Nature rights
Cities, tribes try a new environmental approach. P4-5

Bollywood
SRK at 54: Where to head from here? Page 14

Hollywood
Do we have to pay for HBO max? Page 15
**USEFUL NUMBERS**

**Emergency**
- 999

**Worldwide Emergency Number**
- 112

**Kahramaa – Electricity and Water**
- 991

**Local Directory**
- 180

**International Calls Enquiries**
- 150

**Hamad International Airport**
- 40106666

**Labor Department**
- 44508111, 44406537

**Mowasalat Taxi**
- 44588888

**Qatar Airways**
- 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**
- 44450205, 44450333

**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

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**Quote Unquote**

“We still do not know one thousandth of one percent of what nature has revealed to us.”

— Albert Einstein

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**Community Editor**

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**Ujda Chaman**

**DIRECTION:** Abhishek Pathak, Danish Singh

**CAST:** Gagan Arora, Abhilash Chaudhary, Maanvi Gagroo

**SYNOPSIS:** The film revolves around a 30-year-old bachelor Chaman Kohli, a Hindi lecturer with premature balding and in quest of a beautiful wife.

**THEATRES:** Royal Plaza, Landmark, The Mall

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**Terminator: Dark Fate**

**DIRECTION:** Tim Miller

**CAST:** Linda Hamilton, Arnold Schwarzenegger, Mackenzie Davis

**SYNOPSIS:** Dani Ramos (Natalia Reyes) is living a simple life in Mexico City with her brother (Diego Boneta) and father when a highly advanced and deadly new Terminator – a Rev-9 (Gabriel Luna) – travels back through time to hunt and kill her. Dani’s survival depends on her joining forces with two warriors: Grace (Mackenzie Davis), an enhanced super-soldier from the future, and a battle-hardened Sarah Connor (Linda Hamilton). As the Rev-9 ruthlessly destroys everything and everyone in its path on the hunt for Dani, the three are led to a T-800 (Arnold Schwarzenegger) from Sarah’s past that may be their last best hope.

**THEATRES:** Royal Plaza, Landmark, The Mall

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**For movie timings and further details please scan the QR code above with your mobile phone camera or visit qatarcinemas.com**
Gems and Jewels Exhibition
WHERE: Museum of Islamic Art
WHEN: Ongoing till January 18
TIME: 9am onwards
The exhibition comes in celebration of the 2019 Year of Culture Qatar-India and presents a look at magnificent gems and jewellery from India. Set in Stone: Gems and Jewels from Royal Indian Courts showcases more than 100 pieces from across Qatar Museums’ (QM) collections, including many masterpieces that have never been displayed before.

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 professor Dietrich Büsselberg will be exhibited.

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.

Qatar International Art Festival QIAF 2019
WHERE: Katara Cultural Village
WHEN: Ongoing till tomorrow
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. For further details, info@mapsqatar.com, qiaf.maps@gmail.com

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

Ballet Lessons
WHERE: Music and Arts Atelier
WHEN: Ongoing
TIME: 4pm – 8pm
For more info e-mail at registration@atelierqatar.com or call on 33003839.

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.

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

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

Shape your Leadership
WHERE: HEC Paris, Doha Campus
WHEN: November 10-11
TIME: 9am onwards
HEC Paris In Qatar offers ‘Shape your Leadership’ Executive Short Programme with HEC Paris Associate Professor ‘Valérie Gauthier’.
This two-day programme is designed to help participants grow self-awareness and self-confidence and to learn to build trust as a team leader. It will also enable participants to have a positive influence over their surroundings and to develop strong leadership.
Rights of nature

There is increasing acceptance of the idea that Mother Nature has legal rights — setting the stage for court battles that could shake governments, businesses and the environmental movement, writes Alex Brown

When members of the White Earth band of Ojibwe in Minnesota take out their canoes to harvest wild rice, they’re gathering a source of nourishment and following a tradition that has connected them to the land for generations.

But to the White Earth people, manoomin isn’t just a resource to be used — it’s an independent entity with the right “to exist, flourish, regenerate and evolve.”

Other tribes and even some cities also are embracing the idea that Mother Nature has legal rights — setting the stage for court battles that could shake governments, businesses and the environmental movement.

Earlier this year, voters in Toledo, Ohio, passed the Lake Erie Bill of Rights, which declared “irrevocable rights for the Lake Erie Ecosystem to exist, flourish and naturally evolve.”

The measure would give the ecosystem legal standing, which means that the lake — with help from a human guardian — could enter the court system as a plaintiff and sue polluters.

Recognising “rights of nature,” as the concept is known, also would shape city and state permitting and planning decisions. And it might become a powerful tool in fighting climate change and habitat loss.

But it’s still uncertain if any of the forms the movement has taken — protecting specific watersheds, habitats and species — will prove most effective as a legal tactic. And critics in business and government contend that overly broad declarations could paralyse important development and infrastructure if entire habitats are rendered untouchable.

“Our legal system gives corporations rights, but treats nature as property that can be exploited,” said Tish O’Dell, Ohio organiser with the Community Environmental Legal Defense Fund, which helped back the ballot measure.

“If we don’t have the right to clean air and clean water in the Constitution, that was because our Founding Fathers couldn’t even fathom that would be something you’d need to write in.”

But the Lake Erie Bill of Rights, one of a handful of such measures enacted across the country, is being challenged.
in court. Drews Farm Partnership, an Ohio business, asserts the measure is unconstitutional and would harm agriculture and other interests in the region. That challenge is currently awaiting a ruling from the US District Court for the Northern District of Ohio.

