**Community**

Al-BairaQ launches ‘I am Discovering Materials’ for students in their junior and senior years in high school.

**Community**

Qatar’s active volunteer organisation SustainableQATAR launches new brand drive for young climate action ambassadors.

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**Vaping blues**

How health officials in the US alerted the world to the alarming vaping illness. **P4-5**

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**Lifestyle**

Guideline to keep your hair healthy and how to brush it.  
Page 11

**Pop Spot**

Sam’s debut album Hypersonic Missiles No 1 on UK charts.  
Page 14
Abominable  
**DIRECTION:** Chloe Bennet, Albert Tsai, Tenzing Norgay Trainor  
**CAST:** Sivakarthikeyan, Aishwarya Rajesh, Ami Emmanuel  
**SYNOPSIS:** A magical Yeti must return to his family. After discovering a Yeti on the roof of her apartment building, teenage Yi and her two friends embark on an epic quest to reunite the magical creature with his family.  

But to do so, they must stay one step ahead of a wealthy financier and a determined zoologist who want to capture the beast for their own gain.  
**THEATRES:** The Mall, Landmark, Royal Plaza

Cold Blood Legacy  
**DIRECTION:** Fredéric Petitjean  
**CAST:** Jean Reno, Sarah Lind, Joe Anderson  
**SYNOPSIS:** A hit-man lives isolated in a cabin at the edge of a lake. One day, an injured woman arrives in front of his house. To save her, he could well risk his own life.  
**THEATRES:** Landmark, The Mall, Royal Plaza
Ezdan Zoo at Ezdan Mall
WHERE: Ezdan Mall
WHEN: Ongoing till October 4
TIME: 6pm – 9pm
Let’s Get Wild! Hop on over to Ezdan Mall Little Animal Zoo and experience adventurous Safari tours.

Qatar International Art Festival 2019
WHERE: Katara – the Cultural Village
WHEN: 30 October - 5 November
TIME: 10am - 12pm
The festival offers other benefits to participants, including the promotion of their work, interaction with print, electronic, digital, and social media, interaction with selected art collectors, art investors, and potential buyers. QIAF, one of the largest art festivals in Qatar, is organised every year.

Yoga Class
WHERE: Lululemon, Mall of Qatar
WHEN: Every Saturday
TIME: 8:30am – 9:30am
Join the complimentary in-store yoga classes. No registration or mat is required. The class runs on first come first served basis.

Career Guidance
WHERE: Right Track Consultants, Al Sadd
WHEN: Sunday – Thursday
TIME: 6pm – 8pm
Career guidance for course, country, college and entrance for students of Grade IX-XII, of all curriculum. Career assessments administered for stream preference, career test, branch preference, personality, multiple intelligence and learning styles and productivity. For more information, 55448835.

Artistic Gymnastic Classes
WHERE: Qatar Academy Msheireb
WHEN: Ongoing
TIME: 3:15pm – 4:15pm
The Olympic sport using horizontal bar, rings and floor exercises on mats for the children from age 4 till 16.

craft, drawing and painting, personality development and public speaking, Bollywood dance, contemporary, hip hop styles, music both vocals and instrumentals. To develop health consciousness, we train them karate, yoga with special sessions for kids and adults. Mamangam has also come up with chess and robotics in regular batches in an attempt to give a better learning experience, as they sharpen their minds and brains too.

For those who wish to register for more details, visit www.mamangamqatar.in

Arabic Calligraphy Workshop
WHEN: Saturday – Wednesday
TIME: 6pm
Arabic Calligraphy workshop is back. Come and learn the artistic practice of Arabic handwriting and calligraphy at Music and Arts Atelier.
The lessons will take place every Saturday, Monday and Wednesday at 6pm. For more information, contact registration@atelierqatar.com

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.

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.

Ballet Lessons
WHERE: Music and Arts Atelier
WHEN: Ongoing
TIME: 4pm – 8pm
For more info e-mail at registration@atelierqatar.com or call on 33008839.

Hobby Classes
WHERE: Mamangam Performing Art Centre
WHEN: Saturday – Friday
Mamangam is an art and performance centre started with a vision of spreading our knowledge, interests and experience in various disciplines in arts across different countries for children and adults.
Mamangam has become the favourite centre for learning. We offer regular classes in the following disciplines like traditional classical and folk dance forms, art and
Dr Lynn D’Andrea knew something was amiss when three teenagers with similar mysterious, dangerous lung injuries came into the Children’s Hospital of Wisconsin one after another, gasping for air.

As the only pulmonologist on duty that Fourth of July holiday week, D’Andrea noticed those alarming cases followed on the heels of another teen who had a non-infectious condition with matching symptoms.

“We need to be thinking about something else,” she told Dr Michael Meyer, medical director of the Pediatric Intensive Care Unit, as he later recounted.

That “thinking about something else” led to the discovery of at least 805 probable vaping-related injury cases in 38 states, a US territory and Canada. At least 12 people have died. While the exact cause of the illness remains unclear, President Donald Trump is considering a ban on flavoured e-cigarettes, and Walmart has taken them off its shelves altogether.

The epidemic has prompted outrage about federal oversight of vaping, but there is also a local public health success story to be told. Doctors and regional officials in Wisconsin, Illinois and elsewhere pieced together that this mysterious illness was much larger than it appeared. It’s a tale of teamwork, communication and long-serving public health officials tapping into their networks in an era of limited public health funding, diminished public health infrastructure and high turnover.

It’s surprising in some ways that Wisconsin became ground zero for uncovering the link. The state has ranked near the bottom nationwide for per-person spending on public health until a huge boost of $588 million more was greenlighted for the next two years. Wisconsin is also home to Juul vaping pod manufacturing sites, and one of its US senators, Republican Ron Johnson, credits his win to vaping advocates.

