

SHE CANADA

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SUCCESS

WORLD  
EXCLUSIVE

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*on beauty, Cannes and her  
dazzling career thus far*

*Parsons' 'Designer of the  
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*on love, life and bringing you Toronto's  
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# SHE CANADA

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**JUDITH LEIBER**  
Potted Plant \$5,995

# Editor's *note*



**EDITOR**  
S.M. Kamran Zaidi

**T**he summer's finally winding down, and with the brisk Fall air looming, SHE's just getting into gear. Back to school is around the corner and that makes us all think of the new school year ahead for our children. As this issue went to print, word from India spread about a tragedy that befell 22 school children. Their lunch was contaminated with pesticide, proving fatal. It is something we should all reflect on when considering what to feed the most important people in our lives. This month, we're happy to share an exclusive interview with top Toronto-based Cardiologist Dr. Naresh Kumar about the dangers of the South Asian diet and lifestyle. Applying these basic principles to your child's routine now will have a long-term impact on their future habits when it comes to diet and exercise. (p. 78)

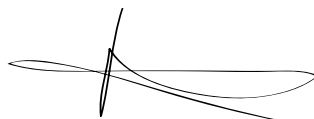
For now, we must press on through the most pleasant months of the year and focus on August/September's content. Let's start with the obvious: Sonam Kapoor. Need I say more? She's one of Bollywood's best-known faces both locally in South Asia and internationally, and as a result has become a face of L'Oreal. This month, we exclusively caught up with Kapoor on the opening weekend of her international Bollywood blockbuster *Bhaag Milkha Bhaag*. Don't miss what she had to say about film's success, her personal style and future projects she has in the works. (p. 32)

Speaking of style, we sat down with social media/e-commerce sensation Yiota Karalouka, owner and founder of Sabo Skirt. We talked about her latest entrepreneurial venture and what she sees for the future of Sabo Skirt. (p. 28)

Then we bring you SHE's Getting Married—our inaugural Wedding Supplement. From product pages to an interview with Toronto's top wedding planner, Raana Choudhry of Sapna Weddings, this handy guide is a great tool for all your wedding needs. (p. 18)

Finally, August marks the 16th anniversary of Nusrat Fateh Ali Khan's passing. The Qawwali virtuoso was world-renowned for his art and is still said to have had one of the best voices ever recorded. Read on for an in-depth look at the life of a Sufi legend. (p. 50)

**Have a wonderful remainder of summer. We look forward to sharing SHE's big news with you, our loyal readers, very soon.**





*SHE's website is your destination for all things fashion, lifestyle and culture. Fall has once again snuck up on us and as the dog days of summer warm us one final time before the autumn chill, why not head over to shemagazine.ca and check out our picks for Toronto's most fashionable restaurants. These destinations are the perfect place to dress to impress, see and be seen. Instead of spending another night in, why not put on your favourite pair of Loubs and indulge in the best dishes the city has to offer? With some good company, of course.*

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# Contributors

“Describe your go-to health regimen.”



**PRIYA KUMAR**

*Executive Editor*

Green tea, lots of water and a stash of Cold FX, just in case. Working out daily, if even for only 20 minutes is also key.



**ERUM ZEHRA**

*Social Media Manager*

I try to stay away from inorganic or sugary foods, drink lots of water and get a good night's sleep every night.



**LIZ GUBER**

*Associate Editor*

For a quick health fix I visit Romeo's Juice Bar in Kensington Market. I order a concoction made with beets, ginger and kale to instantly feel revived.



**HARPREET BRAR**

*Features Contributor*

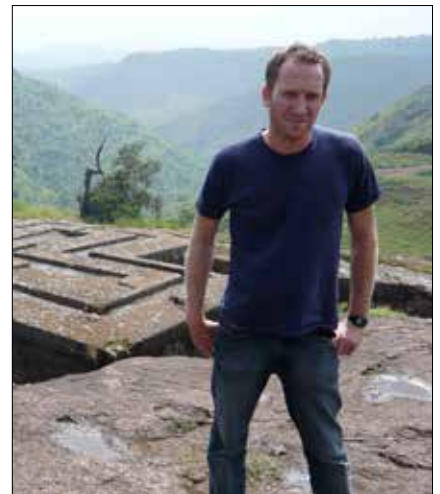
I drink water, and lots of it because it helps keep the skin clear and hydrated; I usually stay away from carbonated drinks. Besides, for an unflavored drink, it still tastes so good.



**MICHELLE DUNN**

*Photographer*

With a sommelier in the family, we are a total “foodie” bunch so it's a constant battle between eating and exercise, [but my] favourite “me” time is biking along the beach strip of Burlington.



**ROBIN ESROCK**

*Travel Contributor*

My goal is never to allow my body to prevent me from doing anything. I watch the carbs, stay away from pop and fast food, and exercise at least a couple a times a week.



# letters to the Editor

The article “In Defence of the Unpaid Internship” was an interesting read. As a soon to be graduate myself, this piece shed light on the importance of interning and the competitiveness in the workplace.

Pooja, Niagara Falls

I really enjoyed reading into “The Temples of Angkor Wat.” The article described the culture of Cambodia to a tee. It feels like the writer was a tour guide taking me on a journey in Angkor.

Amir, Scarborough

The May issue was a fantastic read. It covered a variety of topics, from fashion, travel, and cuisine to culture. This is what makes SHE Magazine stand out from the rest; it educates the readers on different topics.

Sana, Brampton

I loved “Behind the Scenes with Maybelline for David Dixon.” Thanks for showing your readers some behind the scenes scoop and some clever make up tricks.

Jessica, Forest Hill

Thank you for covering Jean Paul Gaultier in your May issue, I am proud to see all the beautiful creations inspired by Indian culture for the designer’s Spring couture show.

Marina, Vaughan

The article on “Religious Harmony in North Africa” was a very informative and enjoyable read. I’ve always had a curiosity for Morocco. Reading about their rich culture, civilization and politics was very fascinating.

Beena, Cambridge

The book review for “Overdressed: The Shockingly High Cost of Cheap Fashion” caught my attention especially with the recent factory tragedy that killed over 1,000 people in Bangladesh. It sparked my interest and the review definitely came out at the right time to raise awareness and educate consumers. I will be picking up this book. Thanks SHE Magazine!

Karina, Pickering



MAY  
ISSUE

# *candy* COATED



Fall starts out on a sweet note as the season's (not so) welcomed wardrobe staples turn pretty with charming powdered pigments. Mint and peach were served at Proenza Schouler. And no, we're not talking about the fruit (or the herb) but of the rounded outerwear that is said to have hinted of Cristobal Balenciaga. Céline's put-together elegance was manifested in flouncy creams and pale cerulean—a permutation of the already pervasive blues of Fall—while blush was just the right tint at Valentino. As if the color palette wasn't sweet enough, fabrics and trimmings were just as dainty—lace and brocade were the choice of Dolce & Gabbana. They say too much sugar is bad. But with buttercups and lavenders in sight, how can we resist?



**LORO PIANA**  
Cashmere Coat  
with Mink Fur  
Collar  
\$9,554

ROCHAS PRE FALL 2013



CÉLINE FALL/WINTER 2013



**MARC JACOBS**  
Striped Coat  
\$1,800



**CARVEN**  
Alpaca and Wool  
Coat  
\$1,534



**VALENTINO**  
Coat with Perforated  
Cut Out Detail  
\$3,289



**DOLCE & GABBANA**  
Lace Coat  
\$4,620

**BALENCIAGA**  
Giant Stud Leather  
Cuff \$384



**BURBERRY**  
Clarabelle Studded  
Dress \$1,561



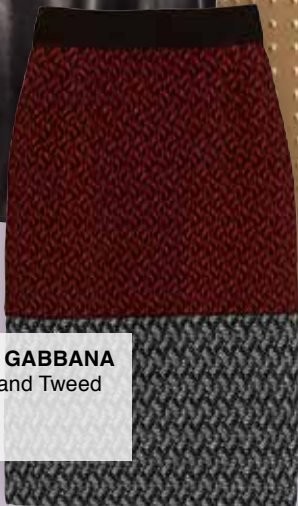
# Refined Rebel

The sub-genre that emerged in the 80s has returned—recurrent and reinvented. This season, a more polished approach was assumed, incorporating plaid and tartan into expertly tailored coats and saving the flannel for angst-filled teenagers. Kilts and funnel-neck tops were the choice pieces at Céline while at Stella McCartney, a cozy varsity sweater (quilted with tan sleeves) was paired deliberately with the collection's fully sequined, high-slit skirt as if to remind non-conformists of an inspired (as opposed to literal) grunge appeal. Hedi Slimane looked to a more disheveled vibe as everything from second skin leather to studded embellishments echoed Blondie circa 1989. Grunge dressing has certainly come a long way; the style did not emerge from a conscious effort to create appealing fashion but, it's durable, it's functional, it's comfortable, and let's face it, it rocks!

**JIL SANDER**  
Navy Leather  
Dress \$1,616



**DOLCE & GABBANA**  
Jacquard and Tweed  
Skirt \$865



STELLA MCCARTNEY FALL / WINTER 2013



**BURBERRY BRIT**  
Studded Leather Biker  
Jacket \$2,817



**DRIES VAN NOTEN**  
Plaid Leather Pumps \$830



CHANEL FALL WINTER 2013 SHOW

# *fancy* Footwork

IT'S UNDENIABLE. WITH LABOUR DAY A DISTANT MEMORY, IT COMES AS A RELIEF TO PACK AWAY OUR SUMMER WHITES AND BRIGHTS FOR SOMETHING A LITTLE MORE SUBTLE.

Fall brings with it not only crisper air and vibrant coloured leaves, but looks you've been dying to wear all sweltering summer long. The same holds true for footwear. This season is about bringing back warm hues and textures that mark the changing of the season to usher in a new beginning. Chanel's F/W 2013 show certainly got it right; they took a piece like the thigh-high boot and reinvented it to be so skin-tight, it should probably have come with its own garter. SHE presents must-have footwear for this Fall season:



# BOOTS *vs.* BOOTIES

*Giving Summer  
the Boot...*

*Better Yet,  
Bootie.*



**GIUSEPPE ZANOTTI**  
Rabbit-Lined  
Leather Over-  
the-Knee Boots  
\$1,450

**CHLOÉ**  
Leather Knee  
Boots  
\$1,335

**LANVIN**  
Suede Concealed  
Wedge Knee Boots  
\$1,335

**GIVENCHY**  
Shark Lock  
Leather Knee  
Boots  
\$1,895

**JIMMY CHOO**  
Giorgina Leather  
Over-the-Knee  
Boots  
\$1,395



**ALAÏA**  
Cutout Suede  
Ankle Boots  
\$1,825

**JIMMY CHOO**  
Faune Suede  
Peep Toe Bootie  
\$1,373

**FENDI**  
Lace Up Boot  
with Studded  
Heel  
\$1,232



**CHARLOTTE OLYMPIA**  
Minerva Lace  
and Satin Ankle  
Boots  
\$1,160

**GIANVITO ROSSI**  
Camcord Suede  
Ankle Boots  
\$650



**MCQ ALEXANDER MCQUEEN**  
Leather Ankle Boots  
\$845

## WEAR WITH



**VICTORIA, VICTORIA BECKHAM**  
Wool-Felt Tuxedo Dress  
\$1,285



**THE ROW**  
Stretch-Leather  
Skinny Pants  
\$1,990

# HEELS *vs.* FLATS

*Heel Boy...* *Flat Footed...*



**GUCCI**  
Beverly Patent  
Leather Pumps  
\$695



**JIMMY CHOO**  
Anouk Degradé  
Metallic Leather  
and Suede  
Pumps  
\$750



**CHARLOTTE OLYMPIA**  
Spectator Dolly  
Platform Pumps  
\$1,075



**SAINT LAURENT**  
Paris Suede  
Pumps  
\$698



**SAINT LAURENT**  
Tribute Two  
Suede Pumps  
\$795



**CHARLOTTE OLYMPIA**  
Glitter Kitty Embroidered  
Glitter-Finished Slippers  
\$695



**CHLOÉ**  
Leather  
Ballerinas  
\$448



**ALEXANDER MCQUEEN**  
Embellished Slipper  
Style Loafer  
\$780



**TORY BURCH**  
Kaitlin Quilted-  
Leather and Metal  
Ballet Flats  
\$275



**LANVIN**  
Bow Embellished  
Hair Calf Loafer  
\$902



**VALENTINO**  
Rouge Rockstud  
Ballerina  
\$910

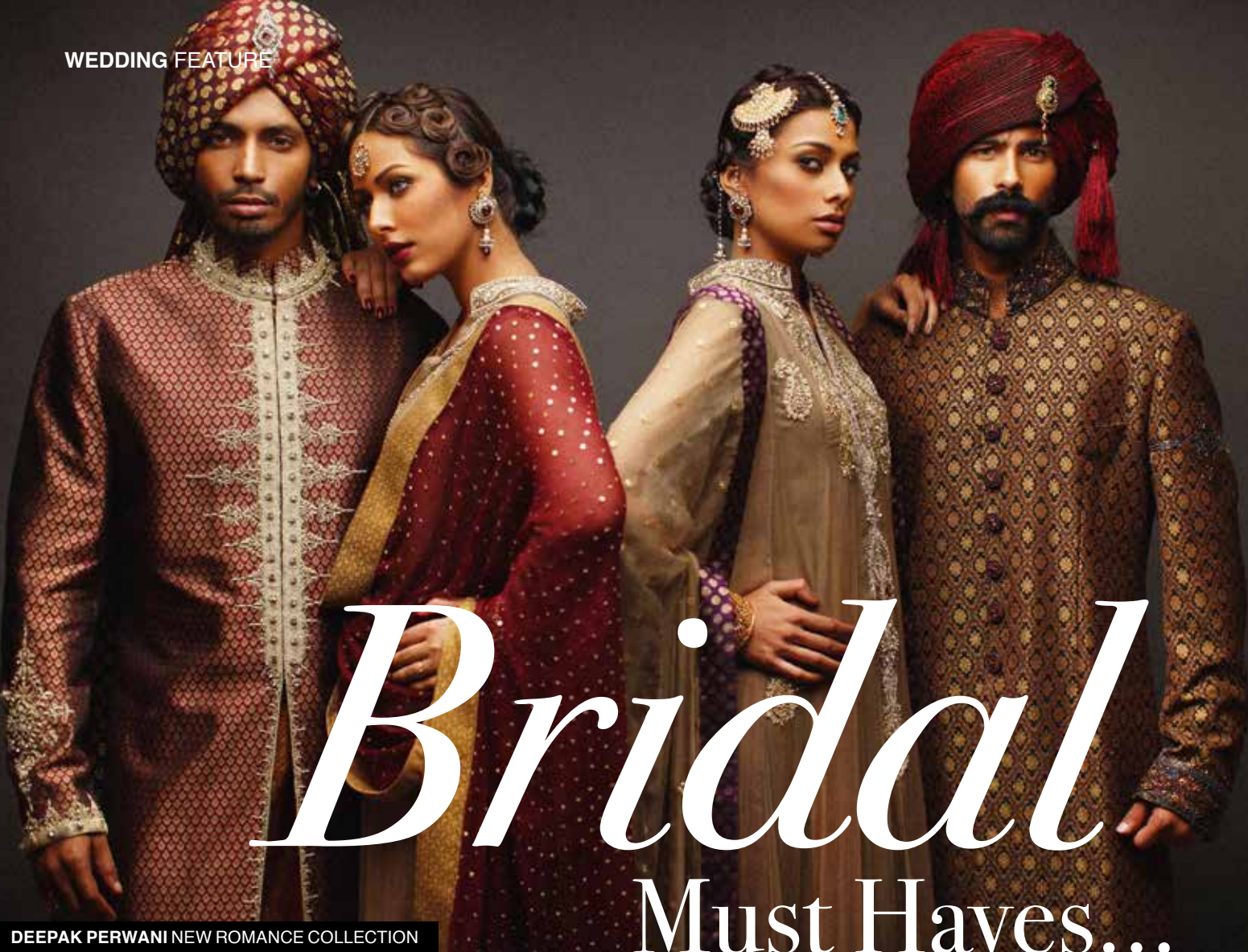


**ALEXANDER MCQUEEN**  
Knitted Silk Dress  
\$3,145

## WEAR WITH



**SAINT LAURENT**  
Low-Rise Stretch-  
Denim Skinny  
Jeans  
\$565



# Bridal

## Must Haves...

DEEPAK PERWANI NEW ROMANCE COLLECTION

Subdued elegance is the name of the game this bridal season. While an unexpected turn from the traditional South Asian wedding scene, it is the perfect mix of East and West. Zardozi stitching and polki diamonds paired with Christian Louboutin—it's a novel idea but one that certainly works in 2013.



**MANISH ARORA X AMRAPALI**  
Candy Bijou Earring  
\$150



MOKSH



**LAKSHMI JEWELLERS**  
Cuff  
PRICE ON REQUEST



**CHRISTIAN LOUBOUTIN**  
Vendome Metallic Platform  
Red Sole Pump  
\$845





**ANMOL**  
Necklace  
PRICE ON REQUEST



**JOY Earrings**  
PRICE ON REQUEST



**VBJ Cuff**  
PRICE ON REQUEST



**ZOYA Earrings**  
PRICE ON REQUEST



**FOREVERMARK Ring**  
PRICE ON REQUEST



**MOKSH Ring**  
PRICE ON REQUEST

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# wedding PLANNING

ACCORDING TO  
AN EXPERT

*By Priya Kumar*

There is no event more prolific in one's life than their wedding. This especially holds true if the bride (or groom) is South Asian. A wedding in South Asian society is more than just the union of families. It's the joining of whole communities and increasingly these days, entire cultures



**I** recently spoke to Raana Chaudhry on the topic. As a top Wedding Consultant at Sapna—South Asian Wedding Planning Services in Toronto, she had great insight into what a couple should expect and how to deal with the pitfalls of planning this important day.

*Planning a South Asian wedding includes so many more facets than a traditional North American wedding. What are some tips brides and grooms-to-be should keep in mind prior to taking on this endeavor?*

Hire a wedding planner! I'm not just saying this because it's my business, but because South Asian weddings are extremely complex. There are so many details that my brides miss before they engage in our services, and are blown away when we start to talk about all the intricacies of a South Asian wedding and reception. Hiring a planner can help keep you on track, manage your vendors, your budget and ensure that family & friends enjoy themselves on the wedding day.

Secondly, get to know the traditions both families want to incorporate and plan for it in advance. It can be very stressful to try and add/accommodate after your vision is in place.

*What part of the wedding do you recommend couples start with (keeping in mind both Hindu and Muslim traditions)?*

The first thing a couple needs to do is figure out a date for their wedding & reception. Some cultures/religions require the couple to get the date from their priest or some people like to avoid major religious holidays. Once a date is set, they must book a venue for their ceremony and reception. Without doing this, you can't secure your other vendors such as your DJ, photographer and videographer.

*What are some themes that are in right now?*

One really great theme that I recommend to my clients is using paper flowers. You can use them all over your room from your bouquets, to your centerpieces and your backdrop! They look absolutely stunning! Another great idea is to set up lounges at receptions. They are a great place for guests to relax and chill out while at the reception.

*When merging a veg and non-veg family, how/what do you serve the guests?*

There are a couple of ways you can do this. It all depends on how strict the vegetarians are. If they are extremely strict, we can do many things to accommodate both families such as a vegetarian only buffet on one side of the room and a veg/non-veg buffet on the other side. You can also serve the food family style, having just vegetarian dishes at the vegetarian tables and both veg & non-veg to the non-veg tables.

*When you see a bride and mother-in-law going head-to-head, how do you diffuse the situation and what do you recommend each party do?*

I usually try my best to stay out of this type situation unless requested by one of the parties. It is much easier for me to discuss things with the bride since we usually have a pretty close relationship. I always try to diffuse the situation and point out the good in a dispute and try to understand why the dispute is happening. There will always be conflicts when planning a wedding; it's all about compromise.

*As a planner, what's the most challenging aspect of a wedding?*

The most challenging part of the wedding is balancing the needs of both families along

with those of the bride and groom. When a couple is planning a wedding, their families generally get very involved. It's important to always remember that in order for the event to be successful, both families should be happy.

*From what you've seen, what's the most important aspect of a couple's nuptials? For example, if they have a confined budget where do you recommend they cut the fat?*

The easiest way for them to cut the fat is on the decor. There are simple and elegant ways to make the wedding look amazing without breaking the bank.

*How much time does a couple need to put on a wedding?*

The couple needs at least 1 year to properly plan a wedding. We have put together weddings in 8-10 weeks as well, but obviously the variety of options for your wedding gets scarcer as you get closer to the date. If you are able to start 1.5 years early, that is your best bet to ensure you get everything you want.

*Contact Raana at Sapna—South Asian Wedding Planning Services at 416.997.0878 or [info@sapnaweddings.com](mailto:info@sapnaweddings.com) for more information on how to make your big day perfection.*





## Overlander Mountain Lodge JASPER NATIONAL PARK, AB

The Overlander Mountain Lodge, located at the border of Jasper National Park in Alberta, features a scenic view that overlooks the Rocky Mountains. Enjoy your wedding with multiple panoramic Mountain View rooms for an unforgettable, exciting experience that makes you feel right at home. It's cozy and it's serene—the feeling you long for in the mountains.