Some state attorneys general, agricultural interests and business groups say recognising rights of nature would make businesses and governments vulnerable to lawsuits over almost any action with an impact on the environment.

Thomas Fusone, a lawyer representing one of the plaintiffs in the Lake Erie lawsuit, said the Toledo measure would allow any city resident to sue "any business or government within the watershed for really undefined potential violations."

“When you’re talking about the right for soil or mosquitoes to naturally evolve, people are going to have different views on what might violate that,” Fusone said.

“You can’t do anything to the land. You can’t farm it, you can’t put new roads in, you can’t do landscaping.”

Several US tribes already have enacted rights of nature laws, pointing out that indigenous people have long treated nature as a shared resource that must be preserved.

“These are the natural laws that have always existed prior to the poisoning of the land by the extractive industry,” said Casey Camp-Horinek, a councilwoman in the Ponca Nation in Oklahoma and a leader in the rights of nature movement. “If you eat, if you drink water, then it’s an undeniable connection between human and nature.”

In 2017, the Ponca Nation became one of the first tribes in the country to enact a rights of nature law, an anti-fracking measure aimed at protecting the tribe from an increasing number of earthquakes and rising cancer and asthma rates.

Soon after, the White Earth Band of Ojibwe enacted its own natural law recognising the rights of wild rice, as well as its freshwater resources and habitats. The Ojibwe signed a treaty with the federal government in 1837, granting it access to wild rice on ceded territory.

But that treaty means nothing if there is no wild rice left to be harvested, said tribal attorney Frank Bibeau.

“Wild rice has a right to exist, it has a right to flourish,” Bibeau said. “We have a right to defend it and protect it.”

For the tribe, harvesting wild rice is not just a matter of economic or nutritional importance, but a continuation of cultural and spiritual practices. It also carries strategic value, as the tribe’s treaty guarantees continued access to the resource, and protecting the rice means protecting the water on which it grows.

“Wild rice is the most important cultural aspect of our livelihood,” Bibeau said. “Our migration path took us here to the Great Lakes, where the food grows on the water. If we can protect the water, then we are probably protecting everything else.”

The White Earth Band is hopeful it can use the law to block future threats to the resource, such as oil pipelines and mines. But like many other aspects of tribal law, questions of jurisdiction remain a challenge.

“It’s very difficult to get standing (to sue),” said Rain Bear Stands Last, executive director of the Global Indigenous Council. “When you come to wild rice protection or protection of rivers or salmon, you can go into a tribal court theoretically with a case, but you actually would have to get the defendant to show up. … The tribe doesn’t have jurisdiction outside the boundaries of the reservation.”

Bear Stands Last helped assemble support in 2016 for the Grizzly Treaty, a document signed by more than 200 US and Canadian tribal nations recognising the grizzly bear’s right to exist in a healthy ecosystem. That coalition won a court victory in 2018 that overturned the Trump administration’s attempt to remove Endangered Species Act protections for the bears.

It isn’t clear whether a tribe’s treaty rights or its connection to a resource that crosses boundary lines are enough to establish jurisdiction.

The rights of nature movement started in 2006 with a law in Pennsylvania’s Tamaqua Borough to prevent the dumping of toxic sludge. Since then, about two dozen communities have crafted their own measures, including an anti-fracking provision in Pittsburgh, a ballot measure to stop aerial pesticide spraying in Lincoln County, Oregon, and a climate bill of rights that banned fossil fuel extraction in Lafayette, Colorado.

Advocates on both sides say the movement is poised to face crucial questions about its place in US law in the years ahead.

“The law as we know it recognises the earth and ecosystems as human property,” said Shannon Riggs, a co-founder of Movement Rights, which advocates for nature’s rights. “Corporations can frack in communities or blow off the tops of mountains — that’s a privilege that’s been granted to corporations in this country. That’s not going to go easily.”

Following the passage of the Lake Erie Bill of Rights, the Ohio General Assembly approved a budget that expressly prohibits legal standing for ecosystems, a provision inserted by Republican state representative Marié Margil, associate director of the Community Environmental Legal Defense Fund, which was a key backer of the Ohio law, acknowledged that it may take some time to sort out the balance.

She called the idea that residents near Lake Erie won’t be able to mow their lawn or swat a mosquito a “red herring.”

(Rights of nature laws) have focused on how you protect those natural systems, recognising that we need to keep these ecosystems healthy and thriving, she said.

“What we’re talking about here is protecting species on the whole, not an individual blade of grass.”

In other words, activities like landscaping and construction wouldn’t be outlawed if they affected an animal or a tree, but only if they were threatened the existence of a forest ecosystem or species of animal as a whole. Margil added that protections are best shaped by diverse communities that wish to establish them, whether they’re concerned about drinking water, oil spills or the survival of a certain plant or animal.

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**HARVEST:** Ojibwe tribal members participate in a wild rice harvest at White Oak landing on Minnesota’s Deer River.
IEI - Qatar Chapter organises technical seminar

The Institution of Engineers India (IEI) – Qatar Chapter recently conducted a technical seminar on 'Power Grid Energy & Trenchless Technology' at Oryx Rotana Hotel. This seminar was attended by over 100 members. Ahmed Al Jolo, President of Arab Engineers Federation, was the chief guest on the occasion.

Abdul Sathar, Chairman of IEI Qatar Chapter, welcomed the gathering and introduced the guest speakers. He highlighted the importance of the seminar in engaging the engineering fraternity operating across various sectors in Qatar. He also spoke about the active role the Qatar Chapter continues to play in the professional development of its member engineers, outlining the forthcoming programs through which the IEI contributes significantly to the development of agriculture and food processing, infrastructure, education and healthcare, information and communication technology, critical technologies and strategic industries such as nuclear, space technology, and defence technology, among others.

