A launchpad for dreams

Eric Boe is an astronaut chosen to fly on commercial spacecraft and be among the first American astronauts to launch from US soil since 2011. P4-5

COVETED DREAM: “It’s amazing to look at something in the sky that seems so far away but be so close we could reach out and touch it,” says Eric Boe, with a suspension of belief, about what awaits him.

Review

Johnny English gets new lease on life.

Page 14

Bollywood

My father is Youth Icon of Year: Alia.

Page 15
PRAYER TIME

Fajr 4.24am
Shorooq (sunrise) 5.41am
Zuhr (noon) 11.17am
Asr (afternoon) 2.29pm
Maghreb (sunset) 4.55pm
Isha (night) 6.20pm

USEFUL NUMBERS

Emergency 999
Worldwide Emergency Number 112
Kahramaa – Electricity and Water 991
Local Directory 180
International Calls Enquiries 150
Hamad International Airport 40106666
Labor Department 44508111, 44406537
Mowasalat Taxi 44588888
Qatar Airways 44496000
Hamad Medical Corporation 44392222, 44393333
Qatar General Electricity and Water Corporation 44845555, 44845464
Primary Health Care Corporation 44593333
44593363
Qatar Assistive Technology Centre 44590450
Qatar News Agency 44490205
44490333
Q-Post – General Postal Corporation 44464444

Humanitarian Services Office
(Single window facility for the repatriation of bodies)
Ministry of Interior 40253371, 40253372, 40253369
Ministry of Health 40253370, 40253364
Hamad Medical Corporation 40253364, 40253365
Qatar Airways 40253374

Summer of 84
DIRECTION: Anouk Whissell, François Simard, Yoann-Karl Whissell
CAST: Tiara Skovbye, Judah Lewis, Graham Verchere
SYNOPSIS: Teenager Davey Armstrong is a conspiracy theorist who begins to suspect that a neighbouring police officer is a serial killer. With help from three friends, Davey launches a daring investigation that soon turns dangerous.
THEATRES: The Mall, Landmark, Royal Plaza

BADHAOI HO

DIRECTION: Amit Ravindernath Sharma
CAST: Ayushmann Khurrana, Sanya Malhotra, Neena Gupta
SYNOPSIS: A man faces embarrassment in the society when he finds out his mother is expecting.
Badhai Ho is reportedly a coming-of-age story of a family as it grapples with some unexpected news. The film follows the impact of the news on the family and how its members deal with it in their own way.
THEATRES: Landmark, The Mall

THE MALL CINEMA (1): Badhai Ho (Hindi) 2:30pm; White Fang (2D) 5pm; Summer Of 84 (2D) 7pm; El Kowayseen (Arabic) 9pm; Halloween (2D) 11:15pm.

THE MALL CINEMA (2): White Fang (2D) 2pm; White Fang (2D) 3:45pm; The Nutcracker And The Four Realms (2D) 5:30pm; The Nutcracker And The Four Realms (2D) 7:30pm; The Nutcracker And The Four Realms (2D) 9:30pm; Hunter Killer (2D) 11:30pm.

THE MALL CINEMA (3): The Nutcracker And The Four Realms (2D) 2:15pm; Daakini (Malyalam) 4:15pm; Badhai Ho (Hindi) 6:30pm; Daakini (Malyalam) 9pm; Daakini (Malyalam) 11:30pm.

CINEMA

DAAKINI (Malyalam) 9pm; Daakini (Malyalam) 11:30pm.

LANDMARK CINEMA (1): The Nutcracker And The Four Realms (2D) 3pm; White Fang (2D) 5pm; Summer Of 84 (2D) 7pm; Daakini (Malyalam) 9pm; Daakini (Malyalam) 11:30pm.

LANDMARK CINEMA (2): White Fang (2D) 3pm; The Nutcracker And The Four Realms (2D) 5pm; The Nutcracker And The Four Realms (2D) 7pm; The Nutcracker And The Four Realms (2D) 9pm; Summer Of 84 (2D) 11pm.

LANDMARK CINEMA (3): Daakini (Malyalam) 2:15pm; Badhai Ho (Hindi) 4:45pm; El Kowayseen (Arabic) 7pm; Hunter Killer (2D) 9:15pm; Halloween (2D) 11:30pm.

ROYAL PLAZA CINEMA PALACE (1): White Fang (2D) 2:45pm; The Nutcracker And The Four Realms (2D) 4:30pm; The Nutcracker And The Four Realms (3D) 6:30pm; Daakini (Malyalam) 8:30pm; Summer Of 84 (2D) 11:15pm.

ROYAL PLAZA CINEMA PALACE (2): Daakini (Malyalam) 2:30pm; White Fang (2D) 5:15pm; El Kowayseen (Arabic) 7pm; The King Of Thieves (2D) 9:15pm; Badhai Ho (Hindi) 11:15pm.
EVENTS

Blood Donation Camp
WHERE: Asian Town – Industrial Area
WHEN: Tomorrow
TIME: 1pm – 6pm
To cater the Blood requirement of Hamad Medical Corporation, a voluntary Blood donation camp will be organised by Blood Donors Kerala – Qatar Chapter, co-sponsored by IBN Ajayan Projects, Qatar Kanive Palapetey, Global Kerala Pravasi Association and Radio Suno 91.7FM. For further details, contact 33784621, 55411546 and 33546624.

Squash Tournament
WHERE: Khalifa International Tennis and Squash Complex
WHEN: Till tomorrow.

Breast Cancer Awareness
WHERE: InterContinental Doha
WHEN: Ongoing

InterContinental Doha – The City is organising several activities (especially at its various dining venues) that focus on highlighting the importance of early detection. Try the pink afternoon tea, the extravagant pink Bar Squared Brunch at The Square and pink-themed nights at Strata Restaurant and Lounge.

Cycling: Losail Circuit Sports Club
WHERE: Losail Circuit
WHEN: Ongoing

Losail Circuit Sports Club, in association with Qatar Sports For All Federation, invites all cyclists, runners and walkers to train under the floodlights of Losail International Circuit every Wednesdays.

