Community

Bihar Anjuman organises annual iftar for affiliated members and organisations.

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Community

American Association of Cost Engineers Qatar section selects new managing body for 2018-19.

Friday, June 8, 2018
Ramadan 23, 1439 AH

PAYING THE PRICE: Roseanne Barr’s racist tweet led to the cancellation of her top-rated TV show of the same name.

Consequences

Roseanne Barr debacle is Exhibit A on why Twitter and the like are the new mainstream media. P2-3
‘Social media’ is the new mainstream

By Mary McNamara

When a racist tweet by Roseanne Barr leads to the cancellation of her top-rated show 24 hours later, when YouTube tightens its monetisation policy to howls of protest, when Snapchat prepares to expand into India, when Vogue offers tips on how to perfectly Instagram your wedding, when Facebook ditches “trending news” while testing a “breaking news” feature, it’s time to reconsider the term “social media.”

Post-congressional hearing, Facebook did its best to revive the “social” brand, launching a cloying ad campaign that pledges to return us to a simpler time when “friends” were actually friends and accounts weren’t being harvested for information used to influence the 2016 presidential election.

But all the prayer hand emojis in the world can’t change one simple fact: Platforms such as Twitter, Facebook and YouTube are as powerful and divisive and reliant on audience-drawing controversy as any 24-hour cable news network.

“Social,” with its connotations of community gatherings involving ice cream or strawberries, has got nothing to do with it.

So all those thumb-drumming into various phone apps to express their hatred of the “mainstream media” have joined rather than beaten their perceived foe. Social platforms are the new mainstream media — #NMM.

Indeed, considering the manner in which the US president announces policy decisions and White House personnel changes, Twitter has effectively become a member of the White House press corps.

Even more than their predecessors, the new mainstream media are fuelled by an arms race for followers (and should we have been more concerned when “readers” and “viewers” were replaced by the more cultlike term “followers”?); reposts and response rate.

Yet, as we saw from the Barr debacle, many people — including those with exquisite understanding of how to work the media — continue...
Moments, spats and offensive announcements, trends, feel-good members are constantly scanning social platforms for sources, announcements, trends, feel-good moments, spats and offensive statements.

In the new mainstream media, there is no context and you are always on the record — to your own followers, the potential millions of those who retweet you and any other media outlet, whose members are constantly scanning social platforms for sources, announcements, trends, feel-good moments, spats and offensive statements.

To use these platforms casually, conversationally, as if the fact that they are in their pajamas or their cars when they post, retweet or like somehow makes their statements less public.

The racist tweet that led to the cancellation of Roseanne was issued pretty much as an aside, a response to a random follower in the middle of a bizarre thread about Chelsea Clinton. Barr later blamed Ambien, probably because she could not blame a reporter or host for taking her words out of context. Nor, despite deleting the tweet, could she deny she had said it. Then, three days in and as if on cue, Samantha Bee called Ivanka Trump an opprobrious epithet (that begins with “c”) and the armies grew in number, as obvious and loud as the Confederate and Union troops facing off from either side of the Wheatfield in Gettysburg.

All of which was chronicled with varying degrees of speed and breathlessness on every American media outlet. As that cloying Facebook ad reminds us, the term “social media” was created to describe a system of community sharing, platforms on which people mix and mingle as if they were at a digital block party. There was a time when that seemed almost true. People, most of them young and tech-savvy, posted and tweeted, friended and followed in an effort to commune with people they knew or in the sort of micro-demographics that previously had to gather in church basements and convention centers to connect. There were engagement announcements, baby pictures and pet obituaries, conversations about love and loss and how to build your own igloo. Nonsensers made fun of the photos of omelets and skinny jeans, the random hashtags and DIY videos.

All of which lasted about as long as a Snapchat post. While there is still plenty of splitting micro-blogging and cute pet tricks (see the recently viral “My dog’s best friend is a brick” tweet/Instagram), the marketing potential of these platforms was simply too good to pass up. With just a few taps and a hashtag, anyone it seemed could launch an honest— to–God “word of mouth” campaign about anything — breaking news, lifestyle gurus, celebrity access, restaurant ratings, television shows, storm warnings, the latest cocktail, sports scores and more punditry than is good for any of us.

All of which was increasingly supported by advertisers and the analytics kept track of with Nielsen-like dedication because that is what they had paid for, in the billions. New media barons were born, all intent on expanding their user base, and as any media outlet knows, you don’t expand a user base with baby pictures. You expand it by compelling people to watch/read/participate. You expand it with controversy, branding, revelation and habit-forming repetition.

#NMM isn’t so much social as it is reactionary, an elaborate, unending iteration of Tell Us What You Think journalism, without the benefit/hindrance of a reporter, editor, host, curator or guide. We tweet and post in silence, often in the middle of some other activity, at times completely obsessed, at times as if it doesn’t really matter. Where previous generations buried their heads in the paper or kept the TV on as background noise, we now keep one eye on our ever-flowing media devices.

And sometimes, with little or no warning, the mainstream overruns its banks, and for better or worse, sweeps something, or someone, away. — Los Angeles Times/ TNS

**Considering the manner in which the US president announces policy decisions and White House personnel changes, Twitter has effectively become a member of the White House press corps.**

Next day, flipside. Barr returned to Twitter, at first apologetic and then, quickly, not, and the counter-outrage began. Riled up by the “cancel Trump” campaign, many people with American flags in their handles argued that many nasty things have been said about the president on TV, why weren’t those people canceled?

