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The Pakistan Pavilion at Expo 2020 Dubai has really made Pakistan and Pakistanis all over the world proud. The Pakistan pavilion is continuously being featured in the top 3-5 pavilions to visit list by all critics and experts from all over the world. This is no doubt a huge achievement as the competition is tough with over 192 countries participating in the Expo 2020 Dubai.

The Pakistan Pavilion welcomed over half a million visitors in only 75 days since its opening on October 1st 2021 making it a most visited pavilion and proving why it's being rated as a top pavilion and is on track to break all visitor turn out records by the time Expo 2020 ends on March 31st, 2022.

While the Pakistan Pavilion attracting the Pakistani diaspora was expected, but the interesting sight has been seeing the special interest of the international community as they got to discover the true Pakistan like never before.

A visitor from Mexico said, "I really loved the experience, it felt very immersive and the pavilion showcases everything Pakistan has to offer in terms of tourism as well as industry. It was really interesting and it makes me want to visit Pakistan one day".

Another visitor from Spain said, "The façade is epitome of modernity and impeccable artistic architecture, the interior of the pavilion is a reflection of diverse traditions and cultures, it was a beautiful experience and I really want to visit Pakistan now".

The ministry of Commerce and Trade Development Authority of Pakistan deserve all the credit and applause for creating this Pakistan Pavilion and then by doing a great marketing job by keeping the pavilion consistently in the news in regional and international news media, when we know that it's not an easy job outside of Pakistan.





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JENNY FROM THE BLOCK JENNY FROM THE BLOCK

Jennifer Lopez opens up about the similarities between her own life and the unlucky-in-love superstar she plays in her new romcom, Marry Me



rom The Wedding Planner to Maid In Manhattan, Jennifer Lopez is no stranger to a tear-jerking romcom. And this month, she's teamed up with fellow romantic movie regular Owen Wilson for what is sure to become an instant classic.

Drawing on experience from her own life of mega-stardom, in *Marry Me* Jennifer plays a globally famous singer, Kat Valdez. The girl's got it all and is about to get married in front of an audience of loyal fans, but seconds before the ceremony, she learns of her fiancé's cheating ways and has a meltdown on stage. Binning off the unfaithful scoundrel, Kat instead decides to take a leap of faith and marry a stranger in the

J.Lo is more than used to having her love life splashed across the pages of newspapers around the globe and last week opened up about her relationship with past and current boyfriend Ben Affleck.

Speaking to *People* magazine, the 52-year-old said, "I feel so lucky and happy and proud to be with him." Reflecting on their rekindled romance she added, "It's a beautiful love story that we got a second chance. I've never been better."

Here, loved-up Jennifer discusses the parallels between reality and fiction when it comes to her character in the new film...

Tell us about your role in Marry Me.

JENNIFER LOPEZ: I play Kat Valdez, a global superstar. She's strong and confident, she's a businesswoman and she's a boss — but also, she's just a regular person. She's a regular girl who gets lonely and who needs love and who wants to feel like she has a home. There was so much about it that really I could understand like nobody else could understand. It was really about baring my soul. It was actually a little bit

"It's a beautiful love story that we got a second chance."

more uncomfortable than playing a character that is nothing like you, because this was bringing real personal life experience into a role in a way that I've never had to.

Tell us about Kat's journey...

JLO: At the opening of the movie, Kat is about to get married. She thinks her life is going to be one thing, she's doing this huge concert with her boyfriend of a couple of years and she thinks her life is headed down this one path. And in one second, everything changes - and it all falls apart. Obviously, she blames herself for not seeing things, but makes a choice, a very spontaneous choice to marry somebody else in the audience. And that's how she meets Charlie [played by Owen Wilson]. With that, her life completely changes, as it does when you meet someone who really sees you for who you are. And Charlie is not a celebrity, doesn't know who she is as an artist and doesn't know how famous she is. He's able to really just see a person and love her for who she is, just a girl, the nice person that she is. The person that likes to have fun, the person who is competitive and loves to dance. It's nice to see how these two very different people can kind of come together and really fall in love – and you really believe it.

You and Owen Wilson have such great onscreen chemistry...

JLO: Owen is amazing! His character really helps her grow and stand on her own for the first ▶





"It was really about baring my soul..."

time in her life, is a friend to her, and helps her realise that she's the love of her life. And until that happens you really can't be in a good relationship with anybody and that's maybe been her problem the whole time. He helps her discover that.

What was it like working with a romcom regular like Owen?

JLO: Owen and I are so very different, which kind of worked for the characters really well. And it was just great getting together with him and hearing his perspective on Charlie and my perspective on Kat and how differently we thought about things. But at the end of the day, I think those differences are what the movie is about. And how different their lives are and how do you bring two people together that way? We were really able to connect with them, which is what everyone wants at the end of the day. No matter how big and famous you are, you just want a simple life, you want to be happy, you want to have love, you want to find love. And I think Charlie and Kat both have that and I think that's where Owen and I really concentrated with the two characters and were able to create this wonderful chemistry between us.

Colombian singer Maluma plays your ex, Bastian. What was it like to work with him?

JLO: Working with Maluma was a joy, it was so much fun. This was his first movie and his first time acting. I remember doing the first scene with him and going to the director [Kat Coiro] and going, "He's a natural, that's good." It's not going to be weird or awkward, it's not like he's studied acting his whole life or anything like that, this was just him really doing it. We got really lucky because he was a really natural actor and he really understood what his role was and we had a lot of fun. I mean it's his charisma, you know. We needed somebody who could really pull off that they were a superstar, a recording artist, who was easy on stage, who girls would go crazy for and who was believable as a cheater [Laughs]. He hates that! He's like, "You know I'm not this guy. This is not who I am, I am not Bastian." And I go, "I know, I know."

Was it fun shooting the concert scene at New York's iconic venue, Madison Square Garden?

JLO: It was so much fun because we really wanted to sing at a big venue... in the middle of the movie and Maluma just happened to be doing a concert in Madison Square Garden during that time. He had a few shows there, so we were like, "Why don't we crash that concert and film it?" And so we did. He was a great sport about it. In the middle of his regular concert with all his fans, I just come out and we do *Marry Me* – it was amazing. It was really, really amazing. It was a lot of fun.







uwait born artist extraordinaire, Hamra Abbas and her family moved to Pakistan before the start of the Gulf War. An alumna of the National College of Arts and the Berlin University of Arts; Hamra, her husband (who is a scholar of religion), their two boys and one cat call Lahore home, today.

Internationally recognized and acclaimed for her multidisciplinary and holistic portfolio, unrestrained by subject matter or media; Hamra's body of work draws inspiration from a myriad of sources and takes on diversity of form.

What made you realize that art is what you wanted to pursue as a passion, one that went on to become a profession?

HAMRA ABBAS: As a kid, I always had an interest in the arts, which my father saw and encouraged. As far as I can remember, I was crafting some object or the other at home, randomly painting and drawing whatever caught my imagination. So, in a way, I knew I wanted to pursue art as a profession at an early age. Enrolling in NCA helped and paved the way. My training at NCA continues to be the strength of my current practice, in which the role of my mentor, Lala Rukh, was critical.

Your practice 'draws from a myriad of sources and takes a diversity of forms' — what, in your view, powers your artistic narrative?

HA: I draw inspiration from multiple sources, but predominantly from art history, devotional and cultural practice, and everyday life. After many years of living in the US, my move back to Lahore has significantly contributed to the direction of my practice. I am more than ever enchanted by the materiality of Pakistan's historical sites,



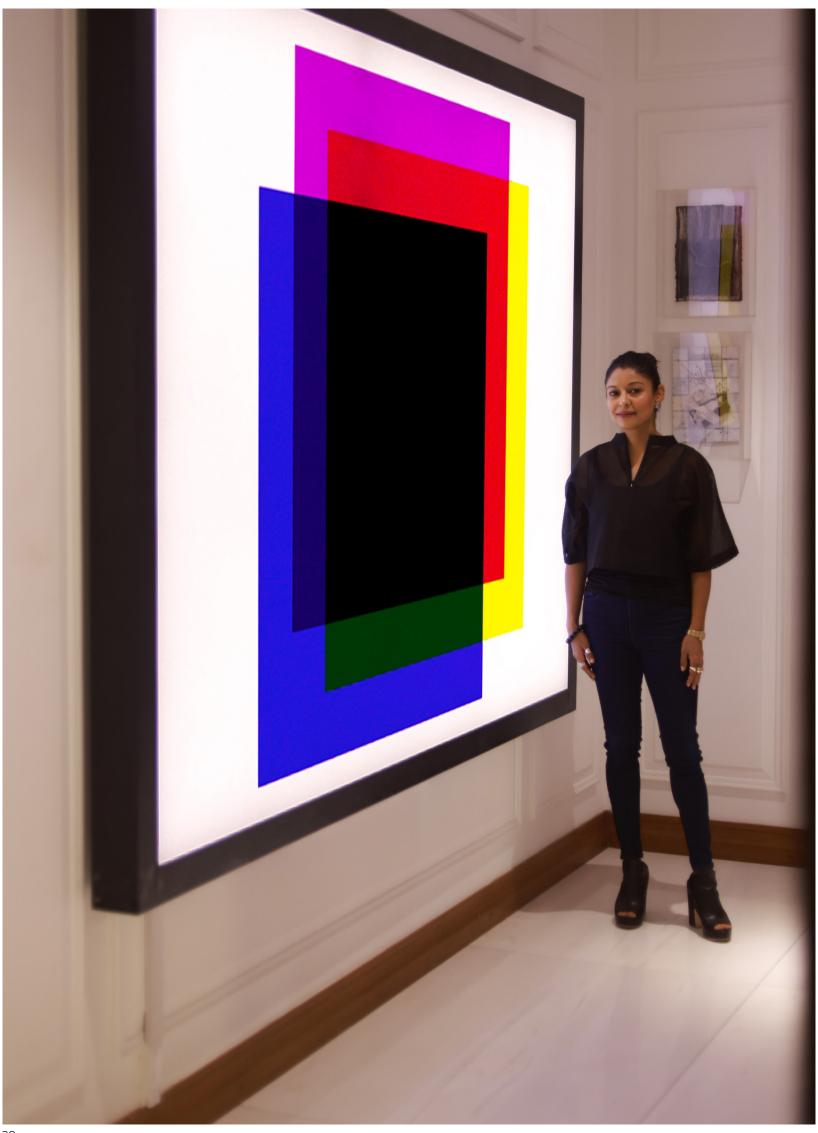
16 The work I created for Expo 2020, titled 'Garden', is my largest work in stone. **35**

architectural forms, and aesthetic dimensions. Living in Lahore allowed me to work in a manner that would not have been possible for me in Boston, especially with my work in stone inlay, which is deeply rooted in the context of South Asia.

As an artist, how would you define your style?

HA: I am an interdisciplinary artist, so defining

a (signature) style in an art historical context is difficult. Categories are important and perhaps unavoidable, but in the end, they are limiting. The relationship between form and content is complex in realizing any work. Often enough, many works have begun from one point to finish in an entirely different place than what I had envisioned. Therefore, I find categories useful up to a certain ▶





point but never entirely satisfactory.

