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KARACHI A Royal Night

A star-studded reception was held at Acton House to celebrate the birthday of Her Majesty Queen Elizabeth II. It was one in a series of events planned around the country.







































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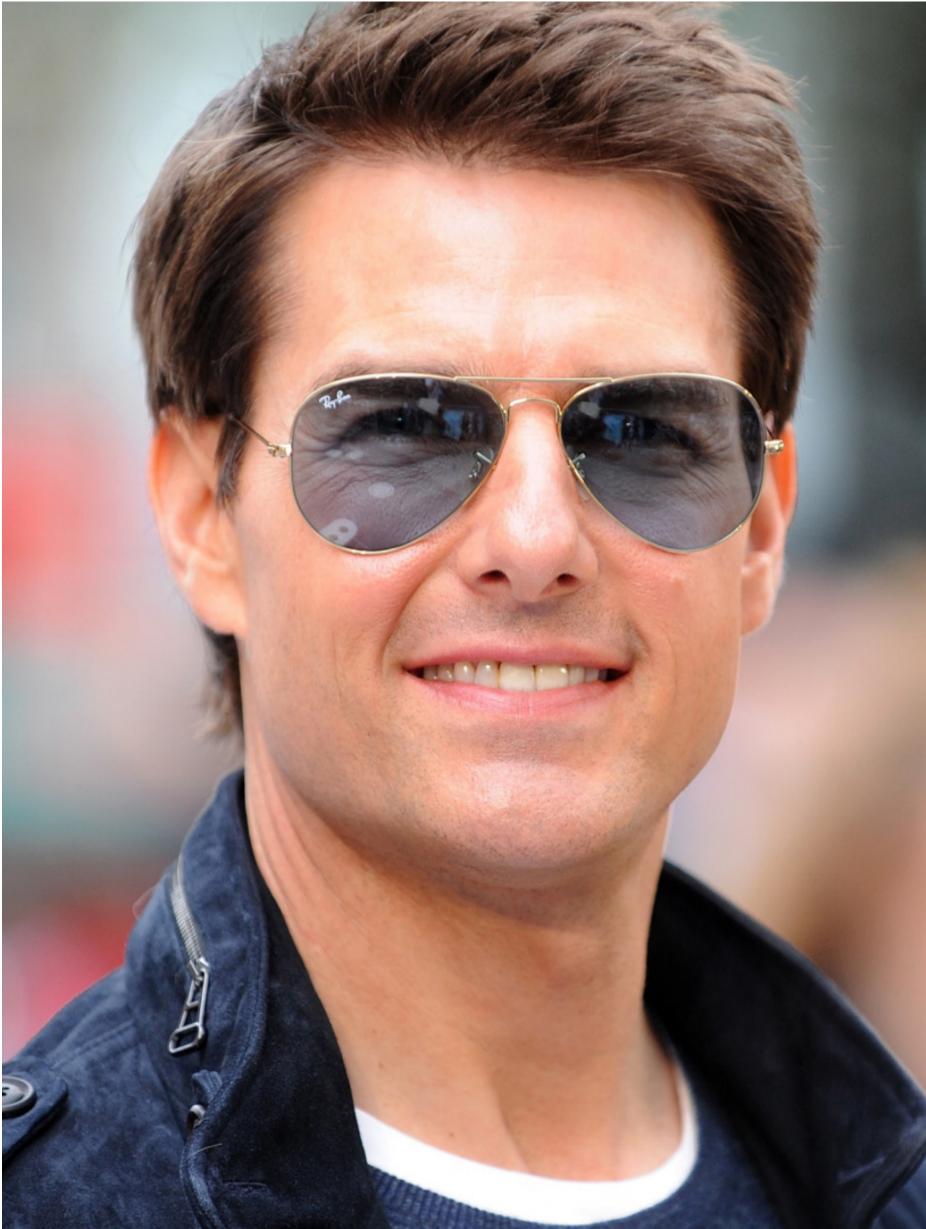














"IT WAS EMOTIONAL MAKING TOP GUN 2"

TOM CRUSE

An exclusive red carpet chat with Hollywood superstar Tom Cruise, who is back with the longawaited Top Gun sequel – Top Gun: Maverick



t's been 36 years since *Top Gun* propelled Tom Cruise to superstardom and audiences have been long-awaiting a sequel to the iconic movie.

Now - following a string of release delays due to the pandemic - the Hollywood actor finally returns as fighter pilot Pete 'Maverick' Mitchell in *Top Gun: Maverick*.

The film sees Cruise reunite with *Top Gun* producer Jerry Bruckheimer for the sequel. Joseph Kosinski is in the directing chair.

The movie also stars Val Kilmer, who was in the original, plus Jennifer Connelly, Miles Teller, Monica Barbaro, Glen Powell, Jon Hamm and more.

Here's the synopsis: 'After more than 30 years of service as one of the Navy's top aviators, Pete 'Maverick' Mitchell is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him.

'Training a detachment of graduates for a special assignment, Maverick must confront the ghosts of his past and his deepest fears, culminating in a mission that demands the ultimate sacrifice from those who choose to fly it.'

Top Gun: Maverick premiered at the USS Midway in San Diego and Tom Cruise flew in to the event in spectacular style in his own helicopter to meet the awaiting fans.

On the red carpet, he spoke about why it had taken so long to make this sequel and the challenges they faced with the project.

He also talked about the key part Lady Gaga played in working on the soundtrack, and his long-time admiration for the US music superstar, who he was pictured with recently at a show in Las Vegas.

Tom Cruise also spoke about his approach to working with the next generation of actors and why he never takes a day off work...

So Tom, there's been talk of a *Top Gun* sequel for years – why is now the time?

TOM CRUISE: It was really now or never. It was a moment. We'd been looking at how to tell this story and I'd been trying to figure it out and thinking about it, talking with Jerry and Chris McQuarrie and Jo Kosinski. When we were doing *Oblivion*, Jo kept talking about *Top Gun*. I was always thinking of the technology, how it would evolve to be able to give the audience that kind of experience. And everywhere around the world they wanted to see this movie. It was now or never. And finally, the story came together. I thought, 'OK, well, if we're going to go in, we're going to go in now.'

You put your actors through training like no other, we know you demand authenticity. Talk to us about what you wanted to bring to the aerial fighting scenes that we'd never seen before.

TC: Well, it's just really the characters. Because it's not just action or stunts, it's character and it's story – that is king. Story is king. And what we talked about early on is, you know, on the first *Top Gun*, one of the things that I had and was in my contract was that I had to fly in the F-14 and be filmed in it; that was a stipulation.I always wanted to make movies and be an aviator. And as we went through it I made *Fallout* and it was always in the back of my mind. Even before *Fallout*, I was in *American Made* going technically, 'How is that story and what can I do, where is that technology and how can we tell this kind of story?'

So it was always there — *Top Gun*. It was daunting. It wasn't like, 'Oh yeah, let's go and do it.' It was daunting. The movie means a lot to me, a lot to my career, a lot to the studio, a lot to audiences. At a certain point you make a movie, it's not mine, it's everyone's. And you're like, 'How do I do this?' How do we do this?' And Jerry and I would talk about it. And the cast just rose to the occasion. I sat down with them each and said. 'Look.

this is what we're going to do.' And then I showed them what we were going to do [Laughs]. I remember that day, I did an early test to show them aerial stuff and I would have them sit in the meetings with me because I wanted them to see every step of it, the briefings, story, you know, we had to work with them to set them up to win. I wanted to see them really win and feel confident and comfortable and that they are their characters. So they had to understand about editing and lighting. We also had to work with the other fighter pilots that were flying the aircraft to teach them about film, lighting, cinematography. But I had them there to a point where, by the time it's their turn to be in the F-18, they were running the show. And Liust sat back, and they would run the briefing. They were in control. And they knew their characters, they knew the story and that's what I wanted. It's like you get people to that stage and let them go. I want to know their ideas, I want them in control of their own performance and destiny. And they were amazing each one of them.

It must have felt strange for you to step back into that character after so many years. Was there an emotional moment that stands out to you – putting the leather jacket on, getting on the motorcycle etc?

TC: There are so many. Just Jerry and I sitting down to watch the [first] film together for the first time. We hadn't seen it in decades. There were many emotional moments. Sitting down with the actors, figuring out the character and talking about it. The actors are looking at me going, 'What's it like for you to come back?' and I'm looking at them and looking at this − it was emotional. And it was something that, look, I'm very grateful because it's not easy to try to figure out for an audience and deliver. Because I want to deliver for them. I love entertaining an audience and I love ▶



learning and pushing all of my skills as a storyteller and an actor. Also, the beauty of making a movie is, it's not me – it's us together. It's the accumulation of talent. And knowing how to discover and bring that talent together and everyone shines. That's the dream. And then an audience will go and appreciate it. And the kind of reaction that we've gotten, I just want people to be happy and I want them to feel like, 'Yes!'

The reaction from those who have seen it so far has been incredible – how does that feel?

TC: First of all, it's just a relief. Because making it was daunting! For 36 years, people wanted to see this film. And you're going, 'OK how do we do this? How do we capture lightning in a bottle in that way again?' When people are saying that, I'm just so happy for them. I made it for audiences, for everyone to just go and have a great time at the cinema.

As you said, it's been 36 years since the first one – how has your character changed over that time?

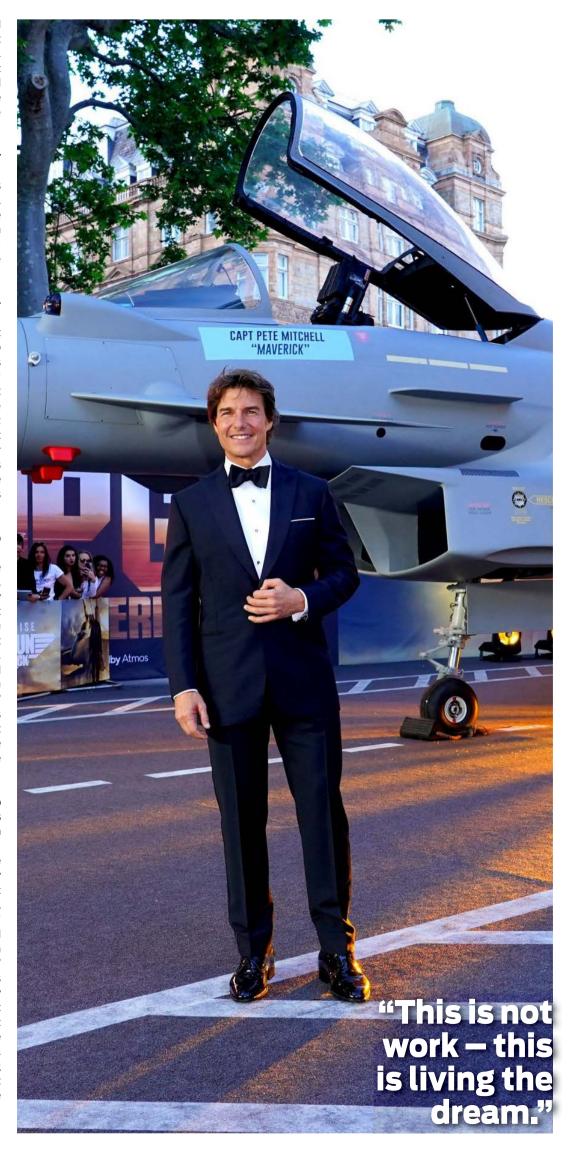
TC: You know, when people see the film, finding that level, that character, he's still Maverick. And it has to be something where we just kept going back in terms of tone and structure and character and where is he? He still has to have that spirit of Maverick. But also, at the end of the first one, where he learned to be the wingman, he learned to be a better team player, but he's still that guy who has to push it a little bit. He just can't help it. But with any movie, you need a character journey. There has to be problems. So there's wonderful problems and life dramas that translate with time. And the first story really leant itself to this story and the timing of this story.

