Making the cut

How Netflix’s *Between Two Ferns* movie got Reeves, Larson in the hot seat. **P2-3**
**How they super-sized Between Two Ferns**

**Josh Rottenberg** talks to Zach Galifianakis and Scott Aukerman on the guests and the glory

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**Quote Unquote**

“Those who look for the bad in people will surely find it.”
—Abraham Lincoln

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**USEFUL NUMBERS**

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**PRAYER TIME**

- **Fajr**: 4.10am
- **Shoroq (sunrise)**: 5.28am
- **Zuhru (noon)**: 11.25am
- **Asr (afternoon)**: 2.48pm
- **Maghreb (sunset)**: 5.20pm
- **Isha (night)**: 6.50pm

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**COMMENTS**

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**TWO TO TANGO**: Zach Galifianakis, right, with Scott Aukerman, who directed the comedian in the new Netflix film *Between Two Ferns: The Movie*. 
In January 2008, without any fanfare, an unausuming video was uploaded to the website Funny or Die in which a then-largely unknown comedian named Zach Galifianakis conducted a painfully awkward interview with actor Michael Cera on a bare-bones set featuring two potted ferns. Galifianakis lobbed disdainful questions at Cera and snored aloud at his answers. He mockingly imitated his voice. He tried to force him to tickle his thigh. And a viral comedy hit was born. Subsequent episodes of Between Two Ferns racked up millions of views and a pair of Emmys, with boldfaced names including Brad Pitt, Jennifer Lawrence, Sean Penn, Charlize Theron, Barack Obama and Hillary Clinton lining up for turns in the guest chair. Eventually, Galifianakis and co-creator Scott Aukerman started toying with the idea of expanding the series, which skewed the typically bland, fatuous back-and-forth of celebrity interviews, into a full-blended feature film. But that was easier said than done.

“The idea of doing it was easier said than done. To take a four- or five-minute video and blow it up into a movie — how would you do that?” Galifianakis says. “And why would you do that?”

Well, they’ve done it. Now streaming on Netflix and featuring appearances by Keenan Reeves, Brit Larson, Matthew McConaughey, Chrissy Teigen, David Letterman and Tiffani Hadid, the largely improvised mockumentary-style Between Two Ferns: The Movie follows Galifianakis as he takes his bizarre public-access talk show across the country in pursuit of his dreams of late-night-hosting glory. Aukerman, who wrote and directed the film and hosts the popular podcast Comedy Bang Bang, and Galifianakis sat down with The Times to discuss how they super-sized Between Two Ferns, the one question that was (almost) too offensive for the show and why you shouldn’t hold your breath for President Trump to be a guest.

Where did the seed of this movie come from?

Aukerman: We did a half-hour Comedy Central special five years or so ago (Between Two Ferns: A Fairytale of New York), where we took a trip out to New York and we were just running around having fun and doing anything that came to our minds. It was the first time we’d done something with Ferns that wasn’t just the five-minute video, and we had so much fun, we said, “If we can ever think of an idea that is that low-concept enough that we could just set up on the fly and make something really quickly, we’d take the opportunity.” So then it just became about figuring out what the story would be.

Zach, you started doing Between Two Ferns before your big breakout in 2009 in The Hangover. Did becoming famous change your perspective on this kind of satire of celebrity culture? Galifianakis: No, because my thoughts on celebrity really have not changed. I don’t think there was ever a feeling like, “Oh, darn, I’m known now. How do we keep doing these?” We haven’t done a lot of thinking when we do these. It’s just about what makes us laugh. This is not a thinker of a movie. I don’t want somebody from some highfalutin college trying to make sense of it.

Aukerman: For Zach to say that he doesn’t really think about it, I think, him being a little humble. It is stuff that we’ve thought about a lot. Where we landed in sort of addressing celebrity-culture themes in the movie is that obviously we have distaste for it, and hopefully we’re saying that getting famous doesn’t make you happy, but I don’t think we’re beating people over the head with it.

You’ve got a lot of celebrities packed into this movie. How did you go about lining everyone up?

Aukerman: We started shooting with no-one on board. It’s a crazy way to do a movie, to not know what you’re shooting. The crew thought we were insane. The script was just a jumble of ideas, and I would just say, “Trust us. It’s going to be great!” But we were doing it with Funny or Die, and they have such a great reach that we just had faith. Zach would check in with me every once in a while, like, “Do we go with it?”

Galifianakis: And you’d tell me and I’d go, “I don’t know who that is.”

Aukerman: Yeah, there was a lot of educating Zach about certain people’s oeuvres.

Galifianakis: I’m so out of the loop. When we did that episode with Jerry Seinfeld and Cardi B (last year), I don’t know if I knew who she was.

Aukerman: Yeah, well, she didn’t know who you were either.

Have you ever pulled back on a joke about someone because you felt like it crossed the line?

Galifianakis: With Natalie Portman, there was one joke where I was like, “Let’s get rid of that”— and she wanted me to say it.

Aukerman: We’ve had business entities reach out to us. Ford wanted to do something. And Harvey Weinstein, years ago. Do you remember that?

Galifianakis: Yeah, we were trying to think of anything we could make fun of him about.

Aukerman: Well, this was 10 years ago. He had some movie, I can’t remember. And I’m like, “Why does he want (to do this)? Nobody knows who he is.”

Galifianakis: And we have two of them!

Zach, after you did the episode with Hillary Clinton during the 2016 presidential campaign, I asked you if you’d consider doing one with Donald Trump and you said no. Do you still feel that way now?