For you as an artist, is working with different mediums similar in terms of sensibilities or is each a different animal with a language of its own?

HA: The question of language in art is complex because every medium has its dialect and vocabulary. Sculpture and painting have been my main interest from the earliest. After years of working between these two very different mediums, I feel my practice, conceptually and aesthetically, is a confluence of the two. The parts of my work may look very different from one another, but they have crossovers and feed each other in surprising ways. With my work in stone inlay, each material I use is different; I will not find the same colour/texture in the next batch. I cannot predict the final image, which is only revealed after the piece is polished. That is the last stage of the work. Painting for me is highly essential, but I don't paint all the time. So each time I return to painting. it is exciting but also terrifying. When I make prints, I work long distance with a printing lab in Istanbul,

so there is a level of surprise with each work.

As an artist you split time between Pakistan and the US — does a trans-boundary practice enable you to combine the best of both worlds?

HA: It does. Living between the US and Pakistan for a decade allowed me a great deal of resources. I carried out multiple practices and studios, each in relation to its site and context. I found such a way of working to be very liberating and always exciting. Since Covid-19, I have been traveling less, being stationary in Lahore, which on the bright side, gives me more focus.

Tell us about your piece for Expo 2020 — how did you become part of the line-up for the exposition's Dubai Public Art Program and what does it mean for you as an artist and an individual?

HA: I met Tarek Abou El Fetouh at the opening of my exhibition at COMO Museum of Art in Lahore, and he invited me to be part of the Expo Public Art Program. At the time, there were only six months to create a large work for Expo 2020, which was very

Art Museum has commissioned me to make a new Garden. 77

difficult. But because of Covid-19 Expo 2020 was delayed for one year, allowing me extra time to be more ambitious with scale. This work kept me busy the entire year when everything was closed down due to the pandemic.

Is the scale of the Expo 2020 piece the largest you've ever worked on? Looking ahead, do you intend on more such large works in public spaces?

HA: The work I created for Expo 2020, titled 'Garden', is my largest work in stone. And yes, I intend to make more works in public spaces. Currently, the Cincinnati Art Museum has commissioned me to make a new Garden.

Thus far, what has been the greatest high and the biggest challenge of your career?

HA: Every work has a learning curve that includes stages of doubt, but 'Garden' for Expo 2020 was my biggest challenge due to its scale and material. There was no fabrication place in Pakistan that could create a work of this detail and complexity. So I had to start from scratch. First, I had to set up the spatial and mechanical infrastructure required, and then find a team of expert inlay masters to convert each part of my hand drawings into permanent pictures of stone—this process took over one year in making. My most successful work, I think, is Kaaba Picture as a Misprint (2014).

Both as an individual and as an artist: 1) what motivates you to push and raise the bar, 2) what inspires you, 3) what is your motto, 4) your comfort zone, 5) your getaway?

HA: I think the motivation has to come from inside – I work every day regardless of deadlines. Inspiration can be literally from anywhere. My motto is to keep making work. My comfort zone is morning coffee in the studio. Getaway is a lazy day in bed with Netflix and time spent with my kids.

Had you not been an artist, what alternatively might have been your calling?

HA: I don't think I could have been anything else, but I do have an interest in food and nutrition.

Five years from now, where do you see Hamra Abbas the individual and the artist?

HA: I prefer to focus on the detail in present time, rather than plan long term. And present time is all about the projects on hand, the pandemic and my kids' unpredictable school routines.

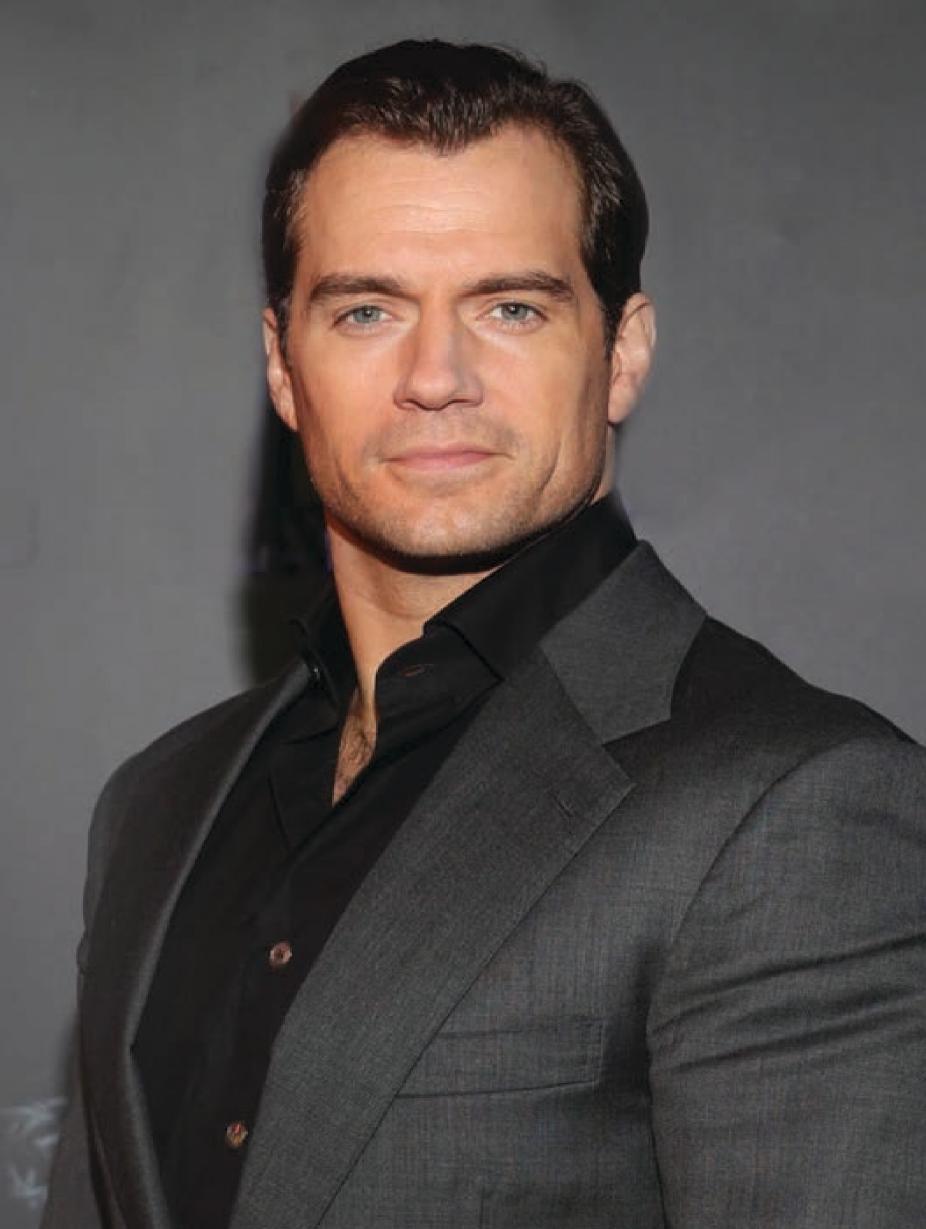
What's next for Hamra Abbas?

HA: This year, I have several institutional commissions and exhibitions, along with a solo show and art fairs with my galleries. I am working on my book that is being published by COMO Museum of Art, and plan to complete my new studio in Lahore.

INTERVIEW: YUSRA ASKARI PHOTOGRAPHS: JAFFER HASAN

"I believe in magic" HENRY CAVILL

The handsome British actor on playing the Man of Steel three times, bringing the valiant monster hunter Geralt to life in *The Witcher*, and his faithful companion Kal





enry Cavill has had a hard time finding a role that could match the audience appeal of Superman. The handsome Brit played the Man of Steel three times during his tenure in the role which helped the franchise earn over \$2 billion at the box-office and understandably overshadowed his other work in less successful films such as the feckless *The Man from U.N.C.L.E.*

Now, Cavill has stepped into a very different superhero suit as the valiant monster hunter Geralt of Rivia in *The Witcher*, one of the most popular streaming series of all time. Season 2 of the hit Netflix series not only sees the character take on a more compelling, "intellectual," bent, but Cavill also had a hand in upgrading his costume with the addition of a dark chest protector and ninja-like shoulder plates.

"I helped design it with (costume designer) Lucinda (Wright)," Cavill says. "When we were in lockdown, I looked at the photos and came up with some ways it could be improved.

"It's much more comfortable to work in - less blisters and bruises. We also gave the costume a story. It's something from the dungeons of Kaer Morhen from a time that is long gone. Apart from looking different from modern armour and having the appearance of dating back to an ancient time, now the costume is something that I could move in more easily and do all the necessary sword-fighting."

In Season 1, Geralt established his credentials as a formidable foe of evil creatures as well as becoming a father figure to Princess Cirilla (Freya Allan). Season 2 sees him lead the Northern Kingdoms, the Elder Races, and the Nilfgaardian Empire in a titanic struggle against enemy invaders. Meanwhile, Geralt mentors Cirilla and encourages her to harness the mysterious power that resides within her being.

Apart from his Superman alter ego, Cavill is best 24

known for his work in 2018's *Mission: Impossible - Fallout* and for playing Sherlock Holmes in *Enola Holmes* which explores the life of the master sleuth's teen sister. The sequel, *Enola Holmes 2*, will be released next Spring. Meanwhile Cavill is also in the running to succeed Daniel Craig as James Bond although oddsmakers have listed him as a longshot. The 38-year-old Cavill was born and raised in Jersey, one of the Channel Islands, and educated at the prestigious Stowe School in Buckinghamshire. He lives in South Kensington, London, and is currently in a relationship with Hollywood studio executive Natalie Vincuso whom he has been dating for the

46 You feel a great responsibility when it comes to playing characters like Geralt just as with Superman... **55**

past year. In May, Cavill posted a selfie with Viscuso on Instagram: "I am very happy in love, and in life. I'd be enormously grateful if you were happy with me."

How do you feel about the way Season 2 of *The Witcher* has turned out?

HENRY CAVILL: I'm very proud of the work we've done. The second season of *The Witcher* is fantastic. I don't want to give away any spoilers, but there are some great scenes and beautiful locations. They've

done a great job with the sets. The production values have gone up and the DoP's (cinematographers) have really lit this in a fantastic way.

What are some of the changes that fans of *The Witcher* are likely to find in Season 2?

HC: I campaigned extra-hard this season to make sure we got more of the intellectual Geralt. I wanted more of the verbose and wise and philosophical-leaning Geralt...He's an intellectual type. You have to have all of that to show the true nature of Sapkowski's work.

This allowed me the opportunity to go deeper into the character and explore his personality in a way that will reveal so much more to audiences. But the challenge is the same. You feel a great responsibility when it comes to playing characters like Geralt just as with Superman because there are so many millions of people who have come to love these figures.

Geralt is also helping Cirilla find the power that lurks inside her?