You have talked about your wonderful cast — do you see yourself in any of the younger actors?

TC: Each one is just... they're themselves. They are very much themselves. And they're committed. When you watch my movies, my movies are very much ensemble. I love everyone to shine and I want a full story. So you're looking at these actors and you want to celebrate them and the work that I did to get them to a place where they can just not worry about... I wanted those characters to come alive, I wanted them to come alive. When I meet them I go, 'I want you to shine' and, 'How do we develop that character?' And that's why I trained them in the planes, in the jets and taught them about editing and lighting so that they understood the tone, what we needed in those aeroplanes. Not just in the aeroplanes but on the ground, in those scenes.

You lead by example, you don't have your cast do anything that you're not prepared to do — why is that so important in leading this next generation of actors?

TC: Look, I want to see them do well. I was fortunate to work with many great people who were very generous to share their craft with me and it's an art form that needs to be handed down. And I'm saying, 'Look, here's the things that I did – are you interested? You don't have to do it my way but if you're interested in this, this is how I did it. You've got to find your own way but here's some of the things that I found worked.' And also in structure and story. So, if they want it, it's there for them. And I'm interested in, 'What do they like?' I'm interested in what movies they like, what they think about performance, what they think about cinema. And our door is always open to collaborate on things. I like to empower people and get them in a place where they're owning the screen, they're owning their characters, they're owning their space. You just get very interesting performances and a better movie with it.



Lady Gaga is a part of the soundtrack – how did that come about? We saw a picture of you both in Vegas recently?

TC: I called her. We'd shot most of the film and we had Lorne Balfe, who produced the score, along with Hans Zimmer and Harold Faltermeyer. There was a door that we were trying to open just musically. The score is important to every film but with this one, we were searching for a long period of time, because it's not just a needle drop – she composed the score. There's elements that are the heartbeat of this film. So she sent the song over. We were looking for songs and she sent the song over. And the moment I heard it. here was this artist, we were in England and she was all the way over in America and it was almost as if she was talking to us. It was perfect. I was like, 'Oh my gosh, your story and this story - how it comes together.' It became the heartbeat of the score. Obviously, I went to Vegas to thank her and we were working on the music at that point and then I was going to come back and see her jazz show and then the pandemic hit. And the next live show that I was able to see was her jazz show, two years later. So it was a moment of celebration for us that finally people get to hear her music and it's our film, it's our film together. And it builds up, like the story of how her score is laid in to just build to that moment. I feel grateful to her for that.

Gaga is amazing, isn't she?

TC: I admire her so much. She is an incredible artist. I love Gaga. She can act, she can compose, she can do jazz and pop. And what she gave us, she's like the guardian angel for the film. Her heart was the heartbeat of this film. It was almost like, she's over there and we're over here and when it just laid in and connected right down the line, it became our score and it became the beating heart of the film.

I went and saw her pop show in Vegas and then the pandemic hit and then basically I said, 'I want to come back and see your jazz show'. But I've always admired her work right from the beginning of her career. Who wouldn't love Gaga? That woman is a force of nature.

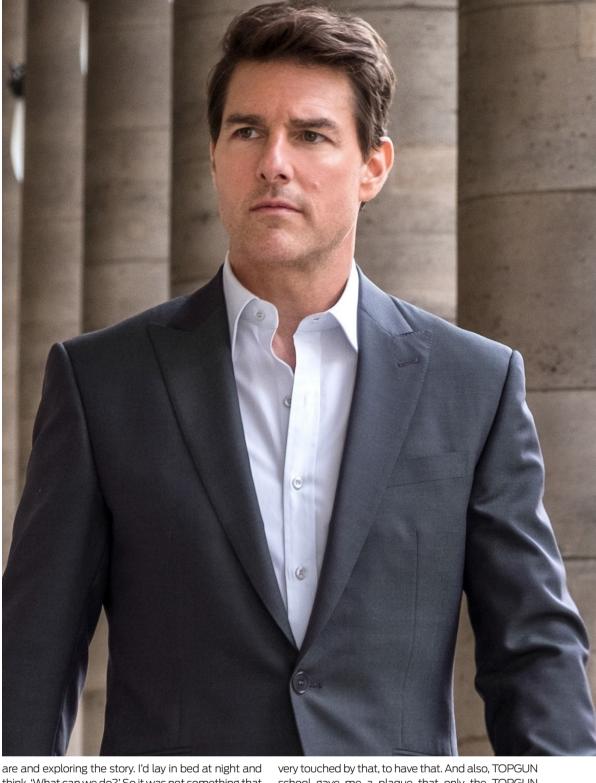
The love for this film is probably even greater than the first time around?

TC: It was pretty crazy the first time, but you're right, this time it's 36 years people have been waiting for it. We decided to do it but then the pandemic hit. I kept having to postpone the release. And I said to the actors, 'I'm sorry guys, we've gotta do it, this is for the big screen, we've got to hold it.' This is for theatres. And you hear the sound system – it was made for that and to have that release. So it was daunting to do it and then to have an audience respond that way is just a dream. That's what I want. I want to entertain the audience and have them feel that way. Enjoy themselves. That's what I want.

The first film gave us so many iconic moments — that beach volleyball scene, for example, only to be rivalled by the beach football scene in this one — and you look the same on the beach 36 years later! TC: It's actually 37. We shot it in '85. [Laughs]

Top Gun is such an iconic film – how did it feel trying to emulate that success?

TC: Daunting. I would go to bed at night for decades figuring out — how could I do it? How could I match this? What would that be? So interestingly enough, artistically I thought, 'This is really a tremendous challenge' — and that appealed to me. But technically we weren't in a place right away to be able to shoot it the way that I wanted to shoot it and put the audience into what they're going to feel when they see this movie. So every film that I did...the whole time I was always investigating technology and seeing where we



are and exploring the story. I'd lay in bed at night and think, 'What can we do?' So it was not something that I took lightly. When we started I said, 'Everybody has got to be all in, they've got to know what we're going to do.' And I had to sit down when we were hiring the actors, I said, 'We're going to teach you how to become a pilot' and I had to teach the pilots how to become filmmakers also. So I had to teach them about editing, lighting, and geography. Because when you're up there, you've got to know what shots are going to look good when you're flying and also the actors have to give a performance. So when they got up there, they weren't worried about anything else but they just felt very confident in their characters and felt at home. So there was just a lot of trial and error.

Back in 1985, I went with Jerry Bruckheimer and pitched the story to the Secretary of Defence, Lehman, at that time. And so all these years later, I'm on the Roosevelt and I see a photo of Lehman, christening Roosevelt. So everything came full circle.

So you owe a lot to the navy in making this?

TC: Everything. I want to thank them. I was honoured with becoming the 38th civilian to be an honorary naval aviator. They gave me that commission. I was

very touched by that, to have that. And also, TOPGUN school gave me a plaque that only the TOPGUN graduates and certain pilots get. I grew up wanting to be an aviator. I wanted to make movies and be an aviator. I remember at four years old I would sit there and look at my wall with P-51 and Spitfire on the wall. I'd dream about movies and stories.

Do you do a lot of flying in this movie?

TC: Yeah, I do a lot of flying in the movie.

Finally Tom, you are always so busy — what do you do when you have a day off?

TC: [Laughs] This is what I do - right now. This is a day off for me because I'm not shooting! I'm just chillin' now. I don't have days off. Look, I'm fortunate, I'm lucky. This is my dream. I've wanted to make movies since I was four years old and I'm lucky, I've spent my life on movie sets and travelling the world, which is what I always wanted to do. I wanted to travel the world and be part of different cultures and celebrate them and have that experience. So this is not work — this is living the dream.

INTERVIEW: VICKY DEARDEN/HOT FEATURES PHOTOGRAPHS: W ENN, SHUTTERSTOCK

"What motivates us is not the pursuit of money but the quest for innovation, for doing something new, and for doing it well"

SOPHIA & KASIMI KASURI

Speaking exclusively to OK! Pakistan at their new abode in the city by the sea, Sophia and Kasim Kasuri reveal all about Ambiance Hotel Karachi







ne half Karachi born and bred, and the other half Lahore native and an alumnus of LAS who went on to attend college in Boston, this dynamic couple have now been married for 20 years yet still find it surreal to say that out aloud. Parents of three, educationists Sophia and Kasim Kasuri have long been synonymous with the Gymboree Play & Music and the Beaconhouse School System. The recently turned hotelier couple have just added a new property in Karachi to their fast expanding chain, to their long list of accomplishments.

Tell us about yourselves — family, friends, school and college years, interests etc.

SOPHIA KASURI: Family is more important to me than anything else, and Kasim and I hope to inculcate the same spirit in our three children. With siblings in Lahore, Karachi, and California, we make a concerted effort to stay connected.

KASIM KASURI: Yes, and I can testify that they are FaceTime's biggest customers! On my part, I have been collecting art since I was a teenager, but my taste has evolved over time. My present aesthetic is shaped by the past two decades and represents a shared vision. In fact, some of my best works were gifted to me by Sophia.

The Kasuri family has long been affiliated with

the field of politics and the sector of education — what made for you to develop and pursue your interest in the hotel industry?

KK: I get asked this a lot. The simple answer is that I (and my siblings) have zero interest in constituency politics, much to my father's dismay and the utter bewilderment of his supporters!

