Community
No matter how many hours you clock, running may be linked to reduction of risk of early death.

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Fashion addiction. Expensive clothes hid my loneliness, then I gave 90% of them away.

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Unplugged
As Judy Garland, Renée Zellweger reveals new facets of her gifts — and herself. P2-3

Cuisine
Indulge in some Mexican cuisine with Chicken Torta. Page 6

Showbiz
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From untapped well the gifts of Renée

Zellweger’s turn as Garland in Judy reveals facets of her gifts that we’ve never seen before, writes Glenn Whipp

“(Renée Zellweger’s) got an untapped well of talent. We’ve seen some of it, but not anywhere near what she’s got inside.”

— Nicole Kidman, actress

“Your smile will give you a positive countenance that will make people feel comfortable around you.”

— Les Brown

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Renée Zellweger is making her way through a bowl of potato chips in the lobby of Casa del Mar, the beachfront Santa Monica hotel she used as an office for a couple of years while she was developing a television series, Cinnamon Girl, about four young women coming of age in Los Angeles in the late ‘60s. The show, which didn’t get picked up, was loosely based on Zellweger’s own move to LA from Austin in 1999.

“I left on December 4, 1993 and got here on the 6th,” Zellweger says. “I took my boombox and my dog and drove my red Honda CRX. I guess I didn’t own that much because everything I did own was in the back of my car. And that’s a small car!”

Zellweger laughs at the memory. She laughs a lot, almost always with an exuberance and generosity of spirit. “Beautiful” might be her favourite word and, over a long lunch at her old haunt (salmon is added to a kale salad with the proviso that it “be destroyed” to the point where if the chef thinks “he’s done too much, tell him to be brave and go more!”), Zellweger uses the word to describe Sequoia National Park, ‘66 Ford Mustangs, Janis Joplin, the feeling of quiet in the hills above Malibu where she now lives and the smell of freshly ground pepper.

She’s dressed casually — jeans, black Dr Martens boots, a faded long-sleeve shirt and a frayed Houston Astros baseball cap, which she describes, as she often does, as “not a hat but my hairdo.” She has just returned from Australia, where she was promoting her new film, Judy, a moving portrait of Judy Garland that takes place during a chaotic London concert residency a few months before she died in 1969.

“My brain hasn’t arrived yet,” Zellweger says, noting a jet lag that wouldn’t otherwise be apparent. “I’m expecting it any minute. The iced tea is a very helpful friend under the circumstances.”

Nicole Kidman, who became friends with Zellweger when Cameron Crowe cast the latter opposite Kidman’s then-husband Tom Cruise in 1999’s Jerry Maguire and then worked with her seven years later in Cold Mountain, says that kind of off-kilter self-deprecation is what makes Zellweger so wonderful.

“Renée has a great spirit and absolutely doesn’t conform,” Kidman says by phone from her Nashville home. “She’s got an untapped well of talent. We’ve seen some of that before, but not anywhere near what she’s got inside.”

Zellweger’s turn as Garland in Judy reveals facets of her gifts — and of herself — that we’ve never seen before, playing a show business legend struggling with loneliness, self-doubt, crippling insomnia and, as much as anything, the emotional toll of simply having to be Judy Garland. The singer is drained and world-weary, but living by the adage that the show must go on.

Garland’s five-week London club engagement at Talk of the Town could be a glorious or an absolute train wreck depending on the night. Audiences cheered and heckled, accordingly. The tabloids delivered scathing reviews. Judy, Zellweger suggests, offers a different perspective from what has often been written of this time in Garland’s life.

“She deserved better than that,” Zellweger says. “The movie leaves room for empathy and a deepening admiration. It’s not easy to do what she was doing, even in the best of times. It’s a funny job, trying to conjure something like that.”

Zellweger, 50, has always possessed a strong voice — she was going to star in a Joplin biopic many years ago before a Writers Guild strike scuttled it — but singing Garland’s showstoppers was a two-steps-forward, one-step-back challenge.

“The movie ends with Garland singing ‘The Man That Got Away’ which she focused more on her life than her business legend struggling with loneliness, self-doubt, crippling insomnia and, as much as anything, the emotional toll of simply having to be Judy Garland. The singer is drained and world-weary, but living by the adage that the show must go on.

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“Every bit of it seemed so exciting and hilarious to me because it was all so unlikely,” says Zellweger, who graduated from the University of Texas with a degree in English, having taken just one drama class.

“You know, I just thought it’d be fun to try!” she continues. “And suddenly there was an agent calling. I still have no idea how he got the number. Then I had a meeting at Paramount with a really nice casting director. And they were going to let me on the studio lot! I got the parking pass and I’m following the map to her office and that was just so funny. They let me on the lot! I didn’t have any credentials. I was just faking it!”

She landed Jerry Maguire a couple of years later and spent the early part of the new century at the Oscars, earning nominations three consecutive years for Bridget Jones’s Diary, Chicago and Cold Mountain, winning for the last film.

“That time period feels like a blur to her and she seems to prefer her 40s, a decade in which she focused more on her life than her career. (“She’s very private and always had her priorities outside of work,” Kidman says.)

