Community

Community
Popular Indian designer Prasad Bidapa sees fashion as key to social identity.

Beacon of light
Inside the new New York library that cost $40mn to build. P4-5

Bollywood
I have become thick-skinned about film reviews now: Anil.
Page 14

Hollywood
Trebek has ‘some regrets’ about sharing pancreatic cancer diagnosis.
Page 15
PRAYER TIME

Fajr 4.11am
Shoroq (sunrise) 5.29am
Zuhr (noon) 11.21am
Asr (afternoon) 2.43pm
Maghreb (sunset) 5.13pm
Isha (night) 6.43pm

USEFUL NUMBERS

Emergency 999
Worldwide Emergency Number 112
Kahramaa – Electricity and Water 991
Local Directory 180
International Calls Enquiries 150
Hamad International Airport 40106666
Labor Department 44508111, 44406537
Mowassal Taxi 44508888
Qatar Airways 44490000
Hamad Medical Corporation 44392222, 44393333
Qatar General Electricity and Water Corporation 44845555, 44845464
Primary Health Care Corporation 44593333, 44593363
Qatar Assistive Technology Centre 44504050
Qatar News Agency 44490205
Q-Post – General Postal Corporation 44464444

Humanitarian Services Office
(Single window facility for the repatriation of bodies)
Ministry of Interior 40253371, 40253372, 40253369
Ministry of Health 40253370, 40253364
Hamad Medical Corporation 40253368, 40253365
Qatar Airways 40253374

Rambo: The Last Blood
DIRECTION: Adrian Grunberg
CAST: Sylvester Stallone, Paz Vega, Yvette Monreal
SYNOPSIS: Vietnam War veteran John Rambo tries to find some semblance of peace by raising horses on a ranch in Arizona. He’s also developed a special familial bond with a woman named Maria and her teenage granddaughter Gabriela. But when a vicious Mexican cartel kidnaps Gabriela, Rambo crosses the border on a bloody and personal quest to rescue her and punish those responsible.

THEATRE: The Mall

War
DIRECTION: Siddharth Anand
CAST: Hritik Roshan, Tiger Shroff, Vaani Kapoor
SYNOPSIS: An Indian soldier is assigned a mission to eliminate his former mentor, who has gone rogue.

THEATRES: Landmark, Royal Plaza, The Mall

“Once you replace negative thoughts with positive ones, you’ll start having positive results.”
— Willie Nelson

For movie timings and further details please scan the QR code above with your mobile phone camera or visit qatarcinemas.com
Photo Exhibition: ‘Experience Tanzania’
WHERE: Multaqa (Student Center) Art Gallery at Education City
WHEN: Ongoing until December 1
TIME: 4pm
‘Experience Tanzania’ is a yearly project supported by Student Affairs Division of Weill Cornell Medicine-Qatar that allows students and faculty to explore and immerse themselves in Tanzanian urban and rural cultures. During their trip, WCM-Q’s aspiring physicians offer basic healthcare services to the locals as a way of giving back to the community and learn about the lifestyles, traditions, socioeconomic hierarchies and health systems of the local Tanzanian communities.

A collection of photographs of the wildlife, landscapes and people of Tanzania taken by WCM-Q professor Dr Dietrich Büsselberg will be exhibited.

Qatar International Art Festival 2019
WHERE: Katara Cultural Village
WHEN: 30 October - 3 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.

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.

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

Hobby Classes
WHERE: 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 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

Women in Cultural Leadership
WHERE: Museum of Islamic Art
WHEN: Tomorrow
TIME: 6pm to 7pm
UCL Qatar cordially invites all to attend an interactive panel discussion at the Museum of Islamic Art Auditorium. The panel will be attended by Sheikha Reem al-Thani, Head of Exhibitions at Qatar Museums, Machaille al-Naimi, Director of Community Development at Qatar Foundation, and other prominent local dignitaries.

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Short Executive Programme – ‘Re-Inventing Your Business Model’
WHERE: HEC Paris, Doha Campus
WHEN: October 14 and 15
TIME: HEC Paris In Qatar offers an Executive Short Program in ‘Re-Inventing your Business Model’ with HEC Paris Associate Professor Hélène Musikas.

This two-day programme is designed to give executives an original and novel view of how to envisage strategy and suppress crafting in a world that requires constant adaptation. Building on the concept of business models, participants will learn how to systematically explore new opportunities for business models and discover what the conditions are to make this kind of innovation happen in their company.

Basics of TV Presentation
WHERE: Qatar National Library
WHEN: Oct 18
TIME: 5pm to 8pm
Through this workshop, young adults will familiarise themselves with the basics of television presentation. The workshop is led by Library specialist Ahmed al-Maliki.

Compiled by Nausheen Shaikh. E-mail: gtlisting@gmail.com, Events and timings subject to change
Strategically positioned on the bank of the East River, across the water from the United Nations headquarters, New York city has a shimmering new addition to its skylines. Unusually for such prime real estate set among parkland, panoramic views of Manhattan and convenient transport links, this $40mn development in Queens is neither an upscale apartment block, exclusive members club or the offices of a huge corporation.

In fact, it is the site of the city’s newest public library.

Built from aluminium-painted exposed concrete that sparkles in the light and featuring two huge freeform cutouts for windows, Hunters Point library, which opened recently on the Long Island City waterfront, is designed to be noticed from afar.

