



@dmlife lk

life lk

The heirs of Aldo Gucci, the man who transformed the Florentine label into a global phenomenon, are not happy at the way their family is portrayed in Ridley Scott's "House of Gucci" film, which stars Lady Gaga, Adam Driver and Al Pacino. The film, which opened last week in cinemas worldwide, centres on the murder of family scion Maurizio Gucci, who was gunned down in 1995 in the hall of his elegant Milan office by a hitman hired by his estranged wife. Patrizia Reggiani. REUTERS

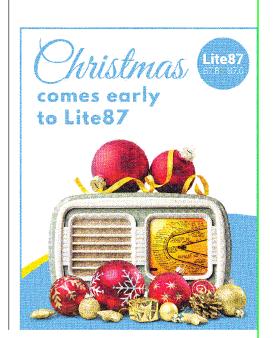


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HATE CRIME OR PUBLICITY STUNT? CHICAGO JURY TO HEAR CASE IN JUSSIE SMOLLETT TRIAL

On a frigid Chicago night in January 2019, actor Jussie Smollett, a star on the TV drama "Empire," reported that he was the victim of a hate-motivated street attack, but police later accused him of staging the whole affair as a publicity stunt. The case went to trial on Monday in Cook County Circuit Court, with a jury selected by late afternoon to hear evidence for six felony counts of disorderly conduct accusing Smollett of making false reports. **REUTERS**



LifeOnlineTv

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Dream Calke and Butter Drop

text Panchali Illankoon

In this series, we talk to people who turned their passion for food and baking into a business idea amidst lockdown and COVID-19 fears. Some have been in the market for years and others saw the new opportunity and took it! These home businesses are changing the game and have overcome the odds of running a business during quarantine.

With restrictions once more, we talk to home bakers who are operating during these times to bring the sweet and savoury to your very own doorstep!

Quarantine Home Bakers

Growing up watching her mom bake at home, Chamika Dias Abayasinghe was inspired to start a business of her own.

"I've done several baking courses and I wanted to try my hand at running a home based baking business. Within a very short period of time, my products were popular and the positive feedback from my clients really motivated me. I aim to make specialty products that will exceed client's expectations, put a smile on their face with a WOW factor."

What do you offer?

We offer customised cakes, wedding cakes, wedding structures, seasonal design cakes, cupcakes, cookies, brownies, blondies, éclair, cakesicles, cake pops, geo hearts, smash hearts etc. We also make unique and customised treat boxes for any occasion. Our most popular items are our treat boxes, brownies and cupcakes. My personal favourite of course, is our chocolate cake with mousse.

When did you start operations?

I was always fond of doing unique things ever since I was a little child. I started the cake business before the pandemic in early 2018 as a home baker. But most of our new products were boosted during the pandemic because most of our clients requested many products while staying at home and spending their leisure time with their loved ones.

What is it like running your

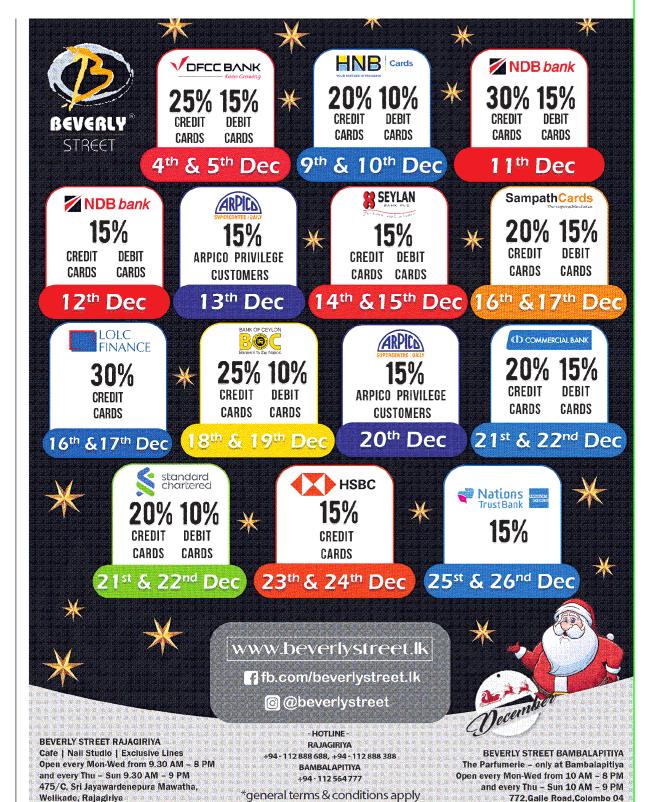
operations in times like these?
Initially, it was a little tough
to source all the ingredients and
even making deliveries was
very complicated. Of course,
as time went by, we found
our footing and we managed
to figure out a delivery system
during lockdown that was effective
and friendly in getting our products to
our clients all the while following the
health and safety guidelines.

