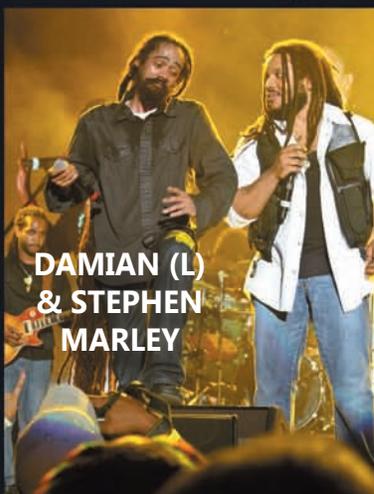
**CELINE**



**ASSASSIN**



**DAMIAN (L)  
& STEPHEN  
MARLEY**



# JAMAICA SOCIAL LIFE

## 1 PEPSI REBEL SALUTE

In January, descend on St. Elizabeth for one of the largest roots reggae events on the island. Tony Rebel and his team continues to deliver each year with a show that has a stellar lineup, starts on time, conscious and of course meat free!

## 3 BOB MARLEY BIRTHDAY CELEBRATIONS

February 5-6th, celebrate with Jamaica as we remember the life and work of the great reggae icon Bob Marley. Hop into Kingston and visit the Bob Marley Museum on Hope Road and have some ital stew in the home where he once lived.



## 2 JAMAICA JAZZ & BLUES FESTIVAL

What do Maroon 5, Gladys Knight and Natalie Cole all have in common- great performances at one of the island's premiere musical events. In January 2012, the organizers continue their tradition of excellence with stellar nights of stars including Celine Dion.



## 4 TRELAWNY YAM FESTIVAL

Come Easter Monday all roads lead to the cool hills of Trelawny for the annual Trelawny Yam Festival. The purpose of the Trelawny Yam Festival is to provide an event which celebrates the rich culture and heritage of Trelawny and of Cockpit Country, an integral part of which is the cultivation of yams.

## 5 JAMFEST SPRING BREAK

A 4 week concert series in Negril Jamaica featuring the biggest names in reggae and hip hop. Check it out in the month of March in 2012.

## 6 JAKE'S OFF ROAD TRIATHLON

On April 21, 2012 head down to Treasure Beach, for the 500m Ocean Swim + 25k Mountain Bike and 7k Country Run....all the best too you! Race and room packages available- [www.active.com](http://www.active.com)



## 7 STYLE WEEK JAMAICA

Summer in Jamaica begins to blaze with the region's leading fashion weeks- first up is Style Week Jamaica which includes the largest runway setup right in the heart of New Kingston Jamaica.



## 8 CALABASH INTERNATIONAL LITERARY FESTIVAL

Coming | May 25-27 | 2012

Jubilation!

One festival. Three nights. Thirty writers. Five thousand people.

Fifty years of Jamaica literature.

One love.

## 17. JAMAICA APPLETON ESTATE RUM TOUR

CREAM IS AT DEVON HOUSE IN KINGSTON, JAMAICA. GEORGE STIEBEL - JAMAICA'S FIRST BLACK MILLIONAIRE BUILT THIS ESTATE.

## 18. GET GIDDY IN GIDDY HOUSE AT FORT CHARLES IN PORT ROYAL

20. HEAD TO MONTEGO BAY AS THE ROSE HALL BECKONS YOUR PRESENCE. ONCE OWNED BY THE 'WHITE WITCH' ANNIE

## 19. THE 4TH BEST PLACE IN THE WORLD TO EAT ICE

PALMER, THIS TOUR OFFERS YOU A LITTLE TASTE OF VOODOO IN TALES OF MURDER AGAINST THE BACKDROP OF A GEORGIAN STYLE PLANTATION HOUSE.

## 21. DUNN'S RIVER IN OCHO RIOS IS A MUST.

# 50 WAYS TO CELEBRATE JAMAICA'S GOLDEN JUBILEE

## 9 ALL JAMAICA GRILL OFF

Jamaica's premiere invitational grilling event! Anticipation builds as the Grill Off eats up for a culinary showdown featuring some of Jamaica's best grilling chefs, in June 2012 -Hope Gardens, Kingston.



## 11 ON THE EDGE URBAN ART FESTIVAL

This June festival allows artists to express themselves and push the boundaries and definitions of their art, while offering an opportunity for artists, and the general public to interact creatively while harnessing the incredible artistic potential.

## 13 STIR IT UP FILM & MUSIC FESTIVAL

The festival offers performances, screenings, workshops and conferences on film. Emerging musicians and film-makers, chosen by online voters and experts, will perform live and screen their work.

## 14 WINE & FOOD FESTIVAL

In September, have fun raising funds for The Heart Foundation of Jamaica. Enjoy wine samples and heart-healthy foods at several booths.

## 12 JAMAICAN NATIONAL INDEPENDENCE FLOAT PARADE AND GALA

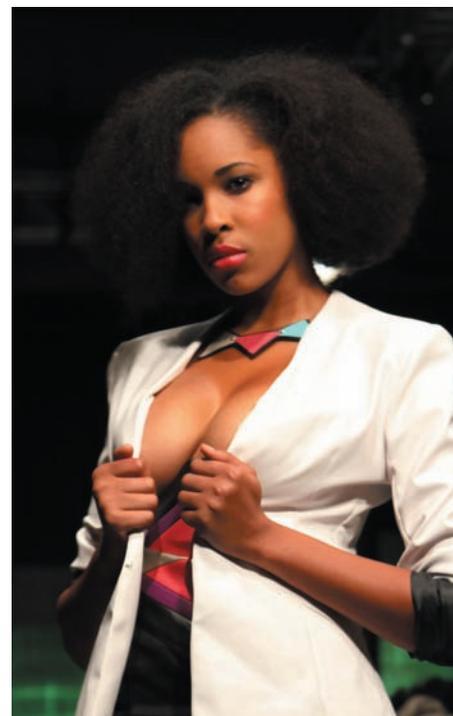
The Jamaica 50 celebration will seek to strengthen and enhance the cultural identity of the Jamaican people; to showcase the aspirations of our people; to engage the Jamaican Diaspora in the project for national development; to promote Jamaica as a world-class culture and destination for music, film, theatre arts, festivals and events, sports, design, fashion. The biggest party of the year as we mine for 'gold' in the London 2012 Olympics!!! LET'S GO!!!