As well as more than 50,000 books, including Spanish and Chinese collections, and a “cyber centre” with computers, highlights include designer furniture by Eames and Jean Prouvé, an art installation by Julianne Swartz, an event space, a children’s area and a “quiet room”.

There is also a rooftop with tiered seating, an environmental education centre and a dedicated floor for teenagers with a video gaming area. The preliminary event schedule for adults

"Standing tall"

The project earned criticism for its price tag, but it is being seen as a positive sign for the health of New York libraries, writes Miranda Bryant

**It’s a beacon for the city. It’s a beautiful place for what libraries are about in today’s society**

— Dennis Walcott, president and CEO of Queens Public library
INTERIORS: The interior boasts designer furniture from Eames and Jean Prouvé.

includes trivia night, book, crocheting and writing clubs.

“It’s a beacon for the city,” said Dennis Walcott, president and CEO of Queens Public Library. “It’s location is just ideal both for the borough of Queens but as well as for New York City overall … Being located between two ferries gives the opportunity for people to come over, visit and relax and surrounded by parkland as well. So it’s a beautiful place for what libraries are about in today’s society.”

The opening of Hunters Point — the early design of which was reached by Steven Holl Architects in 2010, with construction starting in 2015 — is being seen as a positive sign for the health of New York libraries, and has been largely welcomed by the community despite some criticism over its price tag.

It has become the 277th in New York, where libraries attract a total of 37.7 million people per year. In Queens, one of America’s largest public library services, Walcott says none of the borough’s residents lives more than approximately one mile away from a library.

But in the age of Donald Trump, whose administration has proposed budget cuts that would close the Institute of Museum and Library Services (IMLS), the government agency that gives grants to libraries and museums, the high-profile opening is a political statement, too.

While most library funding comes from local sources, American Libraries Association (ALA) spokesperson Shawnda Hines said federal money is still “vital” for their survival. “For three years in a row, the Trump administration has threatened to eliminate IMLS altogether,” she said.

“Obviously libraries are more important than ever under Donald Trump, who is assaulting our sense of decency and who has sought to dismantle the civic space and stability as we knew it,” said Jimmy Van Bramer, local council member and chairman of New York City Council’s cultural affairs and libraries committee.

He said Americans should respond to Trump by improving their libraries and other spaces where “people can come together, talk, meet and actually defend their democracy and their neighbourhoods”.

Despite increased internet access and growing distractions, libraries have proven remarkably resilient in the US, adapting their services to the changing needs of communities. Next year, libraries are expected to play a central role in the US census when, for the first time ever, it will be available online.

According to the latest Public Libraries Survey report, published by the IMLS in May, although library funding across the US improved in the three years leading up to 2016, it remained below pre-recession levels.

Meanwhile, visits remain relatively high. In 2016, there were 1.38bn visits to public libraries. This compares to 1.39bn the previous year.

It’s in stark contrast to Britain, where last year nearly 150 public libraries closed.

“No — we would have predicted 30 years ago that of all the public institutions we have, the library would be the most adept at transforming to meet needs of contemporary citizens. But it has,” said Eric Klinenberg, director of the Institute for Public Knowledge at New York University and author of Palaces for the People.

Hunters Point, he said, is a reminder of the potential of public architecture. “We don’t need to depend on tech firms and star architects to have beautiful buildings.”

AMBIENCE: The library features quiet rooms, a cyber centre, and an art installation.

Citing Oodi, in Helsinki, Finland, the current star of the library world, Central library in Calgary, Canada, and, in the US, Austin Central library in Texas and the library systems in Columbus, Ohio, Seattle and Chicago, he said “there are a lot of great libraries”, but that America could still do better.

“The American public library system is truly special by international standards. But that’s only because we’ve inherited a tremendous gift from the generations that have come before us and for the most part what we’ve been doing is squandering our inheritance.”

There has been some criticism of the project, however. Slow Build, a 2017 report by Centre for an Urban Future named Hunters Point library as an example of a project that “grew dramatically in scope and cost” after being given the go-ahead.

Last year a petition, signed by over 1,000 people called it “an embarrassment and a prime example of New York City government waste and inefficiency”.

Ian Michaels, a spokesperson for NYC Department of Design and Construction, said: “In January 2019, the city released its comprehensive plan to improve capital project delivery, which will make the system more streamlined and more efficient. Had that plan been in place, the library would have been done much more quickly. Hunters Point library would also be a candidate for Design-Build (a contracting method connecting designers and contractors), which New York City is advocating for strongly in Albany.”

But in Hunters Point, residents were excited about the opening. At a nearby play area, Luciana Santos, 31, who looks after two young children, had already looked at the library’s events schedule.

“It looks great … It took a while to get ready I think, but now everyone’s excited for opening,” she said.

Reading a book nearby with her daughter, Laura Varland, 33, said she currently goes to Court Square library, which is about a mile away, but plans to switch allegiance to Hunters Point when it opens because it’s closer to home.

“It’s a beautiful building,” she said. “It’s an architectural design. It’s taken a while to be built, so we’ve all been watching it with bated breath … and waiting for it to open, so we’re excited that it’s finally opening.”