Professor Atif Iqbal, Professor of Electrical Department at Qatar University, from ASTAD, conducted the seminar. Speaking on the occasion, Atif Iqbal, said, "The world is moving towards decentralised power station, formally called distributed power generation. Grid-connected photovoltaic (PV) systems are one of the fastest growing renewable energy conversion systems in the world. In fact it has increased more than 7 times in the in recent past (from 5.4GW to 40GW of installed capacity)." Maheshwaran spoke about various methods adopted in major infrastructure projects pertaining to non-disruptive methods for installation of pipe lines across major roads highways, railway line, water bodies and rehabilitation of existing redundant / non-functional old pipelines with more emphasis on the construction of the micro tunnelling process, requirements, challenges and solutions.

Abdul Sathar along with the chief guest presented the mementos to the guest speakers. The event was compered by Dr Abdul Hameed, Hon. Secretary of IEI, and KM Salihudeen proposed a vote of thanks.

OIS organises inter-school music competition

Olive International School (OIS) recently organised inter-school music competition ‘Euphony 2019’. Students from 11 Indian schools in Qatar, including MES Indian School, Rajagiri Public School, Doha Modern Indian School, Noble International School, Scholars International School, Shanthinikethan Indian School, Ideal Indian School, Bhavans Indian School, Loyola International School and Olive International School participated in the competition.

Jacob K M, Principal of OIS, inaugurated the event. Dennissen Varghese, Activity co-ordinator and organiser of the event, welcomed the gathering. The judging panel included Karunakar, Abhilash K and Suhail. The first position was bagged by MES Indian School, which was followed by Rajagiri Public School and Ideal Indian School with second and third positions, respectively. The winners were presented with certificates and trophies.

ISA Qatar Section organises 103rd technical seminar

International Society of Automation (ISA) Qatar Section, in association with M/s HIMA, Germany, recently organised its 103rd technical seminar on Functional Safety and Security in Automation of Oil and Gas industry. The seminar was conducted by Dr. Alexander Horch, Vice President – Research and Development; Rehan Ahmad, Chief Operating Officer; HIMA Middle East; and Serge Arent, Director Applications at HIMA. A panel discussion on the future road map of cyber security system in automation of Oil and Gas industries was conducted by Dr Alexander Horch, Nilangshu Dey, ISA Qatar Section President, and Rehan Ahmad. Nilangshu Dey presided over the seminar.
Doha College raises funds for cancer research on Pink Day

The Charities Committee of Doha College recently marked Pink Day with various activities and raised an amount of QR25,133 via non-uniform day donations and bake sales for cancer research.

Neil Thomas, Vice Principal of Doha College, was diagnosed with cancer earlier this year. Speaking about his battle with the disease, he highlighted the power of positivity, body image, self-esteem and mental health. Speaking on the occasion, Dr Steffen Sommer, Principal of Doha College, said, “The Charities Committee has been unbelievable in raising so much money. The students organised an incredible day and it was great to see everyone in pink. While my diagnosis was not an easy topic to talk about, I wanted to share my journey with students and highlight to them that having a positive outlook can help you get through the toughest of times. I also wanted to highlight that it is also OK not to be OK and encouraged everyone to be kind to one another.”

He added, “The money raised will be split evenly between the National Centre for Cancer Care and Research in Qatar, where I received my treatment, and the Oddballs Foundation in the UK, who help raise awareness for testicular cancer. A huge thank you must also go to everyone who helped support such brilliant causes.”

“Empathy and compassion being the most important qualities that contribute to successful learning and relationship building, we have yet again used Pink Day to celebrate these features. At the same time, we made sure that those who have been affected by cancer within our community – be it teachers, parents or friends of the members of our community – are supported, and the charities that we support are the ones that focus on cancer research,” he said. Doha College joined forces again with Specialised Medical Solutions Qatar, who provided a mammography screening mobile unit to the Al Waab campus for free testing, offered to female staff and parents aged 45 to 69.

LIS organises educational fair

Loyola International School, Oasis Campus recently organised its first educational fair ‘Infinity – Imagination Undefined’. Over 1,000 projects created by students, including working models, art displays, interactive games, demonstrations were put on display. Dr Surya, Health Adviser at Ashghal – The Public Works Authority, inaugurated the fair. He was accompanied by the Directors of Loyola International School, including Sarat and Anup, along with Prasad, Principal of LIS, and Shifa Shaikh, Principal of LIS Oasis Campus.

DPS-MIS bags second position in Inter-School Science Projects Competition

The team of DPS - Modern Indian School (DPS-MIS), including Yashvi Agarwal, Samridhi Bhardwaj, Miraat Gupta and Niraat Pai, all students of Grade IX, recently bagged second position in Inter-School Science Projects Competition held at Bright Future International School. They presented a project on ‘Sustainable Development’ which was in line with Qatar National Vision 2030. The project contained several small working and static models depicting different ways of creating a small environment-friendly, pollution free township. Asna Naqvi, Principal of DPS-MIS, congratulated all the participants on their success.
KYC marks Balihang Tangnam festival

Kirat Yakthum Chumlung — Qatar (KYC) recently organised an event to mark Nepali Kirat’s festival Balihang Tangnam–5079. The event featured various traditional games and performances, including Larinket, Namlingket, K-Lang and Yarak. The event was chaired by Rajendra Samyangkham, Chairman of KYC, and hosted by Sagar Tumbahamphe. Purushottam Sunuwar, Chairman of Federation of Indigenous Nationalities (FIN), was the chief guest on the occasion. The event was attended by notable personalities, including Shiya Ram Chaudhari, Ras Tamu, Ganesh Thuklung, Dambar Liwang, Jayaja Laksam, Bhai Kazi Gurung, Dhiren Tamang, Arbinda Chaudhary, Milan Bhujel, Samuel Sunuwar and Rekha Rai.