46 Art is the very essence of the Ambiance brand, hence 'boutique art hotel'. **55**

Meanwhile, Sophia and I have both been involved in education for our entire adult lives, Sophia mainly with early childhood development through Gymboree Play & Music, a US-based franchise that she runs in Pakistan, and myself with the overall K-12 spectrum. Education remains a shared passion, especially in terms of how schools need to reinvent themselves to prepare kids for

a completely unpredictable future. But, for the last few years, I've had a yearning to also pursue something very different, something with design and creativity at its core. Hence, Ambiance.

Was working together on Ambiance a smooth process for you as a duo? Did you manage the project collectively or did each of you take on different responsibilities to see the process through?

KK: Sophia's role in Ambiance, while less structured, was key in the shaping of the final product. She was largely involved behind the scenes on the design side of the hotel as well as menu development, especially for our first property in Lahore, where the brand personality started to take shape. In particular, her insights and emotional intelligence on how our desired target market was likely to respond to the brand were invaluable – something that I often don't look at so much as I tend to focus on what I like. Meanwhile. as the CEO, I drive the overall direction of the brand including development of future properties. I am also the (self-appointed!) 'Chief Design Curator' for the hotel, which basically means that I get to greenlight and veto all things art and design!

Boutique hotels are a novel concept in Pakistan – how long did it take for you to convert the ▶









idea of Ambiance into a reality?

KK: The funny thing is that many small hotels and motels in Pakistan call themselves boutique hotels just to turn a necessity (their small size) into a virtue. As a result, most people have heard the term but not many have experienced it. Even though we worked with a hospitality consultant in converting the idea into a viable brand, we did have a clear understanding from the outset of what a boutique hotel should offer. Re timeline: we started working on the brand development for Ambiance in mid-2019 and were ready to open our first property in Lahore in March 2020 – but then Covid hit, and the opening had to be delayed to October 2020!

How would you define a boutique art hotel?

KK: Boutique hotels are smaller than commercial hotels (though this is not always the case), have a strong and visible personality (which can sometimes be a bit quirky), focus on design and detail, and endeavour to exceed customer expectations. Art is the very essence of the Ambiance brand, hence 'boutique art hotel'. It is our core USP and shapes the brand personality and our overall design aesthetic. Art at Ambiance is no ordinary backdrop or wall covering: it's a strongly curated statement that represents the best in contemporary Pakistani expression from canvas, paper and mixed media to digital art and sculpture. However, while we are proud to promote emerging artists, we do not 'sell' art, as many hotels do (often asked question!) All the art at Ambiance is a part of our permanent collection.

What prompted the choice of name for your hotels?

KK: I could write a thesis on that, but finding a name that wasn't already in use by major hotel networks was a massive challenge – Marriott alone has registered virtually every imaginable name with their 7000+ global properties and brands. We also wanted something a little French because the maiden property's design theme was "French chic meets colonial eclectic." The word 'ambiance' to me spoke of a mood, an anticipation of something cool, edgy, artsy-- and seemed well aligned with the kind of boutique hotel that we imagined. The only trouble with Ambiance is the pronunciation, everyone says it in their own way.

We heard you recently got an award from Booking.com, which is quite interesting for a new hotel. Can you tell us more about that?

KK: Booking.com is the global industry leader in online hotel bookings – Ambiance, for example, gets at least 30% of its overall bookings through them. Guest reviews on Booking.com are therefore a key reflection of a hotel's perceived quality, and are often closely studied by future travelers looking for hotels in a particular city. Ambiance Lahore has just been given an award from Booking.com for having an overall guest review score of 9.5 out of 10 – based on hundreds of authentic reviews. Based on our research, 9.5 is the highest rating of any hotel in Pakistan. So that's pretty cool for a new hotel, wouldn't you say?

Is there a specific clientele your hotels cater to?

KK: Ambiance was designed to cater to discerning millennials who value art and design, think outside the box, are socially and environmentally conscious, value personalized experiences, and are not drawn to large, commercial hotels. As such, we get a lot of filmmakers, visual and performing artists, designers, influencers, journalists, and others who would naturally gravitate towards more creative spaces. Even on the corporate side, a lot of our clients are younger millennials from tech start-ups. We also get a lot of well-heeled expatriate Pakistanis who are visiting Karachi or Lahore to meet with family – but prefer to remain independent. It certainly helps that our locations in both cities are quite central, even unique, especially in Karachi.

How long has it taken for you to put together Ambiance's current art collection and does it continue to expand with time? Are the displays at each property subject to change or a permanent exhibit?

KK: For both Karachi and Lahore, there were two parallel processes that we used for developing the collection, key amongst which was the 'Call for Art' - in which we invited early-career, emerging artists to submit their work to a Curators Committee which consisted of prominent art educators and artists. The curators for Ambiance Lahore were Prof Salima Hashmi, Prof Naazish Ataullah, Ms. Shireen Waheed and myself, while the curators for Ambiance Karachi were Prof Hashmi again, Prof Shehnaz Ismail, Ms. Adeela Suleman and myself. For each Call for Art, we received thousands of

I have both been involved in education for our entire adult lives.

entries against which we selected and therefore acquired about 150-200 works. The second process was simpler: I directly collected some works and donated some from our home, which both Sophia and I have mixed feelings about. Finally, the body of work is indeed fluid and keeps moving around between properties - for example, when Karachi opened, we moved many works there from Lahore and added new works in Lahore. The idea is that while our collection may be permanent, we don't want it to become static in any one location.

As avid art collectors, who would you say is your favourite artist and why, or should you not want to be specific what is your favourite technique and style and why?

KK/SK: Hard to say, really. We love the works of Imran Qureshi, Aisha Khalid, Atif Khan, Mohd Ali Talpur, Ali Kazim, Rashid Rana, Unver Shafi Khan, and so many others. We are also open to a variety of styles and mediums from gauche on wasli to oil/acrylic on canvas to mixed media to sculpture - but the key thing that defines the work we love most is that it tends to be contemporary. We are also big fans of the modernist masters like Sadequain and Zahoor ul Akhlaq; the latter in particular has served as a muse to many of today's leading contemporary artists, including almost all whose names I just mentioned.

What, for you, defines the Ambiance experience?

KK/SK: We'd like to believe that it is cool, and a bit eclectic while also being accessible -- and a home away from home. Our food is always commented on as being exceptionally good. Because our properties are smaller, each guest is visible, and an important person for us. We usually get great feedback on customer care and attention to detail. It's no surprise then that our average guest score of 9.5 on booking.com, the world's largest online booking platform, is the highest in Pakistan! We are also gratified to see so many return guests. Needless to say, if people weren't happy, they wouldn't come back.

Looking ahead, do you hope to see your hotel emerge as an avid supporter of the visual and performing arts and in the future curate and host events to promote local artists?

KK/SK: We are already doing that, as it is core to the hotel's promise and value proposition. At our openings in both Karachi and Lahore, we hosted immersive theatrical experiences where young actors created bridges between visual and performing art, taking their cue from the art on our walls while creating uniquely interactive and interwoven narratives for guests. Many artists whose works we have acquired have gained a certain level of recognition; we're not suggesting this is just because of Ambiance - it's mainly because of their raw talent. Our website features all our artists and their work. We are now putting QR codes next to each artwork at the hotel so that guests may scan those with their smartphones and connect with the artists. And yes, we do plan ▶





All the art at Ambiance is a part of our permanent collection. **J**

to host art talks, retrospective shows, and other art events at the hotels - both individually and in collaboration with other art promoters. We would also like Ambiance to host artist-in-residence programs for talented young artists, giving them the opportunity to further hone their craft.

With properties in Lahore and Karachi up and running, and set-ups in Hunza and Mansehra in the works, you've taken Ambiance countrywide — are each of your hotels unique in their look and feel?

KK: Yes, absolutely; one of the great things with boutique hotels is that one does not need to work with a cookie-cutter approach. Each property is unique, even rooms within properties can be unique, as is the case with Ambiance in Karachi. And each property needs to borrow from its habitat. It is axiomatic to state that Karachi as a city is very different from Hunza. We don't want our properties to be 'UFOs' in their host cities, but to embrace the host city and be as much a part of it as the host city is part of the hotel. That's why you see so many shades of blue in Ambiance in Karachi, as it's the city by the sea.

Do your children enjoy the hotel? Which of them can you see taking over the baton Ambiance?

KK/SK: Yes, they love staying at the hotel, and ordering room service, non-stop. Our son, Kyan is already a budding chef and has interned at Paola's Cosa Nostra and Amu this year, both leading restaurants in Lahore, while our daughter Lina will be interning at the Avari Hotel this summer – by her own choice, not ours. Ambiance has barely started so it's way too early to comment on who will take over what, if anything, but one thing is for sure: whoever that person is must have the right attitude, skillset and experience in hospitality – family or not.

Looking ahead, where else in the country can we see Ambiance Boutique Hotels?

KK: Hopefully, several places including urban properties and more leisurely resorts in the North and perhaps even a beach resort somewhere in the South. We are working actively on an Islamabad location so we can complete the trifecta of Khilsb-Lhe. We are also looking at various locations in the North including Hunza and Skardu, where we have properties under development, along with a number of other stunning destinations. We are also exploring opportunities in more accessible tourist destinations like the Murree Hills and the Galiyat. Then, there are a couple of large urban centres in Punjab and Sindh that could potentially do with an Ambiance – so, let's see.

What next can one look forward to from Sophia and Kasim Kasuri?

KK/SK: Let us fully deliver on this one first in a way that we've arguably done with education. At the moment, it would be fair to say that we've barely just scratched the surface!

INTERVIEW AND COORDINATION: YUSRA ASKARI PHOTOGRAPHS: JAFFER HASAN SPECIAL THANKS TO FRIEHA ALTAF



"I BELIEVE IN TRUE ROMANCE"

CHANING TANUTION

The handsome and talented actor ends his self-imposed Hollywood exile and returns to the big screen with Dog, and The Lost City





t's been five years since Channing Tatum last appeared in a movie. During this period, he launched a stage version of his *Magic Mike* film franchise, wrote a children's book inspired by his eight-year-old daughter, Everly, and saw his nearly decade-long marriage to Jenna Dewar end in divorce in 2018. Interestingly, he never planned on taking such a long break but once he found himself enjoying life away from a film set he decided to make the most of that time to take stock of himself and gear up for the next chapter of his career.

"Time just kind of got away," Tatum said recently. "Being a dad just swept me away for almost four years. I kind of got lost in doing that. I acted for almost 10 years and I sort of needed to take a step back. My career was kind of my whole life. Everything revolved around what I was going to do with my career."

Now the 41-year-old actor is back in action with two new movies. First up is *Dog*, a touching drama in which Tatum stars as an Army Ranger assigned to transport Lulu, a fallen soldier's cantankerous Belgian Malinois combat unit dog, several hundred miles down the Pacific Coast so she can attend her former handler's funeral in Arizona.