And yet the state’s officials discovered the outbreak, which shows no signs of stopping.

“I don’t think anyone could have anticipated how wide-reaching this problem has become,” D’Andrea said in an e-mail.

Although isolated cases of vaping–related respiratory problems were spotted elsewhere, including as early as 2015 in West Virginia, a new wave of cases began...
popping up across the country starting in mid-April. Otherwise healthy patients, many of them teenagers, complained of shortness of breath, unexplained weight loss, fatigue and gastrointestinal issues. They were often diagnosed with acute respiratory distress syndrome — essentially a lung injury from an unknown cause. The outbreak baffled health providers nationwide.

In North Carolina, clinicians puzzled over how healthy teenagers could suddenly be so ill that they needed ventilators for something that wasn’t infectious, said Zack Moore, the state’s epidemiology chief.

But in Wisconsin, doctors from Children’s Hospital used extensive patient histories to piece together the missing link among that cluster of four cases: vaping. This is no easy feat when dealing with teenagers who may not want to admit to vaping in front of their parents — especially when it comes to vaping THC oil, the psychoactive chemical in marijuana. But for D’Andrea, a 25-year veteran who specializes in breathing issues among children and leads the hospital’s pulmonary team, the patients’ openness is part of what made the discovery possible.

“They were part of the ‘team’ who was trying to help us figure this out,” she said.

After discussing the cases with Meyer and other colleagues, D’Andrea called Dr. Michael Gutzeit, the hospital’s chief medical officer, on July 8. That phone call raised the warning from within Children’s Hospital to the local health department, then to the state health department and eventually to the Centers for Disease Control and Prevention in Atlanta — effectively putting this health crisis on the nation’s radar.

“It’s incredible that they saw this,” said Dr. Jeffrey Gotts, a pulmonologist at the University of California–San Francisco. “As frontline clinicians, there are very few things that we would report to public health authorities in the ICU.

It’s not that unusual to have people with these symptoms at Children’s Hospital. It’s not that unusual to have people on these emails had run through cases. Meiman and Haupt knew only that this was a local problem — and one that was getting worse. “It went from four cases to eight,” Haupt said. The team retroactively realized they had treated a patient admitted June 11 with similar symptoms, and had three more come in by July 19.

Haupt went to work notifying fellow public health officials across state lines in case this mysterious illness reached beyond Wisconsin, e-mailing two groups. Twelve years ago, he had set up a Midwest Influenza Coordinators Group, composed of officials from 11 states in the region to better manage flu season. He also helped lead the Council of State and Territorial Epidemiologists.

“Communication is always the biggest asset you’ve got as far as any disease investigation,” Haupt said.

It didn’t hurt that most of the people on these emails had run in the same public health circles for years. Several wrote back that they’d check things out with their poison control centres and public health departments.

In the meantime, the state health department and Children’s Hospital co-ordinated a press announcement and clinicians’ alert on July 25. Communication and trust was easy — Meiman and Gutzeit had worked together previously on Ebola preparedness efforts a few years earlier.

The news conference was livestreamed on Facebook. Following the briefing that day, another set of Wisconsin parents took a teenager with similar symptoms to the hospital.

Within days, a clinician in Illinois who had seen the coverage called the Wisconsin state health department worried that a patient in Illinois might have the same condition. That’s when Meiman called his Illinois counterpart, Dr. Jennifer Layden, to let her know her state might have the mysterious illness, too.

“We started calling health departments and hospitals to see if others had this very vague description,” Layden said. “In a couple of days, just by those calls, we had two other patients.”

In San Francisco, Dr. Elizabeth Gibb saw a patient whose mom had seen the news out of Wisconsin and asked if it might be connected to her hospitalised teenager. By August 2, Illinois had put out a clinicians’ alert looking for more cases. Wisconsin was up to 11 cases. As more cases appeared across the country, Wisconsin drafted a questionnaire for states to send out to clinicians, so they could all have a similar case definition and work off of similar data, Haupt said. At least 20 people in the Wisconsin state health department hustled on the response — on top of their regular workload.

Following the news of a case across the border in Illinois — and one month since that first phone call from D’Andrea to Gutzeit — the Wisconsin health department decided to send out an Epi-X alert on August 8. That’s an alert to all state health departments on the Epidemic Information Exchange network run by the CDC.

After the bulletin announcing Wisconsin had up to 23 suspected cases linked to vaping, calls poured in from New Jersey to North Carolina. From there, it started to snowball.

The CDC announced on August 17 that 90 possible cases existed, kicking off a media frenzy that culminated in national awareness of the dangers of vaping and cries for the head of the Food and Drug Administration to resign.

Within days, the CDC dispatched a team — two people to Illinois, two to Wisconsin — that helped comb through cases. Meiman and Layden continued to work together to further define the condition and co-ordinate information from other states.

As the caseload has quintupled, much still remains unknown about the illness. Many experts don’t believe this outbreak will end anytime soon.

As the caseload has quintupled, much still remains unknown about the illness. Many experts don’t believe this outbreak will end anytime soon.

PATIENT: Adam Hergenreder, 18, sleeps in his room in the intensive care unit last month at Advocate Condell Medical Center in Libertyville. Hergenreder was admitted to the hospital with ‘vaping-induced acute lung injury’ according to Dr Stephen Amesbury, a pulmonary and critical care doctor at the hospital.

Photo courtesy Chicago Tribune
Al Jazeera Printing Press organises blood donation campaign

As a part of corporate commitments to the community, Al Jazeera Printing Press recently organised their 8th consecutive annual blood donation campaign at the premises with collaboration of Hamad Hospital.