Gymnastics World Championships
WHERE: Aspire Dome
WHEN: Ongoing till November 3
Over 700 male and female gymnasts from over 80 countries, including three Team Qatar gymnasts, will compete across 10 days of competition in Doha's iconic Aspire Dome. Experience the drama, emotions and excitement of gymnastics' pinnacle event as global superstars go head to head in a bid to be crowned the best in the world.

Aspire Zone Foundation (AZF) announces opening registration for the seventh annual ‘Aspire Torch Staircase Run’ scheduled to take place on November 10. The 2018 edition of the Aspire Torch Staircase Run (ATSR 2018), will offer sports enthusiasts the ultimate challenge of endurance, as runners will have to make their way to the top of the 300m tower to the 51st floor, climbing more than 1,300 steps.

Startup Weekend Competition
WHERE: Tawar Mall
WHEN: November 15 – November 17
TIME: 6pm – 10pm
In just 48 hours, you will experience the highs, lows, fun, and pressure that make up life at a startup. As you learn how to create a real company, you’ll meet the very best mentors, investors, cofounders, and sponsors who are ready to help you get started.

Meditation Retreat
WHERE: Banana Island Resort
WHEN: December 14-15
Imagine waking up with the peaceful silence of a paradise beach as your senses are lured by the smell of essential oils, vegan food and fresh herbal tea. With each breath, your whole being feels relaxed and recharged. You can finally release all the tension you’ve been carrying for years. The bright sunlight warms your face as you walk on the beach to join morning yoga, sound healing and mindfulness meditation.

After School Activities
WHERE: Atelier
WHEN: Ongoing
Music and arts Activities for students taking place after they finish their day in school includes Group Music lessons, Hip-hop, Ballet, Drawing and Painting, Drama Theatre & Taekwondo. Ages between 5 and 10 years old after school hours.

Hobby Classes
WHERE: Mystic Arts Centre behind Al Hilal Focus Medical Centre
WHEN: Wednesday – Monday
Mystic Art Centre, is a holistic performing arts institution and a one stop solution for adults as well as children looking to explore their talents in various art forms. We offer classes in Carnatic Music, Hindustani Music, Karate, Yoga, Zumba, Classical Dance, Salsa, Hip Hop, contemporary and Bollywood dance forms. For details, call 33897609.

Dance and instrument classes
WHERE: TCA Campus, Behind Gulf Times Building
WHEN: Wednesday – Monday
Learn the movements of dance styles in Bollywood, Hip Hop and also the musical instruments such as Piano, Guitar, Keyboard for adults as well kids and move in the world of music. For details, contact 66523871/ 31326749.

Compiled by Nausheen Shaikh. E-mail: gtlisting@gmail.com, Events and timings subject to change
Dream come true

Eric Boe saw the moon landing from his living room in Atlanta. Decades later, he is preparing to fly on commercial spacecraft. The next step in exploration could take astronauts, including Boe, back to the moon, eventually Mars — and beyond.

I knew becoming an astronaut would take a lot of luck and being at the right place at the right time, so my first goal was being a pilot

— Eric Boe, astronaut

By Helena Oliviero

A young Eric Boe, not even 5 years old, was awestruck while watching grainy images of two American astronauts in bulky spacesuits bounce around on another celestial body. The footage was blurry. But no matter — it was captivating for Boe and millions of others gathering around their black-and-white televisions on July 20, 1969.

As Boe saw the moon landing from his living room in Atlanta, he felt an indelible connection to the historic moment. Here were Neil Armstrong and Edwin “Buzz” Aldrin walking on the moon — the same moon Boe looked at from his bedroom window at night, the same moon he saw shining in the dark sky during evening walks with his family in the Northlake neighbourhood of DeKalb County.

“It was a real dreamy moment,” said Boe. “It’s amazing to look at something in the sky that seems so far away but be so close we could reach out and touch it.”

As the years went by in school, college and the Air Force, Boe’s affinity for and connection to space strengthened. And then, in 2000, Boe was selected by Nasa to be an astronaut. Since then, he has piloted two space shuttles. And now, Boe, 54, is one of the astronauts chosen to fly on commercial spacecraft and be among the first American astronauts to launch from US soil since 2011.

The voyages are scheduled to begin next year, and Boe, who has been tapped to fly on Boeing’s Starliner, is part of an elite group of astronauts Nasa hopes will usher in a new era of space travel.

While Boe is stationed in Houston, he continues to maintain strong ties to Atlanta and have a soft spot for his hometown. Atlanta is also the place where family, friends and teachers helped his galactic dreams come true.

When Boe was about 12 years old, he enrolled in a Discovery aerospace class at the Fernbank Science Center. It was a perfect class for a bright child who loved math and science. He made rocket models, studied aerospace history, went on field trips to Dobbins Air Force Base in Marietta. He loved all of it — everything from looking through telescopes to building rockets and flying rockets from Piedmont Park.

And Boe credits his teacher, Debi Huffman, for helping nurture his enthusiasm for aerospace.

“Absolutely one of the things I talk about when I talk to students is how impressed I am by teachers who spend a lot of time with kids...”
and are very dedicated," said Boe. During class, Boe told Huffman his dream of one day becoming an astronaut. He promised to have her as his guest at his first space mission.

Meanwhile, Huffman, who still works at the Fernbank Science Center, remembers Boe as a hardworking and passionate learner. He also paid careful attention to details, even as a middle-schooler.

In class, students built rockets out of kits, and needed to attach fins, which provided stability during a flight, Huffman said. Sometimes, the fins fell off, and students needed to reattach them. But not Boe.

"Boe always did it perfectly the first time," she said. Huffman said Boe's determination as a young student paid off.

"Everything he did as a student was something that got him closer to his dream," Huffman said.

"He's a fabulous role model for students I teach because I can tie in his footsteps and use those to encourage kids.

Boe was also influenced by his parents. His father was a pilot in the Air Force and flew for Eastern Airlines. And his mother often took him to the library to research projects, not only libraries close to home but also university libraries including the one at Georgia Tech.

In high school, Boe continued to excel in school and love learning. His favourite subjects included science, Spanish and math classes—especially calculus.

"It's something concrete that I could put my hands around, and there was an answer," he said.

Boe became a cadet in the Georgia Wing of the Civil Air Patrol, earning the coveted General Carl A. Spaatz Award. Boe graduated from Henderson High School (which is now a middle school in DeKalb County in 1985. (Another astronaut, Thomas Henry "Tom" Marshburn, graduated from Henderson High School in 1978.)

