



GETTING A HERO'S WELCOME



RAJANISH KAKADE, THE ASSOCIATED PRESS

With her arm still covered in henna dye, 'Slumdog Millionaire' star Rubina Ali, 9, waves as she is welcomed back yesterday to Mumbai, India.

'Slumdog' stars return

Chaotic homecoming greets composer, child actors in Mumbai

Gautam Singh

MUMBAI, India — The child stars of the Oscar-winning *Slumdog Millionaire* returned to India yesterday to a chaotic but rousing heroes' welcome.

Hundreds of well-wishers waited for them at the Mumbai airport, where dozens of police, some heavily armed, were required to escort the children through the cheering crowds.

The film, a rags-to-riches tale set in Mumbai's slums, was the darling of the Academy Awards, winning eight Oscars, including the award for best picture.

The four children came out with arms around each others shoulders. The only girl, Rubina Ali, 9, clutched a small fluffy brown toy bunny.

They waved and blew kisses to the crowd, showing off their newly acquired red carpet skills.

Ayush Mahesh Khedekar, 8, who plays the youngest version of Jamal, the main character in the film, was hoisted onto someone's shoulders before the children were whisked away in waiting cars without talking to waiting reporters.

It was not immediately clear where they were taken.

With the film's success, the children have become instant celebrities in movie-crazy India, particularly Ali and Azharuddin Mohammed Ismail, 10, who were plucked from slums to play parts in the film.

The movie's two Indian Oscar winners, composer A.R. Rahman and sound engineer Resul

Pookutty also were met by cheering throngs who showered them in flower petals as they arrived in their hometowns.

Rahman, who won Oscars for musical score and the best song *Jai Ho* — *Be Victorious* in English — led the dancing crowd in chants of "Jai Ho!"

"They (the fans) almost killed me with their love," he told The Press Trust of India after landing in the southern city of Chennai.

Pookutty was also overwhelmed by his reception.

"I never expected something like this," he told reporters. "This is history being made," he said of his award.

The Associated Press

Guelph

after dark

Find out what there is to do in Guelph after the sun goes down.



music tonight

Louise Kent

where: Carden Street Café

when: 10 p.m.

cost: \$10

...

Whale Tooth

with Burn Planetarium

where: Jimmy Jazz

when: 10 p.m.

cost: no cover

tuesday

Down with Webster

with Tiny Danza, Street Pharmacy and Noah23

where: Vinyl

when: 8 p.m.

cost: \$10 adv. or \$12 at the door

wednesday

The Harbourcoats

with The Skeletones and DJ Charless

where: eBar

when: 10 p.m.

cost: \$6 with non-perishable food item; \$8 without

etc.

saturday

ShoutingCanvas gallery opening

new works and live jazz

where: Flying Dance Studio, 199 Victoria St.

when: 8:30 p.m.

cost: free

Traits to avoid when trying to get in shape

Recently, a post has been circulating on Facebook asking people to write 25 random things about themselves.

I decided to do this with a twist. I compiled a list of 25 common mistakes many people make that keep them from reaching their healthy weight and fitness goals. I have gathered this information through the many people I observe working out in gyms, potential and current clients.

The people who get positive results, share common traits that make them succeed. The few who struggle with their health goals and weight loss also have many common traits. These are the ones that are keeping them from reaching their goals:

1. Women focus too much on cardio training and staying in their fat-burning zone.
2. Women don't think resistance training is important. Women still believe heavy weight training will "bulk them up."
3. Women still try all the "new" diets or



MARLA ARNDT
fitness bootcamp

4. Women don't eat enough.
5. Women do not eat enough protein.
6. Men focus too much on working on their arms and chest and forget about the rest.
7. Men focus more on how much they are lifting rather than how they are lifting.
8. Men don't spend enough time on flexibility.
9. Men are more like "weekend warriors," doing too much at one time, then nothing at all and wonder why they are injured.
10. Men don't think beverages have calories.
11. Women focus too much on calories.
12. Women generally take in too few calo-

- ries and then wonder why as soon as they eat "normal" they gain weight.
13. People still yo-yo diet.
14. People don't vary their workout enough, continue to doing the same workout year after year and wonder why they don't improve.
15. People still skip breakfast.
16. People don't plan their meals and timing then overeat when they do eat.
17. People think weight should come off quickly, regardless of the fact it took them years to put it on.
18. People tend to work on areas of their body that they like to train or are easier to do and leave out the harder more effective ones.
19. People don't fatigue their muscles enough in one workout to create change.
20. People underestimate what they really can do and give up too soon.
21. People try and follow workouts designed for others or from fitness magazines

- and end up injuring themselves.
 22. People still don't get that it is a combined process of healthy eating, cardio and resistance training to get results.
 23. People think there is still a magic weight-loss pill out there and try anything for quick results.
 24. People focus all week long on their workouts and healthy eating and then think the weekend is a free-for-all.
 25. People always have an excuse or reason as to why they didn't work out and it is usually not their fault, but because "something came up" or they were just too busy.
- There are two paths you can take to reach your health, fitness and weight management goals. Perhaps it is time to get new directions and follow the positive results route.
- Marla Arndt is a Guelph-based personal trainer and health coach. She can be reached via her website, www.frameworksfitness.com.*

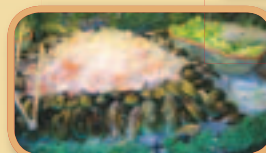
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