Aukerman: We’ve got a little more economical, especially on the movie. Normally people give us so little time that we have had to get more streamlined about it. I remember Barack Obama’s people said he was going to give us 45 minutes. I said, “OK, just give me a 10-minute warning (before he has to go).” Three minutes into the video, they come and say, “10-minute warning.” (laughs)

Galifianakis: (to Aukerman) Do you remember I got him on a trivia question?

Aukerman: Yeah, what was it?

Galifianakis: Who was Gerald Ford’s vice president? It was [Nelson] Rockefeller. By the way, no-one ever knows it. You could ask Gerald Ford — he wouldn’t know.

Have there ever been people who wanted to be guests on Between Two Ferns who you said no to because you thought it wouldn’t work for some reason?

Aukerman: To be a really good subject, you have to have a body of work with some failures that we can make fun of. Ideally, you also have a personal life that’s had a lot of drama in it. Anytime somebody says, “Hey, this person wants to do it?” I’ll start thinking. “What are the jokes?” And if you can’t come up with enough angles on it …

Galifianakis: We’ve had business entities reach out to us. Ford wanted to do something. And Harvey Weinstein, years ago. Do you remember that?

Aukerman: Hmm, I’m trying to think of anything we could make fun of him about.

Galifianakis: Well, this was 10 years ago. He had some movie, I can’t remember. And I’m like, “Why does he want (to do this)? Nobody knows who he is.”

Galifianakis: And we have two of them!

Aukerman: We asked Bernie a couple of years ago and he said no, which I respect immensely.

What is the future of Between Two Ferns at this point?

Galifianakis: My feeling is, how long can you do this kind of show? Humour changes. We’re also living in meaner times and I’m wondering how a mean interview type thing plays in this climate.

Aukerman: I mean, creatively you never should say no to anything. If it feels right and we’re lucky enough to have someone that wants to do it again, yeah. But it’s a run a good course, put it that way. And this would be a nice ending to it.

Aukerman: Every single one, we’ve said, “That’s probably it.” And then someone calls up and says, “Can we do another?” and we go, “Yeah, OK.” If the Rock were to be promoting something in four months — we have a great idea for the Rock — I think, why not? The closer the movie gets to coming out, we’ve also started thinking about how the universe could continue, be in a sequel or a television version of stuff. I just think that we shouldn’t put a period at the end of the sentence yet.

Galifianakis: We’ll put an exclamation point on it. — Los Angeles Times/TNS
Elise Wakeland works with trauma survivors every day. The therapist’s work is difficult, she said, but it’s rewarding, too. She wishes that everyone could see the resilience of patients who walk into her Center City practice, Wakeland Psychotherapy. If they did, she said, perhaps they would “show up” for the trauma survivors in their own lives, by asking about what happened, checking in, or just saying “I’m here for you.”

“Generally society has a really hard time holding space for people who have been through traumatic events and that perpetuates avoidance,” Wakeland said. “It takes confronting trauma to heal from trauma.”

Most Americans will experience trauma at least once in their lives, research shows. The trauma can be rooted in assault, a car accident, a natural disaster, an abusive relationship, military combat, or any other event or series of events. Most people who have experienced trauma never get professional help, which increases their risk of developing a number of physical and mental health conditions, according to the Substance Abuse and Mental Health Services Administration.

What is trauma therapy?

Trauma therapy is a broad term for therapy with a mental-health professional who is educated on the short- and long-term impacts of trauma.

Kathleen McBeth specialises in a type of trauma therapy called Eye Movement Desensitisation and Reprocessing (EMDR) at Cornerstone Therapy and Wellness in Malvern and Wayne.

In the same way a cardiologist is better equipped than a general practitioner to advise you on a heart condition, a trauma therapist can better help you heal from trauma than other kinds of therapists, she said.

During EMDR, the patient thinks about the trauma while listening to music or tapping noises, or watching the therapist’s hand movements. The idea, McBeth said, is to process the memory while you’re paying attention to something else, therefore separating the memory from the emotional response.

Other types of trauma therapy include prolonged exposure therapy, which can help patients who’ve avoided reminders of a traumatic event; cognitive behaviour therapy, which can help people who experienced trauma as a child; and talk therapy with a professional who has trauma certification.

Who can be helped by trauma therapy?

“Really anybody who’s gone through an adverse event that has impacted their life,” said Wakeland, who specialises in trauma.

Many people have experienced trauma but don’t recognise it, McBeth added.

“They’ll say, ‘Oh, it was just a dog bite. That was, like, years ago!’ she said. Others may have witnessed a terrible accident, she said, and think they couldn’t be traumatised because they weren’t directly involved or don’t bear physical scars.

But if recurring memories of an event or series of events are having an impact on daily life, trauma therapy could help, she said. “Anybody who is carrying around something” should seek professional help, said Billie Lee Orenbuch, who specialises in EMDR at Collaborative Care of Bala in Bala Cynwyd. “If they think about the incident, if they still have an emotional response, they need therapy.”

What is the goal of trauma therapy?

Specific goals and measures of healing can differ from person to person. Broadly, experts say they want patients to be able to live full lives without the past event getting in the way of their present.

“You never forget” trauma, McBeth said. But after therapy, “you’re not living it every day.”

“The long-term goal is to be able to know something happened,” Orenbuch said, “without having an emotional response to that knowledge.”

Where can I find a trauma therapist?

There is no national or state directory of therapists who specialise in trauma. But you can search for trauma therapists in your area using online databases like the one at psychologytoday.com/us/therapists/trauma-and-ptsd, or therapy-specific databases like the EMDR lookup tool at emdr.com/SEARCH.

HELP AVAILABLE — The Philadelphia Inquirer/ TNS
High-fructose diet damages liver’s ability to burn fat

Foods containing high levels of fructose, such as processed foods and sugar-sweetened beverages, may damage the liver’s ability to properly burn fat, warns a new study.