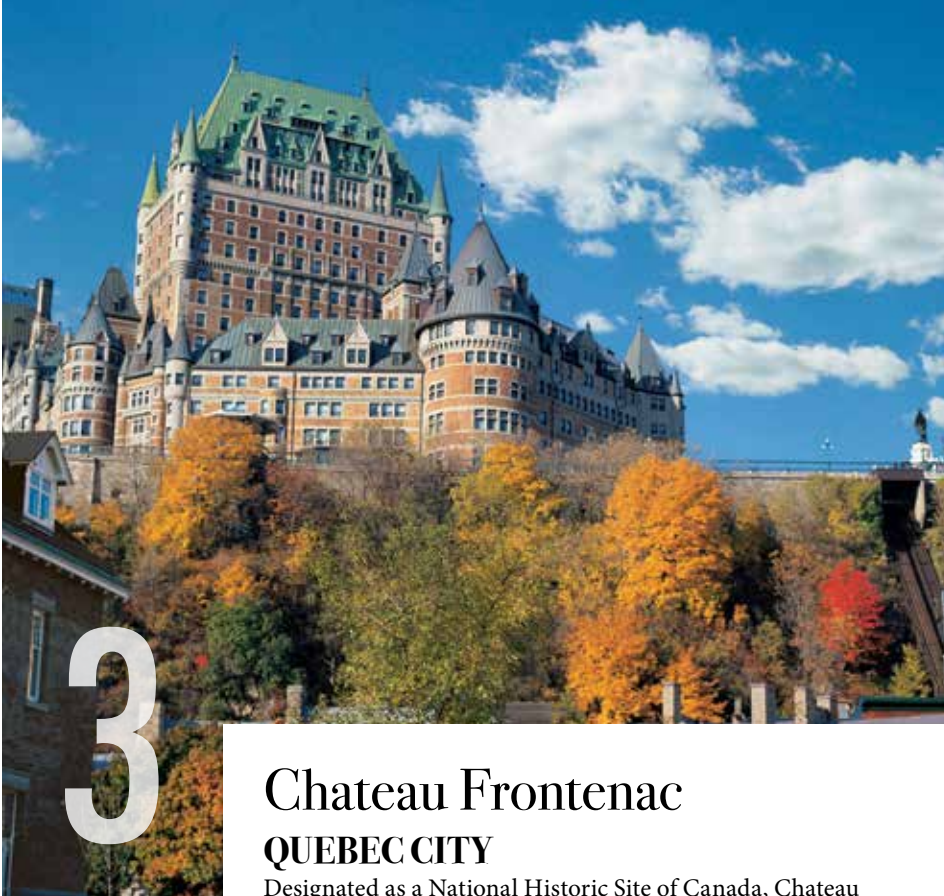
# Unique Wedding Venues

By Harpreet Brar

You've just gotten engaged. Suddenly, there are matters that you haven't put much thought into. When's the wedding? What colour swatches will you be using for the décor? More importantly, where's the venue? When we start looking at venues, too often brides and grooms fall in love with only the beauty of the place without thinking about what suits them as a couple. It's important to choose a wedding venue that best expresses your personality. Have a look through some of our favourite wedding venues as we attempt to inspire and encourage you to go beyond your expectations for the perfect wedding. Whether you're considering tying the knot in a cozy, low-key space, or getting hitched on an island in a grand destination wedding, we've got some suggestions. Feeling inspired yet? Don't let these locales intimidate you; embrace the grandeur and dare to plan the fantasy wedding you've always dreamed of. Stay organized, plan ahead and visit the venue at least once or twice before the ceremony to make sure everything goes off without a hitch.

The collective goal is to accommodate your needs, and make it the most memorable day of your life.

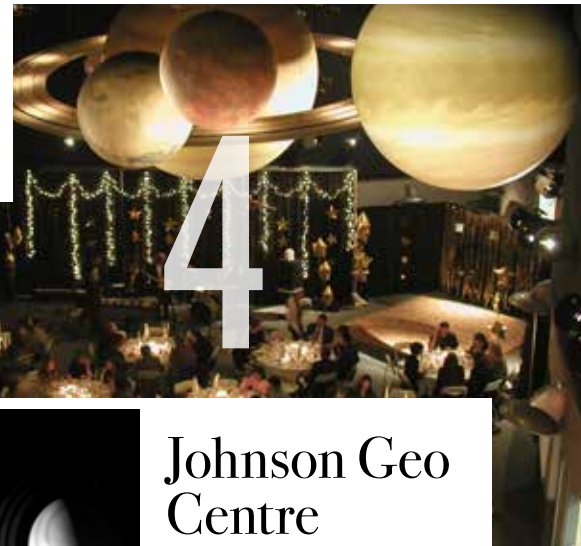




3

## Chateau Frontenac QUEBEC CITY

Designated as a National Historic Site of Canada, Chateau Frontenac is perfect for the vintage appeal you may be in search of. According to the Guinness Book of World Records, Chateau Frontenac remains the most photographed hotel in the world. Overlooking the breathtaking view of St. Lawrence River, a wedding at this grandiose hotel will be nothing short of spectacular.



4

## Johnson Geo Centre NEWFOUNDLAND

Surrounded by 550-million-year-old exposed rock, this venue is located underground. Yes, you heard correctly, underground. If you want your wedding to exude that “reach-for-the-stars” atmosphere, you have found the perfect place. Let yourself get lost in the simulated solar system above.



## Ripples ATLANTIS, BAHAMAS

Meanwhile in the Bahamas, the trickling waterfalls in a Mayan-style venue will be nothing less than idyllic for the tropical wedding you desire. Located near the famous Atlantis Hotel, the beautiful sunlit scenery offers an exotic appeal that will fit the needs of your island celebration. Fall in love with the palm trees that surround the pyramid-shaped architecture.





**KENZO**

Fall/Winter  
2013

*By Eloise Alba*

**L**a Samaritaine—the illustrious 19th century French department store served as the monumental setting for this season’s Kenzo show. Located in Paris’ First Arrondissement, the retail space closed its doors after nearly a century of operation for failure to comply with safety codes. Confusions on development plans postponed its much-awaited revival (new owners LVMH argued over its purpose as a commercial store or mixed-use development) but in 2010, an announcement was finally made to reopen the building as a hotel-apartment-office complex (with a small shopping component, of course.) The Aristide Boucicaut-inspired-turned-Art Nouveau eleven-story edifice is considered an architectural footstone and a fitting backdrop for the collection. “This is the first and last show here ever,” confirmed a PR representative. Its Art Deco aesthetic principles and rich history summate the splendor that creative directors Carol Lim and Humberto Leon personified in their Kenzo Fall/Winter 2013 show. The setting may have been Paris but the destination for the new collection was unmistakably India. “It all started with these grosgrain ribbons from the seventies, which are probably Kenzo’s most collectible dresses,” Leon said. The venture into the brand’s past led to the discovery of original trimmings and then the journey spanned to the subcontinent—Indian temples, in particular “the way they’re built in



so many layers,” he explained. Shift dresses were expertly swathed using a single strip of material and wrap skirts were layered to compliment blouses that resembled a choli of sorts.

Models strode across Belle Epoque aisles in a display of color, print, and texture—features the duo had mastered in their 10 year-long tenure at the legendary Opening Ceremony in New York City. The primary color components of the collection echoed the richness of India—luscious metallics, high-sheen reds, royal blues, and the ever-pervasive marigold orange with a hint of staple blacks here and there. Courtly jacquards incorporated traditional sari-like draping while crocodile printed lamés took a more modern route with bomber cuts and gunmetal sleeve appendages. Fabrics were spun with lotus flowers reminiscent of the ancient temples but the silhouettes were every bit the fashion-mad entity that is Kenzo.

An all-seeing eye seemed to have replaced last season’s tiger icon as sweaters, bubble skirts, and kurta-like pieces were all stamped with the print. Perhaps the eye was used to symbolize a glory (as was its purpose in ancient times). Or perhaps Lim and Leon took a cue from designer pal Delfina Delettrez Fendi’s exotic cartoon eye jewellery—she designed the accessories for the show, after all. Either way, “it’s all about protection and warding off evil spirits,” they said of the eyes. It is a nod to the religious nature of India as is the conservative disposition of the garments.

A maximalist spirit was brought to life. A vibrant elegance that had silks and batiks and trims and laces take us to India at first glance. The country has served as an awakening for so many creative campaigns. “It’s one of my favorite places,” shares Leon. Mine, too.







# Ritu Kumar

## WINS PADMA SHRI AWARD: NEW CATEGORY CREATED IN HER HONOUR

*By Priya Kumar*

The media buzz around the Padma Shri award this year was unprecedented. The honour is presented annually to citizens of India who have made great strides in their industry including the Arts, Education, Literature, Science, Sports and Social Services. The word Padma is derived from the Sanskrit for lotus, a flower that is embossed in white gold on the bronze medal.

The year 2013 saw eighty-one recipients of the award, but the standout was undeniably veteran textile designer Ritu Kumar. This year's ceremony marked the first time in the history of the award's 66 years that anyone has been considered in the field of Fashion Design.

While fashion authorities including *Vogue India* applauded the win, *The Wall Street Journal's Indian supplement Live Mint* accused the award committee of dragging their feet. "Not only does it make evident the little regard the Indian government has for the fashion industry, it also disrobes the irony that a veteran designer with such an influential body of work had to wait in the wings till a contemporary textile revolution is almost exploding in our faces," said reporter Shefalee Vasudev.

Ironically, the only person completely unfazed by the government's decision to dole out the award is Kumar herself: "It's not a personal triumph. I've acted as a catalyst for the revival of our ancient traditions in textile, but if it were not for the craftsmen and weavers who work quietly and tirelessly even today, there would have been nothing for me to work with."

Kumar began her career in Calcutta, West Bengal in the 1960s. She opened her first boutique in '68, when boutique culture was completely unknown to South Asia. "Ritu's Boutique" as it was then known, specialized in handcrafted textiles. In the label's early days, Kumar was so strapped for material because of the sanctions on imports that bolts and chhitkinis were used in place of buttons and

zips. It was also during this time her theater group friend Amitabh Bachchan helped her mount the kurtas on the boutique's wall for display. This was years prior to her foray into Bollywood.

Over the years, Kumar's brand grew exponentially. By the 1970s she was retailing out of Europe. Some of her top clients over the years have included Jemima Khan and Princess Diana. About the late princess she says, "I enjoyed Lady Diana's sophistication immensely. She'd come on a bike [to Ritu London on North Audley Street] and she'd park it somewhere and make a call and say, 'Just for 15 minutes... please stop any entry... I need to quickly come and have a look.' And that's how she used to shop, no *tamasha*... it was just retail fun." The popularity of Kumar's work internationally can be attributed to its constant evolution in both an Eastern and Western sense. Although she specializes in traditional South Asian handicrafts such as zardozi, bandhani and chikan, catering to Western markets has always made up a huge component of her design empire. Today she does this under her contemporary line "Label."

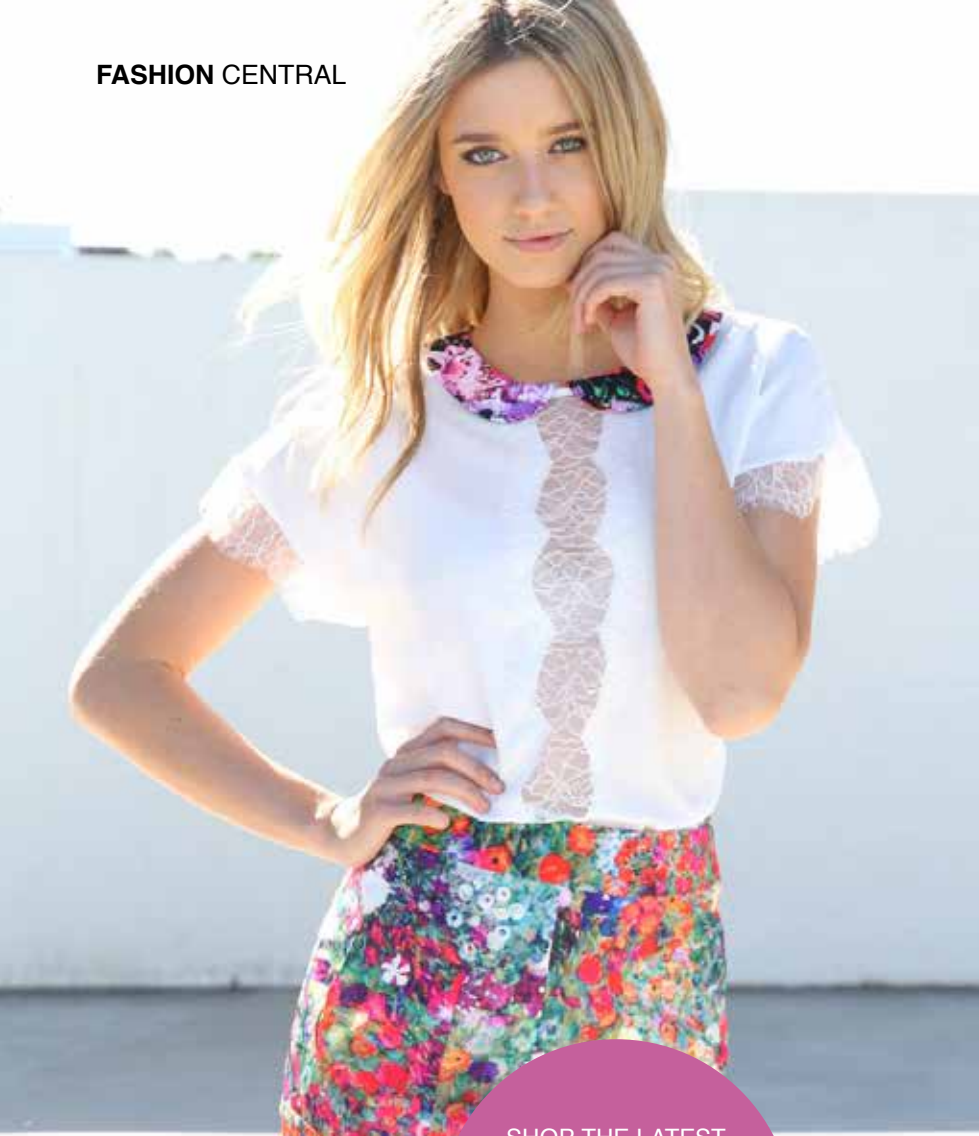




Headed by her son Amrish Kumar, the pieces have been worn by both Hollywood and Bollywood leading ladies alike.

If global domination is not enough, Ritika Pvt. Ltd. (her incorporated umbrella company) is one of the few fashion houses to be completely vertically integrated. This means factories are equipped with every level of the supply chain process from printing, tailoring, and finishing to quality control facilities. She insists on going from fiber to fashion in-house because it allows her to maintain craftsmanship in its most traditional form.

“Fashion is just one story,” she muses. “Turning fabric into garments that are then shown on the ramp. But there are many smaller human stories that lead up to it. We have nearly 16 million people working in this industry right now from the grassroots level, and they are the ones we should be proud of.”



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LOOKS OR CATCH A  
GLIMPSE OF THE LIFE  
AND STYLE OF THESSY  
AND YIOTA AT  
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# Sabo Skirt

## *Not Just Another Online Shop*

*By Liz Guber*

Thessy Kouzoukas and Yiota Karalouka are living every girl's dream. As best friends, Instagram starlets and founders of Sabo Skirt, the Brisbane natives are conquering the online shopping world, one click at a time.

We live in the age of instant gratification—the digital age. The Internet has revolutionized shopping and no industry has reaped the benefits of this technology quite like the fashion world. Nowadays, a sudden desire for Aztec-print shorts with a lace border trim can be satisfied in the time it takes to order a latte. The Internet is a fascinating tool; it inspires us to want certain items—through blogs or social media applications—and provides us with a means to procure them. As the lines between social media and e-commerce continue to blur, online shopping is becoming a strategically interactive art form. The savvy few who have been able to seamlessly combine the two are the ones who have come out on top. Thessy Kouzoukas and Yiota Karalouka, the duo behind Sabo Skirt have created their own brand of inspirational, Aussie-cool style, and through their growing legion of Instagram followers, (800,000 and counting) they are quickly becoming a major player in the online shopping scene. There might not be a perfect formula for an online business, but Sabo Skirt comes pretty close.



“If we can wear it, you can wear it” is Sabo Skirt’s motto. Every piece is styled by Thessy and Yiota and featured on their blog, making browsing at Sabo Skirt feel less like a mundane shopping experience and more like rifling through a friend’s enviable closet. “European summer” offerings on Sabo Skirt are all about easy to wear statement pieces, including mirror-print florals in saturated hues, pops of neon, white lace and mesh. Faux-leather shorts are paired with boyfriend tees and topped off with a beanie or a baseball cap to create a cool sport-luxe vibe, while a white printed halter-neck romper stands out all on its own. Sabo Skirt’s boho-meets-neo-grunge look comes straight from Australia’s laid-back attitude.

With Australian Fashion Week growing in popularity each year, and many top bloggers and designers hailing from the sunny nation, Down Under could very well be fashion’s next capital. Yiota and Thessy are thrilled to be working during such a remarkable time in Australian fashion and are not above recognising fellow Aussie fashion entrepreneurs. “We all know the importance of support in this industry, which at times seems hard to find. We love giving recognition and showing appreciation to shops and businesses that deserve it.” Sabo Skirt has featured Aussie designers Soot and Talulah, exposing the up-and-coming labels to thousands of potential customers.

Thessy and Yiota are doing what they love—and it shows. In combining social media, photography and fashion, the girls have created their dream jobs, and the future is certainly looking bright. With a website re-design to take place in the Fall, and fresh fashion to roll out, we advise you to keep an eye on these young entrepreneurs. Something tells us that this is only the beginning.

“If we can wear it,  
you can wear it”

Thessy and Yiota met as teenagers and have a truly unbreakable bond. “We instantly shared the same humour, passions and morals. Although we went to different schools, we managed to see each other almost everyday and spent every weekend shopping together. I am now marrying her brother so by the end of the year we will be sisters-in-law! We truly could not be any closer than if we had been born sisters,” says Yiota. For the long-time friends-turned-business partners, fashion has always played a pivotal role. “Thessy and I really got into fashion trends in our late teens. We found that we became obsessed with online fashion blogs, namely *Fashion Toast* and *Jak and Jil*, which subsequently fuelled a shopping addiction. It was while we were studying business and [while running] our own fashion blog that we saw the opportunity to create a career in fashion,” Yiota tells me. The blog, which paved the way for the online store is still going strong. In fact, the girls recently hired a full-time photographer, allowing both of them to appear in blog photos together, modeling the latest wares from their website. “Social media has been an amazing way to reach international customers, particularly through Instagram,” says Yiota, adding, “We’ve been able to engage with customers all over the world and provide them exactly what they are after.” Instagram acts as Sabo Skirt’s digital lookbook and is without a doubt their best marketing tool.





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# SONAM KAPOOR


*and Her Meteoric Rise  
to Bollywood Royalty*

*Makeup/Hair Namrata Soni | Styled by Jayati Bose*

Topping international best-dressed lists (check), global face of L’Oreal (check), close to three million Twitter followers (check), a prolific film career well before the age of 30 (check)—Sonam Kapoor has all her ducks in a row. She opens up to PRIYA KUMAR about finding that work-life-style balance on the international stage that’s made her one of the most recognizable names in Indian film today.







# B

leary-eyed and drowsy from the way-above seasonal July heat, I place my call at 2AM on a Sunday morning via Skype to Bollywood starlet, Sonam Kapoor. “Oh, the pitfalls of working for a South Asian publication on Eastern Standard Time,” I think to myself. Sonam picks up quite chirpy, immediately apologizing for how late it must be for me; her charm is infectious and I instantly liked her.

For those of us living in Canada who may not be as in-the-know as our South Asian cousins, Sonam Kapoor reigns supreme as the princess of Bollywood’s innermost royal circle. It’s a circle that is so notoriously impenetrable, that many Bollywood heavyweights remain as popular now as they did two or three decades ago; it’s a world with a completely separate set of rules from Hollywood. Kapoor, 28, mounted this barrier in 2007 with her debut film *Saawariya* opposite Ranbir Kapoor (to whom she would also be romantically linked) and never looked back.

The weekend I spoke with her also happened to mark the opening of her most highly anticipated film to date—*Bhaag Milkha Bhaag*. Hot on the heels of her first 2013 release, *Raanjhanaa*, Kapoor can seem to do no wrong. *Raanjhanaa*, the unrequited romantic drama that follows a pair of star-crossed lovers (in South Asian film this reads: she was Muslim, he was Hindu or vice versa), was a box-office smash this past Spring.