Then, Boe entered the Air Force Academy to study astronautical engineering. After graduating from the Air Force Academy, he became a test pilot. He also flew 55 combat missions over Iraq in support of Operation Southern Watch. Before his military retirement in 2012, he logged approximately 6,000 flight hours in more than 50 aircraft.

Boe, who is married and has two children, said he always wanted to be a pilot, and "in the back of my mind, I thought about being an astronaut." But he also knew the odds — with tens of thousands of applicants seeking only a handful of coveted spots.

"I knew becoming an astronaut would take a lot of luck and being at the right place at the right time, so my first goal was being a pilot, and a test pilot, because I knew by doing that, you could open up some of those gates," said Boe, an upbeat, unassuming man.

Boe received his master's degree in electrical engineering from Georgia Tech in 1997.

In 2000, Boe’s lifelong journey of maybe — just maybe — becoming an astronaut came to fruition. He was 35 years old. Huffman stood by with white knuckles at Cape Canaveral, Florida, as the space shuttle Endeavour cut its way into the evening sky on November 14, 2008. Huffman’s presence was a promise made good by Boe, who packed a special Fernbank flag on his first shuttle mission, a testament to what the science centre has meant to him and his career as an astronaut.

Boe piloted the STS-126 Endeavour, a mission that expanded the living quarters of the International Space Station to eventually house six crew members by delivering a new bathroom, kitchen, two sleeping quarters, an exercise machine, and a water recycling system. He also served as the pilot for STS-133 Discovery. This mission delivered the Permanent Multipurpose Module (PMM) and the fourth Express Logistics Carrier (ELC) to the International Space Station, a research laboratory that orbits around Earth.

The space station is a unique science laboratory for human health, biological and materials research as well as a technology test bed. The space station is also considered a steppingstone for going farther into the solar system. It has the volume of a five-bedroom house or two Boeing 747 jetliners. It can support a crew of six people, plus visitors.

Along with the sensation of weightlessness, it’s the view of his homeland from space that really made an impact on Boe.

"No words can describe how amazing our planet is," he said.

"You can see the colours — the greens and blues. It’s big and small at the same time.

When construction of the International Space Station was begun in 1998, it was seen as a new age of co-operative space exploration — an alliance between a number of countries, but especially longtime rivals the United States and Russia.

And since the retirement of NASA’s space shuttle fleet in 2011, US astronauts have relied entirely on Russian rockets and capsules to reach and return from the space station.

While the tenor of Russian-American relations has changed, in space, the two countries remain close.

"We train together; we work together," Boe said. "You get to know the crew very well when you work with them day in and day out for years."

Boe studied Russian at the Air Force Academy, which has been quite useful — although not the way he initially envisioned.

"I studied Russian because it was during the Cold War, and I wanted to know my enemy," said Boe. "I am still learning Russian, but we are working together, and I am using Russian in a constructive way to make the world a better place."

In that same vein, he said something else you don’t see from space borders.

"You don’t have those conventional lines, and you realise we are all in this life together — planet Earth and humanity as a whole," Boe said.

Ultimately, he said, you see the complexity of Earth and it “kind of gives you an appreciation for life in general.

Boe said Georgia state is on his short list of places to photograph from the sky, along with Mount Everest and Mount Kilimanjaro. On November 20, 2008, he flew over Bobbie Dodd Stadium when Georgia Tech was playing a football game.

After returning to Earth on Endeavour, Boe returned the flag to Fernbank.

"He’s a fabulous role model for kids. "He’s a model for everyone," Huffman said.

Boe, who spent a total of nearly 29 days in space, said as he reflects on his time travelling in space, he’s come to realise the time in orbit is just a small part of an astronaut’s journey.

"Space flight is about people. For me, a lot of the fun is training and getting to know people and working together. There are 500 to 1,000 people supporting us, training us, meeting, making our equipment. There are a lot of people who make our job easy."

And when he’s in space, he said, "You are very busy. But every once in a while, you take a breath," and marvel at the experience — and view from space.

"I tell young people that there are a lot of cool jobs," he said. "And being an astronaut is a cool job. There are a lot of great things to do. The important thing is to find something you love to do, and you’ll do it well. Life is an amazing thing."

In a ceremony at the Johnson Space Center in early August, Nasa Administrator Jim Bridenstine stood on a stage with an enormous American flag, and introduced the selected astronauts, one by one, for the next phase in space travel. He started with Boe, who greeted an enthusiastic crowd with a wave and two thumbs up.

"What an exciting and amazing day," said Boe.

"I am honoured and consider myself very lucky to have this opportunity to see this next chapter in space travel," said Boe.

 Jon Waterhouse contributed to this article – The Atlanta Journal- Constitution (Atlanta, Georgia)/TNS

EXAMINATION: Commercial Crew Astronaut Eric Boe examines hardware during a tour of the SpaceX facility in Hawthorne, California.

INSPIRATION: Astronaut Buzz Aldrin, lunar module pilot, walks on the surface of the Moon near the leg of the Lunar Module "Eagle" during the Apollo 11 extravehicular activity on July 20, 1969.
Important contracts signed at Milipol Qatar 2018

Major General Nasser bin Fahad al-Thani, President of Milipol Qatar, recently signed a co-operation agreement with Yann Jounat, Chairman of GIE Milipol, and Renaud Hamadie, President of Comexposium, during the Milipol Qatar 2018 held at Doha Exhibition Centre. Speaking to the media, the Chairman of Milipol Qatar said that the agreement has been signed for partnership between Milipol Qatar and Milipol Paris until 2026.

Brigadier Saud Rashid al-Shafi, Member of Milipol Qatar Organising Committee and Assistant Director of Logistics Department of the Ministry of Interior, recently announced the details of some contracts signed during the first day of expo. He said that the Ministry of Interior has signed a contract worth QR92.84mn with GBM for developing main devices for the Ministry of Interior with maintenance and support services for three years. Another contract worth QR8.9mn was also signed with Nokia Solutions Network for updating and maintenance of Tetra system of the Ministry of Interior.

