Community
Nawalparasi Welfare Society organises first general assembly to elect new members of managing committee.

P16
Community
Founder of Campus and Student Life in Qatar talks about establishing the idea and bringing students together under one platform.

Breathless
White House reporter Eli Stokols on what it was like to cover another Trump year. P4-5

Bollywood
Amitabh Bachchan receives Dadasaheb Phalke Award.

Hollywood
Efron escapes deadly bacterial attack whilst filming in PNG.
PRAYER TIME

Fajr 4.57am
Shoroq (sunrise) 6.21am
Zuhur (noon) 11.38am
Akr (afternoon) 4.36pm
Maghreb (sunset) 6.26pm
Isha (night) 4.56pm

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 44594050
Qatar News Agency 44490205, 44490333
Q-Post – General Postal Corporation 44464444

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

Quote Unquote

“All our dreams can come true, if we have the courage to pursue them.”
– Walt Disney

Good Newwz
DIRECTION: Raj Mehta
CAST: Akshay Kumar, Kareena Kapoor, Diljit Dosanjh
SYNOPSIS: Two couples with the same surnames pursue in-vitro fertilisation and wait for their upcoming babies. Trouble ensues when they find that there have been some confusion in their records at the hospital.
THEATRES: Royal Plaza, Landmark, The Mall

Spies in Disguise
DIRECTION: Nick Bruno, Troy Quane
CAST: Karen Gillan, Rachel Brosnahan, Will Smith
SYNOPSIS: When the world’s best spy is turned into a pigeon, he must rely on his nerdy tech officer to save the world.
THEATRES: The Mall, Landmark, Royal Plaza
The Colour Run 2020
WHERE: QNCC
WHEN: January 25
TIME: 7am – 10pm
Your Health First is a five-kilometre, untimed event. At each kilometre mark, Colour Runners are doused from head to toe in a different coloured powder. Participants wear white at the starting line and finish the race plastered in colour. Once the 5k is over, the fun continues at the Finish Festival, a larger-than-life party equipped with music, dancing, photo ops, activity booths, vendors, and more massive colour throws, which create millions of vivid colour combinations.

Gems and Jewels Exhibition
WHERE: Museum of Islamic Art
WHEN: Ongoing till January 18
TIME: 9am onwards
The exhibition comes in celebration of the Qatar-India 2019 Year of Culture 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.

Metro Street Food
WHERE: DECC Metro Station
WHEN: January 2020 onwards
TIME: 12:30pm
Street Food is the ideal venue for a leisure experience for the whole family offering over 20 dine-in options and 18-hole World Mini-Golf setup.

Public Speaking Classes for Adults
WHERE: Sharq Capital, C Ring Road
WHEN: January 15 – July 1
TIME: 6:30pm – 9pm
Get trained by experts to be a good speaker. Smedley Toastmasters is conducting a six-month speech-craft programme that teaches new members to speak confidently and develop leadership skills. For more information, 66053485, 33232490 or visit www.SmedleyToastmasters.org

Winter Dragon Boat Festival 2020
WHERE: Museum of Islamic Art
WHEN: January 24
Row, paddle, hurry up! Qatar’s largest water sports, Winter Dragon Boat Festival is back to show us their fast rowing skills. Dragon boating is a canoe-sport and was originally a traditional festival game dating back 2,000 years throughout Southern China. It has now become a popular sport with competitions held around the world.

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

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

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

NYE – Countdown in the desert
WHERE: Al Bahar Camp, Inland Sea
WHEN: Today
An exclusive getaway this New Year’s Eve to avoid the crowd. Join us in the Qatari Desert and camp under the starry sky by the beach at the most beautiful waterfront camp. Wake up to the most stunning sunrise over the dunes and make your New Year’s resolutions. For further information, call 3339 3323 or visit www.365adventures.me

Spring Festival 2019
WHERE: Souq Waqif
WHEN: Ongoing till January 4
TIME: 4pm – 10pm
The third edition of the Spring Festival at features an array of cultural programmes and entertainment activities. Around 60 games and rides are open. Circus shows will be also staged.
A year of President Donald Trump is better measured in dog years, with so much being packed into 12 months — a Mueller report, trade talks, tweet storms, rally tirades, terrorist raids, impeachment testimony. As a White House reporter, I often can’t recall what the story was two days ago. Thinking back to January is overwhelming.