— The Guardian
Ambassador of India inaugurates KBF office

P Kumaran, Ambassador of India, recently inaugurated the new office of Kerala Busines Forum (KBF), an initiative to unify the large and thriving business community from the state of Kerala in India in Qatar. The office is located within the newly opened Integrated Indian Cultural Centre Thumama. KBF also had its Onam celebrations coinciding with the inauguration of the office. The event was attended by notable personalities, including K R Jayaraj, President of KBF; Shaheen Shafi, General Secretary; Jenny Anthony, Vice President; Fazil Hameed, Secretary; and Sabith Saheer, Treasurer.

MES inaugurates Reach Out-MES

MES Indian School recently inaugurated Reach Out-MES, a forum for the voluntary participation of students who are interested in serving the community and society in general. P N Baburaj, President of ICBF, formally inaugurated the forum. Speaking on the occasion, P N Baburaj said that Reach Out-MES is created to inculcate values of selfless service among students with non-profit motive and in a philanthropic manner to help the needy in general and the ailing working community in particular. Speaking on the occasion, Hameeda Kadar, Principal of MES, emphasised the need for inculcating the habit of lending a helping hand to others and developing empathy among the school students. Manmadhan Mambally, Chef Co-ordinator at MES, welcomed the gathering and remarked that such philanthropic venture would enable students to equip themselves with leadership qualities and instil confidence and discipline among the participating students. “The forum will serve in fields of Health, Education and Environment,” he added. The event was attended by notable personalities, including Abdul Salam, founder of Haajika Foundation. Nahla Naseer, Secretary for Girls at MES, introduced the members of the forum and Shaher, Secretary for Boys, proposed a vote of thanks.

Qatar Premier League (QPL) Cricket Tournament Season XI kicks off

Qatar Premier League (QPL) Cricket Tournament Season XI titled Carson Club recently kicked off at Barwa City grounds with trophy unveiling ceremony. Nilangshu Dey, President of Indian Sports Centre, was the chief guest, and Asif Ali, Senior Journalist and Head of Ruby News Network, and Dr Mohammed Masood Ahmed, Educationist and Director of Indo-US Hospitals Hyderabad India, the guests of honour. Nilangshu Dey unveiled the tournament trophy on the occasion in the presence of 24 captains of the teams. Speaking on the occasion, Siraj Ansari, Founder of QPL, said that this year 24 teams from almost all the subcontinent countries, including India, Pakistan, Bangladesh, Sri Lanka are participating in the tournament. The event was attended by notable personalities, including Rupesh, Director of Carson Logistics, Amjad Khan, Gulf Zayed, Junaid, and Shahed. The members of QPL committee, including Qamar Qureshi, Chairman; Mir Sohail, President; Saiful, Vice President, Ibadur Rahman, Deputy Vice President, and Sridhar Abbilagouni, Amer Ashfaq, Abed Khan and Sharfuddin, Board members, also attended the ceremony.
Nepali organisations in Qatar organise convention

Nepali Literature Society – Qatar (NLS) recently organised its eighth convention. The new office bearers of NLS include Sita Ram Thapa, Chairperson; Mani Poudel and Lekh Karki, Vice Chairpersons; Yadav Regmi, General Secretary; Lok Maya Chhetri, Secretary; Khem Subedi, Treasurer; Narayan Bhandari, Sub-Treasurer; and, Shusma Katuwal and Chakra Karki, members. The event was attended by notable personalities, including Karim Baks Miya, Nepali journalist. Prem Prasad Bhattarai, outgoing chairman of NLS, presided over the event. Binod Khadga and Dr Bhagbat Acharya recited their poetry on the occasion. Bisworkarma Society (BS) held its third convention at Kerala Culture Centre. Gam Bahadur Bk, former president of BS, presided over the event. Muktada Musalman, President of Non Resident Nepali Association National Co-ordination Council Qatar (NRNA NCC), also attended the event. The event featured various cultural performances. The newly elected office bearers of BS, include Prem Kumar BK, President; Prem Bahadur Rashaili, First Vice Chairman; Sebak BK, Second Chairman; Mohan Ghatani, Third Chairman; Deepak BK, General Secretary; and Ramkrishna Ramdam, Treasurer.

Chitwan Youth Group (CYG), one of the oldest Nepali community organisations in Qatar, recently held its 15th convention. The new office bearers of CYG, include Ram Hari Gaire, Chairperson; Shyam Kumar Pandey, First Vice Chairperson; Bir Bahadur Gurung, Second Vice Chairperson; Prakash Aryal, General Secretary; Puran Poudel, Secretary; Nabin Ghimire, Treasurer, and Krishna Bahadur Sunar, Co-Treasurer. The other members, included Soma Khati, Paniyar, Sangita Theng Tamang, Jaya Bahadur Thapa magar, Anish Nakarmi, Raju Tiwar Rajendra, Subash Thapa, Bijaya Chaudary, Min Bahadur Rashali, Arjun kumar Bisworkarma, Ganesh Thapa, Raj Kumar, Thapa, Bhunmijik Karki, Yubaraj Sharma, Torana Sinpal, Deepak Bhandari and Nabin Paudel. The convention was chaired by Prakash Aryal, outgoing president of CYG. Som Sapkota, Co-treasurer of Non Resident Nepali Association International Co-ordination Committee (NRNA ICC) was the guest of honour.