## 15 JAMAICA RESTAURANT WEEK

1 Week  
3 Cities ( Kingston, Montego Bay, Ocho Rios)  
70 Restaurants

## 10 CARIBBEAN FASHION WEEK

How to describe CFW? It's like Christmas in June. The Caribbean's top designers descend on Kingston, Jamaica and display their collection in all their beauty and then some... From workshops, to after parties, the fashion lovers come out and enjoy the visual feast.



## 16 KUMBA MI YABBA

Buy Jamaican! Support Jamaican! Get yourself a little bit of home with this village of Jamaican producers from a wide range of sectors. From fashion to treats- there is something for everyone!

22. NEGRIL BEACH- A 7 MILE LONG STRETCH OF WHITE SAND.

23. VISIT THE NATIONAL GALLERY IN KINGSTON

24. GET THE BEST SEAFOOD AT HELLSHIRE BEACH JUST

OUTSIDE OF PORTMORE.

25. IN NEED OF SOME JERKED FOOD- TRY SCOTCHIES RIGHT THERE IN KINGSTON OR ON THE NORTH COAST.

26. RAFTING ON THE RIO GRANDE

27. TAKE THE MYSTIC MOUNTAIN SKYLINE FOR A SPECTACULAR VIEW OF THE TOWN OF OCHO RIOS.

28. TAKE A PLUNGE OF THE CLIFF INTO THE COOL CARIBBEAN WATERS AT RICK'S CAFÉ.



**ANTHONY SELASSIE**



**MAXI PRIEST**



**PJM COVERGIRL  
CHANTAL (L) AND  
FRIEND**



**JAH DORE**



**JOHNNY OSBOURNE**



**CAPLETON**



**LEROY GIBBONS**



**ROMAINE VIRGO**

Photography by Roger Jones



**GENERAL TREES**



**LUCIANO**

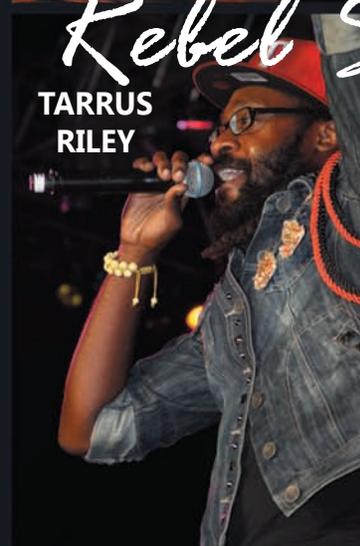


**HOST  
MS.  
KITTY**



**ERIC DONALDSON**

# Rebel Salute 2012



**TARRUS RILEY**



**ERROL DUNKLEY**



**TONY REBEL**



**QUEEN IFRICA**



**LAURYN HILL**



**PRIME MINISTER  
PORTIA SIMPSON-MILLER  
(CENTRE)**



**EVE**



# Shaggy & Friends

## 2012

**TAMI**



**DAMIAN AND STEPHEN  
MARLEY**



Photography by Roger Jones

**GYPTIAN**



**ASSASSIN**



**GYPTIAN**



**BERES HAMMOND**



**SHAGGY**



**WAYNE MARSHAL**



**29.** JAMAICA WOULD NOT BE JAMAICA WITHOUT A TASTE OF SOME RICH BLUE MOUNTAIN COFFEE. YOU CAN HEAD UP TO THE GAP OR JUST SIP A CUP AT CAFÉ BLUE IN SOVEREIGN CENTRE ON HOPE ROAD.

**30.** GET YOUR GLAM ON WITH JEWELLERY FROM REVE JEWELLERY IN DEVON HOUSE.

**31.** DELIGHT IN APPLETON RUM INFUSED CHERRIES DIPPED IN DECADENT CHOCOLATE....ONLY ONE PLACE-CHOCOLATE DREAMS IN DEVON HOUSE.

**32.** ENJOY DINNER AT USAIN BOLT'S TRACKS AND RECORDS IN MARKETPLACE IN KINGSTON WITH YOUR FRIENDS.

**33.** STAY CONNECTED AS YOU STAY AT THE SPANISH COURT HOTEL- SMALL BUT VERY CHIC AND TECHIE FRIENDLY.

**34.** TAKE THE RIDE TO REACH FALLS IN PORTLAND.

**35.** COOL OUT WITH A DIP IN THE BLUE LAGOON- A NEW ADDITION TO OUR CATALOGUE OF NATIONAL MONUMENTS.

**36.** HIKE TO THE PEAK OF THE MAJESTIC BLUE MOUNTAINS.

**37.** SWIM WITH THE DOLPHINS AT DOLPHIN COVE IN OCHO RIOS, MONTEGO BAY AND NEGRIL

**38.** EXPERIENCE THE UNDERGROUND LABYRINTHS OF GREEN GROTTA CAVES.

**39.** ENJOY THE SPECTACULAR VIEWS FROM A NORTH COAST JEWEL AT FIREFLY.

**40.** NINE MILE AND BOB MARLEY CENTRE & MAUSOLEUM-THE BIRTHPLACE AND FINAL RESTING PLACE OF THE LEGENDARY BOB MARLEY.



Blue Mountain Coffee



Dolphin Cove



Reggae Marathon

**41.** ESCAPE TO GOLDENEYE.

**42.** GRAB YOUR CAMERA AND TAKE A PHOTOS OF THE HISTORIC TOWN OF FALMOUTH.

**43.** REGGAE SUMFEST

**44.** CHILL OUT WITH THE FAMILY AT KOOL RUNNINGS WATER PARK IN NEGRIL

**45.** BOOK AN EXCURSION OF THE BLACK RIVER GREAT MORASS.

**46.** LITTLE OCHI SEAFOOD FESTIVAL

**47.** PLAN A BEACH PARTY AT FRENCHMAN'S COVE

**48.** REGGAE MARATHON

**49.** NEW YEAR'S HARBOUR FEST AND FIREWORKS

**50.** JUST COME ALREADY... WE KNOW BY NOW YOU HAVE A LONG LIST OF GREAT CHOICES!

||PJM||



Golden Eye



Reve Jewellery



Tracks & Records



**PORK**



**PASTA**



**BEEF**



**ARE ALL  
INGREDIENTS  
IN OUR...**

*Must-Try Recipes for 2012*

Recipes by Chef Randie Anderson  
Photography by Sashan Morris



**Blue Mountain Coffee Jerk Pork Tenderloin Platter**



**Cajun Grilled Chicken Breast**

**Blue Mountain Coffee Jerk Pork Tenderloin Platter served with Roasted Corn, Baked Sweet Potato and Ripe Plantain, Grilled Bell Peppers and Mango Sauce.**