For the first 25 days of 2019, the federal government remained shut down as the president tried and failed to pressure Democrats into approving money for a border wall. At year’s end, we interrupted our nonstop coverage of impeachment hearings to bring you the president’s decision to overrule the Secretary of the Navy in order to halt disciplinary action against a Navy SEAL who was convicted of posing with the corpse of a prisoner in Iraq. And then we interrupted that to inform you that the Supreme Court might or might not weigh in to settle the matter of whether Congress has a right to the president’s closely held financial disclosures.

The fire hose of news, or what seems in the moment to qualify as “news,” is relentless. The constant, of course, is Trump. That I can remember.

I also remember being in the West Wing in February the day after Attorney General William Barr held a news conference to prebut the report by Robert S. Mueller III, informing the public that the special counsel, after a 22-month investigation, had found “no collusion” between the president’s campaign and the Russians who meddled in the 2016 election. When the report actually became public, the reality proved different — Mueller had opted not to make a decision about whether the president had obstructed justice.

But on the day Barr released his advance spin, the mood inside the White House was something akin to a winning team’s locker room minus the celebratory spray. Deputy Press Secretary Hogan Gidley had cut out and was annotating a newspaper cartoon depicting the president’s most ardent critics in a “Mueller Madness” NCAA-style bracket. Kellyanne Conway crowed in the White House driveway, telling reporters that all who’d suggested wrongdoing by the president owed him an apology.

The president, relieved to be off the hook politically, immediately
It has been another year of Trump-dominated programming, shocking story lines overtaken by more shocking storylines, few of them ever fully resolved

It all seemed quite significant at the time. It was another year of shocking story lines overtaken by more shocking storylines, few of them ever fully resolved. Trump and Congress did nothing all year to address climate change, the nation’s crumbling infrastructure or the epidemic of mass shootings. The president threw his weight behind a push to oust Venezuela’s president, then quickly abandoned the project.

Trade agreements with China and Japan, and a nuclear deal with North Korea, remain unfulfilled promises, all hanging in suspended animation as the president asks the public to believe that the final handshakes could be just around the corner. He did finally win congressional approval for his revamped North American Free Trade Agreement at year’s end, 12 months after orchestrating an initial signing ceremony.

For all the nonstop action and commentary, the president’s approval rating has remained static. The base stayed put, and so did Republicans, even through impeachment proceedings as the evidence piled up. More administration officials departed. More of their replacements were brought on in an “acting” capacity. Many of the departed inked lucrative book deals, in hopes of sating the public’s endless appetite for Trump stories.

In September, the president mistakenly tweeted that Hurricane Dorian could impact Alabama, even though forecasts showed it wouldn’t, and then used a Sharpie to edit an official map of the storm’s projected path, drawing an expanded line around Alabama and the nation’s attention to the lengths he would go to, to avoid admitting a simple mistake.

He insulted Republican Elijah E Cummings and denigrated his hometown of Baltimore as a “rodent infested” place where “no human being would want to live.” When Cummings died in October, Trump praised him and offered his condolences in a statement but seemed to be the only Washington politician absent from his funeral.

In announcing the successful operation that led to the death of Islamic State leader Abu Bakr al-Baghdadi, Trump fabricated details of the raid, saying the terrorist died “whispering and crying” in a tunnel — a detail that no-one in the military seemed able to corroborate. He visited the US-Mexico border to show off a segment of new wall, even though it was a replacement for a pre-existing barrier. He encouraged China to investigate Joe Biden while denying, during one of many South Lawn shout-thons, that he’d demanded Ukraine investigate the former vice president.