The daughter of international film legend Anil Kapoor (*24*, *Slumdog Millionaire*), Kapoor led a charmed childhood in the Mumbai suburb of Juhu. She studied both in India and at a boarding school in Singapore, where she pursued her International Baccalaureate. With a burgeoning interest in film by her teens, Kapoor got her start in filmmaking at the age of 17 when she assisted famed director Sanjay Leela Bhansali on the set of *Black* (2005). The experience led Bhansali to approach her to star in his next film *Saawariya*. Her performance was well received and she was even nominated for several prestigious accolades including the “Stardust Superstar of Tomorrow” award.

Her second movie, *Delhi 6* (2009) was a solid sophomore effort and put her on the map as a dramatic actress. Followed up by back-to-back romantic comedies *I Hate Luv Stories* (2010) and *Aisha* (2010), based on Jane Austin’s *Emma*, Kapoor became the darling of Bollywood overnight.

“  
*It's just about being really, really happy,  
and being content with yourself—and  
then lip-gloss also helps*”

Her most recent role as Farhan Akhtar romantic lead in *Bhaag Milkha Bhaag* (2013), based on the life story of Milkha Singh, the Indian former track and field champion, has brought Kapoor's career to a whole new level. The true story of "The Flying Sikh", the film chronicles how Milkha Singh overcame the massacre of his family during partition followed by homelessness to become one of India's most celebrated Olympic athletes.

Her on and off-screen personas have also led to a long-running relationship with L'Oreal as an international brand ambassador. She most recently walked the red carpet at the Cannes Film Festival to promote the L'Oreal Paris line D'Or Sunset. "With her talent, beauty and charisma, Sonam is highly aspirational and an ideal choice as the new L'Oreal Paris spokesperson for the Indian market," said Vismay Sharma, director, consumer products division at L'Oreal India.

Although notoriously silent about her private life, she let a few choice words slip about ex-beau Ranbir Kapoor (no relation) on the popular Indian talk show *Koffee With Karan* back in 2010. She poked fun at his sense of style and poor boyfriend etiquette. These days she's become all-business in the media, but did have the following to say to us on these hot topics from the Cannes Film Festival to her most recent box office successes to her favourite beauty tip.

### ON THE CANNES FILM FESTIVAL IN MAY, 2013

L'Oreal takes their brand ambassadors to Cannes every year to represent their brand. This year was 100 years of Indian cinema so I did the opening ceremony and it's quite incredible because you get to meet the most eclectic and amazing people from all over the world apart from the film industry—from cinema, from fashion, from anywhere—so it's quite amazing.

### ON THE RELEASE OF BHAAG MILKHA BHAAG

With *Bhaag Milkha Bhaag*, this has been one of the biggest openings in India for film this year. It's got some incredible numbers, five star reviews internationally as well from a variety of magazines—from *The Hollywood Reporter*, *The New York Times*, *The L.A. Times*—so besides it being an incredible film, and I know it's my film and I shouldn't be saying so much about it, but I'm so proud of being apart of this film. It's an amazing journey, it's an amazing man, it's inspirational, it's entertaining, it's amazing, and if you want to get inspired and you want to see how history is made then watch the movie.

### ON HER BRIEF STINT WORKING BEHIND THE SCENES IN FILM

Well, I was 17 years old when I started working and it's just incredible because you kind of understand what goes on behind the scenes. It gets you prepared to understand the mechanics of how a film is being made. It just makes you more aware as an actor and it just helps you as an actor a lot. It's been an incredible experience, an amazing learning experience—it's like a boot camp—it was amazing.

### ON WHAT BOLLYWOOD BRINGS TO THE TABLE WHEN REMAKING AGE-OLD STORIES

See *Aisha* is not a remake of any film, it's the book *Emma*, so it's basically taking something that's very classic very literally and using it to kind of showcase how Delhi high society is. It's very much like that and it was so much fun and it kind of defines me and people know me the best because of *Aisha* in a lot of ways. You know stories all over the world are very similar, emotions don't change because continents or countries change, they're the same.

### ON HER LEGENDARY STYLE

My stylist is actually my sister Rhea. Pernia [Qureshi] did the clothes for *Aisha*, my sister styles me, and there's another girl Tania [Ghavri]. I work with different stylists because I have a very clear view of what I want to look like on the red carpet but Pernia is one of my best friends and it was amazing working with her on the movie *Aisha*.

### ON THE INSPIRATION BEHIND HER LOOKS

You know, it's just about being comfortable and kind of experimenting with things and kind of expressing ourselves creatively through clothes, I think in a way. Being an actor, it's fun being different characters everyday so that's what I do, I just wake up in the morning and I feel like wearing something. I feel like being a certain someone so I kind of experiment with that.

### ON HER FAVOURITE BEAUTY TIP

It's just about being really, really happy, and being content with yourself—and then lip-gloss also helps.

### ON A POTENTIAL HOLLYWOOD CROSSOVER

With films like *Raajnaana* where characters are written, I get such a great character arc. So for me, right now, I'm getting such amazing characters to play here in India. Only if I get something that's incredible, that gives me scope to act, I will be doing something—it doesn't matter what language. I don't want to be the flavour of the month, or the flavour of the year or some exotic princess or something. I will do something that's incredibly challenging as an actor. It doesn't matter what language the film is as long as I get a character that pushes me to do something incredible and makes me work at something. I feel like I need something that I can sink my teeth into because I'm getting incredible roles here in India.

As we say our goodbyes, it comes to my attention that Kapoor is filling a void in Bollywood. With raw talent, a fresh face and an impeccable sense of style, she brings something new to the genre that has in the past been accused of on and off-set melodrama. Besides, let's be honest, L'Oreal can't be wrong; she is truly a subtle combination of sensuality, beauty and authenticity that keeps her legions of fans coming back for more.

# The birth of SHE

First Cover

First Editorial



**she**  
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## American Surgeons End Noble Mission Here GREAT JOB DONE DESPITE HANDICAPS

**SEE Staff Reporter**

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Dr. [Name] and his team... American surgeons... noble mission here... despite handicaps...



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### NEED FOR MOSQUE FELT IN NEW YORK

**SEE Correspondent**

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### PAKISTAN TO CELEBRATE CROSS CENTENNIA

**SPECIAL COMMITTEE IN**

By SEE Staff Reporter

THE Pakistan Red Cross Society... will mark the centenary of the... cross centennial... Pakistan to celebrate cross centennial...

## Editorial

### ABOUT OURSELVES

**SHE** makes no apologies for its debut. It comes into being in response to the growing demand for a real ladies journal, minus the glitter and tinfoil, which can reflect the woman's view point in the way women can understand and appreciate.

Today more than ever before our country needs women to help it battle against centuries of prejudice, superstition, and ignorance. There is still great work in the field of social welfare. Ceaseless wars have to be waged against disease, illiteracy and poverty. And who can do this better than the hand that rocks the cradle.

It is a most welcome sight to see more women in Pakistan coming forward to help this new country of ours on its march to progress and economic independence. **SHE** will march alongside them as a faithful chronicler.

Though **SHE** will never enter politics, it will nevertheless come out in the open when prejudice and obstinacy stand in the way of women's rights.

Maybe we have set ourselves a Herculean task and we know fully well that the road is long, that the going will be rough, and the opposition tough, but we hope to find here and there a kindred soul who will guide us along our course with a helping hand, caution, and advice from time to time.

While we shall keep these ideals in view, **SHE** will at the same time instruct, inform, educate, entertain and serve the women of Pakistan.

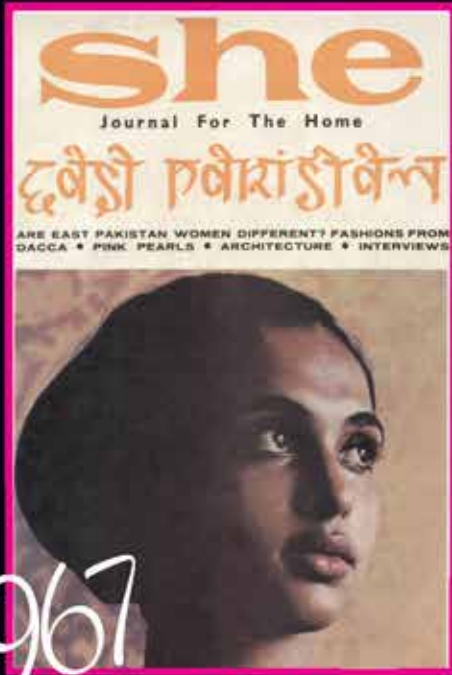
And so we launch **SHE** into the stormy seas of ink with a silent prayer that we will not be wanting in friends.

15th June  
1963

*[Handwritten signature]*

# Hot Covers

over the years



1967

**Nadra Sheik**

Classic eastern beauty with, fashion connoisseur and socialite.



1969

**Uzma Gilani**

A talented actress from the 80s, she received Presidential Pride of Performance award for her role in Panah as an Afghan refugee.



1970



1984

**Marina Khan**

She rose to fame with Tanhaiyaan. Today she runs Fat Cat productions and is counted amongst the best directors and actors of our industry.



1972

**Tina Sani**

Having a sensual voice as a teenager she took professional training for singing and came into the limelight in the 80s.



1984



1985



## Afshan Ahmed

The voice behind *Meray Bachpan Ke Din* in *Rang Tarang*, the acclaimed musical show on PTV in the 80s.

1989



## Neshmia Ahmed

Member of the modelling league back in the 1980s is currently a socialite as well as fashion expert and CEO, Grandeur - a multi-brand fashion store.

1990

## Mahnoor Baloch

Modeling and acting talent since '93, the evergreen beauty is all set to appear in a Hollywood movie.



1991

## Iffat Omar

Graceful and charming, she has been a delight as a model, actress and a well-spoken host since the late 80s.

1994

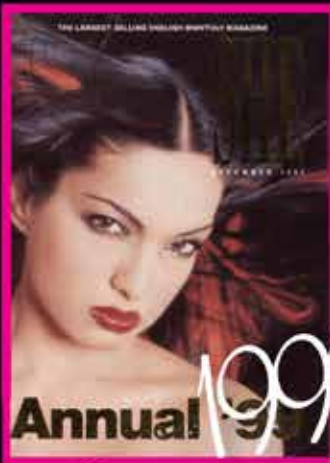


1996



**Zoella**

*Ex Super Model*



**Aminah Haq**

*The grey-eyed eye candy and the L'W'L girl graced covers of many glossies.*

**Iman Ali**

*Classic beauty on and off the camera, has enjoyed the unparalleled distinction of being the top model of the country.*



1999

2000



**Traj Manzoor**

*Dedicating two decades of her life to the modelling career, her professionalism is what makes her the top model and showstopper even today.*

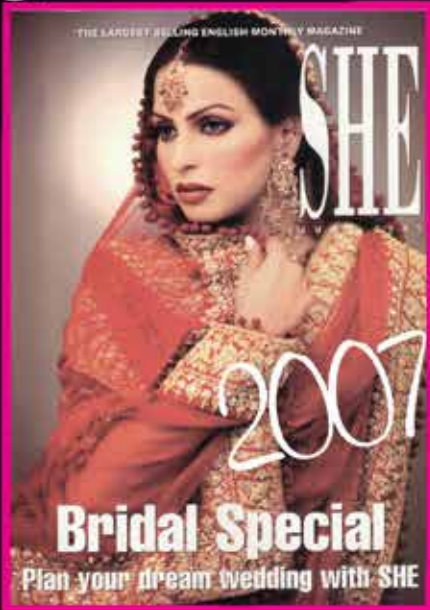


**Babra Sharif**

*Babra Sharif is among the beautiful and evergreen starlets of Pakistan. She rose to fame with her debut Intezaar in a supporting character. She has received eight Nigar Awards in her film career. In 2003, Babra Sharif won L'W'L Icon of Beauty Award by L'W'L Style Awards.*

2004

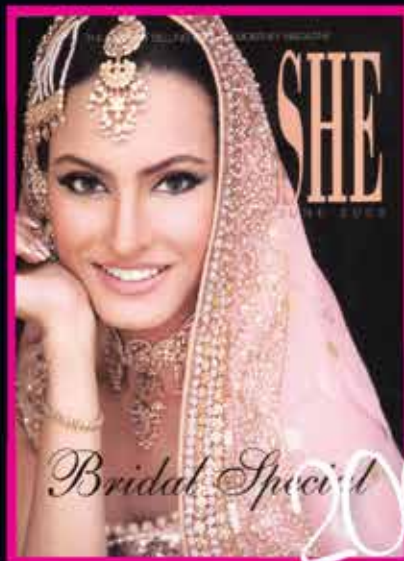
2005



**Nadia Hussain**

*Coming from the same blood line as Tina Sani, she joined the fashion arena in early 2000. She is a dentist by profession, mother of three children, a successful model and an actress, now testing her skills in other domains.*

2007



Bridal Special 2008



*The Special Superwomen issue featured bigwigs like Rehana Saigol, Zubeida Tariq, Frieha Alfa, Maheen Khan, Nilofer Shahid, Zuhra Karim and Bunto Kazmi amongst other achievers.*



2011

*Featuring designer Kamiar Rokni's fabulous collection gracing the cover.*



*East meets western glamour in this Zaheer Abbas cover*

*Less is definitely more and chic! Our big fashion issue spelt it out!*



2012



*High street fashion meets SHE in the Gulabo cover*

*This avant-garde cover created a stir amongst fashionistas who could not stop raving about its oomph factor!*

2013



2013





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# *Interview with* Khanum Tayyaba Bukhari

*By Erum Zehra*

**NOTE FROM THE EDITOR:** There has been much debate about Islam as of late, given the recent events that have taken place in Boston (Marathon bombing) and London (the brutal murder of a British soldier in broad daylight). The media is quick to mention that the perpetrators of these vile acts claim to have carried them out in the name of God. We decided to speak with Khanum Tayyaba Bukhari to debunk the myths surrounding this truthfully peaceful religion and prove that the Islam these individuals practice has no place in the mosque, at home or in society at large.

Khanum Tayyaba Bukhari is a highly educated religious scholar based in Pakistan, who has spent the past fifteen years gaining an Islamic education. Her schooling began at the age of 9 in Qum, the educational capital of Iran. Until 1998, she was residing in Iran and has since relocated to Pakistan. In 2004, she earned a Masters degree in Arabic from the renowned "Wifaq ul Madaris" and continues to study towards her Doctorate at the University of Qum, Iran.

Khanum is also the founder of the charitable organization, Bukhari Relief Foundation. She works tirelessly for the underprivileged by providing food, shelter and education. She has been honoured with various awards for her knowledge and humanitarian efforts including the Quran e Hakim Award, Allama Rasheed Turabi Centenary Award and Wonder Women Award 2012 under the category of Religious Scholar.

Ms. Bukhari is an eloquent and talented speaker and makes regular appearances before live audiences all over the world to impart religious knowledge. During her recent visit to Toronto, we had a chance to gain more insight into her beliefs and views. Here's what she had to say:



*You are a respected religious scholar with comprehensive knowledge and expert understanding of Islam. What is your view on other religions like Christianity, Hinduism and Judaism?*

We respect all religions and our belief is that all other religions are the continuity of Islam and are not separate from it. We believe Islam is the only religion in existence whose divine text has not been altered. We respect the humanity of all people who believe in their respective faiths.

*You continually proclaim your support for harmonious mutual co-existence from people from all religions; have there been issues or incidents with audiences who possess a strong spiritual belief in one of the religions? If so, how do you address them?*

Wherever in the world I have delivered speeches about interfaith harmony, I have never faced any problems. In fact, my non-Muslim audiences around the world have often confessed that my speeches have touched their hearts and that they have realized that humanity as a whole has one religion and that is love, respect, mutual cooperation and peaceful coexistence. I have been invited by various non-Muslim audiences to address their communities on certain issues. The Christian community in Norway was one of them. The pastor of the local Christian community, Pervaiz Sohail invited me from Pakistan to Oslo, Norway. This invitation was during the aftermath of the Oslo and Buskerud massacre of 2011 in which 69 innocent people were targeted and killed. On another occasion in Pearl Continental Hotel Lahore, I was invited by minority groups including Hindus, Muslims, and Christians with their political leaders. The Prime Minister of Pakistan, Raja Pervaiz Ashraf was the chief guest and I was the keynote speaker. The audience agreed with my stance that all of humanity stands on the same fundamental beliefs of peace and harmony.

*While Islam strongly condemns extra-marital sex, it is increasingly becoming a social norm in Western society. Do you propose this as a recommended lifestyle even if they are not followers of Islam or any religious doctrine? Why?*

Yes, Islam does strongly condemn extra marital relations. So do all other established religions of the world. Extra-marital sex is tantamount to cheating and fraud between two individuals who have tied a knot of matrimony and have committed to each other for the rest of their lives and then one side decides to ignore their commitment. The prohibition of this extra-marital sex in Islam is because this type of behavior disturbs the essence of a family life. Such a disgraceful behavior has the potential to destroy the very fabric of a society. At the core of any strong society, the essential building blocks are a strong and committed family. As stated earlier, even from a basic contractual standpoint (whether in Islam or elsewhere) there is sanctity in keeping true to your promises made with each other. I disagree with the notion that extra-marital sex has become a norm in the Western society. When someone like Bill Clinton as a sitting president committed such an act, the whole country expressed their outrage and he eventually was disgraced. The Governor of New York, Eliot Spitzer, had to step down after disclosure of his extra-marital affair and more recently U.S army's General David Patreus lost his job on a similar note. These events confirm that even in the West there is a strong condemnation against extra-marital affairs. One does not necessarily need to follow a religious doctrine to espouse truthfulness to each other, commitment and understanding the significance of strong family bonds.

*Today's media is full of coverage related to honor killing that show Islam in a negative light to the world. How Islamic is this practice? What is the correct procedure for incriminating and imparting punishment to an individual practicing adultery? Are women considered guiltier than men?*

Among various responsibilities of media is erudition of a society. Media should only show the truth without exaggeration and should not implant their own biases when reporting on issues. Reality and not rating should be promoted. The act of reported honor killings is incorrectly tied to Islam. Our beautiful religion has nothing to do with such horrible crimes being committed against women. Whether it is honor killings targeted to a specific gender or hate crimes targeting specific religions, they have nothing

to do with any religious teachings. The media may portray them as such but these are acts of people who are ignorant and misguided. It is equally wrong, whether such a horrible act is committed in Islamic or Western countries. These are manifestations of ignorance and hatred: In Norway where Anders Breivik committed a massacre of 69 of his own people in 2011 or when someone attacked the Al Khoei Islamic center in New York while 80 worshippers were praying inside or when a Sikh temple in Wisconsin is attacked killing six worshippers inside are all heinous crimes against humanity. No religion or civilized society permits such acts. Islam is a religion of peace and condemns terrorism in all shapes and forms.

Concerning adultery, Islam requires strict evidence and solid proof beyond the shadow of doubt before conviction. According to law, a court decides how to punish and there are more than several dozen stipulations that have to be considered before a judge may decide the appropriate punishment. Women are not considered guiltier than men. It is up to the judge to decide whom the perpetrator of a crime is.

*As a religion, Islam is termed as patriarchal, giving superiority to men over women in the society and the household. Is this the true face of Islam? How will you describe women's obligations and role in the Islamic light and the obligations of men towards them?*

Women in Islam are to enjoy ease and comfort of a loving home: Islam gives a special status to women recognizing their physical limits and requires them to be treated as precious. The matter of covering her body in a modest manner pertains to a woman's protection and has nothing to do with the man. Women in Islam are not to be subjected to physical hardship of the outside world. Matters pertaining to providing sustenance and livelihood from outside the confines of home are primarily the responsibility of a man. In Islam, both men and women are considered equal in respect. Islam has only provided comfort and care to women. All manual work is the responsibility of a man. Man is not permitted to be harsh to women.

*In Canada, children are imparted education related to sex as soon as they enter their*

*teens. How do you view this practice?*

Islam encourages teaching sex education to children appropriately by their age groups and mental maturity. You start with the proverbial "birds and the bees" and gradually move up as the child's intellect grows. This is akin to parents teaching their children about the harmful and positive effects of electricity. A child is told early on in his life that if he would touch it with bare hands he/she will be electrocuted but if used with proper understanding then it has lots of advantages as well. Thus, age appropriate awareness of sex is essential for a growing child. Additionally, Islam teachings strongly suggest that prior to marriage young couples should go through pre-marriage counseling.

*What message would you like to give to Muslim women living in the Western society and Western women in general?*

Women should take a leading role in the education and erudition of their society. They should not consider themselves as weak. Any good, cultured and strong society is only possible with active participation of women. Women can have a direct influence on all good and social evils of a society. It is a woman who is responsible for nurturing and proper development of the next generation. It is therefore imperative that a woman should be erudite, courageous, hardworking and well educated. Islamic law towards women should be taken as a matter of pride and not as a source of humiliation.

*Ms. Bukhari is an enlightened, well-rounded scholar who is dedicated to her cause of spreading awareness and strives for the betterment of the society. We hope she achieves success in her noble endeavors by continuing to impart knowledge in addition to alleviating confusions and misconceptions surrounding Islam.*



# max

AGENCY

*One of the most  
successful*

## MODEL & TALENT MANAGEMENT COMPANIES

in Canada sets a different  
kind of standard.