Qatar Oryx delegation attends conference in Jordan

Air conditioning engineers from Qatar represented Qatar Oryx chapter of ASHRAE (American Society of Heating, Refrigerating and Air-Conditioning Engineers) in the Chapters’ Regional Conferences (CRC) for ‘Region at Large (RAL)’ in Amman, Jordan, recently. The Qatar delegation was led by Hassan Sultan, Chairman of the Advisory Board; Ghassan Trabolsi, Current Chapter President and Chairman of Research Promotion Committee, and Kinan Fahs, Chapter President Elect and the Chairman of Electronic Communication Committee.

Other members of the delegation were namely: Hani al-Hawamdeh, member of Advisory Board and past chapter president; Mohamed El Mokdad, Chapter Vice President and Chairman of Government Affairs Committee; Seenu Pillai, Chairman of Chapters Technology Transfer Committee; Fadi AbouJamra, immediate past chapter president and co-chair of Student Activities Committee; Tony Khoury, Chairman of Student Activities Committee and Chapter Secretary; Khodr Karout, Chairman of Young Engineers in ASHRAE YEA; and Anas Zyoud, Board of Governor. A student from Qatar University Abdellatif Mohamed also attended the event.

ASHRAE, worldwide, have over 56,000 members with 183 chapters from 132 nations divided into 15 regions. ASHRAE Oryx from Qatar is included in Region at Large, sub-region 2 along with the chapters and sections of Kuwait, Faisalabad in Pakistan, Jordan, South Africa, Falcon, Lebanese, Turkey, North Pakistan, Central Pakistan, Nigeria, KSA, Cairo, Pyramids and Bahrain chapter.

With attendees coming from around the world, the large organisation provides great opportunities for institutions, foundations and brands of the hosting country. The Qatar Oryx chapter of the ASHRAE was formed in 2008 and has about 260 member-engineers in Qatar. The chapter holds regular technical workshops and seminars apart from technical conferences in Doha.

CIHT conducts seminar on parking policy, management and application

Chartered Institution of Highways & Transportation (CIHT) Qatar Group recently organised a technical seminar for highways and transportation professionals on ‘Parking policy, management and application’ at City Centre Rotana Hotel.

Professor Panagiotis Papaioannou, Transportation Consultant, SALFO Qatar, and George Lymperopoulos, Transportation and Traffic Engineer, SALFO Qatar, were the guest speakers.

In the first session, Professor Panagiotis described various key factors required for proper planning, design and management of parking at national, regional and municipal level, such as population, age, gender, population density, income, household size, economy, land use, and accessibility. Panagiotis’ recommendation for Qatar is to integrate all transport systems, reduce car use to minimise traffic congestion, save the environment and maximise private public partnership opportunities.

In the second session, George described some of the challenges in Qatar where one of the main aspects is the hot summer season. It is recommended to consider a distance of not more than 300m between the parking lots and the building entrance. He also focused on sustainable parking system where both short and long term continuous Parking Evaluation and Monitoring Systems (PEMS) is vital. In the third session, Panagiotis showcased a systematic method of parking generation and parking supply calculation developed by the SALFO team and gave emphasis on appropriate parking characteristics survey.

He showed various important parameters for the calculations, with examples to integrate them with other transport modes.

The presentation was well received by the audience, followed by a detailed question and answer session. The group thanked their sponsors namely; AECOM, BG&E, DCE, EGIS, FUGRO, MUHEL, PAF, PTV Group, SALFO, SEERO and WSP.
Al-Bairaq launches ‘I am Discovering Materials’ for secondary students

After months of preparation to provide highly efficient scientific workshops with rich content, Qatar University’s (QU) Al-Bairaq programme started a new cycle of their “I am Discovering Materials” track for students in their junior or senior years in high schools, in schools to the north of Qatar.

The track aims to provide various workshops in the field of material science, in order to achieve several objectives. Most importantly, it involves students in scientific research and gives them the ability to identify problems, test them and solve them. It also aims to encourage students to enter scientific disciplines and improves their attitudes through their work as scientists and researchers, which helps them in choosing suitable scientific disciplines upon joining university.

The Al-Bairaq programme works hand in hand with national institutions to achieve Qatar National Vision 2030 in the field of human and community development and education. It also contributes significantly to the country’s educational, research and industrial renaissance.

The 15th cycle will take place on schools from the city of Al-Dauyen to Al-Shamal area. Students in Al-Bairaq join scientific workshops in school laboratories on subjects such as smart sensors, polymers, biodegradable materials and composite materials. Al-Bairaq follows the STEAM curriculum in all workshops, which integrates science, technology, engineering, mathematics and art. During these workshops, students learn through scientific experimentation, documenting observations and concluding from results. This consolidates the skills of scientific research, problem solving, critical thinking, construction of posters and presentations skills.

Students are also given the opportunity to apply their knowledge by creating a project in which they solve a problem of society, industry or environment. The Al-Bairaq team supervises the students for two months as they work on the projects. The students then submit their ideas in a scientific research and innovation conference, to be evaluated by a panel of judges at QU.

Jassim Jumah al-Muraikhi, Principal of Abdullah Bin Ali Al-Misnad Secondary School for Boys, one of the schools participating in this cycle said, “The Al-Bairaq programme, under the supervision of Qatar University, is a programme that contributes to the preparation of tomorrow’s human being, the human being of knowledge, and construction. Abdullah bin Ali Al-Misnad High School is pleased to have the privilege to participate in this programme, which develops students and expands their perception and cognitive skills.”