How are you ensuring the proper hygiene measures are taken in preparation and delivery?

I have always highly prioritised cleanliness in my kitchen. Even the simplest hygiene measures help protect our health and everyone who is linked to the business such as our clients and delivery partners. So we were very careful and followed every Covid-19 safety and hygiene protocol needed.



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What do you enjoy about baking and operating your own home baking business?

I really love what I do! The whole process of completing an order is a project for me from the beginning when I collect ingredients to the end when I prepare a product which is of best quality and finally when I present it with good care to my beloved clients. At the end of it all, hearing all the lovely compliments from the clients is what makes it all worthwhile!

How do you see home bakers going forward post Covid?

I think as long as the home bakers are satisfying their clients and providing quality products that meet their requirement – they will continue to thrive and clients will come back anytime they want something.

What's next for your brand?

My next target is to launch an online site for booking orders and introduce event planning packages to our clients to make their occasions marvellous with high quality products.

What is Dream Cakes and Butter Drop's signature style?

I think my signature style is simple, classy with different designs which consist of unique taste and presentation that will delight the client and expand their experience with sweets.

Any advice to anyone who wants to start their own business?

I like to inspire anyone who is interested in starting their own business. If you dream of building your own business, do not hesitate to build that business. Draft up a business plan to provide an overview of your market position and be unique and see to it till the very end!





The Dream Cake and Butter Drop bakery take orders via Instagram (@butterdrop.lk / @dreamcakelk). Bank Transfers are preferred, pickup is available or delivery can be arranged in Colombo and suburbs.

What is a secret super healthy food that's not well known? Among all the superfoods, avocados claim their highest ranking due to all the healthy fats and vitamins in it. Avocados

also help you stay full longer so you are not always craving carbs or sweets! I recommend Avocado to be consumed without carbohydrates or sugar or it can be fattening since the body tends to metabolise



What got you on the track for healthy eating?

Being a nurse and working in healthcare, I have seen so many little children with obesity, heart conditions and diabetes due to poor nutrition and bad eating habits! Unfortunately, when I saw their parents, it was obvious that it was a pattern in the whole family. I wanted healthy eating to be a lifestyle and the norm for us instead of starting a diet only after there is a health concern! By eating healthy, I quickly realised that I have so much more energy, better sleep, no fatigue and clear skin. This encouraged me to stay with it.

Madushami Wijesinghe

text Panchali Illankoon

How do our food experts cook and eat? This week, registered nurse and food blogger at Shani's Healthy Kitchen, Madushani takes our Q&A!

What's the trick to eating healthy but making the food flavoursome? Eat raw vegetables and fruits!! They taste the best when they are in their natural state!



I always used to take pictures of my food and sometimes upload it to my personal Instagram account. I then decided to create a separate account just for food as a one stop shop for healthy eating for anyone looking for a dash of inspiration. So @ shanis_healthykitchen was born!



carbohydrates first.

Easiest meal to impress someone?





Your favourite leftovers?

Curries for sure! Is it just me or does anyone else think Sri Lankan chicken curry tastes so much better the next day?

Your favourite go-to recipe person for inspiration?