*By Eloise Alba*



Let's face it—the world of the 36-24-36 endowed Amazonian goddess is tough as nails. Too many too's—"too short," "too tall," "too fat," "too thin"—set an unattainable standard that hinders the industry from cultivating new talent. At MAX Agency, a clientele of diverse races, cultures, and ages, keeps the company above an ever-changing environment.

Anna Volkov, Booking Agent at MAX, unravels the agency's road to discovery, and proves that, in the grand scheme of things, all that really matters is you.

## SCREENING

The first thing we ask a talent to do is visit the MAX Agency website and fill out a form. A talent-agent will then contact them and book them for an evaluation. During the evaluation process, our Agents determine where an individual is marketable based on their characteristics, experience and preferences. If they are accepted, our agents promote the individual in all of the areas of the industry that they are qualified for.

One question often posed is whether or not models should be of a certain stature. First and foremost, there are no height requirements at MAX Agency. Our nature as a commercial modeling based agency means we work with clients who do print advertising, television commercials, television shows and films. For such reasons, we do not restrict applicants based on height. We like to provide people with equal opportunity so we welcome all types of talent and never discriminate based on appearance alone. Looks are only one facet in the hiring process. Remember that the characters you see on television or film are not always beautiful 5 foot 9 Cindy Crawford's or guys that look like Brad Pitt. Some of the greatest actors are bigger in size and are of the older generation—Betty

White, Eli Wallach, and Meryl Streep are all respected talents despite their age. It's a lot harder to find older people because many feel there are no roles available when really, there are! How many commercials or advertisements do you see with talent over the age of 30? Bank commercials, industrial work (business advertising), pubs/restaurant commercials/print ads, retirement homes, and PSA's all need talent from an older demographic. Plus, every child in a show needs a mother or a father.

## TRAINING

Another great thing about the agency is that no work experience is necessary. Once a talent signs on, they get to participate in our acting workshops, where they learn many skills necessary for auditions (for example, how to slate). The agency pays for the workshops, which usually consists of four consecutive 2-hour sessions. The completion of these classes is mandatory so that the agency is confident enough to send the talent out to auditions.

## AUDITIONING

When a talent is asked to attend an audition or an open call, the booking agent will specify the date, location and wardrobe. We will also provide a script if the talent needs to memorize lines. (There is usually no script for open calls.) Talents will be advised to bring their comp cards and upon arrival, check-in with the casting directors. They may be asked to slate and run through the audition more than once.

It's important for us to note that auditions are not mandatory. We give our clients the option to decline any audition for as long as they give the booking agents at least a 3-hour advance notice. Because the agency is technically the middleman between talents and clients, communication is key. Of course, we advise our talents to attend the open calls to gain exposure but ultimately, it is important to us that our talents feel comfortable in their environment.

## BOOKING /SIGNING

Once the talent is booked, the agency is notified of all the details. The talent will arrive on set and will be greeted by the

production team. They will go into hair and make up and change into the appropriate wardrobe. On bigger sets there is a craft table with snacks and drinks. If the set runs throughout breakfast or lunch, the production will provide a catered meal. Toronto is a big city for many productions so the sets are very organized.

After the project is complete the clients have up to 3 months to pay. The cheque will arrive at the agency and the talent will be notified when it does. Throughout the process, the agency shows support. We will tweet, blog, or use Instagram and Facebook to promote the talent. As a matter of fact, as soon as any of the talents get an audition or a booking we automatically feature them on all of our social media sites. We post their introduction videos on You Tube and blog about their stories to try and give them as much exposure as possible. On the other end, we also send out newsletters to update the talent on things that have been going on in the agency (Ex: big bookings, auditions, changes within the agency).

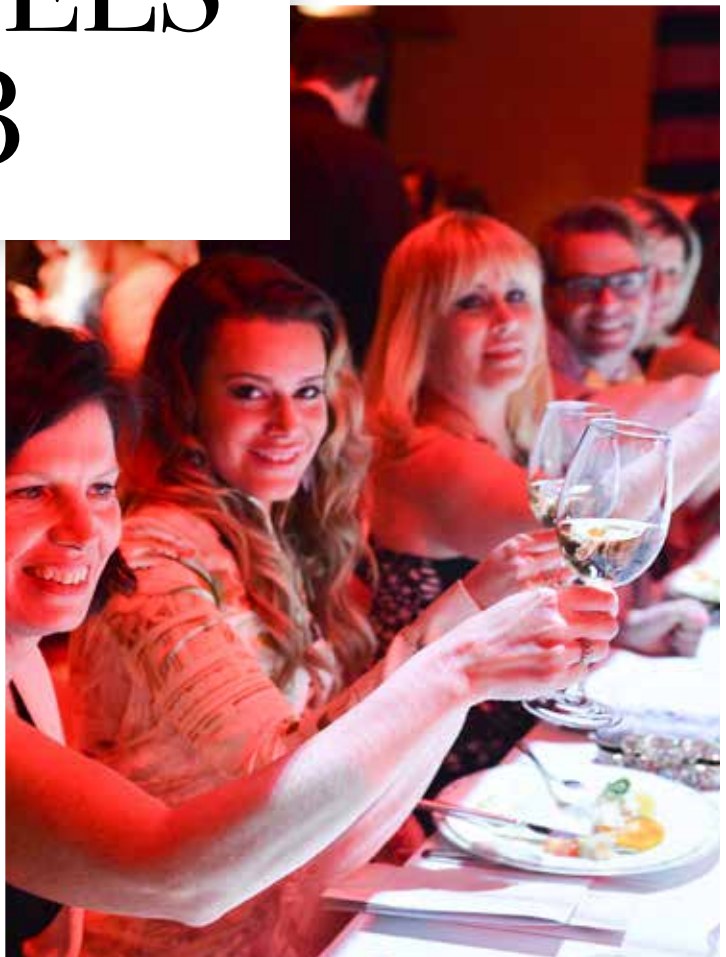
## LASTING

A successful actor/model can break into the industry if they are talented, charismatic and dedicated. They must be willing to invest time into themselves. There is always a little bit of luck involved but we feel that dedication overpowers that. If you are really serious about your acting/modeling career, you should constantly be learning new skills to make you stand out in a crowd—learn different languages, dance, or sing. Be outgoing and take direction well. We will guide the talent as much as we can but at the end of the day, we can only go as far as to get them an audition. After that, it's up to them to seal the deal.

*Ready for the spotlight?  
Contact MAX Agency at  
(416) 482-5392 or  
check-out their website at  
[www.maxagency.com](http://www.maxagency.com).*



*tfi new*  
LABELS  
2013



For the past quarter of a century, the *TORONTO FASHION INCUBATOR* has been nurturing

# Canadian Design Talent

and changing the landscape of one of Toronto's most established industries.

*By Liz Guber*

**In doing so, TFI has become an institution, and no night quite celebrates all that TFI has made possible than its annual New Labels Competition.**

New Labels humbly began as a means to narrow down the TFI members, who show at Fashion Week. A \$2,500 monetary prize was offered in the competition's early years. Over the years, the amount catapulted to \$10,000 as corporate sponsors increased. Once philanthropist Suzanne Rogers got involved, the cash prize was raised to a whopping \$25,000—donated by Rogers personally. The event is now fashion's hottest ticket in Toronto. This year, Target raised the stakes even higher, giving the winner the opportunity to design a capsule collection for 2014—a once-in-a-lifetime chance to follow in the footsteps of fashion powerhouses like Rodarte, Proenza Schouler and Prabal Gurung.

This year's competition took place at the historic Carlu. The Art Moderne space made the perfect backdrop for the evening's runway show, which happened after the VIP dinner. The judging panel was made up of TNT boutique owner, Arie Assaraf; Target's Divisional Merchandise Manager, Elisha Ballantyne; Target's Merchandising Senior Vice President, John Morioka; *FLARE* Editor-In-Chief, Miranda Purves and Suzanne Rogers. They say that fashion is subjective, and although some might disagree with the judges' final decision, there's no denying that New Labels 2013 showcased the very best in Canadian fashion design.

A win at New Labels almost certainly guarantees a career boost, and if the success of past season's winner Sid Neigum is any indication, the top spot is worth fighting for. Neigum followed up his New Labels victory with a stellar World Master Card Fashion Week debut. His collection of cool separates and experimental knits propelled him into the spotlight, with financial backers coming on board to help keep him there.

The four finalists, Sarah Stevenson, Paria Shirvani, Christopher Paunil and 7/31, are all TFI resident members. Working out of the Incubator's historic Music Building at Exhibition Place, the members

have 24-hour access to sewing equipment and receive valuable mentorship from industry leaders, including David Dixon, a past New Labels winner. A resident membership isn't easy to come by, as the Incubator is known for being very selective, often turning away applicants deemed not yet ready, giving them "homework" and encouraging them to apply again. In an industry as ruthless as fashion, clothes can't just be pretty; they must be commercial, innovative and of course, possess the ability to sell. Many months of hard work and planning go into the collections prior to showing at New Labels, and it was certainly evident during the runway show.

First to show was Sarah Stevenson, whose collection was inspired by Dutch still life paintings from the 17th century. It featured the designer's own floral motifs. The doily-like wool was the most memorable part of Stevenson's collection. Laser-cut with breathtaking precision, it was layered over the red and black floral print for added complexity and a play on darkness and light. The painterly fabrics made up silhouettes ranging from crisp button-ups to the tried and trusted peplum and even whimsical eveningwear. Although the designs sometimes veered on folk themes, the colour scheme of red, white, black, and cream made for just the right amount of restraint. Her hand-painted flowers, which were transferred onto silk charmeuse and used throughout her collection established Sarah Stevenson as Toronto's reigning queen of all things floral.

Up next was Paria Shirvani. No stranger to SHE's pages, our team was excited to see what the designer's luxe minimalist aesthetic would manifest. Shirvani's prior experience at Joe Fresh had no doubt played a role in her collection's practical appeal, which balanced complex tailoring with effortless draping. It was professional attire with a twist and featured the use of fur and a colour palette of grey, black and camel. The embellished moto jacket and sheer turtleneck wrap dress especially stood out for their simplicity and edgy sophistication.

Christopher Paunil's collection featured delicate and refined cocktail attire for a grown-up and discerning clientele. His efforts were all the more impressive when we learned that when he's not working on his own line, Paunil juggles a day job teaching sewing at George Brown

## SPECIAL FEATURE

College. The collection was entirely devoid of print, but made up for it in intricate layering, cut-outs and fabric manipulation. Paunil's dresses and separates may have come across as simple, but sometimes it is the simplest looking silhouettes that are the hardest to execute. The best part of Paunil's creations perhaps, is that they can fit and flatter many different body types. If there were a winner for New Label's fanfare, Paunil would have overwhelmingly been awarded the honour—his fans' cheers shook the whole space when his collection was presented.

Closing the show was the retro-inspired Canadian-Japanese label 7/31. Defne Husrevoglu and Maiko Suzuki, the duo behind the label, brought the quirk factor with exaggerated shapes and indigenous prints, including cape-like cocoon tops executed in sharply cut alpaca and flannel. Rustic in nature, the collection still managed to exude clean minimalism. The girls bounded out wearing Ottawa Senators jerseys, obviously in homage to their favourite NHL team.

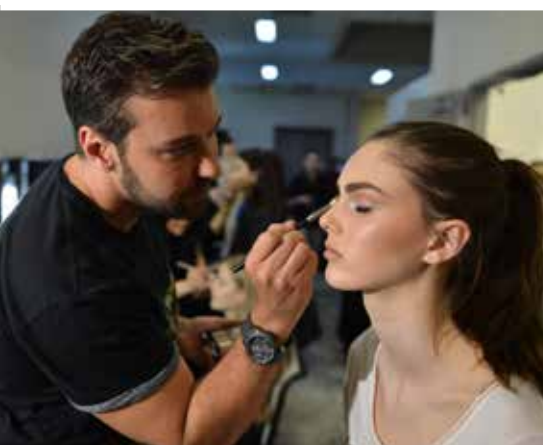
In this real-life *Project Runway* face-off, there could ultimately only be one winner. The top prize went to Sarah Stevenson, whose floral prints and cohesive and exciting line won over the judges and the audience alike. Following this life-changing victory, we're sure that her career will continue to bloom. "I am so thankful to the Toronto Fashion Incubator for organizing this competition for emerging Canadian design, and for providing myself and my three fellow designers with this incredible opportunity," said an ecstatic Stevenson, adding "the competition was a thrilling experience and I am so excited to work with Target and see what happens next." Susan Langdon, TFI Executive Director, beamed with pride on stage after yet another successful New Labels: "We were overwhelmed by the talent on the runway and are beyond proud of the four finalists who gave it their all."

As someone who has tasted victory only to come just shy of it, in a design competition no less, my heart went out to the other finalists. I didn't dwell on the negativity for long however once I recalled Susan Landon's words from earlier this year. Langdon expressed that it's often the designers who don't win who go on to great success, fuelled by their second-place finish and eager to prove themselves that much more.

Living and working in Toronto, one becomes accustomed to constant comparisons to a certain fashion capital just south of the border, and although Toronto's fashion industry still has some growing up to do, the presence of TFI and New Labels makes us feel proud to call this city home. It is in Toronto we bear witness to the steady growth and mounting appreciation for our home-grown talent.







SARAH STEVENSON



SPECIAL FEATURE

“ We were overwhelmed by the talent on the runway and are beyond proud of the four finalists who gave it their all. ”  
Susan Langdon, TFI Executive Director





16 YEARS ON,

# Nusrat Fateh Ali Khan's



LEGACY IS MORE ALIVE THAN EVER

JESSICA CHASTAIN IN ZERO DARK THIRTY (2012)

*By Priya Kumar*

THE MONTH OF AUGUST MARKS THE SIXTEENTH ANNIVERSARY OF NUSRAT FATEH ALI KHAN'S UNTIMELY DEATH. A MASTER OF QAWWALI, KHAN BROUGHT THE GENRE TO A GLOBAL AUDIENCE. THE NEW YORK TIMES ONCE SAID OF KHAN AND QAWWALI:

“The music seeks to transport listeners, and it works its way to ecstatic peaks with driving rhythms, concise refrains and the spiraling improvisations at which Mr. Khan was unsurpassed. His voice had a raw, impassioned tone and an acrobatic agility. Whether he was repeating a refrain with ever-increasing intensity, streaking through elaborate zigzagging lines, letting loose a percussive fusillade or sustaining a climactic note, he made music that united virtuosity and fervor.”

DEAD MAN WALKING (1995)

Qawwali music dates back to the 12th-century, medieval Persia. Based on Sufi poems that range from deep romantic love to religious devotion, qawwali is the unity of poetry, music and expression. Qawwals—the predominantly male singers skilled in the art form—perform in places of religious worship. With its forceful lyrics and improvised melodies, the genre is known to cause a state of euphoria in its listeners.

Khan was born to a family of Qawwals in October, 1948 in Faisalbad, Pakistan. Despite his family having sung Qawwals for the past six centuries, they discouraged a young Khan from becoming a musician, instead

pushing him in the direction of medicine. Ustad Fateh Ali Khan, his father, would hold singing classes at their home and it was through eavesdropping on these lessons that Khan began to learn the art.

Incidentally, his first performance was in 1964 at his father's funeral. He later said in an interview in the '90s that he once had a dream of his father touching his throat, allowing his voice to breakthrough. He soon began to study music under his uncles, Salamat Ali Khan and Mubarak Ali Khan. When Mubarak Ali Khan passed away in 1971, he became head of the family's group of musicians and began enhancing the music to speak to his generation.

Although wildly popular in Pakistan, his first tour abroad was in 1979 in India. Soon

Bollywood caught wind of his talent and his music made its debut in the world of film. In a strange twist, Khan's first hit in India was a knock-off of his original song "Tucheezbadihai mast, mast." It was used in the low-budget film *Mohra*, but when rereleased under Khan's name, found new life at the top of the charts. There were several other instances of plagiarism to which Khan laughed off in jest by attributing it to Indian music directors' lack of talent.

In the mid-80s, he sprawled out internationally, touring Europe and the Far East. Peter Gabriel had him preform in the UK at his World Music, Arts and Dance Festival in 1985. This led to Khan's entry into Hollywood. Khan and Gabriel collaborated on the soundtrack for Martin Scorsese's *The Last Temptation of Christ* (1988). Gabriel



JULIA ROBERTS IN EAT, PRAY, LOVE (2010)

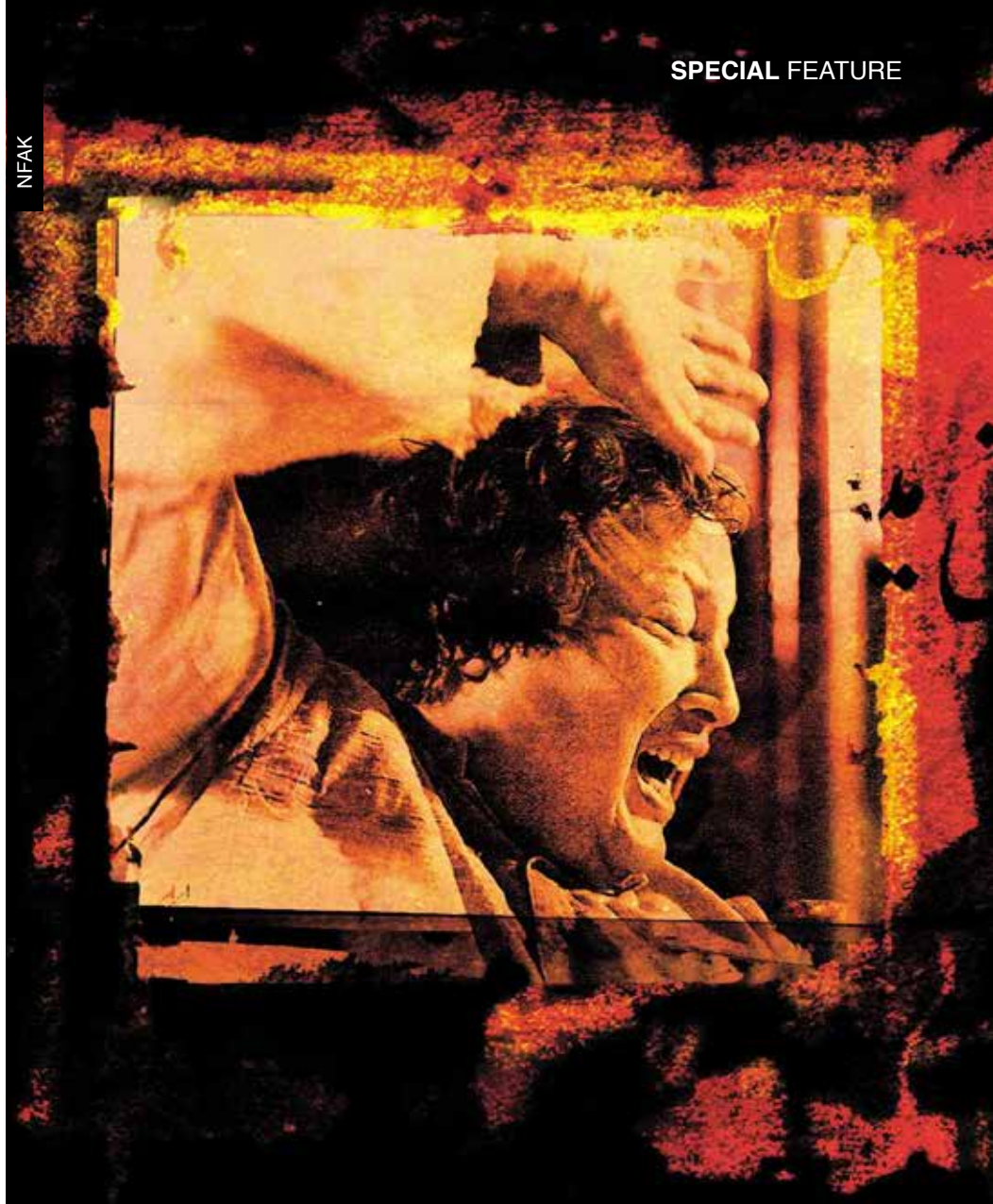
NFAK

concurrently added Khan to his label, where he remolded Khan's style to suit Western audiences. By remixing Khan's traditional qawwali ballads to suit a Western palate, a whole new type of listener was connecting with the traditional South Asian genre. Massive Attack and Bally Sagoo also teamed up with Khan to create club-ready remixes, further expanding the virtuoso's ever-growing fan base. Khan's most renowned project was perhaps his collaboration with Pearl Jam's Eddie Vedder on the soundtrack of the Oscar-winning *Dead Man Walking*. While the West embraced Khan without question, the feeling was not always mutual.

In 1996, Khan worked on the soundtrack for Oliver Stone's *Natural Born Killers*. When it came to his attention that his music had been used for a prison riot scene, he condemned the decision: "When someone uses something that is religious in that way, it reflects badly on my reputation." In spite of this experience, Hollywood couldn't seem to get enough of Khan's ethereal voice and continues to use his music to this day. Most recently, the Oscar-favourite *Zero Dark Thirty*, *Eat, Pray, Love* and *Blood Diamond* have all featured his work, enabling stories to reach into the audiences' souls even more.