“The most important takeaway of this study is that high fructose in the diet is bad,” said lead study author C Ronald Kahn, Professor of Medicine at Harvard Medical School.

“It’s not bad because it’s more calories, but because it has effects on liver metabolism to make it worse at burning fat. As a result, adding fructose to the diet makes the liver store more fat, and this is bad for the liver and bad for whole body metabolism,” Kahn, who also serves as the Chief Academic Officer at Joslin Diabetes Center in the US, said.

Interestingly, the researchers found that equally high levels of glucose in the diet actually improved the fat-burning function of the liver.

The findings, published in the journal Cell Metabolism, suggest that high dietary fructose has more negative health impacts than glucose does, even though they have the same caloric content.

In a series of animal studies, the researchers compared effects on metabolism of six different diets — regular chow, chow with high fructose, chow with high glucose, a high-fat diet with high fructose, and a high-fat diet with high glucose.

They also monitored the activity of a critical enzyme for fat-burning known as CPT1a. In the case of CPT1a, the higher the levels the better – they indicate that mitochondria, the powerhouse of the cell which provides energy for cellular functions, are performing their fat-burning jobs correctly.

However, in the high-fat plus fructose diet the researchers found that levels of CPT1a are low and their activity was very low, meaning mitochondria cannot function properly. These findings, combined with other markers they monitored, proved that both high-fat and high-fat plus fructose diets damage mitochondria and make it easier for the liver to synthesise and store fat rather than burn it.

Why using smartphone in loo may give you piles

If you take your smartphone to the toilet, chances of getting piles may go up as using the device in the loo may make you spend a longer time there, increasing the pressure on the veins of the anus in the lower rectum, health experts have warned.

The impulse to check official mails or social media updates makes one carry phones even when sitting on the toilet, be it reading or just sitting there, which further leads to formation of perianal problems like haemorrhoids or piles and fissures,” Dipankar Sankar Mitra, Executive Consultant, Department of GI & HPB Surgery at Jaypee Hospital in Noida, told IANS.

Naveen Kumar, Consultant Gastroenterology, Narayana Superspeciality Hospital in Gurugram, agreed that prolonged sitting, which can happen if you get completely absorbed in your smartphone, can increase the risk of haemorrhoids.

“It’s not the actual act of using a smartphone that is the problem. Rather, sitting on the toilet (whether you are reading or just sitting there) for a prolonged period can lead to haemorrhoid problems,” Kumar said.

“Sitting too long and straining too much may cause the haemorrhoids to engorge with blood, causing symptoms such as pain, swelling or bleeding,” he added.

A recent YouGov survey revealed that 57 per cent of British people admitted to using their phone on the toilet, with eight per cent claiming they “always” do it.

The problem with using the smartphone on the toilet is that one may lose track of the time spent there, according to Bijendra Kumar Sinha, Senior Consultant, Minimal Access, Bariatric & GI Surgery, Fortis Healthcare Memorial Research Institute in Gurugram.

“If one is sitting for long time on the toilet, he or she may be straining to pass stool all the time. Continuous straining leads to piles,” Sinha said.

Type 2 diabetes remission possible with weight loss: Study

People who achieve weight loss of 10 per cent or more in the first five years after being diagnosed with type 2 diabetes have the greatest chance of seeing their disease go into remission, says a study.

The findings, published in the journal Diabetic Medicine, suggest that it is possible to recover from the disease without intensive lifestyle interventions or extreme calorie restrictions.

“We’ve known for some time now that it’s possible to send diabetes into remission using fairly drastic measures such as intensive weight loss programmes and extreme calorie restriction,” said study researcher Hafiza Dambha-Miller from the University of Cambridge.

“These interventions can be very challenging to individuals and difficult to achieve. But, our results suggest that it may be possible to get rid of diabetes, for at least five years, with a more modest weight loss of 10 per cent,” Dambha-Miller said.

Type 2 diabetes affects 400 million people worldwide and increases the risk of heart disease, stroke, blindness and amputations.

While the disease can be managed through a combination of positive lifestyle changes and medication, it is also possible for the high blood glucose levels that define diabetes to return to normal through significant calorie restriction and weight loss.

An intensive low-calorie diet involving a daily intake of 700 calories for eight weeks has been associated with remission in almost nine out of ten people with recently diagnosed diabetes and in half of the people with longstanding disease.

For the findings, the research team studied data from the ADDITION-Cambridge trial, a prospective cohort study of 867 people with newly diagnosed diabetes aged 40 and 69 years recruited from general practices in the eastern region.

The researchers found that 257 participants were in remission at five-year follow-up.

People who achieved weight loss of 10 per cent or more within the first five years after diagnosis were more than twice as likely to go into remission compared to people who maintained the same weight.

In order to clarify the best way to help patients with type 2 diabetes achieve sustained weight loss, the team is currently undertaking a study called GLOW (Glucose Lowering through Weight management).

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Pakistan is located in the northwest of India and is bordered by China. The name ‘Pakistan’ comes from the Urdu language, which translates to ‘Land of Pure’. Urdu and Punjabi are the two most commonly spoken languages in the country. The country is approximately the size of Texas and it borders the Arabian Sea. The Indus plains are the central region of the country. The climate is almost hot and dry for the most part. Majority of the population is meat eaters and foods like chicken, lamb, mutton, beef, and fish are widely consumed. Vegetables and fruits are also consumed in abundance.

Mughlai cuisine evolved from Pakistan and is now a standard among all the Asian cuisines and till date dishes like tandoori chicken and chicken karahi easily outnumber the other dishes being served in the region. Mughlai cuisine emphasised on the use of rich ingredients like cashew nuts, almonds, raisins, milk, butter, cream and saffron, the resulting dish from such an affair has to win hearts and leave an everlasting memory for each diner.