In the new mainstream media, there is no context and you are always on the record — to your own followers, the potential millions of those who retweet you and any other media outlet, whose members are constantly scanning social platforms for sources, announcements, trends, feel-good moments, spats and offensive statements.

The Barr story was notable in that it occurred almost entirely on Twitter and followed the BNMM news cycle with almost comical precision. First came the crime, then the outrage, then the apology, followed by more outrage, including demands for cancellation/firing. Said cancellation was followed by celebration, extended threads and thought pieces, reactions to these extended threads and thought pieces and demands that someone figure out how to cancel President Donald Trump. (Many roads in the new mainstream media lead to Trump.)

Next day, flipside. Barr returned to Twitter, at first apologetic and...
Negative social media use linked to depression

Negative experiences on social media carry more weight than positive interactions when it comes to the likelihood of young adults reporting depressive symptoms, according to a new study.

The findings, published in the journal Depression and Anxiety, suggest that negative experiences on social media were strongly and consistently associated with higher depressive symptoms.

“We found that positive experiences on social media were not related or only very slightly linked to lower depressive symptoms. However, negative experiences were strongly and consistently associated with higher depressive symptoms,” said lead author Brian Primack from the University of Pittsburgh in the US.

For the study, the researchers surveyed 1,179 full-time students aged between 18 to 30 about their social media use and experiences.

The participants also completed a questionnaire to assess their depressive symptoms. The researchers found that each 10 per cent increase in positive experiences on social media was associated with a four per cent decrease in odds of depressive symptoms, but those results were not statistically significant, meaning that the finding could be due to random chance.

However, each 10 per cent increase in negative experiences was associated with a 20 per cent increase in the odds of depressive symptoms, a statistically significant finding, the researcher said.

Other characteristics too were linked to the participants having depressive symptoms. For example, compared with men, women had 50 per cent higher odds of having depressive symptoms, they added.

The researchers also said that while the findings still need to be replicated, public health practitioners could start using them to educate the public of the risks of negative social media interactions.

“Our findings may encourage people to pay closer attention to their online exchanges. Moving forward, these results could assist scientists in developing ways to intervene and counter the negative effects while strengthening the positive ones,” Primack noted. – IANS

Type 1 diabetes linked to mild drop in cognition: Study

People suffering from Type 1 diabetes for a very long time may have mild decreases in cognitive abilities — primarily in memory — as compared to those who don’t have the disease, a new study suggested.

According to the researchers of the study, published in the journal Diabetes Care, the memory changes are associated with cardiovascular disease.

The study compared cognition in 82 participants aged 50 years — who have lived successfully with Type 1 diabetes for a long period — with other people of similar age with Type 2 diabetes or without diabetes.

Their research included standard tests for memory, psychomotor speed and executive function (higher cognitive processes involved in decision-making). The mild cognitive declines don’t appear in clinical signs for these participants, who remain in the normal range of function for people their age, said lead author Gail Musen from the Joslin Diabetes Centre in Boston.

The researchers also examined how various measures of cognitive health among these participants might correspond to common diabetes complications.

The memory tests required participants to recall a list of words immediately after presentation as well as after a 30-minute delay.

Performance was significantly but not dramatically lower in people with either form of diabetes than in people without the disease, the researcher said.

While this has been known for people with Type 2 diabetes, the changes in memory in aging people with Type 1 diabetes had not been clearly established, they added.

In the psychomotor test, the researchers looked at how quickly and well subjects inserted small key-shaped pegs into similarly shaped slots that have been rotated to require fine motor dexterity.

Participants on average performed slightly worse than those without diabetes, the researcher said.

This diminished performance was associated with proliferative diabetic retinopathy, an advanced form of eye disease. However, it didn’t reflect poorer vision, since the participants wore their corrective lenses, they added.

“Overall, nobody among medalists (participants) needs to worry; this is a very healthy group that’s showing minimal signs of cognitive decline. However, these small deficits may be avoidable with self-care behaviours that help minimise diabetes complications,” Musen noted. – IANS
Job strain may up risk of early death in men

Men working in demanding jobs with little control over their workload are more likely to die early even if they maintain a healthy lifestyle with exercise, controlled weight and blood pressure, and no smoking.

The findings, published in the journal The Lancet Diabetes & Endocrinology, showed that men who experience job strain — having high work demands and low control over them — had a 68 per cent greater risk of premature death.

"Work is a common source of stress in adulthood, triggering natural stress responses that were programmed in our bodies generations ago," said Mika Kivimaki, Professor at the University College London.

"Our findings give evidence for there being a link between job strain and risk of premature death in men with cardiometabolic diseases, such as coronary heart disease, stroke, and diabetes," Kivimaki added.

The risk was more pronounced in men with cardiometabolic disease, but had achieved their treatment targets, including those with a healthy lifestyle (including not being obese, being physically active, not smoking, and not drinking heavily), blood pressure, and cholesterol levels.

"These findings suggest that controlling blood pressure and cholesterol levels alone are unlikely to eliminate the excess risk associated with job strain in men with cardiometabolic disease," Kivimaki said.

"Other interventions might be needed at least for some patients - possibly including stress management as part of cardio metabolic disease rehabilitation, job redesign, or reducing working hours."