At the White House, Trump joked with the leader of Turkey about the “fake news” media he had to deal with. He embraced Kim Jong-un in a photo op at the DMZ. He blithely threatened the whistleblower. He stuck to conspiracy theories. He pardoned a Thanksgiving turkey.

That’s just what I can remember.

A LOT OF HOT AIR: US President Donald Trump and North Korea’s leader Kim Jong-un talk before a meeting in the Demilitarised Zone (DMZ) on June 30 in Panmunjom, Korea.

“fake news” media he had to deal with. He embraced Kim Jong-un in a photo op at the DMZ. He blithely threatened the whistleblower. He stuck to conspiracy theories. He pardoned a Thanksgiving turkey. That’s just what I can remember. It all seemed quite significant at the time.

— Los Angeles Times/TNS
Nepali organisations conduct general assembly

Nawalparasi Welfare Society (NWS), a Nepalese community organisation, recently organised its first general assembly at Al Dosari Park. The programme was chaired by Sujan Laudari, Chairman of NWS, and inaugurated by Mohammad Muktiad Musalman, Chairman of Non-Resident Nepalese Association - Qatar (NRNA). The event was hosted by Durga Hamal. Amit Barali welcomed the gathering. NWS elected its new management committee. The new management committee includes Amit Barali, Krishna Panthi, Durga Hamal, Sujan Kunwar, Giriraj Pathak, Nar Bahadur Thapa, Basudev Pandey, Bishow Bahadur Shahi, Ramesh Puri, Jit Bahadur Gurung, Ramjee Subedi, Bishow Adhikari, Saddam Hussein, Jita Kumari Gurung and Sandhya Aryal. KB Hamal, Patron of NWS, along with Mohan Karki, Adviser of NWS, and Mohammad Muktiad Musalman, notable community leader, spoke on the occasion.

Likewise, Nuwakot Welfare Society organised its sixth general assembly at Green Restaurant. Hariram Khadka, outgoing chairman of Nuwakot Welfare Society, and TB Karki, notable community leader, were the chief guests on the occasion. The event was attended by notable community leaders, including Tanka Kumar Khadga, Samir Khatri, Niran Nepal, Ajay BK, Bal Dev Rana, Karim Baks Miya, Prakash Bohara, Rudra Sharma, Ramesh Tiwari, Lall Kumar Tamang, Sagar Adhikari, Shyam Pandey, Chhabilal Pariyar, Prakash Mumba, Honga Ghale and Ram Hari Ghrmare. Bishnu Bhandari welcomed the gathering and Dipendra Ghale, General Secretary of Nuwakot Welfare Society, spoke about the organisation and its activities. The members of previous working committee were felicitated on the occasion. Nanda Ram Subedi, outgoing Treasurer, presented the fiscal report of the organisation.

Text and photo by Usha Wagle Gautam

PISQ conducts in house training session for faculty members

Mubarika, Headmistress KG-Wing at Pakistan International School Qatar (PISQ), recently conducted an in house training session for its faculty members. Following topics, including learning styles, active learning, co-operative learning, organising learning, creativity in classroom, understanding a child, effective classroom management, and love yourself and your work were discussed and presented during the workshop.

The workshop featured various activities, including solving the puzzles, finding numbers and alphabets, huruf-e-tahaji from the sand buckets, case studies of problem creating students, survey/questionnaire, creating different objects by using shapes, arranging the alphabets, numbers and huruf-e-tahaji, and jumping on the given alphabets and numbers.

Text and photo by UKG Wing.
Parents should teach good manners

Manners reduce friction between two people – whether they’ve just met or they’ve been together for years, writes Judi Light Hopson, Emma H Hopson and Ted Hagen

Do you believe having manners will make your child vulnerable? Maybe you think children who are too nice will get bullied. If so, you might be telling your kids to ‘fight back’ or ‘toughen up.’