The third contract worth QR24.88mn was also signed with De La Rue International Company for importing Qatari e-passports, while the forth contract worth QR44.71mn was signed with Abdullah Abdul Ghani Co for importing 324 vehicles. The last contract worth QR9.52mn was signed on the first day of expo was with Salih Al Hamad Al Mana Co for importing 76 different kinds of vehicles for Al Fazaa Police and Traffic Department.

MES girls team qualifies for CBSE National Football Championship

The girls’ under-17 football team of MES Indian School recently won the Qatar Cluster CBSE Interschool Football Tournament held at MES Indian School. MES team with this win has now qualified to take part in the CBSE National Football Championship to be held at Vadodara, Gujarat, India. The students were trained by the members of the Physical Education Department. Hameed Kadar, Principal of MES Indian School, congratulated the winners.

Friends mourn death of former Doha resident

Cheerakathil Johnson, 67, former Doha resident recently passed away in the southern Indian State of Kerala. Members of the Badminton Club of the Indians in Qatar, Indian Community Benevolent Forum (ICBF) and Syro Malabar Catholic congregation remembered Johnson in separate gatherings. Johnson was the brother-in-law of David John, former President of Indian Community Benevolent Forum (ICBF).

John recalled that his brother-in-law was a very friendly person and would come for the help of the community members round the clock during his Doha stint. Johnson was the General Manager Projects at Mannai Corporation before he left Doha in 2011. He had stayed in Doha for more than 31 years. He was a native of Karukutty, in Kerala’s Ernakulam District.

Resident of Doha gets ‘Bharat Samman Award’

MS Bukhari, a prominent Indian Businessman and Industrialist residing in Doha, was recently honoured with ‘Bharat Samman Award’ by Lord Diljeet Rana in the presence of P. Hinduja of Hinduja Group, Lord Swaran Paul and Lord Karan Billimoria at House of Lords, UK. The ceremony was attended by notable personalities including British businessmen, philanthropists and officials.

Bukhari received the award under the category of ‘Indians Making India Proud’. Bukhari, resident of Qatar for over 32 years is a businessman in construction industry and has been actively involved in several socio-cultural-economic activities. He has been promoting Urdu language by supporting writers and poets and arranging symposiums and poetic sessions. He is also the Chairman at Advisory Board of Indian Business and Professional Council. He is also the Chairman of Corporate Affairs at Indian Sports Centre. Bukhari supports AMU Alumni as Chief Patron for Aligarh Muslim University.
NMS organises beach cleaning drive

Nepalese Muslim Society (NMS) recently organised a beach cleaning drive, in co-operation with Ministry of Municipality and Environment, at Wakrah Family Beach. Over hundred members of NMS participated in the drive. The drive underscored the NMS's aim in creating awareness regarding environmental protection. Speaking on the occasion, Mohammad Ayub Haque, President of NMS, said that the organisation puts a great emphasis on cleanliness of home, society and environment along with the protection of the marine habitat. Mohammad Saki Ali, Patron of NMS, and Abdul Haftz Miya, Adviser at NMS, also spoke about creating awareness and maintaining cleanliness. The event felicitated Leo Chand Babu Iraq, Youth Activist, for his 15 year-long contribution to Nepali community. NMS also acknowledged the contributions of the community leaders including Sagar Nepal, Ram Hari Gaire, Ram Kumar Mandal, BB Kharel, Afsar Khan and Yaseen Lama.  

– Text and photo by Usha Wagle Gautam

NIA Toastmasters Club organises club meeting

NIA Toastmasters Club recently conducted a club meeting with the theme of ‘Fighting it hand in hand’, in co-operation with Qatar Cancer Society, to create awareness regarding breast cancer. The meeting featured presentation, talks and speeches for its members and guests. All attendees wore pink colour in support of fight against breast cancer.
Lorna, Nightingale of Goa, and DJ Ryan Nogar to perform at Orbital Nite in Doha

Lorna, Nightingale of Goa, is all set to perform on November 23 at Gwana Ballroom, Radisson Blu from 7pm onwards at the Orbital Nite Doha 2018, organised by Orbit Events and Marketing. According to the press release, the added attraction will be DJ Ryan Nogar, a winner of All India DJ Master Mixer. Ryan Nogar is recognised as one of the most popular and versatile DJs in Goa and abroad. Hailing from the state of beautiful beaches, music and parties, DJ Ryan Nogar offers people the best. His capability to play all genres of music including club, hip-hop, rb, house, tech, progressive and retro is a strong well-recognised attribute.

Lorna is the winner of Lifetime achievement award for her contribution in music and Krutadnyata Puraskar at Goa Marathi Film Festival. In a country where aspiring singers are dime a dozen. Most of them eventually realise that they are not cut out to make it a profession, while some of them excel after honing their skills through years of practice. But a few special ones, among them, realise that they are born to sing and go on to become legends; Lorna Cordeiro was one such legend who went on to reach dizzying heights in her career. The glorious heydays of Jazz music in India were in the 60s and 70s. Old timers often reminisce about the most prominent exponents of this art, the magical duo of Lorna Cordeiro and Chris Perry. They were an instant hit. Apart from being a mesmerising singer, Lorna was an electrifying performer who had several signature moves in her repertoire. She would begin her gig by stretching her arms out wide towards the crowd, tilt her head, in her inimitable style, and exclaim ‘I am Lorna’.

Lorna’s biggest hit songs were Adeus Pisso, Bebedo, Red Rose, Passo, Calangute, Adeus, Lisboa and many others. This inspiring journey of Lorna Cordeiro has been immortalised on celluloid by two motion pictures, a Konkani film titled Nachomia Kumpasar, which is a fictional account inspired by her life and a Bollywood film called Bombay Velvet, whose female lead character Rosie Noronha is inspired by Lorna Cordeiro’s real life persona.

Lorna Cordeiro continues to enthral audiences world over by performing at sold out shows in the Middle East, USA, UK, France, Portugal, Canada, Africa, New Zealand and also Geneva in the near future. Her music traverses not just boundaries but generations, too. Second and third generation kids who grew up listening to their parents play her songs, pack concert venues. Good music is essential for the success of any musical event and so is a good music director. Norman Cardozo has worked hard with determination and perseverance and won him the enviable tag of Music Director. A soft spoken, rather who has trotted across the globe on professional assignments from the Gulf States to Europe, and far across the Pacific to Canada, USA, Africa, New Zealand and also Geneva in the near future taking music to the world. He is featured in Guinness record in the event ‘a-la-Maradona’.