A year before his death, he performed one last time at Radio City Music Hall to a sold out crowd. Khan left behind a wife and daughter, who was unable to carry the musical birthright forward. Khan's nephew Rahat Fateh Ali Khan, however, was groomed as a successor to the family's legacy instead.

Famed Bollywood lyricist, Javed Akhtar sums up Khan's legacy best: "On the one hand, he was rooted deeply in tradition. On the other, he had a completely modern approach."



LEONARDO DICAPRIO IN BLOOD DIAMOND (2006)

SPECIAL FEATURE



SHE'S GUIDE TO  
**Ramzan**

# R

amzan Mubarak! For those unfamiliar with the observance, Ramzan is the ninth month of the Islamic calendar and the month in which the Islamic book of faith, the Quran, was revealed. During this month, fasting becomes obligatory among all Muslims, with the exception of the sick, children, travelers and women in certain circumstances. It is perhaps the most widely practiced form of worship in the Islamic community. It is also one of the five pillars of Islam—the other four being daily prayers, almsgiving, pilgrimage to Mecca, and declaration of faith.

Fasting during this holy month helps Muslims grow closer to God, Allah. The Quran states that, “Fasting for you as it was prescribed to those before you, so that you may learn self-restraint.” (2:183-surah baqarah) The practice of fasting certainly preaches restraint as Muslims everywhere cannot eat or drink between dusk and dawn. Fasting is also recognized for its spiritual and psychological benefits, and is considered by Muslims, a means to improve moral character and provide an opportunity for spiritual renewal.

Throughout the month, Muslims fast daily from dawn to sunset, approximately 14 hours depending on what part of the world they’re in. The fast requires Muslims to abstain from food, drink, marital relations and any ill-advised conduct. The period before sunrise is known as Sehri and involves sitting down to eat before the fast begins. The period when breaking fast, usually with dates and water at sunset, is known as Iftar. Many head to the Mosque for congregational prayer—Quran recitation and a fabulous buffet spread is usually provided for all those attending. People from all walks of life are welcomed with open arms to come and enjoy the food, which is free and provided by the mosque organization or other sponsors. Even those who are not fasting are welcome to come and eat, join prayers and socialize. One of the key goals within Muslim communities is for everyone to come together to recite and understand the Quran. Many are able to complete the reading of the entire Quran by the end of the month. Numerous charity campaigns are also organized within the community to urge support for families and children across the world who are participating in the fast.

The real purpose of fasting is not to starve a person and force discomfort but instead, to allow a clearer conscience of Allah. It is to help regain spiritual guidance and understand the real hardships of the world as well as bring people together from all kinds of backgrounds. Fasting is an invisible act; no one except you and God really knows if you are keeping your fast by restraining from the necessary acts. It teaches you how to control your desires and discipline yourself—learning to say ‘no’ to something that would otherwise be permissible. To some extent, you receive a small glimpse into the pain and suffering of those who are struggling around the world. Fasting teaches both empathy and sympathy, by promoting a greater good in the world.



Ramzan will conclude this year in early August depending on the sighting of the moon. The celebration marking the end of Ramzan is called Eid-ul-Fitr, the most important festival in the Islamic calendar. After a full month of fasting and spiritual worship, Eid-ul-Fitr is a much-awaited celebration in which many wear new and extravagant traditional wear, get their hair and make-up done and head to Mosque for a special morning prayer. After Eid prayers, the rest of the day is spent visiting numerous relatives and friends, bearing gifts, sweets and best of all, tons of cash for all the children to receive for their hard effort and motivation!

### *What should I wear?*

*Fasting in the scorching summer heat will be tough on most. Our advice is to wear linens and cotton materials to work so that you are able to stay cool without needing to chug a bottle of water. Wearing white also helps to reflect heat so stick with light neutrals. Also many people feel cold in the middle of the day when fasting because of the lack of food intake, so it is essential to keep a shawl or sweater handy in case you feel chilly.*

# SHE's Tips

## for surviving Ramzan:



# 1

*Prepare yourself mentally and physically. Condition your body to abstain from solid food or fluid for 14 to 16 hours a day.*



# 2

Take additional vitamin and mineral supplements for increased nourishment.

# 3

Start or finish a habit. Scientifically, it has been proven that 30 days is an optimum period to either begin a new practice or quit a prevailing addiction. Ramzan is the perfect opportunity to do so.

*Prepare your meals for Sehri (before sunrise eating)—this shortens the morning rush and allows you to balance your time for eating and prayers.*

# 4

# 5

Prepare your meals for Iftar (after sunset eating)—again, it avoids confusion and allows you to manage your diet and plan out nutritious meals (which is unheard of when all you want is greasy food to fill your belly).

# 6

Meditate. Although many say that you should pray/read the Quran and devote yourself to Islam for the month, one should also practice introspection and seek self-improvement.

# 7

*Learn the history of Islam. Most people don't know why they are fasting in the first place. Use this month to seek knowledge rather than follow the herd in front of you.*

# 8

*POWER NAPS ARE KEY! Take naps when you can, where you can. Fourteen hours is a long time to be awake and hungry.*



# 9

*Have one or two lines ready to say when friends, co-workers, and the general public ask you exactly what Ramzan is and why you have to fast. Energy is vital so don't waste it explaining yourself to others.*

# 10

Keep a positive mind. Thirty days usually go by really fast. Yes, the first week is hard but it gets easier from there, really.

*SHE wishes everyone a blessed Ramzan Mubarak!*





**MARCHESA**  
Embroidered Tulle  
Gown \$8500



**VINEET BAHL**  
Cotton Dress  
\$395

Celebrate Eid In  
**STYLE**

Holidays are the perfect time to dress your best. We've picked these unique and comfortable pieces—perfect for gathering with family in celebration. Marchesa, Anna Sui and Tory Burch have all put an embellished spin on classic shapes this season. Wear them now, and treasure them for years to come.



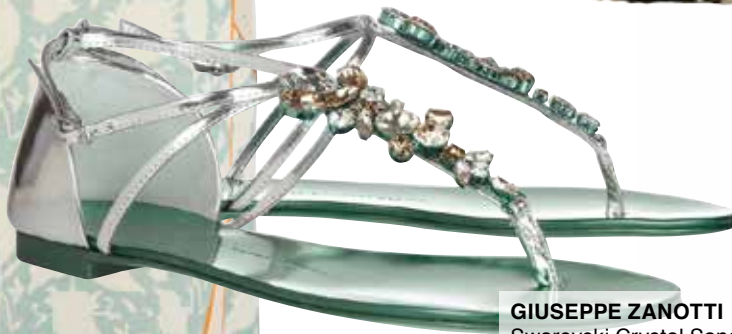
**VINEET BAHL**  
Embroidered Top  
\$425



**VIONNET**  
Metallic Skirt  
\$2493



**KOTUR**  
Satin and Velvet Borcade  
Clutch \$450



**GIUSEPPE ZANOTTI**  
Swarovski Crystal Sandals  
\$775

*PARSONS'*  
*"Designer of the Year" Finalist:*  
**Joseph Singh**

*By Priya Kumar*

Parsons The New School for Design is world renowned for churning out top design talent. It's no surprise that their "Designer of the Year" competition, featuring graduating students' work at Chelsea Piers in New York City, serves as a platform for who to watch. Past winners of the coveted prize include Marc Jacobs and Proenza Schouler. Recently, I caught up with Joseph Singh, one of the women's wear finalists. Undoubtedly the standout of the evening, I had to learn more about the promising designer.



***Congratulations on being one of the finalists for Parsons' "Designer of the Year!" Tell me about the day of the show at Chelsea Piers. What was the vibe and how were you feeling?***

Upon entering Chelsea Piers, I didn't know what to expect. I was nervous, excited and ecstatic, anything you can imagine, and this was my first major show. The vibe was absolutely amazing; it was definitely a surreal

feeling going in and not knowing what to expect. I literally had chills walking in and seeing everyone. Being around amazing designers and industry professionals was something I have always dreamt of and this was it; this was where the ball started to roll.

***Tell me a bit about your past—you were a Pre-Med student before deciding to switch to design. What led to this career change?***

I actually went from Biology to Pre-Law to Drama to History to Accounting and then finally to Marketing. Culturally, becoming a doctor or lawyer is the "proper" thing to do. As I went through San Francisco State University, I was bored. I did not have the passion to take on those career paths.

During my studies, I started to be more aware of fashion/pop icons. I was amazed how, for example, the Spice Girls, together were a group but at the same time they were 5 individual styles, which I found interesting. But this had started when I was around 12 years old; this is what led me to research more about fashion and how you can express yourself through your own styles. Against all odds, I enrolled at the Fashion Institute of Design and Merchandise (FIDM) in San Francisco wanting to learn more about fashion. I juggled both schools simultaneously but found that my heart belonged in fashion. After graduating FIDM, I enrolled at Parsons The New School for Design.

***Your design sensibility undeniably includes sci-fi minimalism. What inspires you in the early stages of your collections?***

I am inspired by deep, dark and abstract ideas. I love exploring the unknown—I discover something I am passionate about, something I will enjoy and run with it. Many times I get emotional during the journey of a collection and that also plays a part in my designing process as well. My designs have a modern touch to them, which make them Sci-Fi Minimalistic, yet at the same time have a traditional quality. I love merging the two together to create a unique balance.

***When designing this collection in particular, whom would you count among your mentors?***

My professors and the department directors. I always go to my professors because they know the industry. There's a reason why they are at Parsons—to teach students to become great designers. I always go to them for advice to help me advance my ideas and hone my skills as a designer. They're the reasons why I am where I am today; my professors and department directors guided me through this process and I am grateful for them. I will always turn to them.

***In the early stages of conceptualizing a collection, tell me a bit about the thought process. What sort of research goes into trend forecasting? Do you draw on the history of design techniques? What is your ultimate goal with your collections?***

I like to start with the inspiration and take it from there. Wherever it takes me next, I go with the flow. I don't like to force anything; it's a very natural process. I make a lot of treatments! Treatments are definitely the key, because they lead you to a different place





where I like to explore and play. I do some trend researching, but as a designer I feel that we create the trend, that's why we are here. If I follow a trend, I feel that I am forcing something that isn't natural. I do research on historical techniques and try to make them new. The pleating in my current collection for instance, I have somehow made it different by pushing the traditional pleating to new levels. My ultimate goal with my collections is to make them fashion forward but at the same time pragmatic. I pay particular attention to detail; my collection needs to be detailed to the max but at the same time simplistic—not too much. Everything I design must have a meaning to it, everything is intentionally placed and there is a reason behind everything I do. I want to design, that's where my heart is.

*What are your future aspirations for your label?*

Honestly, I would like to work for a well recognized fashion house in the industry so I can hone my craft and at the same time build relationships. You can only learn more in this industry. Eventually, I would like to start my own collection and fashion house.



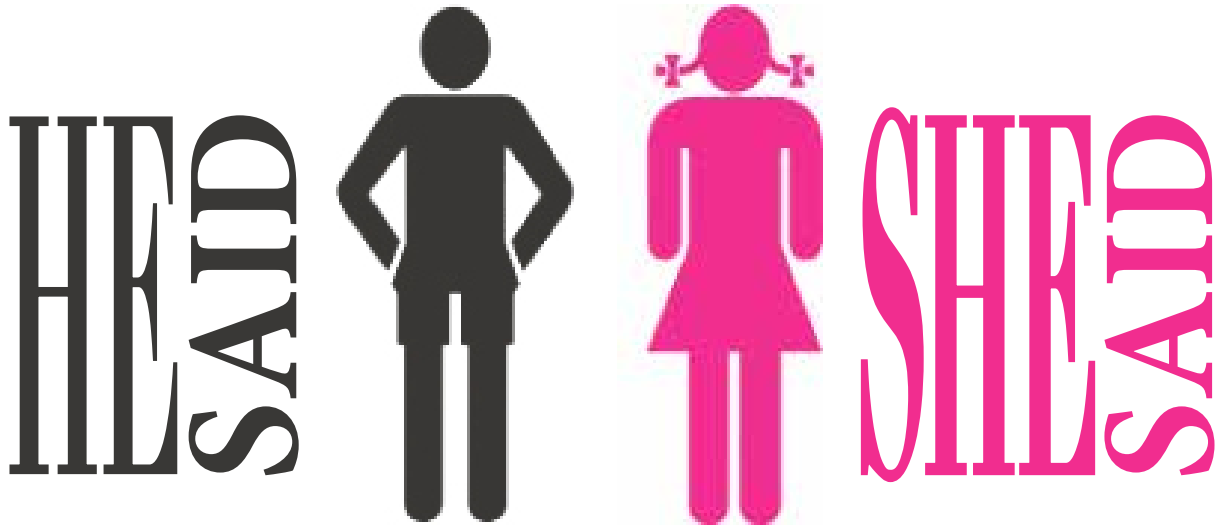
# Let them stay up past bedtime

Kids eat, stay and play for free in Dubai while everyone gets great discounts and more.



Hello Tomorrow

  
Emirates



*My boyfriend and I have been together for two years. We have both recently landed careers that we have worked very hard for. The only problem is, these jobs are on opposite sides of the country. Given that we have put ourselves through school to earn our degrees, it would be a waste to give either of our jobs up. Giving up our dream careers seems to be out of the question now— where do we go from here?*

**HE:** It's clear that you and your boyfriend have already decided to be apart. Given that these are life-long careers and not short trips, it seems that your relationship doesn't have much of a shot at succeeding. If the two of you are determined to stay together, your options are: one of you relocate near the other or be in a long distance relationship— indefinitely.

**SHE:** I'm all for going after what you want and succeeding in your element. But sometimes it can be tricky when you're juggling a relationship at the same time. If the relationship with your boyfriend seems like something worth pursuing, then see if there are any alternatives to either of your jobs that are located near one another.

*Every time my best friend and I go out, she always ends up chatting up some dude that neither of us know and I'm stuck looking like the needy friend. We always agree to stick together and technically she is still "sticking" by me. But I just want a good old-fashioned night out on the town with my best friend, and my best friend only. Is that too much to ask?*

**HE:** It seems that your friend is having harmless fun and if that's the case, maybe you should try it too. But if having one-on-one time with your BFF is something you really need, then maybe avoid

nightclubs or places where men are likely to approach you. Better yet, have dinner before your night on the town and get the girl talk out of the way and let your friend have her fun after.

**SHE:** It seems like your best friend tends to steer towards the male crowd and it definitely seems like she can't help it. If this is something that is really bothering you, then be upfront. If these guys are people that neither of you know, I'm sure she won't mind.

*Nowadays, everyone seems to have some sort of passion, interest or hobby. My problem is that I don't think I excel at anything. I have minimal hobbies or interests. Growing up, I wasn't very academic in the sense that I didn't get good grades in school. Now, I work at a desk job doing administrative work and my life is becoming repetitive. In other words, I'm bored. How do I find my passion and get out of this rut?*

**HE:** Try and observe the kinds of hobbies your friends have. Ask them why they like doing what they're doing. More importantly, think about what you did and didn't like about school. Ask yourself this question: If money weren't an issue, how would you spend your days? You may find your answer right there.

**SHE:** True story: I know a guy who worked at a coffee shop for a decade and was generally bored with his life, until a friend took him out swing dancing. He's been hooked on it ever since and now has a community and a passion to call his own. Finding a hobby that you enjoy isn't necessarily easy. To get there, you need to try new things, get out of your comfort zone, and kiss your routine goodbye. Many people will go through their lives doing the same thing over and over not realizing that there is so much out there to do and see. You have to find your passion for yourself—and you'll be surprised how much fun you have along the way.

KATE MOSS  
IN VOGUE EYEWEAR

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# Colin D'Mello

## TODAY'S FACE OF CANADIAN BROADCAST JOURNALISM

*By Priya Kumar*

It's no secret; South Asians are taking over television. Since SHE's launch in September 2012, we've covered countless on-screen personalities. While the majority have taken the comedy world by storm, it's undeniable that South Asians have left their mark on the news world as well. In fact, between CNN's Ali Velshi and Sanjay Gupta to local Canadian anchors including Pooja Handa and Gurdeep Ahluwalia, one would be hard-pressed to find a North American TV station that doesn't feature an anchor from the sub-continent.

The most recent rising star in broadcast journalism today is undoubtedly CTV's Colin D'Mello. Oftentimes the first voice we hear at the scene of breaking news, D'Mello's calm yet commanding tone has become one of the most recognizable in Toronto. Born in Kuwait and having lived there until 1998, he attributes his interest and understanding of broadcast journalism to the Gulf War. He started his career at the relatively young age of 19 as an announcer for News 91.1 in Moncton, New Brunswick. After being a part of the team that launched an all news radio station, 1310News, he moved to Toronto to become a reporter for 680 News—one of Toronto's most popular radio stations.





Today D'Mello can be seen on CTV News as a Weekend Co-Ancor in addition to reporting in the field on weekdays. His most high-profile stories include the Via Rail derailment in Burlington and the G20 protests back in 2010.

I recently had the chance to catch-up with the 27-year-old newlywed. Considering his age, what he's accomplished up until now is truly inspiring to others hoping to enter an industry as impenetrable as television news.

***You discovered almost immediately out of high school your true calling was broadcast journalism. What led to this revelation?***

For as long as I can remember, performing has always been a passion. Even through high school, I threw myself into drama classes and stage productions. It was that passion that led me to broadcasting. Journalism wasn't necessarily the avenue I envisioned, but it was about a week into my Broadcast Journalism course at Seneca College that I was bitten by the news bug.

There is a fair bit of performance and creativity associated with broadcasting. Coupled with my drive for news and my love of telling stories, journalism was and is the perfect route for me.

***How was the transition from radio to television? What caused you to make the switch?***

Years ago when a college cohort switched jobs, I asked him how he knew it was time to make a move. His response was simple, "When I stop learning." Radio was my first love, and will always hold a spot in my heart, but after six years in radio, I was ready for a new challenge.

A former News Director told me once, "TV News Directors love radio guys." So I took my chances— I called CTV News and after getting good reviews from fellow reporters, Paul Rogers (Senior VP, CTV) took a chance on my radio gig!

To be honest, I thought the transition was going to be more difficult than it was. But while the medium may have changed, the basics haven't. It has always been about story-telling to me, and it continues to be.

***Who have you felt served as a professional mentor during your early career?***

There have been several guides through my career, even though many of them never knew it. As a young reporter I would listen to other reporter's pieces. I would dissect their reports to better understand their delivery, story-telling technique, and what made them unique.

Call it my secret recipe for success, but I will always put myself in a mental competition with other reporters in an attempt to learn from them. Everyone can be a mentor, because everyone around me has something unique that I can learn from.

***Have you ever found yourself on live TV caught off-guard? Tell us an anecdote about that.***

Ha! One of the best moments was when I returned to the CTV Weekend anchor desk after getting married. As we were going to weather, my co-anchor, Andria Case asked me, "How's married life?" I was so used to trying to give people a thoughtful answer (rather than "great!") that I froze. The first word out of my mouth was, "Wellllll..." Everyone in the desk couldn't help laughing, and when I tried to explain myself, I just ended up turning red! After the newscast I relayed the story to my wife. At one point the call dropped, and when I phoned back and asked, "Did you hang up on me?" She answered "Welllllll..."

***How would you describe your personal style (fashion-wise)?***

My fashion sense is always evolving. Right now, I'm into looking smart and sensible. When I'm on the job you'll find me in a fitted suit, white shirt, a patterned tie, and mostly black dress shoes. When I'm off the job it's normally fitted jeans or tapered

pants with a tucked-in shirt and maybe a sweater. I've never been one for over-the-top accessories, but my Burberry watch (a Christmas present) and my silver wedding band are fixtures on my hand.

***Canadian news appears to be dominated by South Asians as of late—what are your thoughts on why this is?***

It strikes me as being more reflective of the society we live in. The Greater Toronto Area, for example, is a vastly multicultural area and the viewer has a sense of familiarity when they have something in common with the newscaster. But it's more than just that. Look beyond the ethnicity of any South Asian across Bell Media's networks, for example, and you'll find a talented person who deserved the job because of what they can do, rather than where they come from.

***You're only 27-years-old and already an anchor on a major Canadian network—that's quite the feat. Many would say you're on the top of your industry. What are your future goals and aspirations?***

After only 8 years in this business, I consider myself incredibly fortunate to be in the position that I am in today. Much of that time, however, has been spent looking at how I can climb the ladder. So, for now, I'm going to take a moment to appreciate where I am and work on fine tuning my craft.

I would hope that when that next fantastic position comes up, there would be no other choice BUT me. That takes time, dedication, and hard work.

*Will D'Mello be following in the footsteps of other Canadian broadcast greats to national news in the States? Only time will tell. For now, catch him on CTV News as Co-Ancor on Weekends and as a field reporter on weekdays.*

HE

# For The Man *who has* Everything

"Men's fashion is boring," said no one ever. Here is a collection of Fall/Winter pieces that will surely turn heads. Whether looking for the perfect present or something to gift yourself, eclectic is the name of the game this month.