HC: She has an unknown power which is becoming more and more apparent and it's extraordinary and it can do some serious damage. So it's all about everyone trying to come together and work out what this is and how terrifying that might be.

Freya Allan and Anya Chalotra have also given outstanding performances and I think people are going to be very impressed with their work.

How would you describe the relationship between Geralt and Cirilla?

HC: Geralt understands the trauma that she has experienced during her life because he's experienced terrible things himself in his life. Their relationship and his commitment to protecting and mentoring her also allows audiences to appreciate Geralt's ▶







more caring side. He's a very formidable character and there are many layers to him that he chooses to keep hidden. But with Cirilla he's able to show how caring and generous he can be.

The Witcher is one of most popular TV series ever to be streamed on Netflix. What kind of pressure does that put on you?

HC: I wouldn't say I feel pressure, but it's a role that I feel very protective of and want to develop and enrich in every way possible. I feel like I'm Geralt's guardian in the sense of wanting to do justice to Sapkowski's work.

The element of magic is central to *The Witcher*. What are your thoughts about magic and is it something that might exist in the real world?

HC: I believe in magic, but more in the romantic sense and in the sense that sometimes signs appear in your life that seem magical. There are so many things that happen to us that are coincidences and can't be explained. And there are many beautiful moments that happen which have an almost magical quality.

There are so many brilliant characters and stories that come from the world of fantasy. They allow people to enter this kind of magical world and the genre where you can appreciate different aspects of humanity from a place that exists outside the limitations of the real world.

Have you ever played the video game based on the Sapkowski books?

HC: Yes. That is how I was introduced to that world. I played the video game before I read his books which I think is a magnificent saga that so many people around the world have enjoyed. I still play the video game and I enjoy it a lot.

Do you feel any inspiration from playing larger than life characters like Geralt and of course Superman in the past? You've spoken about identifying with characters who are in some sense outsiders or not properly understood?

HC: Like a lot of kids in school, I was one of those who didn't fit in. I was fat, and kids love to use that to pick on you and humiliate you because you're an easy target. I wouldn't even be able to tell you how

L At times, fame can be tiring or intrusive. **J** J

many times I was called Fatty Cavill! But all that teasing and constant abuse can either make you retreat more within yourself and feel a lot of self-pity, or you can use it to become tougher and make you want to succeed very badly in life. I chose the latter

My parents were also very supportive. They encouraged me to not let myself become a victim of that kind of treatment and instead have a healthy self-image and be very self-confident.

Has that sense of determination helped you in your pursuit of success as an actor?

HC: That's the kind of outlook that carried me through a lot of tough times when I wasn't getting any parts and I had to take jobs as a barman in London to make ends meet. I would spend several months in L.A. auditioning for parts and then scrape together enough money to fly back to London to survive.

You must be able to make a terrific cocktail, then?

HC: Sadly, that's not the case. I was a terrible barman and most of the cocktails I made were of the experimental variety. (Laughs) I managed to appear very convincing behind the bar even though I had no idea how to mix a proper drink. That's where being an actor had some benefits!

You shot to fame very quickly with the Superman films and sometimes you've expressed your unease with dealing with that?

HC: At times, fame can be tiring or intrusive. You often find yourself reacting to it depending on what is happening in your life or the kinds of gossip that gets printed about you. But I prefer not to engage with it and simply enjoy all the things I have in life and for which I'm very grateful.

You have a dog that you named Kal after your Superman character's real name, Kal-El. Do you try to take him with you when you are on press junkets like the one you're doing now for *The Witcher*?

HC: In the past, I have. But this time I wasn't able to bring him along because of all the COVID restrictions. But Kal is very important to me. He's been in my life for eight years and during that time he has been my closest companion. And we've done a lot of travelling together and there is this bond that develops between you. I miss him!

The above comments by Henry Cavill were made during the course of his press appearance that took place on Dec. 10th at the Four Seasons Hotel in Madrid, Spain. His comments have been condensed and edited for length and clarity.

INTERVIEW: JAN JANSSEN (WENN.COM) PHOTOGRAPHS: SHUTTERSTOCK, WENN

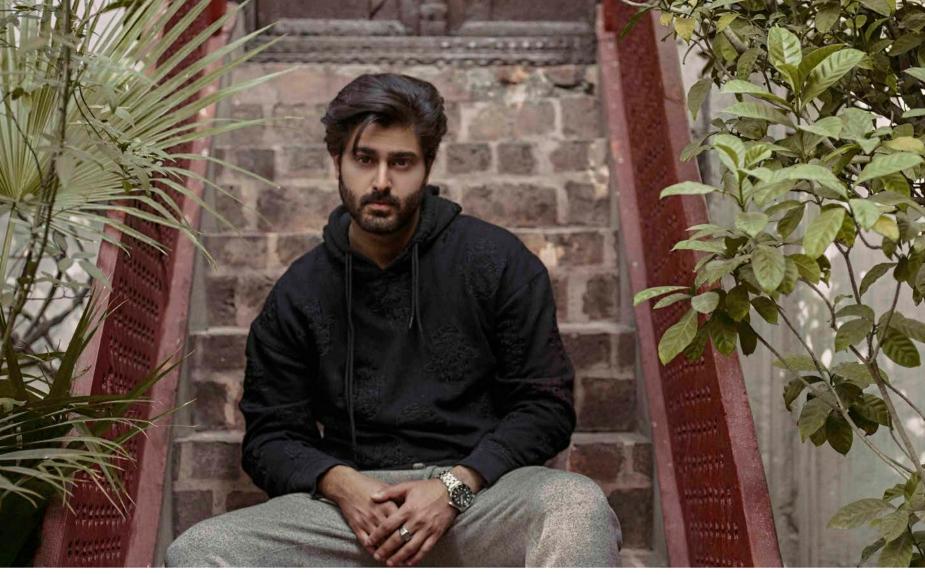
I live in the moment,

ZAVIYAR EJAZ

The emerging actor on following in his father's footsteps, pursuing his passion, and making waves for his work in Sang-e-Mah and Qissa Meherbano Ka







aviar Ejaz entered the Pakistani drama industry with a bang, starring in the hit drama series *Qissa Meherbano Ka* alongside Mawra Hocane and Ahsan Khan. Being the son of veteran actor Nauman Ejaz, expectations from audiences were high and Zaviar did not disappoint. His ongoing second project *Sang-e-Mah*, directed by Saifee Hassan and produced by Momina Duraid, is already creating waves. Zaviar acts alongside his father in this HUM TV series, in addition to singer-actor Atif Aslam. With two massive projects in such a short span of time coupled with impressive acting skills despite being a fairly new actor, we can't wait to see what Zaviar Ejaz has to offer.

When did you first think about pursuing acting? ZAVIYAR EJAZ: The thought of acting has always

been at the back of my mind for as long as I can remember. Despite this, it wasn't until my second year in university that I seriously thought about pursuing acting as a profession.

I vividly remember the day that pushed me toward this career. I was walking outside my university's Performing Arts building, and was feeling stressed out because of my exams. I was not the only one, literally everyone I saw had a frown or signs of worry on their faces. It was here that I saw a bunch of media and theatre students walk out of the building. They were laughing and this struck me as unique. How could these people be so joyful and stress free in exam season? They were carrying cameras, lights and shooting equipment, but you could see they were genuinely enjoying it. This made me want to take a look inside that life. We soon opened a restaurant in Canada and had media interviews. That was the first time I sat and spoke in front of the camera. It was a beautiful moment - I didn't want to get up! I was told by them that I was a pro at it.

These two welcoming experiences made it easy for me to

come to the decision of pursuing acting as a profession.

What do you have to say when critics talk about nepotism?

ZE: I will never shy away from the fact that I am my father's son. He has worked hard his entire life for us. I understand that because I am the son of Nauman Ejaz, people will judge me and analyze me in different ways. Comparisons will be thrown around, along with talks of nepotism, but should I give up on my dream of being an actor because I am my father's son? Of course not! He is my main source of inspiration, and if I can be even 1/10th of the man he is, I would be happy. I look up to my father as a mentor and I want to follow in his footsteps. I will never be ashamed to say I am the son of one of Pakistan's greatest actors.

Tell us about your journey about losing weight and getting fit before facing the camera?

ZE: I believe fitness should be a permanent part of an individual's life. However getting there requires a huge push, which for me came the day I told my dad I want to pursue this career. For someone like me who had never been to gyms, following a routine wasn't easy but my goal pushed me through the tough routine and injuries.

Where do you see yourself in the next five years?

ZE: Well, you can interview me again in five years to find out! (Laughs). I intend to actively pursue my career in acting but I don't want to restrict myself by building a very detailed plan around it. I live in the moment and take it one day at a time rather than stressing over the future or dwelling over the past. I want to see where life takes me, which hopefully will be somewhere good *InshaAllah*.

Did you try theatre in Canada and would you be interested in working there for OTT platforms?

ZE: I think theatre should remain an important

part of an actor's life, it can teach you a lot even when you think you have little to learn. I sat through theatre plays at university and took some theatre classes as well to get a feel of the work and the field. Unfortunately I was never able to muster the courage to perform or rather I wasn't confident enough in my initial stages of coming across this new world of art.

As far as OTT platforms are concerned, I would absolutely love to get the opportunity. So I'm most definitely open to such projects.

Do you seek advice from your dad before signing a project? Any acting tips that he has shared with you?

ZE: Of course! When I'm offered something I discuss it with him; who better to go to when you have an institution at home. My father is a very important part of my career, I think I wouldn't have been able to get here without his teachings. And while he encourages me to make independent decisions, his guidance has a major impact on my choices. I wouldn't say the tips he gives me fall under acting but he says to be a good actor one needs to be a good human being. Acting requires freedom, inner freedom that allows you to bring out what you have inside of you, freedom of voice/movement where you don't protect yourself and are able to let go.

What makes you happy and what bothers you the most?

ZE: As a normal guy I'd say my family, friends and good food make me happy. As an actor it would be the satisfaction I get when I successfully execute a scene that appears to be too difficult. That said task can also be what takes away my peace of mind.

Sharing screen space with Atif Aslam must be an experience. You both are relatively new to acting. Please share some insight and how ▶





ff I want to follow in

my father's footsteps. 77

was your chemistry working with him off screen and on screen.

ZE: Atif Aslam is an artist through and through; even with little experience in acting he took everything head-on, getting it done like a pro. I was really lucky to have observed him this closely and to have shared the screen with him.

Do you like method acting or are you spontaneous? How was it working with Saifee?

ZE: I would say I am a mix of both, but as I am still relatively new to acting, I like to follow most of what the director explains. Working with such big personalities early in my career will definitely serve as a jumpstart and provide me with an environment I can learn and grow in.

Favourite designer?

ZE: I'm not brand conscious at all so I have no favourite brand!

One thing that you love about Pakistan...

ZE: Pakistan is home and I can't pick just one thing I love about home.

Most inspirational person you know?

ZE: My father and Muniba Mazari are two of the most inspirational people I know.

Favourite song?

ZE: Hard to pick one favourite song because I listen to different genres.