The study included 102,633 men and women — including 5,441 with cardiometabolic disease (1,975 men and 1,466 women).

However, work stress was not associated with increased mortality risk for women with or without cardiometabolic disease, the researchers said. — IANS

Sleep for 7 hours to keep heart younger

Sleeping for seven hours a day may reduce the age of your heart as well as decrease the risks for cardiovascular disease, say researchers.

The study showed that excess heart age is the lowest in adults who sleep seven hours a night.

Sleeping times less than or greater than seven hours were associated with increased excess heart age, while short sleepers had the highest elevations in excess heart age.

Sleep duration coupled with excess heart age may prove helpful for communicating the cardiovascular risks and benefits associated with sleep duration.

"These results are important because they demonstrate a quantitative method for the inclusion of sleep duration in the establishment and communication of cardiovascular risk for individuals," said Julia Durmer from the Emory University in Georgia, US.

The study, published in the journal Sleep, included data from 12,775 adults aged between 30-74 years.

They self-reported their sleep duration which was classified into five categories — five hours or less, six, seven, eight, nine and/or more hours a night.

The team used gender-specific Framingham heart age algorithm to calculate each individual’s heart age and used multivariable linear or logistic regression to examine the association between sleep duration and excess heart age.

The results showed that mean adjusted excess heart age was lowest among adults who reported sleeping seven hours per 24-hour period.

"This could have utility in the clinical care of patients with cardiovascular risk, and for public health researchers interested in adding a sleep metric to future studies," Durmer said.

According to the US-based National Sleep Foundation, people who do not sleep enough are at higher risk for cardiovascular disease and coronary heart disease—regardless of age, weight, smoking and exercise habits.

Sleeping too little causes disruptions in underlying health conditions and biological processes like glucose metabolism, blood pressure and inflammation. However, the same may hold true for over sleeping. — IANS

Excess zinc in muscles may cut strength in cancer patients

Excess levels of zinc in the muscles of cancer patients may reduce their muscle strength and accelerate their risk of death, say researchers including one of Indian origin.

According to the researchers, cachexia — a condition which weakens the muscles causing reduced tolerance for cancer therapy, poor quality of life and a debilitating condition — was to blame for 30 per cent of all cancer deaths.

However, there are no effective treatments for this condition and its cause was still largely unknown.

“There’s a common misconception that cachexia is just a nutritional problem caused by a loss of appetite stemming from the cancer or its treatments,” said Swarnali Acharyya, from Columbia University-Irving in the US.

“As cachexia continues to break down muscle, patients often become too weak to tolerate standard doses of anti-cancer therapies, and their doctors have to scale back treatment.”

“Cachexia can also weaken the muscles of the diaphragm and the heart, causing many cancer patients to die from respiratory or heart failure,” Acharyya explained.

In the study, published in the journal Nature Medicine, the team looked in the muscles of mice with cachexia to see if they could find differences compared with normal muscles.

The results showed that greater activity of a protein called ZIP14, which is typically expressed in liver cells to facilitate metal transport, was markedly reduced cachexia in people.

Excess zinc intake in muscle leads to muscle wasting in cancer.

The team also found high levels of ZIP14 in samples of muscle tissue from cancer patients with cachexia, suggesting a link between ZIP14 and cachexia in people.

Excess zinc uptake in muscle leads to muscle wasting in cancer, by breaking down mature muscle cells and preventing stem cells from making new muscle fibres.

Reducing ZIP14 in muscle cells markedly reduced cachexia, suggesting that drugs that inhibit ZIP14 could improve cancer survival and quality of life, the researchers said. — IANS
Delicious, nutritious mango is super fruit

It is the time of the year when we welcome our favourite mango called the king of fruits. I can easily say that it is the most popular, nutritionally rich fruit with unique flavour, fragrance, taste and health promising benefits. Mango is also classified as a super fruit.

Mango is a tropical fruit believed to be originating in the sub Himalayan plains of the Indian subcontinent about 5,000 years ago. The exotic fruit belongs to the same family of trees as for pistachio and cashew nut and there is a clear resemblance in shape of all these three fruits. Being a seasonal fruit, does not limit its consumption. Fresh mangoes are eaten around the world every day more than any other fruit. Mango comes in many different shapes, sizes and colours including yellow, orange, red and green. The vitamin content of mango depends on the variety and maturity of the fruit. When a mango is green and still growing there is a high vitamin C content, as the fruit ripens and matures the amount of vitamin A increases. Giving someone a basket of mangoes is considered a gesture of friendship. Many people use a box of seasonal ripe mangoes as a gift for friends and family when the fruit is in season. One of the oldest living mango tree is 300 years old and is found in East Khandesh. Surprisingly, this tree still produces viable fruit. Mango is a tropical tree cultivated in many regions of India, and now its farming has been extended wide across the world in many continents. After flowering, its fruits grow at the end of a long, string-like peduncle, with sometimes more than one fruit to a peduncle. Each fruit measures 5 to 15 cms in length and about 4 to 10 cms in width, and has typical ‘mango’ shape, or sometimes oval or round. Its weight ranges from 150 g to around 750 g. Outer skin, pericarp is smooth and is green in unripe mangoes but turns in ripe fruits into golden yellow, crimson red, yellow or orange – red depending upon the cultivar type. Fresh mango season lasts from April until August. One of the best tasting mangoes is Alphonso mango known for its big size, meaty flesh and delicate tart and sweet taste.