– Text and photos by Usha Wagle Gautam

LIT-Q holds third graduation ceremony

Lighthouse Integrated Institute – Qatar (LIT-Q) recently organised third graduation ceremony under the theme of ‘Quality Education is the key to Success’ at Crowne Plaza Business Park Hotel. Speaking on the occasion, Ma Antonette Salgatar, President and Founder of LIT-Q, said that there are 200 students who have finished their respective courses for batch 8 belonging to different divisions of the institute, including IQN Division, ALC Division and SQ Division with HRM Division. “This is a big achievement since the institute is only turning on their second year,” said Salgatar. “The institute believes that life is a continuous learning. As an OFW they should not stop learning new things that will give way to change their lives for the betterment of their future and to achieve higher level of dreams,” she added. Arch Marvin Ryan Macuja Tejada was the guest of honour. Speaking on the occasion, Arch Tejada emphasised on the need for education. He told the graduates his love for learning and how he embraced knowledge. He shared his humble beginnings and his pursuit for excellence. He urged the graduates to continuously attend trainings and educational courses to help build their career. The awards of excellence were presented to outstanding trainers and students on the occasion.

ISC organises Inter Organisation Table Tennis Tournament

Indian Sports Centre (ISC), in association with Qatar Table Tennis Association, recently organised ISC Teyseer Motors Inter Organisation Table Tennis Tournament at Qatar Table Tennis Training Centre. Over 100 people participated in the tournament. The tournament was divided into two categories including open for Indian national men and women from 19 to 30 and above and inter organisation featuring teams of various Indian organisations in Qatar. United Friends bagged the winning title in inter-organisation category, which was followed by Larsen & Toubro as runners up. In Women above 19 30 Singles Category Subham Agarwal bagged the winning title, which was followed by Rohit Govindthan as the runners up in men above 30, Vikram Arora was the winner and Dr Mohsin Khan the runners up. In Women above 19 singles category, Shalini Tiwary bagged the winning title, which was followed by Shradh Agarwal as the runners up. Ziad, Technical Director of QTTA was the chief guest and Pashupati Anand the guest of honour. Nilangshu Dey, President of ISC, welcomed the gathering. Arun Kumar, Secretary Indoor games and Badminton at ISC, compered the prize distribution ceremony.
Best day trip from Florence

In March, the biking season was young, so we had a double treat: Our small-group tour became, de facto, a private tour since no one else had signed up. And our tour guide turned out to be the owner of the company, Vignoli, writes Kerri Westenberg.

A
n Italian puffed his way up the narrow road – literally. His hands clutched his handlebars, leveraging them for power as he cycled uphill. That left only one place for his cigarette: between his lips.

He smiled in greeting as we passed. Headed in the opposite direction, I had just crested the hill and my speed was picking up. On this sunny Saturday in spring, I had already coasted past fields of gnarled olive trees, seen a pheasant scamper into the grasses, breathed the perfume of lavender, and heard the songbirds’ cheerful harmony. The Italian lifestyle is a thing to behold.

Italians are crazy for bikes, guide Marco Vignoli told me before our only significant hill. “No racing; the hill is long,” he warned. “It’s the best way to experience the countryside.”

When planning a five-day stay in Florence, my husband and I wanted to take a day trip to Siena, a medieval confection of a town centred by the dramatic oval-shaped Piazza del Campo. We had two side-trips in mind. We wanted to bike in the Tuscan hills and we also wanted to visit several small villages. We knew we were at the right place when we saw a van with our company’s logo, Vignoli Cycling Tours, parked outside a hotel.

Our next stop was a scenic 13-mile ride from Florence to Siena. “How about if we biked from Florence to Siena?” I asked, with a shrug.

A former cycling racer and lifelong devotee of Tuscany, Vignoli answered, “For sure!”

The morning of our ride, we met at a van stop on the outskirts of Florence. The company had arranged for us to meet our guide, Vignoli, at a coffee shop and have breakfast and then headed to the starting point discussing the day’s route from Ledro to Siena. He offered restaurant suggestions in both Siena and Florence. Tony Bennett crooned on his car speakers. The morning sun had a golden hue, which illuminated the area around us.

After a 45-minute drive, Vignoli dropped us at a farmers market and encountered a rarity, a food tasting in Fonterutoli. The food was delicious, even if it was a gesture to accommodate our only English-speaking guide. After shopping, we rejoined the group and headed to a parking lot, which was large and open enough for us to try out the bikes before starting our journey.

We were tempted by cheeses, salami hanging overhead and heaps of vegetables. I used my rudimentary Italian to buy a bag of mixed dried fruit whose names I mostly did not recognise and bottled herbs from a farmer shifting himself with a yellow umbrella.

After shopping, we rejoined Vignoli at the coffee shop and headed to a parking lot where we had a double treat: Our small-group tour became, de facto, a private tour since no one else had signed up. And our tour guide turned out to be the owner of the company, Vignoli.

Soon, he was flagging us down at a cluster of stone buildings and led us into a sleek restaurant for a food tasting in Fonterutoli. The food was delicious, even if it was just 10:30 in the morning. We ate lightly, knowing we had miles to go.

Our next stop was a scenic overlook, where Vignoli checked our water supply and made sure we were fine. He later waved us on at a corner and touched base before he continued his journey.

In March, the biking season was young, so we had a double treat: Our small-group tour became, de facto, a private tour since no one else had signed up. And our tour guide turned out to be the owner of the company, Vignoli.

Florence-to-Siena ride. A different trip, however, had caught my eye, one that sounded even better – by 7 miles. Dubbed “Florence to Siena Soft,” it begins with a van ride to a hilltop village, eliminates all but one long climb and covers a breezy 13 miles. Perfecto.

