

Contents

- 5. FEATURED ARTICLES
COVER FEATURE**
**Sarah and Malaika:
The New Female Voices of Imij & Co**
By Akiela Hope
Photography by Richard Cook
Make-up by Cynthia Nelson

- 7. BUSINESS**
Ruby Boddie
**Creating a Place Where
Art Meets Jazz Meets Food**
By Roslyn Carrington
Photography by Alva Viarruel

- 9. PRACTICAL INSPIRATION**
Unplug from Average
**Exposing our Children to Harm:
Why We Need Honesty Part 2**
By Liana Goddard

- 10. WINE**
Wine... Uncorked
Wine, Women and Carnival
By Phyllis Moreau

- 12+13. WOW GALLERY**
Hot Carnival Fashion
Photography by Andre Alexander

- 14. SERIOUS KICKS**
A Woman's Field Guide to Men in the Band
By Roslyn Carrington

- 15. FAMILIES**
Fathers Need Support, too
By Barbara King

- 16. HEALTHY LIVING**
Soul Food
By Paola Henderson

- 17. SOCIETY**
**Talking Race
and Racism with
Your Kids**
By Magella Moreau

- 18. FITNESS**
Throwing Away Training Time
By Orlando Griffith

- 19. MAKE-UP**
Botox and Dermal Fillers
By Dianne John

- 21. INTERIORS**
Decorating?
There is an App for that! Part 2
By Ann Moore-Spencer

- 22. FOOD + DRINK**
Carnival Chillers
By Halcian Pierre

Editor's Note

WELCOME to the 15th edition of WOW magazine. We think things are shaping up nicely and we are happy to see readers and advertisers growing in support over the past few months. There's always room for change and improvement, so we appreciate any feedback we get from you, as we evolve. Feel free to email and let us know your thoughts and also suggestions for what you'd like to see in the magazine. Look out for our Facebook page, soon to come.

This week we feature two young singers who've made a stunning entrance on the soca stage — the new female lead singers of the revamped Imij and Co band, Malaika Ballantyne and Sarah Hannson. We also feature Ruby Boddie, a dynamic woman who's changed careers from one type of public service to another completely different one, and now runs a delightful little bistro that brings together food, art and music.

Our weekly features include fitness, food, wine, healthy living, practical inspiration, music and much more....

Keep safe and enjoy!



CORRECTON

LAST WEEK we made a factual error in our cover story on pilot and entrepreneur Monique Nobrega. We wrote that Nobrega was "the only person in BWIA's history — female OR male — to make the transition from being a flight attendant with the airline to becoming one of its pilots." In fact, the correct information is that Nobrega was the only person to have made the transition from flight attendant to pilot "without a break in service."



Credits Guardian

Special Publications Unit (SPU)

SPU Producer
Tracey Alonzo
tracey.alonzo@guardian.co.tt

Editor
Skye Hernandez
skye.hernandez@guardian.co.tt

Sales and Advertising
Business Development
Manager (SPU)
Sonia Romany
sonja.romany@guardian.co.tt

Head of Design
Denise Baptiste

Design and Layout
Sean Simon
Keith Lancaster
Sherlan Thomas
Richard Yacoob

Special Publications enquiries:
spu1@guardian.co.tt