To consolidate the Pakistani cuisine, it can be divided into four provinces, each with a different but unique aspect of it. Fish and other seafood delicacies are an integral part of the coastal province of Sindh. In Baluchistan, the sajji method of barbecuing is used for barbecuing whole lamb in deep cooking pots. The people living in Punjab are also known for their bread and elaborate cooking preparations. Their cooking however is considered blander than the other regions. Oven baked bread is eaten with meat cubes and is called naan kebab a favourite among the locals. Generally whole meat, fruits and vegetables and is used to scoop up food in place of eating utensils. Vegetables like potato, cauliflower, okra, chick peas and green peas are eaten according to their seasonal availability. Dal is a popular lentil stew and is also considered as a part of the vegetarian diet. The wide variety of lentils available in the region are very easy to cook. Just boil the lentils with almost three or four times and temper with stir fried cummin seeds, mustard seeds, ginger garlic paste and chopped onion, tomato and green chilli along with a fresh addition of chopped cilantro.

Pakistan offers many fresh fruits that are most plentiful in the summer and autumn months. Mangoes, papayas, banana, watermelon, apricots and apples are some examples. Chiklu (Sadopilla or Naseberry) is one such fruit from the region which has the taste of a date and the texture of kiwi. Many Pakistanis eat their fruits, especially watermelon with a light dust of salt to offset the sweetness or tartness. Pakistani cuisine generally is a rich cuisine and a lot of influence on the sauces which are used to simmer the food and help tenderise the meats. A long variety of spices like, deggi mirch, coriander powder, garam masala, paprika, ginger, garlic, cinnamon, cloves, nutmeg are the heart of Pakistani cuisine. Every chef has his unique blend of spice mix which they incorporate in the cuisine to give a unique taste and style to a particular dish that makes it stand out among others. A lot of chutneys, pickles and relishes are prepared throughout the region depending on the array of ingredients available all year round. The most common ones are the mint chutney, chutney masala and the chilli pickle and the mix vegetable pickle.

Street vendors serve an array of dishes from aloo tikki (shallow fried potato patties with garbanzo) to papdi chaat (crispy wheat wafers drizzled with mint and tamarind sauce) to the freshly brewed local tea with ginger and cardamom and milk served in small glasses and cups. Lassi in both sweet and sour versions are very easy to cook. Just boil the mutton cubes until they are cooked and tender enough to fall off the bone.

Chef Tarun Kapoor, Culinary Mastermind, USA. He may be contacted at tarunchef83@gmail.com

### All about delectable Pakistani delights

Mutton Karahi is served hot and garnished with ginger julienne and choice of naan, roti bread or basmati rice.

**Ingredients**

- Mutton cubes 1500 gm
- Red onion, chopped 5 nos.
- Tomato, chopped 4 nos.
- Garlic paste 2 tbsp.
- Ginger paste 2 tbsp.
- Red chili powder, spicy 1 tsp
- Deggi mirch powder 1 tsp
- Salt to taste
- Green chili 2 nos.
- Garam Masala 2 tsp
- Coriander powder 2 tsp
- Cilantro leaves, chopped 1/3 cup
- Cooking oil 2 tbsp.
- Turmeric powder 1/4 tsp
- Yoghurt 1 cup
- Lemmon 1 no.
- Garnish
- Ginger julienne to garnish
- Mint leaves to garnish

**Method:**

Clean and season the mutton cubes with oil and salt and keep refrigerated.

Start with preparing chopped onion and tomato, keep aside.

Heat oil in a heavy bottom pan and add half of the prepared onion, half of the tomato and all the ginger and garlic paste.

Saute for 3-5 minutes, add yoghurt and turmeric powder, coriander powder, chili powder, deggi mirch powder and salt.

Remove the prepared onion tomato masala and keep aside.

Add mutton cubes to the above pan and cover with enough water to cover the mutton cubes and add the remaining chopped onion and tomato.

Add salt and boil the mutton cubes until they are cooked and tender enough to fall of the bone when pressed.

Once the mutton is cooked and almost all the water has evaporated during cooking of mutton add the onion tomato masala prepared earlier and slow simmer.

Add fresh cilantro and drizzle lemon juice and adjust the consistency of the curry.

Serve hot garnished with ginger julienne and choice of naan, roti bread or basmati rice.

Note: Karahi denotes the concave heavy bottom iron vessel with two handles used to cook this dish. It is similar to Chinese wok.
In his second music concert titled ‘Swar-Sanjeevan’ hosted by Beats and Tunes Events, a new event management company in Qatar, Pandit Sanjeev Abhyankar regaled the music lovers of Doha with a mesmerising performance at the Giwana Hall at Radisson Blu Hotel recently.

In his second visit to Doha after a long gap of 18 years, Sanjeev touched upon the hearts of a capacity audience with nearly 400 people, as they got soaked in to high quality Hindustani music, and glued to their seats for two and half hours.

Event host Usha Ravishankar made welcome speech and felicitated P Kumaran, Ambassador of India, who attended the event as the chief guest. The vote of thanks was delivered by the chief co-ordinator of the event Gopal Balasubramaniam. The concert began with a brilliant rendition of Raag Rageshree by Sanjeev who began with a mesmerising performance of Aata Kothe Dhave Mana in Lalat, before he finished the concert with Aaaj Mi Mohan Khelat on this raag and then for the next 10 minutes he explained the nuances of Indian classical music in a manner even a novice to classical music could understand.

The audience, which included a handful of Qatari nationals, really enjoyed the explanation and also Sanjeev’s powerful stage presence, as one after another he sang brilliant ragas and most of his own compositions in each of those raga’s.