“There was a cocktail waitress I worked with in my 20s and we were chatting about something and I was asking, ‘So, you’re 20 ...’ and she said, ‘Oh no, honey. I lost my 20s a long time ago.’ And I thought, ‘I never want to think about life that way. Never. I want to feel like it’s a triumph having gotten to use them all!’ And that’s how I feel about my 40s. Triumphant. I used them.”

Indeed, there’s a delightful go-with-the-flow quality to Zellweger, who will happily regale you with nostalgic stories set in the days before smartphones where “you’re in the middle of a national park and you’re not sure you’re going to get to the other side before you run out of gas and there’s no way to contact anybody because there’s no trucker who’s going to hear your CB radio.” She cops to spending a night or two in gas station parking lots, waiting for them to open.

“Getting lost, trying to figure out how to get by on your wits ... I wouldn’t trade that for anything,” Zellweger says, tugging on her sleeves.

Making Judy, she says, was a daily battle of figuring things out and just plain denial about what she was trying to do. There were times when she felt disheartened. Zellweger has a strong voice — she was going to star in a Joplin biopic many years ago before a Writers Guild strike scuttled it — but singing Garland’s showstoppers was a two-steps-forward, one-step-back challenge.

The movie ends with Garland singing Over the Rainbow in front of a sold-out theatre. and that she was still singing it during that late, desperate period of her life.

“Knowing what she’s going through ... and she’s still singing about hope,” Zellweger says. “That makes me smile.” — Los Angeles Times/TNS
Any amount of running is good for you, according to research suggesting it is linked to a similar reduction in the risk of early death no matter how many hours you clock up a week or how fast you go.

According to the World Health Organization, about 3.2 million deaths each year are down to people not doing enough physical activity. Researchers say the latest findings push back against results from other studies that have hinted benefits increase with more running but might drop at very high levels.

"Any amount of running, even just once a week, is better than no running, but higher doses of running may not necessarily be associated with greater mortality benefits," the authors of the study write.

The research, published in the British Journal of Sports Medicine, focuses on 14 previous studies based on six different groups of participants, totalling more than 230,000 people who were followed over periods ranging between 5.5 and 35 years.

Each study was slightly different, with some comparing those who were involved in running groups with those who did not run, while others classified those who ran at least once a week or less than 50 minutes a week, or at a pace of 6mph (9.5km/h) or less, with no bigger reduction in the risk of early death at greater levels of running.

Dr Željko Pedeli, the first author of the research from Victoria University in Australia, said: "Any running is probably good for your health and you can achieve those benefits by running even just once a week or running 50 minutes a week, but that shouldn’t discourage those who run more than that amount, who maybe enjoy running three times a week or six times a week."

Pedeli stressed the finding did not mean running to any degree resulted in a 27% lower risk of early death from any cause, since dose-response was looked at in a smaller number of studies than used to calculate the overall effect.

Additionally, data for the least active runners could not be broken down further, meaning there might be a minimum level of running necessary before such benefits are gained.

The authors note current NHS guidelines recommend 75 minutes of vigorous activity a week for adults (or 150 minutes of moderate activity). But Pedeli said the study suggested even slightly less time spent running could produce similar benefits when it came to the risk of early death.

While a number of factors were taken into account when analysing the link between running and a reduced risk of early death, including age, health status, being overweight or obese, and lifestyle, Pediši said the findings could still be muddied by these and other factors to some degree.

The study also has other limitations, including that levels of running were self-reported and participants’ running habits were only considered at one point in time, while not all of the previous research took into account other types of exercise participants might have done.

Dr Charlie Foster of Bristol University, who chairs the UK chief medical officers’ expert committee for physical activity, said: “Find the activity you enjoy the most and stick with it. But if you can’t run, walk as much as you can too.”

The Guardian
**Solution for insomniacs**

**Bharat Upadhyay**

Sleepless flocks take a note, researchers have found people who have trouble sleeping may be more prone to stroke, heart attack or other cardiovascular diseases. Do yoga and you can feel sleepy, Indian experts said.

Health experts here have found solution to the problems raised by the Chinese experts. According to them yogas – Shavasana, Vajrasana and Bhramari Pranayam along with a healthy diet may curb the sleeplessness.

According to Sahil Kohli, Consultant, Neurology at Narayana Superspeciality Hospital in Gurugram, research has shown that more risk of having a stroke or brain attack is there if you have insomnia and this risk is even more pronounced in the age group of 18-34 years.

“Reduced sleep leads to inflammation which leads to causes high blood pressure, glucose intolerance and both of which can increase heart and stroke risk.”

“Frequently seen in clinical practice that chronic insomnia and obstructive sleep apnea are responsible for Atrial fibrillation which is also linked to stroke risk,” Kohli said in a statement.

“It is highly advisable that patients who have reduced sleep and even those who feel fatigued even after sleep at night needs evaluation for sleep disorders which can be evaluated by a sleep study,” Kohli suggested.

The study, published in the journal Neurology, involved 487,200 people in China with an average age of 51. Participants had no history of stroke or heart disease at the beginning of the study.