Or do you believe the school system will teach your child enough manners to get by? Somehow, you feel that he or she will ‘absorb’ enough good behaviours to fit in. By watching others, your child will automatically know how to act on the ball field, in groups or, later, in a job setting.

However, nothing could be further from the truth. Learning good manners is a lot more complicated than copying nice responses from others.

Parents need to shepherd the emotional growth and maturity of their offspring.

Here are some tips:

1. Realise that speaking and acting thoughtfully shows power. In life, your child will need to feel in control by being someone others respect. This happens when they take the high road. Teach your child to offer co-operation, kindness, and a willingness to listen.

2. Teach your child that the most intelligent people do listen. Those who tell others to ‘shut up’ or ‘go take a hike’ are burning their bridges to other people.

3. Show your child that being nice doesn’t mean ignoring a bully. Being nice means you monitor your own behaviour, so you avoid making a contribution to ugliness. Teach a child that dealing with a bully, many times, will require an adult to step in. Good manners won’t fix a bully.

Every child should feel confident they are reasonably well-liked by others. Explain to them that smiling, offering to help someone, or showing empathy tells other people you are trustworthy. Others can feel safe in your presence.

“I helped my son build a circle of friends by coaching him on manners,” says a friend of ours we’ll call Sharon. “I told him to imagine how he was making others feel. I helped him develop a good sense of humour and avoid taking all remarks from other people too personally.”

We all should truly respect others. You don’t want manners to be phony or used for manipulative purposes. Hold discussions with your child about various situations as they arise.

“Teaching manners will help other people enjoy being around your child,” says a psychologist we’ll call Evelyn. “Rude children who aren’t taught anything will be in for a lifetime of pain. I have a lot of clients who can’t make relationships work, and strangely, they don’t know why.”

Teaching manners that incorporate phrases such as “thank you,” “excuse me,” “may I?” and similar language makes the process of learning kindness second nature to children. You can only teach these phrases by having your children hear you use them. They should seem natural and part of normal conversation.

Show your children how to set boundaries by using verbal phrases that aren’t overly offensive. They might say, “Hold on, I don’t appreciate you talking to me like that.” Teach them that throwing verbal rocks by saying, “Stop, you jerk. I’m gonna punch you in the face,” will wreck any chances of talking things out with someone.

Manners are like oil in relationships. Good behaviours keep everything running smoothly. Manners reduce friction between two people – whether they’ve just met or they’ve been together for years.

PRO TIP: Explain to your children that smiling, offering to help someone, or showing empathy tells other people you are trustworthy. Others can feel safe in your presence.

BEING NICE: Show your child that being nice doesn’t mean ignoring a bully. Being nice means you monitor your own behaviour, so you avoid making a contribution to ugliness.

DISCUSSIONS: We all should truly respect others. You don’t want manners to be phony or used for manipulative purposes. Hold discussions with your child about various situations as they arise.

PRO TIP: Explain to your children that smiling, offering to help someone, or showing empathy tells other people you are trustworthy. Others can feel safe in your presence.
Falconry has its roots in central Asia some 4,000 years ago and is one of humanity’s oldest forms of hunting. In Germany, there are more than 380,000 hunters, but only about 1,000 are active hawks, who prefer to use birds instead of guns.

“Falconry isn’t a hobby like any other, it is a way of life,” Knapheide says. In the language of hawks, he is an eagle man.

“You really need time and support if you’re going to have a job and a family as well,” says the 51-year-old lawyer from Osnabrück. Caring for the birds is enormously time-consuming, but Knapheide is lucky enough to have a partner who is also a falconer and owns a hawk.

“Falconry isn’t a hobby like any other; it’s part of my life; it is my passion and individuality. I’ve been hunting like this since the age of 10 – I grew up in a family of falconers.”

In Germany, falconry is now designated as a Unesco world cultural heritage. Falconry has its roots in central Asia some 4,000 years ago and is one of humanity’s oldest forms of hunting. The falconer does not control the bird; instead, hunter and bird work as partners. How well the two work together determines how successful the hunt is.