After Ragheshree, it was Kalawathi raga in which Pandit sang Tarana Tina Dir Dhaanii and Bans Ke Raja and by that time the audience were transported to a different world with the power of music delivered by Sanjeev. He then rendered a Hori composition Aajil Mohan Khelat Hori, followed by a Marathi abang, based on Raag Bhoop and Pratiksha. Then came Mai to Saware Ke Rang Ranchi on Raag Hemant and Ahir Lalat, before he finished the concert with Aata Kothie Dhuevo Mana in raag Sindhu Bhairavi.

The guest of honour Hamad al-Zakiba, director in the Ministry of Culture and Sports, came towards the last 45 minutes of the concert and enjoyed the last part of the concert thoroughly and he felicitated the artistes presenting a memento on behalf of Beats and Tunes Events.

Indian classical maestro Sanjeev mesmerises Doha audience

Nepali community organisations celebrate anniversaries

Overseas Bhuel Society – Qatar (OBSS) recently organised its ninth anniversary programme at Lali Gurans Restaurant. The programme was attended by hundreds of non-resident Nepalese and was chaired by Milan Kumar Bhueli, OBSS Chairman. The programme started with candle lighting ceremony. Bir Bahadur Bhueli, Vice-chairman of the society, welcomed the guests and participants with a beautifully choreographed dance. Speakers including Niyam Bhueli, Deb Raj Rai, Sinya Ram Chaudhary, Bhai Kazi Gurung and Ashmita Ghising hailed the society for organising the programme and for its philanthropic and cultural activities. The programme also saw performances by folk singers namely, Hum Kanta Parasu, Ramesh Bhueli, Lokendra Bishwokarma, Sabin Magar, Ramzan Nidhi and Subash Poudel. Likewise, dancers namely, Birusha Wasti, Asha Rai, Rachana Magar, Maya Bhueli and Pushpa Limbu performed their dances.

Separately, the 10th anniversary of Kashi Ideal Service Society – Qatar (KISS) was also celebrated amidst a cultural programme held at White House Restaurant, Sariaya recently. The programme was chaired by Bishwobandhu Thapa, KISS Chairman, and Balaram Sapkota, Patron, attended the event as the chief guest. The programme kicked off with national anthem recitals and one minute silence for the martyrs of the country. The organisers unveiled the banner, light the candles and cut the anniversary cakes. Sta Ghimire performed a welcome dance followed by a group dance by artstes namely, Jivan Gurung, Sanita Gurung, Diben Sunar, Prem Lal Adhikari and Mahesh Tamang. The duet performances of singing pairs of Indira Shaha and Indu Lohar entertained the crowd. Speakers including Niyam Bhueli, Deb Raj Rai, Sinya Ram Chaudhary, Bhai Kazi Gurung and Ashmita Ghising felicitated the artistes presenting a memento on behalf of Beats and Tunes Events.

ICBF’s new office inaugurated

P Kumaran, Ambassador of India to Qatar, recently inaugurated the new office of Indian Community Benevolent Fund (ICBF) at Integrated Indian Community Center (IICC), located at Thumama. This is a new office of ICBF apart from its existing office at the embassy premises to provide quick access to people in town and surrounding round the clock support in case of any emergency. The staff at new office will liaise with the needy people in providing necessary support. Arrangements at the venue are made to provide ration supply to the people in need. The inaugural ribbon cutting was done in the presence of ICBF managing committee, advisory council members and community leaders. The ambassador and the community leaders present on the occasion were given a tour and explained about the facilities available.

The new office has been setup with the generous support from the community leaders and members. The ambassador congratulated ICBF managing committee for working towards having the new office ready, which shall benefit the community.

— Usha Wagle Gautam
Writing for your Reader’s Brain

Have you ever wondered why you reread some paragraphs several times and still feel flummoxed about what you’ve read?

Key insights into the reading brain can turn anyone into a better writer.

**LEFT SIDE for Statistics**

- 3 stages in the reading process:
  - lexical
  - syntactic
  - inferential

- 300 milliseconds needed to recognize a word

**RIGHT SIDE for Writing tips**

- When you use familiar word, sentence, and paragraph structure, readers move through three reading stages rapidly and easily.

  - Avoid using the pronouns *it, this, these, that,* and *those* as grammatical subjects, since readers need to scan backward to assess meaning.
Frequency with which readers agreed that 

**The dog was bitten by the man** was a plausible sentence, due to passive construction.

0% Frequency with which readers agreed that 

**The man bit the dog** was plausible, due to active construction.

- **WPM 225** speed used for close reading
- **WPM 500-700** speed used for skimming

Equal: Accuracy of recall between skimmers and close readers

Readers remember the last 25% - 30% of lists best

- **7 ± 2** Number of items readers can hold in working memory.

Limit the number of items to 7 for bulleted or numbered lists.

- Use only 5 or fewer items in lists within sentences.

Put your most important items last, not first, in lists. This adds emphasis from the recency effect.
Love red meat? New study says you can continue relishing it

Taking previous research that claimed red meat is dangerous to your health straight on its head, a new study consisting of in-depth systematic reviews now suggest that you can continue to eat red and processed meat as usual at home.

Researchers at McMaster and Dalhousie universities found that cutting back on red or processed meat had little impact on health. “There is a worldwide interest in nutrition and the issue of red meat in particular. People need to be able to make decisions about their own diet based on the best information available,” said Gordon Guyatt, Professor at McMaster University in a paper published in the journal *Annals of Internal Medicine*.

The panel of international scientists systematically reviewed the evidence and recommended that most adults should continue to eat their current levels of red and processed meat.