Favourite restaurant or cuisine?

ZE: I don't have one favourite restaurant. I absolutely love eating meat so any place/cuisine works as long as I get *gosht*.

Three words that best describe you...

ZE: Diligent, Loyal, Reliable.

The one thing you cannot live without?

ZE: I cannot live without my family and best friends.

Any book you would recommend?

ZE: I recently read *Power of Now* so I guess that's my favourite book at the moment.

Favourite luxury brand or item you own?

ZE: Again I'm not a brand conscious person so I don't really have any favourite designers.

Best holiday destination?

ZE: Best holiday destination would be anywhere with mountains.

Your most memorable experience?

ZE: I'm somewhat an adrenaline junkie so for me my most memorable experience would be bungee jumping off a 500ft cliff.

A piece of advice that changed your life?

ZE: "Don't give up what you want most for what you want now. Ease is a greater threat to success than hardship!"

INTERVIEW: RAO ALI KHAN PHOTOGRAPHY: ABDULLAH HARIS MUA AND HAIR: AIMEN SHAH STYLING: RAO ALI KHAN



"I'm not fanatically ambitious and I've never tried to become the biggest star"

NEVE CAMPBELL

Scream 5 is expected to become the biggest Scream box-office success in the history of the series. Neve Campbell talks about returning to the franchise after 25 years, her upcoming TV series, and why she is still wary of stardom...







eve Campbell has long maintained a certain amount of ambivalence towards her Hollywood career. Having burst onto the scene in the popular sitcom *Party of Five* in 1994 where she would spend six seasons playing Julia Salinger, Campbell made a much bigger splash as Sidney Prescott in the original 1996 *Scream*, the Wes Craven classic that spurred a wave of slasher films and four subsequent *Scream* sequels. Although the attractive Canadian actress would gain acclaim for her work in *54*, *Wild Things*, and *The Company*, and later in TV series such as *Mad Men* and *House of Cards*, nothing Neve did could ever compete with the popularity of her *Scream* tenure.

Most industry observers, as did Campbell, thought that the franchise was dead after the passing of Craven in 1995. However, new directors/writers Matt Bettinelli-Olpin and Tyler Gillett, best known for 2019's horror comedy *Ready or Not*, wrote her a letter that persuaded her to return to the fold.

"I knew there was a possibility that someone would want to make these films again because they have been such a success," Campbell said. "But I was never certain that I would want to do one again after Wes (Craven) passed away. He was such a rock star and the reason that these movies were as successful as they were. There was just an absolute love and respect for him, and they wanted to honour him with this movie. That made me very excited. And then I realized who they were, because I had seen *Ready or Not*, and thought that

was fantastic. After seeing that I knew they could do this movie."

Joining Campbell in *Scream 5*, which opened in UK theatres and elsewhere around the world on January 14th, are franchise veterans Courtney Cox and David Arquette. And given the dearth of major releases in the wake of the Omicron variant, the film is expected to become the biggest *Scream* box-office success in the history of the series.

Scream 5 certainly won't disappoint audiences.

If you believe in what you do, I think that should be enough.

The film indulges in the ruthless self-mockery and the kinds of absurd twists that have kept audiences thirsting for more shocks and bloody mayhem at the hands of the knife-wielding psychopath wearing the macabre Ghostface mask.

Neve Campbell divides her time between homes in Los Angeles and New York where she lives with her long-time partner, British-American actor J.J. Feild. They are parents to two boys Caspian, 9, and adopted son Raynor, 3. Campbell will soon be seen in *The Lincoln Lawyer* TV series based on the John

Grisham best seller and which was previously made into the 2011 film starring Matthew McConaughey. Apart from her acting career, Campbell has also devoted herself to charitable work on behalf of the "Buy a Cup, Give a Cup" food programme in collaboration with Mott's Fruitsations and the Breakfast Club of Canada to provide meals for lower income children in Canada.

What's the biggest change that we'll see with your character Sidney Prescott in *Scream 5* as compared to the previous installments?

NEVE CAMPBELL: One big difference for Sidney in the new film is that she's now a mom, which adds a whole other level to her as a badass. She's in a very different place in her life and no longer living in fear or living in the past. She's a mother who is in a good place in her life. Then chaos ensues. (Laughs) Matt and Tyler (the directors) can be pretty bloody, so there's a lot of blood in this movie. There's just a lot of twists and turns — as there are in the other movies — but I don't think people are going to be able to guess who the killer is, which is what you want from these films.

How do you account for the enormous popularity of the *Scream* franchise over the past 25 years?

NC: People really loved the first one, and when you really love a movie, it's fun to revisit the characters and it's fun to see something familiar. Especially when it's done well each time, ▶ which I think



II think I'm more daring with my performances now.

we've managed to do a good job of. That's rare in franchises. I think people have their favourites, but there's something about each one of these films I think people really love.

So we've been confident with each new one that there'll be something great and that fans will get to see these characters that they love, and that they'll have a good scare and they'll have a good laugh. Hopefully people will see this in the theatres and not just via streaming because these movies are so much fun to see with an audience.

These movies are fun to watch with people you know, and then with strangers in the theatre all screaming at the screen and getting terrified, it just makes it a fun ride...You never know who's next to be killed and that's part of the fun. (Laughs)

You've chosen to take a more relaxed approach to work over the course of your career when you could have worked more. You even moved to London in the late 2000s as a way of escaping Hollywood?

NC: I needed a change. I had studied ballet intensely until I was 15 and then when I was 19 I spent the next six years doing *Party of Five*. It was like I never had a break or a chance to really spend time exploring life away from a TV or movie set. I also had to deal with the kind of attention that came with a certain amount of success and in London I was able to live pretty anonymously, do some theatre, take the tube, and not really feel self-conscious in any way. I had always grown up expecting to be part of a ballet company - I never imagined myself going to work in TV or the movies and so fame was something that came very suddenly and I didn't have the time or awareness to be able to adjust to even in my late twenties.

But what was also great about living in London was that even if people did recognise me it would be very rare if anyone paid any attention or would come up and speak to me. I found that people were very respectful of one's privacy and that was something I enjoyed a lot.

Why do you think it took you so long to adjust to your celebrity?

NC: I'm not sure. I was used to being very disciplined and working very hard as a dancer and you get used to living in a bubble. And then working on a series can be just as demanding in terms of the time you put in.

I still remember that when I was 23 I was invited to host *Saturday Night Live* and David Bowie was on but I didn't know who he was. That's how far removed I was from the outside world. Going to ballet school and working on a series was so insular that I didn't know anything about pop culture. But later on I did at least get to know Bowie a little bit. (Laughs)

Do you have any regrets about having worked so hard from a young age in ballet school and then going directly into acting?

NC: No. That was my journey. I started dancing when I was 6 and then I was accepted into the





National Ballet School (in Toronto) at age 9 and that's what made me. Then when I was 16 I did *Phantom of the Opera* and that attracted enough attention which probably helped me land the role in *Party of Five*. Acting also offered me another way to express myself on an artistic level which is one of the reasons I quit the National Ballet School because I thought there was too much emphasis on technique.

As the mother of two young children, would you want them to get involved in dancing or acting the way you did at such a young age?

NC: When I think about my kids I don't want them starting as early as I did unless it's their passion. And ballet dancing is something that I would probably not want them to get involved in based on my own experience. Dancing is very hard on the body. I've had spinal surgery, I've had foot surgery, I've had tendinitis, I've torn ligaments in both ankles, and I've had arthritis in my hips and necks. I could go on and on. Your body takes an incredible amount of abuse because of the constant training that's involved.

Do you still dance at all?

NC: No. But I will always love dance. Dancers are incredible athletes and underappreciated on that level, and that's why I made a movie called The Company [2003] with Robert Altman. People don't realise what an incredible commitment it involves.

You've played in several big series over the past decade including *Mad Men* and *House of Cards* and now you're doing *The Lincoln Lawyer*. Do you prefer working in series?

NC: I really enjoy working in TV series because they

stability that working in films doesn't give you. Maybe that's because of the discipline that comes with having trained in ballet and wanting to be able to have some structure to my life.

Having children also adds some pressure in terms of wanting to be able to plan your time. I don't want to be on a film set for several months away from home and disrupting my family life that way. I'm also not fanatically ambitious and I've never tried to become the biggest star. That's not important to me.

My father was an acting teacher and he helped me understand how there are always going to be ups and downs as an actor which is the nature of this profession. I've never forgotten that advice even after *Scream* brought me a lot of attention and I think that's made me wary of stardom and not necessarily wanting to pursue a career at all costs.

What kind of advice would you have given to Neve Campbell when she was in her twenties?

NC: Not to take any of it too seriously. It's hard when you're young, you're

just so fearful of judgment, and getting it right, and what people say — I'm a bit more daring now. Not that I wasn't daring when I was young, but I think I'm more daring with my performances, like I'm willing to fall on my face. I just don't read articles, I don't read press at all. It's too hard. And certainly



the internet can be really cruel. If you believe in what you do, I think that should be enough.

The above comments by Neve Campbell were made via Zoom chat on Dec. 7th from Los Angeles while she was promoting her new film, SCREAM 5. Her comments have been condensed and edited for length and clarity.