Tatum developed *Dog* which also marks his directorial debut, albeit he co-directed the film together with his production company partner Reid Carolin. The story is loosely based on Tatum's own relationship with his late, beloved pitbull-Catahoula mix, also named Lulu, who passed

away in 2018.

"This is a very, very different story but it definitely deals with the feelings and the bond I had with my own dog, Lulu. I was looking after her from the time she was six weeks old. She was like my child, my shadow — she was everything."

The Lost City, Tatum's romantic comedy/adventure film co-starring Sandra Bullock, released in March this year and garnered good

"This film definitely deals with the bond I had with my own dog, Lulu."

reviews. He plays a cover model for Harlequin romance-style novels by a best-selling author (Bullock) and then goes on a wild journey with her after she falls victim to a kidnapping plot.

The 6'1" Tatum grew up in Alabama and Mississippi. As a teenager his family pushed him to excel at sports to combat his attention-deficit-disorder which made him a restless and

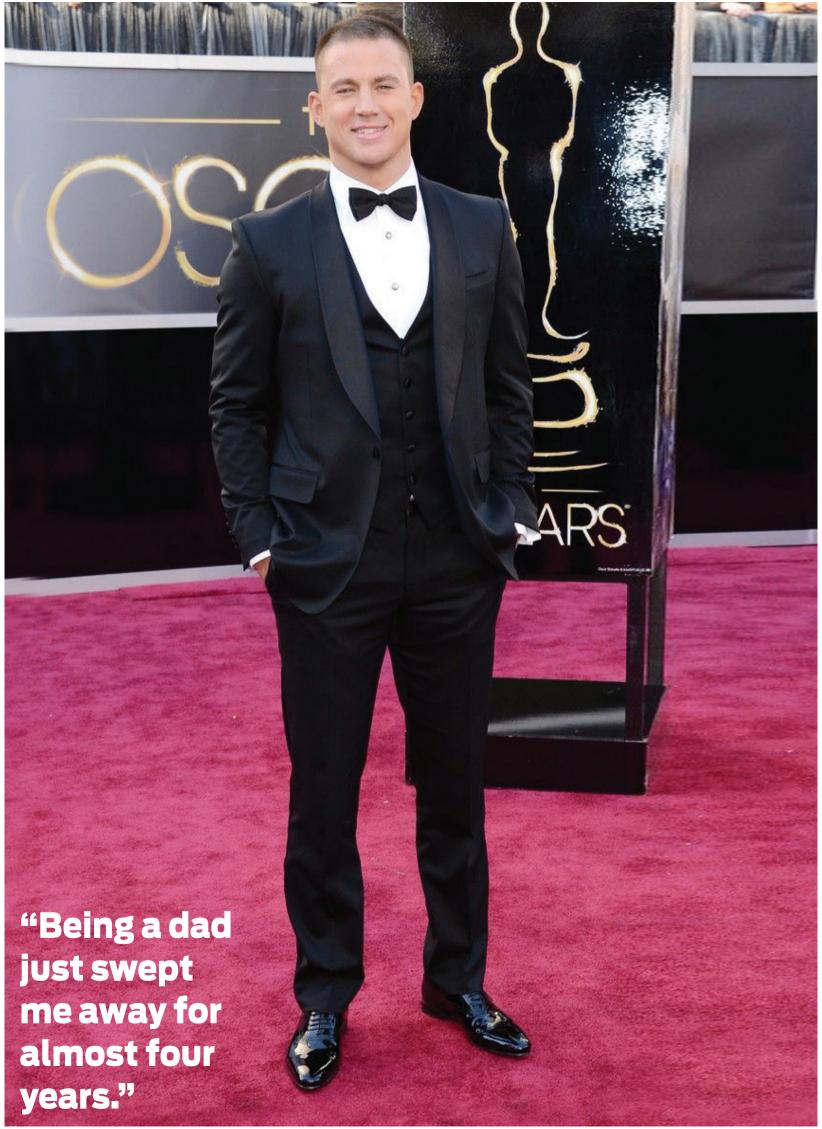
indifferent student in high school. He became a top football player and attended university in West Virginia and later in Florida on a full athletic scholarship. He later took up martial arts and is expert in a variety of styles including Kung-Fu and Krav maga. Tatum famously worked as a stripper in Florida prior to arriving in Los Angeles determined to make his mark as an actor.

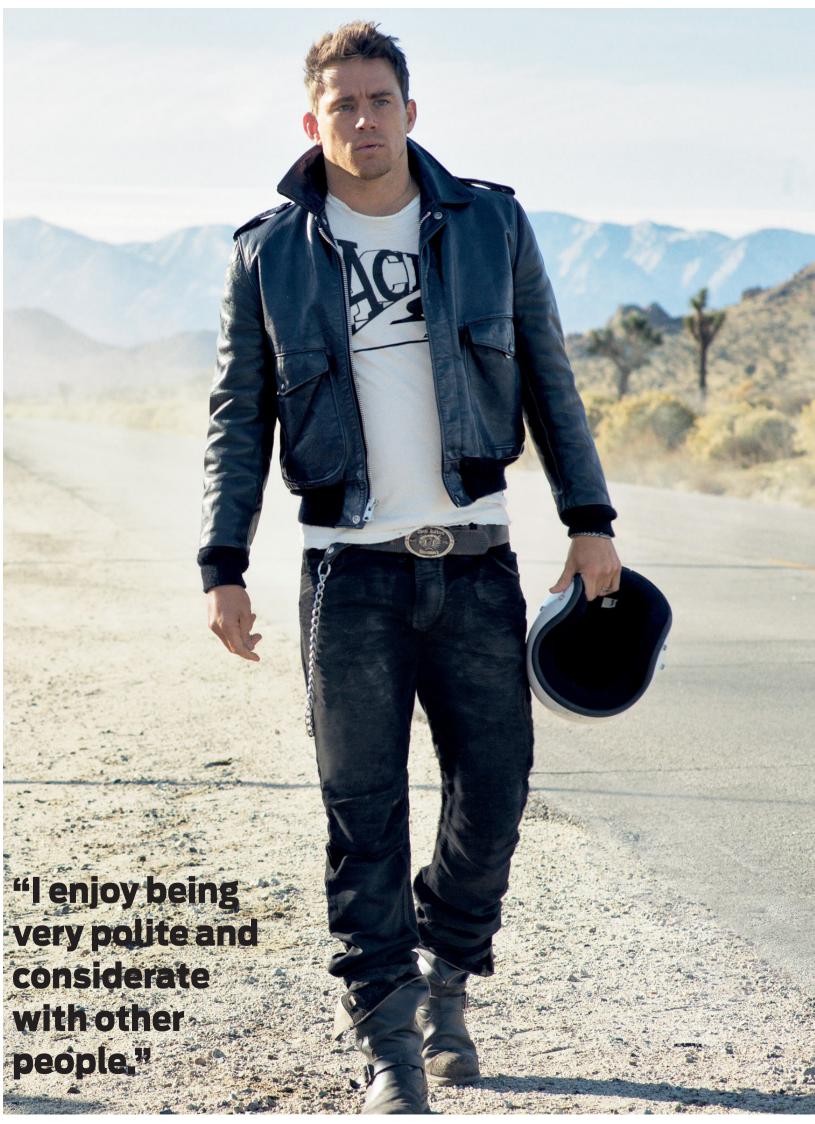
Channing Tatum lives in Los Angeles and is currently in a relationship with actress Zoe Kravitz.

Can you explain how your new film *Dog* has some major parallels to your own time with your dog, Lulu?

CHANNING TATUM: The inspiration for the movie came from an experience I had with my first dog, Lulu while growing up. I've had dogs my whole life but Lulu was my dog that I raised from like six weeks old. I mean she was just a little tiny ball of fur and grew into a big strong pitbull mix. She lived about 11 years. When she got sick, I took her on a road trip on some of her last days. And that made some really profound lessons, of just surrendering and acceptance...My and Lulu's life together was an adventure. Joyful and funny, hilarious and crazy at times.

I then told my friend Reid about my experience saying goodbye to Lulu and we were looking for a new project and that's how it evolved. And in many ways it was interesting for me to explore the feelings of companionship you have and how it affects your thinking about your life when you're taking this kind of a road trip and you're on our own except for this dog that is at your side.





What was it like directing and acting opposite a dog?

CT: I still kind of don't really feel like I directed anything other than the dog while Reid mainly directed me. The biggest issue was getting the Lulus (three different look-alike dogs were used during filming) to attack me when the story called for that.

Of course, I would be wearing protective gear on my arms, but still it was sometimes hard for the dogs to let go...For some reason, it's just in these dogs' blood. They see the suit or a bite sleeve and their eyes just go different.

Do the dogs like the biting part of their acting duties?

CT: Oh, yeah, they love biting. It's like play for them although it can be something else when they feel threatened or are trained to attack. But on the set you just have to let them bite you because they love the bite work stuff and we would put on the bite-sleeve equipment and let them go to town! (Smiles)

Belgian Malinois are normally used by the military and the police, aren't they?

CT: Yes. They're the work dogs of high-level teams: Navy SEALS, Special Forces. They're the ultimate tool. They are different animals, not your normal dog. Their minds work so fast. These are work dogs and there's a reason they're used by the military and the police - they're smart, fast, and they like to bite.

How did you find your first experience as a director?

CT: Just being an actor alone you never leave the set feeling, "I nailed that one!" But the directing? I enjoyed setting up shots more than the experience of directing. I've scratched that itch now and it was fulfilling. But if I ever direct again, I won't be in the movie....You just don't have enough time and I never took into account how much time and constant attention you need to spend when you're directing.

As an actor, you want to have enough time to just focus on your work and not go back and forth looking at the take and wondering whether you got it right. That's why I could never have done this movie without Reid, who also happens to be my best friend, to tell me that my last take was terrible, we need another one.

What kind of message do you think audiences will take away from this film?

CT: The most universal part of this story is being able to surrender and accept something that might not be the easiest thing to do. That's the lesson apart from the crazy things you get into on a road trip. But I think Reid and I also got to see how our friendship helped and actually got us through making this movie which was very challenging at times because of the time pressure and added complications that come with working with three dogs who sometimes have a mind of their own.

You grew up in the South. What does being from the South mean to you or how do you feel it makes you different from other people?

CT: It teaches you to be a gentleman and to be very respectful and polite to women. I would get a slap on the back of my head if I didn't open the door for my mother or sister and that kind of behaviour is very common in the South. I think



there's a level of gentility which is pretty unique in the world as far as I know, although I haven't travelled that much abroad yet.