I cannot follow recipes! But if I have to bake or make Sri Lankan short eats, I do go to @hungry_ lankan or @roshini. karunatilleke on Instagram for recipes.

Your favourite food movie?

Hmm can't think of a movie but I do enjoy Masterchef and British baking shows very much!

Your favourite recipe of all time? I love @hungry_lankans butter

cake recipe

Dipping dark

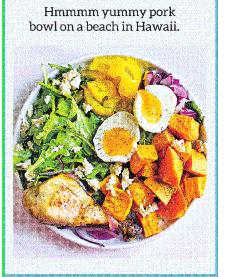
chocolate in coffee! Didn't know this wasn't a thing until I posted an Instagram story and everyone thought that was odd!



If you could dis-invent a food, what would it be:

Pumpkin spiced latte- I just don't get the hype!

What's a dish you'd love to relive for the first time? Hmmmm yummy pork bowl on a beach in Hawaii.



Your favourite childhood meal?

I always loved eating coconut roti and lunumiris! I still make it but use kale or spinach juice for making the dough instead of water! Also add chia seeds or flax seeds to balance out the carbohydrates by increasing the fibre content. Not quite the same as the childhood favourite roti but tastes just as good.

What dish do you love to eat but would never cook?

I say desserts in general! I really can't bake but I do love a good sweet treat very occasionally.

It's your last day on earth, where are you?

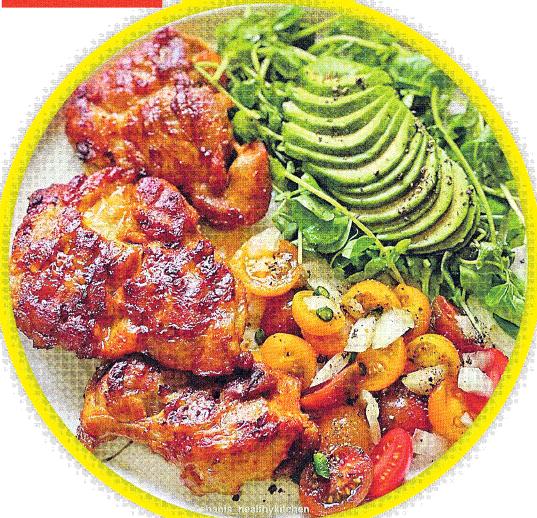
I will be in Sri Lanka, relaxing on the beach eating all the yummy seafood while drinking king coconut!

How did you stay sane during lockdown?

Lots of cooking and posting for sure!

Your proudest lockdown food invention?

I'd have to say blender cakes! I m not a daker dut I ve tried a few combinations in the blender and my favourite was pumpkin blender cake!



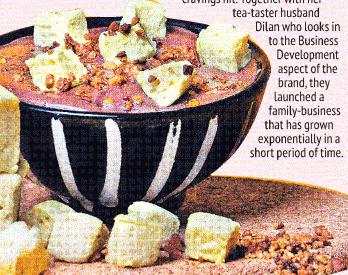
Celebrating 5 Years of Gourmet CBP

Sri Lanka's Favourite Dessert with a Gourmet Twist

Whether it be entertaining friends or indulging with the family, an inherently Sri Lankan dessert like Chocolate Biscuit Pudding is a staple on any table. Fondly known as CBP the layers of crunchy biscuit and decadent chocolate cream is loved by all. In fact most families have their own versions of this classic, with twists of their own and secret ingredients.



Founded by Primani Wijeyesekera who was already in the business of running a chain of cafes and being a writer at the same time, the aim was to introduce a range of CBP to the market that anyone could enjoy when the cravings hit. Together with her



"Our Chocolate Biscuit Puddings were something we anyway enjoyed as a family favourite for decades. Since of late although there are so many parties doing CBP, back in 2016 there were only a handful that were doing good quality desserts. Though this was a family favourite for us, we noticed that in general the perception of CBP was that of a "cheap" dessert. We wanted to change this perception, and thus introduced the name "Gourmet CBP" to emanate the quality of our CBPs. We also wanted to do multiple variations of this much loved dessert, which has resulted in us having over 20 varieties, 5 years later", Wijeyesekera said.