INTERVIEW: JAN JANSSEN (WENN.COM) PHOTOGRAPHS: WENN, SHUTTERSTOCK

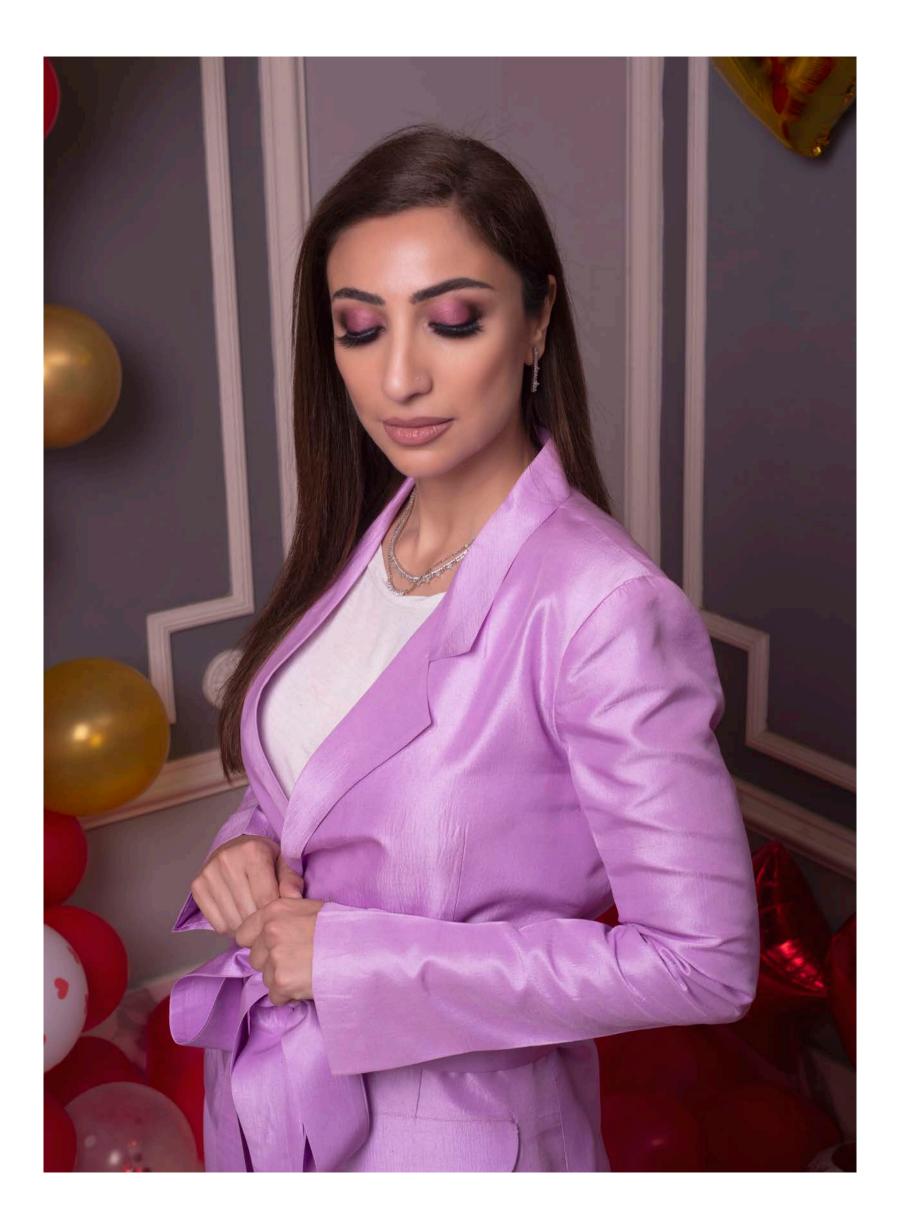


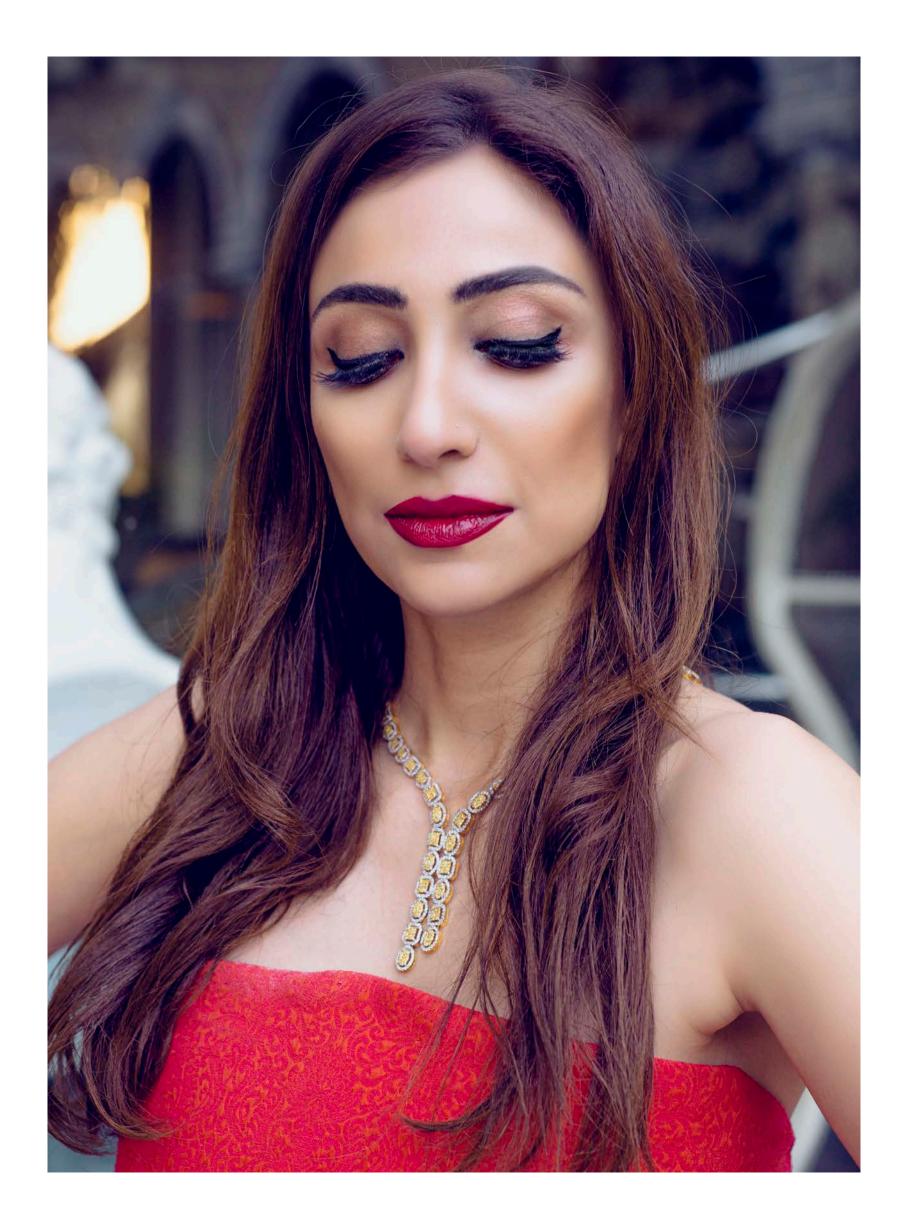


LOVE STRUCK Each year when February comes around, we can't help but fall a little more in love. We welcome ruby tones as well as lilacs and pinks adorned with hearts and bows. And this month, we chose star, Anoushey Ashraf, as our muse for she represents love and light with her warm and exuberant personality. HAIR & MAKEUP: ALIZEH RAZA SHEIKH PHOTOGRAPHY: HUSSAIN ZAIDI **COORDINATION: PUNCH PR**



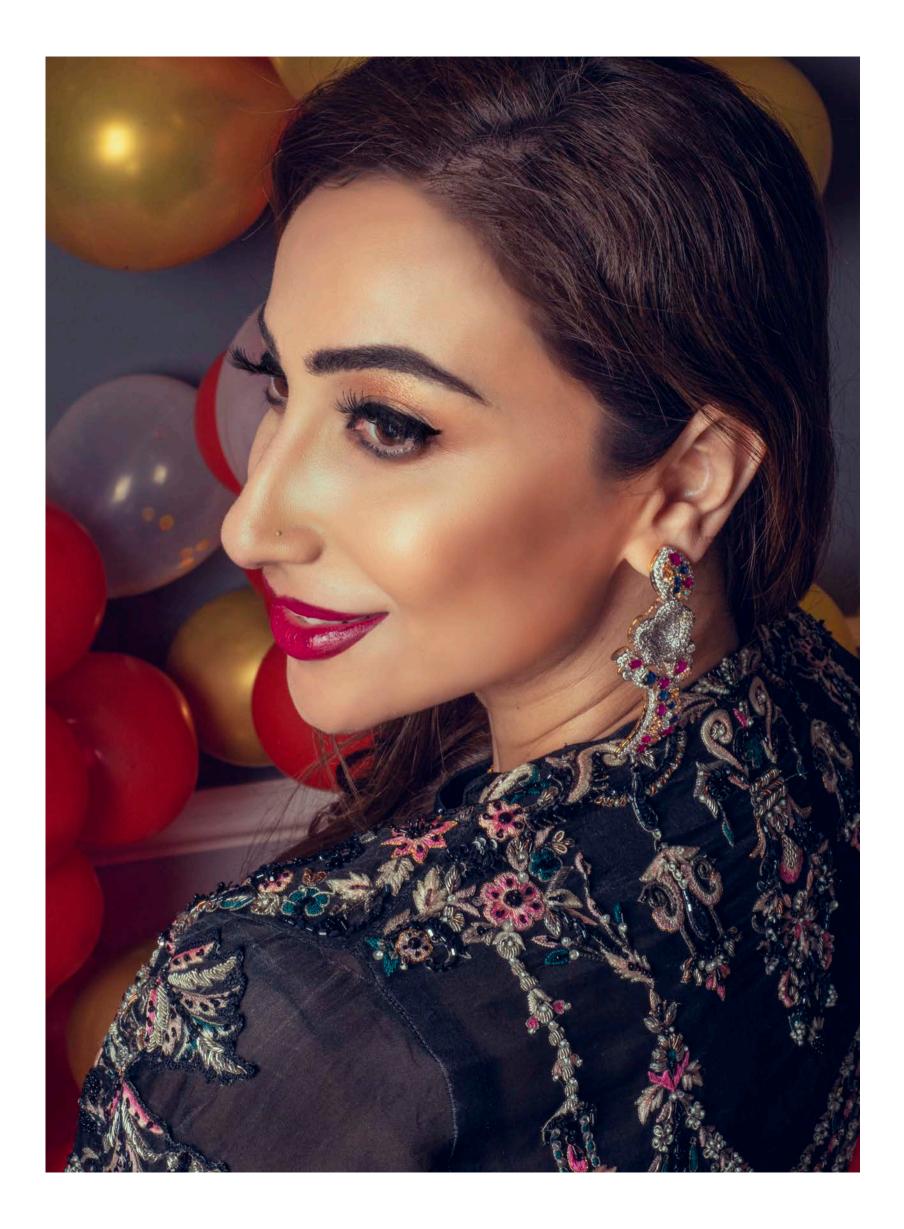












OK! Red CARPET







ROCKSTARS







OK! Fashion EDIT





INTHE MOOD FOR LOVE!

Colours may come and colours may go, but February calls for no other hues than the hues of love – red and pink. Whether you prefer cute and romantic in pink or bold and sexy in red – don these colours for a dreamy, lovey vibe!







STOCKISTS: ALAÍA, AQUAZZURA, BALMAIN, BOTTEGA VENETA, CULT GAIA, JIMMY CHOO, REFORMATIONN, RETROFÊTE, ROTATE BY BIRGER CHRISTENSEN, SELF-PORTRAIT, STAUD, VALENTINO www.netaporter.com; GUCCI www.gucci.com; BEYGUM BANO www.beygumbano.com; H&M www.hm.com; MANGO www.mango.com; OUTFITTERS www.outfitters.com.pk; RIVER ISLAND www.riverisland.com; RIXO www.rivo.co.uk; ZARA www.zara.com; prices are approximately

OK! Style CRUSH





HAILEY BALDWIN BIEBER

With her off-duty style always being on point, Hailey is the ultimate model and our girl crush. Here's how to get her look...



STOCKISTS: TOPSHOP www.topshop.com, 21 BUTTONS www.21buttons.com, ALEXANDER WANG www.nordstrom.com, TARGET www.target.com, GIVENCHY www.farfetch.com, PYER MOSS www. incorporatedstyle.com; prices are approximate



COLOUR BLOCK IT!

Ace designer Hussain Rehar teaches us a lesson in colour blocking and we like it!