**ALEXANDER MCQUEEN**

Skull-Embroidered Prince of Wales Check Silk Bow  
\$165



**BEAMS PLUS**  
Slim-Fit Embroidered  
Shorts  
\$190



**SMYTHSON**  
Crocodile-Embossed Leather  
Backgammon Travel Set  
\$545



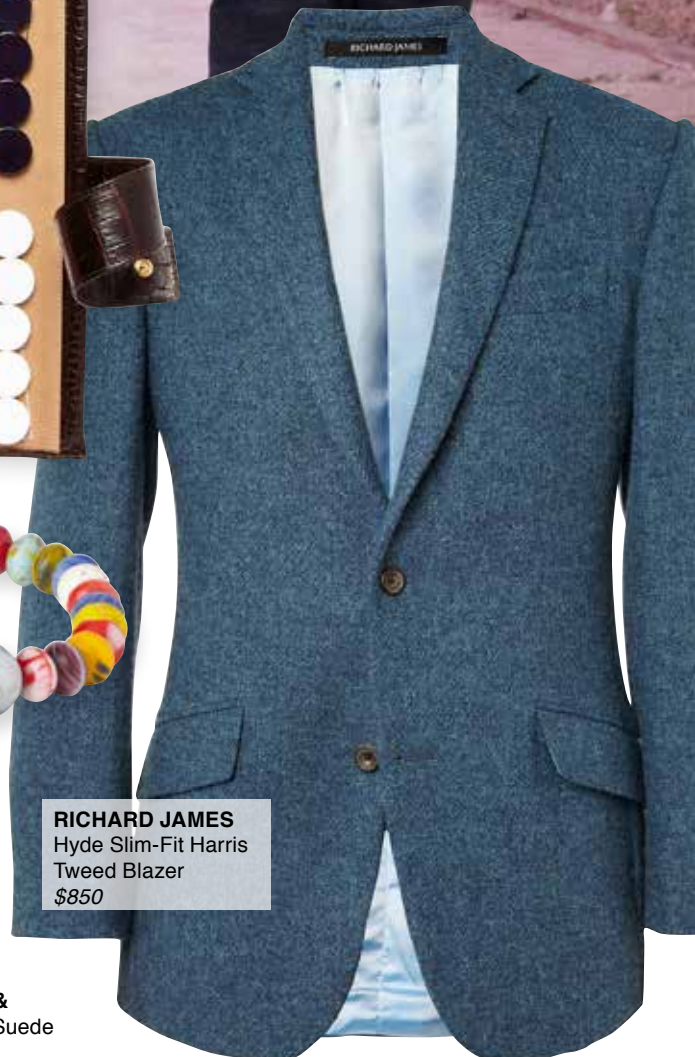
**LUIS MORAIS**  
Antique African Wedding  
Bead Bracelet  
\$1,760



**PAUL SMITH SHOES & ACCESSORIES**  
Swift Suede  
Driving Shoe  
\$410



3.1 PHILLIP LIM FALL / WINTER 2013



**RICHARD JAMES**  
Hyde Slim-Fit Harris  
Tweed Blazer  
\$850



# CARS FOR A *cause*

Car Pride Auto Spa has been blessed with local community support. In an ongoing effort to reflect gratitude and social responsibility, the company participates in numerous fundraising events within schools, churches, temples, mosques, retirement homes, and long term care facilities. Today, we revisit Car Pride's latest charity endeavor—one that brings awareness to a common chronic neurological disorder, Epilepsy.

## PRIDE OF THE COMMUNITY

The second annual fundraiser for Epilepsy took place on May 25, 2013. Customers had the opportunity to enjoy a festive family BBQ complete with a giant inflatable castle and face painting for the children. It was a fun-filled family affair accompanied by good music, great company, and one-of-a-kind classics—cars! Owners stood by their Maseratis, Ferraris, Lamborghinis, Aston Martins, Rolls Royce, Bentleys, Lotuses and many other luxury cars as they were on display for the crowd to enjoy. The loyal owners were some of Car Pride Auto Spa's first customers since its opening last March 2012 and they did not hesitate to show off their car wash or detailing, even boasting of their continual patronage for CPAS. "It's like I'm doing it myself," gushes Ed Hand, patron and Rolls Royce owner. "They know exactly what to do with the vehicle and the experience is also very interactive."

## BECAUSE WE CARE, WE SHARE

Car Pride Auto Spa is a one-stop shop that caters to all your vehicle's detailing requirements. Each car is meticulously assessed and service is always complimented with proper customer care. The 100% start to finish approach is the comprehensive experience that CPAS has become known for; the fundraiser was no different. A team of over 30 detailers and specialists were present at the event to supervise the luxury vehicle display and provide any assistance to participants.



## THE KEY TO SUCCESS

Loyal supporters, community outreach, good food, and great weather all contributed to the success of the Fundraiser for Epilepsy. All the hard work and effort has certainly paid off as the event saw a multitude of donors with net proceeds accorded towards the research and development of Epilepsy. And it doesn't stop there. Car Pride Auto Spa's next big fundraiser is scheduled this soon. With a great deal of preparation and care invested, you can be sure of another successful event with good food, a great cause, and all around merriment.



*Car Pride Auto Spa is located at 2380 Royal Windsor Drive, Mississauga, Ontario.  
For full details on products and services, call 905.823.1000 or visit [www.carprideautospa.com](http://www.carprideautospa.com)*

The image shows the interior of a restaurant. In the foreground, a long wooden table is set with white plates, folded napkins, and wine glasses. The table is surrounded by dark wooden chairs. In the background, more tables are set up, and a large window looks out onto a city street. The ceiling is made of reflective, metallic panels. On the right wall, there is a large mural or graffiti featuring a bicycle and some text.

# Buonanotte

## Sets-up Shop in Toronto

*By Priya Kumar*

Since 1991, Buonanotte has been “the” nightlife destination in Montreal. Located on Saint Laurent, Montreal’s chicest and most cosmopolitan boulevard, a Friday night without Buona, is no Friday at all. In the immortal words of Carrie Bradshaw, it was always helpful to know one of the B-people (bouncers, bus boys, bartenders) to gain entry, because if you didn’t, a lengthy wait on Montreal’s frigid streets would have to be endured. Once inside however, the ambiance is an elitist circus of sight and sound. Picture this: Supermodels dancing on tables, the walls and windows vibrating to the hottest EDM tracks mixed by a top DJ, LED mood lighting changing colours to the music’s tempo, desserts and champagne brought out with glittery bottle sparklers, when all of a sudden someone grabs a handful of cocktail serviettes and throws them in the air like confetti. One night, Leonardo DiCaprio even bummed a cigarette off a friend of mine. The stories that came out of Buona were legendary. It brings food and entertainment together for the perfect luxury restaurant experience that is simply unparalleled.

When whispers circulated about Buonanotte opening a Toronto location, I knew I had to be there. Buona Toronto is located at 19 Mercer Street, steps away from Toronto’s theaters, clubs and luxury high-rises. Not unlike its Montreal location, the supper club exudes elegant minimalism in its furniture and fixtures. Most notable perhaps is their array of personalized dinner plates, uniformly mounted near the entrance with autographs by celebrity patrons that include everyone from Jerry Seinfeld to the Toronto Maple Leafs. Because I visited on a Tuesday, it was a very laid back dining experience—the party set



wouldn’t be in until Thursday, the waitress explained.

The menu does not deviate too far from Montreal’s, but it is a bit more expansive in what it offers. I started with the Carpaccio Di Manzo—thin slices of raw beef topped with artichokes, herbs and olive oil. It was light and ideal for the warm, balmy evening. The cut was lean, but melt in your mouth. The artichoke topping added that extra bite. For the main, I had the Prosciutto E Funghi Pizza. Rustic in flavor, the combination of prosciutto and mushroom were complimentary, especially for those of us who are fans of the shaved Italian ham but don’t necessarily want pizza topped with a salad. While it was a bit heavier and doughier than expected, the menu does promise one thing; you won’t leave unsatisfied. We finished off the meal with a shared Tiramisu. According to Anna, my dining companion, the savoiard to mascarpone ratio was just right. It’s been said that the quality of tiramisu served at an Italian eatery serves as a gauge of quality for the restaurant as a whole. The tiramisu was quite possibly the best I’ve tried out of Italy, so that must speak volumes about Buonanotte Toronto.

While a return visit to the establishment to determine its cool-factor as a nightlife hotspot is a must, I can wholeheartedly recommend visiting Buona for lunch or dinner. With summer coming to a close, don’t forget to take advantage of their summer menu—available for a limited time. And as everyone knows, nobody does summer quite like Montreal.

*Buonanotte is located at 19 Mercer Street, Toronto, ON. For reservations and inquiries, call (416) 599-7246.*

EVENTS



# Field *of dreams*

*By Eloise Alba*

Like all great things, Polo For Heart emerged from a vision. From mallets and balls to parades and stalls, SHE had the chance to witness 32 years of charity polo history.

## THE DREAMER

Over a quarter of a century ago, Colonel Michael Sifton had a dream to unite two of his favourite things: people and polo. As a respected equestrian, his love for the (world's oldest) game was apparent. In the 1950s the Colonel, together with a few of his peers revived the already ceased-by-war sport. By 1965, Michael Sifton purchased Fox Den Farm in Gormley, which later became the headquarters of the Toronto Polo Club, incidentally, one of the best indoor polo facilities in North America.

Apart from his fondness toward polo, Sifton was also dedicated to charitable causes, particularly heart-related research. His father had passed away from a stroke, which solidified his lifelong advocacy for the cause. Armed with a vision and a handful of Toronto Polo Club members, Colonel Sifton and the Heart Action Committee founded Polo For Heart. When Sifton passed away in 1995, his wife Heather and their sons Cliff, Michael and Derek decided to continue the legacy. Today, Polo For Heart is a much-awaited family fundraising event with global participation from South America to South Africa. It has gained increasing popularity as a premier spectator event and a yearly social congregation, but more importantly, it has sustained its 34-year advocacy.

## THE DREAM

The first Polo For Heart event was an immediate success. A handful of supporters and a cheerful crowd of 600 raised \$25,000 for charity. Three decades later, Polo For Heart continues as an internationally recognized institution with a base of over 100 volunteers. It has raised \$5 Million for the Heart & Stroke Foundation of Ontario and has contributed to providing medical machinery for health centers around the region.

Over the years, the event has seen some significant changes. The addition of a V.I.P. Polo Pavilion has transitioned Polo For Heart into a popular social gathering. The giant 600 ft. long tent is stocked with an exclusive bar & lounge area and boasts live entertainment, shopping, and the famed fashion and hat shows. The developments have created a spectacular social setting, where patrons are able to mix and mingle and enjoy the excitement both on and off the polo field.

“Polo For Heart is Canada’s premier polo event and has the largest attendance of any other polo event in Canada. We try to line up the best possible polo games we can and showcase top professional players from North America and around the World. But besides the action on the field, we strive each year to improve the overall guest experience; offering fine dining, entertainment, shopping, and fun for the whole family,” explains Derek Watchorn, Chairman of the Polo For Heart Executive Committee.

Polo For Heart has become a highly anticipated affair, exhibiting polo games as well as the Toronto Polo Club, where the event is held each year. The “sport of kings,” as it is sometimes referred, unites the community—local businesses and luxury brands alike have gotten involved in supporting the cause. “They don’t have to be horse lovers to appreciate the grace and excitement of the sport,” shares Jonathan Pushka, General Sales Manager for Mercedes-Benz. “Polo appeals to a high demographic target group in addition to aspirational buyers, which makes it the perfect marketing venue for any luxury brand regardless of product category,” he continues. A wide spread fan-base looks forward to the event every summer. Animal lovers, polo lovers, or just families looking for an enjoyable afternoon in the country will have plenty to do and see. “Ultimately, it is more than just polo. It is an experience.”

## THE CAUSE

Polo for Heart has played a crucial role in driving awareness toward heart-related research. It has allowed a broad audience to be familiar with the Heart and Stroke Foundation as well as the Southlake



*“Polo appeals to a high demographic target group in addition to aspirational buyers, which makes it the perfect marketing venue for any luxury brand regardless of product category”*

Jonathan Pushka,  
General Sales Manager for Mercedes-Benz

Foundation as a regional cardiac care centre. Each year, the event promotes the Heart & Stroke Foundation’s work and mission of eliminating heart disease and stroke through the advancement of research and application. Proceeds from this year’s pool will benefit the Heart and Stroke Foundation’s Centre for Stroke Recovery—a multi-site research facility devoted solely to stroke reparation and one of the few centres



in the world exploring a highly important field. “One research study is looking at new types of customized exercise with adaptations for stroke survivors with cognitive and physical limitations,” shares a member of the institution. “Another area of study is the link between silent strokes and Alzheimer’s disease.” Funds raised from Polo for Heart will also benefit a number of urgencies in Southlake Foundation, specifically, Diagnostic Imaging equipment. “Currently, Southlake’s MRI has a wait time of over 100 days for non-urgent cases,



and does not have the capacity to provide advanced cardiac imaging, which is needed by so many patients. As a result, thousands of people in the community travel to Toronto for care,” explains a representative of Southlake Foundation. “The proceeds from this event will support the purchase of a second MRI, which will provide the essential new Diagnostic Imaging equipment needed to guide treatment of our patients, right here in our community.”

Since its inception, Polo For Heart has accumulated over \$5 million for heart related health charities. Donations raised through Polo for Heart have enabled the foundations to fund a number of researchers in Ontario, place over 160 Automated External Defibrillators (AED) in the York region as well provide groundbreaking research at the Heart and Stroke Foundation Centre for Stroke Recovery.

In the future, proceeds will support constructing and outfitting a state-of-the-art Electrophysiology Lab in Southlake, helping the foundation maintain its position as one of the most advanced Cardiac programs in Canada. “We were thrilled when Polo for Heart approached us 6 years ago,” shares a member of the Southlake Foundation. “Because of the event, we were able to keep some of the funds raised right here in the community, where they could help our friends, families and neighbours.”

## THE PILLARS

Polo for Heart is a volunteer organized community event. The committee and many other supporters dedicate countless hours to ensure the event is a success each year. “We have regular meetings with our various committees—Executive Committee, Operations Committee, Sales Committee. Each committee will meet at least once a month, and closer to the event the sales and operations committee will meet on a weekly basis. We have over 100 volunteers that help make Polo For Heart happen, and one Executive Director,” explains Polo For Heart’s Chairman. Charity staff members, sponsors, and volunteers promote the event through various communication tools, which are then spread through word of mouth.



**T**he highlight of Polo For Heart is the participation of internationally acclaimed polo players. Throughout its history, the event has welcomed renowned professionals from Argentina, Pakistan, the United States, and more. This year, we sat down with Canadian Polo Player Brandon Phillips and talked about his passion for polo and what it means to have team spirit.

**1. When did your passion for polo start and how did you get a start at the sport?**

My father and brother played polo, so I grew up loving the sport. I started riding when I was just 18 months old and began playing polo when I was 11. I have a family with a strong equestrian background—uncles who are show jumpers, a grandmother who fox hunted, and a brother and sister-in-law in the racehorse industry—so the passion for horses is in my blood.

**2. When was the first time you participated at the Polo For Heart event and what inspired you to participate?**

I have been attending the Polo For Heart event since I was 3 years old. My father or brother always played in it, and I have considered it the highlight of summer in Toronto for as long as I can remember. I was 13 the first time I was invited to play.

**3. What is your favorite part of the event?**

I love all the teams coming together from all over—both from around Canada and from the US. The event really brings people together and allows players to create friendships with others they don't see very often. Back when I first began participating, I didn't get to play much in front of crowds, so that was a big, exciting event for me.

**4. Apart from the matches, what other contributions do you make or would like to make to this charity event?**

Currently my involvement with Polo for Heart has been restricted to yearly participation in the matches. However, I am

interested in helping them raise awareness utilizing social media. I spend so much of my time on the road this seems like the most feasible way to continue to be involved.

**5. What would you say to convince the general public to participate in this great cause?**

Polo is not that well known in Canada, so I think the horses and sport alone is enough to bring people out. The speed and power of the game makes it fun to watch, and the people of Toronto don't get to see it much. By supporting Polo for Heart, they get to enjoy watching a fun, fast-paced sport while also supporting a great cause.

**6. Do you participate in any other causes? If so, how has being a professional polo player allowed you to contribute to these causes?**

I dedicate my time to many other causes, including the Leukemia and Lymphoma Society, the Equestrian Aid Foundation, JustWorld International, and more. I contribute in a variety of ways, such as playing in charity polo matches and attending

fundraising events, and recently I partnered with the Leukemia and Lymphoma Society to give a young cancer survivor his dream day. Playing polo gives me a wonderful way to promote these great causes by doing something I love.

Polo For Heart is certainly the biggest and longest running Polo event in the country. World-class polo matches set the theme, with a backdrop of corporate tents, live music, skydivers, and fabulous half-time shows. But perhaps the pinnacle of the affair is not so much what happens in those three fun-filled days, but the assistance and aid bestowed thereafter.





## The Lady Fatemah Charitable Trust

**T**he economic situation in the Palestinian West Bank is becoming desperate. Due to the political situation in the region, economic activities are at an all-time low and unemployment is on the rise. Even people who are employed suffer as their employers, notably the Palestinian National Authority, are unable to pay their salaries. It is estimated that presently 65 percent of the population in the West Bank lives in poverty. This means hidden starvation, especially for families who already were poor before the current economic recession and do not have reserves to fall back on. Families headed by a woman and without a male breadwinner, the sick and the elderly are hit hardest. Most Palestinian families are large. In some regions, the average family comprises no less than nine members, most of them children of school age, who all rely on a sole breadwinner.

Humanitarian Relief Society (HRS), a Palestinian humanitarian organization active in the West Bank, especially in Arroub refugee camp, therefore proposes to distribute a 20-kg sack of rice to 350 extremely poor families. Rice is the main staple of the Palestinian diet and is eaten for lunch and frequently dinner. Most families cannot afford to purchase a sack of rice and resort to buying small quantities on a daily basis. Little money remains to purchase other ingredients of a nutritious meal, for example vegetables, cooking oil and meat or chicken. Eating only or mainly carbohydrates leads to malnutrition in the long run, especially among children, who need

all kinds of nutrients to grow and develop healthily. A family who has a sack of rice will be able to spend its daily cash supply on other food items and will thus eat sufficiently and have a more balanced diet.

A sack of rice will enable family providers to adequately feed their families for a month or more. Assuming an average family size of seven, which is a conservative estimate in Palestine, 2,450 people will benefit from this project, at least two thirds of them children. A mere four Euro are sufficient to improve a person's nutrition for a whole month.

Dear LFT donors: When you sit down for your daily meals, think of those who look at an empty table and have to go to bed hungry. By giving a small part of what you spend on food every month, you can significantly improve their lives.

### TO DONATE OR GET INVOLVED CONTACT:

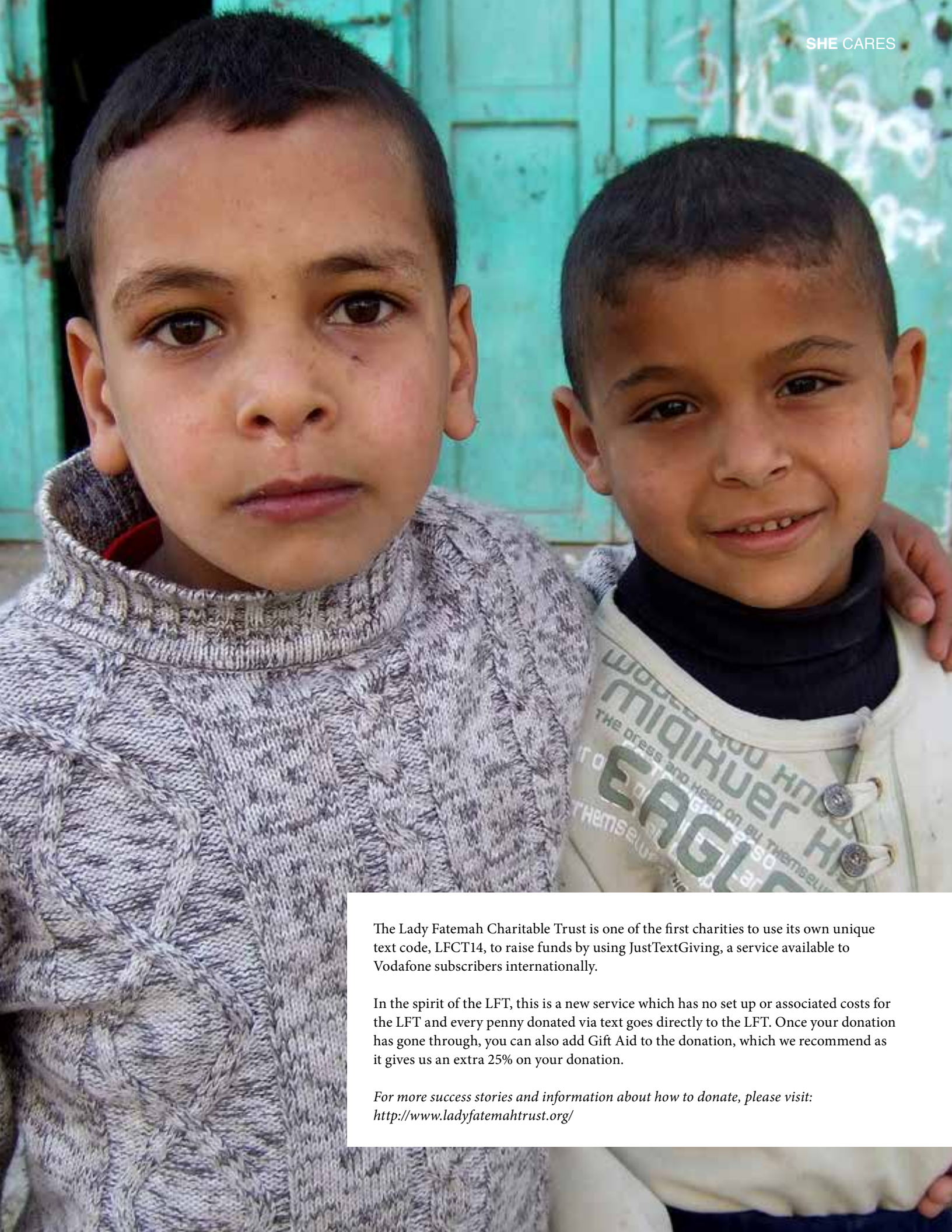
**September Lodge, Village Way,  
Little Chalfont  
Buckinghamshire  
HP7 9PU**

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# SHE DEBATES:



## *the great* Social Media OVERSHARE

HOW MUCH IS TOO MUCH?