“The connection between the person and the eagle is closer and more personal than with other birds of prey,” says Knapheide. It can’t be described as love, though the relationship can last longer than some marriages, as golden eagles can live for 40 years or more.

Golden eagles have a 2-metre wing span and their plumage is dark brown. In Germany, they are native only to the Alps. The birds used to be endangered and are now protected, but with 50 breeding pairs, they are no longer considered to be acutely high risk.

“Falconing with a golden eagle is one of the most demanding forms of hunting!” Knapheide says. “You should respect the bird but you shouldn’t fear it.” Golden eagles can be dangerous, however, and the claws that grip their prey 10 times stronger than a grown man’s hand.

The falconry season starts in autumn and most hunters use goshawks, Harris hawks or peregrine falcons. “There are only 50 or 40 hunters who take a golden eagle out with them, mostly in the south and east.” Knapheide is legal adviser to the German falconry order and has also written a book about the laws governing hawking. Hunters need to pass an exam to gain a hunting licence, and there are many regulations governing how the birds are to be kept.

“The types of birds used by German falconers are bred,” he says. Just like a pedigree dog, such a bird can cost several thousand euros. How do conservationists feel about falconry? “In the past, some people took wild birds and trained them for falconry, and that seriously endangered some birds of prey. It meant some nests needed constant monitoring to protect them from thieves. So nature associations have traditionally tended to be a bit critical of falconry!” says Lars Lachmann, a bird expert at the Nature and Biodiversity Conservation Union (NABU). “Nowadays we don’t have this problem in central Europe any more.”

In fact, falconers are now key partners who work with NABU to protect birds of prey. “Falcons have a great deal of knowledge about breeding birds of prey,” Lachmann says.

“Compared to falconry, no other form of game and wildlife management takes such good care of the creatures, as long as they’re cared for correctly!” Knapheide says. He is happy if his bird seizes a hare in its claws, rather than it ending up in a game bag. Either way, it will end up as Sunday dinner.

“By hunting in this natural way, of course I’m glad if we do come home with a catch – but it’s just as beautiful if the prey manages to get away,” says Knapheide.

— DPA
Reopening a cinema in Rome in the Netflix era an ‘act of resistance’

By Alvise Armellini

In Italy, if you aim high, you “dream America,” according to an old saying from the times when many poor Italians sought a better life across the Atlantic.

Today, a collective of Roman twenty-somethings have found their “America” closer to home, in the once working-class, now heavily gentrified district of Trastevere.

They are known as the Cinema America Girls and Boys, and they take their name from a disused film hall in Rome. It was boarded up, its future in limbo. America is still standing, albeit heavily gentrified.

“I have no doubts that we will survive, but what needs to change is the approach of cinema managers,” one of Il Cinemino’s founders, Agata De Laurentiis, says. Cinemas need to “pamper” their target audience as “it’s no longer enough to let people into a dark room and press play and stop,” she says.

Il Cinemino is a small membership-only venue, opened in 2018, with 74 seats and top-quality sound and video equipment. It is also a bar and a cultural space for exhibitions, book readings and lectures.

Its nine founders meet every day to admit new members and decide what films to show. Listings can change if enough members request a specific film, De Laurentiis says.

One of the December titles is Marriage Story, a 2019 critics’ favourite that has been boycotted by mainstream film distributors in Italy because it is produced by the enemy, Netflix.

Martin Scorsese’s The Irishman, another Netflix production, has also been given the cold shoulder by distributors. So there are high-quality movies out there for the taking for indie venues.

“I don’t have any particular advice for the Cinema America guys,” De Laurentiis says. “I can only tell them: We’re very pleased by how we are doing, so don’t lose heart if things don’t go well immediately.” Carocci says his group has done a lot of research.

“We talked to a lot of people across Europe and we realised that it’s possible to be economically viable. What’s key is to build a cultural and social community around your cinema,” he says.