Mango comes in different shapes and sizes depending upon cultivar types. Internally, its flesh, mesocarp is juicy, orange – yellow in colour with numerous soft fibres radiating from its centrally placed flat, oval – shaped stone, enveloping a single large kidney – shaped seed. Its flavour is pleasant and rich and tastes sweet with a mild tartness. A high – quality mango fruit should feature no or very less fibre composition and minimal tartness. Wash mangoes in cold running water in order to remove dust/ dirt and any surface chemical residue. Pat dry its outer skin using a soft cloth. Mango fruit should be eaten all alone without any seasonings, additions to experience its rich flavour. One question which many people ask is what is the right way to cut a mango? Cut the fruit lengthwise into three pieces in such a way that the middle portion consists of husky seed. Then, slice through the skin to separate the skin from the pulp. Chop pulp into desired sections.

Alternatively, using a sharp knife, cut through the flesh on either side of the central seed (stone), and dice into chunks. Mangoes can be cooked, frozen, dried, eaten raw, pureed, or as a jam but are also an important ingredient in many dishes and culinary preparations.

Chef’s Special

Mahakali Mango Masala

Ingredients

- Serves 2
- Chicken breast (800 gm) 1 no
- Mango purée 1 cup
- Mango fresh 1 no
- Tomato purée 3 cup
- Ginger, chopped 1 tsp
- Paprika powder 1 tsp
- Coriander leaves few sprigs
- Cashew nut 1/4 cup
- Salt to taste
- Coriander powder 1 tsp
- Mango, diced 1/2 cup
- Cooking cream 1/3 cup
- Kasoori methi 1 tsp

Garnish

- Mint leaves to garnish
- Cooking cream to garnish

Method

1. Heat oil in a heavy bottom sauce pan add ginger, tomato purée, coriander powder, salt, cashew nut, coriander leaves, paprika powder. Bring to boil and simmer over slow flame to cook the tomato sauce for 25–30 minutes. Remove the sauce from flame and blend to a smooth sauce, keep aside.
2. In a separate pan heat oil and sauté diced chicken breast, stir to avoid burning it.
3. Add the prepared sauce to the chicken, add diced mango and mango purée.
4. Once the chicken is cooked add cooking cream and adjust the seasoning, sprinkle kasoori methi.
5. Serve hot garnished with mint sprig and heavy cream along with choice of bread or rice.

Chef Tarun Kapoor, Culinary Mastermind, USA. He may be contacted at tarunkapoors@gmail.com
DPS-MIS faculty distributes Iftar packs

As a part of its community welfare initiative and commitment to ‘service before self’, the faculty of DPS-Modern Indian School (DPS/MIS), in association with Indian Community Benevolent Forum (ICBF), recently distributed Iftar food items and other utility products among fishermen of Al Wakrah during the holy month of Ramadan.

The humanitarian effort was an attempt to reach out to the weaker section of the society and support them in the best possible way. It was well received by the beneficiaries. It also strengthened the social fabric and consolidated the moral values, teaching the young minds to be compassionate, sensitive and responsible human beings.

Greenwood International School creates environment awareness among students

On the occasion of World Environment Day, Greenwood International School and Kindergarten (GISK) organised ‘Temperance Day’ to raise awareness among the students. The day was celebrated by conducting an elocution and drawing competition for the students.

Three different categories namely, sub-juniors, juniors and intermediate had three different topics for the contest. Amala James, founder of the school, presided over the function. Roshni Rakesh and Leela Shaju were the chief guests and they also judged the various contests. Kishan Rakesh was the guest of honour.

Sujith Kumar, Vice principal, spoke to the gathering regarding the temperance day. Lakshmi Ashwin compered the programme. The winners were honoured with trophies and certificates.

Galfar marks World Environment Day

Galfar Al Misnad, one of Qatar’s leading construction firms, recently launched a month-long Environment Awareness Campaign on the occasion of World Environment Day, with a tree planting ceremony along with an insightful environmental awareness session at Shantiniketan Indian School.
Get your ZZZs

While scientists may not know exactly why we need to sleep, they have found that sleep is vital to learning and memory and that a lack of sleep can harm health and safety. The good news: Getting a good night’s sleep doesn’t have to be a distant dream.

A Harvard study shows that 24 hours of wakefulness has the same effect on driving as a blood alcohol level of .10.

Sleep deprivation negatively affects mood, focus and attention, making it more difficult to receive information.

20 percent of car accidents involve drowsy drivers. When surveyed, 60 percent of adult drivers — about 168 million people — say in the past year they have driven a vehicle while feeling drowsy.

1 in 20 first-year medical residents makes a fatal fatigue-related error. Sleep deprivation impedes our ability to access higher-level cognitive functions.

Five stages of the sleep cycle

- **Stage 1 (5-10 min.) Light sleep**
  - Brain produces high amplitude theta waves, or slow brain waves; can be awakened easily

- **Stage 2 (20 min.) Light sleep**
  - Brain produces occasional bursts of rapid, rhythmic brain waves known as sleep spindles; body temperature, blood pressure and heart rate drop.

- **Stage 3 (transition to deep sleep)**
  - Deep sleep, or slow-wave sleep, is interspersed with smaller, faster waves; transitional period between light sleep and very deep sleep.