Lorna, Nightingale of Goa, and DJ Ryan Nogar, says organisers. To do the pre-booking and for more details, contact 55550491. Radisson Blu is the official hotel and Gulf Times and daijiworld are media partners.

Astor Grill Steakhouse at The St. Regis Doha celebrates ‘The American Week’

The St. Regis Doha, has partnered with the Embassy of the United States for their week-long festival, the Annual Discover America ‘Week in Qatar’. The renowned hotel is going to host week-long promotions from October 28 to November 3 at their signature restaurant, Astor Grill Steakhouse, including a raffle draw with exciting prizes. The restaurant features exquisite cuts of meat and fish prepared on the Josper grill and a large selection of mouth-watering starters, sides and desserts.

As part of the festivities, the hotel’s Executive Chef, James Norman, has designed a special menu inspired by the city of New York to celebrate the occasion. To commemorate this week, Astor Grill Steakhouse will end the week with a raffle draw, with a wide range of gifts, including brunch vouchers, staycation at the luxurious St. Regis Doha, and two tickets to New York for lucky winners.

With its relaxed atmosphere and remarkable location near Pearl and Katara, Astor Grill is the perfect place to take out your friends and family for a lively night with delectable dishes. It is also the only steakhouse in the country offering dry aged prime meat prepared on the grill in a Josper oven. The dry ageing process takes up to 21 days where primal cuts are hanged in a refrigerated room with a humidity of 75% to 80% and temperatures between 0 and 4 degrees Celsius, making the meat tender, succulent, and flavourful. Guests experiencing the dry aged meat will notice that the flavours and texture are different.
Space probe begins journey to unlock fiery secrets of Mercury

With the recent launch of the BepiColombo mission, scientists hope to learn more about Mercury, a monumental task that involves overcoming the planet’s intense heat and getting the probe there in one piece. By Janne Kieselbach

A flash of light cuts through the tropical night. Thunder echoes through the jungle and the air fills with smoke. It’s 10:45pm in French Guiana and an Ariane rocket has just taken off from the Guiana Space Centre, leaving a trail of fire.

With a rush and a hiss, it cuts through the air towards the heavens until only a small ball of fire is visible in the dark. A few moments later, back on the ground, a group of scientists celebrate, clapping their hands and embracing each other. It’s not just any old launch that’s just taken place here, deep in the South American rainforest, where dozens of rockets are propelled upwards from the base at the Guiana Space Centre every year.

This time, the Ariane 5 rocket is carrying especially valuable cargo: a double probe that, over the next seven years, will make the journey to Mercury.

BepiColombo is a joint mission of the European Space Agency (ESA) and the Japan Aerospace Exploration Agency (JAXA). It is one of the ESA’s most challenging missions yet – and, with a budget of more than 2 billion euros (2.3 billion dollars), also one of its most expensive.

“When people understand what we are doing here, they are going to be fascinated,” beams Johann-Dietrich Woerner, ESA director general.

He knows Europe and the rest of the world will be keeping a close eye on the mission, not least because of its hefty price tag.

We know less about Mercury than practically any other planet in the solar system. It has been visited by human equipment only twice before: In 1974, the US probe Mariner 10 managed to chart about 45 percent of its surface after passing by it three times and in 2011, US space agency Nasa’s Messenger probe spent four years orbiting it.

Now, the ESA wants to know more.

The mission was originally due to launch five years ago, but it was delayed due to difficulties with developing the highly complex equipment.

“That’s not a big problem,” says Woerner. “Of course delays are not a good thing. But the important thing with this mission was to be sure that the technology would be 100-percent reliable.”

The main challenge is that getting anywhere near Mercury is like travelling into a furnace. The heat from the sun can be felt so strongly on the planet that its surface temperature can easily hover at about 450 degrees Celsius on a normal day.

The outer shells of the BepiColombo probes will heat up to more than 360 degrees while they are orbiting the planet but the sensitive equipment inside will only work at temperatures up to 40 degrees. This was a huge challenge for the researchers.

Even before the spacecraft reaches Mercury, there are risks. With the complex launch out of the way, it must now travel around 9 billion kilometres, 60 times the distance between the Earth and the sun. Its maximum speed is 60 kilometres per second or 216,000 kilometres per hour.

In order to slow down, the double probe will fly past the Earth in 2020, and then also later twice past Venus and six times past Mercury itself. If it goes too fast, it could end up melting in the heat of the sun instead of entering Mercury’s orbit as intended.

“It’s about getting down to a steady speed of 3.4 kilometres per second,” says Eckard Settelsmeyer, Director of Earth observation, navigation and science at Airbus Defence and Space.

If the probe is successful, once it reaches Mercury, two satellites will break off from its main body and head off on different paths to explore the planet.

The ESA satellite Mercury Planetary Orbiter (MMO) will explore and chart the planet’s surface, while the Japanese Mercury Magnetospheric Orbiter (MPO) will record the planet’s magnetic fields.

Even though the mission has only just begun, Woerner and his team are already planning the next one. The Juice probe is set to fly to Jupiter in 2022, and plans are already afoot for missions in the 2030s.

Working with other countries is important, Woerner says, “Only through co-operation between nations can we undertake missions that individual nations could not finance alone.”

The 22 member countries of the ESA work closely together, as well as with the US agency Nasa, Russian space agency Roskosmos and as in the case of BepiColombo, JAXA.

It’s not just individual nations that are reaching for the stars – private companies are also starting to explore the opportunities offered by outer space. For example, Elon Musk’s company SpaceX wants to make life on other planets possible, and Amazon founder Jeff Bezos has founded the company Blue Origin to explore business opportunities in the ether.

“Competition drives us,” Woerner says. “That’s true in sport, and also in space. I believe humans will fly to Mars.”

But he’s not keen on the idea of humans colonising other planets. “The Earth is far too beautiful for us to live in a tin can on a planet or a moon,” he says. – DPA
Science Matters

Undeveloped muscles a bad sign

Growing scientific evidence suggests that checking a person’s muscle mass should be a key factor in evaluating her health status, especially if she’s living with a chronic disease.