President of Al Baira Program and Head of Communication and Outreach at QU, Dr Noora Jabor al-Thani, commented saying, “Scientific research is one of the most important factors in the advancement and development of human civilisation. Scientific research has contributed since ancient times in producing inventions beneficial to humankind. Therefore, Al Baira is keen to encourage students to participate in scientific research, preparing them to become leaders in the development of their country.”

QU College of Dental Medicine hosts meet and greet for students

Qatar University (QU) latest College of Dental Medicine (CDM), which officially started teaching its first class this September, hosted a meet and greet for 35 students aiming to introduce CDM students with their faculty, familiarise them with the programme and discuss their future. The event also aimed to motivate students and stimulate them to consider how they can involve themselves in QU and the community, including creating a student board club that will be the voice of the student body.

The students also attended a boot camp organised by QU’s College of Medicine, which is a 5-day programme for new students that includes different activities to orient students on college life, academic programmes and student policies.

The programme also includes visits to Hamad General Hospital, to Primary Health Care Corporations’ West Bay Health Center, as well as a basic life support workshop.

The meet and greet created a comfortable environment for students to communicate their concerns and thoughts, thereby leading to effective communication, which is an important part of their educational experience. The meeting also allowed them to explore their specialisation further.

Chairman of Dental Services at Hamad Medical Corporation, Ghanim al-Mannai was a guest at the event and spoke to the students saying, “Your admission to the College of Dental Medicine is evidence of your outstanding efforts and in choosing this major you have chosen one of the greatest professions. In the coming years, Qatar needs a large number of distinguished doctors as the country has one of the highest rates of tooth decay in the world.”

QU is thrilled to have successfully recruited the first batch of dental medicine students, with a large number of Qatar nationals. The students, who have shown much enthusiasm, have signed up for their first courses and started their studies.

QU’s College of Dental Medicine offers a six-year programme leading to the degree of Doctor of Dental Medicine (DDM). As the fourth college under QU Health, the new college complements the existing health-related Colleges of Medicine, Pharmacy, and Health Sciences, and hence expands the possibilities of inter-professional learning at the university.

This is the first dental medicine college in Qatar and the 10th college for QU.
The obsessive pursuit of the most seamless melding possible of state-of-the-art running gear with a harmonious yet edgy design from the ever-inventive Ferrari Styling Centre, has produced a near-perfect aerodynamic package. The 812 Superfast’s exceptionally futuristic, finely-honed lines also, however, clothe Prancing Horse power at its rawest, as an entirely new 12-cylinder engine of unprecedented efficiency and might was designed for the car. That engine’s output has been boosted by 60 cv compared to the F12berlinetta, so that it unleashes a massive 800 CV, making the 812 Superfast the most powerful and fastest road-going Ferrari ever built (with the exception, of course, of the mid-rear-engined, special limited-series 12-cylinders). The 812 Superfast thus ushers in a new era in Ferrari 12-cylinder history, in doing so, building on the invaluable legacies of the F12berlinetta and F12tdf.

To make full use of that huge power and to guarantee perfect weight distribution, the car exploits a highly evolved transaxle architecture that couples a front-mounted engine with a rear-mounted transmission.

The 812 Superfast is equipped with leading-edge vehicle dynamics control systems and components. It is striking for its highly innovative design and aero package, as well as its unparalleled handling. It is also the first Ferrari to sport EPS (Electric Power Steering). Simply put, the 812 Superfast is the new benchmark for mid-front-engined sports cars. And at its heart is the new 12-cylinder which has forged its character.

Like all cars with Prancing Horse DNA, this new berlinetta delivers exhilarating feedback both on road and track, but equally promises exceptionally fluid handling and ride comfort that drivers will appreciate on longer journeys.

The 812 Superfast, in fact, is aimed at clients that demand the most powerful and exclusive Ferrari in the range. They want a blisteringly high-performance car, but refuse to compromise on the kind of versatility that will allow them to thoroughly appreciate driving it as a 360-degree experience.

**Design**

**Exterior:** Seen in silhouette, the 812 Superfast has a fastback sleekness: a two-box design with a high tail reminiscent of the glorious 365 GTB4 (Daytona) of 1969, visually lowering an aggressive rear spoiler designed to guarantee downforce. The draped design of the flanks visually shortens the tail and is characterised by sharply slanted crease lines and impressively muscular wheelarches that imbue the 812 Superfast with the power and aggression warranted by its imposing V12. Full-LED headlights integrated into the design of the sculpted air intakes on the bonnet also emphasise that front muscle, integrating with, and wrapping around the front wheelarch.

The 812 Superfast’s sumptuously sculptural, three-dimensional flanks are characterised by a striking vent behind the front wheels designed to suck high-pressure air from the wheelarches and then channel it along the doors.

The rear diffuser includes a suspended splitter that increases the diffuser surfaces by turning them into bi-plane wing, allowing the air to be drawn between the lower diffuser and the splitter.

At the rear, four round tail-lights with High-performance ABS/EBD, dual-coil SCM-E.