- **Stage 4 (30 min.) Delta sleep is difficult to wake up from, with very little eye movement; most likely phase for sleepwalking**

- **Stage 5 (10-90 min.)**
  - Rapid eye movement and increased respiration and brain activity; when most dreams occur, major muscle groups become immobile.

The cycle repeats:
Most people experience three to five REM cycles per night; overall sleep cycle repeats in this order several times a night.
Steps for better sleep

**Adjust your bedroom**
Keep the room at a comfortable temperature and well ventilated; block out distracting light and noise; reserve the bed for sleep and sex; don’t use bedroom as an office, workroom or recreation room.

**Set a regular sleep schedule**
Waking up and going to bed at the same time sets the body’s internal clock; keep this routine on weekends to avoid a Monday morning sleep hangover.

**Take naps, but keep them short**
A typical nap lasts 30-60 minutes; research has found that people are better able to stay awake and alert into the late afternoon after a nap.

**Avoid chemicals that interrupt sleep**
Don’t consume caffeine and nicotine 4-6 hours before bedtime.

### Who has insomnia?
Certain groups of people are at a higher risk:

- **Seniors 60+**
  - Have insomnia due to inactivity, medical problems and prescription drugs
  - 40%-60%

- **Adults**
  - Suffer from insomnia each year
  - 20%-40%

- **Depressed**
  - Have insomnia
  - 90%

- **Employed**
  - Experience at least one symptom of insomnia a few times a week
  - 56%

- **Children**
  - Don’t get the 9 to 10 hours of sleep they need each night
  - 30%-40%

- **Men**
  - From age 16 to 50, men lose about 80% of their deep sleep
  - 40%

- **Women**
  - More likely to have insomnia than men; caused by hormone fluctuation due to menstruation, pregnancy and menopause
  - 80%

### Troubled sleepers

- **More than 70 million**
  - Americans have a sleep problem
  - 27% of those with sleep disorders gain a lot of weight

- **10 million**
  - Americans use prescription sleep medication
  - 60% of adults polled watch television in the bedroom in the hour before trying to go to sleep

- **No. 1**
  - reason couples avoid/delay intimacy is exhaustion
  - 73% of adults polled had almost every night phone calls, text messages or emails on cellphones wake them after trying to go to sleep

  - On average, people sleep
  - 20% less
  - than they did 100 years ago

  - 25% of Americans don’t get enough sleep to be fully alert

No. 1 reason couples avoid/delay intimacy is exhaustion.
Bihar Anjuman organises annual Iftar for members

Bihar Anjuman, a network of individuals and organisations of expatriates from Bihar and Jharkhand, India, recently organised its annual ‘Dawat-e-Iftar: Connecting People to Serve Humanity’ programme at Ezdan Hotel & Suites in Doha. The event was attended by a large number of people from various parts of India and other sub-continent countries. Speaking on the occasion, Shakeel Ahmed, Bihar Anjuman founder, stressed the need for a paradigm shift from begging to that of giving. “For the community to develop, there need to be a shift from paradigm of closed doors to that of sharing with everyone and caring for all. Our mindset needs to shift from paradigm of scarcity to that of abundance,” said Ahmed.

Ahmad spoke at length about the organisation and elaborated on projects it is involved in. ‘Bihar Anjuman is a network of individuals and organisations serving to fulfil the vision of educational and socio-economic empowerment of the under-privileged, specially from Bihar and Jharkhand. It acts as a platform for people willing to serve the community and also helps establish institutions for promoting quality vocational and technical education in the region. Through the platform, it also encourages people to sponsor poor students undergoing professional courses in government institutions, hence preparing them for a faster employment,” Ahmed said.

W Doha Hotel extends special Eid al-Fitr offers

W Doha Hotel & Residences, the first luxury lifestyle hotel in Qatar, is offering a spectacular Eid al-Fitr promotion, inviting guests to celebrate the festive occasion in the heart of Doha, noted a press release. Set amidst the city’s glittering skyline, the five-star hotel is a sanctuary of luxurious comfort. Flawing cutting-edge style and vivid interiors, W Doha sets the stage for an unforgettable celebration at the hottest destination in town.

The Eid fun-cation package is a brilliant offering for savvy travellers across the region wishing to escape to the stunning city of Doha. Starting at just QR599, guests can choose from an array of magnificent rooms and suites. In line with the joyous occasion, the hotel is rewarding families with a mind-blowing 50% off upon booking a second room.

With state-of-the-art technology and fantastic in-room entertainment amid a sophisticated décor, the hotel allows guests to unwind at leisure and soak in the festive vibe. Always bursting with happenings, W Doha provides the ultimate insider access to the best shopping and culinary experiences in Doha. After exploring the city’s vibrant attractions, guests can choose to relax and cool off in the elegant WET pool. Meanwhile, young visitors can indulge in a variety of play activities at a special kids’ corner set up every Friday from 12-4pm.

Throughout their stay, visitors can enjoy the full array of the hotel’s award-winning restaurants with 20% discount on all meals and a complimentary breakfast at Market by Jean-Georges. Food enthusiasts can tantalise their taste buds with a wide selection of cuisine – from authentic South Asian street food at Spice Market to handpicked Italian fare at La Spiga by Paper Moon or contemporary European classics at Market by Jean-Georges. For light bites, visitors can relish sweet and savoury goodies at W Café.