**INGREDIENTS**

- 2lb Pork Tenderloin
- ½ cup Jerk Seasoning
- 1tbsp Blue Mountain Instant Coffee
- 2each Corn On the Cob
- 1lg Sweet potato
- 1each Pipe Plantain
- 1each Tri Colour Bell peppers
- ½ cup BBQ Sauce
- ½ cup Mango Puree

Clean and season pork with jerk seasoning and instant coffee, allow to marinate for at least 1 hour under refrigeration. Mix BBQ sauce with mango puree. Lay pork on a BBQ grill / jerk pan and allow to cook slowly constantly turning and basting with the mango BBQ Sauce. The bell peppers, Corn Sweet potato and Ripe plantain can also be placed on the same grill and allow to cook. Compose platter and serve.

SERVES 4

**“Food Should Be Fun.”**  
-Thomas Keller

**Cajun Grilled Chicken Breast With Pesto Penne Pasta & Bell Peppers Finished with a Fresh Tomato and Gouda Cheese Sauce**

**INGREDIENTS**

- 1 lb Chicken Breast
- ¼ pack Penne Pasta
- ½ cup Pesto sauce
- 1/4 each Tri color Bell Peppers
- 1cup Fresh Tomato Sauce
- 1cup Cheese Sauce made with Gouda Cheese
- 1oz Cajun seasoning
- 1/2 Pk Plantain Chips Grounded

Clean chicken breast and rinse with water and vinegar mix. Season with Cajun seasoning. Grill using a flat or char grill until cooked. Cook pasta and sauté with pesto sauce and julienned bell peppers. Top with fresh tomato sauce and Gouda cheese sauce. Add both sauces separately. Sprinkle with grated parmesan (optional).

SERVE 2

**Chef Randie**



## Pimento Crusted Roast Beef Rib Eye With Shredded Cheddar Garlic Potato And Tarragon Grilled Vegetable Medley

### INGREDIENTS

4lbs	Beef Rib Eye
4oz	Pimento berries dried
3lbs	Potato shredded
8oz	Cheddar cheese shredded
2each	Tri Colour Bell Peppers
1lg	Zucchini
1lg	Squash
1lg	Carrot
1lg	Cho cho
1oz	Garlic Minced
2oz	Onion Minced
2tbsp	Tarragon chopped
3tbsp	Parsley chopped
4oz	Flour
4oz	Clarified Butter
3oz	Tomato paste
	Salt and Cracked Black Pepper

For Roux combine flour and clarified butter and allow to cook until the mix turns brown.

Season beef with salt and pepper and cracked pimento, sear and roast on a roasting rack in an oven at 375°F to an internal temperature of 125°F. Allow beef to rest before slicing.

Season and sauté potato with minced garlic, onion and chopped parsley along with the cheddar cheese.

Season and sauté the vegetables with a dash of chopped tarragon.

Deglaze roasting pan with all the fond and drippings adding roux and tomato paste to make a sauce.

Compose dish and serve.

SERVES 8



Plantain Crusted Chicken Breast

## Plantain Crusted Chicken Breast With Butter Bean and Sweet Corn Rundown Sautéed Vegetable Medley Finished with a Sweet Chili Sauce

### INGREDIENTS

2lb	Chicken Breast
1 each	Carrot
1 each	Cho Cho
1 each	Zucchini
1 each	Squash
1 cup	Corn Kernel
¼ each	Red & Green Bell Pepper
2cups	Butter Bean
6cloves	Garlic minced
1 med	Onion finely chopped
1 sprig	Thyme
1 cup	Coconut milk

Clean and rinse Chicken Breast with water and vinegar mix. Season and top with plantain chips crumbs, sear in a non-stick pan presentation side first. Finish in an oven. Sauté bean, corn and bell peppers with onion, garlic and thyme and allow to simmer with coconut milk. Sauté vegetables with fresh herbs of your choice. Compose dish and serve with a sweet chili sauce.

SERVES 4

"I love food and feel that it is something that should be enjoyed. I eat whatever I want. I just don't overeat."

-Tyra Banks

Pimento Crusted Roast Beef Rib Eye



# Big Man- Yes! Big Restaurant- Not so sure :-S



## Review: Cuddy's Sports Bar & Restaurant

**DISCLAIMER:** If you or your loved ones are avid cricket fans then do not, I repeat DO NOT, read the following review. Please be advised that this is your one and only warning!

**Background:** The only thing I knew about Courtney Walsh is that he owns Cuddy's and was, and I quote, 'de big man inna cricket'—Zumjay, recording artiste, circa 2000. Sadly my knowledge of 'Cuddy' has not expanded beyond that snippet of information because reading a biography full of cricket stats is about as exciting as, well, watching a cricket match sober (shout out to the Red Stripe Mound—you are the definition of a lifesaver).

**Biases:** I think it's always best to lay out personal biases on the table upfront—I mean we all have them: Kartel has an affinity to Gaza, Movado likes the gully side, and Bruce has a soft spot for powerful leaders hailing from Tivoli Gardens, allegedly. Considering that I reside, work, eat, sleep and play in the New Kingston area, there will be no mention of how utterly perfect Cuddy's location is. Furthermore, my patent obsession with the restaurant's jerk chicken pasta will not form the basis of my critique of the establishment's food offerings.