**Transmission/gearbox:**

- **Rear** 315/35 ZR20; 11.5" J x 20"
- **Front** 275/35 ZR20; 10" J x 20"

**Fuel tank capacity** 92 l

**Weight distribution** 47% front - 53% rear

**Kerb weight** 1,630 kg

**Dry weight** 1,525 kg

**Height** 1,276 mm

**Wheelbase** 2,720 mm

**Dimensions and weight**

- **Weight**:
  - **Dry weight** 1,525 kg
  - **Kerb weight** 1,630 kg

- **Length** 4,467 mm
- **Width** 1,971 mm
- **Height** 1,276 mm
- **Wheelbase** 2,720 mm
- **Rear track** 1,645 mm
- **Front track** 1,672 mm

**Technical Specifications**

- **Engine Type**: V12 - 65°
- **Overall displacement**: 6496 cc
- **Bore and stroke**: 94 mm x 78 mm
- **Max. engine speed**: 8,900 rpm
- **Max. power output**:
  - With optional equipment: 588 kW (800 cv) at 8,500 rpm
  - **Max. torque**:
    - 718 Nm at 7,000 rpm
- **Compression ratio**: 13.64:1
- **Overall displacement**: 6496 cc
- **Compression ratio**: 13.64:1
- **Max. power output**: 588 kW (800 cv) at 8,500 rpm
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- **Compression ratio**: 13.64:1

**Fuel tank capacity** 92 l

**Weight distribution** 47% front - 53% rear

**Wheels & tyres**

- **Front** 275/35 ZR20, 10" J x 20"
- **Rear** 315/35 ZR20, 11.5" J x 20"

**Brakes**

- **Front** 398 mm x 38 mm
- **Rear** 360 mm x 32 mm

**Electronic controls**

- 5S/CST with F1-Trac, ESP 91 Premium with High-performance ABS/EDB, dual-coil SCM-E

**Performance**

- **Max. speed**: 340 km/h
- **0-100 km/h**: 2.9 sec
- **0-200 km/h**: 7.9 sec
- **100-0 km/h**: 32 sec

**Dry weight/power** 19 kg

**Fuel consumption**

- **Combined cycle with HELE system (ECE+EUDC)**
- **Engine power is expressed in kW and in accordance with the International System of Units (SI) and in CV for reasons of homogeneity. With 98 octane-rated petrol**

- **With optional equipment**
- **Combined cycle with HELE system (ECE+EUDC)**
Ferrari Portofino: The Prancing Horse stable showcases an Italian Grand Tourer

The Ferrari Portofino is the new V8 GT set to dominate its segment thanks to a perfect combination of outright performance and versatility in addition to a level of driving pleasure and on-board comfort unparalleled on the market. Capable of unleashing a massive 600 cv and sprinting from 0 to 200km/h in just 10.8 seconds, the Ferrari Portofino is the most powerful convertible to combine the advantages of a retractable hard top, a roomy boot and generous cockpit space complete with two rear seats suitable for short trips.

The new car, which takes its name, Portofino, from one of the most charming villages on the Italian Riviera, an eponym for stylish elegance, is the most versatile model in the range. A Ferrari designed to be driven every day that also effortlessly converts from an authentic ‘berlinetta’ coupé to a drop-top capable of delivering a unique Ferrari soundtrack and superb driving pleasure even in day-to-day situations.

The retractable hard top (RHT) has been completely redesigned and can now be opened or closed in just 14 seconds on the move at lower speeds, making the car even more practical. Careful modelling of the RHT housing now allows the luggage compartment to hold two cabin trolleys with the roof down and three with the roof up. Ideal for any occasion, the Ferrari Portofino represents the perfect combination of design, performance and technology.

The Ferrari Portofino delivers a significant weight saving with the adoption of new components using innovative designs made possible by the use of cutting-edge production techniques. This, combined with a 40 cv higher power output than the California T, has resulted in a significant hike in performance and a corresponding drop in emissions. Vehicle dynamics benefit from the introduction, for the first time on this model, of electric power steering, the 3rd generation electronic differential (E-Diff3) and the latest evolution of the electronic suspension control system (SCM-4) integrated with Premium 9.1 ESP.

The importance of the Middle Eastern Ferrari connoisseur in Maranello’s illustrious history and the passion shown for the marque in Dubai was eloquently highlighted by an ‘Passione Rossa’ video by Chief Marketing and Commercial Officer, Enrico Galliera. His powerful speech highlighted the emotional parallels between Ferrari’s track and road businesses and the Middle East’s world-class driving environment and love of luxury.

Creating exclusive local Ferrari experiences through events and digital content are a sentiment of the brands commitment to the region. The activations started two years ago, with an exploration of the ‘Deserto Rosso’ in the Liwa desert, before evolving into the ‘Passione Rossa’ campaign. Key to the Ferrari DNA is the Ferrari Lifestyle, and allowing clients access to a full spectrum of exhilarating experiences and emotions.

**ENGINE**

with the V8 power unit, which has won the outright International Engine of the Year award for two consecutive years in 2016 and 2017, Ferrari’s engineers worked on several different fronts to deliver a power output of 600 cv at 7500 rpm, the equivalent of 156 cv/l, introducing new mechanical components as well as specific engine management software.

Maximum mechanical efficiency is guaranteed by the use of high-resistance aluminium alloy pistons and con rod with innovative geometries and specially-shaped high-tumble intake manifolds. Combustion is optimised across the engine’s rev range by an ion-sensing system with adaptive ignition and multi-spark functionality. Losses in the intake have been reduced by new more linear high- and low-pressure air ducts while the all-new exhaust system benefits from a single-piece exhaust header.

Mechanical efficiency is further optimised by a variable-displacement oil pump that reduces hydraulic power requirements by up to 30% compared to a conventional pump. The adoption of a new intercooler to simultaneously minimise fluid-dynamic losses and increase air cooling also contributes to the engine’s performance.

The Portofino’s engine continues Ferrari’s zero turbo lag tradition, with instantaneous throttle response in under 1 second. This is the direct result of the adoption of innovative solutions such as: a flat-plane crankshaft, which, with its compact size and lower rotating mass, improves fluid-dynamics; compact turbines with a low moment of inertia and twin-scroll technology that reduces the interference between the exhaust pulses from different cylinders and increases the pressure; and a single—cast exhaust manifold with equal-length pipes to optimise the pressure waves.