Speaking on the occasion, Dambar Liwang highlighted importance of Balihang Tangnam — one of the biggest festival of Kirat community, inhabiting the eastern hills of the country. Artists including Biren Maden, Amrit Kurumbhang, Gautam Aangdembe, Sapana Jagebu, Harka Khajum, Bijaiva Laksam, Uttam Limbu, Bhogendra Aangkhew, Ganesh Maden, Junu Limbu, Krishna Maya Limsu, Biruasha Waiba, Sharmila Tamang, Sanu Tamang, Renu Tamang, Anu Ghisingh, Keshar Pariyar and Asha Rai performed on the occasion.

– Text and photos by Usha Wagle Gautam

WCM-Q students visit Vietnam to learn about global health issues

The students of Weill Cornell Medicine – Qatar (WCM-Q) recently visited Vietnam to learn about the challenges of providing healthcare in a lower middle-income country, explore the unique Vietnamese culture and develop and understanding of ethics related to short-term global health experiences. During the 12-day global health experiential trip to Ho Chi Minh City, the nation’s capital, the six first-year pre-medical students worked as volunteers at the Orthopedic and Rehabilitation Hospital, observed basic health checks and physiotherapy sessions being conducted by local physicians, learned about common health issues and treatments in Vietnam. The students also spent time working with special needs children in a day-care centre and had the opportunity to meet many local people and learn about Vietnam’s unique culture, history and language.

The programme, implemented by the Institute for Population Health at WCM-Q, is designed to give students a chance to see first-hand how healthcare is delivered in a different part of the world, helping them gain an appreciation of global citizenship and develop their ability to provide care across cultural and linguistic boundaries.

Talking about his experience, Ateeque Mohamed Ali, student at WCM-Q, said, “From working with the patients and the special needs children, I felt I could truly relate to them. Eventually, I stopped seeing the cultural barriers between us; I didn’t see them as Vietnamese people, but just people. Moreover, seeing how the hospital staff despite the low-resource setting, gave every patient their due rights when it came to treatment, drove home the point that medical care is a right and not a privilege.”

In the Orthopedic and Rehabilitation Hospital, the students observed physicians, nurses and allied healthcare practitioners cleaning and dressing wounds, repairing fractured bones in the operating theatre, and using massage, acupuncture and other physiotherapy techniques to relieve pain. They also observed basic healthcare duties like mixing injectable medicines and taking blood pressure measurements, all under the supervision of trained professionals. At the day-care centre, the students worked closely with children with cerebral palsy, Down’s syndrome and other neuromuscular disorders, keeping the children entertained with games and songs and helping the local staff with engaging the children in specific movement exercises, customised learning programmes and their mealtimes.

The students also took Vietnamese language classes, learned about the history of the US-Vietnam War and its legacy, visited a street market, explored Vietnamese cuisine during a food tour and were taught to cook classic Vietnamese recipes. The programme is directed by Dr Sohaila Cheema, Director of WCM-Q’s Institute for Population Health (I4P), who accompanied the students on the trip along with Dr Amit Abraham, Instructor of Healthcare Policy and Research.
How to look like Chris Hemsworth

Earlier this year Hemsworth launched a fitness app that offers “everything you need” to “train, eat and live better,” writes Alex Moshakis

BUFFED UP: “I feel so fortunate to have worked with incredible experts in the fields of health, nutrition, mindfulness,” says Chris Hemsworth.

THE ACTOR Chris Hemsworth – Hollywood leading man, make-believe Thor – employs a small army of fitness professionals to maintain peak condition. There is the personal trainer he has known since he was eight, and the nutritionist and the Pilates coach and the yoga coach and the meditation guru. Even Hemsworth’s stunt double is part of the gang. Collectively the army is known as “The Chris Hemsworth Wellbeing Team.” Now they can be your well-being team too.

Earlier this year Hemsworth launched Centr, a fitness app that offers “everything you need” to “train, eat and live better,” according to the app’s website. Its content, aimed at both men and women, has been developed by trainers either previously employed by Hemsworth or newly tapped up by the actor to contribute workouts, meditation routines and healthy-eating recipes. Like the patron saints of wellness before him – Paltrow, Motivator – Hemsworth is keen to spread the gospel of the gang. Collectively the army is known as “The Chris Hemsworth Wellbeing Team.” Now they can be your well-being team too.

He has spent the past few years being professionally required to learn how to make his body appear superhuman, and he thinks, admirably, “Why shouldn’t you learn too?” “I feel so fortunate to have worked with incredible experts in the fields of health, nutrition, mindfulness and training,” he says. “So I thought, ‘Why not share that?’”

The upshot of the sharing is this: you can eat like Chris Hemsworth, work out like Chris Hemsworth and meditate like Chris Hemsworth. The app is a digital Kolodex of the actor’s trainers and their tailored workouts and regimes. There is a recipe for sesame chicken stir-fry with broccoli (very filling) and another for a breakfast called Choc Magic Cherry Smoothie (sweet, also filling). There are workouts titled Hirt Strength: Push, Pulse and Power Up and Muscle Building: Pound It Out and a mindfulness exercise called Meditation: Forgive & Release. Centr’s strapline is “For those in the making.”