**Food:** Excellent! Cuddy's recently updated their menu and the eclectic assortment of

items from salads to sandwiches, burgers, soups, not to mention the full-fledged choices of cocktails and other alcoholic beverages is phenomenal. Most of my trips to Cuddy's are highlighted by well-prepared, delicious, mouth-watering food. On my last trip, the fries, as always, were crispy, warmed, nicely seasoned perfection. However, for the first time I tried their brownie dessert, which was grossly disappointing as the brownie, I presume, was warm in a previous life. Recalling the utter 'mouth-boggling' amazement that is the dish we do not mention has allowed me to cope with the first, and admittedly only misstep, I've experience in the cooking department at Cuddy's. Generally, the food is reasonably priced and portions are very gracious. I almost always have their blended fruit punch, which I highly recommend.

**Ambiance:** Yes- it's loud. Yes- the crowd can get rowdy. BUT while you're sitting in a corner quietly complaining about the noise, take a second to remember IT'S A SPORTS BAR! It's not a rat pretending to be a hamster, which I can respect. (hmmm, rats, New Kingston, probably shouldn't have gone down this road in a food review, anyhow.....) Big fights and highly anticipated games will draw enthusiastic and unrestrained sports fans. Cuddy's feeds on this excitement and innately possesses a

by Joni Wedderburn aka "Jamrock Social Light" check out her exclusive blog on her island travels at [www.panachejamagazine.com](http://www.panachejamagazine.com)

highly energetic and fun vibe. If you wanna avoid the fuss and commotion, don't go during major sporting events, it's fine you can go during cricket—it doesn't count, and don't venture there on the weekends.

**Service:** So So. In a word: inconsistent. I've encountered the entire range of customer service experiences at Cuddy's from amazing, to ok, to downright awful. I've had a supremely attentive waiter who consistently checked in on the table and ensured that we received our orders in a quick and timely manner. And then, I've had a waitress forget my order and took about as long as a cricket match to bring our food.

**Overall Rating:** 6 (Fun fact: Courtney Walsh is 6 ft. 6 in. tall; it's only fitting that his restaurant receives this rating)

Lata!  
Jamrock Social Light

Experience for yourself at:  
Cuddy's Sports Bar  
Shop 10B to E  
New Kingston Shopping Center  
New Kingston, Kingston  
Jamaica W.I.

# BABY BLUEPRINT

*Magazine*

15

*Biggest*

*Nutrition*

*Myths*

**Bite into a new  
you with...**

**Cosmetic Dentistry**

# 15

# Biggest Nutrition Myths

By David Zinczenko with Matt Goulding  
at Yahoo! Health

*A bar with 60% cocoa is good, but the more cocoa it contains, the greater the health effects.*

## **MYTH #1: High fructose corn syrup is worse than table sugar**

Whether or not added sugar is bad for you has never been in dispute. The less sugar you eat, the better. But whether HFCS is worse than plain ol' table sugar has long been a contentious issue. Here's what you need to know: Both HFCS and table sugar, or sucrose, are built with roughly a 50-50 blend of two sugars, fructose, and glucose. That means in all likelihood that your body can't tell one from the other—they're both just sugar. HFCS's real sin is that it's supercheap, and as a result, it's added to everything from cereal to ketchup to salad dressing. Plus it may be affecting your health in ways not yet fully understood by the scientific community. Is it a good idea to minimize the HFCS in your diet? Absolutely. It's best to cut out all unnecessary sugars. But HFCS's role as nutritional enemy #1 has been exaggerated.

## **SPECIAL EAT THIS, NOT THAT! REPORT:**

Eating fiber- and protein-loaded snacks between meals can help you control hunger and avoid overeating at mealtime.

## **MYTH #2: Sea salt is a healthier version of regular salt**

Everyday table salt comes from a mine and contains roughly 2,300 milligrams of sodium per teaspoon. Sea salt comes from evaporated seawater, and it also contains roughly 2,300 milligrams of sodium. That makes them, well, roughly identical. Advocates point to the fact that sea salt also contains other compounds like magnesium and iron, but in truth, these minerals exist in trace amounts. To obtain a meaningful dose, you'd have to take in extremely high and potentially dangerous levels of sodium. What's more, traditional table salt is regularly fortified with iodine, which plays an important role in regulating the hormones in your body. Sea salt, on the other hand, gives you virtually zero iodine. The bottom line is this: If switching from table salt to sea salt causes you to consume

even one extra granule, then you've just completely snuffed out whatever elusive health boon you hope to receive. Plus you've wasted a few bucks.

## **MYTH #3: Energy drinks are less harmful than soda**

Energy drinks like Red Bull, Monster, and Full Throttle attempt to boost your energy with a cache of B vitamins, herbal extracts, and amino acids. But what your body's going to remember most (especially around your waistline) is the sugar in these concoctions; a 16-ounce can delivers as much as 280 calories of pure sugar, which is about 80 calories more than you'd find in a 16-ounce cup of Pepsi. What's more, a University of Maryland study found energy drinks to be 11 percent more corrosive to your teeth than regular soda. So here's the secret that energy drink companies don't want you to know: The only proven, significant energy boost comes from caffeine. If you want an energy boost, save yourself the sugar spike and drink a cup of coffee.

## **MYTH #4: Diet soda is harmless**

The obesity-research community is becoming increasingly aware that the artificial sweeteners used in diet soda— aspartame and sucralose, for instance— lead to hard-to-control food urges later in the day. One Purdue study discovered that rats took in more calories if they'd been fed artificial sweeteners prior to mealtime, and a University of Texas study found that people who consume just three diet sodas per week were more than 40 percent more likely to be obese. Try weaning yourself off by switching to carbonated water and flavoring with lemon, cucumber, and fresh herbs.

## **MYTH #5: Low-fat foods are better for you**

As it applies to food marketing, the term "low fat" is synonymous with "loaded with salt and cheap carbohydrates." For instance, look at Smucker's Reduced Fat

Peanut Butter. To replace the fat it skimmed out, Smucker's added a fast-digesting carbohydrate called maltodextrin. That's not going to help you lose weight. A 2008 study in the *New England Journal of Medicine* found that over a 2-year span, people on low-carb diets lost 62 percent more body weight than those trying to cut fat. (Plus, the fat in peanut butter is heart-healthy monounsaturated fat—you'd be better off eating more of it, not less!)