The people were then followed for an average of about 10 years. During that time, there were 150,032 cases of stroke, heart attack and other similar diseases.

People who had all three symptoms of insomnia were 18 percent more likely to develop these diseases than people who did not have any symptoms.

According to Atul Prasad, Director in Neurology Department at BLK Super Speciality Hospital in New Delhi, there have been multiple studies linking chronic insomnia to the occurrence of stroke.

“Of late there have been multiple studies postulating an increased risk of stroke in patients with chronic insominas (via increased cortisol levels and inflammation), and in cases of periodic limb movement syndromes leading on to hypercoagulable state,” Prasad said.

He added that the evidence is convincing in greater part to the increased risk of stroke in individuals with sleep disorders and robust evaluation of the same in concordance with a neurologist or pulmonologist is mandated for correct diagnosis and further risk stratification of these patients.

According to neurologists, if you are facing any such problem related to sleep, then follow these tips.

1. No matter how busy your routine is, but to get good sleep, it is most important that you set a time for your sleep.

2. For deep sleep, you can also play light instrumental music in the bedroom, which will give you peace of mind and sleep will come quickly, the doctor said.

3. After working all day, if you stick to a computer or TV even in your rest moments, then make a distance from them, at least before sleeping, start avoiding working on the computer, Prasad suggested.

4. He also asked people to follow a healthy diet.

“There are some types of yoga that make you feel sleepy. Such as Shavasana, Vajrasana, Bhramari Pranayam, etc. Doing these regularly will also get rid of insomnia problem and fatigue will be completely removed,” he concluded. – IANS

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**Why moms-to-be need vaccines during pregnancy**

Vaccines are a part of many well-child visits. But they also should be part of the care moms-to-be receive to protect their unborn children. “When we take care of pregnant patients, we’re really taking care of two patients: mom and baby. We know that pregnant women are more susceptible to, and can get more ill from, certain illnesses, so it’s important for moms-to-be to understand why certain immunisations are important,” says Dr Tina Ardon, a Mayo Clinic family medicine physician.

A recent report by the Centres for Disease Control and Prevention indicated that many pregnant women are not receiving vaccines for the flu and whooping cough. The lack of protection can have significant consequences for moms-to-be and their unborn children, says Ardon. “Pregnant patients are at greater risk for hospitalisation from influenza infections and have a higher rate of complications,” she says. The flu vaccine is recommended during any trimester for a woman who is pregnant during flu season.

Whooping cough is a highly contagious – and preventable – respiratory illness, a hallmark of which is a severe cough that leaves a person gasping for air. Also known as pertussis, after the bacteria that cause the infection, the cough can last several weeks to months.

“Infants and younger children are at the highest risk for complications associated with pertussis, including apnea, pneumonia and, at worse, death,” says Ardon. She adds that nearly half of all babies under 1 in the US who have pertussis end up being treated in the hospital. Complications are most serious for babies under 6 months.

“Vaccinating our moms-to-be gives the mom a chance to pass on antibodies to her baby to protect against pertussis even before birth.”

“Typically, infants and children get five doses of the vaccine between the ages of 2 months and 6 years, a booster around 11 or 12 years, and then one more booster as an adult. Pregnant women should get a booster during every pregnancy in the earliest part of the third trimester. Ardon recommends that expectant moms talk to their health care provider if they have questions.”

“It is important for all adults, as well as older children, including adolescents, to be vaccinated, so we can help protect though smallest patients,” says Ardon. – Mayo Clinic News Network

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**MORE SUSCEPTIBLE**: Pregnant women are more susceptible to, and can get more ill from, certain illnesses, so it’s important for moms-to-be to understand why certain immunisations are important.
Indulge in some Mexican cuisine with Chicken Torta

Torta is popularised as a Mexican sandwich. They infused their culture into the food and created something truly unique, even if it had several variations. The word “Torta” has meant several different things over the course of its history. Today you might order a sandwich at Mexican eatery and you’ll get sandwich. That’s because in Mexico the word Torta is a bread term for many different kinds of sandwiches, usually made with a round piece of bread. Originally the word Tortas came from Spain. One use of the word (Torta Dulce) was to describe a type of cake and another use of the same word described a kind of flat bread, characterised by its lack of yeast. It was considered a sub-par food and wasn’t as well liked as other yeast based breads. Whatever the origin, if you go to Mexico today and look for a Mexican Torta, a sandwich is what you’ll find. There are as many varieties of Torta as there are sandwiches anywhere else. Some have meat and others are vegetarian varieties. Some are filled with poblano and others are smothered with red chilli. Their names often reflect their ingredients such as the Ahogada (Drowned) for the smothered sandwich or el Chavo (Kid) for a favourite among the kids. So let’s talk about authentic Mexican T orta - It can really be anything on a bun. But if you want a taste of Mexico, it should be made with Mexican flavors and spices. It should also be made with fresh ingredients in a traditional Mexican style. So when you are ordering a Torta sandwich you are not just ordering a sandwich, you are getting something made with several generations of tradition and culture from all around the world. Perfect for lunch or dinner, these hearty sandwiches contain a zesty mix of rotisserie chicken, chipotle, cheese slices, crunchy cabbage and creamy avocado.