The researchers performed four systematic reviews focused on randomised controlled trials and observational studies looking at the impact of red meat and processed meat consumption on cardiometabolic and cancer outcomes.

In one review of 12 trials with 5,000 people, the researchers did not find statistically significant or an important association between meat consumption and the risk of heart disease, diabetes or cancer. In three systematic reviews of cohort studies following millions of people, a very small reduction risk among those who had three fewer servings of red or processed meat a week, but the association was uncertain.

The researchers also did a fifth systematic review looking at people’s attitudes and health-related values around eating red and processed meats. They found people eat meat because they see it as healthy, they like the taste and they are reluctant to change their diet. “This is not just another study on red and processed meat, but a series of high quality systematic reviews resulting in recommendations we think are far more transparent, robust and reliable,” said study researcher Bradley Johnston. – IANS

**ARIES**

**TAURUS**

**GEMINI**

**CANCER**

**LEO**

**VIRGO**

**LIBRA**

**SCORPIO**

**SAGITTARIUS**

**CAPRICORN**

**AQUARIUS**

**PISCES**

Friday, October 4, 2019
Colour by choice

Maze

Will you help this bunny find his way?

Connect the dots

Picture crossword
**Pooch Café**

By Paul Gilligan

**Why So Moochie?**

---

**Bound & Gagged**

By Dana Summers

---

**Let’s see. Beach chairs, umbrella, sunscreen.**

**Bob spends most of his time in sand traps.**
Super Cryptic Clues

Across
1 Letters secure cricket ground (9)
8 Stories least translated (5)
9 Cuts made here where players
10 Father is brought back by
11 Labour reverse has lesson for
13 Girl at the border causing havoc
14 Bird country (6)
15 Irish county finished off tune we
16 Saint carrying tungsten alloy (6)
17 Proficient in tables (4)
18 American star who’s dear to the
19 Entreaty making some people
20 Lababo
21 A gentle shake showing
22 Gallant British party (5)
23 Dog always following poor Terri

Down
2 New gallery producing bad reaction (7)
3 Duke is heading for criminal record (4)
5 Inverts ideal drink (6,2)
6 Originally serving time in Reading jail (4)
7 Yorkshire town accepting large
8 Boss makes start after change
9 ‘Try and’ rather than 330000
10 Prodigy
11 Thug
12 Move apart, see? (8)
13 Girll at the border causing havoc
14 Bird country (6)
15 Irish county finished off tune we
16 Saint carrying tungsten alloy (6)
17 Proficient in tables (4)

Sudoku

Solution

Wordwatch

lunule
LUN-yool
MEANING:
noun: 1. The crescent-shaped whitish area
   at the base of the fingernail.
   2. Any crescent-shaped mark, object, etc.

ETYMOLOGY:
From French lunule, From Latin lunula, diminutive of luna (moon). Earliest documented use: 1737. Also known as lunula.

Usage:

solecism
SO-lay-siz-uhm
SO-ly-
MEANING:
noun: 1. A grammatical mistake or a
   non-standard usage.
   2. A breach of etiquette.
   3. An error, inconsistency, or
   impropriety.

ETYMOLOGY:
From Latin solecismus, from Greek soleikismos, from soloikos (speaking
incorrectly, literally, inhabitant of Soloi) after Soloi, an ancient Athenian colony in Cilicia where a
dialect considered as substandard was spoken. Usage: “Purists who carp about grammatical solecisms such as
‘try and’ instead of ‘try to find’ should refer to a 2007 study which
found that Brits use ‘try and’ and 71 per
cent of the time in speech and 24
per cent in writing, compared with
Americans who used it only 22 per
cent of the time in speech and 5 per
cent in writing.”

Dunkirk
DUN-kurk
MEANING:
noun: 1. A desperate evacuation or retreat.
   2. A crisis requiring drastic measures
to avoid total disaster.

ETYMOLOGY:
After Dunkirk (in French,
Dunkerque), a seaport and town in
northern France. In World War II, it
was the site of evacuation of more
than 330000 Allied troops by sea
while under German fire during
May-June 1940. Earliest documented
use: 1841. Usage: “We are in the worst situation we’ve
been in since I’ve been at the club. This is our Dunkirk.”

Siberia
SY-BEER-ee-uh
MEANING:
noun: An undesirable or isolated
location assigned to those who
have fallen out of favor or are being
disciplined.

ETYMOLOGY:
After Siberia, a vast region of
central and eastern Russia, used
as a place of exile by Russia under
the tsars and by the USSR. Earliest
documented use: 1941. Usage:
“The balcony, once a Siberia for
diners without boldfaced names,
could become a desired location.”

Solution

Sudoku is a puzzle based
on a 9x9 grid. The
grid is also divided into
nine (3x3) boxes. You
are given a selection of
values and to complete
the puzzle, you must fill
the grid so that

downs the

every column, every row and every 3x3 box contains the digits 1 to 9 and none
is repeated.
Celebs lend support to Nat Geo’s ‘planet over plastic’ initiative

Celebrities such as A R Rahman, Neha Dhupia, Sonu Sood and Shamita Shetty have come out in support of a new initiative urging people to stop using plastic.

“I’m going to reduce my use of plastic bags, Planet or plastic? I choose the planet,” Neha tweeted. She also nominated actresses Sushmita Sen and Deepika Padukone to take the pledge.

Anchor-actor Maniesh Paul pledged “to reduce my plastic usage”.

“Guys, we all know about the harms of single use plastic. I pledge to reduce my usage. Planet or plastic? I choose the planet,” Neha tweeted. She also nominated actresses Sushmita Sen and Deepika Padukone to take the pledge.