The kind of upbringing I received has stayed with me all my adult life. I enjoy being very polite and considerate with other people as a matter of personal honour as much as just wanting to be a good man and a decent human being. The greatest compliment anyone could ever pay me would be to say that I'm a gentleman.

Were you ever a wild man when it came to

chasing women?

CT: No, no, I was never that kind of guy. Like I said, I believed in true romance and one-night stands are always going to leave you feeling kind of cold and empty. I was always looking for the real thing, romance, and all that.

OK!

The above comments by Channing Tatum came during the course of a Feb. 8th Zoom chat from the Four Seasons Hotel in Los Angeles while he was promoting his new movie, Dog. His comments have been condensed and edited for length and clarity.

INTERVIEW: JAN JANSSEN (WENN.COM) PHOTOGRAPHS: GETTY, SHUTTERSTOCK "I get great gigs, meet awesome people, and I'm able to have a fantastic life. It doesn't get better than that"

CHRIS PINE

Chris Pine is one of the most pleasant individuals in Hollywood. He's also a highly talented actor, polite, self-effacing, and impossibly handsome. Having built up his massive fan base co-starring with Gal Gadot in Wonder Woman, he's now in negotiations to return as Captain James T. Kirk for a fourth instalment of Star Trek.





hris Pine has been hard at work during the pandemic and currently has several new films in the pipeline. His action thriller *The Contractor*, opened in UK theatres on April 1st to good reviews; he plays James Harper, an elite special forces soldier involuntarily discharged from the military. In order to support his family, Harper takes on a black ops mission in Berlin with a mysterious paramilitary outfit. But things soon go wrong and he finds himself hunted across Europe. The film is the latest in a long list of action films including *Jack Ryan: Shadow Recruit*, *Outlaw King*, and his two *Wonder Woman* outings.

Pine has also earned high praise from Quentin Tarantino who considers the 41-year-old heartthrob to be the finest actor of his generation and was once planning to helm his own Star Trek movie with Pine until the project fell apart in 2018. Pine shakes his head over how his career has wildly exceeded his expectations.

"I was this gangly kid with big thick glasses (he wears contact lenses now), pretty miserable acne and I always felt on the outside looking in. It's ridiculous to me that people view me as this blond, blue-eyed guy. It's like I'm watching it happen to myself. So I have to laugh at it.

"I'm continually stunned that I get to play heroes... but I'm careful not to expect anything...I'm just happy to be working and being able to do a lot of different kinds of films but behind it all I try to look for interesting work that satisfies me."

Later this summer, Pine will be co-starring opposite Florence Pugh and Harry Styles in *Don't Worry Darling*, a drama directed by Olivia Wilde. "This is the second time I've worked with her. Florence is an incredible actress. I can't speak

more highly of her. And Harry Styles is an absolute delight. He's one of the most professional people I've ever met. Couldn't be kinder, more gracious... He's off-the-charts cool."

Pine is the third generation product of a storied Hollywood family. His father, Robert Pine, is a distinguished character actor (*CHiPs*, *Dallas*, *The West Wing*, *The Office*) as is his mother, Gwynne Gilford (*Gunsmoke*) whose mother Anne Gwynne was a WWII pinup model and horror film star.

Chris was a serious student who excelled in sports before going on to study English Literature at the University of California at Berkeley. Acting

11 I try to look for interesting work that satisfies me. **55**

was never on his horizons until after he returned to California following a year of study at the University of Leeds where he admits he "never managed to live up the beer-drinking standards of some of my classmates."

Pine then studied acting at the American Conservatory Theatre and made his feature film debut in *The Princess Diaries 2*. His first lead came in Bottle Shock (2008) opposite Bill Pullman. Known for his sparkling blue eyes, Pine has been in a relationship with English actress Anabelle Wallis for the past three years.

 $Chris, apart\,from\,your\,Star\,Trek\,movies, \textit{Wonder}$

Woman has also earned you considerable praise and attention from the public. What kind of chemistry did you have with Gal Gadot? CHRIS PINE: Gal is just a very exuberant and bright person...She's bubbly, bright, loving, kind, and curious. I was just continually blown away by working with her on the first film, and even more in the second...It was one of the most pleasant experiences I've had on a set even though these are complicated films to make and you can't imagine how much effort Gal in particular has to put into it. But she's very tough and she has a

You come from an acting family yet it was never part of your plan during your university years?

great work ethic.

CP: I never really chose acting...it sort of happened. I was really interested in baseball until I saw I probably wasn't as good as I needed to be. I was more interested in retreating from the world and not wanting anyone to look at me rather than pursuing a profession where you're drawing attention to yourself.

That kind of feeling led me into a world of books and self-reflection. But I started doing theatre at Cal Berkeley and I found it intoxicating to go up on stage and perform. It was a liberating experience and I kind of knew that I had to give acting a shot even though I had no game plan or expectations. And after moving to L.A. I got an agent and things just sort of rolled like a very slow snowball into what I'm doing now. It's very weird.

What was it like spending a year studying at Leeds University?

 $\ensuremath{\mathbf{CP:}}$ I spent one of the best years of my life there. \blacktriangleright







There was a great atmosphere and I enjoyed the academic freedom we had. I also loved the camaraderie with the other students at Leeds. I'm not a big drinker, though, so I couldn't partake of that aspect of university culture as I might have liked to! (Laughs)

Do you feel your university studies in English gave you a different perspective on life than many other actors might have?

CP: I can't really say. I think my perspective was formed as a teenager and attending a very good high school where students were encouraged to pursue their passions and read and think in a very stimulating environment.

You're the son of two working actors. What was your upbringing like?

CP: I grew up in a situation where nothing was secure. There were good and bad years, tidal waves of success and fallow times. I was fortunate to go to really good schools though and always have food on the table. But I know how fickle my business is

Star Trek was the film that turned you into a star. How did that experience affect you?

CP: It was a very bizarre experience. Suddenly there's all this attention on you and you find yourself driving at unsafe speeds to get away from the paparazzi that are chasing you.

Is that another factor in you leading a very lowkey life?

CP: I've seen that celebrity can be a very unreal

world and being part of Hollywood means you tend to live in a strange bubble. You're constantly surrounded by people who are managing different aspects of your career and you find yourself spoiled by the preferential treatment you're

that I don't allow myself to get caught up in the celebrity bubble.

getting.

I've tried to be very vigilant in not allowing myself to feel that sense of entitlement. It's not real, and I make sure that I don't allow myself to get caught up in the celebrity bubble. I don't want to feel that my feet no longer touch the ground.

Obviously you must have learnt a lot from your parents and their experience in the business?

CP: When I was growing up, I was aware that my father was going to auditions and that there were good years where he was working a lot and getting parts and other times where things were not so good. I understood the realities of the business and that's always informed my attitude towards

my career and how incredibly fortunate I've been. Even though people tend to compare me to the usual stereotype of the handsome blue-eyed guy with white teeth who was always going to be successful, the reality is very different. When you're starting out, you're competing against very talented people and often much better-looking guys. You've got to have this attitude of being very persistent and having a lot of self-belief.

In past interviews you've revealed that your mother was an important influence on you?

CP: My mom taught me to be true to myself and not put up masks. She said that when you present yourself to people, you should be like, "This is who I am, I'm going to present that self to you. My mom taught me to stand up straight and shake hands firmly and look someone in the eye because that's what you (should) do.

Looking back on your career, do you ever shake your head in amazement?

CP: It's still hard to put into perspective. I'm very lucky to be one of those very few actors who gets to work steadily and even fewer actors who gets paid very well on top of that. But that's not false humility. I get great gigs, meet awesome people, and I'm able to have a fantastic life. It doesn't get better than that.

The above comments by Chris Pine were made during an interview for Wonder Woman 1984. His comments have been condensed and edited for length and clarity.

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

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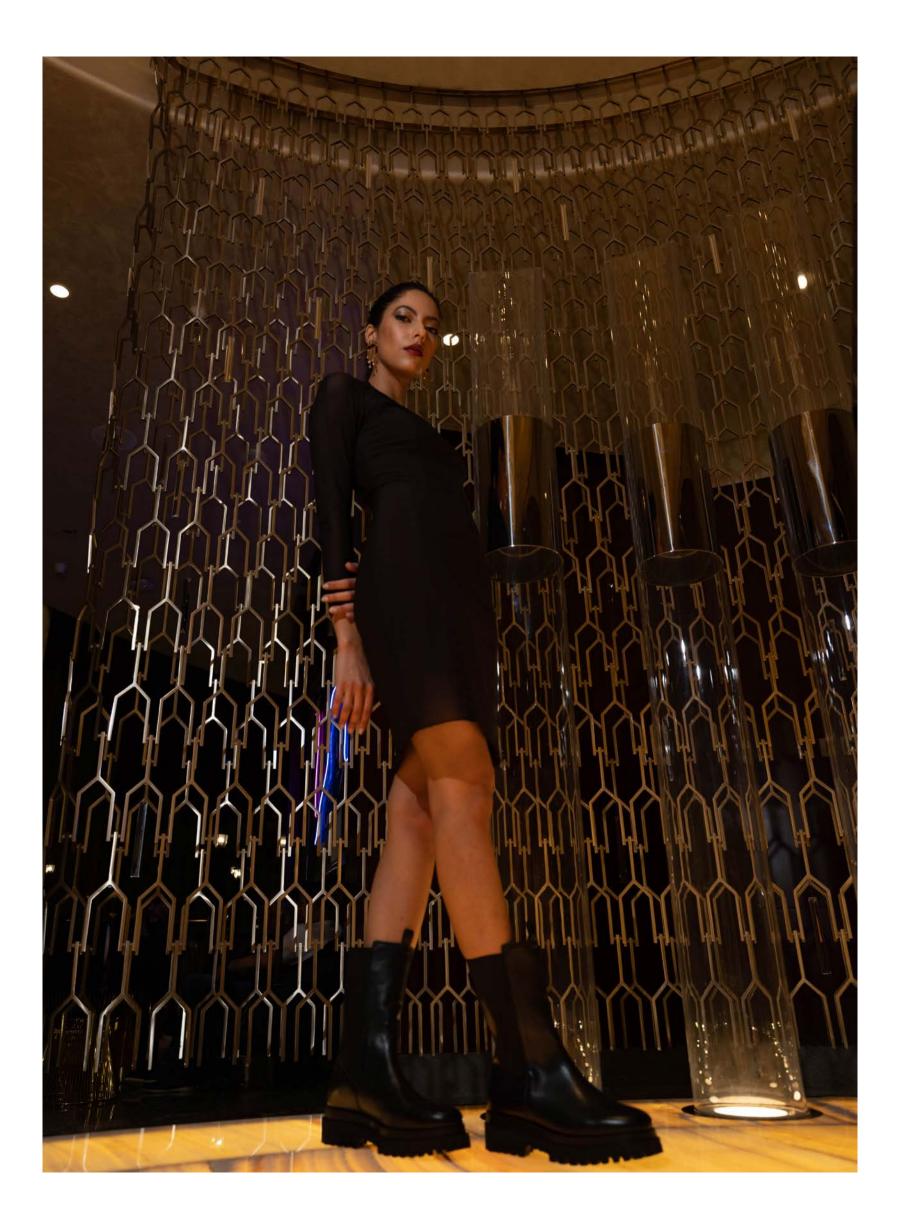
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OUTFITS - BARUNI FASHIONS