Tortas come in all sorts of varieties, so you’ll never get sick of them. Some of the most common tortas have meats prepared similarly to taco fillings- chicken, steak, vegan or vegetarian. You’ll definitely find a Torta that suits your taste. The most traditional Torta is prepared with a fluffy roll similar to a brioche and stuffed with choice of filling. The Torta is then either half drowned or partially dipped in spicy salsa, depending on how the consumer likes it.

Eating a Torta is an indulgent affair, expect the experience to be messy, so try and save your experience for when you’re with friends. They are so perfectly easy to make. Just take a Taco Tuesday filling recipe and stuff it between two slices for instant gratification.

**Chicken Torta**

**Ingredients**
- Rotisserie chicken 250gm
- Chicken broth 1/3 cup
- Barbecue sauce 2 tbsp.
- Lime juice 1 tbsp.
- Chipotle sauce 1 tbsp.
- Adobo sauce 1 tbsp
- Chili powder 1/2 tsp
- Salt to taste
- Black pepper to taste
- Mexican Bolillos bread 2 nos.

(Any other bread bun can also be used)
- Cheese slice 4 nos.
- Tomato slices 4 nos.
- Shredded cabbage 1/2 cup
- Avocado, ripe ½ no.

**Method**
- In a sauce pan, combine chicken broth, barbecue sauce, lime juice, chipotle in adobo sauce, chilli powder, salt and pepper over medium heat.
- Cook, and stir often for 3-5 minutes or until heated through a liquid thickens to saucy consistency.
- Shred the rotisserie chicken and add to the sauce and keep aside.
- Split rolls cross wise in half, spoon chicken mixture onto bottom halves of buns.
- Layer cheese, tomato, cabbage and avocado over top, cap with top of rolls serve along with fried potato.

Chef’s Special

Tortas are getting something made with Italian panini, Panama’s afritada or even a type of Italian pastry. The word “Torta” has meant a cake and another use of the same word described a type of Italian pastry. There is a speculation that during the French occupation, Mexican bakers took inspiration from the French Baguette bread. They used a similar bread dough to create smaller and softer loafs called Bolillo and T elera. The Bolillo is an oval shaped bread and has a crusty exterior and soft interior while the T elera is a slightly larger, rounded and has a Crease or two in middle.

A great Torta is defined by the bread having extra enough texture to hold up, being soft enough to bite and large enough to contain a plethora of ingredients contained in it. It was Mexico City that really gave life to this real meal. It was here that Mexican Tortas became Mexican. They infused their culture into the food and created something truly unique, even if it had several variations. The word “Torta” has meant several different things over the course of its history. Today you might order a sandwich at Mexican eatery and you’ll get sandwich. That’s because in Mexico the word Torta is a bread term for many different kinds of sandwiches, usually made with a round piece of bread. Originally the word Tortas came from Spain. One use of the word (Torta Dulce) was to describe a type of cake and another use of the same word described a kind of flat bread, characterised by its lack of yeast. It was considered a sub-par food and wasn’t as well liked as other yeast based breads. Whatever the origin, if you go to Mexico today and look for a Mexican Torta, a sandwich is what you’ll find. There are as many varieties of Torta as there are sandwiches anywhere else. Some have meat and others are vegetarian varieties. Some are filled with poblano and others are smothered with red chilli. Their names often reflect their ingredients such as the Ahogada (Drowned) for the smothered sandwich or el Chavo (Kid) for a favourite among the kids. So let’s talk about authentic Mexican T orta - It can really be anything on a bun. But if you want a taste of Mexico, it should be made with Mexican flavors and spices. It should also be made with fresh ingredients in a traditional Mexican style. So when you are ordering a Torta sandwich you are not just ordering a sandwich, you are getting something made with Italian panini, Panama’s afritada or even a type of Italian pastry. The word “Torta” has meant a cake and another use of the same word described a type of Italian pastry. There is a speculation that during the French occupation, Mexican bakers took inspiration from the French Baguette bread. They used a similar bread dough to create smaller and softer loafs called Bolillo and T elera. The Bolillo is an oval shaped bread and has a crusty exterior and soft interior while the T elera is a slightly larger, rounded and has a Crease or two in middle.

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Carve Mexican food at least once a week. Taco Tuesday is a perfect way to indulge in Mexican cuisine for me. One Mexican dish that I recently featured in one of my menus was Torta. I am sure not many are familiar with it but are familiar with its food classification category which is a sandwich. Imagine a cross between taco and a sandwich - Bread, meat, cheese and veggies. A Torta is a Mexican sandwich. It has similar flavors to a taco, but the bread adds a whole new dynamic.