Music maestro A R Rahman also retweeted the post. — IANS

Despite controversy, Joker tipped to soar

After weeks of hype and controversy, Warner Bros’ newest DC Comics movie, Joker, finally puts its cards on the box-office table this weekend.

Writer-director Todd Phillips’ R-rated supervillain origin story, starring Joaquin Phoenix, as the deranged clown of Gotham, is expected to gross about $80 million in domestic ticket sales Thursday night through Sunday, according to people who’ve seen pre-release audience surveys. That would be a powerful debut for the psychological thriller, and another win for Warner Bros’ evolving DC film strategy. The film’s budget is estimated to be in the low $60-million range, reflecting the minimal use of special effects.

A big launch for Joker, co-produced and co-financed by Village Roadshow, would be a welcome result for the AT&T Inc.-owned studio, which has had a rocky year at the multiplex. Though the Burbank studio has enjoyed profitable hits, including 2019’s other killer clown movie, It Chapter Two, it has also fielded some of the year’s biggest flops, including The Goldfinch, The Sun Is Also a Star and The Kitchen.

Joker may feature one of the most recognisable faces in comic book lore, but the new film is anything but a typical superhero movie.

The film, which looks to echo antihero classics such as Martin Scorsese’s Taxi Driver, debuted to rapturous reviews from some critics, who heaped praise on Phoenix’s portrayal of the failed stand-up comedian-turned-criminal mastermind Arthur Fleck. The movie premiered at the Venice Film Festival a month ago, where it won the top honour, the Golden Lion, and was later screened at the Toronto International Film Festival. Before the film was unveiled in Venice, director Phillips, known for the Hangover comedy franchise, acknowledged the complicated challenge of making Batman’s greatest foe the centre of the story. “He’s sort of an antihero in the beginning, but he does become a villain, and for different people I’ve shown it to, it happens at different times,” Phillips said.

“That’s what I think is really cool about it: When do you stop feeling for him? … It’s an interesting thing.”

But the film has sparked concern over its depiction of the title character’s descent into violence after being mocked by society, with some people raising questions about whether viewers might be inspired to commit attacks. In a September letter to Warner Bros, family members of victims of the 2012 mass shooting at an Aurora, Colorado, movie theater expressed worries about the film and called on the studio to donate to gun-victim organisations and advocate for gun reform.

A dozen people were killed during the shooting at a screening of Christopher Nolan’s DC film The Dark Knight Rises.

Warner Bros. responded with a statement highlighting its history of donating to victims and its support for bipartisan legislation to address gun violence, but also stressed that “neither the fictional character Joker, nor the film, is an endorsement of real-world violence of any kind.” At the movie’s Los Angeles premiere last weekend, Warner Bros. prohibited journalists from doing red carpet interviews with the cast and the filmmakers. “A lot has been said about Joker, and we just feel it’s time for people to see the film,” a Warner Bros spokesperson said.

LAPD said it would increase “visibility” of law enforcement during the movie’s opening weekend. “The Los Angeles Police Department is aware of public concerns and the historical significance associated with the premiere of Joker, ” the department said in a statement. “While there are no credible threats in the Los Angeles area, the department will maintain high visibility around theatres when it opens.”

In order to maintain security, most theatres have longstanding policies restricting the types of costumes that patrons can wear. AMC Theatres bans face paint, masks and toy weapons, for example. Landmark Theatres, on the other hand, will not allow costumed guests. Alamo Drafthouse, famous for screenings catering to fans in dress-up, acknowledged questions about safety in a statement. However, the exhibitor said that it would allow cosplaying by moviegoers, while cautioning that “guests in costume are always subject to search at the discretion of theatre staff at any time, and may be asked to leave for any reason.”

If Joker succeeds, it will be the latest win for Warner Bros’ key DC franchise. — Los Angeles Times/TNS

By Ryan Faughnder

Sanjana spends day with underprivileged kids

Actress Sanjana Sanghi yesterday took out time from work to spend the day with underprivileged children in Mumbai.

The actress conducted an informative session in association with Teach for India which is also a not-profit organisation and strives to end the problem of educational inequality in India.

She visited one of the schools in Mumbai where she conversed with the children and spoke about topics like Hopes and Dreams, and unboxing fears.

They also had a small activity where the children were asked to draw or write about their hopes and dreams and share with the whole class.

Talking about the initiative, Sanjana said: “We’re all just a summation of our hopes, dreams and our fears. Being able to unbox each of one them with those bright rays of sunshine, the kids, has been beyond special. Sky is the limit for them.”

On the film front, Sanjana will be seen opposite Sushant Singh Rajput in Dil Bechara, which was earlier titled as Kizie Aur Manny. — IANS
Next season’s look? It’s already in your wardrobe

Next season’s look? It is already in your wardrobe just in case you need a recap – there is quite a lot going on in the news at the moment, so sometimes even the most significant stories can slip under the radar – there have been two major style events taking place simultaneously over the past week. One in Paris, where it is fashion week, and one in Cape Town, where the Duchess of Sussex is based during the royal tour, making for another kind of fashion week.

Here’s the thing: the key fashion news from each is the same. Your dress for next season? It’s your dress for this season. Your new look is clothes you already wear, and a style you already have. In the past week, Meghan has worn two dresses that she wore on last autumn’s visit to Tonga: a blue shirt-dress by Veronica Beard, and a dark striped sundress by Martin Grant. Now, first things first: clearly it is ludicrous that a woman wearing a dress twice is in any way a news story. But it is, Meghan’s “recycling” of her wardrobe has sparked a hundred headlines this week. Along with her denim jacket and her cross-body handbag, the dresses seem to be part of a soft relaunch of the Sussexes as low-key and relatable, post the whole private jet thing. But they also make for a new kind of fashion statement from Meghan: that her way of being a style icon doesn’t need to depend on an endless display of new clothes.