PKR 75,000 STOCKISTS: AMI, DR. MARTENS, JW ANDERSON, MSGM, PRINGLE OF SCOTLAND, PS PAUL SMITH, SAVE THE DUCK www.farfetch.com; GUCCI www.gucci.com; H&M www.hm.com; NIKE www.nike.com; NN07, PATAGONIA www.mrporter.com; QUAY www.asos.com; ZARA www.zara.com; prices are approximate

JW ANDERSON

Cable-Knit Jumper,





What's IN HER BAG?

Kinza Hashmi needs no introduction! Let's see what the esteemed actor in the Pakistani industry has in her bag!









Extra mint Gum - being minty fresh is key.



MINIADVENTURE

YOUR MUST-HAVE TRAVEL ESSENTIALS

1 PERCY AND REED PER-FECTLY PERFECTING WONDER BALM 30ML, PKR 1,450 It provides up to 72 hours

It provides up to 72 hours frizz and humidity control, keeping your hair looking sleek as you battle the heat on holiday. Comb through from roots to ends and say hello to smooth and healthy-looking hair.

2 CAUDALIE INSTANT FOAMING CLEANSER 50ML, PKR 1,350

There's no better way to rinse away the day than with a powerful cleanser that washes the skin deeply while restoring radiance. A real must-have for purifying pores which are clogged with sun lotion.

3 ERBORIAN BB CREME AUGINSENG IN CLAIR 15ML, PKR 2,700

With a three-in-one formula, this BB crème gives a soft and flawless finish that lasts all day. Its high SPF20 protects the skin from the sun's rays and is ideal for when you're out and about exploring while on holiday.

4 CLINIQUE MOISTURE SURGE INTENSE SKIN FORTIFYING HYDRATOR

The sun and heat can play havoc with your skin and this moisturiser is the perfect travel essential. Its thirst-quenching formula will keep skin hydrated, revitalised and plumped for up to 24 hours.

5 GUCCI BLOOM EAU DE PARFUM 30ML, PKP 9 380

This powdery feminine floral scent is the go-to perfume for a signature summer scent. As it's a convenient mini-size, it won't weigh you down and it's ideal to take away with you in your beach bag for when you need a refreshing spritz.

6 EYEKO LASH ALERT TRAVEL SIZE MASCARA

Forget eyelash curlers, this mascara gives the ultimate volume and curl, all from just one wand. Also giving a treatment, this mascara is formulated with shea butter to nourish, caffeine to stimulate those sleepy lashes and arginine amino acids to strengthen and repair damage.



6

PERCY & REED

hair.

30ml e 1/10x

COMPLED BY HARKIEL WHEELER; PAUJ UGKBATH
BY MEGAN BRAMLEY; STOCKIETS: CAUDALE WAWN
UK.CAUDALE.COM; CLINIQUE WWW.CLINIQUE.CO.\
GUCCI AT WWW.DEBENHAMS.COM; ERBORIAN WN
UK.ERBORIAN.CO.UK; EYEKO WWW.EYEKO.CO.UK;
DEPCY AND BEFD WWW.W BEPCYANDEFD.CO.

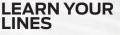
HIGH SOCIETY

Somebody better alert Lady
Whistledown because there's a delicious
new arrival in Bridgerton... and it's giving
grown women the sort of flush not seen
since the Duke of Hastings romped on
the stairs with Daphne. May I introduce
you to the Pat McGrath X Bridgerton
collection, which includes giddy-as-adebutante blushers, gloriously gilded
highlighters and a palette more opulent
than a whole wardrobe of satin Regency
gowns. I'm poised to binge swatch the

lot. Caption for image: From top: Divine Blush & Glow Trio in Love at First Blush, £51; Sublime Skin Highlighters, PKR 12,300; Diamond of the First Water palette, PKR 12,550.

AND SOUTH OF THE PROPERTY OF T





I'm horrendously impatient when it comes to skin products - it's enough to deepen my frown lines so I was delighted when Murad's new Targeted Wrinkle Corrector, PKR 16,600, dropped on to my desk. It's rather like Polyfilla for crinkles, but there's more going on deeper down. The key ingredient is acetyl hexapeptide-8 ("faux tox" as I like to call it), which helps skin spring back from repetitive facial movements while discouraging further expression lines forming. I'd smile but it would only worsen my crow's feet.



BEAUTY Esentials



KEEP YOUR COLOUR

If you've ever been tempted to try a new hair colour but been put off by potential damage, Kérastase has got your back. Hot on the heels of its Blond Absolu range (I'm a big fan) comes Chroma Absolu, offering complete care for colour-treated locks.

Containing smart hair-healing acids, it works to protect and restore hair from the inside out, keeping colour looking its best with no compromise on health. Find the technology in at-home products, from PKR 5,350, and also in the in-salon

and also in the in-salon
Fusio-Dose
treatment,
from
PKR 2,370.

KÉRASTASE

KÉ



FORBIDDEN FRUIT

Mona Kattan's newest fragrance, Eden Juicy Apple | 01 Eau de Parfum, from PKR 15,900, is centred around crisp red apples – but this isn't the sort of fruit you'll find in your granny's garden.

In typical KAYALI fashion, it's an enticing concoction of berries, vanilla flower and amber – fresh and juicy yet still unmistakably sexy. One spritz and you'll be hooked.

THE LIFE OF MOMINA SIBTAIN

This month we delve into the YouTuber behind Momina's Mixed Tape



Favourite travel destination? New York City.

Signature scent? Don't have one... depends on my mood.

Most exciting celebrity encounters?

I interview celebrities for a living now so pretty much most of them are exciting for me but internationally I once met Will. I. Am at a private concert and that was pretty cool!

Last book you read?

Britt-Marie Was Here

All time favourite film?

I re-watch a lot of films but The Holiday and Entrapment always make me happy!



Favourite restaurant?

The list is endless. If you love food you cannot possibly have one favourite restaurant as it's really mood driven.







First thing you'll do post the pandemic?

Never say the word 'pandemic' again. Sick of it. instant mood lifter? Seeing my friends and playing golf!

Last show you binge watched? The Marvelous Mrs. Maisel.





5kincare essentials?

Shani Darden Retinol Reform, CeraVe eye cream, and Cleo Hyaluronic Acid Moisturiser or Physiogel Gram flour (Besan) to wash my face.



Last thing you splurged on?

I'm in a very different phase in my life where I want to invest more than splurge on things so I've been a bit wiser. Plus COVID really put my priorities in order. I'm only splurging on Momina's Mixed Plate

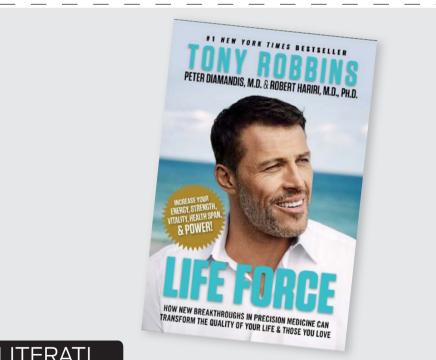


repeat? Whatever is on FM89.

ENTERTAINMENT



ith matchmaking apps being all the rage in the world today, Tinder Swindler on Netflix is definitely a documentary that cannot be missed. It's all everyone seems to be talking about, and the shocking true story will have you hooked from the very start!



LITERATI

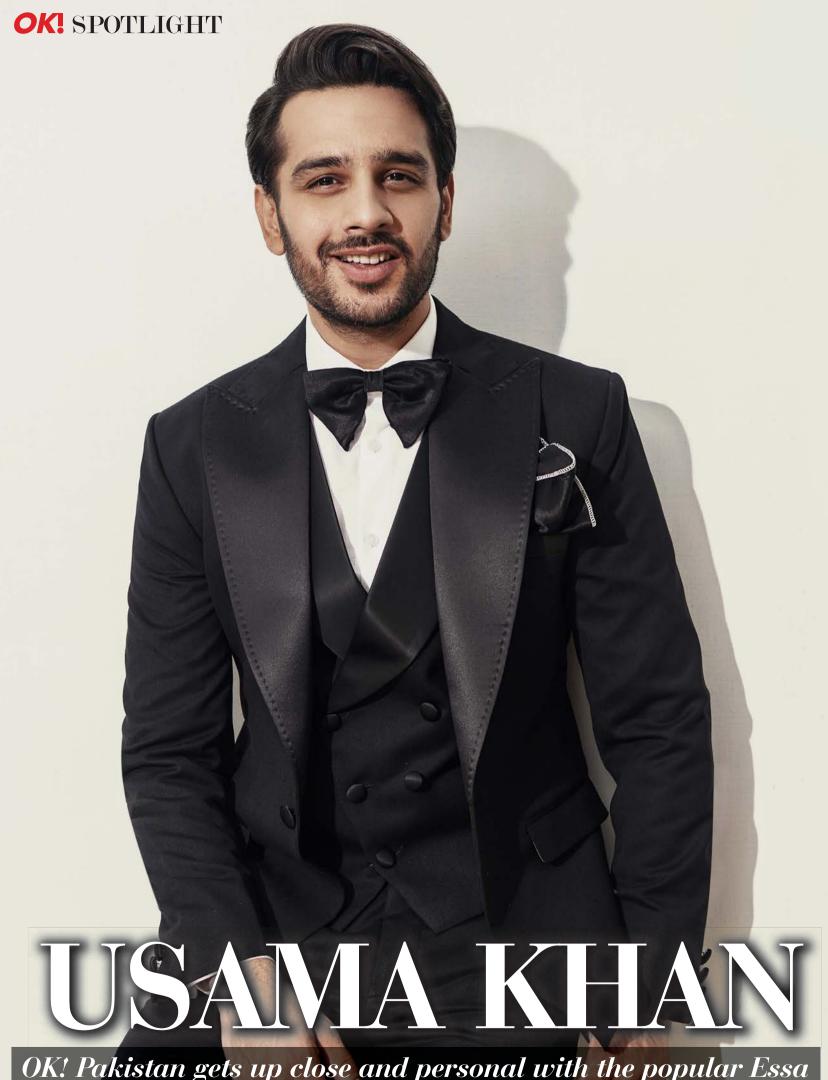
LIFE FORCE: HOW NEW BREAKTHROUGHS IN PRECISION MEDICINE CAN TRANSFORM THE **QUALITY OF YOUR LIFE & THOSE YOU LOVE**

his self-help book by Tony Robbins is extremely relevant today with so many individuals increasingly becoming health conscious and willing to do what it takes to improve their quality of life. The book examines whether scientific solutions are able to wipe away illnesses, life threatening diagnosis, and the effects of aging through the use of tools and technology used by some of the world's greatest athletes and performers.



TV SHOW NINE PERFECT STRANGERS

ellness resorts across the globe are quickly gaining immense popularity in today's age, which makes this TV show the perfect one to binge watch. Executive Producer Nicole Kidman stars in this new eight episode miniseries that shares the journey of strangers uniting at a wellness resort called Tranquillium. Nine Perfect Strangers will shock you, make you laugh, and also tear up from one minute to the next.