The morning of our ride, we fortified ourselves with a big hotel breakfast and then headed to the meeting point. The company couldn’t pick us up because our hotel was in a pedestrian-only zone. We knew we were at the right place when we saw a van with bikes on its racks and a lean Italian looking for us.

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Ce, Italy: a bike trip to Siena

would go, and worked my way to the top, which culminated in another hilltop hamlet, where laundry hung out to dry. There, I rejoined my husband, who’d already finished the ascent, and Vignoli, who gave me an enthusiastic high-five. From there, he assured us, we didn’t have far to go.

Just when I was ready to quit, I saw Vignoli up ahead, waving us down. My legs felt just a little bit like jello when I rolled my bike up to Vignoli – but they had enough power left for a walk through Siena.

We rode the van to the outskirts of town, made a plan to meet Vignoli at the same spot in three hours, and tracked down lunch in the city; we’d set off from Florence at 9am. and made it to Siena by 1pm.

We explored the hilly city, marvelling at its duomo, dining on heaps of pasta, and enjoying a scoop of guilt-free gelato in Piazza del Campo, along with loads of other tourists.

After a day of cycling in the countryside, where we encountered biking Italians but few others, Siena felt beautiful but crowded.

We were content to decompress during the van ride back to Florence, nibbling mysterious pieces of dried fruit and watching the landscape pass by at a van’s pace. We’d already seen Tuscany at the best pace, by bike.

– Star Tribune (Minneapolis)/TNS

LOCAL EXPERIENCE: Several buildings in Fonterutoli have been converted into stylish guest accommodation, where you can live like a local.

CROWDED: After a day of cycling in the countryside you feel Siena beautiful but crowded.

TRADING SPOT: Chianti is a golden-hued stone village that seems to have sprouted from the hilltop eons ago. This place plays quite a role for commerce and Italian traders.

CYCLING EXCURSIONS: The Florence company offers a range of cycling excursions in Tuscany and beyond, from private, guided multi-day adventures designed to a rider’s specifications.
Researchers have found a way to use ultrasound to direct light through tissues to obtain images of the brain and other deep organs without breaking the skin.

**Current, invasive endoscopy**

uses a fiber-optical camera (endoscope) inserted through an incision (or down a channel such as the gut) to see area of interest.

**Ultrasound-assisted optical imaging**

Works because laser light of correct wavelength can penetrate tissue.

1. **Patch transmits**
   
   very high-frequency sound waves (ultrasound) through skin and skull, into brain tissue.

2. **Patch receives**
   
   echoes back from brain and is positioned over area of interest.

3. **Ultrasound creates lens**
   
   of tissue, more transparent to light than usual, that can focus light on area of interest.

4. **Light penetrates**
   
   several centimeters of skull and brain tissue without causing injury.

5. **Reflected light**
   
   is captured, creating image of area inside brain.

Source: Maysam Chamanzar of Carnegie Mellon University
College of Engineering; Light: Science and Applications journal

Graphic: Helen Lee McComas, Tribune News Service
A dog at home means longer life, better heart health

A dog at home means longer life and better cardiovascular health, especially for heart attack and stroke survivors who live alone, according to a new study and a separate meta-analysis on the subject. Prior studies have shown that dog ownership alleviates social isolation, improves physical activity and even lowers blood pressure.

“The two new studies provide good, quality data indicating dog ownership is associated with reduced cardiac and all-cause mortality,” said Glenn N Levine, Chair of the writing group of the American Heart Association’s scientific statement on pet ownership. Researchers in this study compared the health outcomes of dog owners and non-owners after a heart attack or stroke using health data provided by the Swedish National Patient Register. The patients studied were Swedish residents aged 40–85 who experienced a heart attack or an ischemic stroke from 2001-2012.

Compared to people who did not own a dog, researchers found that for dog owners, the risk of death for heart attack patients living alone after hospitalisation was 33 per cent lower, and 15 per cent lower for those living with a partner or child. The risk of death for stroke patients living alone after hospitalisation was 27 per cent lower and 12 per cent lower for those living with a partner or child.

In the study, nearly 182,000 people were recorded to have had a heart attack, with almost 6 per cent being dog owners, and nearly 155,000 people were recorded to have had an ischemic stroke, with almost 5 per cent being dog owners. The lower risk of death associated with dog ownership could be explained by an increase in physical activity and the decreased depression and loneliness, both of which have been connected to dog ownership in previous studies.

“Keeping a dog is a good motivation for physical activity, which is an important factor in rehabilitation and mental health,” said Tove Fall, professor at Uppsala University in Sweden. In the meta-analysis, Researchers reviewed patient data of over 3.8 million people taken from 10 separate studies for a composite meta-analysis study. Researchers found that compared to non-owners, dog owners experienced a 24 per cent reduced risk of all-cause mortality, 65 per cent reduced risk of mortality after heart attack; and 31 per cent reduced risk of mortality due to cardiovascular-related issues.

“Having a dog was associated with increased physical exercise, lower blood pressure levels and better cholesterol profile in previous reports,” said Caroline Kramer, Assistant Professor of Medicine at the University of Toronto. The findings of the study and meta-analysis were published in Circulation: Cardiovascular Quality and Outcomes, a journal of the American Heart Association. – IANS

COMMUNITY/HOROSCOPE

Wednesday, October 9, 2019

Dog at home means longer life, better heart health

**Aries**
March 21 – April 19

A member of your household has perhaps been withholding some negative emotions for a long time. He or she may finally let loose with everything today. This could prove disconcerting, Aries, as you probably had no idea this was going on. Some honest talk is definitely in order. Try to show that you understand. All should be fine in the end.