In Paris, fashion designers made the same point, in a slightly different way. Natacha Ramsay-Levi at Chloé and Sarah Burton at Alexander McQueen were both at pains to point out the looks on their catwalk this season that were tweaked versions of looks they had done before. Burton talked about not throwing things away, of returning to pieces and working with them instead of always moving on so fast. Ramsay-Levi said she wanted to make it clear that Chloé clothes are not intended to be disposable. And all over the Paris catwalks, everywhere from Celine to Valentino, and from Christian Dior to Isabel Marant, the new collections spoke for themselves by being very much in the same vein as what we have been wearing for the past few seasons.

We are talking about a loose-ish dress that falls to below your knees, or just above your ankles. A kind of 70s Paris vibe. Not exactly boohish, but definitely a bit cultured. The look is glamorous, but via a trench coat and a bit of a heel and chunky white ankle boot has been to the last year – that is, the outfit detail that datestamps you as Very Now. Gold is the new beige – at both Celine and Saint Laurent, some of the absolutely standout dresses of very desirable collections were in soft gold – and gold as an accent colour, whether in a pair of boots or a chain belt, a chunky necklace or a Luxe thread running through a silk blouse, has been a recurring theme of the clothes I have seen this week on the catwalk, in the audience, and in the street-style crowds outside the shows.

The coats that look right now are the coats that work over these dresses – loose and unstructured, like the black coat worn over a striped dress at Stella McCartney, or oversized blazers. For casual looks, jeans are on their way back, as are denim midiskirts. Jumpsuits are very much still a thing – see Meghan in a black one in Cape Town, and Gigi Hadid on the Isabel Marant catwalk. Culottes and longline shorts are definitely happening. (I am sceptical, to be honest. They looked very elegant at Valentino, but then Valentino can make anything look elegant.)

White shirts and silk blouses are banal for a good few more seasons. If you want to elevate things a notch or two, ditch the polka florals for bold neon, or a neckline plunging narrowly to your bottom rib, as at Valentino. The new-look dress is, literally, everywhere. It’s in Paris, it’s in Cape Town – and it’s already in your wardrobe. Next season’s look? You’ve got this. – The Guardian
Poetry is a reflection of contemporary society: Hanfi

By Mudassir Raja

Good poetry is a reflection of contemporary society. Every poet is influenced or affected by the social and political issues of his or her times. Poetry is a kind of dialogue about different prevalent issues.

Tahir Hanfi, a retired bureaucrat and Urdu poet from Pakistan, believes that people may forget a poet but they will always remember his or her good couplet or verses.

“One cannot be a true poet if he or she does not translate the contemporary times into emotions and then in poetic verses.”

Hanfi expressed these views while talking to Community after reciting his poetry in a mushaira organised in his honour by Pak Youth Society, a literary group of Pakistani expatriates, at Grand Qatar Palace Hotel.

The poetic symposium was also attended by prominent Doha-based Pakistani poets. The symposium was presided over by Hafiz Junaid Ahmed Sial, Community Welfare Attachée, Embassy of Pakistan.

Qazi Muhammad Asghar, founder of Pak Youth Society, introduced Hanfi. He said: “Hanfi and I have been friends for a long time. He is a mature poet and gentle person. Being a learned man, his poetry really reflects the contemporary political and social issues of Pakistan. It is a great opportunity to have him here and listen from his second poetry book that he is going to launch in US soon.”

Hanfi visited Doha for two days during en route to US where he will launch his second anthology of poetry titled Gungi Hijrat (dumb migration). “The book contains my poetic works that highlight the dilemma and hardships faced by Pakistanis living overseas to earn bread and butter for their families,” Hanfi said.

The poet, who served in the National Assembly of Pakistan as additional secretary for over three decades, said: “I have personally experienced being out of country as I lived in the US for some years for higher studies. Further, I have heard the stories of people going to other countries for better future and the kind of hardships they go through in their struggle.”

Explaining the subject matter of his new poetry book, Hanfi said: “I call it dumb or silent migration because the expatriates go through emotional, social and financial stress without expressing their feelings or fears. They kind of suffer in silence. They make no complaints and keep supporting their families back home.”

Hanfi, who hails from the garrison city of Rawalpindi, values the poetry by Pakistani expatriate poets more than the work done in the country. “The people who live outside Pakistan feel more strongly about what takes place around them. In many countries, they are not able to express their opinions in open and they have to recourse to poetic expression to vent out their emotions.”

Hanfi, whose first book Shehr-e-Narisa (Inexpressive City) was published in 2014, further said: “In modern times, the medium of expression has changed or improved. Nowadays, people have started posting their poetic works on Facebook. It has become more accessible. However, it is the time that will tell us how valuable a couplet is going to be. It is the time of 35 seconds. I think in every 35 seconds we see new happenings and news taking place around the globe. People learn something new and forget what they were hearing just 35 seconds ago. It is the poetry only that can fill in the gap and make people remember what happened few years ago.”

The poet, who has also worked as a journalist for a brief period in early 1980s, was all praise for the gathering and poetic works.

“It was a gathering of select people who were invited on a short notice. It was heartening for me to see that the audience carefully listened and thoroughly enjoyed every verse of poetry. The encouragement given to the poets was remarkable.”

“This is my first visit to Doha and I have heard the city’s fame as a hub of Urdu poetry. My friends have long been asking me to come here. I am also fascinated by traditional dhows as a symbol of journey. I think the fascination got so strong that I will soon write something about the small boats.”

“One cannot be a true poet if he or she does not translate the contemporary times into emotions and then in poetic verses”

— Tahir Hanfi