## **MYTH #6: "Trans-fat free" foods are actually trans-fat free**

The FDA's guidelines allow companies to claim 0 grams of trans fat—even broadcast it on the front of their packages—as long as the food in question contains no more than 0.5 grams of trans fat per serving. But here's the deal: Due to an inextricable link to heart disease, the World Health Organization advises people to keep trans fat intake as low as possible, maxing out at about 1 gram per 2,000 calories consumed. If your cupboard's full of foods with almost half a gram per serving, you might be blowing past that number every single day. The *American Journal of Health Promotion* recently published an article urging the FDA to rethink its lax regulations, but until that happens, you should avoid all foods with "partially hydrogenated oil" (meaning, trans fats) on their ingredients statements.

## **MYTH #7: Foods labeled "natural" are healthier**

The FDA makes no serious effort to control the use of the word "natural" on nutrition labels. Case in point: 7UP boasts that it's made with "100% Natural Flavors" when, in fact, the soda is sweetened with a decidedly un-natural dose of high fructose corn syrup. "Corn" is natural, but "high fructose corn syrup" is produced using a centrifuge and a series of chemical reactions. Other "natural" abusers include Natural Cheetos, which are made with maltodextrin and disodium phosphate, and "natural advantage" Post Raisin Bran, which bathes its raisins in

both sugar and corn syrup. The worst part is, you're likely paying a premium price for common junk food.

#### **MYTH #8: Egg yolks raise your cholesterol**

Egg yolks contain dietary cholesterol; this much is true. But research has proven that dietary cholesterol has almost nothing to do with serum cholesterol, the stuff in your blood. Wake Forest University researchers reviewed more than 30 egg studies and found no link between egg consumption and heart disease, and a study in Saint Louis found that eating eggs for breakfast could decrease your calorie intake for the remainder of the day.

#### **MYTH #9: Eating junk food helps battle stress**

You've been there: Stressed out and sprawled across your sofa with one arm elbow deep in a bag of cheese puffs. In the moment, it can be comforting, but a study published in the *British Journal of Psychiatry* found that people who consumed the most highly processed foods were 58 percent more likely to be depressed than those who ate the least. Your move: Find a healthy stress snack. Peanut butter and Triscuits do the trick, or check out the next myth ...

#### **MYTH #10: Chocolate is bad for you**

Cocoa is a plant-based food replete with flavonoids that increase blood flow and release feel-good endorphins. Plus, it contains a healthy kind of saturated fat called stearic acid, which research has shown can increase your good HDL cholesterol. But here's the rub: When most people think of chocolate, their minds jump immediately to milk chocolate, which contains far more sugar than actual cocoa. Instead, look for dark chocolate, specifically those versions that tell you exactly how much cocoa they contain. A bar with 60% cocoa is good, but the more cocoa it contains, the greater the health effects.

Myth #11: Granola is good for you  
Oats are good for you, and the same goes for oatmeal. But granola takes those good-for-you hunks of flattened oat, blankets them in sugar, and bakes them

in oil to give them crunch. The amount of fat and sugar added to each oat is at the discretion of food processors, but you can bet your last cup of milk it's going to far sweeter and more fatty than a bowl of regular cereal. Take this example: A single cup of Quaker Natural Granola, Nuts & Raisins has 420 calories, 30 grams of sugar, and 10 grams of fat. Switch to a humble cup of Kix and you drop down about 90 calories, 2.5 grams of sugar, and 1 gram of fat. Or better yet, find your favorite healthy cereal here: The 24 Best and Worst Cereals in America.

#### **MYTH #12: Bananas are the best source of potassium**

Your body uses potassium to keep your nerves and muscles firing efficiently, and an adequate intake can blunt sodium's effect on blood pressure. One 2009 study found that a 2:1 ratio of potassium to sodium could halve your risk of heart disease, and since the average American consumes about 3,400 milligrams of sodium each day, your goal should be 6,800 milligrams of daily potassium. You're extremely unlikely to ever reach that mark—and never with bananas alone. One medium banana has 422 milligrams and 105 calories. Here are the sources that earn you roughly the same amount of potassium in fewer calories:

Potato, half a medium spud, 80 calories  
Apricots, 5 whole fruit, 80 calories  
Cantaloupe, 1 cup cubes, 55 calories  
Broccoli, 1 full stalk, 50 calories  
Sun-dried tomatoes, a quarter cup, 35 calories

#### **MYTH #13: Oranges are the best source of vitamin C**

Far more than a simple immune booster, vitamin C is an antioxidant that plays a host of important roles in your body. It strengthens skin by helping to build collagen, improves mood by increasing the flow of norepinephrine, and bolsters metabolic efficiency by helping transport fat cells into the body's energy-burning mitochondria. But since your body can neither store nor create the wonder vitamin, you need to provide a constant supply. An orange is the most famous vitamin-C food, and although it's a good

source, it's by no means the best. For 70 calories, one orange gives you about 70 micrograms of vitamin C. Here are five sources with just as much vitamin C and even fewer calories:

Papaya,  $\frac{3}{4}$  cup, 50 calories  
Brussel's sprouts, 1 cup, 40 calories  
Strawberries, 7 large fruit, 40 calories  
Broccoli,  $\frac{1}{2}$  stalk, 25 calories  
Red Bell Pepper,  $\frac{1}{2}$  medium pepper, 20 calories

#### **MYTH #14: Organic is always better**

Often, but not in every case. Organic produce is almost nutritionally identical to its conventional counterpart. The issue is pesticide exposure—pesticides have been linked to an increased risk of obesity in some studies. But many conventionally grown fruits and vegetables are very low in pesticides. Take, for example, the conventional onion: It's got the lowest pesticide load of 45 fruits and vegetables tested by the Environmental Working Group. Also in the safe-to-eat-conventional group are avocados, sweet corn, and pineapple. In general, fruits and vegetables with impermeable skins are safe to buy conventional, while produce like celery, peaches, apples, and blueberries are better purchased organic.