*By Priya Kumar*

I recently ran into a former elementary school classmate at an after-work networking party. Not entirely sure if he was the adult version of my schoolyard playmate, I dodged him in the crowd in an attempt to confirm his identity for certain. He noticed what I was up to and proved less than coy about it by marching right up to me and reintroducing himself. One of the first questions out of his mouth, was in reference to the unconventional location I chose pursue my post-graduate degree, “So, how was grad school in Monaco?” My gut response was puzzled confusion, but let’s be honest—we all pretend to not know our social media contacts’ life stories and milestones, when in fact they’re as much a part of our daily routine as CP24 push notifications. What was once taboo (don’t let them know you stalk them digitally on the regular), is now perfectly acceptable conduct.

Social media has added a new element of complication to the social sphere; the concept of losing touch has become as obsolete as the little black book. Instead, it has been replaced by knowing what some of your contacts—most of whom even in real life you’d consider no more than casual

acquaintances—are having for breakfast, what they thought of *The Office* series finale or what they’re listening to on Spotify at that very second. The latter epitomizes what I like to call, “The Great Social Media Overshare.”

This begs the question: How much is too much? Firstly, let’s define the type of social media we’re looking at here. I’m going to leave out apps like the prehistoric ICQ and music sharing Winamp and Napster because they lack so much of what the modern social media platform encompasses. Instead, let’s focus on personal-profile, sharing and activity centric platforms like Facebook, Twitter and Instagram. My first experience with social media was back in 2002 with Friendster (for anyone born after 1988, it was Facebook with customizable windows and no newsfeed). Although your profile page was bombarded with advertisements for diet pills, it was anything but a personal invasion of privacy. You could decorate your page not unlike MySpace, but a good number of users primarily joined the site to play games like Scrabble [insert MafiaWars joke here]. You were free to use anonymous handles as your username and there was no such thing as being tagged in an embarrassing photo.

In the Fall of 2004, I was a third year undergraduate and “The Facebook,” as it was then known, took over and completely redefined what a social media platform should include (or omit). *The Social Network* (2010) covered this in great detail, so I’ll spare you, but Facebook offered a network that loaded quickly even on the slowest dialup connections, proving that less can sometimes be more. A year later, (prior to the introduction of the status update, which originated at Twitter) the newsfeed was introduced resulting in mass hysteria over privacy protection. But in all honesty, if you valued your privacy that much, would you really be using this free information-sharing service to begin with?

The launch of Twitter in 2007 marked the introduction of minimalist sharing in the social media world. Users of the platform “tweeted” status updates to known and unknown followers in messages of 140 characters or less. Twitter proponents claim that while reading their Twitter feed brings them joy and optimism, their Facebook feed fills them with sickness and dread for what might be waiting. Specifically, there is nothing (and I mean NOTHING) worse

than finding out a close friend's big news via your Facebook feed—"Check out the massive engagement ring my unemployed fiancé just proposed to me with," comes to mind. If I didn't know I was as worthy of hearing your big news at the same time as, say, your Grade 10 science teacher, I certainly do now! Unlike Facebook, Twitter makes it difficult to archive your past. Try clicking through your neatly organized (and very accessible) Facebook profile back in 2005; I can assure you there are many photos you would wish nonexistent—bad haircuts, poor judgment in social diaspora or (the worst), a romantic past you would prefer to keep just there—in the past.

Many social media platforms argue you can customize privacy, but truth be told, doing so is not user friendly. I've tried to go through my Privacy Settings to alter exactly what everyone can/can't view and it's disorienting to say the least. Apparently, there is a group of people on Facebook called "Close Friends" and another called "Acquaintances"—you can narrow down exactly who sees what, when. It's become all too much to handle—no wonder so many of my 1990s-born interns have deactivated their profiles or rejected Facebook completely by never having signed up to begin with.

That leads us to what all the cool kids are using these days: Instagram. The photo-sharing platform that started out as a mobile phone app allows users to take mundane everyday pictures and make them look fabulous with a selection of lenses and filters. What is it about Instagram that just clicked? Before proceeding, it's worth noting that Facebook bought Instagram out a year ago for \$1 billion. At the time, it seemed a staggering sum for a new fad app, but now it all seems to make sense. Aside from the recent (Facebook led) changes to Instagram that include tagging, InstaMessage and web browser accessibility, Instagram preserves a certain level of privacy for its users by keeping its policies black and white. You either have a public profile or you don't. What's more, the photo-sharer's feed is hidden for the most part, thus offering the choice of whether or not to see what contacts are up to. This seemingly small effort on the part of one of social media's biggest players yet, has been met with approval by current users; it has resulted in Instagram's status as the fastest growing social networking platform today with the vast majority of

users falling under the age of 25—a boon for marketers looking for long-term brand loyalty. In an ironic twist, Instagram gained its popularity with the under-13 bracket set largely due to the fact that parents wouldn't allow them to join Facebook.

That brings us back to the debate at hand—how much is too much? Facebook is getting tons of flack as of late for being a source of unsolicited and unnecessary information, and with the launch of Facebook Home, there seems to be no end in sight. Facebook Home allows your friends' updates and messages to override any other app you're using in the foreground of your smartphone. It's a stomach-turning concept to say the least. A source that downloaded the program had the following to say about it: "I installed it and then instantly deleted it. It was horrible because all the people in my feed are relics from my past who I don't care about anymore and post stupid things." Other users agree—18,000 user reviews have resulted in an average of 2.3 stars out of 5.

It seems the general consensus on social media is that things are going to get much worse before they get better. Over sharing has resulted in a slew of cyberbullying cases that have led to the provoked suicides of teens across North America. The anonymity with which we're able to use the Internet has allowed nameless and faceless emotional assailants to attack others without the risk of their guise being lifted. As a result, social media platforms have become a free-for-all venue for no holds barred dialogue. While in the past there had been no repercussions, cases in recent months alone are setting precedents, forcing bullies to be held responsible for their actions online and ultimately, in real life. In truth, it's an issue that warrants a debate of its own, but it has become a major pitfall of our overly connected lives.

Here's the reality of the situation—it may be impossible to completely cut social media out of our daily lives, but it's important to use it responsibly. It's wise to not let Facebook substitute serious face-to-face conversations; keep in mind that Twitter is not a means for making plans; and perhaps most importantly, know that your words and actions in the digital sphere have a lifespan years longer than intended. They can (and in many cases, will) come back to haunt you.

## OBNOXIOUS STATUS UPDATES:

"Juicing!"—accompanied by a photo of a fluorescent green smoothie cocktail that probably has the nutritional value of a can of carbonated sugar water.

"Going to the gym then getting my nails did!"—says the girl that wants everyone to be as proud of her as she is for going to the gym.

"I love men in uniforms. Just got hit on at [a ride checkpoint, immigration, the Clinique counter at The Bay]"—says that girl/guy you had Chem lab with in undergrad 5 years ago.

"I love [my significant other] to death!!!!"—Ugh.

"Officially a certified bartender!"—says that contact you don't even know, but feel bad deleting them because they liked one of your status updates back in 2007.

## OTHER ANNOYING SOCIAL MEDIA THINGS:

The only Facebook friend requests you get are from people you don't know—and more often than not from creepy South Asian men who "rite lik dis."

Getting tagged in "Friends" spammy posts about the new blog/start-up they've launched.

Friends who are club promoters—on the other side of the world.

Aspiring photographers who have a panache for taking pictures of only their feet, graffiti walls and empty bottles of alcohol.

Cover photo updates.

People who write out the word hashtag or slash in place of the symbol. Ex. "That is so hashtag cool." Why are you so #stupid?

Vague-booking—ex. "I can't believe that just happened." And then when someone asks what, they reply "Inbox me."

The "Read" feature on Inboxed messages.

The timestamp feature that clocks your last log-in.

I know you texted/Whatsapped/emailed me, but I'm going to ignore you and post insane pictures of a party I was at last night instead. And you're going to know all about it because you're Facebook friends with everyone tagged in the album.

When contacts wish you a Happy Birthday with "HBD." Is it really always the thought that counts?



# What is Metabolic Syndrome?

*By Harpreet Brar*

Metabolic Syndrome is the name for a group of risk factors that contribute to developing cardiovascular disease and diabetes. The term “metabolic” refers to the biochemical processes involved in the body’s normal functioning.

Treating your body right is essential—especially in today’s world. Fast food is only becoming more and more prevalent in modern diets and it doesn’t help that McDonald’s restaurants appear to be sprouting up on every corner. Metabolic Syndrome is one of health problems associated with poor lifestyle choices regarding

diet and exercise. South Asians are especially susceptible to this disease due to a combination of environmental and genetic elements. Symptoms of Metabolic Syndrome include obesity, high blood pressure, high blood sugar level, and high cholesterol. If you encounter at least one of these symptoms, it is likely you are at risk as they are closely correlated. While it’s easy to satisfy your appetite with cheap, accessible, deep-fried foods, you also become a victim to a slower metabolism with risks of heart disease. We owe it to ourselves to treat our bodies with respect. After all, our body is our temple, right?

**I** recently had the chance to sit down with Dr. Naresh Kumar M.D., Medical Director at Whitby Cardiovascular Institute, to talk about Metabolic Syndrome and why South Asians should be especially vigilant about its effects.

### ***Who is at risk for Metabolic Syndrome?***

The definition of Metabolic Syndrome goes back almost 40-50 years when it was called 'Syndrome X of Metabolic Disease.' Essentially, it affected people from South Asia, Aborigines and people of Spanish descent. My own feeling is that the common factor of all these people is that they don't exercise; their diet is full of carbohydrates so over time, they tend to put on calories around the waist. In brief, they are people who lead a very sedentary life and have a very high carbohydrate diet. Another concern we face is the fact that fast food restaurants and the soft drink industry are filling contents with fructose syrup. This has put the population—not only South Asians, Spaniards, and Aborigines—but anybody who leads a similar life, at risk.

### ***Are there any preventable measures individuals can take?***

Preventable measures are very simple—it's calorie in and calorie out. If you take the amount of calories that you need for your daily living and if you exercise regularly and make sure that your waistline is slim, you won't get Metabolic Syndrome.

### ***If someone is diagnosed with the Syndrome, what changes in lifestyle or diet should they consider to prevent complications?***

Exercise regularly, reduce calorie intake, and be generally aware of the food you eat. People who are grossly obese, are over 300 pounds and have a waistline measuring 100-130 cm have been shown to benefit with gastric surgery as the reduction in calories and weight seems to play a role in ridding in condition.

### ***Does stress play a role?***

Stress plays a role in a lot of things, but there is no way to pinpoint an exact cause because we cannot define stress. Stress can be the spice of life for one person and can be the kiss of death for another person so it's difficult to be able to determine whether stress can do anything. We do know that people who have a good social network, have good family support, and have less financial problems tend to have less heart problems.

### ***What if diet and lifestyle changes are not enough to treat Metabolic Syndrome?***

There is no magic pill to treat it but if you are grossly obese, you can be a candidate for gastric bypass surgery. Outside of that, drugs do not do anything. So there is no quick fix to it – it has to be diet and exercise.

### ***Why are South Asians most at risk?***

This is a concept that people have talked about—that South Asians are more at risk. As a nation, generally, we are very lazy—we do virtually no exercise. If you look at the West, the wealthier you are, the fitter you are, the longer you live. Whereas with South Asians, the wealthier they are, the more servants they have. The diet that is now being consumed in South Asia is almost already designed to give you Metabolic Syndrome. It's rich in carbohydrates, it's deep fried, and I don't fully buy this concept of genetic predisposition. There was a particular type of gene that was described as a "thrifty gene" years ago but I think that's gone by the wayside now. If you show me any South Asian who exercises regularly and eats healthy, I'll show you that person does not develop Metabolic Syndrome.

### ***What are your thoughts on Aishwarya Rai? She's gained a lot of weight, so a lot of people in India are copying her in how heavy she is. Now, they're taking something called steroid enhanced-fat pills. What are your thoughts on that?***

I think they're going up the wrong path; they're asking for trouble because there was a time in India, the fatter the woman, the more she was attractive. This was a common during the Victorian times though but we know now that it's very unhealthy to be on the fat side because it triggers a whole alew of problems apart from Metabolic Syndrome.



# *the new* Superfoods

*By Liz Guber*

Our planet grows over 7,500 different kinds of fruits and vegetables, with the western world consuming only about 10 percent.

Foods such as kale, açai and turmeric have all had their share of media attention. Dubbed Superfoods, these grocery store superstars boast multiple health benefits and are chock-full of nutrients, antioxidants and vitamins. Buzz from the media has catapulted these foods to a kind of celebrity status, and it seems that each year, a new star emerges. Yet given the sheer amount of variety that exists in the world, we seem to have a very narrow understanding of superfoods. We thus felt it appropriate to shine some light on the unsung heroes of the grocery store, and although they may fall under the radar, these foods are just as super.

## 1 Chia Seeds

These versatile seeds contain four times more antioxidants than blueberries, three times the vitamin C of oranges, eight times the amount of Omega-3 fatty acids than salmon and five times the calcium of milk. If that's not enough to make you a Chia seed convert, our first super food also helps bolster the health of your skin, hair and nails and maintains balance in blood glucose levels, making them perfect for diabetics.

**HOW TO EAT IT:** Raw or cooked, sprinkle onto salads and cereals, bake into breads and muffins or add it to smoothies.



## 2 Jicama

This semi-sweet and crunchy root vegetable hails from South America. It's full of antioxidants and promotes the presence of healthy digestive bacteria. Jicama is high in fibre but low in calories and is also high in minerals such as magnesium, copper, iron and manganese. Jicama can help prevent certain cancers, inflammation, and viral cough and cold. This super food can be found at farmers' markets and Mexican grocery stores, where it is sometimes called a water chestnut.

**HOW TO EAT IT:** Jicama can be used cooked or raw in salads, stir-fries and slaws.



3

## Nutritional Yeast

These cheesy tasting flakes are frequently used by vegans as a dietary supplement. They have nine grams of protein in a single serving and also contain a very high amount of B vitamins to boost immune health, reduce stress and decrease the risk of chronic disease. Nutritional yeast is widely available at health food stores.

**HOW TO EAT IT:** It can be used as a substitute for parmesan cheese on pasta, potatoes, eggs and even popcorn. Combine nutritional yeast, coconut milk and sweet potato and bake in the oven with your favourite pasta for an easy, vegetarian pasta bake.

4

## White Tea

Green tea has been touted for many years as being one of the world's healthiest beverages, but its cousin, white tea, made from the buds of the same plant is even higher in antioxidants and may aid in lowering blood pressure and cholesterol. White tea is also lower in caffeine and has a milder taste, making it a more palatable option for many.

**HOW TO CONSUME IT:** When brewing white tea, do not use boiling water—it can kill some of the antioxidant properties and make the tea taste bitter, and skip the sweetener so as not to counteract the benefits.



5

## Amaranth

Amaranth is a nutty and slightly sweet grain that is also gluten free. It contains all nine essential amino acids—making it ideal for boosting overall energy. Amaranth is also high in cancer-fighting and cholesterol reducing phytosterols.

**HOW TO EAT IT:** This grain is a great substitute for rice, pasta or couscous. Cook in simmering water until the seeds are fluffy and toss the cooked amaranth with fresh cut veggies and canned beans with a bit of olive oil and lemon juice for an easy, fresh salad.

6

## Swiss Chard

This lesser-known leafy green is loaded with potassium, magnesium and Vitamin C. Swiss Chard is also packed with beta-carotene—evident in the Chard's brightly coloured stalk—and is a great source of vitamin A. Beta-carotene can reduce the risk of a variety of ailments including the less severe (sunburn, asthma) to the chronic (cancer, heart attacks).

**HOW TO EAT IT:** Use in salads, soups and casseroles, or make into a healthy alternative to potato chips by spraying with olive oil, seasoning with salt and pepper and baking in the oven at 400 degrees for 20 minutes or until leaves turn crispy.



*The culinary possibilities are as endless as the health benefits these superfoods provide. So get cooking and get healthy!*

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Hood Zip Up Jacket  
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**BABY CONVERSE**  
ALLSTAR  
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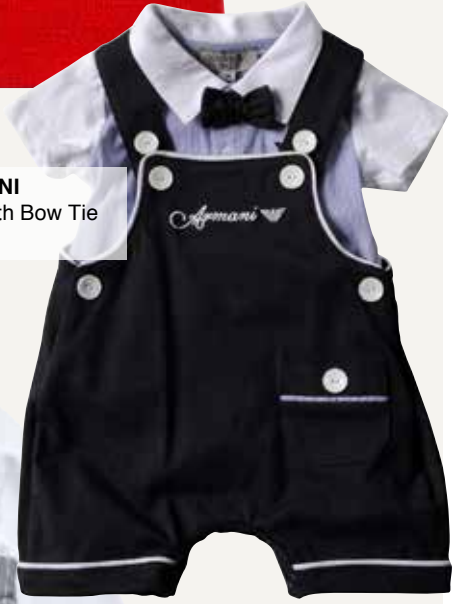
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# Nee & Oink:

## *Festive Fashion For Kids*

Following a successful debut of their kidswear line, Neelakshi (Nee) Ray and Oeindrila (Oink) Ray have released a limited edition collection of festive wear for "little adults." The collection draws inspiration from lotus and pomegranate blossoms and uses only organic and natural fibres such as cotton and silk. The rich indigo, green and magenta palette is achieved using natural dyes. A functional and beautiful collection fit for the most stylish little prince or princess.