People with low muscle mass have …

- More surgical and post-surgical complications
- Longer hospital stays
- Worse survival after trauma
- Worse cancer therapy response
- Worse outcomes from COPD lung disease
- Overall lower survival

‘Obese’ does not mean low muscle mass

University of Connecticut defensive lineman Mikal Myers (left) has a bulky, heavy body that contains massive hidden muscles

‘Muscle mass’ does not mean body weight

Body mass index (BMI), the usual measure of weight – and obesity – adjusted for height, does not indicate muscle mass*

* Roughly equal to body weight minus weight of body fat (percentage is measured by skinfold or other tests)

Source: AnnaCarla Prado of University of Alberta; Annals of Medicine journal; TNS Photos
Graphic: Helen Lee McComas, Tribune News Service
Supervised aerobic exercises have large antidepressant treatment effects for patients with major depression, an analysis of randomised controlled trials suggests.

The study, published in the journal Depression and Anxiety, showed a significantly large overall antidepressant effect compared with antidepressant medication and/or psychological therapies.

“Collectively, this study has found that supervised aerobic exercise can significantly support major depression treatment in mental health services,” said lead author Ioannis D. Morres from the University of Thessaly in Greece.

For the study, the research team involved 445 adults across 11 eligible trials patients aged between 18-65 years with major depression as a primary disorder.
**Codeword**

Every letter of the alphabet is used at least once. Squares with the same number in have the same letter in. Work out which number represents which letter.

```
H C V I N D A E H S G O T
S P O O N U L W P T P H C E
G W A E I U O C G S Q E M N B
H G H P R Y W A R T F U A I P
M R Y B O A O W E D K B G L T
T D H I U N T R A E S L E N F
T O S R U S R C M V A U F B L
A B O T T L E U E S C Y Y A M
E M L F N N F I S H B L A R A
R N E G I P Y P O E W L R R R
C R H A S K O A F T R T D E G
A D S L T Y C G W I F R L L H
F O U L A N O E W B S A L V O
D B B O C G I V P U B U G U T
V W L N K S Y P M C U Q G F M
```

**Measure for Measure**

<table>
<thead>
<tr>
<th>ACRE</th>
<th>FOOT</th>
<th>PECK</th>
</tr>
</thead>
<tbody>
<tr>
<td>BALE</td>
<td>GALLON</td>
<td>PINT</td>
</tr>
<tr>
<td>BARREL</td>
<td>GLASS</td>
<td>QUART</td>
</tr>
<tr>
<td>BOTTLE</td>
<td>GRAM</td>
<td>REAM</td>
</tr>
<tr>
<td>BUSHEL</td>
<td>HECTARE</td>
<td>SPOONFUL</td>
</tr>
<tr>
<td>CASK</td>
<td>HOGLAD</td>
<td>STACK</td>
</tr>
<tr>
<td>CUBIT</td>
<td>INCH</td>
<td>YARD</td>
</tr>
</tbody>
</table>

**Wordsearch**

Every letter of the alphabet is used at least once. Squares with the same number in have the same letter in. Work out which number represents which letter.

![Codeword Grid](https://example.com/codeword.png)

**Sudoku**

```
<table>
<thead>
<tr>
<th>8</th>
<th>3</th>
<th>5</th>
<th>8</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>6</td>
<td>4</td>
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<td>7</td>
</tr>
<tr>
<td>4</td>
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<td>1</td>
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<td>3</td>
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<td>2</td>
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<tr>
<td>2</td>
<td>4</td>
<td>7</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>9</td>
<td>7</td>
<td></td>
</tr>
</tbody>
</table>
```

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into 9 (3x3) boxes. You are given a selection of numbers and to complete the puzzle, you must fill in the grid so that every row, column and box contains every number once and only once.

![Sudoku Grid](https://example.com/sudoku.png)

**Pooch Cafe**

![Pooch Cafe Cartoon](https://example.com/poochcafe.png)

Hey, Hey, Hey, what do you think you’re doing??

There’s some almond fudge ice cream in there and I really need to eat my feelings.

Well, too bad! You don’t get to eat ice cream!

Today in the park a squirrel gave me a noogie.

**Garfield**

![Garfield Cartoon](https://example.com/garfield.png)

Baang! Baang! Baang!

Arrgh! The nail’s bent!

Ahhhhh! Hole in the wall!

Ow! Plaster in my eye!

And thus we sail into the tradition of Christmas decoration and home demolition.

**Bound And Gagged**

![Bound And Gagged Cartoon](https://example.com/boundandgagged.png)

I’ve given up trying to change him, it’s too hard to get parts.

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Super Cryptic Clues

Across
1. A long sentence - ages (4,2,4)
6. Was prepared, you say, to have a natural material (4)
10. Charges, when time's up, for working (7)
11. They take guns out from storage places (7)
12. A girl in Dorset going out with a docker (9)
13. Returning to a royal island with royal wear (5)
14. Heavens, Joe, it's a dog! (5)
15. Beg outside the church, which makes one go up in the air (9)
17. Having only a lighter, but it's very good? (9)
20. There's a strange little squeak again when I enter (5)
21. The scratches are nothing to speak of (5)
23. Played to best, having teed off (9)
25. Late, too, owing to it (7)
26. Put back to hide the tears, is not safe to walk on (5,2)
27. The revolution gives one a shock (4)
28. Drawing out, the train's got the man on it (10)

Down
1. Gives one's views on a number of homes (5)
2. It's most highly confidential (3,6)
3. Rather small, being rather mean (2,3,5,4)
4. An American store is about to distribute the material... (7)
5. ...in the part of America where we'd got lost in a fog (7)
6. Worked on Ted to provide the entertainment (5)
7. Strip or just remove an outer garment? (9)
8. Undeliverable? (4,10)
9. Due for release, it's being revealed (6,3)
10. Though obscure, not granting interviews freely (4,2,3)
11. At the outset, it might seem, looks up to (7)
12. A fastener for the cover (7)
13. Will get over it, that's obvious (5)
14. Nipped back from the storehouse (5)

Wordsearch

Answers

Yesterday's Solutions

Across: 1 Barraged; 5 Status; 10 Keen competition; 11 Nattier; 12 Resolve; 13 Free time; 15 Tripe; 18 Order; 20 Prefects; 23 Peridot; 25 Tidings; 26 Language barrier; 27 Depute; 28 Prodigal.