**Cancer**
June 21 – July 22

Some hidden problems in your house could suddenly appear, Cancer. This could involve plumbing, electricity, or the walls. Repairs are definitely indicated. It’s best if you see to them right away rather than wait. The problem will only escalate if neglected. It’s probably better to call in professionals than to try to do it yourself. Things like this are a drag, but they happen.

**Leo**
July 23 – August 22

Some strange communications could come your way today, Leo. Hang-ups or blank e-mails could have you wondering who the person is and what they want from you. This is probably due more to problems with phone lines or Internet connections than to anything else, so don’t waste time worrying. If you think you know who’s trying to reach you, wait until tomorrow and contact them or her.

**Libra**
September 23 – October 22

Secrets that someone close has been trying to keep hidden could come out today, Libra. This may or may not be something Earthshaking, but either way, some quick damage control might prevent them from becoming common knowledge. The people around you are more understanding than you know, so express how you feel. By tomorrow it should be old news. Take care of business and all will be well.

**Scorpio**
October 23 – November 21

Some strange news concerning friends who live far away could come to you secondhand today, Scorpio. Attempts to reach the people in question may prove fruitless, at least now. Withhold judgment about what you hear until you talk to your friends, as much of what is passed on to you is likely to be misinformation. Tomorrow you should have better luck reaching them.

**Sagittarius**
November 22 – December 21

Some rather unsettling insights into a friend’s thoughts and feelings could come to you today. Your intuition is keener than usual, Sagittarius, so trust your instincts about everyone, even strangers. Disconcerting though it may be, the experience will increase your understanding of others and enable you to deal with them in the right way. This could strengthen your relationships.

**Capricorn**
December 22 – January 19

A disagreement with a friend or family member could cause confusion and hurt feelings if it isn’t nipped in the bud. Communication is the key, Capricorn. Avert misunderstanding by explaining in detail exactly what it is you need or what you’re prepared to give. Don’t assume everyone knows this already. Do this in person if you can. Phone or e-mail might not be as effective.

**Aquarius**
January 20 – February 18

Plans to get some long-neglected tasks done around the house or yard may be interrupted by a phone call from someone dear who lives far away. You might be so excited by the call that you are no longer in the right frame of mind to finish your work once the conversation ends. Don’t worry. You can always get the tasks done later.

**Aries**
April 20 – May 20

An unexpected and perhaps unwelcome call or e-mail from a co-worker might mean you have to work some extra hours, Taurus. This could be frustrating. You may feel that someone is taking unfair advantage of you. If you aren’t up to doing it, say no. This won’t affect your long-term standing with this person. Otherwise, grit your teeth, dig in, and think of it as a favour.

**Virgo**
August 23 – September 22

A group you’re affiliated with could find some discrepancies in their financial records and ask you to check into it, Virgo. This is probably due more to mistaken entries or lost pages than to any major disaster, but solving it will set everyone’s mind at ease. Don’t be surprised if you have to dig through little scraps of paper buried in the bottom of files. It will be worth it, though.

**Gemini**
May 21 – June 20

You may have been saving up for something you really wanted, Gemini, when an unexpected expense compels you to spend some of your savings. This could cause some gloom. Make sure you’ve exhausted all of your other options before digging into your nest egg. Appearances could be deceiving. There could be other resources at your disposal that you didn’t immediately think of.
**Wordsearch**

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

**Codeword**

**Sudoku**

**Bound And Gagged**

**Pooch Cafe**

**Garfield**

**Adam**

*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.***

**Puzzles courtesy: Puzzlechoice.com**

**Sudoku**

Sudoku is a puzzle based on a 9x9 grid. The digits 1-9 must be placed so that each digit appears no more than once in each row and each column. You are given a selection of clues and to complete the puzzle, you must fill in the grid so that every column, every row, and every 3x3 box contains each of the digits from 1 to 9 exactly once.
PUZZLES

Super Cryptic Clues

Across
1 Reheat stew for a loved one (10)
7 Horse swallowing a very soft stone (8)
8 Burden is nought when carried by boy (4)
9 Break for a game of cards (4)
10 Leather produced by child’s family (7)
12 Car worker, a successful TV show contestant? (5,6)
14 Turning Labour, many get votes (7)
16 Take out a tie (4)
19 Act of revolution (4)
20 Don’t be so demanding - it’s unnecessary (8)
21 Writers making artists mad (10)

Down
1 Old rulers of Iran unaffected by revolution? (5)
2 Account for former spouse who’s not attractive? (7)
3 Riot organised by group of three (4)
4 Look at ship delivering cosmetic (8)
5 Goes round for some bread (5)
6 Repair damaged sword (6)
7 Precious metal for a blonde (8)
8 Something to commemorate a cause of tooth decay (6)
9 The endless brooks provide excitement (7)
10 Independent type - one entertained by left and right (4,4)
11 Western snakes and insects (5)
12 Others take it easy (4)

Solution

Wordsearch

Codeword
I have become thick-skinned about film reviews now: Anil

Actor Anil Kapoor, who is still going strong after four decades in Bollywood, has said that negative reviews used to affect him in his early days because his hard work would be ignored, but now he has become thick-skinned.