In addition, art lovers can explore the property’s in-house Art 29 gallery that is showcasing works of two Qatari artists – Mubarak al-Thani and Ghada al-Khater during the “Remember When” exhibition, which will run from 9am-12am during Ramadan, and 9am-7pm during Eid-al-Fitr until September 4.

The Eid al-Fitr offer is valid from June 7 until June 23, 2018. Bookings are available now until June 23, 2018. For more information on the hotel’s promotions and offers, please visit: http://www.whotelldoha.com/function.
**Colour by choice**

1. **BLUE**
2. **YELLOW**
3. **ORANGE**

**Maze**

Help a group of fish find their way to the coral reefs.

**Connect the dots**

Join the dots in order to find out more!

**Picture crossword**

UNDER THE SEA

USE THE PICTURES BELOW AS CLUES

ACROSS

1. Fish 2. Octopus 3. Crab 4. Starfish

DOWN


Answer:

Puzzle courtesy: hellokids.com
Pooch Café
By Paul Gilligan

Whenever I’ve tried to pull a rabbit out of a hat in the past, it’s never worked out.

But I’ve spent hundreds of hours training with top magicians! I’ve left nothing to chance!

There’s no way it’s not going to work this time!

I could just keep walking... move to Mexico... change my name...

AHHHH!

It’s okay, that wasn’t your future. The evening news came on by mistake.
Super Cryptic Clues

ETYMOLoGY:
From Latin obvertere (to turn toward), from ob- (toward) + vertere (to turn).
Ultimately from the Indo-European root streig- (to stroke or press), which is also the source of words such as wring, weird, writhe, worth, revert, and universe.

USAGE:
“...the tangle of draft concessions for Gold Coast and Greater Western Sydney will straiten its rivals’ access to top-up players.”

obvert
(ob-VUHRT)
MEANING:
verb tr. To turn to a different side.

ETYMOLOGY:
From Latin obvertere (to turn toward), from ob- (toward) + vertere (to turn).
Ultimately from the Indo-European root streig- (to stroke or press), which is also the source of words such as wring, weird, writhe, worth, revert, and universe.

Early documented use: 1563.

USAGE:
“The sun obverted its five o’clock face enough to darken the hardwood shadow of pine and oak along the creek.”
— wordsmith.org

Wordwatch

eulibate
(oo-LIB-ay-ate)
MEANING:
verb tr. To purify or separate, especially by washing or by straining.

ETYMOLOGY:
From Latin elutriare (to wash out).

Usage: “But he often also served as the discreet intermediary, when necessary, between his clients and the less elutriated members of the bar expert in such coarser specialties as divorce and immigration law.”

obverse
(ob-VUHRS, adjective: ob-VUHRS)
MEANING:
noun 1. The side of a coin, medal, etc. that has the main design.
2. The front or the principal side of anything.
3. A counterpart to something.

Adjective: facing the observer.

ETYMOLOGY:
From Old French estreit, from Latin strictus, past particle of stringere (to press), which is also the source of words such as wring, weird, writhe, worth, revert, and universe.

Earliest documented use: 1552.

Sudoku

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine (3x3) boxes. You are given a selection of values and to complete the puzzle, you must fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9 and none is repeated.

Yesterdays Solutions

Across:

Down:

The Mall Cinema (1):
Kaala (Tamil) 2:30pm; Kaala (Tamil) 8:15pm; Kaala (Tamil) 11:15pm.

The Mall Cinema (2):
E. Ma. Yu. (Malayalam) 3pm; Jurrasic World: Fallen Kingdom (2D) 8:30pm; Jurrasic World: Fallen Kingdom (2D) 11pm.

The Mall Cinema (3):
Kaala (Telugu) 2:15pm; Sid & Aya (Not A Love Story) (Tagalog) 8pm; Last Rampage: The Escape Of Gary Tison (2D) 9:45pm; Kaala (Telugu) 11:30pm.

Landmark Cinema

Landmark Cinema

Landmark Cinema

Royal Plaza Cinema

Royal Plaza Cinema

Royal Plaza Cinema

The Mall Cinema (1):
Kaala (Tamil) 2:15pm; Kaala (Hindi) 8pm; Kaala (Hindi) 11pm.

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To ensure a summer full of sparkle with right jewellery

It's that time of year when everyone is busy making travel plans with friends and family. Deciding on what to pack for your vacation is never easy and it often requires more thought than the destination itself.

To ensure you have a stress-free vacation, Venkatesh S., lead designer at BlueStone.com lists some must have travel looks.

Gemstones: Summer is for bright and colourful outfits. Incorporating the colour trend in your jewellery is a great way to keep you vibrant and energised. Pieces with amethyst, which is also the Pantone colour of the year, beautifully coloured tourmalines and other gemstones, are a must to carry on your travels.

Versatile pieces: Even though we suggest you travel only with the essential pieces and stay light, keeping versatile jewellery that can be paired with both formal and casual outfits is extremely helpful. Detachable necklaces and other gemstones are a must in your travel case.

Rose gold: Rose Gold is a universally flattering metal that usually looks great with any colour or clothing. It looks amazing when paired with soft pastels and neutral colour themes while keeping you right on trend!

Keep it quirky: For those of you who like to stay quirky in style, animal renditions of jewellery are unique and are an extremely cool accessory for vacations. This trend is especially seen in pendants, studs and rings and is go to jewellery for all destination types.