OK! Pakistan gets up close and personal with the popular Essa from Mohlat and the industry's new favourite Usama Khan



What got you into acting?

Usama Khan: I always had a passion for acting. I was in the UAE doing a corporate job but I knew that wasn't meant for me so I returned to Pakistan and pursued my passion.

Who inspired you?

UK: My parents have always been my inspiration.

What has been your greatest accomplishment as an actor?

UK: My greatest accomplishment has been my

66 . I love when difficult roles are thrown at me and I am put out of my comfort zone. 77

being proud of me.

Of all the roles you have played in the past, which is your favourite and why?

recognition as an actor and seeing my parents **UK:** Vicky from Ishq Jalebi has always been my favourite of all the characters I have done.

> How would you describe your acting style? **UK:** Well I am a director's actor. I love when ▶ OK! PAKISTAN · 57



If Well there is a lot more in the pipeline as I am working on a lot of projects. You will have to wait and watch out for them. ""

difficult roles are thrown at me and I am put out of my comfort zone. But if the director is good then he brings out the best in his actors as well. I follow their direction rigorously and put my own spin to the role as well.

Are you more of Essa from *Mohlat* or Noriyan from *Uraan*?

UK: I am more of an Essa from *Mohlat*.

What's next for Usama Khan?

UK: Well there is a lot more in the pipeline as I am working on a lot of projects. You will have to wait and watch out for them.

What is your advice for aspiring artists?

UK: Being an actor is not easy as you will have to put in all your effort and time, and you don't become a star overnight. There tends to be a struggling phase so keep working hard.

What's one thing you can't live without?

UK: I can't live without my phone of course.

What's your go to everyday outfit?

UK: My go to outfit is something very casual; a simple t-shirt with blue jeans.

If you could be anywhere in the world right now, where would you be?

UK: That would be with my parents as I miss them a lot. They live in a different city.

What song are you currently listening to on repeat right now?

UK: Kuch Iss Tarah and Chale Tou Kat Hi

Describe yourself in one word. UK: Introvert.

Are you team tea or team coffee?

UK: Team Tea. 🍱

INTERVIEW: MEHR KASSIM PHOTOGRPHS COURTESY USAMA KHAN





SWEETEST THINGS

SHOW SOME LOVE WITH THESE DREAMY VALENTINE'S TREATS



Chocolate fudge cake

SERVES 6-8

INGREDIENTS

- 175g softened unsalted butter
- 175g golden caster sugar 3 eggs
- 3 tbsp golden syrup 175g self-raising flour
- 50g cocoa powder Pinch of sea salt

For the icing:

- 225g butter, chilled and cut into small pieces
- 225g dark chocolate, broken into pieces

- 1. Preheat the oven to 180°C/160°C fan/gas mark 4.
- 2. Grease and line the bases of two 20cm sandwich tins.
- 3. Place the butter and caster sugar into a large mixing bowl and beat together until light and fluffy. Gradually beat in the eggs. Stir in the golden syrup.
- 4. Sift the self-raising flour, cocoa powder and salt into a separate bowl, then fold them into the batter until you have a smooth consistency.
- 5. Spoon the mixture into the tins and bake in the oven for 30-35 minutes or until springy to the touch and a skewer inserted into the centre comes out clean.
- 6. Leave the cakes in the tins for 5 minutes. Turn out onto wire racks to cool completely.
- 7. Then, to make the icing, place the butter, chocolate, sugar, evaporated milk and vanilla extract into a heavybased saucepan.
- 8. Heat gently, stirring continually until melted. Once melted, fully combined and of a glossy consistency, pour into a clean bowl and cool. Cover and chill in the fridge for 1 hour or until spreadable.
- 9. When the cakes are completely cool, sandwich them together with half the icing. Spread the remaining icing over the top with a palette knife. Decorate with edible flowers if using.





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OK! HEALTH

PURPLE REIGNS

WHEN IT COMES TO YOUR FIVE A DAY, COLOUR COUNTS

hile most of us grew up being told to eat our greens, it might be time our diets hit a purple patch. That's because foods of that colour contain anthocyanins — a type of natural plant pigment that packs such a powerful nutritional punch that many experts say we should be upping our intake of purple produce to two a day.

"The colour of food is often what makes it so healthy," says Helen Burgess, nutritionist at littlecooksco.co.uk. "When we eat lots of colours, we give our bodies a wide variety of nutrients. The anthocyanins found in purple food are members of the flavonoid group of phytochemicals, which have been linked to better brain, cardiovascular, circulatory and gut health, as well as having powerful anti-inflammatory and antioxidant properties."

So what should you be putting into your trolley this week?

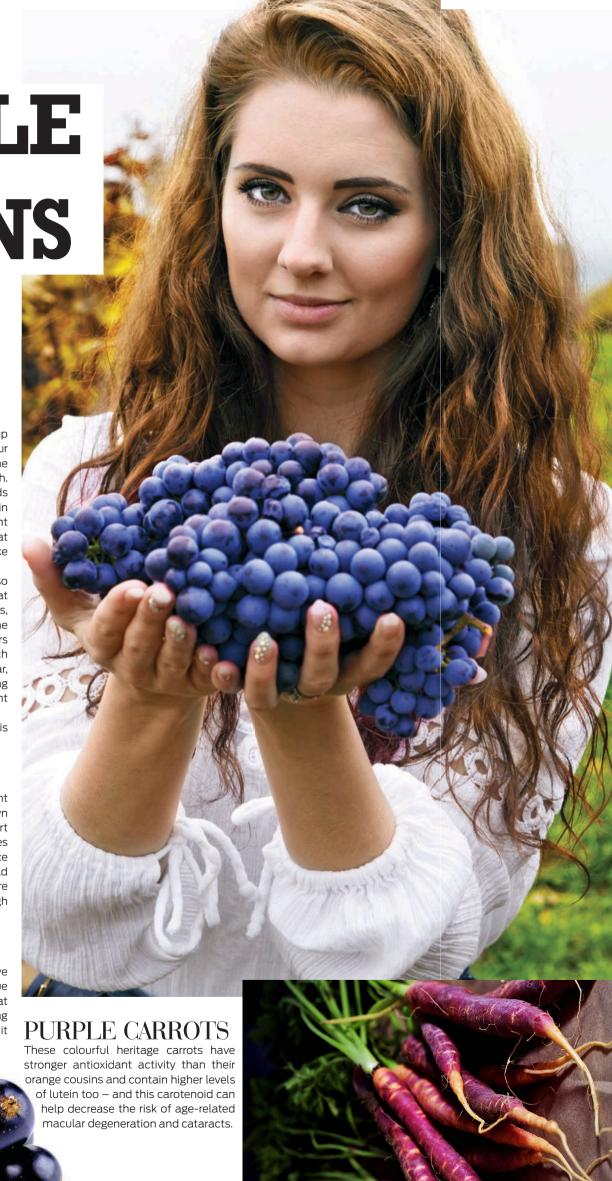
PURPLE GRAPES

"These are particularly high in an antioxidant called resveratrol, which studies have shown can lower blood sugar and protect against heart disease and cancer," says Helen. Plus, studies have found that a daily glass of purple grape juice can improve memory function in adults with mild cognitive impairment and reduce blood pressure in hypertensive adults [those with typically high blood pressure].

BLACKCURRANTS

Blackcurrants can boost immunity. "They have a unique and high combination of red and blue anthocyanins — not found in other fruits — that activate the human body's naturally occurring antioxidant and other defence systems, allowing it to better handle everyday stressors,"

says Mike Wakeman, clinical pharmacist from New Zealand blackcurrant supplements Curran Z (curranz.com).





BLUEBERRIES

Eating a 150g bowl of blueberries could cut the risk of cardiovascular disease in at-risk overweight people by up to 15%, according to research published in The American Journal of Clinical Nutrition. Studies showed that the superfood helps improve vascular function and arterial stiffness.

BEETROOT

Beetroot is bursting with good-for-you nitrates. Doctors at St Bartholomew's and the Royal London Hospital found that drinking 500ml of beetroot juice helped lower high blood pressure in patients.

They believe it's the nitrate in beetroot that causes blood vessels to dilate and improve blood flow. Beetroot mav also be better at boosting your stamina than a highenergy drink. Researchers at Exeter University found that people could exercise for 16% longer after drinking beetroot iuice.



According to an antioxidant food database compiled by educational establishments including the University of Oslo, blackberries contain among





the highest antioxidants of all berries. That means they're extra efficient at eliminating free radicals in the body – unstable atoms that contribute to most chronic diseases.

AUBERGINES

The traditional purple eggplants, as they're also known, are very high in fibre, with one serving providing at least 5% of your daily requirement. They're a great source of potassium and manganese, and vitamins B1 (or thiamine something our body can't make itself) and B6, which help the body turn food into energy. They also contain natural plant compounds that may reduce sugar absorption and increase insulin secretion, which both help lower blood sugar. Just don't text your date an aubergine emoji when enquiring if they'd like it on the menu for that special dinner you're making it has rude connotations!

PURPLE SPROUTING BROCCOLI

Not only is purple or winter broccoli slightly sweeter than the green variety, but it also edges ahead in the nutritional stakes, containing more protein and a whopping 135% of your daily recommended value of vitamin C - highe levels than its more common cousin! Broccoli, no matter what colour is 90% water, making it a wise choice for upping water intake and keeping your body functioning well. Beware though... purple broccoli cooks more auickly than green, so if you're boiling it, you will risk losing

PRUNES

more of its valuable antioxidants.

Despite their rep as 'fruit that makes you go', prunes (plums that have been dried naturally) are packed with antioxidants. In fact, researchers at Tufts University, Boston found they're bette than any other fruits at soaking the bodv's free radicals, which can lead to cancer, heart disease - and even wrinkles. They may also help with osteoporosis. An Oklahoma State University study found that postmenopausal women who ate around 10 prunes per day showed signs of improved bone mineral

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density. Prunes contain potassium and boron, which is thought to help in bone formation.



WHY GO

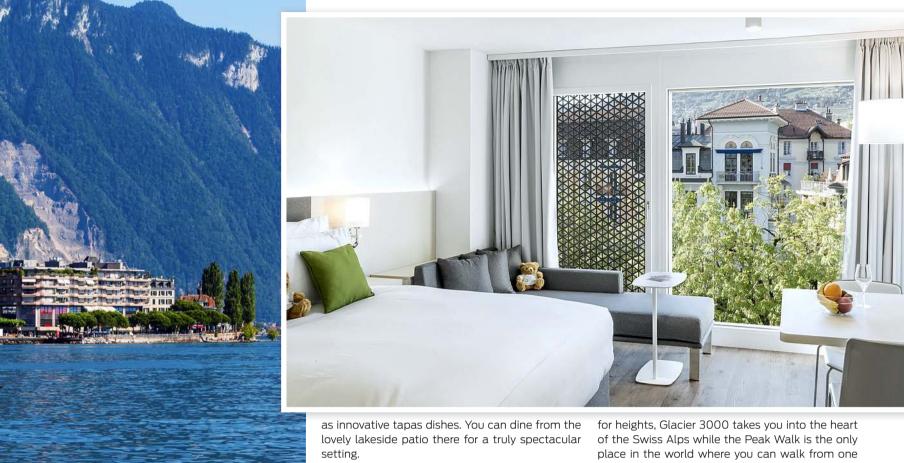
Move over Italy and France, the Swiss Riviera is having its moment. This alp-rich European country offers breathtaking lake views and towns packed with culture and history. The Vaud region, bordering the north of Lake Geneva, runs from Lausanne, through Vevey and on to Montreux. It boasts historic hotels, Michelinstarred restaurants and the chance to swim – or wakeboard – in turquoise waters below terraced fields of grapevines that have existed since the Middle Ages. The lakeside flora offers beautiful walks and the lakes are warm enough to swim in, yet the air remains fresh and cool.