Anil Kapoor was addressing the media at the launch of Khalid Mohamad's book The Aashiq Sisters along with Karan Johar, Javed Akhtar and Asha Pithab in Mumbai.

Mohamed has worked as a journalist, editor, film critic, screenwriter and film director. On being asked if Mohamed's film reviews hurt him, and if he could recall any of the critic's caustic reviews, Kapoor said: "There are quite a few films. Right now, the film that comes to my mind is Beta (1992) along with Karan Johar, Javed.

Kapoor also added that he is surprised that the recently released Hollywood film Joker has got a few negative reviews.

"I recently watched Joker, and although the film has received 99 per cent positive reviews, there are some reviews that are not very positive – which surprised me because I loved the film. So, these things keep happening. Obviously, now the time has passed, so I have become much more thick-skinned where reviews are concerned. But earlier when you start your career, you are quite sensible because there are certain films in which you and your team have worked really hard, so when you don't get favourable response, that can be quite upsetting," he said.

Anil Kapoor will next be seen in Anees Bazmee's Pagalpanti, Mohit Suri's Malang and Karan Johar's Takht.

Actor Gaurav Chopra, who plays a pivotal role in the new web-series Hell Mini, says that although cinema is changing, the digital space is where more experimental work is being done, and this is the reason many actors consider the medium to be the next big thing.

“I must say that the digital entertainment space is becoming much more interesting than cinema because the rules are lesser. Yes, cinema is changing but the digital space is blossoming, and that is why it is more attractive for actors interested in experimentation. Earlier, after TV, the next big thing was film, because it was glamorous. Film is still glamorous and a lot of experimental work is also happening in the medium. But an actor like me is getting more offers from the web space," Gaurav said.

Gaurav has appeared in web series such as Love Lust and Confusion and Foreplay. He has also portrayed several roles on television including Raghunarendra Pratap Kathore in Uttran, Professor Abhay Singh Ranawat in Sudda Hoq: My Life, My Choice, Adhvik in Aghori.

“On TV, one has to have a set number of episodes, and the graph of your character might change and you do not know that flow. In film, because of time limit, one might not be able to get into the nuances of a character. But on a web show, I know what is happening in the entire episode. I know my character, so as a performer I can approach it accordingly,”

For Gaurav, satisfaction as an actor matters, and not the medium. "Whether it is a TV series like Aghori or a web series as Hello Mini, as long as I get exciting roles, I am happy," said Gaurav.

The psychological thriller series Hello Mini tells the story of a young girl in Mumbai who gets stalked by a faceless stranger. The show is based on the Stranger Trilogy of novels by Novoneel Chakraborty.

In the series, Gaurav plays a businessman named

Gaurav: Digital entertainment space is blossoming

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Raahgir connected emotionally at Busan: Director Ghose

National Award winning filmmaker Goutam Ghose is happy that his latest film Raahgir has connected emotionally with the audience at this year’s Busan film festival.

Raahgir had its world premiere at Busan on Monday evening, and the film received an ovation from the audience after the screening.

“We are happy with such an overwhelming response. The best thing about being at such a prestigious platform as Busan is the crowd that cuts across language or geographical barriers. The audience understood the language of cinema. They connected with the emotions of empathy and compassion that the film talks about," Ghose said.

“Not only did the audience enjoyed Raahgir, they also asked relevant questions related to the film, which shows their engagement with the film was genuine," said producer Amit Agarwal.

The film is a tale of empathy at the time of crises, and revolves around three characters who develop a relationship while on a journey.

Raahgir stars Adil Hussain, Tillotama Shome and Neeraj Kabi. The film is all set to be screened at MAMI in Mumbai on October 19 and 20, under Spotlight section of the festival.

GOING DIGITAL: Gaurav Chopra says the digital entertainment space is becoming much more interesting than cinema.

Aditya Grover, a man who prioritises power over emotions. According to the actor, his character was introduced in the script and was not a part of the novel.

"Although it is a special appearance, I had to put in a lot of hard work because every time I appear on screen, I create an impact. I put on some weight because in some of the shirtless scenes, I wanted to look like a successful businessman and not like a supermodel with a perfect body. Also, since the screen time is less, I had to create impact with every appearance," said the actor.

Hello Mini, a 15-episode web series featuring Anuja Joshi, Gaurav Chopra, Priya Banerjee, and Mrinal Dutt, and is streaming on the OTT platform MX Player.

UNAFFECTED: Actor Anil Kapoor said that negative reviews used to affect him in his early days.

APPRECIATED: Goutam Ghose says he was happy with an overwhelming response.
No Fifty Shades films for Don

Actor Don Johnson says he will not watch his daughter Dakota Johnson's hit Fifty Shades movies.

Dakota became a household name after starring as Anastasia Steele in Fifty Shades series, which is based on the novels by EL James. It also stars Jamie Dornan as Christian Grey.

During his appearance on an episode of This Morning, Don said that he has no interest in watching the franchise.

Asked if he had seen the film, Don said: “Hmmm image control! There are certain images as a father you don’t really need to see. I didn’t have a clue she was interested in acting. She was always joyful on set and playing pranks on everybody. Little did I know, Miss Dakota was paying close inspection!”