Down: 1 Baking; 2 Re-entered; 3 Archive; 4 Elmer; 6 Twin-set; 7 Twill; 8 Sundered; 9 Reprieve; 14 Impetigo; 16 Intending; 17 Compiled; 19 Redoubt; 21 Endured; 22 Astral; 24 Run-up; 25 Tabor.
Johnny English gets
a new lease on life

By Colin Covert

F

inding a fresh comic approach to the often-parodied category of spy films is no small challenge, but Rowan Atkinson isn’t new to the game. The veteran British star has always had a flair for dry idiosyncrasy, from the dark historical parody of his classic Blackadder series to the anything-for-a-laugh larks of Mr. Bean.

In Johnny English Strikes Again, he reaches back for another brand, making a third outing as the bumbling secret agent he created 15 years earlier. The latest film gives Atkinson the opportunity to showcase his comedic skills, while entertaining in smallish doses, does feel like a chore at length. Attractively shot though the film is, it palls. The klutzy English once again saves the day through sheer good luck. Viewers who want a happy ending for his latest exploit aren’t that fortunate. – Star Tribune (Minneapolis)/TNS

A Private War, a look at human cost of storytelling

By Katie Walsh

In 2015, filmmaker Matthew Heineman embedded himself with a Mexican drug cartel for his visceral documentary Cartel Land. His follow-up, City of Ghosts, documented the inhumanity of Syrian journalists to share information and images from their home, besieged by ISIS. So it’s no surprise Heineman’s first narrative feature would be the biopic A Private War, about the life and work of Sunday Times war correspondent Marie Colvin, who died in Syria in 2012, exploring the burden on journalists to bear witness.

Arash Amel adapts Marie Brenner’s posthumous Vanity Fair profile of Colvin, and Rosamund Pike, a character actor in the form of Grace Kelly, has modified her voice, face and posture to embody the disgraced reporter. She’s a boisterous hard-charging lady journalist – chain-smoking, competitive and tougher than any man. She charms dictators, fights to write about the effect of war on civilians, and with her black eye patch (the result of a grenade in Sri Lanka), cuts a striking figure.

Enabled by her editor, Sean (Tom Hollander), the brash American reporter in London returns to the thrill of the chase, the high of the scoop, the adrenaline rush of the war theatre like an addict returns to their drug of choice. Despite the accolades, the work takes a toll on Marie’s life. An early scene illustrates what we need to know about the Marie of the film. Recovering in a Sri Lankan hospital bed, her left eye destroyed, she fights off a nurse and scrambles for her recorder and notebook. There are stories to tell and copy to file, even soaked in her own blood. The unrelenting Marie and her photographer, Paul (Jamie Dornan), are less fully-realised characters than they are vehicles for the thesis of the film. We only get the quick hits of their backgrounds, because it’s not necessarily about who they are as people, but what they have adopted as their purpose – seeing, recording, transcribing, telling.

“Let me tell your story” is Marie’s constant refrain. A Private War is her story, bedeviled by the question of why she returns to the thing that destroys her body and psyche with bombs, booze and bloody imagery. It must be cathartic for Heineman to explore that impulse, to dig deep into the psychological trenches of the war correspondent and dredge out all the darkness, especially with such a legend as Colvin.

It’s clear Heineman knows the ins and outs of this world well, and there is an eerie verisimilitude in the military briefings, far-flung hotel lobbies and fancy press awards dinners. He has legendary director of photography Robert Richardson behind the lens, and the world they create of long, slow takes juxtaposed with jittery handheld, is one where Marie is always at war.

The portrait, as dark and often troubled as it is, is a tribute to war correspondents who push past fear to tell stories. While the reporters collect records of the human cost of war, A Private War looks at the human cost of these storytellers. Marie was called to bear witness, and what made her a legend, and what perhaps cost her life, was both her boldness and her humanity as a reporter. A Private War never lets you forget this woman contained both in spades. They certainly don’t make them like her anymore. – TNS
**My father is Youth Icon of Year: Alia**

Actress Alia Bhatt, who received the Youth Icon of the Year honour from her father for the first time, said he was best suited for the title.

Alia and a slew of Bollywood’s Who’s Who were at the Vogue Women of the Year event here on Saturday night. Filmmaker Karan Johar was the host for the star-studded night, read a statement.

On receiving the award, the Student Of The Year actress said: “This is the first time my father is presenting an award to me. What’s most special tonight is the fact that my father is standing right next to me, way past his bed time. Let me tell you that he sleeps at 9pm and wakes up at 5am and goes and does Pilates and cardio.

“I don’t think that I’m the Youth Icon of the Year. My father is the Youth Icon of the Year.”

Alia will soon be directed by her father for the first time in Sadak 2, which also features her step sister Pooja Bhatt. And she is looking forward to the experience.

“Genuinely, I can’t wait to be directed by you and can’t wait to be on the set with you papa, because the kind of energy that you have, I have to calm you down sometimes. So, if there is any quality within me which is icon like, it’s all thanks to my father, my mother and my other father, Karan,” said the actress.

A total of 20 influential names were awarded across various fields like law, entertainment, fashion, journalism, sports, women’s empowerment and philanthropy were felicitated for their efforts at the event.

The Mami Deshi Foundation founder Chetna Gala Sinha, who has empowered rural women through micro-finance, was felicitated with the Vogue Social Entrepreneur of the Year title while Vinitha Gupta, CEO of pharmaceutical major Lupin, was felicitated as the Vogue and IBM Businesswoman of The Year. News anchor Faye D’Souza was adjudged the Opinion Maker of the Year, while activist-lawyer Deepika Singh Rajawat was declared Vogue Crusader of the Year.

From the field of entertainment, actress Kareena Kapoor Khan bagged the Vogue and IWC Schaffhausen Style Icon of the Year award, Radhika Apte was the Vogue-Trends Disruptor of the Year (Female) while Vicky Kaushal was awarded the Vogue X Trends Disruptor of the Year (Male).

Meghna Gulzar, who directed Raazi, won Filmmaker of the Year, and Ayushmann Khurrana received the Vogue Man of the Moment award.

Athlete Hima Das and wrestler Vinesh Phogat were adjudged Vogue Sportswomen of the Year.

