

# OCEAN

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## STYLE

# 10

TIPS TO LAND THAT  
HOT BACHELOR

+

**CARIBBEAN FASHION WEEK**  
Haute Couture to Swimwear

**POWER!**  
From Mia Mottley to Lady Saw,  
Alison Hinds to Thalia Lyn,  
Caribbean women make  
their presence felt

**TOBAGO JAZZ FESTIVAL**  
Sir Elton John headlines a cast  
of stars and brings down the  
house in this island paradise

**FACEBOOK**  
From old to young,  
Facebook Fever is contagious

**HALF MOON**  
New York High Fashion meets  
refined excellence at this  
magnificent Luxury Resort



US\$4.99 / UK£3.00



**RIHANNA**  
ROCKS PRAGUE!

## HEALTH + FITNESS

### 29 *Hair Care Maintenance*

Want the secret to healthy hair? The most important ingredient: A healthy scalp! Hair expert Kathleen Johnson shares some tips.

### 30 *More Love, Less Modification*

Andrea Repole leads the charge for saying 'No to Plastic Surgery' with her show for women to keep it real.

### 32 *Ready, Aim, Fire!*

Ladies follow the steps as we show you how to snag that Most Eligible Bachelor on your radar!

### 37 *Know Thy Brasts!*

How an intimate knowledge of your anatomy can play an important role in detecting breast cancer and represents the first line of offense in leading a healthy life.

## ON SPOT

### 24 *The AFI Frisco Ball*

The annual black tie soiree was held at the Ritz-Carlton in Coral Gables celebrating 2007 International Humanitarian Award honorees Anthony Keith Edmund Hart and Food for the Poor.

### 62 *Caribbean Fashion Week 2007*

Where the beautiful people meet on and off the runway!



# 91

Three friends enjoy the relaxing atmosphere of Jamaica's Fashion Week and take a tour of Kingston.

## ESCAPE

### 105 *An Epicurean Delight*

An evening of elegance, service and delightful cuisine as only Sandals Resorts could host. We visit Sandals Whitehouse and European Village for an exquisite seven course meal at one of the luxury chain's most enchanting properties.

### 107 *Welcome To St. Lucia*

Rosemary Parkinson takes us on a wonder tour sure to make you salute.

## OCEAN LIVING

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When you're looking to balance value and speed but not prepared to compromise on taste, then lunch is at Delivoda! The deli serves a tasty range of hot foods, soups and cold cuts to satisfy the heartiest appetite.

### 60 *Edible Vibes*

Our resident expert in the art of tasty food efficiently prepared, Chef Michelle Jones, shares her talents helping us stir up those 5 minute wonder meals.

### 114 *Mix & Stir*

Ocean Spray delights with a refreshing drink recipe that's easy to replicate.

## PULSE

### 99 *Tobago Jazz Festival*

Consistent to fall things entertainment in the Caribbean, Michael Montano gives us his top 30 moments at the annual music festival. This year's iteration saw huge crowds jetting into Tobago for a show that boasted a top international cast including Sir Elton John, Diana Ross, Mary J. Blige, Earth Wind and Fire, LL Cool J, Machel Montano, Sean Paul and Bono Hammond, and...yes it's still only 3 nights!

### 104 *Digital Reggae on the Hill*

Reggae was the music of choice in Barbados, showcasing some of the region's most talented and prolific artists.

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Elton John, among the superstars and legends who rocked the Plymouth Jam Fest in Tobago.



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Anthony and Mrs. Glen Polons

ON SPOT

Max Goodman and Katherine Peacor-May



Peter Harding, Anthony de Bruch La Grange, J. Howard Johnson, Candice and Mark Han



Sonny Collins, Jennifer Barnes and Ray Corso



Donald Dawson, Cassie Gregg, Tom Jaroski and Rocco Biggio



Howee Tony Han, Grand General Ricardo Allbrook and Howee Robin Mahood



Max Goodman and Kelsie Philippe



Debra Lopez and Katherine Peacor-May

THE AMERICAN FRIENDS OF JAMAICA'S PEACOCK BALL

[ COCONUT GROVE, FLORIDA ]

The American Friends of Jamaica hold its annual black tie gala and charity auction, which honors Anthony Keith Edmund Han and Food For The Poor with its International Humanitarian Award.

May 2007

photography by Tealby Photography



Major Noel and Karen Dames



Summer Lopez, Julie Sings and Natalie Peacor



Steve French and Becky Southam



Mark and Betty McEneaney and Mrs. Glen Polons



Sarah Somers, Kelsie Philippe and David Black