The Ferrari Portofino features Variable Boost Management, a control software developed by Ferrari that adjusts torque delivery to suit the gear selected. As the car goes up through the gears (from 3rd to 7th), the amount of torque delivered by the engine increases all the way up to 760Nm. This has allowed Ferrari to adopt longer gear ratios in the higher gears, which helps keep fuel consumption and emissions down on the one hand, while adopting different torque curves through the rev range in the lower gears for a feeling of strong, continuous pick-up.

In line with long-standing Ferrari tradition, every single Prancing Horse engine has its own particular soundtrack that makes it unique. This is also true of the Ferrari Portofino.

Aside from a new exhaust line, electronically-controlled by-pass valves have been adopted in a first for Ferrari, delivering improvements in actuation speed and precision. The new valves guarantee that the soundtrack changes in line with the various situations in which the car is used:

Iginition: the valve stays closed to deliver a muted, moderate sound
Comfort Manettino position: the valve opens to a moderate degree to produce a marked, recognisable sound that will not be out of place in an urban context and on longer journeys
Sport position: the valve opens and produces a sportier, more seductive sound from the lowest engine speeds all the way up to the red line.

**ARCHITECTURE AND WEIGHT REDUCTION**

One of the Ferrari Portofino’s most impressive features is that it is significantly lighter than the California T. To achieve this, the Prancing Horse engineers worked extensively on every aspect of the car.

All the body-in-white and chassis components were redesigned and integrated to an even greater extent. The A-pillar, for example, now consists of just 2 pieces compared to 21 different components in previous models. Modern production technologies, most notably sand-casting which allows the creation of hollow components, allowed designers to create innovative forms that are lighter.

These technologies also improved body stiffness by 35% while weld lengths on the body-in-white and chassis are 30% shorter than in the previous model, enhancing assembly quality still further.

The bodywork and external components have been rationalised in the same way and an example is the new retractable hard top which has been completely redesigned, including the movement mechanism, with a reduction in weight compared to the California T’s.

The car’s interior was also subject to meticulous research. The structure of the seats was completely redesigned and constructed in magnesium alloy to cut weight and the new air conditioning system is more compact and efficient. All these solutions combine to lighten the car yet simultaneously improve occupant comfort.

Other areas on which weight was shaved off were various components of the electronics, engine and exterior. The result is that the car is 80 kg lighter than the California T.
Reverse bubbles

It takes some practice, but here's how to make some very strange bubbles in water.

You’ll need

- Kitchen sink
- Large clean glass jar
- Dishwashing detergent
- Empty squeeze glue bottle (the white, milky kind of glue), washed

Source: Science Hobbyist, Scientific American

Graphic: Helen Lee McComas, Paul Trap/TNS

1. Fill jar with water; let small stream of water run into it
   Mix in some detergent; fill squeeze bottle with some of that water

2. Hold bottle below water level and squirt drops up onto water's surface
   Some will make balls of water that float on the surface
   Water-detergent mix

3. Hold bottle above water, squeeze gently and make a ball on water surface
   Before ball breaks, squeeze some water into it

A silvery worm will sink down into the water from the ball
This is an “antibubble”
Instead of a ball of air surrounded by soapy water ...
... it's a ball of soapy water surrounded by air
Guideline to keep your hair healthy and how to brush it

By Sara G Allison

Start from the bottom, brush before washing – and whatever you do, don’t overdo it.

Don’t believe the old wives’ tale that brushing your hair with 100 strokes before going to bed keeps it soft and healthy. Too much brushing can irritate your scalp and stress your hair, causing it to break and fall out. I recommend brushing long hair a few times a day, not more.

The same advice applies to using combs: be gentle and, if your hair is long, hold your hair between your fingers. You want to minimise brushing altogether. That is the wrong thing to do. If you are going to lose it, you are going to lose it; not brushing only means it sits there for a few days longer than it would anyway. A paddle brush will also contain the hair that has fallen out, rather than having it fall on to the floor or into your hand, which can be psychologically quite difficult.

Brushing your hair upside down or shaking it can increase the risk of stretching and breaking.

Whatever your hair type, I would suggest brushing it before you shampoo and then brushing with a paddle brush to give your hair volume. – The Guardian

Aries
March 21 – April 19

You may look confused today, Aries. It may be hard for you to stick with one subject. Your attention may jump from one thing to another. That’s OK. There’s a distinct advantage to seeing all sides of the story. You will have greater perception and awareness of things today. Take this opportunity to put yourself in other people’s shoes so you know how to deal with them in the future.

Cancer
June 21 – July 22

Your emotions are more peaceful and easier to control today. It’s almost as if you’re merging with the energy around you. The one thing to be careful of is indecision. When it comes to taking action on something and you aren’t sure which way to go, you’d do better to hold off. Make your big move some other day.

Libra
September 23 – October 22

Your expansive nature is reaching out to others, Libra, but you may run into opposition. Keep in mind that not everyone wants your advice. Give it only if someone asks for it. It may be in your nature to want to jump into people’s lives and fix things. Resist that temptation. What people may need instead is someone to listen.

Taurus
April 20 – May 20

You may find it difficult to keep things neat and organised today. It seems like you’re trying to organise a room full of feathers buffeted by gusts of wind. Buy a paperweight. Meanwhile, you might want to give your feathers and deal with it another time. You may feel too lazy to fight the wind.

Sagittarius
November 22 – December 21

You may be a bit confused today, Sagittarius. Nothing seems to fit right. It’s as if you’re faced with many different roads, unsure of which one to take. All the choices seem reasonable and you may fear you will miss out on something great whichever one you choose. The truth is that you can find a way that incorporates what you’ve learned from previous paths. Trust yourself.