The word “Torta” can mean a type of sandwich, a cake, flatbread or even a type of Italian panini crust. It can also be used to describe pancakes and in Philippines and parts of Spain it can be a kind of omelet. It is a very different food depending on what part of world you are in.
PSSC organises Qir’aat and Naat competition

Pak Shamaa School and College (PSSC) recently organised Qir’aat (recitation of the Holy Qur’an) and Naat (poetry in praise of Prophet Muhammad (PBUH)) competition. The annual competition was organised to mark the birthday of the Holy Prophet (PBUH). The competition also featured various speech highlighting different aspects of life and personality of the Prophet Muhammad (PBUH). In Qir’aat competition Mohamed Saleem, a student of Grade-VII, bagged first position, which was followed by Akram Ullah, Grade-VIII, and Mohamed Saad, Grade-VI, with second and third positions, respectively. In Naat competition, Hammad Ahmad, a student of Grade-X, bagged first position, which was followed by Shumaila Hussain, Grade-XII, with second position. Third position was shared by Abdullah Riaz, a student of Grade-XII, and Roman Asim, O-levels. The students were felicitated with cash prizes, certificates and trophies.

Sadia Saeed, a student of Grade-XI, presented an Urdu Speech on the moral practices and life of Holy Prophet (PBUH), which was followed by a speech in English by Aisha Nadim. Nabila Kaukab, Principal of PSSC, welcomed the gathering and expressed her happiness for being the part of the event. Hafiz Junaid Sial, Community Welfare Attaché at the embassy of Pakistan, was the chief guest on the occasion. Speaking on the occasion, the chief guest said, “I thank school management for inviting me to an event where we have learnt and revisited the life of our Prophet Muhammad (PBUH). I congratulate all the participants for presenting beautiful recitation of Qur’an and Naat. This shows their love for our beloved Prophet Muhammad (PBUH).”

UN ambassador for sports visits DPS-MIS

Tegla Loroupe, UN ambassador for sports, recently visited DPS-Modern Indian School (DPS-MIS) to encourage the students to develop a passion for athletics and sports. The students of Grade IX-X interacted with the celebrated Kenyan runner and global spokeswoman for peace, women’s rights and education. Speaking on the occasion, Loroupe shared stories of her struggle and her subsequent success with the students. Loroupe was accompanied by Massimiliano Montanari, Executive Director of Save the Dream Project; Siham Alawami, Director, Special Projects, Save the Dream Project; Dr Bahruz Balayev, Acting Director of Legacy Innovation, Save the Dream Project; and Shabnam Hajiyeva, Global Outreach Officer.

ACE Qatar organises technical seminar

ACE Qatar Section recently organised a technical seminar on “Lean Construction in Qatar”. Christopher Daniels, Head of QHSE at Al Darwish Engineering, conducted the session. The session was attended by over 45 members of ACE. The presentation focused on various aspects of lean construction, including lean principles, collaborative planning, visual management, workplace organisation, data collection and analysis for improvement, work observation and productivity improvement, problem resolution and change management.
The best way to get all of the vitamins, minerals, and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.
**Stars of Science welcomes new-born to the family**

Stars of Science recently welcomed a new face into their midst as Season 11 finalist Nuha Abu Yousef delivered a baby boy while participating in Qatar Foundation’s premier innovation TV programme. Nuha says she invests just as much effort in her innovation journey as she does with her young family. Something she believes is possible for all Arab women. “I’m proud to represent female innovators and working mothers who continue to do amazing things every day,” Nuha said.

“To all Arab women watching this show, my advice is that if I can do it, you can do it. Don’t be afraid to dream, because Arab women have so much to offer in science and business.”

The new mother-of-two added that she is grateful for all the support she received from both her fellow contestants on the show, and Qatar Foundation (QF). She said that giving birth at Sidra Medicine – a member of QF – and a top-tier women and children’s hospital, allowed her and her new-born to receive the best possible care.

“Designed to promote healing and provide outstanding services and research, Sidra Medicine acts as a beacon of learning and is a part of QF’s commitment to contribute to the advancement of innovative healthcare,” said Dr Michel Makhlouf, Act. Chair of Women’s Services at Sidra Medicine.

“We are pleased that Nuha chose Sidra Medicine to have her baby and we are honoured to have played such a vital role in Stars of Science history.”

**GAZOO Racing wins 6 hours of Fuji for the seventh time in eight years**

The GAZOO Racing (GR) team recently maintained its perfect record in the 2019-2020 FIA World Endurance Championship (WEC) season with a one-two victory on home ground in the 6 hours of Fuji, stated a press release. The reigning World Champions won at Fuji Speedway for the seventh time in eight years, with the No. 8 TS050 Hybrid Electric Vehicle (HEV) driven by Sébastien Buemi, Kazuki Nakajima and Brendon Hartley earning victory from pole position. Mike Conway, Kamui Kobayashi, and José María López finished second in the No. 7 TS050 HEV, leaving both crews tied for first place in the drivers’ championship, while the GR team stretched its lead in the manufacturer’s championship by 35 points.

The newly-introduced Success Handicap System was implemented for the first time during the event, which imposes lap time penalties on LMP1 vehicles based on their current standing in the championship leader board. The impact of the regulations became apparent during the opening laps. With Buemi at the wheel, the No. 8 TS050 HEV carried a one-second-per-lap handicap, successfully holding off a strong challenge to lead from the start. Meanwhile, Kobayashi faced a 1.4 seconds-lap-time penalty in the No. 7 TS050 HEV, resulting in an exciting fight for second position.