From the fashion industry, Ritu Kumar was felicitated with the Vogue Designer of the Year award. The artistic director of Dior, Maria Grazia Chiuri, was awarded the Vogue Designer of the Year award. Alia Bhatt received the Youth Icon of the Year honour from her father for the first time.

**HONOUR:** Alia Bhatt received the Youth Icon of the Year honour from her father for the first time.

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**Kate Hudson joins Blood Moon team**

Actress Kate Hudson is set to star with Craig Robinson in Blood Moon.

Kate Hudson joins Blood Moon team

**NEW PROJECT:** Kate Hudson is set to star with Craig Robinson in the movie.

**Writer-director Ana Lily Amirpour’s Blood Moon is being produced by Oscar winner John Lesher (Birdman) via his Le Grisbi banner.**

Zac Efron is in talks to join the intriguing fantasy feature, which will chart the story of a girl with strange and dangerous abilities who escapes from a mental asylum in New Orleans, reports deadline.com

Set in hedonistic streets of New Orleans, the film is inspired by fantasy-adventure movies of the 1980s and 1990s. It is understood to pair strange, violent and humorous sequences with a range of music from heavy metal to Italian techno.

Businesswoman of The Year. News anchor Faye D’Souza was adjudged the Opinion Maker of the Year, while activist-lawyer Deepika Singh Rajawat was declared Vogue Crusader of the Year.

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**I fear not trying: Aamir Khan**

From Lagaan to Rang De Basanti, from Tuare Zameen Par to PK, Dangal and now Thugs Of Hindostan – actor Aamir Khan, who has experimented with genres and looks galore in his movies, says he is scared about not trying something new.

On Aamir ki Paathshala on Tata Sky Acting Adda, Aamir spoke about his motto of success, his responsibility as a film producer and more, read a statement.

“I don’t feel fear of failing. I fear not trying. As a producer or a director, when a story grips the audience, that’s when I feel, I have achieved something out of my art,” he said.

Starting from an early age, Aamir has been heavily influenced by his director father Tahir Hussain, who always asked him, “How will you describe the story in one line? What’s the premise of your story?” These questions helped established a base in Aamir’s life for the selection of scripts of his movies.

As an actor, Aamir said: “I don’t charge a single rupee for my films. It is my responsibility to take care that the cost is recovered and the whole crew has been paid. And when this is done, I get my share in profit. This gives me a sense of responsibility, of which you all can see the results.”

The actor will soon be seen in Thugs Of Hindostan, Yash Raj Films’ mega project which features Aamir for the first time with megastar Amitabh Bachchan. They are joined on-screen by Katrina Kaif and Fatima Sana Shaikh in what promises to be a high-octane action drama. – IANS
Young artist holds workshop, raises breast cancer awareness

Fraser Suites West Bay recently organised a workshop ‘Power of Pink’, conducted by Amber Rauf, young Pakistani artist and surface designer. **By Mudassir Raja**

Breast Cancer Awareness Month is an annual international health campaign organised by major breast cancer charities to increase awareness about the disease and to raise funds for research, prevention, diagnosis, treatment and cure.

In Qatar, there have been various events organised to raise awareness about the breast cancer among women. Fraser Suites West Bay recently organised a workshop ‘Power of Pink’ to create awareness about the deadly disease. The other purpose of the workshop was to raise funds for Qatar Cancer Society and help the cancer patients.

Amber Rauf, a young Pakistani artist and surface designer, conducted the workshop. The workshop was attended by a good number of women. Amber is a professionally trained contemporary artist and art educator and has been running unique and creative skill-learning workshops and master classes every month, since 2016. For the month of October, Amber conducted educational events to support breast cancer awareness and Qatar Cancer Society.

Talking to Community, the young artist said, “I gave an introduction to the contemporary art style and colour psychology. The event was to show support for the breast cancer awareness month ‘Pink October.’ The workshop was also related to the art therapy focusing on mental health.”

Amber, a graduate from Aptech Qatar in Multimedia Graphic Design with specialisation from Virginia Commonwealth University – Qatar, said: “First of all, I covered the topic of contemporary art. Working in a wide range of mediums, contemporary artists often reflect and comment on modern-day society. The term contemporary art refers to the art made and produced by the artists of today time. Today’s artists work in and respond to a global environment that is culturally diverse, technologically advancing, and multifaceted.

The contemporary art has mainly two characteristics: abstract art and expressionism. Using the contemporary art, the artists can highlight and create awareness about the breast cancer and I tried to teach this very technique during the workshop.”

Regarding the art therapy, Amber who was born and brought up in Qatar, said, “Creativity is important to us to make sense of our thoughts. It helps us to get connected with our feelings. The artistic creativity also helps in relieving stress and reducing anxiety. Expressing through art work, for what is hard to put in words, relaxes and quietsen our minds and helps us concentrate on positive things. I explained to the participants that indulging in artistic activities can help the people facing health problems. They can share their feelings through paintings, drawings and sketches.”

Speaking about pink colour psychology, she said, “Pink is a sign of hope. It is a positive colour inspiring warm and comforting feelings,” says Amber of the psychology of the colour.

Regarding the usefulness of the workshop, Sabi Beauty, owner of a professional makeup academy, said: “The workshop was very professional. I enjoyed each bit of it and when it comes to a noble cause of raising breast cancer awareness, no doubt everything was arranged very well. Amber Rauf explained different things and their relevance to breast cancer awareness in a professional way. I really enjoyed attending the workshop.”

Layali Mangil, a professional blogger, also appreciated the awareness workshop. She said: “The workshop was an amazing experience where we all got together to support a common cause of breast cancer. The evening was so creative where we learnt the art of canvas painting and techniques which were well explained in detail by the expert. Learning contemporary painting styles and colour psychology was a completely new experience for me. Amber is a real talent and I wish her success for her future endeavours.”

ARTIST: Amber Rauf, a young Pakistani artist and surface designer, is a graduate from Aptech Qatar in Multimedia Graphic Design with specialisation from Virginia Commonwealth University – Qatar.

ACTIVITY: Participants taking part in activities during the breast cancer awareness workshop.

SIGN OF HOPE: “Pink is a sign of hope. It is a positive colour inspiring warm and comforting feelings,” says Amber of the psychology of the colour.