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HAUTE HIPPIE

ALANUI Crochet Fringed

From crochet outfits to accessories, raffia platform shoes to basket bags, Haute Hippie fashion is all the rage this summer. And why shouldn't they be? They're easy, breezy





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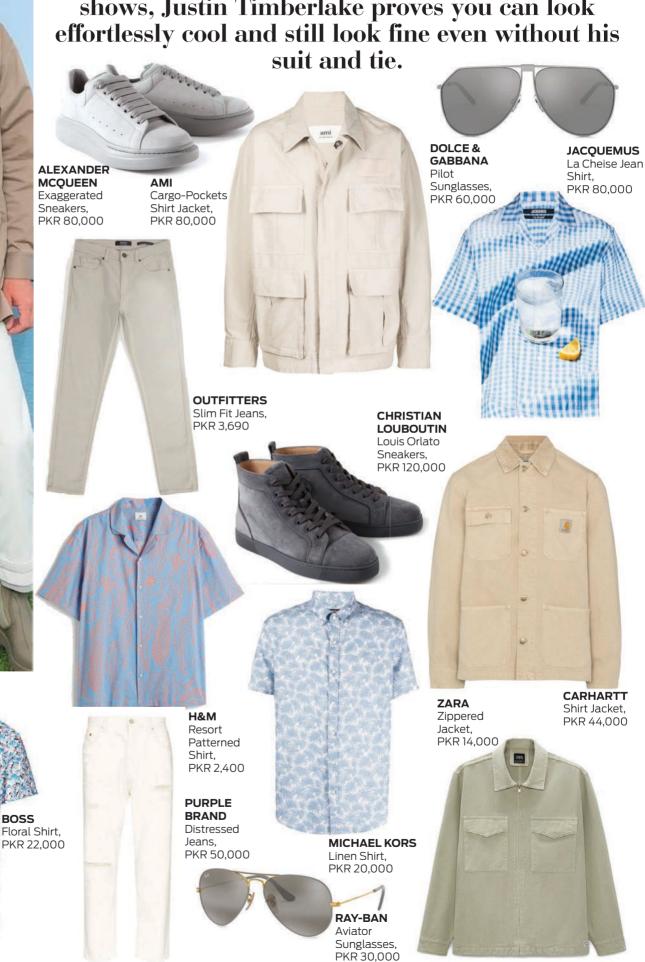


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COOL NEUTRALS

Making the rounds at all the major menswear shows, Justin Timberlake proves you can look effortlessly cool and still look fine even without his



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What's IN HER BAG?

Robina Khan is the lastest model on our radar! Here's what you'll find in her bag:





AirPods - communication on the go made easier!

Timted Moisturiser -Chanel's Les Beiges is lightweight and perfect for weather in the subcontiner

Dettol Sanitiser - no one leaves home without one!





Lip Balm - Conatural's apple is delicious!

Wallet - Louis Vuitton keeps it classic.





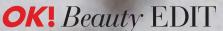






Lipstick - Chanel's Rouge Ingenue is the perfect every day colour!





SAYIT WITH FLOWERS THESE FLORAL SCENTS ARE





Notes of blackcurrant, vert de mandarine and ylang ylang are blended with rose oil and iris to give a soft and sophisticated finish.

2 CARTIER CARAT EDP 50ML,PKR 15,100

Not only will this look great on any dressing table but the fragrance is just as mesmerising! This scent is packed full of flower power, blending not one floral note but seven, from violet and iris to honeysuckle and tulip.

3 PRADA INFUSION ROSE EDP100ML, PKR 20,500

Just like the bottle, this perfume is elegant and timeless, ideal for a signature scent. With notes of rose, neroli and mandarin, it's a crisp floral fragrance with a citrusy twist.

4 CHLOE NOMADE EDT 50ML, PKR 12,500

With punchy floral notes of freesia combined with sweet lychee and woody oak moss, this light scent captures the freshness of spring.

5 GIVENCHY LIVE IRRESISTIBLE ROSY CRUSH 75ML, PKR 17,500

If you love a sweet yet fresh scent then this one is for you. With a top note of goji berries, a heart note of rose and a base note of patchouli, this is a fruity and crisp fragrance that's ideal for daytime.



THE LIFE OF SUNDAR WAQAR

The petite socialite who has brought on a healthier lifestyle called Gluten Free Foods (GFF) tells us about her life



Favourite travel destination?

New York and Italy - both are very accommodating and it's always easy to find exceptional gluten free food there.

Signature scent?Mademoiselle - Chanel.



Last show you binge watched? Inventing Anna.

Last thing you splurged on? A pair of earrings I had been eyeing for some time.





Any guilty pleasures? Cookies and French fries.

Ideal weekend? Going to the beach and a night out with my girls.

Favourite restaurant? My mom's kitchen! Due to my food sensitivities I hardly eat out, but my mother continues to explore healthy and delicious meals — stay tuned to Gluten Free Foods (GFF) for more updates!





Three things you can't live without? My daily news fix, good company and breakfast.





Favourite
designer/s?
Locally
- Shehla
Chatoor, Faraz
Manan, Nadia
Khan and
Misha Lakhani.

What's your instant mood lifter? My dog - Leo!

Last book you read?

The Autoimmune Fix.

First thing you'll do post the pandemic? I've stopped waiting for the pandemic to be over. Doing

it all with a mask on.

HOW TO STOP THE HIDDEN
AUTOINMUNE DAMAGE
THAT KEEPS YOU SICK, FAT, AND THEED
BEFORE IT TURNS INTO DISEASE

AUTOIMMUNE
FIX

TOM O'BRYAN, DC, CCN, DACBN
FOREVOIRE BY
NEW YORK TIMES BESTSELLING AUTHOR MARK HYMAN, WO



Getting in shape or couch potato?
Getting in shape.

Skincare essentials? Goop sunscreen and a good moisturiser.

Most exciting celebrity encounters?

Kaka.

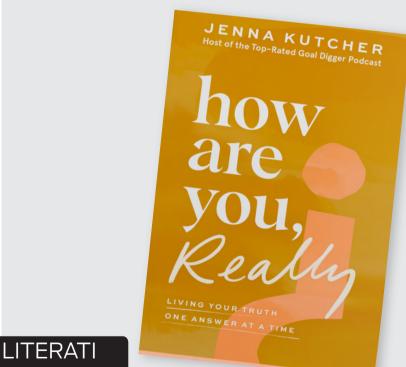
All time favourite film? One that's always stayed with me is *Life Is Beautiful*.



ENTERTAINMENT



he latest animated film is based on Buzz, the legendary space ranger from the *Toy* Story as he embarks upon an intergalactic journey alongside his trusted pals, Izzy, Mo. Darby and the robot Sox. The computer animated science fiction film has been produced by Pixar and distributed by Disney, and has a Rotten Tomatoes rating of 76%. It's the perfect film to watch with the family during the summer holidays.



HOW ARE YOU, REALLY? LIVING YOUR TRUTH ONE ANSWER AT A TIME BY JENNA KUTCHER

his book challenges the usual hustle harder, waking up early, constantly being on the go, and always planning ahead mentality, and explores what it considers the real work life balance in today's age. A self-help book that is different from others, this one focuses on how to live your life according to your authentic self and making better choices based on your intuition. It comes with a Goodreads rating of 4.8/5 and a Barnes & Noble rating of 5/5. Definitely a must read.



MS. MARVEL

harmeen Obaid Chinoy's latest project Ms. Marvel is TV show based on a Pakistani American teenaged superhero, Kamala. Kamala feels like she doesn't belong in her US high school or at home, until she gets superpowers just like the superheroes she's been looking up to her entire life. Relatable, hilarious, and with a killer playlist, the TV series is definitely one that the entire family will enjoy.





isham Faiz Bhutta is one talented artist. The singer-songwriter who describes her music as a combination of Punjabi folk and new gen electronic is now gearing for a more romantic husky genre. Did we mention she's a tattoo artist as well? The NCA grad talks to OK! Pakistan about music, inspirations, her close-knit family, and everything in between.

Okay, let's go back. What influenced you to become a singer-songwriter?

Risham Faiz Bhutta: My mother. Growing up listening to my mother singing all the time, made me realise how it's a talent that should've been a career for her. The idea motivated me more than enough to apply it on myself.

Which artist inspires you? Is there anyone you can relate to?

RFB: I don't think I can relate myself to any existing artist. Not sure if I'd want to shadow my style by a reference.

What is your creative process like? How do you start writing a music piece?

RFB: My songs are always based on a real incident or emotion I go through in my life. It starts with a melody that calms me or empowers me in accordance with the mood I am in. Once the melody is fixed, I write the lyrics to it. The lyrics are more like a form of expression for me, where I express what I am going through, - good or bad. It's like a diary. After writing the song, I name it. Then I take it to a producer that I think sets perfectly for its nature. I imagine a video on it and think of

a director who would be perfect for executing the idea in the same palette. Everything falls in place and the song comes out.

Do you have a favourite instrument or gears you're using right now?

RFB: When I'm alone, I play the ukulele. Also, these days I'm learning the piano. Let's see how that goes.

Describe a music moment for you in a film

66 Being recognised for all your hard work and effort in this competitive industry is overwhelming! 55

or television show that moved you. Has this influenced any of your own compositions?

RFB: These days, I have to say, it's all the songs from *Kamli*, the film. I cannot explain how obsessed I am with all its songs. I'm working on a new song which is very close to the same genre of music, heart felt. *Kamli* and its songs have helped me a lot to strengthen my upcoming song's feel. In the past, songs from *Gangs of Wasseypur*inspired me a lot, I remember performing my version of *Kaala*

Rey a lot as well.

How would you describe the music that you typically create?

RFB: Up until now my music has been a mix of the folk Punjabi style of singing and new gen electronic music. It's usually power vocals or rap. However, in the future I will be moving my genre towards the romantic side with more husky and heartfelt vocals

In terms of the overall composition, what is your favourite song and why?