Leo
July 23 – August 22

Go with the flow today, Leo. Find the freedom you seek by simply following the path of least resistance. There’s no reason for you to be unhappy. Life doesn’t have to be difficult or complicated. Just be completely yourself. People will act the way they need to in relation to you. Don’t worry about their feelings. They aren’t your responsibility.

Aquarius
January 20 – February 18

You may be a little hesitant today, Aquarius, and not really sure why. Just when you thought you had it all figured out, another aspect comes up with a completely different perspective. It may be hard to choose one path and stick with it. Keep in mind that your unique path may incorporate many different side paths. This is one of your many gifts.

Scorpio
October 23 – November 21

Your general mood is at a peak today, although this mood is slightly off due to indecision on your part. Scorpio. Don’t let this get you down. If you find it hard to make a choice about something, the solution is simple. Put off making the choice until you feel more comfortable about it. If you must make a decision today, go with your instincts.

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Virgo
August 23 – September 22

Your heightened sensitivity could get you in trouble today, Virgo. The more you try to pin down a specific answer to something, the more resistance you may encounter. Don’t expect a straight answer from anyone or you will be disappointed. People may be flighty or forgetful. Try not to take anything too seriously today.

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Capricorn
December 22 – January 19

You may be tormented by an important decision today, Capricorn. The good news is that once you make up your mind, you will feel much better about yourself. Until then, however, you may vacillate from one side to the other. Asking others for advice may put you in even more of a quandary. The only one who can decide your path is you.
Wordsearch

ACROSTIC LOGIC TWISTER
ENGIMA TEASER CROSSWORD
RIDDLE CLUE QUESTION
ANAGRAM MYSTERY WORDSEARCH
JIGSAW TRIVIA CRYPTIC
SOLUTION CONUNDRUM REBUS
ANSWER NUMBER

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.

Sudoku

Sudoku is a puzzle based on a 9x9 grid. The grid is divided into nine (3x3) boxes. You are given a selection of values and to complete the puzzle, you must fill in the grid so that every column, every row and every 3x3 box contains all of the digits 1 to 9, with no repetition.

Bound And Gagged

I have to admit, he’s got drive.

Uber
**Super Cryptic Clues**

**Across**
1. Fruit crop as it could be (8)
5. Try to use a bayonet? (4)
8. Underground root, primarily? (5)
9. Discs that may be broken? (7)
11. Obtain professional medical treatment (7)
12. Victor and Oscar get married, having made a solemn promise (5)
13. Frank makes a house a home (6)
15. Sailor held back by soldiers gets free (6)
18. Diana dressed as a nymph? (5)
20. Animals the queen worries about (7)
23. Cat sees bats about one in the morning (7)
24. Charge about right for fish (5)
25. Small bird seen by old Balkan leader (4)
26. Kid almost gets yob to relax (5,3)

**Down**
1. Team leader entering a competition to misbehave (3,2)
2. Difficulty getting feathers dry (3,4)
3. Some frolic or fun on a Greek island (5)
4. Revolver for an artist? (6)
6. Extremely tough line for cast (5)
7. Be joining teams in addition (7)
10. Caught with too much insurance (5)
13. Remote crewmen on Egypt’s borders (7)
14. Plant some massed geraniums (5)
16. Musical effect that’s a lot more fluttery? (7)
17. Adult getting cheeky again (6)
19. At home a gym is unsuitable (5)
21. Animal deliberately enclosed (5)
22. Divided Croatian city (5)

**Today’s Solutions**

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APRICOTS STAB CUB OTTER RECORDS
UD FEW VOWED
HONEST GRATIS
NAIAD FERRETS
DING RAMP
SIAMESE TROLL
EP SEL I
TITO CHILL OUT
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**Wordsearch**

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AWMFCLOLMOBWCPY
ONBADDNYRNNIPO
RRSIRNIPMSATWW
EROWCCOLMOLSOV
TCHWEGAXYVBEORU
SIYRGRUNDEYRDQ
ITGACOSGAACCSU
WPWRRNGLDELAE
JYRFIVERTBAM
TRUGDMYSCORCORT
EGMLDHYLMEDVC
AACRLMOURRBQ
SMELEGDSIMPHN
EDWPIBUSOLUTION
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**Codeword**

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HUMANCAPRA
AZALEABEAUTY
ETYBEER
APOGEOSSNICK
MOTLMOU
HISTORYRASHER
RESIBED
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**Answers**
Sam Fender is living proof that those who vote for the BRIT Awards' Critics' Choice prize really do know something about music.

The North Shields, Tyne and Wear, native was selected as the award winner earlier this year on the strength of his highly acclaimed 2018 debut EP, Dead Boys. His work was particularly praised for the socially-aware and socially-pertinent lyrics.

The LP title-track actually developed from a personal tragedy.

“I wrote that song after a wonderful friend committed suicide,” Sam explained. “We’d known each other since we were kids. I wrote loads of my songs in his house. Male suicide, particularly young males, is often overlooked. I wanted to put my feelings about what happened into that song. ”

Dead Boys had an unexpected but very welcome side-effect.

“I wrote the song because I had to write it for myself. I didn’t realise how it might help other people. But a guy wrote to me three months ago basically saying I’d stopped him killing himself.

“He’d been in his car with the intention of crashing it off the road. But he heard me on the radio talking about Dead Boys, heard the song, stopped his car and just cried for hours at the side of the road. He then drove home to his wife and admitted he needed help.”

The Critics’ Choice award pales in comparison to saving a life. But 25-year-old Sam didn’t know his song would have such a profound effect on the day when he was announced as the winner.