Pallavi Foley, a renowned jewellery designer also gives a few essentials on summertime vacation jewellery:

Lightweight: The most important rule when you are travelling is to keep your baggage as light as possible. This goes for your jewellery as well. Dainty, light pieces in pendants, earrings, rings and bracelets, that are easy to carry and store. Preferably a selection of those that can be paired with more than one look are the most apt.

Plan according to your destination: Your choice of jewellery should be synonymous to your travel destination. For a beach holiday we suggest you team your classic black or a bright shade swimsuit or shorts and tee with minimalist pendants or layered neck chains. Layered necklaces are a big trend for the summer and will add just the right amount of bling to your casual outfit.

Minimalistic pieces: Minimalist pendants and earrings are vacation essentials. Incorporating geometry through neckpieces and studs, that are easy to carry and minimalist in look ensures convenience and style. — IANS

Aries
March 21 — April 19

It isn’t always easy to win the admiration you expect from your friend, Aries. But in this area today seems to be better than most. You’re likely to be brimming with ideas for ways to enhance your most appealing qualities. But don’t overdo it.

Taurus
April 20 — May 20

No one dislikes red tape and bureaucracy more than you. But take advantage of the atmosphere today if you have any applications to submit or formalities to complete, you’ll find the process much easier than usual. Communication channels that are normally closed will open, and the administrative mechanisms will be well oiled instead of grinding. Get all administrative tasks done so you won’t have to think about them again!

Cancer
June 21 — July 22

You’re visionary and progressive today, Cancer, despite what people may say about your tendency to be conservative. You could easily come up with an effective way to help people. For some reason, practical problems are easy for you to solve. Don’t pay any attention to the idle and ineffective chatter of intellectuals.

Leo
July 23 — August 22

Today you should abandon any intellectual pursuits and concentrate on practical problems related to organisation and goal setting. You’re likely to find perfect solutions within an hour of starting. The heavens are helping you, Leo. Give them some credit for your ingenuity, and waste no time in implementing your plans!

Virgo
August 23 — September 22

You’re a great creator of systems, Virgo. You can tinker with every sort of construction, from theories and computer programs to scientific experiments and strategic evaluations. Today the planets are guiding you. You’re a perfect computer, capable of synthesising random events into pure reason. You’re sure to attract attention if you share your thoughts with others.

Libra
September 23 — October 22

Who would have guessed that you have an ability to understand subjects as irrational as human passions? You’re getting down and dirty with the sticky, trivial realities of day-to-day life that never interested you before. Your new nonstick coating would make you an excellent personnel director; hiring and firing at the drop of a hat. Has that thought ever occurred to you?

Scorpio
October 23 — November 21

Until now, you didn’t know you were capable of managing people with problems. But the so-called poetic universe you inhabit is actually much more realistic than it seems at first glance. People who believe that human reality is 100 percent logical will feel ridiculous when they see the elegant, humane solutions you invent.

Sagittarius
November 22 — December 21

At last, a day of relief from the tension! The flow of communication facilitates personal and professional projects. Now is the time to listen to your friend or other family members about the material aspects of the future. For example, are you setting aside enough money for your children’s education? Are you taking proper care of your home? Are your investments allocated correctly?

Capricorn
December 22 — January 19

You’re well aware that your happiness doesn’t depend on emotional promises alone. In order to attract your attention, anyone new in your life has to make some material offering as well. That’s exactly what could happen today. You might receive a gift from someone who has been buzzing around you for some time. Smile, Capricorn. People are finally beginning to catch on.

Aquarius
January 20 — February 18

The mood is one of bustle and change, Aquarius. It’s a good day to clear out your wardrobe or other belongings. Out with the old, in with the new! You may consign the old stuff to the basement or give it to charity. The main thing is to make room for your new tastes and new relationships. A new person is being born in you. Clear the path for this being to come through!

Pisces
February 19 — March 20

Today is a good day to organise professional or personal meetings. They will be productive. It’s an auspicious time for efficient, serious communication, realistic plans, and group harmony. All the ingredients for success and true advancement are available. Don’t be surprised if you’re the one in charge. You’re especially good at creating a warm, welcoming atmosphere.
I’m extremely critical of myself, says Diana

By Sugandha Rawal

Actress Diana Penty, who is enjoying the successful run of her film Parmanu - The Story of Pokhran at the box office, says she is “extremely critical” of herself as it helps her get better in her craft and learn the nuances of acting.

“I’m happy that the film has been well received. It’s a story we couldn’t wait to share with the audience as it is a matter of great pride for every Indian. The best feeling of that is he or her film being appreciated and the positive word of mouth that Parmanu... has garnered is testament to that,” Diana said in an interview.

After much delay caused by a lockdown between John Abraham’s production banner JA Entertainment and KriArj Entertainment, Parmanu - The Story Of Pokhran opened on May 25.

Diana is seen as an Army officer in Abhishek Sharma’s Parmanu, which is based on the series of nuclear tests in Pokhran in 1998. It also features John and Roman Lucknow Central last year, and now Parmanu. When it comes to work, Diana doesn’t like playing safe as she mentions “the biggest risk is not taking any risks at all.”

“For an actor especially, I think this is true. I have always made a conscious attempt to try different genres, play different characters. It’s what keeps me challenged. I think the most sensible thing to do would be to strike a healthy balance between taking risks with unique content and playing it safe with formula content,” she said.