So far, the app has been downloaded more than 1mn times, making it one of the most popular apps this year. (People thought three Hemsworth Bros were enough; now there are thousands.) Centr users have watched more than 4.5mn minutes of coached workouts which, the brand says, adds up to “3,200 days’ worth of squats, deadlifts and lunges.”

Centr’s trainers argue that the app’s appeal lies in the diversity of workouts it offers. There are high-energy exercises and low-energy mindfulness routines. But it is difficult to see past the Hemsworth draw – that people download the app in order to be more like him, a Hollywood star. How many regular fitness apps are out there in the digisphere? How many are fronted by Thor?

This is a world well populated by celebs. Fonda in the 80s. Crawford in the 90s. Not long ago, the athlete Jessica Ennis-Hill launched her own fitness app, named Jennis (at least Ennis-Hill has verifiable athletic credentials.) Davina McCall has one. So does the celebrity fitness instructor and fellow Australian Kayla Itsines, who has 11.4mn followers on Instagram. Hemsworth is late to the game, really, in a long line of exercise-loving superstars who have used celebrity status to sell aspirational workout routines.

Is this problematic? Probably. Hemsworth’s appearance is not a realistic body standard. He has muscles on the backs of his arms. Large chunks of his day can be devoted to working out. He is reimbursed for time spent considering what to eat and how to train. His job demands it; his physical form might actually be a contractual obligation. In your line of work, do you need to achieve a passable resemblance to an over-muscular Norse god? Me neither! Who has that luxury? Who wants the anxiety of that requirement? Which makes the idea of the app seem pointless. Mega-huge biceps are not required for typing on a keyboard. Still, maybe Centr is worthwhile.

The other night I launched the app and played a 30-minute video that involved me mimicking a series of jabs, hooks and squats. My wife appeared halfway through the workout and asked what I was doing. I was in the kitchen, punching the air with my fists. “MMA: Tap in!” I said, over the voice of a trainer, sweet Jorge Blanco. She asked why. She had never seen me punch the air before, at least not in the kitchen, and, well, she was slack-jawed.

“I immediately thought, To be more Hemsworth! But I wasn’t sure she’d understand, so I continued punching nothing in front of me and eventually she drifted on with her evening. The routine lasted another 15 minutes. I was enjoying it. It felt good to punch the air. I am in the making, I suppose.”

– The Guardian
How to Speak DESIGNER

Design Terms Small Business Marketers Should Know

With easy-to-use graphic design tools from Pagemodo, it’s easy to look like a pro on social media—but can you sound like one, too? We sat down with professional graphic designers to get the inside scoop on the terms you need to know to not only walk the walk, but also talk the talk.

THE PROCESS

**Wireframes**
A basic layout that doesn’t yet have design elements.

**Comps**
The initial creative stage, usually when the design goes digital.

**Prototype**
A later stage meant to give a close idea of the working product.

THE LOOK

**Bleed**
Allowing a design to go beyond the edge of the page so there is no margin.

**Grid**
Used in print and digital to help align elements to create consistency.

**White Space**
The area left empty to bring focus to other elements on the page.

**Gradient**
Fading from one color to another, or from opaque to transparent.

**Padding**
The space between a border and the object inside of it.

**Margin**
The space between a border and the objects outside of it.

THE LETTERS

**Leading**
How lines of text are spaced vertically, also known as line height.

**Kerning**
Adjusting the spacing between characters in a word.

**Typography**
The art of arranging type elements in attractive ways.

**Font**
A collection of characters, punctuation marks, numbers, and symbols.
Multitasking makes teens feel both positive and negative

The study involved 71 adolescents aged 11 to 17 living in the Midwest. All participants reported their activities, both media-related and non-media related, three times a day for 14 days on a digital tablet device. At each time point, they listed a main activity they were doing (such as homework or chores), and whether they were doing any media multitasking (such as texting or playing video games) at the same time.

For each main activity, they rated to what extent they felt seven emotional responses (three positive and four negative). The results showed that the teens in the study were media multitasking about 40 per cent of the time that they were performing other activities. According to the researchers, both positive and negative emotions initially increased when participants said they were multitasking.

But the longer they were working at any main task and multitasking, the less they felt these negative and positive emotions, the study said. – IANS

### Horoscope

**ARIES**
March 21 – April 19

You could be cleaning your house when you hear some wonderful news about money today. This could make your day. You won’t want to do much housework afterwards. Don’t worry - the dirt isn’t going anywhere! Instead of feeling guilty about letting the housework go, go out and celebrate with a close friend or your partner. You deserve it. Have a great evening!

**CANCER**
June 21 – July 22

Love blossoms as a current or potential love partner comes on strong with affection. This person could have a lot to say that catches you by surprise. In the past, communicating may not have been this person’s strength, but now it’s like there’s no stopping the flow of words. Listen, and guard your responses. You’ll need to think about what he or she says.

**LIBRA**
September 23 – October 22

Today you might be catapulted into the public eye in some way - and you won’t be very comfortable there! If you’re teaching, speaking, or leading a discussion group, it might be a good idea to seek the support of someone who has a stronger gift of gab than you. This person could be a close friend or a love partner. Don’t worry. With help, you’ll be fine!

**TAURUS**
April 20 – May 20

Today could be one of the happiest days you’ve had in a long time. Perhaps you’ll spend it with a current or potential romantic partner, going to quaint places in your neighbourhood. You could also hear from someone close that you may not have seen for a long time. A female author whose work you enjoy could publish a new book. Enjoy a thoroughly pleasant, stimulating day!

**GEMINI**
May 21 – June 20

Today you could receive an unexpected sum of money. Perhaps a friend who owes you could repay the debt, or you could get an unexpected opportunity to earn a little extra on the side. Romance should also go well, as both you and a current or potential romantic partner are feeling especially warm and sensual. Go to a favourite restaurant to celebrate your good fortune.