After taking their places in the top two positions, the GR TS050 HEVs steadily stretched their advantage. Their lead was further strengthened by the fastest pit work in the field, although the No. 7 TS050 HEV was unable to mount a challenge for first place throughout the race due to the 0.4 seconds-per-lap difference in success handicap.

The gap remained stable, with the No. 8 TS050 HEV taking the chequered flag in the TS050 HEVs’ final race in Japan. 339.956secs ahead of the No. 7 TS050 HEV. The result marked Buemi’s 16th outright WEC victory, extending his series record, and the fourth time Nakajima has won his home race. Meanwhile, Hartley stood on the top of the podium for the first time as a GAZOO Racing driver.

“I would like to congratulate the team on their brilliant performance. We are thrilled to achieve our second perfect result of the season, especially here at our home circuit,” said Yugo Miyamoto, Chief Representative, Middle East and Central Asia Representative Office of Toyota Motor Corporation. “The newly implemented handicap system imposes some regulations on our vehicles, but the team still managed to achieve an outstanding one-two victory with the superior performance of the Toyota TS050 HEV.”

“Toyota has been pioneering hybrid electric technology for more than 20 years. Through this journey, we have been continuously developing and testing our machines under extremely challenging road conditions, including racing events such as WEC. These events provide us with learnings and invaluable insights that inspire our efforts to create environmentally friendly vehicles that are engaging and fun to drive. We extend our gratitude to our loyal fans for their constant encouragement, and look forward to their support during this promising season.”

Miyamoto added. Sébastien Buemi, Driver of the No. 8 TS050 HEV, said, “I am really pleased with the race and the results. We executed a clean race and managed the conditions well, so thanks a lot to the team for their hard work. Of course, it’s even more important to win this race because we have a lot of Japanese fans supporting us and some very important guests, so everyone is very happy. Now we’re equal on points in the championship with the No. 7 guys, so Shanghai is going to be an interesting weekend.”

Kazuki Nakajima, Driver of the No. 8 TS050 HEV, added, “It’s great to win again here in Fuji in front of our home fans, congratulations to everyone in the team. It was important to us to get a one-two in the last Japanese race for the TS050 HYBRID because we have experienced so many emotions with this vehicle. It’s like an old friend, so we had to give it a last win at home. It was a tough race in changing conditions but we kept a strong pace and were quick on the intermediate tires. We controlled the race and managed the traffic well, so I am very happy.”

Over the years, Toyota has been participating in many different forms of motorsports, including Formula One, the World Endurance Championship (WEC), and the Nürburgring 24 Hours endurance race. Toyota’s participation in these events was overseen by separate entities within the company until April 2015, when Toyota established GAZOO Racing (GR), to consolidate all of its motorsports activities under one in-house brand. Representing Toyota’s belief that ‘the roads build the people, and the people build the cars’, GR highlights the role of motorsports as a fundamental pillar of Toyota’s commitment to making ‘ever better’ cars. Harnessing years of experience gained under the extreme conditions of various motorsports events, GR aims to forge new technologies and solutions that bring the freedom, adventure, and joy of driving to everyone.

Following the team’s second one-two finish of the season, the success handicap on both vehicles will be increased for the next race, the 4 Hours of Shanghai on 10 November. The lap time penalty will be identical for both TS050 HYBRIDs, as they now have the same number of World Championship points.

**Race Notes:**

**No. 8 TS050 Hybrid Electric Vehicle (Sébastien Buemi, Kazuki Nakajima, and Brendon Hartley)**

Position: 1st
No. of Laps: 232
Best Lap: 1'26.657

**No. 7 TS050 Hybrid Electric Vehicle (Mike Conway, Kamui Kobayashi, and José Maria López)**

Position: 2nd
No. of Laps: 232
Best Lap: 1'27.353
Colour by choice

Maze
Help the sailor find his way to the island.

Connect the dots
Join the dots in order to find out more!

Picture crossword
VEGETABLES
Use the pictures below as clues

COMMUNITY CARTOON

POOCH CAFE

By Paul Gilligan

COME WITH US, HUMBLE EARTH DOG. WE WILL TAKE YOU BACK TO OUR HOME WORLD.

THERE YOU WILL EXPERIENCE PLEASURES AND WONDERS BEYOND YOUR WILDEST IMAGININGS.

By the way, Earth dog, make sure not to stick your head out the win-

HEY, NICE TRUCK! ... WANT TO SEE SOMETHING COOL?

IF YOU TWIST THE HOOD...

THEN FOLD THE WHEELS UNDER...

AND TURN OUT THIS FENDER...

THIS ISN'T A TRANSFORMER, IS IT?

NO!
Sudoku

Scheherazade

Red Queen hypothesis

rodomont

glad hand or glad-hand

fingerpost

Wordwatch

Yesterday’s Solutions
Less sleep may negatively affect women’s bone health

Getting too little sleep is linked with a higher risk of having low bone mineral density (BMD) and developing osteoporosis, researchers have warned.