“It was the best day of my life at that time. It was the culmination of a journey which took me from living on benefits to having dinner with Elton John at his house. “Critics’ Choice was the award won by artists such as Adele, Florence and The Machine, Ellie Goulding and Sam Smith. Being on the same list as these and the other incredible people who have won this prize was absolutely mental.

“Everything took off for me from there. I had about 20,000 followers on Instagram before I won the award. I thought having that many followers was crazy but I’ve now got more than 200,000.”

He did experience one very frightening setback. Sam suffered a right vocal cord haemorrhage.

“I completely lost my voice. I had to stay totally silent for two weeks. I didn’t know if my voice would come back. I thought I might need surgery like Adele and several other singers. Luckily, that wasn’t necessary but I now have to really look after my voice.

Sam has been described as both the new working-class voice of British music and the British Bruce Springsteen. He is highly reluctant to accept either label.

“Class is hard to define but I think my upbringing floated between working and middle-class. My mother was a nurse, my dad was an electrician and we lived in a nice house. We weren’t particularly well-off but we were comfortable.

“This changed after my parents divorced and my mother had health problems. We moved to a council estate and had no money. Times were tough back then but I wasn’t always poor so I don’t want to be seen as some kind of working-class hero.

“The Bruce Springsteen thing is probably more appropriate in that he is a big hero of mine and it is an honour to be compared to him. I actually wanted to be Bruce Springsteen when I was 18. But comparing us is still really silly. He is probably more appropriate in the right time which launched Sam on the road to success.

“Being on the album was said to have been discovered up to when the album was recorded. “The new songs were mainly written on tour. I think I probably write better on tour. They move on in my songwriting direction but I hope they will still speak to people in the same way as the songs on Hypersonic Missiles.”

“I know I’ve been lucky in my career but I want to keep all the momentum going. I hope to get number one with my first album just be the start!”
Guidelines of the Contest:

Following the given mood board/theme board, participants need to design any two unisex sample of a T-shirt for a sporting event.

Eligibility to Apply:
1. Grade-X pass students.
2. Each participant is only allowed a submission of two designs.
3. Designs should be strictly hand sketched and coloured.
4. Strict plagiarism rules apply. Any inspired/plagiarised design can lead to the disqualification of the contestant.
5. No digital designs would be accepted.

Judging criteria:
The final judgement will be based on the following criteria. Each contains 25 marks.
1. Concept
2. Creativity
3. Design Details
4. Product Feasibility

NOTE: Tomorrow is the last date of submission!
Inspiring young climate action ambassadors

SustainableQATAR launches new brand campaign

By Mudassir Raja

The goal and mission of SustainableQATAR, one of Qatar’s active volunteer organisations, offers concrete and realistic steps towards reducing greenhouse gas emissions on the grassroot level.

SustainableQATAR held an event at Qatar-Finland International School yesterday to release its logo and launch its new brand – SustainableQATAR Young Ambassadors. The climate action organisation made efforts to draw the attention of students to every individual’s responsibility towards climate action.

Talking to Community, Katrin Scholz-Barth, President of SustainableQATAR, said: “The rebranding event started with an inspirational talk for the students of grade VII, VIII and IX by me. The students were inspired how they can follow the examples of certain individuals working successfully for the cause of climate action and how their actions can inspire others. I gave them examples of different individuals who are planting trees regularly, bringing waste production at home to zero and making a device to clean seas from plastic etc. The students will be certified as young ambassadors and they will go on to work with students from other schools for climate change.”

She added: “SustainableQATAR is an independent action-based think and do tank founded in 2008. It provides actionable knowledge to create extraordinarily powerful personal stories of individuals taking actions that credibly reduce carbon emissions in daily lives and contribute to a regenerative future where environmental sustainability becomes the motor for a healthy economy – one person at a time.”

The enthusiastic Katrin further said: “Our flagship project – ‘The 52-Weekly Challenges’ – offers all Qatar residents mind-changing solutions for climate action through concrete weekly challenges that champion environmental sustainability and carbon emission reduction. Everyone who is excited about and takes pride in contributing to a regenerative development of the country, is invited to participate in tweaking daily habits to assist in favourably positioning Qatar to host the first-ever carbon-neutral FIFA World Cup in 2022.”

About their fresh initiative, the climate action volunteer said: “Right on the heels of the 2019 United Nations Global Climate Summit in New York, we have launched SustainableQATAR Young Ambassadors programme. The newly launched programme involves students aged 8 to 15 years and raises the bar on youth climate action. In the one day academy students learn from certified SustainableQATAR young ambassadors on how to reduce carbon emissions, make a personal pledge and thereby create a sustainable future for all.” Speaking about their logo, Katrin said: “Our flagship project – ‘The 52-Weekly Challenges’ – offers all Qatar residents mind-changing solutions for climate action through concrete weekly challenges that champion environmental sustainability and carbon emission reduction”

– Katrin Scholz-Barth, President of SustainableQATAR

“Our flagship project – The 52-Weekly Challenges – offers all Qatar residents mind-changing solutions for climate action through concrete weekly challenges that champion environmental sustainability and carbon emission reduction”

By Mudassir Raja

The confident and happy colour combination of greens and blues in the logo celebrates Qatar’s distinctive and powerful position. Geographically located on the northeastern coast of the Arabian Peninsula, the country is surrounded by blue waters and skies as well as thriving green mangroves that give life to a unique marine and terrestrial ecosystem and biodiversity. The colours further symbolise clarity, strength, determination, and independent new beginnings for building resilience in a fragile desert environment, not because of natural resources limitations, but in spite of it.”

Art Director Gabriele Bickl at DesignGarden in Hamburg, Germany conceptualised and designed the logo for SustainableQATAR.