**LEO**
July 23 – August 22

Someone who may be something of a local celebrity might suddenly be attracted to you, although at this point neither one of you may be inclined to pursue it. Don’t expect much from this person beyond conversation, although this should be very stimulating now. The energy should be strong enough to last beyond the day, so don’t be shy about exchanging names and phone numbers.

**SCORPIO**
October 23 – November 21

A wedding could take place. It might be yours or it could be that of someone close to you. Whoever is getting married is very happy. If it isn’t you, you’ll be happy for him or her and you might start thinking longingly of a celebration of your own. If you’re currently involved but not married, expect to move to the next level of commitment. If you’re already married, enjoy the party!

**VIRGO**
August 23 – September 22

Today you may be attracted to someone from a distant state or foreign country. The person may be highly educated and stimulating. You could find the conversation riveting. This person could be involved in the sciences, psychology, or perhaps metaphysics. You’ll probably choose to listen more than talk now.

**LIBRA**
September 23 – October 22

Today you might be catapulted into the public eye in some way - and you won’t be very comfortable there! If you’re teaching, speaking, or leading a discussion group, it might be a good idea to seek the support of someone who has a stronger gift of gab than you. This person could be a close friend or a love partner. Don’t worry. With help, you’ll be fine!

**SAGITTARIUS**
November 22 – December 21

Today you might do some routine work, perhaps as a volunteer, with an interesting person whose company you enjoy. Lively conversations should make the day go faster. You could end the day looking forward to seeing this person again. Through your new friend and the work, you should gain a lot of insight into the psyches of others, not to mention your own!

**AQUARIUS**
January 20 – February 18

Some visitors could come to your home today, perhaps a couple with a child. You’ll go through the place like a whirlwind and want everything to look just right. You might be tempted to clean out the closets! Don’t bother. Just relax and enjoy the company of your guests. They’re more interested in what you have to say than whether or not the house is spotless.

**PISCES**
February 19 – March 20

A call from a close friend or a partner could bring good news today. You’ll be so happy about it that you’ll want to get word out to everyone you know. This could involve romance or it might concern a creative project of some kind, perhaps involving writing and speaking. In the evening you’ll probably want to go out and celebrate with the person who brought you the news.
Wordsearch

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

Codeword

CONCEIT CONTEXT PROTEIN
CONSOKEE PROPANE CONQUEST
PRONOUN CONDUCT PROFILE
CONCERN CONVENT PROTRACTOR
CONTACT PROPOSAL CONSENT
PROJECT CONFLUX PROGRAM
CONCRETE PROBATE PROVIDER

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

Sudoku

Sudoku is a puzzle based on a 9x9 grid. The grid is divided into nine 3x3 boxes. You are given a selection of values and to complete the puzzle you must fill in the grid so that every column, every row and every 3x3 box contains each number from 1 to 9.

Adam

I thought you and Dad watched all those scary movies you've wanted to see. Yeah? Too scary?

Now I'm sick and scared of dolls, clowns, hotel's and the ocean!

Pooch Cafe

Ha ha ha! Look at Ponch!

Oh, man, look how long the trail is. I must have unspooled the whole roll!

It doesn't get any more embarrassing than this!

Garfield

Purrr

That was a great meal

Such a large menu

And such interesting combinations

We must come back

My compliments to the dumpster!

Bound And Gagged

Halloween's over. You can take off the green makeup.
Super Cryptic Clues

Across
1 Used on watch? (6,4)
7 Rain in ruin? (8)
8 Press for a golf club (4)
9 In Crete emeralds abound (4)
10 Emphatically less than 0.5? (3,4)
12 Collier's broom found in warship? (11)
14 French currency is for animal-loving saint (7)
16 A speculator, by the way, gets silver (4)
19 One orchestra, too (4)
20 Where lawyers drink? (2,3,3)
21 Formed bed in earth and wintered there? (10)

Down
1 Small bird has to dash (5)
2 Business trouble (7)
3 Cattle without water (4)
4 Hospital permitted to be consecrated (8)
5 Beastly noise made by broken hinge (5)
6 A hat for the cricketer (6)
11 Set a time apart for judge (8)
12 Just me to depend on? (6)
13 What you must be if you want to see a busy doctor (7)
15 The name of a woman I complain about (5)
17 Fine - a thousand pounds (5)
18 Crazy about shock (4)

Solution

Answers

Wordsearch

Codeword
SRK at 54: Where to head from here?

By Ahana Bhattacharya

H is smile, the dimples on his cheeks, expressive eyes, and that signature romantic posture with his arms stretched on either side, are just a few traits that have contributed to fans declaring him as Bollywood’s King Khan.

Throughout his 27-year career, Shah Rukh Khan has also been described variously as India’s greatest superstar and the King of Romance. ‘Jabra’ fans have tried to commit suicide, written bundles of love letters, shed tears and spent sleepless nights doting over him, and they still do. On Saturday, they celebrated his birthday, as the King of Hearts turned 54.

If you look back at his career over the past few years, however, SRK has been trying to get out of the staple shell of image-driven superstardom. He has been experimenting with roles and his image in films such as Zero, Fun and Rasheeds. Experiments however don’t always impress fans, who like to see their favourite star in their favoured image, and SRK’s recent releases have underperformed considering his stature. Bad reviews to films such as Happy New Year, Dilwale and Jab Harry Met Sejal have not helped either.