#### **MYTH #15: Meat is bad for you**

Pork, beef, and lamb are among the world's best sources of complete protein, and a Danish study found that dieting with 25 percent of calories from protein can help you lose twice as much weight as dieting with 12 percent protein. Then there's vitamin B12, which is prevalent only in animal-based foods. B12 is essential to your body's ability to decode DNA and build red blood cells, and British researchers found that adequate intakes protect against age-related brain shrinkage. Now, if you're worried that meat will increase your risk for heart disease, don't be. A Harvard review last year looked at 20 studies and found that meat's link to heart disease exists only with processed meats like bacon, sausage, and deli cuts. Unprocessed meats, those that hadn't been smoked, cured, or chemically preserved, presented absolutely zero risk. ||PJM||



# Bite into a new you with... Cosmetic Dentistry

Photo Credit: Alty Benjamin Jr.

# A Fusion of Art and Science



**BEFORE**



Patient A had small, misshaped incisors and dark side teeth.

**T**urn on the TV just about any time these days, and you will find a program on cosmetic procedures. Reality shows have become increasingly popular as they show ordinary people having lifestyle makeovers which cater to our fascination with esthetic enhancement. Popular magazines provide the latest gossip on who has been nipped, tucked, and received BOTOX®.

One of the easiest procedures to take years off your appearance is to whiten your teeth. At Jamaica Cosmetic Dental Services, Dr. Holmes uses the Ultradent Opalescence Boost In-Office Whitening System. Years of stains can be removed in just 1 hour session. The price for the In-Office Whitening is \$ 30,000 Jamaican or \$350.00US.

Don't love the shape of your teeth, or have teeth that are slightly out of alignment? Not a problem. Porcelain Veneers to the rescue. Porcelain veneers are considered the ideal choice for enhancing most smiles. Veneers can be used to correct an array of cosmetic issues such as worn teeth, discoloration, and chipped or uneven teeth. If you crave a gorgeous smile, veneers might be right for you.

Cosmetic Dentistry also involves several other procedures, such as Natural Coloured Fillings, Dental Implants, Teeth Reshaping, and Bonding. The cost for these procedures varies depending on what needs to be done. The best thing to do to start the process of improving your smile is to visit a Cosmetic Dentist for a smile evaluation. Soon, you too will have the smile of your dreams!

Dr. Anissa Holmes, a native of New Orleans, La. has been practicing Cosmetic Dentistry for the past 12 years, 5 of which have been in Jamaica. Her passion is to exceed the patient's expectations and to create beautiful smiles.

Her office is located at:  
1D-1E Braemar Ave., Suite 14  
Kingston 10, Jamaica  
876-978-4747  
www.jamaicasmiles.com



Photos Courtesy of Dr. Anissa Holmes

**AFTER**

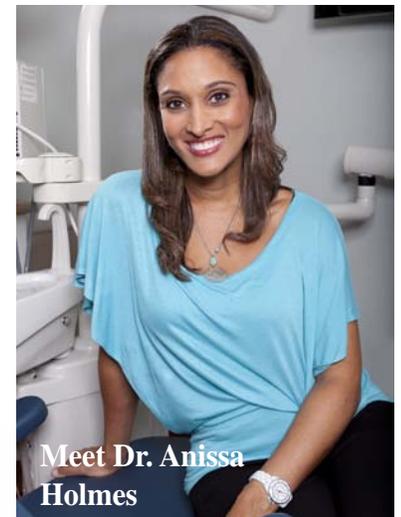
After treatment, Patient A's smile was enhanced with Teeth Whitening and Veneers.



Photo Credit: Alty Benjamin Jr.

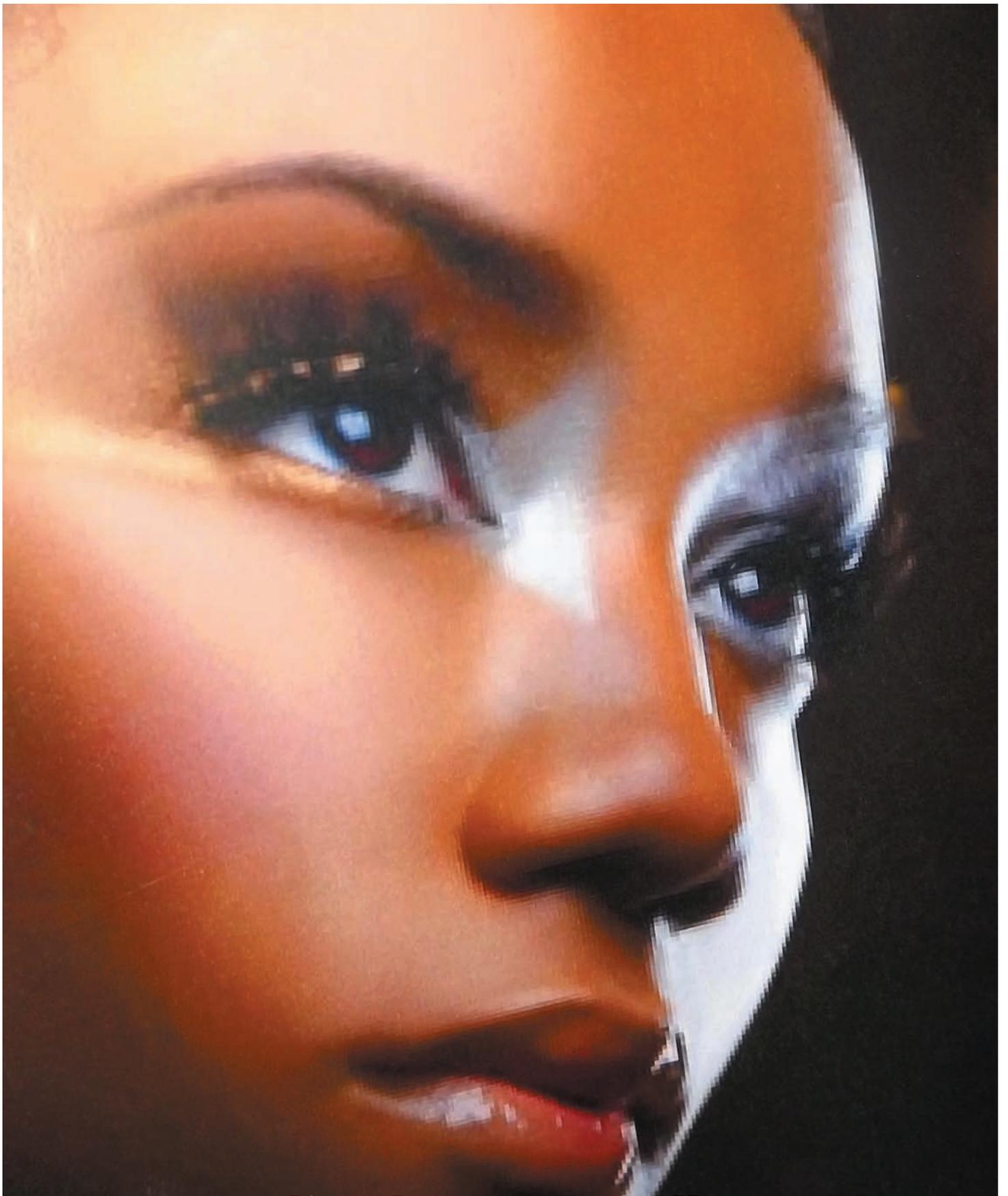
Patient B was able to make her smile more dazzling with In-Office Whitening