Come 2021, and despite the challenges of the COVID-19 pandemic Gourmet CBP has battled it out and recently even launched their own dedicated website https:// gourmetcbp.appigo.co/to ensure that their loyal customers now

have the ability to order their individual CBP jars, family packs for home and home, and the larger quantities for entertaining.

"When the initial lockdown back in March 2020 hit, it gave us an unparalleled opportunity to go beyond our comfort zones and really stretch ourselves to meet the crazy demand. We took up that challenge, which resulted in hundreds of new customers getting to taste our desserts during that time. Delivery proved to be a crucial factor for us and since we had already partnered with UberEats and also had our private deliveries, we were able to reach customers at a time many food vendors closed down. It was extremely challenging for us, particularly because sourcing ingredients was an absolute nightmare during the pandemic. But if there is a will, there is ALWAYS a way", she added. Gourmet CBP is run by a close

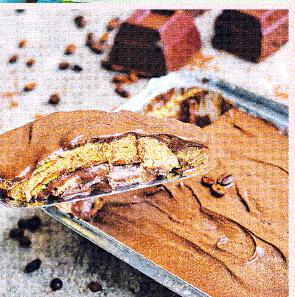
knit family with 2 small children and its priority has always been family-first. The brand has also used social media effectively to not only build brand presence but also garner new customers and reach audiences worldwide. Despite health complications in 2017 that resulted in them taking

a step back Gourmet CBPs small but loyal workforce has been able to keep consistently delivering on their promise of decadent desserts. They've now built a substantial base of customers through the years and have a solid supply chain. Hence, as the first step of their large scale expansion plans, some of the bestseller CBPs will also be available at Glomark from October 2021

Gourmet CBPs is to evolve into doing a more extensive variety of gourmet quality desserts. They have already shipped desserts overseas and will continue to explore this avenue too. Plans are also underway to work with like-minded brands and restaurants in doing collaborations with the aim of getting a larger base of customers to enjoy their desserts. Gourmet CBP is on Instagram and Facebook while they also carry out deliveries.

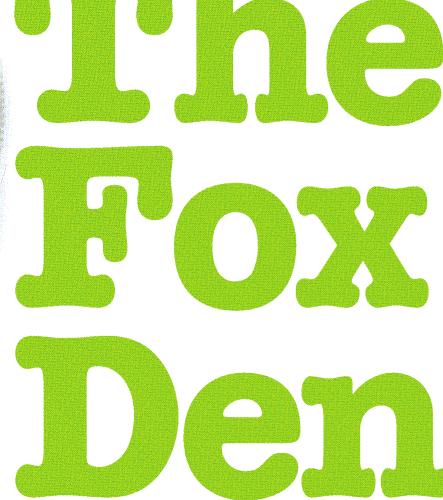
Operating from its home location in Battaramulla, they also have a small store at the **Arcade** Independence Square. Inquiries can be directed to gourmetcbp@gmail.







On Fridays and the weekends, The Fox Den draws in guests with their live music line up, jovial ambience and drinks that won't break your bank





fter 2 years of entertaining ourselves in the comfort of our homes; painstakingly scouring for recipes of dishes we once enjoyed from our favourite restaurants and amping up our Bluetooth speakers for a watered-down rendition of the live music we would dance to, Colombo is slowly and cautiously venturing outdoors again with a 'new normal' standard for dining out – closely following all safety precautions and exercising every hygiene protocol necessary to have a fun but safe time.

PHOTOS DAMITH WICKRAMASINGHE

Making the transition from our living room couch to dining out as smooth and as effortless as possible is The Fox Den Colombo, a new addition to the city dining and pub scene that's ticking off all the right boxes from the getgo; good food, good vibes, spaciously distant seating and friendly staff. Occupying the space of the previous De Vos Café, The Fox Den is located on De Vos Road, Bambalapitiya with the top floor operating as a restaurant and bar and the ground floor being converted into a family friendly café to be opened in the near future.