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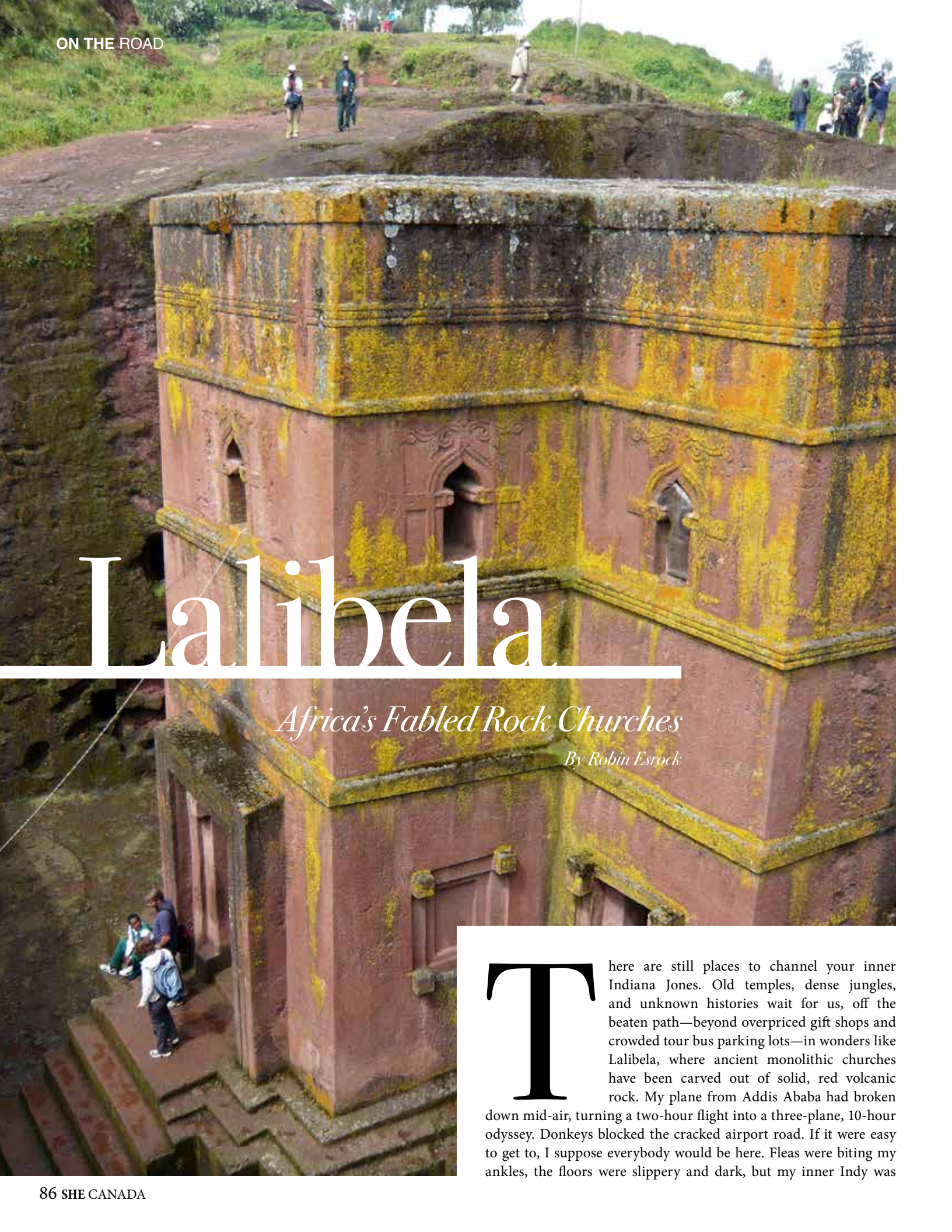


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# Lalibela

*Africa's Fabled Rock Churches*

*By Robin Esrock*

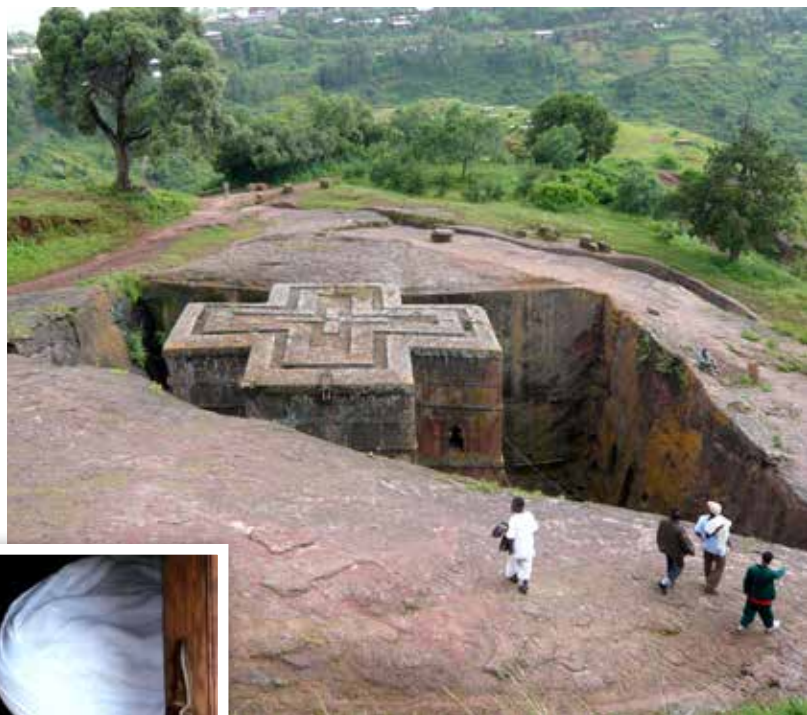
**T**here are still places to channel your inner Indiana Jones. Old temples, dense jungles, and unknown histories wait for us, off the beaten path—beyond overpriced gift shops and crowded tour bus parking lots—in wonders like Lalibela, where ancient monolithic churches have been carved out of solid, red volcanic rock. My plane from Addis Ababa had broken down mid-air, turning a two-hour flight into a three-plane, 10-hour odyssey. Donkeys blocked the cracked airport road. If it were easy to get to, I suppose everybody would be here. Fleas were biting my ankles, the floors were slippery and dark, but my inner Indy was

in his element. Built around the 12th and 13th century, Lalibela's freestanding columns, carvings and masonry make nonsense the idea that ancient Africa lacked a civilization as advanced as any in Europe. It was built to mirror Jerusalem, complete with its own River Jordan, icons and painted frescos, proving the African kingdom was far removed from the squalor of the Dark Ages sweeping Europe. Ethiopia prides itself as having adopted Christianity as early as the 4th century AD, when the Aksumite Kingdom flourished as a center of trade for North Africa, as well as the Middle East and Asia. Adhering to the teachings of the Coptic Church, the largely devout country still follows its own Christian calendar, Christmas and Easter. The religious center of Ethiopia is Aksum, believed by Ethiopians (and several historical researchers) to house the original Ark of the Covenant, the legendary missing Ark that housed the Ten Commandments, and the same sacred piece that gave Indiana Jones his first on-screen adventure. Lalibela is the country's second holiest town, a site of pilgrimage with its unique ancient wonders.

There are eleven rock churches attributed to the 12th century reign of one King Lalibela. Legend believes the daily construction by his subjects was continued by the nightly work of angels; time-smoothed passageways and tunnels link the resulting rock churches. Unlike the grand churches of Europe, there has been little restoration over the years, since solid rock has proved to be a durable building material. The history here is so dense, I could literally taste it—candles light the interiors as they have done so for centuries, and fleas on the ancient carpets cling to my socks. Paintings, sculptures and frescos are protected in the quiet, dark rooms, resulting in some of the best-preserved ancient Christian art found anywhere. Old priests with leathered skin and Coptic bibles guard the churches, most of which contain sections holding holy relics, forbidden to tourists. Bet Golgotha, which houses the tomb of the king, is forbidden to women too.

In houses of worship, priests display their gold crosses, 800 year-old prayer sticks, and colourful robes, for a small tip. It has become customary throughout the country to tip locals when taking photos, but it's worth every penny. Shoes have to be removed before entering the churches (with another tip for someone to watch them) and flash cameras are forbidden. A flashlight helped me navigate slippery stairs and spooky passages and I as walked through the site, my white socks were quickly red with the dust of ages. My guide explains the significance behind the number of columns, windows, and paintings. Symbolism is everywhere. Outside the largest, most impressive church, Bet Medhane Alem, UNESCO has erected a rather ugly scaffolding to prevent rain damage. Inside, there are magic moments behind every door as priests continue day-to-day prayers like their forefathers have done for centuries.

The most impressive church is Bet Giyorgis, the House of Saint George—a hollow structure carved from rock in the shape of a Greek cross. At 15 metres high, it continues to defy erosion, and wow its visitors. The mummified corpses of 14th century pilgrims



still protrude from small “hermit” caves surrounding it. This was their reward for having visited and returned from the real Jerusalem.

There are no tour buses nor slick gift shops in Lalibela. The roads are cracked, and the hotels basic, lacking hot water or regular electricity. The surrounding town, supported largely by tourism, is rife with poverty. Savvy children do their best to scam foreigners into giving them money. One trick is to ask you to buy notebooks, only to cash them in later. The transition from Lalibela's glorious past to its turbulent present is a shock to the system. For now, the old rock buildings will

continue to appeal to the more adventurous traveller, those willing to sacrifice comfort for discovery. Yet in an increasingly roped off, theme-parked and gift-shopped world, Lalibela's rock churches—dust, fleas and all – are well worth the adventure.

*Lalibela, a UNESCO Heritage Site, is located 2 hours north of Addis Ababa by daily, inexpensive flights. Entrance costs 200 Birr per person (about \$11), with an additional 300 Birr fee if you have a video camera. Guides are essential. There are several clean but basic hotels in the town, with accompanying restaurants. Children can be quite aggressive on the street, so donate to local schools and charities instead. Wear socks and long pants for the fleas, and tipping for photographs is customary. Internet access throughout the country can be slow and expensive.*

Vancouver-based Robin Esrock is the cohost of the OLN/CityTV series *Word Travels*. You can follow his adventures at [www.robinrock.com](http://www.robinrock.com)

# Rosacea: What is it?

By Munira Qureshi

Rosacea is a common, but poorly understood disorder of the facial skin that is estimated to affect many across the world. Its red and acne-like appearance afflicts not only the physical appearance but also causes significant psychological, social and occupational issues. While the condition cannot be cured, it can be controlled with proper care. Rosacea primarily affects Caucasians, predominantly those from northwest European descent. It can develop in both genders and span across many age groups. Despite the common patient profile, fairer skinned Asians are also susceptible to Rosacea. Although the exact cause is unknown, experts believe that blood vessel constrictions are the main cause to this unwanted skin condition. Some common factors that may trigger the onset of rosacea include: Genetic predisposition, Vitamin B deficiency, temperature change, spicy food, alcohol, cigarettes, drugs and stress. It has a peak onset age of 30 to 60 years and has the appearance of redness or red lines across the cheek, nose, chin and forehead. In some cases, Rosacea may emerge with additional symptoms such as small red bumps or dry to tearing eyes, accompanied by stinging and burning sensations in the affected area. In some severe cases, an enlarged, lobulated nose may develop—a condition referred to as rhinophyma.

Many mistakenly believe that Rosacea is just a skin problem that will eventually go away by itself. But the truth is that it may actually become worse or more visible if left untreated. For mild rosacea, topical therapy and oil treatments are often used to reduce flushing and inflammation. But anti-flushing creams and oral antibiotics are not effective in treating the more severe facial symptoms or the broken blood vessels. Physical heat in food can also cause break outs in the skin and can cause the area to swell so it is important to sip and swallow slowly to prevent this type of reaction. Certain food, especially spicy food, will produce flushing by releasing histamines or niacin. These foods include: white peppers, black peppers, paprika, red peppers and cayenne peppers. Avocado, dairy products, eggplant, chocolate, spinach, soy sauce, tomatoes, yeast extract, vinegar and alcohol have also been shown to aggravate symptoms.

Vigorous exercise can also agitate rosacea because of the heat in the body, but that does not mean that the afflicted person cannot exercise; they should simply be mindful of its occurrence. It is important to exercise in a cool environment for repeated short periods and of course, keeping the skin hydrated is essential. The benefit of exercise is clear, so every attempt should be made to do so in a manner that is least offensive to the skin.

Recently, there have been treatment advances in laser light technology that have resulted in effective solutions to treating even severe cases of rosacea. IPL's offer one of the best treatments as they can clear facial redness and red fine lines through a simple 10-30 minute procedure. Its increased power and effectiveness require fewer treatments—3-5 are recommended for best results. Having rosacea is not uncommon, especially at an older age. There are many solutions available to control flare-ups and flushing, so be confident and be hopeful. And remember that you're not a lone wolf battling it out on your own.

## ROSACEA FACT:

Affects 13 million people in North America, primarily Caucasians, but can develop amongst fair-skinned South Asians.

## ROSACEA TRIGGERS

- Sun Exposure
- Stress
- Hot weather
- Drinking alcohol
- Spicy foods
- Exercise
- Wind
- Hot baths
- Hot drinks
- Cold weather





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MARC JACOBS SHOW

# Big & Bold

Audrey Hepburn, Brooke Shields, and Cara Delevingne have all sported it. We're not referring to a string of pearls or a lovely porkpie hat here; we're talking about bold and beautiful brows. Our inspiration may have originated from as far back as the '50s but this season's shows have surely had beauty humdingers certifying the bushy look as Fall's number one accessory.

M.A.C, Bobbi Brown, L'Oréal and many other cosmetic lines have created numerous inventive products to achieve the full figured brow. We're curating the best of the best and letting you all know, this is one season where bigger is definitely better.



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CHANEL SHOW

# Bone & Bread

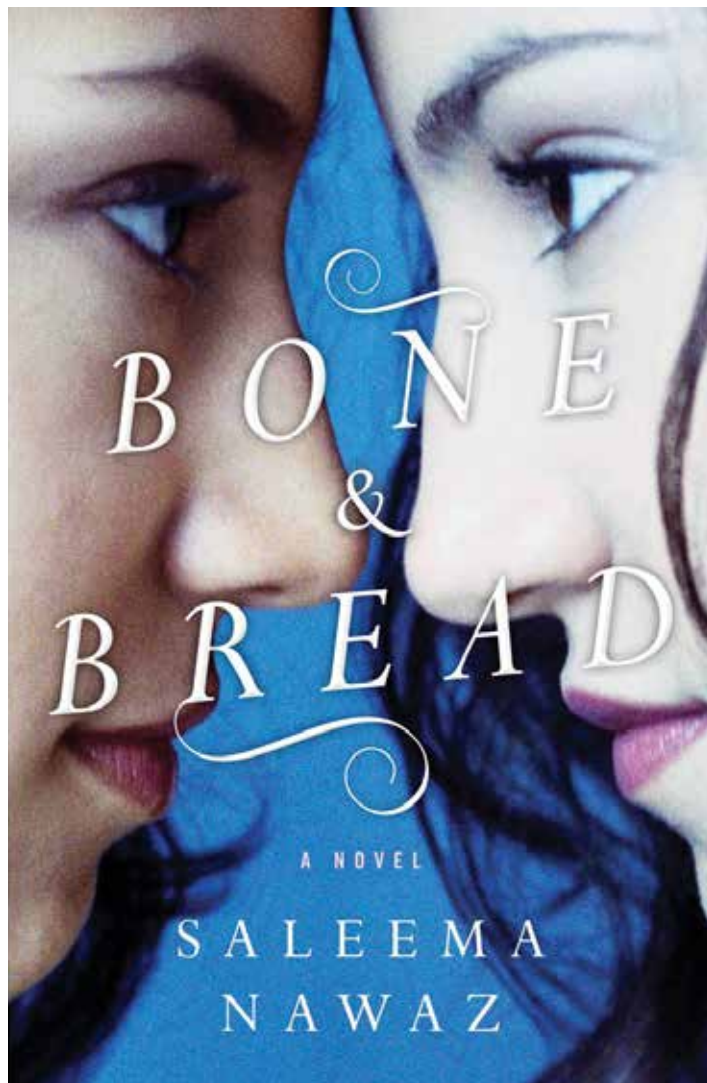
by Saleema Nawaz

*Review by Harpreet Brar*

After Saleema Nawaz's collection of successful breakthrough stories, she strikes back with her sophomore effort, *Bone & Bread*. Based between Montreal and Ottawa, it is a story about Sadhana and Beena—two sisters who tangibly grew apart whilst remaining connected through the tribulations of adulthood. Nawaz succeeds in bringing the relationship between two modern-day Sikh-Canadian sisters to life as they experience an atypical lifestyle—evolving into women without the company of their parents. The novel is a departure from the run-of-the-mill South Asian-North American literature available (think Jhumpa Lahiri's *The Namesake*, Anita Jain's *Marrying Anita*). The sisters are not impossibly accomplished in their endeavors; in fact, it is their lack of accomplishment that makes them so endearing. The novel a different perspective on a diaspora that's beginning to feel done to death on television, in film and of course in print. It is especially refreshing that the characters, author and setting are all Canadian through and through.

"It was in spite of all of this, that we turned out normal," Beena, as narrator, says of their unconventional upbringing. The novel opens with the untimely death of Beena's younger sister, Sadhana. As we learn about past through a series of flashbacks, the mystery surrounding Sadhana's passing is gradually uncovered. Throughout the story, we are consistently reminded of Beena's burden of guilt towards her younger sister's death. From teenage pregnancy to eating disorders, the sisters were faced with their fair share of hardship growing-up. Ultimately, the story is a journey taken by the two sisters struggling to find common ground. Although the family dynamic changes drastically after familial tragedy after tragedy, they never fail to convey the importance of the bond between the two sisters.

It is apparent that Nawaz has used her own past as inspiration for the sisters' trials and tribulations—Nawaz was raised by her Caucasian Nova Scotian mother in a single-parent household. The absence of her Indian father reflects in the early death of the sister's own Sikh father in the novel. It is perhaps this upbringing that brings the sisters' struggles to life, creating a sense of empathy for the reader



but also serving as a reminder of the light at the end of the proverbial tunnel. Nawaz prevailed and so will Beena.

A sense of belonging is what the two sisters are constantly striving for. This is apparent as soon as an insecure and overweight Beena finds lust with a boy who works below her apartment—an affair that results in her now eighteen-year-old son Quinn. Fitting in with the rest of the crowd seems to be what both girls want; however, they attempt to achieve this in opposing ways. Sadhana struggles with perfection that eventually leads her to a slow, yet early, death.

While life ends tragically for Sadhana, we eventually learn that she was in fact, happy, prior to the incident. This leaves Beena no longer feeling responsible or guilt ridden and she is able to learn from each tragic occasion in her life. The reader is also satisfied in knowing that the demons from Beena's past are exempt from her sister's death. Nawaz's alluring and emphatic writing-style works in her favour to express each of the story's climaxes in an articulate manner. Thematically, Nawaz ensures that her readers understand the importance of personal relationships—and the realistic complexities attached to each of them.



# Brown Girl *problems*

*I haven't exactly been enjoying the summer. The last thing I want to do is tan, which means I've been hiding from the sun and avoiding its rays. I hate how dark I get when the sun hits my skin but it seems that all my friends want to do is be outside! I don't want to go to the beach or sit on patios. I feel left out of many social gatherings but I also don't want to ruin my skin tone. What do I do?*

## UNWILLINGLY TANNED

Dear Unwillingly Tanned,

Here's the thing. Getting darker in the summertime isn't necessarily a bad thing. In my opinion, all skin tones can be embraced and ultimately, you should have fun with it. However, getting sunburnt is a completely different matter and should be taken seriously. While you're trying to protect yourself from the sun, it doesn't always mean you have to stay indoors. Play your summer wardrobe up by adding big sun hats and sheer long sleeves. Most importantly, wear sunscreen. This plays a vital role in protecting your skin from the sun. In regards to your skin getting darker, look at it as something you can embrace. Face it—we all have at least one lipstick or eye shadow that we absolutely can't wear—I'm looking at you, hot pink eye shadow—because it clashes with our skin tone. Look at your newfound tan as a blessing and try new makeup techniques that you never thought you'd be able to pull off! Plus, you don't want to look back when you're older on how much "fun" you had indoors—without your friends.

*I've been with my boyfriend for just over a year and to say the least, I've never felt this way about anyone before. We have a great relationship and have never been stronger. We rarely disagree on topics regarding our future but lately there's been one that we consistently fight about. My boyfriend says that he wants to live with his parents forever. I love his parents, but I always pictured our life living more independently. He doesn't want to*

*buy a new house and he wants to live in the same one that he and his parents currently live in. Am I being too selfish?*

## STUCK IN THE MIDDLE

Dear Stuck-In-The-Middle,

This is something that needs to be thought about very carefully. Should you agree to live with his parents, you may unknowingly grow to be bitter towards your potential husband and his family. Talk about this with your boyfriend and listen to why exactly he wants to live with his parents. If it's a new house you want, maybe you should compromise on that. However, in my opinion, this seems like a situation where the boyfriend simply doesn't want to spend money on a new home and wants to live with mommy and daddy forever. Unless his parents truthfully need their son living in their home at all times, then you need to re-evaluate your relationship and reiterate your needs to your potential husband.



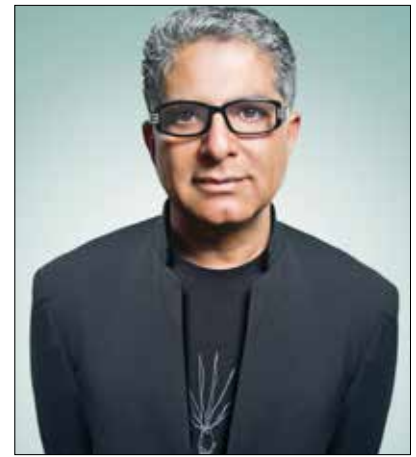
Illustration by George Xu

# "QUOTE/UNQUOTE" HEALTH



*"To keep the body in good health is a duty...otherwise we shall not be able to keep our mind strong and clear."*

BUDDHA



*"The way you think, the way you behave, the way you eat, can influence your life by 30 to 50 years."*

DEEPAK CHOPRA



*"Often medicine brings illness, and often illness brings medicine."*

IMAM ALI (PBUH)



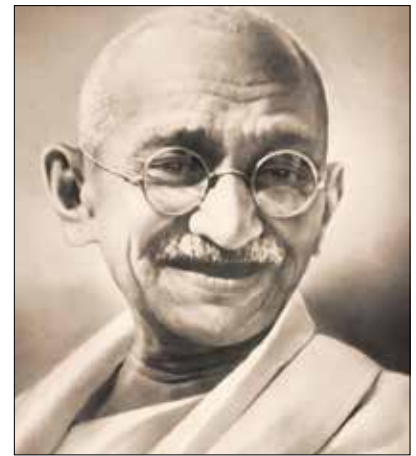
*"I heard a definition once: Happiness is health and a short memory! I wish I'd invented it, because it is very true."*

AUDREY HEPBURN



*"Healing is a matter of time, but it is sometimes also a matter of opportunity."*

HIPPOCRATES



*"It is health that is real wealth and not pieces of gold and silver."*

MAHATMA GANDHI

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