Osteoporosis is a disease in which bone weakening increases the risk of a broken bone. “Our study suggests that sleep may negatively impact bone health, adding to the list of the negative health impacts of poor sleep,” said the study lead author Heather Ochs-Balcom, from the University at Buffalo in the US.

In the study of 11,084 postmenopausal women, those who reported sleeping five hours or less per night had lower BMD at all four sites assessed — whole body, total hip, neck, and spine — compared with women who reported sleeping seven hours per night.

After adjustments, women reporting five hours or less per night had 22 per cent and 63 per cent higher risks of experiencing low bone mass and osteoporosis of the hip, respectively.

Similar results were seen with the spine. “I hope that it can also serve as a reminder to strive for the recommended seven or more hours of sleep per night for our physical and mental health,” Ochs-Balcom said.

The study was published in the Journal of Bone and Mineral Research. – IANS

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<tr>
<th>ARIES</th>
<th>March 21 — April 19</th>
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<tr>
<td>You may feel the urge to put your loved one on a pedestal today. You want to see him or her as the perfect friend for you. You’re willing to go to great lengths to bring this person pleasure. You’re wearing your rose-coloured glasses, so very little will convince you of anything but the fact that things are perfect and beautiful.</td>
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<tr>
<th>TAURUS</th>
<th>April 20 — May 20</th>
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<tr>
<td>Relationships aren’t going perfectly for you. Things may be a bit unclear in this realm. Events may crop up today that will make it hard for you to ignore the issue any longer. Communication is key to helping you sort through the feelings associated with these issues. Don’t be too judgmental in your approach.</td>
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<th>GEMINI</th>
<th>May 21 — June 20</th>
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<tr>
<td>Friendship are most certainly in the cards today. Play the hand you’re dealt and you should come away from the table victorious. There’s some transformation that may take place regarding issues of the heart. Don’t compromise yourself in any way. Settle for nothing but the best. This is a day to shine.</td>
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<th>CANCER</th>
<th>June 21 — July 22</th>
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<tr>
<td>Matters of the heart are in your favour today. You should prepare for a day full of social activities and good conversation. Your creative spirit may also be heightened. You can’t go wrong picking the right item in a clothing store or flea market. Your taste for the elegant is impeccable, so feel free to indulge.</td>
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<th>LEO</th>
<th>July 23 – August 22</th>
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<tr>
<td>You might focus on family today, but it’s possible that you’re having problems figuring out a way to express your feelings. There’s power influencing the scene, and certainly no shortage of passion. You might find that there’s a bit of superficiality to the situation that makes it hard to commit.</td>
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<tr>
<th>VIRGO</th>
<th>August 23 — September 22</th>
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<tr>
<td>In matters involving love, things might get a little sticky today. You might want to charge ahead with a plan, while a close partner wants to sit, discuss, and work things out together. Tempers might flare. You’d do well to be ready to compromise. A hot-headed approach will do more harm than good.</td>
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<tr>
<th>LIBRA</th>
<th>September 23 – October 22</th>
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<tr>
<td>When it comes to issues regarding work, don’t hold back today. Things are working in your favour. You shouldn’t hesitate to act forcefully and confidently. Show others that you’re serious. Don’t back down as things heat up even more. This is a sign that things are progressing in your favour and you shouldn’t mistake this intensity for anything but true passion.</td>
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<tr>
<th>SCORPIO</th>
<th>October 23 – November 21</th>
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<tr>
<td>Matters of the heart are in your favour today. You should prepare for a day full of social activities and good conversation. Your creative spirit may also be heightened. You can’t go wrong picking the right item in a clothing store or flea market. Your taste for the elegant is impeccable, so feel free to indulge.</td>
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<th>SAGITTARIUS</th>
<th>November 22 — December 21</th>
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<tr>
<td>In matters involving love, things might get a little sticky today. You might want to charge ahead with a plan, while a close partner wants to sit, discuss, and work things out together. Tempers might flare. You’d do well to be ready to compromise. A hot-headed approach will do more harm than good.</td>
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<th>CAPRICORN</th>
<th>December 22 – January 19</th>
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<td>Love will probably be on your mind most of today, so give your heart your full attention. You’re having trouble communicating with a friend now, so try to be patient. He moves left and you move right. You move left and she moves right. Each time you bump into each other. Let the other person make the first move.</td>
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<th>AQUARIUS</th>
<th>January 20 — February 18</th>
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<tr>
<td>Issues regarding friendships are in your favour. There’s a strong force spurring you to take action. Heed this helpful energy. Feel free to display yourself openly in the social arena. Talk among friends could be rewarding for you now. All sorts of connections are favoured for you today.</td>
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<th>PISCES</th>
<th>February 19 – March 20</th>
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<tr>
<td>Tension in the work department may arise for you. You want to get things started in a relationship that’s important to you, yet something always seems to stand in the way of the plan. Instead of trying to sidestep your way into the picture, take a direct approach. If you don’t try, you’re just as bad off as if you’d tried and failed. Go for it.</td>
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**Big B’s five decades in B-Town**

By Sugandha Rawal

Amitabh Bachchan’s journey of five decades to become the Bollywood Shubhshah was not always a smooth ride. Indeed, his life is nothing short of brilliant biopic material. Early rejections were followed by a phase when he made his mark as a promising actor, which was soon overshadowed by the kind of superstardom Bollywood never saw before or after. When the superstar tried his hand at film entrepreneurship, he went bankrupt, only to bounce back and claim supremacy as a super brand and respectability as an icon.