The best thing about The Fox Den that we love as a post-pandemic spot is that it emulates the similar comforts of home and mirrors itself as an extension of your own living room. "I think with lockdown, how we approach nightlife in Colombo has completely hanged. We have got so used to all the comforts of our home, relaxing and enjoying ourselves from our own living room that we now want that same familiar vibe when we go out. In the new normal, people just want to have a good time and get value for their money. The Fox Den offers all of that with an ambience where you are as comfortable here as you are at home" shares the management of The Fox Den when asked about their vision for the place. As promised, the dark toned interior coupled together with spacious, lush seating alternating between high top tables and bar stools to plush sofas,embodied the comforting and casual nature of entertaining at home and allowed us to relax and enjoy the food and drinks without any stiff formalities.

For a restro-bar that officially opened to the public a mere month ago, The Fox Den is quite popular among the Colombo crowds and has already seen several full-house nights in just a few weeks. On Fridays and the weekends, The Fox Den draws in guests with their live music line up, jovial ambience and drinks that won't break your bank. While the bar menu offers a variety of cocktails, mocktails, juices and soft drinks; their signature cocktail, a popcorn-infused concoction, comes highly recommended by the staff and

is rumoured to be a favourite among regulars for its nuanced combination of sweet and sour tones.

As we dropped by The Fox Den during their lunch hour rush, we opted to focus on their food. Before officially opening in late October, The Fox Den had a soft launch of its brand in early August this year, a week before the fourth lockdown, and built a steady clientele just through takeaway and deliveries during the imposed travel restrictions. As a result, ever since opening the restaurant for dine-in, The Fox Den has been happy to see many of their repeat customers become regular faces.

"Comfort food with a touch of elegance" is what we were told when asked about the menu. Their Fox'in Bites bar menu includes all the favourite local food and drink combos; devilled chicken, crispy calamari, polos cutlets, onion rings and much more. Their restaurant menu on the other hand is slightly more refined and focuses on dishes that combine Asian inspired flavours with western cuisine. We tried several dishes from their bar and restaurant menus and here's what we thought;

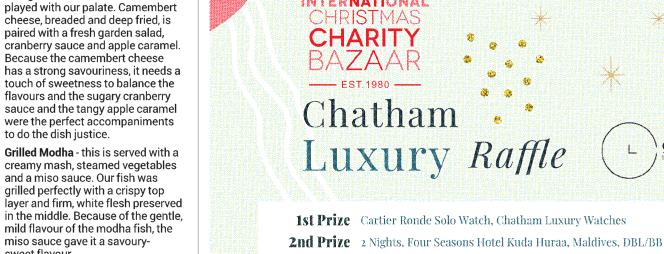


Fire Wings - This is one for those who love their spicy food and those who can't handle their heat - approach with caution! These deep-fried chicken wings coated with kochchimiris paste were absolutely divine and fiery and we simply couldn't get enough of it. This was one of our favourite items off their Fox'in Bites bar menu and we recommend that it is best paired off with a cool drink.



Hot Toddy Chicken - the staff informed us that this was a popular item on the menu. The spice marinated chicken is lightly chargrilled and served on a bed of soft pumpkin mash, veggies and a butter sauce. The chicken was spiced just right and we were big fans of the creamy pumpkin mash.

Overall, we enjoyed a very satisfying lunch at The Fox Den that lasted several hours - aided by the friendliest staff at The Fox Den. Service has always been one of our major boxes to tick in judging how well we enjoyed a place and it was refreshing to have staff that treated you more like friends than strangers; making small conversations, giving recommendations, checking in and catching up - all of which allowed us to relax, unwind and focus on the good food and vibes.





Chicken Thai Red Curry - All the Fox Den mains are large portions (ticking off our value for money criteria!) and this dish was no exception. We'd say you could easily share this dish among two people. Served with steamed white rice, the Thai Red Curry was decadently rich and creamy, full of bold Thai flavours and

packs a bit of heat to go.