What are her future plans?

“The best way for me has always been to take one day at a time. I love what I do and I only want to keep at it — do more and more work, challenge myself, better my skills, entertain the audience. I love reading scripts and I will continue to do that.

“I read all kinds of scripts — the good ones as well as the not so good ones. It’s a great way to get a sense of different story ideas and concepts. And as always, I will continue to follow my intuition. It has never let me down.”

She will soon be seen in Happy Phirr Bhag Jayegi — a sequel to Happy Bhag Jayegi. Being helmed by Madassar Aziz, the film will also star Sonakshi Sinha, Piyush Mishra, Ali Fazal and Jassi Gill.

“Happy Phirr Bhag Jayegi is going to be one crazy ride,” she teased. — IANS

Lee Daniels to helm Billie Holiday biopic?

Filmmaker Lee Daniels is reportedly in talks to helm a biopic on late musician Billie Holiday.

Billie may feature R&B singer Andra Day and actor Lakeith Stanfield, although nothing is yet finalised, reports variety.com.

The script will be penned by Pulitzer-winning playwright Susan-Lori Parks.

Billie, also known as “Lady Day”, was a legendary jazz singer whose career spanned three decades before her passing away in 1959. Her iconic performing style has influenced and inspired artists and jazz musicians.

One biopic has already been made on Holiday in 1972 starring Diana Ross, followed by a 1986 Broadway play, Lady Day at Emerson’s Bar and Grill.

The film is still looking for a studio and it is unknown when production would get under way, but with deals firming up, the hope is for shooting to start before the end of the year. — IANS

Sandra Bullock almost quit acting over sexism

Actress Sandra Bullock says sexism in Hollywood made her think about quitting acting altogether.

“My career has been a domino effect of people who said, ‘I would like this person to fill this role,’” usatoday.com quoted Bullock as saying.

“And not just in the industry, but people in my life. My mother raised me like, ‘You don’t need to get married, you forge your own path. You make your own money, and be your own person!’ And I literally went out into the world thinking there was no disparity, that everyone was equal, and I can do whatever a man can do.”

It wasn’t until later in her career that Bullock had a “wake-up moment.”

“I was like, ‘What is this feeling? Why do I feel so (expletive)?’ Oh, my God, I’m being treated this way because I have a (female) anatomy!”

Bullock did not get into specifics about the sexist behaviour she was subjected to, though she said it had a lasting effect.

“It was hard for me because I walked with blinders on through life and got to where I (felt) like I was less than because I was a woman. And that was a hard pill to swallow. I had a lot of sadness from that. I was like, ‘Wow, maybe I need to step out of here. Maybe I need to do something else for a living!’ And that was in the middle of when I was getting work — I didn’t want to be a part of that world where there was that experience.” — IANS
Indian Cultural Centre (ICC), under the aegis of Embassy of India, recently conducted an Iftar meet for the community leaders, officials of the Indian embassy, noted Qatari persons, and heads of affiliated organisations. Prominent among those who attended the Iftar were namely, Mohamed bin Ali S Maadid, Member of the Advisory Council to Qatar, Hemant Kumar Devi, First Secretary at Embassy of India, Dr Mohammed Aleem, Third Secretary at Embassy of India, Dr R Seetharaman, Doha Bank CEO, Hassan Chougle, ICC Advisory Council Chairman, M S Bukhari, IBPC, Advisory Council Chairman, Davis Edukulathur, ICBF President, Nilangshu Dey, ISC President, and P Anand, Teyseer Motors Business Development Manager.

Milan Arun, ICC President, welcomed the gathering. Dr Mohammed Aleem addressed the gathering. M I Farid, ICC Advisory Council Member, gave a special Ramadan message for the gathering. Juttas Paul, ICC General Secretary, conducted the programme and A P Manikandan, ICC Vice President, proposed vote of thanks.

On the occasion of holy month of Ramadan, American Association of Cost Engineers (AACE) Qatar section recently organised an Iftar gathering at Ramadan Tent, Shangri-La Hotel, Doha. Following the Iftar buffet, the last year’s committee was officially dissolved. The outgoing president thanked all committee members for their contribution and wished all the best to Lucia Vernon, new President, and introduced the new committee members. Lucia Vernon and the new committee members expressed their ideas and discussed about the action plan for 2018-2019 period.

The new committee members are namely: Lucia Vernon, President and Associate Director at Quantum Global Solutions, Avinash Arvind Gakwad, President Elect and Commercial Manager at Northcroft Middle East, Manish Agrawal, Vice President and Planning & Cost Engineer at Energoprojekt Entel, Ryan Ace Tan, Secretary and Senior Planning Engineer at Harinsa Contracting Company, Paul Gregg, Treasurer and Senior Consultant at Navigant, Ani Ipekci, Director Communication and Head of Planning at Gulf Contracting Company, Michael Dullaghan, Director Marketing & Publicity and Senior Consultant at Driver Trett, Milind Deshmukh, Director Administration and Project Monitoring Engineer at Lahmeyer International, Sahin Recan, Director Membership and Managing Consultant at HKA, Adieb Mahmoud, Director Education and Senior Quantity Surveyor at Louis Berger, Amro ElSad Moustafa Ahmed, Director Events and Project Controller at Pithec/Ashghal, and Oleksii Lubymy, Director Mentoring and Senior Planning Engineer at Siemens WLL.