The first reaction of the industry all those years ago, however, was far from welcoming. His tall and lanky frame, and the baritone of his voice, were deemed unsuitable for Bollywood’s image of a perfect hero back then. These factors were pointed out as flaws, and reasons why he wouldn’t be able to make it big in the industry.

Today, he is the face of Indian cinema all over the world, and for decades he has been drawing his USP from those very attributes that were considered drawbacks back then.

**Saath Hindustani**, released on November 7, 1969, marks the start of his salad phase. The son of celebrated poet Dr Harivansh Rai Bachchan started his journey as one of seven protagonists in the film, which didn’t exactly mark a career. He went on to host the quiz show *Kaun Banega Crorepati* in 2000. The show helped him show his brilliance as a host, and his popularity soared even further.

**The quiz show**

Despite his tryst with the quiz show, Amitabh Bachchan’s career began to take off. His roles in films like *Bhoot*, *Dev* and *Shakti* proved his mettle as an actor. The success of these films laid the foundation for his future roles.

**Passionate**

Despite being 77, Amitabh Bachchan continues to be one of Bollywood’s busiest actors. His upcoming line-up includes *Chehre*, *Gulabo Sitabo*, *Brahmastra*, *Jhund* and *Aankhen 2*. His upcoming projects include *Dharm* and *Shahenshah*, which are set to release soon.

**To the world**

Bachchan also proved to a screen phenomenon, defying age and stereotypes. His performances in films like *Kaante*, *Deewar*, *Mrityudaata*, *Mr. India*, *Bandhe Haath* and *Chupke Chupke* cemented his permanent position in the industry.

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**From the past**

The Angry Young Man of yore metamorphosed into the Wise Seasoned Celebrity, and new-age Indian television’s biggest phenomenon was born. Much of what he has done over the past two decades resonates the icon that the KBC phase of Bachchan’s superstardom is defined by. The quiz show, after all, helped him find a solid comeback as a big screen phenomenon, defying age and stereotypes.

**Creditable projects**

Creditable projects of this phase include *Mohabbatein*, *Kabhi Khushi Kabhie Gham…*, *Ae Himalay Ke Acha*, *Bade Miyan Chote Miyan*, *Amar Akbar Anthony*, *Deewar*, *Mr. India*, *Brahmastra* and several others. Bachchan’s performances in these films proved his versatility as an actor.

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Expensive clothes hid my loneliness - then I gave 90% of them away, writes Huma Qureshi

Grief and pain lay behind my obsession with buying new clothes. Moving in with my fiancé forced me to shed the material burden, and the persona I had been hiding behind. I was brought up with certain religious rules about what I could and could not wear – no bare arms, no bare legs – and, as a teenager, I longed for the sort of outfits I wasn’t allowed. Once, on a shopping trip to Birmingham with school friends, I tried on halter necks, skirts and flimsy summer dresses in the Topshop changing rooms, just to see how they looked. I remember the wild excitement, gazing at a reflection that didn’t seem like me. I suppose this was the first time I realised that clothes meant I could pretend to be someone else.

At university, my friends nicknamed me Fashion, because I was always buying new clothes. I had a weekend job at a bookshop and saved my meagre wages to purchase entire outfits: shoes, tops and bottoms, all chosen to be carefully put together in a way that I hoped looked effortless. I loved the way it felt when I received a compliment about my clothes.

It was when I was studying for masters in Paris that my obsession started to get out of hand. I felt out of depth on my politics course. My hours were long and intense. Making friends as a postgraduate was hard. I was lonely. More than once, I felt like giving up the course.

My university was tucked down a quiet road with boutiques filled with the sort of clothes that took my breath away. In these stores, the staff would complement me on my taste and with tags on, in a messy heap made me realise that none of it meant anything at all. Seeing my clothes, some still repulsed and embarrassed by it all. Seeing my clothes, some still with tags on, in a messy heap made me realise that none of it meant anything at all. All it reminded me of was my loneliness, how I had tried to hide it, and also, the recklessness with which I had spent so much money. I didn’t want to start the next chapter of my life weighed down by a reminder of this sadness, packaged up in pretty clothes.

So I invited friends over and let them pick whatever they wanted to keep. I sold the more expensive items to secondhand stores and donated the rest to charity. I kept around a tenth of my original wardrobe, none of it particularly fashionable at all.

Eight years on, I still love shopping but I’m far more considered when I buy things. The act of giving away so many clothes was a way for me to shed all the layers of personas I had been hiding underneath for so long. I came to see that I didn’t have to dress up to pretend to be somebody else. That I didn’t have to hide any more. I could just be me, and that was more than good enough.

“As I emptied my wardrobe, trying to pack for life as a newlywed, I felt repulsed and embarrassed by it all. Seeing my clothes, some still with tags on, in a messy heap made me realise that none of it meant anything at all”

“...”

...