■ Beer Battered Onion Rings - These

golden-brown beauties are a Fox Den speciality and was an easy treat

with its crispy beer batter and thick

slices of onion. The carbonation of the beer lent the onion rings the

batter while the onion was soft and

lightest and crunchiest layer of

Fried Camembert with Garden

This was such a delightfully well-

thought-out dish full of flavours that

Salad and Cranberry Sauce -











@thefoxdencolombo



Dine in, Drive Through, No Contact Delivery, Uber Eats







34 De Vos Ave, Colombo 00400



Christmas Charity Bazaar and Hi!! Online



3rd Prize Christian Dior Skincare and Fragrance

7th Prize Samsung Galaxy A32, 128GB Mobile Phone

11th Prize 1 night, Bougainvillea Retreat, Kandy, DBL/BB

8th Prize 2 Nights, Owl and The Pussycat Boutique Hotel, Thalpe, DBL/BB

Oth Prize 2 Nights, Bethany 101 Villa, Puttalam, Master Suite DBL/BB

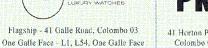
4th Prize Sapphire Ring, Alankara Jewellery

10th Prize 50,000/- Gift Voucher, Celeste Daily

12th Prize 50,000/- Gift Voucher, O-Deli

5th Prize Surprise Hamper

6th Prize Surprise Hamper









FOOD

Women's International Club Annual Christmas Bazaar

In keeping with its traditional Christmas festivities, the Women's International Club's Christmas Bazaar is an annual featured event.

Not only does it showcase skills and talents of Sri Lankans in displaying their handicrafts, creativity, cuisine, green fingers etc, it also provides a pleasant opportunity for friends and families to meet and greet in a relaxed environment while browsing and shopping amidst snacking and feasting.

There is no admission fee and the event will be conducted according to the current Covid19 regulations.

TOTALD OWER OF CONTRACTOR

- Curios
- Books
- Jewellery
- Clothes Plants
- Ornaments, decorative items and many more

13(0(0)D) STEATES BVARY BATAANS

- Short eats & bites Cakes and cookies
- Savouries
- Yellow rice Thosai and

accompaniments

Saturday, 4 December 2021, 9:00 am onwards



Sunday Good Market in Negombo

Starting Sunday, December5th, the Good Market will be expanding to the Jetwing Beach Araliya Car Park Negombo.

The new Sunday Good Market will feature 30 stalls with certified organic produce, natural food and snacks, ecofriendly household products, handmade crafts, live music, kids programmes, and other special events. It will be open each week from 9 AM to 5 PM in the Jetwing Beach Araliya Car Park, Negombo.

As a second destination after Colombo. the Good Market has decided to come to

Negombo as there are many requests from a number of entrepreneurs and conscious consumers who want Good Market to be in their city. The Good Market believes that opening in Negombo will create better opportunities for responsible entrepreneurs in Negombo trying to do "good for people and good for the planet".

Jetwing a Good Market approved vendor will provide the venue for the Sunday Good Market. Jetwing is a pioneer of sustainable tourism in Sri Lanka their Sustainability Strategy focuses on six key

categories: Energy & Carbon, Water & Waste, Biodiversity, Community & Culture, Sourcing & Production, and Family. Jetwing prioritises in-house production and sources directly from local farmers, fishermen, artisans, and businesses with shared values. They are working towards carbon neutrality by improving energy efficiency and transitioning to renewable energy. Jetwing Hotels is a patron member of Biodiversity Sri Lanka, a member of CSR Sri Lanka, and a signatory to the UNWTO Code of Ethics for

The Good Market highlights products that are "good for the people, and good for the planet." Sri Lanka has many organic farmers, social enterprises, and responsible businesses that are creating products and services that are eco-friendly. socially responsible, and healthy. It also has many well-educated consumers that want to feed their families natural and organic food and choose products that match their values. The Good Market was started as a place for these two groups to come together.