Looking at SRK strike dapper form on David Letterman’s show recently, however, one realises the game is far from over. Life perhaps only begins at 54 for the actor. If contemporaries Salman Khan, Akshay Kumar, Aamir Khan and Ajay Devgn are still going strong with their innovative ideas and smart choices of script, SRK is all set to make multiple mega announcements soon, as an actor and as film entrepreneur, to take his game to the next level, if sources are to be believed.

After all, one thing that the actor must have realised after Fan and Zero is that this superstardom does not always accommodate thematic experimentation. On the other hand, the cold show of Jab Harry Met Sejal suggested out-and-out romance may not be the right way to go, for an actor his age. Chennai Express and Happy New Year, SRK’s blockbusters of 2013 and 2014, had minted seriously big money, which perhaps made him go for Dilwale, Rohit Shetty’s film belonging to the same masala genre in 2015. The film also reunited him with Kajol. Yet, despite lavishly-shot songs and Shetty-trademarked spectacular action, and the presence of a younger pair for added glamour (Varun Dhawan and Kiara Sanon), the film stumbled. Industry watchers realised the awful truth: SRK’s time for playing around with the nonsensical brand of entertainment was over.

The audience wanted something fresh, something out-of-the-box from their superstar. The reason is obvious. SRK’s superstardom was wholly based on an out-of-the-box strategy in his early phase. He shot to superstardom in the early 1990s’ playing the anti-hero in Darr and followed it up with Darr, at time no other mainstream hero would. Just when his detractors started saying his image as an anti-hero had started looking jaded, SRK took to playing Bollywood’s new-age lover-boy – and image that stood in good stead for years to come, since Dilwale Dulhania Le Jayenge (DDLJ) opened in 1995. From 1995, when Raazigor released, to 2019, how has Shah Rukh’s journey been?

Abbas of Abbas-Mustan director duo said: “His journey has been fantastic. He is working till now and is one of the best actors around. Nobody would easily agree to play a character that Shah Rukh played in Raazigor. I doubt whether youngsters of today would agree to do such a role. He also worked with us in Raazshah. He has delivered huge hits like DDLJ and is extremely popular even today. Whenever we meet him, we do not fail to notice his passion and dedication towards his work, which is inspiring. People love him a lot extremely hardworking and dedicated, which is inspiring. People love him a lot even today. Whatever an actor can do, he is doing that. He is still working with that much dedication and maybe working harder than before. Those who count his flops should also count the number of people who were standing in front of his house since last night just to catch a glimpse of their favourite star. I don’t think his stardom has reduced a bit.”

Sharing a birthday wish for the superstar, Zeeshan expressed: “I just have one wish on his birthday. Just be Shah Rukh Khan. Don’t ever change.”

SRK fans across the globe have been celebrating his birthday. They cut cakes, sang and danced to his evergreen songs, prayed for his well-being and showered their wishes on him. The actor, who is also the co-owner of the IPL team Kolkata Knight Riders, enjoys a huge fan base in Kolkata and across West Bengal.

Talking about their favourite superstar, Tanveer Mehedi, founder of Shah Rukh Khan Fan Club, Kolkata, said: “The birthday cake that we are cutting today will have the words ‘Zero se shuru karte hain hain’ (let’s start from zero) written on it. Shah Rukh Khan’s last few films have flopped and that has left his fans a little disappointed. So, this will be a message from us to every fan of his in the world that Shah Rukh Khan is not finished yet. If you think, he is finished, if you think he is over, then he will prove you wrong. He will start from zero and sit on his throne, which belongs only to the Baadshah of Bollywood.” – IANS

KING OF ROMANCE

Throughout his 27-year career, Shah Rukh Khan has also been described as India’s greatest superstar and the King of Romance.
Bigger: The Big Bang Theory, with Jim Parsons, from left, Johnny Galecki and Kunal Nayyar, will be available on HBO Max.

Do we have to pay for HBO Max?

By Ryan Faughnder

HBO Max may be more expensive than other streaming offerings, at $14.99 a month, but for people who already pay for regular HBO, the new service should be a no-brainer.

At their last Tuesday presentation for investors, WarnerMedia executives said many current HBO subscribers will be eligible to receive the newer, bigger service for no extra cost. That should theoretically go a long way towards helping the AT&T Inc-owned service reach its goal of 50 million domestic subscribers for the service by the end of 2025.

The idea is that for people already paying to watch premium shows like Watchmen and Euphoria, getting all those seasons of Friends and South Park and classic Warner Bros movies, essentially for free, will prove to be an enticing offer. The service will include 10,000 hours of programming, including 31 originals in its first year.

Sounds like a good deal right?

Actually, it’s not so simple. Under the current terms, less than 30% of US HBO subscribers will qualify for the freebie. Figuring out who actually qualifies has already prompted some bemused confusion online. But before you go hire a CPA to navigate the issue, we’ll try to answer your questions here.

Q: What if I have HBO through another provider, like Verizon Fios, Xfinity or Spectrum?

A: That’s to be determined. WarnerMedia is currently in talks with other pay-TV distributors, with the goal of extending HBO Max deals to those providers’ customers. Those negotiations have only just started, and there’s no guarantee AT&T’s rivals will be keen on helping a competitor grow its streaming business. However, at Tuesday’s investor presentation, executives said they think rival pay-TV operators will want to work with them because of the quality of the product.

Q: OK, how about my cord-cutter brother who subscribed to HBO Now last year? He already pays $15 a month for that.

A: Did he sign up directly through HBO Now’s website?

Q: I have no idea. Does that matter?

A: Yes. People who pay HBO directly through HBONow.com will have free access to the new product. But there are a lot of people who signed up through Apple or Amazon Prime Video. For those people to get free HBO Max access, WarnerMedia would have to secure deals with those companies. That hasn’t happened yet.