RFB: If I talk about my own, I personally love my song *Khushbu*. I wasn't able to make a music video of it but I will be launching it soon. It's one of the songs that came right from my heart. Everything in it is balanced and just. As for another artist, I think composition-wise *Pasoori* is a masterpiece!

What kind of singer would you classify yourself as?

RFB: I'd say I'm a Punjabi singer whose voice flows and follows through different genres of music.

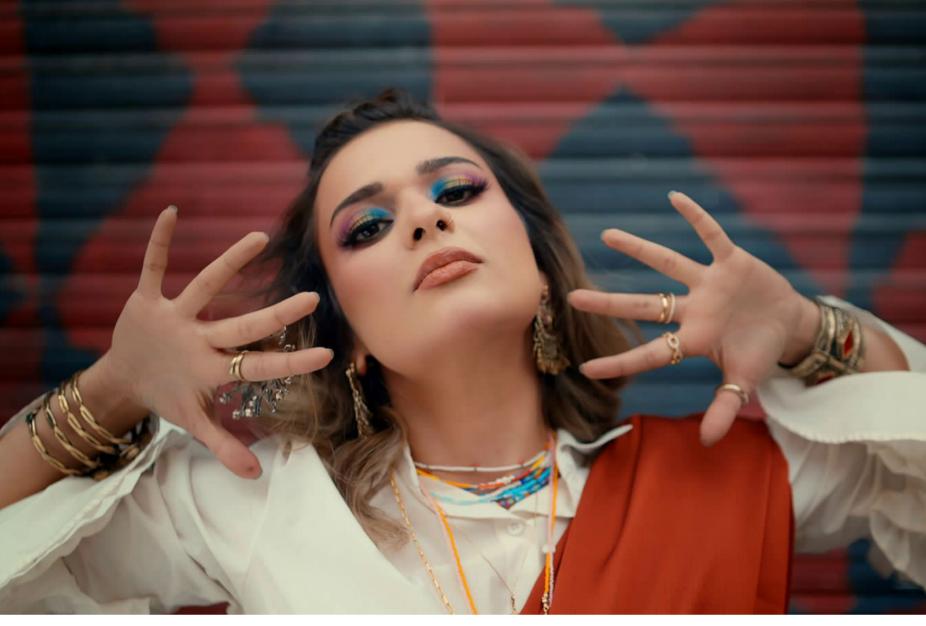
What's your process for dealing with performance anxiety?

RFB: I love performing. I love the stage. I would do it over and over anytime. People and the audience are like fuel to me. The only anxiety is to not get overexcited I guess. [Laughs]

How do you handle travelling and being away from your home for an extended time period while being on tour?

RFB: I'm a very home oriented person. I love ▶





spending time with my family and staying at home with them so that does make me miss them a lot. That being said, my family is very supportive and their support is the only push that gets me through everything honestly. Staying in touch on video call every night is the secret! Plus my mom loves getting updates every hour as she's always more excited than me.

What would you do if your audience looked tired or bored during your performance?

RFB: I would talk to them. I would ask them questions, engage them, and make them sing along. I would divert their attention to a popular or funny subject and pump their mood with it, then bring them back to the performance.

What was the role of music in the early years of your life?

RFB: Music has helped me through thick and thin. Growing up, I've been the kid with headphones in my ears and always drawing or painting. I love every genre of music and I listen to each according to my mood at every step of my life. Music has been therapy to me, always! A life saver. A mood changer. An escape buddy. A sorrow sharer. A vibe enhancer.

Are you from a musical or artistic family?

RFB: Every person in my *khandaan* sings. I've grown up listening to my elders always playing instruments and singing. My family is full of talent - musicians and artists. All my siblings are from NCA so art has always been around.

Which musician do you admire most and why?

RFB: Reshma Jee for the husk and sorrow in her voice, and for how simply she delivers such a

beautiful meaning.

Faris Shafi because his lyrics are everything - creative and complete! They're like an art piece and he paints a picture through them.

AP Dhillon for his rawness.

Talha Yunus because I relate to his lyrics just so much.

What is one message that you would like to give to your fans?

 $\mbox{\bf RFB:}\,\mbox{\bf I}$ am because of you and $\mbox{\bf I}$ am nothing without you.

We hear you're a tattoo artist as well - so how did that start?

RFB: I always wanted to be a tattoo artist. The dream got stronger when I discovered my talent for line art when I was in NCA. Hence in 2021 I decided it's now or never! I started learning and practicing, invested in the equipment and studio, and tada!

What do you love most about being a tattoo artist?

RFB: Dealing with different kinds of skin. Anatomy has always been an interest for me and every skin is different. Transferring art to different kinds of skin is a wonderful experience.

Do you think there are challenges in being a tattoo artist that artists who create for themselves don't face?

RFB: Not everyone can be a tattoo artist. You might be an artist but you might not be okay with needles. You might be precise in drawing but not with the consistency of the insertion of a needle. Drawing on paper and skin is very different. You have to have love and enthusiasm for doing it but also a lot of

study and knowledge of the organ, skin. Otherwise, you might ruin it for others. Tattoos are permanent and once the line is there it cannot be erased, so it has to be perfect the first time because there are no redos. Since it's only a one shot thing, you need extra precision. Precision is difficult but achievable and you just need the right eye and grip for it.

Which is your first love - tattooing or singing?

 $\textbf{RFB:} \ \mathsf{Singing-everything} \ \mathsf{comes} \ \mathsf{after}.$

If you could live anywhere in the world, where would that be?

RFB: Somewhere far in the mountains where I build my own house and grow my own vegetables. But realistically speaking, New York or Vancouver.

Favourite cusine?

RFB: Japanese and Korean. I also like Chinese (lamien and hot pot), as well as paalak, palau and aloo gosht... basically I like everything named food.

Summer or winter?

RFB: Autumn.

Describe yourself in three words.

RFB: Risham. Faiz. Bhutta. [Laughs]. Okay, no - Honest. Balanced. Ambivert.

Last book you read?

RFB: Why Men Love Bitches. Also, I'm currently reading Hyperfocus by Chris Bailey.

One thing you can't live without?

RFB: My dog, Fido. But also food.

INTERVIEW: MEHR KASSIM
PHOTOGRPHS COURTESY RISHAM FAIZ BHUTTA



THE BIG CHILL

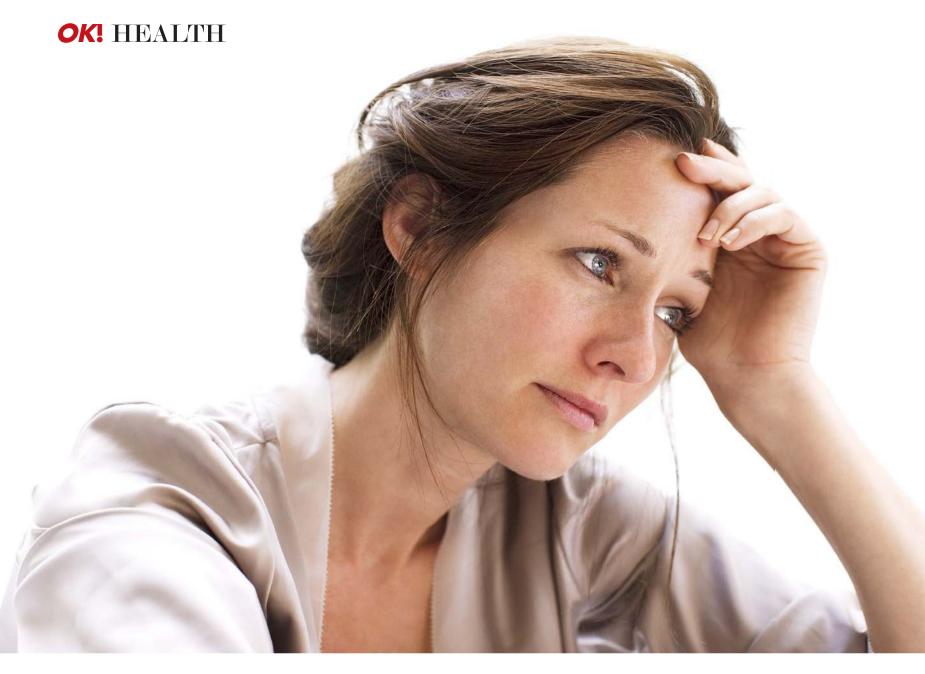
WHEN THE HEAT IS ON, SERVE UP REFRESHING TREATS TO STAY COOL











HEADS UP

AS IT IS REVEALED COVID-19 CAN SHRINK OUR BRAINS, HERE'S THE LOWDOWN

h Covid... the gift that keeps on giving. The latest research investigating the virus has found that it can cause parts of our brain to shrink. Yes, actually shrink!

Dubbed Covid brain, the post-viral condition has left sufferers with debilitating symptoms, including brain fog.

A major world-first study by the University of Oxford, which compared patients' MRI scans before and after contracting the virus, has revealed the extent of the shrinkage and tissue damage to the brain.

"We should be worried," Dr Jeff Foster, a GP at H3health, tells OK!. "We still know very little about the long-term impact of long Covid. While the effects are reduced in those who are vaccinated, there's no magic cure once you have it."



What is Covid brain?

In a nutshell, it affects how your brain works. You might struggle to concentrate, feel confused and think more slowly than usual. There can also be physical issues with your body, like loss of smell and extreme fatigue.

To put it in technical terms, as Dr Foster explains, "Covid brain results in either short or long-term symptoms of altered neurological or psychiatric function."

Which parts of the brain ARE affected?

The regions controlling emotion and memory were most affected in Covid patients who took part in the Oxford study.

There was also damage in areas that control our sense of smell, while a very small decline in grey matter (0.7%) was spotted in the cerebellum – the area at the back of the brain which helps control our muscle movements.

Even in mild cases, there were signs of a "worsening

of executive function" responsible for focus and organising. On average, patients' brain sizes shrank between 0.2% and 2%.

How bad is it?

While some experts say the shrinkage is very minor, Dr Rebecca Dewey, a neuroimaging expert at Nottingham University, says it's "compelling". Conceding that these changes to the brain are a part of "healthy ageing" she points out that "the key difference is that they appear to be happening faster than with ageing alone" in some Covid patients.



How can we tackle Covid brain?

Dr Foster recommends exercise, even if you're suffering from physical long Covid. A diet of Mediterranean-style meals is also advisable, "ideally rich in protein, olive oil and vegetables - these can improve brain function". Are you getting unbroken sleep? "It's key to repairing your brain," he says. "You need six to eight hours per night and, ideally, three to four hours of deep, unbroken sleep. "Be social, too. We're not designed to be isolated and good mental health has been shown to improve recovery."