The Good Market is a curated event, which means all vendors go through an application and review process to ensure they meet Good Market standards. The market started as a small volunteerdriven initiative in December 2012 with 32 approved vendors. There are now more than 2000 approved vendors across Sri Lanka and the globe. Good Market events are structured to cover costs so that the market is sustainable, but not profit-making. Stall fees are kept as low as possible to reduce the entry barrier for rural producers, small enterprises, and new businesses that are socially and environmentally responsible.

Every Saturday 9 AM to 5 PM Nuga Tree Car Park Colombo Racecourse Colombo 07

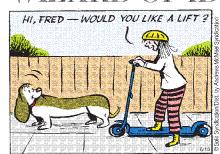
Every Sunday 9 AM to 5 PM Araliya Car Park Jetwing Beach Negombo



@goodmarket.lk

GAMES & CARTOONS

WIZARD OF ID









Tourism.





BEAU PEEP



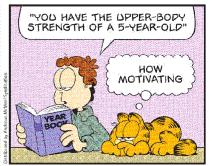




GARFIELD







CALVIN & HOBBES









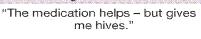
$\mathbb{R}\mathbb{C}$ MY BACK 15 KILLING SORRY. METODAY



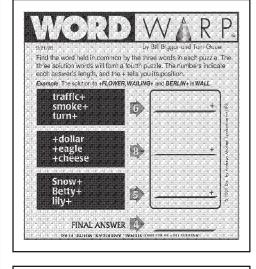


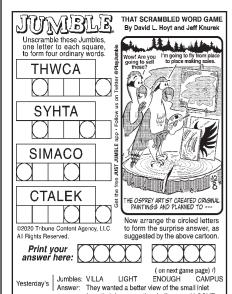


Cornered by Mike Baldwin BARRIM



"Don't look so surprised, laddie. We can't all be Nessies. Some of us are Nestors.





from their home, so they built an - ALCOVE



cause to vanish by scattering.)

Average mark: 15 words Time limit 30 minutes Can you find 20 or more words in DISPEL? The list will be published

on next game page.

YESTERDAY'S WORD - EMISSARY

easy	misery	sire	raise
emir	miss	smear	rase
essay	missy	smeary	rean
mare	same	aery	remis
mass	sari	aimer	rime
massy	sayer	airy	rimy
mesa	says	amir	rise
mess	seam	amiss	yare
messy	seamy	arise	year
mire	sear	armies	
miry	seism	arms	
miser	semi	army	

RULES OF THE GAME:

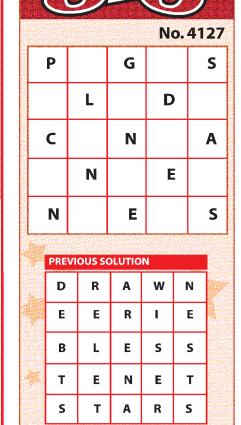
Do you find any words not on the list? 1. Words must be of four or more

letters. 2. Words that acquire four etters by the addition of "s," such as "bats" or "dies," are not allowed. 3. Additional words made by adding a "d" or an "s" may not be used. For example, if "bake" is used, "baked" or "bakes" are not allowed, but "bake" and "baking" are admissible
4. Proper nouns, slang words, or vulgar or sexually explicit words are not allowed. To contact Word Game creator Kathleen Saxe, write to Word Game, Kathleen Saxe, Universal Uclick, 1130 Walnut St., Kansas City, MO 64106.

(EDITORS: For editorial questions

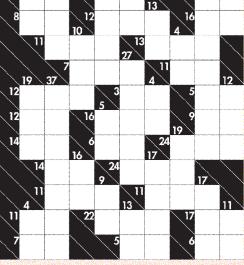
please contact Alan McDermott at amcdermott@amuniversal.com.)

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HOW TO PLAY Fill in the blank squares, using 1 to 9, without repeating any number in any run line. The lines must be filled in with numbers that add up to the total in the shaded box at the top or beginning of each line. A number in the bottom half of the shaded box is the downward total: in the top half, it's the