If historic monuments are your bag, head to Chillon Castle. It's a perfect fairytale castle with dungeons and towers that juts dramatically out onto the lake. Perched on a rocky islet, it's one of the country's most visited attractions with real insight into the workings of the castle.

WHERE TO DINE

As is often the case with award-winning wine regions, whether you're looking for elevated fare or





Located nearby in a central but quiet street, Le National offers a laid-back, welcoming atmosphere with a large, shaded terrace. Linger here with a cocktail after shopping in the nearby market.

And if you're looking to spend an evening sinking

into a traditional Swiss fondue, you won't do better than Les 3 Sifflets. The enthusiasm and patriotic pride which the boisterous restaurant has for melted cheese is infectious.

MUST-DO ACTIVITIES

Swiss wine isn't wellknown internationally for a reason: only about 2% of it gets exported because the Swiss drink most of it - and who can blame them? Take a train to Chexbres to visit the Lavaux vineyards, an unbelievably pretty Unesco heritage site. With a walking guide, he prepared for some thighburning action ascend as you

through terrace upon terrace of impeccably pruned grapes.

After uncovering the horticultural side of the vineyards, it is only right to finish the day by sampling the wine in one of the many small, traditional village restaurants, or making use of the street-side chillers that are full of perfectly chilled, crisp wine. Getting out onto the lake is a truly immersive experience - head to Water Sport Montreux for boat trips, paddleboarding, wakeboarding and the like. For those with a head mountain peak to another on a suspension bridge.

WHERE TO STAY

Sightseers gravitate to Montreux, the glitziest spot on the lake, but Vevey is a much better base.



It's an authentic market town, a place where Swiss people live and work rather than a holiday resort. Hotel Base Vevey, less than a five-minute walk from Vevey station, is perfectly situated for exploring the lake. It's modern, has bikes to hire, and the price includes a breakfast box. It is also an innovative, eco-friendly hotel with all of the latest technologies and floor-to-ceiling windows framing its stunning surroundings. **W**

WORDS: LUCY CLARKE-BILLINGS PHOTOS: GETTY IMAGES, MARCEL KULTSCHER, ZE FORK

casual cuisine, the food in Vevey is outstanding. Ze Fork, located across from the famous fork statue from which it gets its name, features French-Swiss food served up









Where did you go?

Armeena Khan: I have been lusting after Scotland for the longest time; I found space in our calendar and away we went just after the Christmas period. We broke our trip into two parts, the first half was spent in 'The Scottish Borders' and the second half was spent at a Lighthouse in 'Dumfries and Galloway.' We also ended up squeezing in Edinburgh as I had wanted to visit Midhope Castle otherwise known as 'Lallybroch' from the series Outlander. Fans of the series will know exactly what I am talking about.

What made you go here?

AK: There is such pressure on people to do something exciting to celebrate the New Year with a party or fireworks. So much time, money and energy is wasted because of the fear of missing out and invariably it ends up being an anti climax. So for a number of years I've been try to spend New Year's away from the crowds and parties. I try and spend it with my husband and contemplate the year that has passed, and plan for the year ahead. My plan this year was to find a lighthouse because I knew it would be quiet and peaceful. It exceeded my expectations. My New Years Eve was magical as I watched the waves crash off the rocks, witnessing the sunset and the beam of the lighthouse swim over the dark water as the New Year began.

What did you pack?

AK: It is very cold in Scotland this time of the year, so we packed bubble jackets, jumpers and thermal layers with mittens, hats and scarves. It is very hard to look fashionable when the temperatures are in the negative, so I dressed for comfort and wore sensible footwear for miles of walking.

What was your favourite meal/restaurant?

AK: We booked ourselves into the swanky restaurant at the lighthouse itself, where I had this beautifully steamed monkfish with vegetables. It was delectable. It was a stormy night so we could hear the waves crashing against the shore just a few meters away, making it a memorable evening. We also loved the fish and chips lunch from a small

village takeout. Fish and chips taste amazing in cold stormy weather.

were

Biggest Highlight?

AK: There

breathtaking moments but one, in particular, was driving into the Mull of Galloway (the southernmost point of Scotland) on these tiny roads with zero traffic, clear weather and fresh air. The grass was so green it felt like I was in a movie as I breathed in and thanked God for all my blessings. It is increasingly difficult to find such clear roads, clean air and unspoilt landscapes in an increasingly congested and polluted world.

SO

many

Favourite Shopping Destination?

AK: In terms of shopping there isn't much to buy, unless you drink alcohol, which we don't (as this is whiskey country). There are kilts, bagpipes and haggis but again of no use to us. The only thing we shopped for was coffee; it is difficult to find the regular chains as it is so remote but driving to these little shops was a bit of a chore.

Some sights worth seeing?

AK: Scotland is blessed with breathtaking landscapes and Edinburgh specifically is truly a hidden gem, which looks and feels like something out of a Harry Potter movie. Also, I noticed a lack of itineraries online for Dumfries and Galloway, which I found to be disappointing as it is such a gorgeous place. I feel people just skip it in favour of the Highlands, but it is definitely worth a visit.



What are some spots for a night out?

AK: I am afraid I am not really a night out kind of a person; give me lush fields, waterfalls, cute coffee shops any day. As my father would say "Early to bed and early to rise, makes a man wealthy, healthy and wise."

Travel essentials?

AK: A bottle of water, sunblock, lots of thermal underwear and warm woollies if travelling in cold weather, and if in the U.K, pack an umbrella or raincoat.

Travel tips?

AK: I would suggest always researching the area being visited in detail. There are usually hidden gems not advertised so you will have to look a little harder for them. For example, I found a thousand- $\frac{7}{4}$ year-old Abbey in the middle of the peninsula and that was an amazing experience.

Also, always have an itinerary for each day of your holiday. I am a meticulous planner almost to the point where I have my day planned by the hour, holiday. I am a meticulous planner almost to the you might choose not to do that of course. If there are films or books set in the area then do read or watch them to get you in the mood. Also, if you can write a journal to go with your photos then you will thank yourself 30 years later when pouring over your memories. OX

OK! WORLD IN ACTION









HOROSCOPE & TAROT

IT'S WRITTEN IN THE STARS!

CAPRICORN



Dec 22 - Jan 20 Looks like the family may have spent a little too much time together over holiday and by now have managed to get on one another's very

last nerve. Everyone needs to go on separate corners because things will lighten up. You look good, and will find yourself receiving a huge perk of some sort. Happy energy will hover around you. You could be privy to some surprising news or gossip concerning a neighbor or sibling. Your mental capacity for learning and comprehending new ideas will be at

TAURUS

Apr 21 – May 21



You are entering a period of confusion uncertainty. You may feel lost and vour work could be chaotic. Expect

to lose your phone or another important device. Fortunately, the fog will lift and you will stand out at work. People will talk highly of you and your future looks bright. Expect good news.

VIRGO

Aug 24 – Sep 23



The first couple of February weeks are looking stressful This could be due your partner constantly changing.

Your focus is on your career and a short trip is probably needed to initiate a contract. This is a good time to look for a new job or to go on an interview. A parent or in-law could need surgery or experience some kind of a blowup.

SAGITTARIUS



Nov 23 - Dec 21 Be careful in all of your communications during the first few weeks of the month

because there is likely

to be some major

confusion. If you go on a short trip, you are apt to get lost so make sure you are careful. You are learning the value of money and of creating a practical budget. There is a surprise brewing on the home front. You may decide to make some changes around the house, or your family will make the decision for you. Use your communication network to create some good times or fast cash.

RIHANNA FEBRUARY 20, 1988

AQUARIUS



Jan 21 – Feb 19

There are a lot of secrets or closeddoor conversations going on by you or about you. If you are interested in creative

writing, now would be a good time to dream up that storyline. There is a big mystery to be solved. You are also due for some financial surprises. If for some reason, you are keeping your affection for someone hidden, you won't be able to forever.

GEMINI



May 22 - Jun 21 This is the month for major developments all vour closest relations. There should some he happy

announcements or at least something that makes you feel good. Try to maintain a balanced response this month and watch out for your energy output. Surgery and hospital stays may take place. Expect a surprise. Something involving your children may come up. Extended family may get involved.

Sep 24 – Oct 23



The month starts out a bit rocky. This is creating many opportunities for you to rethink your values, among other things. Your kids are costing you extra money right now or generally

bills are more than you anticipated. Your energy levels will pick up towards the end of the month and you should take a short trip, go to an athletic event, or apply for a scholarship. Any cold war going on at the home front should come to an end. Your attacker is either female or this issue is in regard to money. on a positive note, you may undergo a love at first sight kind of moment



Feb 20 - Mar 20

You are unclear about something, and this will be verbalised. Someone close to you is wounded somehow and you will be aware of the fact even

Mar 21 - Apr 20

experiencing some

financial issues. At

work, there may

be some benefit

discussions, salary

budgeting issues.

though it is a secret. Another possibility is that you are having financial difficulties and your banker is not cooperating. Consider getting an update on your credit report and see what all of the fuss is about. You will spend a lot of energy around the house, in the neighborhood, or for a sibling or other extended family member. This could involve a move. Your presence has a calming influence.

ARIES

Those who are self-employed

towards the end of the month.

CANCER Jun 22 – Jul 23



Your financial situation is in focus this month. Get some clarity. preferably sooner later. than There be confusing mav conversations

hidden agendas. Find out what's up. You may want to look into your partner's whereabouts. Those who have been in a relationship for some duration are in the best position for romance, but relationships which are not as established may be more prone to disillusionment. Surprises from afar will come to you on a grand scale.

LEO

reconnect with someone special.

Jul 24 - Aug 23 Your touch is magical

and everything you

touch turns to gold,

SCORPIO



You may be losing things around house keen making Freudian

Haunting

Oct 24 - Nov 22

memories of someone from the past may run through your mind. Keep a check on your wallet as you may find yourself spending a lot. If romance is what you are after, look close to home or at someone you went to primary

slips.



school with or maybe a sibling's friend.



provided you work hard at making it happen. Your business partner may be the culprit of your problems. Something you receive from a loved one may prove to be quite lucky. Surprises are in the works. This is a perfect configuration for a major

PISCES

reviews, or

MORE INSIGHTS LESS CATFIGHTS MORE GLAMOUR LESS DRAMA





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