



Williams: When nature calls in space

FORMER International Space Station (ISS) commander Sunita Williams has revealed how astronauts use the toilet in space.

Williams (pictured), who holds the record for the longest space flight by a woman at 195 days, showed the "orbital outhouse" in a video tour of the station.

The Indian American said the toilet "serves two functions", with different colour-coded receptacles

to accept each. Pointing out the number two loo, she added: "You see it's pretty small and you have to have pretty good aim, and be ready to make sure things get let go in the right direction. And it smells a little bit, so I'm closing it up."

"Also there is a selection of [toilet] paper," she said, including a soft kind for US astronauts and a rough variety preferred by Russians.

Williams, who has spent almost

322 days in space, says the crew are provided with gloves, nappies and disinfectant wipe "in case things really get out of control".

"The number one stuff can get really all over the place if you don't aim correctly."

In 2009, the station's main toilet broke down with 13 people aboard. Astronauts were forced to don goggles, gloves and masks for some plumbing repairs.

How Cash Money makes its fortune

SINGER Jay Sean has explained how Cash Money Records, which is home to four of last year's top hip-hop earners including Drake, Birdman, Lil Wayne and Nicki Minaj, has earned success with their hands-off management style.

Bryan "Birdman" Williams, and his brother Ronald "Slim" Williams, funded Cash Money Records in 1991 and seven years later, scored a distribution deal with Universal Music.

Sean said: "They pick genuine artists who have a point of difference. The reason they wanted to sign me is they knew that I had the entire world apart from America."

He often tries to figure what drives the siblings after two decades of success and a fortune of \$150 million (£98.6m).

Sean said: "It's not about the money for them, it is about success. It's about proving, 'Yes, we've done this, but guess what: not only can we maintain this, we can beat this.'"

No BBC news for Sri Lanka channel

THE BBC has stopped providing radio news to Sri Lanka's state broadcaster with immediate effect due to continued interruption and interference.

The stopping of Tamil programming via Sri Lanka Broadcasting Corporation (SLBC) is similar to the action taken by the BBC in 2009.

Peter Horrocks, BBC World Service director, said: "We regret the disruption in service to our loyal audiences in Sri Lanka, but such targeted interference in our programmes is a serious breach of trust with those audiences, which the BBC cannot allow."

Horrocks said if the SLBC had any specific complaints of any BBC output they should have taken it up with them. However, the SLBC was unavailable for a response.

Sri Lankans can continue listening to the BBC on short-wave and its online services.

Band Wanted US reality TV show

BOY band The Wanted are set to become the new Kardashians with their brand new series - *The Wanted Life*.

In an attempt to get into the US market, Irish pop star Siva Kaneswaran and his band mates have landed a lucrative reality show deal with E!

Ryan Seacrest, the executive producer of *Keeping Up With the Kardashians*, will be their executive producer as well. He aims to make Siva, Max George, Nathan Sykes, Kay McGuinness and Tom Parker household names in America. Each of them will feature, with Siva enjoying a day off with girlfriend Nareesha McCaffrey in Los Angeles and Max recently ending his engagement with Michelle Keegan.

With E! signing the British band for their latest reality series, *Chasing the Saturdays* starring Una Healy is unlikely to get a second season, especially after their viewing figures dropped.

Curry scores big as post-match dinner

PLAYERS EXPLAIN SPICY BENEFITS OF INDIAN DISH

by NADEEM BADSHAH

TOP footballers have revealed their secret to success on the pitch - eating a curry.

Former Premier League goalkeeper Marcus Hahnemann recently said his post-match meal was not chicken or pasta but a king prawn vindaloo.

Hahnemann said the dish is what he misses most about England. The 40-year-old currently plays in the US where he is the league's oldest player.

And Chelsea quartet David Luiz, Oscar, Lucas Piazon and Victor Moses tucked into a curry at a south London restaurant last year after the Blues thrashed Aston Villa 8-0.

Leading nutritionists have backed claims that a curry is ideal to recover from a tough match. And they have dismissed the idea of Indian cuisine being just food for a night out, instead highlighting the protein and fibre content of a typical curry meal.

Sonal Shah, a nutritional therapist who runs Synergy Nutrition, told *Eastern Eye*: "A curry is a great meal to have post workout. The meat or pulses and beans provide protein to feed muscles. The rice replaces the glycogen stores that have been burnt up in training."

"Served with cooked vegetables, it provides a good source of fibre and nutrients that help with energy production."

"The spices that give curries their flavour - such as turmeric and ginger - provide antioxidants that have anti-inflammatory benefits that are great for any sports recovery."

Former Fulham defender Zesh Rehman said players are allowed to eat takeaways like curry after a game to boost their energy levels. The 29-year-old, who



TASTY TREAT: Zesh Rehman; (inset left) Netan-Nico Sansara and (below) Marcus Hahnemann



plays for Kitchee in Hong Kong, told *EE*: "Footballers in general are allowed to eat anything after a tough game to replace energy that is lost."

"Takeaway food like pizza, fish and chips or curries are not uncommon in the football world. It's definitely not recommended as a pre-match meal!"

But one player who puts his goal scoring down to eating curry before a match is Newcastle United star Papiss Cisse. The striker claimed his form dipped when the club took goat curry off the menu at the training ground.

Former England Under-19 defender Netan-Nico Sansara said he ate home-cooked food after

playing matches. The 23-year-old, who plays for Danish side FC Vestælland, said: "When I played in England, after a long gruelling 90 minutes in League One [division], there is no better feeling than coming back to my grandmother's or mother's home-made *roti*."

"Saturday nights in the Sansara household are usually chicken curry nights."

"After a game they are so good for you. After feeling so drained they can lift you right back up again and give your body the well-needed energy it has just lost during a game."

"The one thing I miss being abroad is my *roti*."