Brain fog has wiped my memories'

Kirsten Opsahl, 33, shares her struggle with Covid brain.

"I remember testing positive on 12 January 2021. I had a high fever for several weeks, along with extreme fatigue, gastrointestinal issues, a terrible sore throat and the worst headache I've ever felt in my life.

The symptoms were intense but, luckily, I didn't have to go to hospital and I was spared any horrible breathing problems. I was sick for about three weeks, but it didn't end there.

A month later, I began suffering from brain fog and it never went away. Now, over a year on, my memory and short-term recollection has degraded. People will reference things I've said, or memories we shared together, and it's like they're describing a movie I've never seen. I can't even imagine what they're



talking about.

I forget people I've met before so now instead of saying, 'Nice to meet you', I say, 'It's good to see you' – but sometimes I get called out. It's embarrassing.

called out. It's embarrassing. I'm pretty scared, but the damage is already done. I try to stay positive and have taught myself a few techniques to help find memories that no longer exist in my head.

My phone is filled with notes and reminders. I even have a lengthy one labelled 'Stuff I've Already Forgotten' – that's long. Along with mental symptoms, I'm still losing a lot of hair. And my taste is messed up doctors call it parosmia. Foods I used to love now taste rancid. At first it was almost anything I put in my mouth, which made mealtimes challenging. It has got better, but I can't handle the taste of plant-based fats now. So bye-bye avocado toast... What I once considered my favourite burrito topping and tortilla chip dip now tastes like bad oil mixed with wet garbage. I try not to worry about my future. There's no telling if my brain will get worse over time, but I'm just grateful I survived Covid relatively unscathed. The virus has ruined the lives of so many – I can handle a little memory

> WORDS: KIRSTEN JONES PHOTOS: GETTY



WHY GO THERE?

Set beside the glittering Adriatic Sea, the walled city of Dubrovnik in Croatia looks like something out of a fairy-tale. Indeed, its almost otherworldly beauty made it the perfect setting for the opulent royal capital of King's Landing in the TV fantasy epic Game Of Thrones — and over the centuries it's been a powerhouse in real life too.

Once rivalled only in influence by Venice, Dubrovnik has always been a forwardthinking city. During the Black Death, it demanded seafaring traders anchor in its harbour for 40 days before being allowed in – inventing the concept of quarantine. Today, however, Dubrovnik's twin gates are open to all, leading visitors into atmospheric streets lined with palaces, churches, restaurants and shops. With no cars to watch out for within its stone walls, it really is like walking into another world.

MUST-DO ACTIVITIES

We got our bearings on the first day with a guided tour of the city walls. Once we'd climbed high above the terracotta roofs, we gained a whole





Our guide also pointed out the key Game Of Thrones filming locations, including the baroque staircase where Cersei began her naked walk of shame through the city. Luckily, we didn't spot anybody trying a re-enactment. However, we were treated to an eye-popping sight via the city cable car. If we thought the vista from the walls was stunning, it was nothing compared with being whisked 2,550ft up the mountain for a bird's eye

The next day, we took a ferry to the neighbouring

strutted around, eager to share our sandwiches. As well as admiring our new feathered friends, we scrambled among rock pools, swam in Lokrum's miniature Dead Sea. hiked up to the Napoleonic fort at the island's summit and, of course, posed for photos on the Iron Throne which the Game Of Thrones production team gifted to Dubrovnik.

WHERE TO STA

Accommodation options within the city itself are limited, but just five minutes' stroll along the coast you'll find Hotel Excelsior Dubrovnik, a majestic five-star retreat where everyone from The Queen to Elizabeth Taylor has stayed. Our enormous seafront suite was certainly fit for royalty with chic decor and panoramic windows giving sweeping views across the bay to the city. There's a huge spa and pool, or if you prefer to go for a dip in the Adriatic, you can walk along the sunbathing terrace and down some steps into the sea.

WHERE TO EAT

Dubrovnik is a true foodie's paradise. Our first evening was spent among the alfresco candlelit tables of Restaurant Arsenal, sitting beneath huge arches that once made up the city's dockyard. As you'd expect from the location, fresh seafood is a speciality and we tucked into the most wonderful stew of mussels and fish, rich with tomato and garlic.

We also visited another of Dubrovnik's culinary icons, Restaurant Kopun, which has recreated some of the region's most famous historic dishes and given them a modern twist. Its signature offering - cockerel with honey, white wine and orange sauce – is as fab now as it could possibly have been in the 16th century.

We rounded off our stay with casual dining at Restaurant Dubravka on the far side of the city, with views of Fort Lovrijenac - the Red Keep in Game Of Thrones. My husband served up a few "dinner is coming" puns as we waited for our pizzas. Mercifully, the service was as swift as the margheritas were delicious. 🍱



REPORT: LYNNE HYLAND PHOTOS: GETTY





Where did you go?

Amna Ilyas: I traveled first to Cannes and then to Paris.

What made you go here?

AI: Well I had to go to Cannes for a show I was doing and then to Paris because a trip there is an absolute must!

What did you pack?

Al: I packed the essentials, which included some dresses for a night out as well as a comfortable pair of sneakers for all the walking and a few laid back clothes too.

What was favourite meal/restaurant?

Al: I'm a salmon lover so whichever restaurant had salmon fillet on the menu had me planted right

What was the biggest highlight of your trip/most memorable moment?

AI: In Cannes it was the scenic stroll coupled with the beachy winds at La Croisette. The food there was incredible. In Paris it was every angle but the most memorable had to be their classic Moulin Rouge show. It was inspiring and pulsating to watch the age old cabaret show and the magical energy of the dancers simply had me spellbound!

Favourite shopping destination?

Al: Paris is of course famous for its wealth of shops from high end boutiques to local spots. It's difficult



to pick just one!

Some sights worth seeing?

Al: All of Cannes and Paris is a sight to see. In Cannes, the beaches and art galleries (such as Le Centre d'Art La Malmaison) are an experience for all. Meanwhile, Paris encapsulates everything from walking on the beautiful cobblestone streets to seeing famous sights like the Arc de Triomphe

and Champs-Élysées to seeing art come alive at the Moulin Rouge to tasting delicious desserts at a classic Parisian café - I believe it's all a sight!

What are some spots for a night out?

AI: It's difficult to pick just one but my favourite spot had to be Zoa Sushi Bar in Cannes. Their music was lovely and their food was divine. It's difficult to pick just one!

Travel essentials?

Al: My perfumes and my skin care products are a must!

Any travel tips you would like to share?

Al: Keep a close watch on your belongings and remember to take extra care when travelling.

TEXT: MEHR KASSIM PHOTOGRAPHS: COURTESY OF AMNA ILYAS

OK! WORLD IN ACTION









HOROSCOPE & TAROT

IT'S WRITTEN IN THE STARS!

CAPRICORN



Dec 22 - Jan 20 A lot of your energy will be poured into relationships. Deep

conversations and repressed feelings will come to the

surface. Big epiphanies are also on the menu. Let the old go. From this moment, juicier connections, more exciting friendships, and even profitable partnerships can begin towards the end of the month. Lucky

TAURUS



Apr 21 – May 21 July will be a month

remember. You're feeling thirsty, sexual, and ambitious. That new version

yourself that has been in the works prepares to fully emerge. Whatever feels stagnant and outdated in your life will be removed to make room for that new you. Instead of holding on to the past, allow for this exciting new chapter of your life to unfold.

VIRGO



Aug 24 – Sep 23

This month is active for you, as you could be either closing important deals or networking to promote your work.

You will be instigated to make power moves in this area of your life. Lucid moments will come your way, so take note! Your mood may become introspective. Rest and recharge your batteries in preparation for vour birthday.

SAGITTARIUS



Nov 23 - Dec 21 Strong

currents requesting that you reconsider vour plans when it comes

to money, partnership, and resources. While it might sound like a "too serious" way to begin your summer, by doing so, you're setting yourself up for success! You're in your element. You will be feeling more optimistic and might even decide to embark on a journey to explore a new place in the world you haven't seen before.

AQUARIUS



Jan 21 – Feb 19

The beginning of the month has you flirting left and right. By the time mid-August comes, by the

way, you could decide to take things to the next level with one of them! Destiny plays a huge role for you now, when new people, projects, ideas, and opportunities could come out of nowhere and suddenly find you!

GEMINI



May 22 - Jun 21 It's time to channel your inner strategist. being You are invited to your intuition with your intellect and

your feminine with your masculine. By doing so, you will be able to set clear strategies for your future. This month is ideal to put your finances in order. A raise could also be in the cards. You could begin working on an interesting new project.

LIBRA Sep 24 – Oct 23



This is a busy month for vou. New people will enter your life and open your eyes to bright, new horizons. If you're in need of a break, take

one now! Your family, as well as your career, could take most of your time. If something from the past resurfaces, it might be time to have a tough conversation. You will focus on socializing and networking.

SCORPIO



Oct 24 - Nov 22 You will be instigated

to focus on new horizons and see life through a new lens. New beginnings in

this area of your life are the norm but to make the best of them, you will have to open your mind and get out of your comfort zone. Release what no longer serves you, dear Scorpio.

PISCES

Feb 20 - Mar 20



For you, Pisces, July is all a period of introspection. devotion to Your certain practices

Mar 21 - Apr 20

Spend quality time

vour

Rearrange furniture,

have fun focusing on DIY projects, and

or chosen

beautifying

home. You will have the chance to

heal any troubled situations from

the past. After July 22 your focus will

shift towards fun, play, and creativity. Romance and dating also become

a priority now, so if you're single, it's

time to put yourself out there!

hirth

your

family.

will be reawakened. You might begin to doubt if these practices are still in line with your path. You will rethink the boundaries of a commitment that might have begun around springtime.

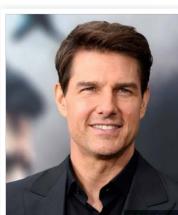
ARIES

CANCER Jun 22 – Jul 23



It's time to celebrate success, well as set new goals for your future. A relationship or business partnership

could end. The month will bring healing, compassion and hope. Your need for connection while also boosting your attractor factor will be ignited. You can manifest more money, a new romance-and if you want it, even a makeover!



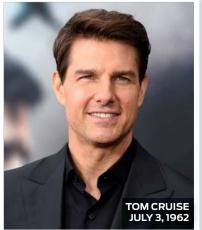


Jul 24 – Aug 23

universe will be sending downloads your way in the form

of signs, messages, and flashes of insight. Rest, tune in, and absorb as much as you can, because soon you'll be ready to shine your light on the world. You will be loaded with ambition, so focus on making major power moves in your career!

LEO intuition.



PHOTOGRAPHS: SHUTTERSTOCK, WEEN

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