“One of  
the easiest  
procedures to  
take years off  
your appearance  
is to whiten your  
teeth. “



Meet Dr. Anissa  
Holmes





[www.divaglamcosmeticsllc.com](http://www.divaglamcosmeticsllc.com)

**DIVA GLAM COSMETICS**

# DIVA GLAM COSMETICS



MeChelle Rabot works her magic on model (Marrissa).

ABOUT MECHELLE RABOT,  
FOUDNER, DIVA GLAM  
COMSETICS

A TRUE DIVA OF NORTHERN CALIFORNIA, MECHELLE GOT HER START IN THE BEAUTY INDUSTRY AT KENNETH'S COLLEGE OF HAIR STYLING. MECHELLE QUICKLY DISCOVERED THAT SHE HAD A PASSION FOR MAKEUP AND MOVED INTO THE MAKEUP INDUSTRY. SHE REFINED HER GIFT AT ESTEE LAUDER WHERE SHE LEARNED TO MIX FOUNDATIONS FOR CUSTOMERS. MECHELLE MOVED ON TO WORK WITH FLORI ROBERTS,

CHANEL, AND SHISEIDO. MECHELLE ALSO SERVED FOR THREE YEARS AS MAKEUP ARTIST FOR CHANNEL FORTY-TWO IN CONCORD, CA. USING THESE EXPERIENCES MECHELLE DEVELOPED HER OWN LINE OF MAKEUP, TAKING SEVERAL COLORS OF FOUNDATION AND MIXING THEM TOGETHER CREATED COLORS FOR FRIENDS AND HERSELF. MECHELLE REALIZED THAT MANY WOMEN OF DIFFERENT HERITAGES HAD PROBLEMS FINDING COLORS THAT WERE TO THEIR SKINTONES. THIS LED TO DIVAGLAM COSMETICS BEING

ESTABLISHED IN 2004. DIVAGLAM COSMETICS USES SPECIAL BLENDS OF MAKEUP TO BRING OUT THE COLOR IN WOMEN, SO THAT THEY LOOK GOOD AND FEEL GOOD. DIVAGLAM HELPS WOMEN "UNLEASH THEIR DIVA WITHIN." THIS SPRING WILL BE THE OPENING OF DIVAGLAM STUDIO AND DIVAGLAM BEAUTY ACADEMY. MECHELLE IS ALSO A RENOWNED AUTHOR WITH HER BOOK "ROYAL P.R.I.N.C.E.S.S. HANDBOOK" FOR YOUNG LADIES PUBLISHED IN 2011. ||PJM||



**JamIsland**  
Courier Services

JUST SAY IT, WE'LL GET IT...

Email: [jamislandcouriers@gmail.com](mailto:jamislandcouriers@gmail.com)

Contact us at 347-6866 620-7702 880-2633 509-9666

## Services

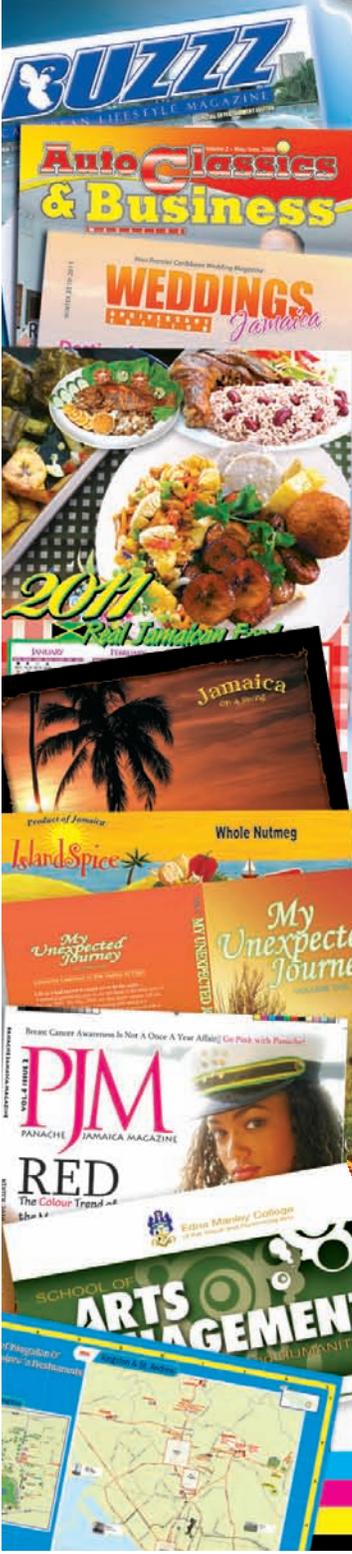
\*Letters \*Packages \*Food Pick-up \*Billpayments  
\*Bank Transactions \*Auto Parts \*Pick-up \*Tax Office  
\*Pharmacy \*Credit Card Payments \*Ticket sales and more.