So how many people can actually get access to this service without paying extra?

About 10 million people. So that’s less than a third of the 35 million existing HBO subscribers in the US.

Q: Got it. I know a lot of people who just share their HBO passwords with friends. That works too right?

A: That’s an ongoing issue for HBO and other streamers. WarnerMedia Chief Executive John Stankey was asked about password sharing at the HBO Max event by an analyst, and he acknowledged the industry has been “loose” on that front and will explore ways to prevent abuse as the streaming market grows. However, he said that the company also does not want to be “punitive” with customers. It’s safe to expect increased enforcement of password sharing rules in the future. – Los Angeles Times TNS

COMMUNITY

HOLLYWOOD

HEARTBREAK: Emily Atack says she was too young to cope with her breaking heart.

Emily opens up on her suicide attempt

Actress Emily Atack, 29, has revealed that she tried to take her life when she was just 15.

In an interview to the Sunday People, the Almost Married star opened up about her suicide attempt after splitting from an ex-boyfriend who called her a “psycho”, reports dailymail.co.uk

She said: “I would do drastic things in order to make him get back with me. I drank and cut my wrists – a cry for help, a cry for attention. I was spiralling. I was too young to cope with my breaking heart and cloudy drunk head.”

Emily added that she was saved by medics but had to “hide her bandages” from her family, especially her mother Kate Robbins, 57, who was “horrified”.

She also shared that after her teenage heartbreak she started bunking off school due to bullying, hanging out with older students and having house parties in her parents’ home when they were away.

– IANS

SHOCKING: Brian Tarantina was found dead in his midtown Manhattan apartment.

The Marvelous Mrs. Maisel actor Taratinta is no more

Actor Brian Tarantina, known for his role in The Marvelous Mrs. Maisel series, has died in New York at age of 66.

Tarantina was found in his midtown Manhattan apartment after someone called 911 to say he was unconscious, and medics pronounced him dead at the scene, the New York Police Department said, reports cmn.com

According to Tarantina’s manager Laurie Smith, the actor had been “quite ill recently” and was recuperating at home.

“I have known him for years. He was an amazing, very, very talented actor and very sweet person. I was really shocked and very sad. I’m still shocked,” Smith said.

Tarantina’s other acting credits include roles Gilmore Girls, Summer of Sam and Uncle Buck. – IANS

BIGGER: Actor Tarantina, known for his role in The Marvelous Mrs. Maisel, has died in New York at age of 66.
Finding the right fit

University educator talks about the need to inform parents about higher education

By Mudassir Raja

It is very important for both students and their parents to be well-informed before making a decision about which courses the student is going to pursue at university level. Parents are often the decision-makers when it comes to choosing a course or a university for their children. Even if they do not make the final call, they remain an integral part of the decision making process. It is, therefore, necessary for both the students and their parents to be updated about the ever-changing dimensions of higher education.

“I want to focus on the students but because of certain reasons I cannot focus on the students alone. I have to focus on the parents. Especially in countries like India and even in this part of the world, parents are often the decision-makers. They are very much involved in the process. They often look at what kind of professions they have in their family. If a dad is a doctor, the son is going to be a doctor too. You see these patterns quite often,” said Jimmi Hemmenbach, a representative of the University of Guelph, Canada, was recently in Qatar to inform and educate students about the courses and facilities the university offers.

“I often see very good grades of a student at the school board examinations but there is a significant drop in their grades as they pursue higher studies. The drop is because they have to pick subjects that they do not have much interest in. I think it is really important to educate the parents. At the end of the day, I see myself as an educator representing the university because I educate both the students and their parents,” said Jimmi while talking to Community.

The university representative further said: “During one of my information sessions I noticed, it was mainly the parents at the session. I was happy about that. From the questions that I got, I guessed that they were learning. It was like a new world for them. The kids are often more informed than their parents. I think that it is really important to have all these sessions where parents can ask first hand questions.”

Jimmi, a Swedish national who has lived in different parts of the world, has been working with the university as the regional operations manager for the Middle East and South Asia. “I am technically working with the student recruitment, helping students to come to Canada for studies. I interact directly with parents, students and the university alumni. I am here [Qatar] with a group of Canadian universities doing the international school visits. I had information sessions here to give people more information about the University of Guelph making them fully understand what programmes we offer and what opportunities they have if they decide to come to Canada.”

Jimmi is all praise for the education facilities in Qatar and sees a good scope for students at the University of Guelph. “There are really good schools here where the students are highly qualified to go to the university and to any other international place for that matter. We value the education system they have here. There IB schools, Indian schools, British and American schools. It is quite an international scene despite being such a small place.”

For Jimmi being in Qatar was about finding a right fit for the university. “Students are different. They have different needs. I think the Canadian universities come with very different offerings at the end of the day. Quite similar academically, there are certain niches. Overall, it is up to the students about what type of university they are looking for. There are so many variables.”

He believes the students’ satisfaction is very high at the University of Guelph. “We have a very good support system and an extremely safe city in Guelph. It is also known the friendly city as well. It is the environment that is very conducive to learning.”

“With strong academic background, students with diverse cultural background in Qatar normally do not struggle too much with the transition into the new environment”

— Jimmi Hemmenbach, representative, University of Guelph

“We have a very good support system and an extremely safe city in Guelph. It is also known the friendly city as well. It is the environment that is very conducive to learning.”

Jimmi also talked about the courses that the university offers. “If highlighting the courses that we are known for arem, they would be veterinary studies, food science, and strong science programmes. We are a very research heavy university. We also have programmes in business and management.”