Trebek has ‘some regrets’ about sharing pancreatic cancer diagnosis

By Christi Carras

After hosting Jeopardy! for more than 30 years, Alex Trebek is no stranger to the spotlight. Sometimes, however, the veteran game show host says he wishes he were out of that spotlight when it comes to addressing his pancreatic cancer.

“There are moments when I have some regrets about having gone public with it because there’s a little too much of Alex Trebek out there, and I regret that,” he said in an interview with Canada’s CTV News last week. “To be the inspiration for a lot of other people makes me feel good, but it does place a responsibility on me that I feel I’m not deserving of.”

During the conversation, Trebek discussed his mental and emotional state following an unexpected setback in his treatment, as well as the physical trials and limitations the illness and medical procedures continue to inflict. Last month, for example, Turner Classic Movies confirmed to the Los Angeles Times that Trebek would not be setting sail, as he usually does, on its annual TCM Classic Cruise, which this year begins Oct. 22.

“I LOVE sailing on the TCM sailing, ‘Trebek said in a message to cruise-goers obtained by The Times. “As you know, I’m battling pancreatic cancer, and the schedule for those treatments does not permit me to be away for that week. I hope you all enjoy the cruise, and that I will be able to join next year’s event.”

DeGeneres defends friendship with George W Bush

Comedian-host Ellen DeGeneres has defended her friendship with George W Bush, after facing backlash for a photograph with the former US president.

The comedian came under fire for sitting next to former president at the Dallas Cowboys football game.

She addressed the online criticism that came her way during the taping of The Ellen DeGeneres Show reports dailymail.co.uk.

“I was invited, I was aware that I was going to be surrounded with people from very different views and beliefs. And I’m not talking about politics... I was rooting for the Packers,” DeGeneres joked.

So I had to hide my cheese hat in Portia’s purse,” she added.

In the image, DeGeneres was seen sitting right next to Bush and his wife Laura and Charlotte Jones was opposite de Rossi.

They were briefly shown on the Fox broadcast of the game and photographs of Bush and DeGeneres chatting and laughing together went viral.

UNDER FIRE: Ellen DeGeneres came under fire for sitting next to former president at the Dallas Cowboys football game.

Several viewers took to social media to express their mixed feelings about Bush and DeGeneres sitting together.

“People were upset. They thought why is a Hollywood liberal sitting next to a conservative Republican president? A lot of people were mad. And they did what people do when they’re mad... they tweet,” DeGeneres said. – IANS
Popular Indian designer says fashion is key to social identity

By Mudassir Raja

Fashion is a social marker. People can understand someone by looking at the fashion they wear. You can also derive what kind of personality an individual has by looking at the way they dress and the colours they wear.

Prasad Bidapa, a well-known Indian fashion consultant and stylist, believes that many messages come through fashion designs. "Therefore, fashion becomes extremely important as a sociological tool because it gives you a marker of which nation you are from."

Bidapa was recently in Qatar on the invitation of the Embassy of India to attend a special event at VCUarts Qatar to highlight the importance of Khadi, a fabric popularised by Gandhi whose 150th birth anniversary was marked on October 2. Community interviewed him about Khadi and contemporary fashion.

"About five years ago, I became very interested in Khadi. It is a very emotional fabric for Indians and other South Asian nations. We call it the fabric of freedom. This is because of Mahatma Gandhi, who used it as a tool to strike against the colonial power."

"Khadi can further be defined as a hand spun and hand woven fabric. If there is any element of mechanisation in it, it is no longer Khadi. It is a fabric that is biodegradable and it is sustainable. Today, India produces a large amount of Khadi because the country still has handlooms and spinning the charkha is still a very heavy activity all over the country. Khadi is particularly suited for new born infants. We always tell people do not use synthetic fabrics for children.

"Further, Khadi is a kind of spiritual fabric. First of all, spinning of Khadi becomes a very concentrated and philosophical act. If your concentration breaks, the thread on the charkha will break. They say that you have to get into a state of absolute nirvana literally to be able to spin fine thread. Now, there is a big revival of this form. It can create further jobs and income opportunities for over 20 percent of India’s population. Khadi is now a fabric of luxury. We want it to become something more exclusive. When you are creating something with handcraft, you are creating something exclusive that can never be copied by anyone. That is our message for the young designers. We have to inspire them to feel that they can have some lasting values and they can contribute to this wonderful unbroken chain of 5,000 year history of the subcontinent textile."

"We have to cater international markets. My message is to use fabrics of India and create a global product with it. That is the challenge for the new generation of designers."

"Khadi is a perfect fabric for tropical and desert climate. Wearing Khadi, we feel very cool. It can help us in coping with fluctuations of the temperature. Khadi will help you preserve your body temperature."

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"Prasad Bidapa

India and create a global product with it. That is the challenge for the new generation of designers."

The designer does not see Bollywood really promoting fashion in India. "Bollywood does not really dictate the fashion. However, a star can wear a certain design and make the designer successful. But I do not think that Bollywood has created a certain kind of fashion trend. India is a big country and Bollywood is not followed in all of the country."

Bidapa, who was in Qatar for the first time, was impressed with the country in many ways. "Qatar is fast becoming an education hub. I felt very welcomed and very much at home."

"Khadi is a perfect fabric for tropical and desert climate. Wearing Khadi, we feel very cool. It can help us in coping with fluctuations of the temperature. Khadi will help you preserve your body temperature."

RUNWAY: Designs by Prasad Bidapa, a well-known Indian fashion consultant and stylist.

Photos by Ram Chand