# Xpress Litho Limited

LITHOGRAPHERS • PRINTERS • STATIONERS

*"service with THE difference"*



## NOW PRINTING @ LIGHTNING SPEED...

ASK ABOUT OUR  
**24hr DELIVERY GUARANTEE**

# 5 COLOUR PRESS

Two top-of-the-line Heidelberg Speedmaster Perfecters for Super-fast, High-volume, Wide-format, 5-colour Printing

### Lithographic Printing Services Include:

- Calenders
- Brochures
- Annual Reports
- Newsletters
- Magazines
- Exercise Books
- Business Cards
- Invitations
- Programmes
- Boxes and Labels
- Text Books
- Posters
- Flyers
- Bookmarkers
- CD Inserts
- Letterheads
- Pantone Colours
- Manuals

### Pre-press / Bindery / CopyShop (Digital Printing)

- UV Coating
- Computer To Plate
- Spiraling
- Rimming
- Perfect Binding
- Saddle Stitching
- Graphic Designing
- Stationery
- Digital Printing
- Photo Copying
- Scanning
- Laminating
- Jump Drives
- Colour Papers
- Pens / Pencils
- Markers
- 1-3 Subject Books
- Same Day B/Cards

**1b-3 Eureka Road, Kingston 5, Jamaica W.I.**  
**Tel: (876) 929-0040 • 920-9384-5**  
**926-7722 • 926-7840 • Fax: (876) 960-2264**

**Website: [www.xpresslitho.com](http://www.xpresslitho.com)**  
**General Email: [info@xpresslitho.com](mailto:info@xpresslitho.com)**

**Celebrating 29 Years of Xperience 1982 - 2011**



**Opening Hours:**  
**MON. - FRI.**  
**8AM - 5PM**

**SATURDAY**  
**COPYSHOP ONLY**  
**10AM - 3PM**

SERVICE + QUALITY + 24 HRS ONLY XPRESS LITHO LTD

## Just a few Xpressions

join our family

*a last look*



Photography by Laura Bernal

## TIGERLILY DREAM

**T**igerlily Dream is an accessories dream come true for all stylish individuals featuring uniquely crafted pieces with something for every personality. Tigerlily Dream

accessories “celebrate the individuality of stylish, urban girls who don’t religiously follow fashion but instead exude an original personal style” summarizes designer Yelsi Saravia.

Born in Honduras and raised in Miami, Yelsi says she “thrives in the cultural diversity of Miami” where the culture of the US mixes with Hispanic and Caribbean Diasporas, creating that special South Florida energy. A unique mix just as Tigerlily Dream.

Tigerlily Dream is named after Yelsi’s daughter Olivia Tigerlily and is also inspired by her husband Leo, and the strong women in her family. The textiles and crafts of

Central America are a creative source to Yelsi, who appreciates the bold, bright colors and designs, and often incorporates these influences into her own work. The juxtaposition of boldness and humility found in Third World countries is an inspiration to the young designer.

The very first collection, “BonBon”, was designed for children and made out of bright fabrics. Due to the popularity and high demand those cute candy-style necklaces are still in production but Yelsi has since added designs for women using a variety of materials. She uses wood, leather, textiles, gold, brass as well as semi precious stones and has recently started to refine her gold leaf skills. All pieces are designed and crafted with immense attention to detail to make a piece of art whether simple or elaborate.

Whether you like a bold statement necklace, filigree and sophisticated bracelets, artsy and cool leather and metal combinations featuring bright skulls or you want to go

ethnic with Inka inspired prints you will find a piece that represents you and your every mood and style in the Tigerlily Dream collection. As Yelsi explains, “A Tigerlily girl believes style is not about fashion. It’s about knowing and believing in you and externalizing that spirit with a sort of humble confidence.”

For the upcoming Spring/Summer 2012 collection Yelsi will incorporate unisex pieces and more elaborate wood work. To get your unique piece of Tigerlily Dream jewelry go to <http://tigerlilydream.com/> or Miami boutiques Miss Pepper and Cheap’n’Chic. Tigerlily for kids is exclusively sold through Nest and Cradle. ||PJM||

by Heike Wollenweber  
AXE-S Media

All AXE- S Radio on RTC 107  
FM and Big Up Radio  
Twitter @axesmedia



1.



2.



3.



4.



5.



6.



7.



8.



9.



10.



11.



12.

# Sand & Street Style

1.Tami Chynn (left) and friend enjoy the night at the Jamaica Jazz & Blues Press Launch in Kingston.|| 2. Chavoy Gordon- Miss Intercontinental Caribbean.|| 3. Regina Beavers || 4. Sasha-Gail Haase. ||5. Yohan Blake poses with a little fan- Joshua. || 6. Carlette Deleon. || 7. Kim-Marie Spence. || 8. Big Youth steals his moment at the Bob Andy Benefit Concert. || 9. Miss Kitty || 10. Claudette (left) and Yendi.|| 11. Tony Rebel. || 12. Miss Jamaica Universe Shakira Martin. Photos by Roger Jones Photography.



Round and about the streets of Kingston over the past few months we caught on camera some of our favourite people...see all our photos online on our Facebook Fan Page- you can find us by searching Panache Jamaica Magazine!

13. Cherine, Yendi & Tami come in support of cancer awareness. || 14. Miss Jamaica Global 2011 Kim Issa Sherlock. || 15. Arlene Martin the powerhouse behind Drenna Luna and friend at the Miss Jamaica Universe 2012 Press Launch. || 16. Tessanne share a light moment at the Jamaica Jazz & Blues Press Launch in Kingston. || 17. Our good friend Sharon Wint ( right) and company. || 18. Nadine Sutherland. || 19. Amelia Sewell (middle) on a girls night out! || 20. We absolutely love Yendi's hair au natural! || 21. Camesha 'POSHE' Powell. ||22. The Queen of the Evening- Marcia Griffiths was a vision of style at the Bob Andy Benefit Concert. ||23. Denyque. || Safia Cooper (middle) and friends at the Arthur Guinness Day Concert. Photos by Roger Jones Photography.

# PANACHE

## JAMAICA MAGAZINE

Faithful Africa

A CELEBRATION  
OF JAMAICA'S  
FASHION

**PRE-ORDER YOUR  
COPY TODAY**

**PRINT & DIGITAL**  
Available August 2012

**iPAD. Blackberry...**

ADVERTISING  
AVAILABLE  
PLACE YOURS!

**COMING SOON!**  
**2012 SPECIAL  
ANNIVERSARY  
ISSUE**



SCAN ME