The Cinema America ensemble has come a long way since their 2012 squatting origins, winning widespread recognition and respect for their activism.

At first they ran the occupied Cinema America as a self-governed community space, offering film screenings, theatre classes, a study area and AS Roma football matches.

After police forcibly evicted them, they continued film screenings in a smaller venue next door, and later in “pirate” open-air shows in scenic spots around Rome, such as the Castel Sant’Angelo fortress.

The group gradually emerged from the underground, and since 2015 it has run a free open-air summer film festival with institutional sponsors like BNL, one of Italy’s main banks.

The festival attracts leading film stars. Composer Ennio Morricone, director Paolo Sorrentino and actors Jeremy Irons and Mathieu Kassovitz were among those who came this year to present their work.

With a mix of pragmatism and idealism, the Cinema America group says that bringing people out to watch movies in a public space is a key way to revive a community spirit in urban spaces.

That message resonated even more in June, after a young man out with friends in Trastevere with a Cinema America crimson T-shirt was assaulted by neo-Fascists for displaying an “anti-fascist” symbol.

“Our association has no party or political affiliation, but believes in a few fundamental principles, including anti-fascism, anti-racism, anti-sexism, inclusion and solidarity,” Carocci says.

The 28-year-old has become a darling of the Italian left, and a political future is mooted for him. He already has a politician-like capacity to handle media pressure and stay on message.

“Yeah, people have been mentioning me as a possible candidate for this and that,” he says. Until the Cinema Troisi is open and the first tickets sold, “I can’t think [about] what I’ll do next.” – DPA
World Health Organization

WORLD REPORT ON VISION

The Challenge

Today, at least 2.2 billion people have a vision impairment or blindness. That’s nearly a third of the world’s population!

1/3

Yet, eye care is out of reach for at least a billion people because it’s unfairly distributed.

1 Billion

What can be done?

Governments need to integrate eye care into health services. Including:
- Treatment
- Early Detection
- Health Services
- Rehabilitation
- Prevention

Crucially, eye care needs to be ‘people-centred’

Putting people & communities not diseases, at the centre of health

Let’s see change – Act now

iapb.org
or most people, plain water is best for hydration. But first, it’s important to understand the definition of alkaline water. Scientists use pH to describe how acidic or basic a substance is, with a range from 0 to 14. Pure water has a pH of 7, meaning it’s neutral. Fluids with a pH under 7, such as coffee and soda, are acidic. Substances with a pH over 7, such as baking soda, are basic, or alkaline.

Alkaline waters have a pH around 8 or 9. Some vendors use water that has a naturally higher pH, while others say that they create alkaline water through an ionisation process. Alkaline water companies make a host of claims, saying it’s better at rehydrating the body, and that it will detoxify and “balance” your body, help you lose weight, and prevent or even treat cancer. However, there’s little credible research showing that alkaline water benefits your health in any important way. In general, be wary of promoted research on alkaline water, as some of these studies are small or funded by alkaline water companies. Some studies also suggest that alkaline water might help slow bone loss, but further investigation is needed to determine if this influences overall bone mineral density and if the benefit is maintained over the long term. Often, claims about the benefits of alkaline water rest on the argument that modern diets make our bloodstreams and bodies too acidic. This is misleading. Regardless of what you eat or drink, your body is good at regulating your blood pH through organs such as your lungs and kidneys. It’s possible to have excess acid in your body fluids - what is known as acidosis - but this is generally caused by a serious condition such as a chronic disease involving the lungs or kidneys. Many people don’t drink enough water, and they may feel better after increasing hydration through alkaline water. However, it’s probably not the alkaline nature of the water that’s of benefit; it’s the water. You can save money and hydrate your body perfectly fine simply by drinking plain water.

Alkaline water companies make a host of claims, saying it’s better at rehydrating the body, and that it will detoxify and “balance” your body, help you lose weight, and prevent or even treat cancer. However, there’s little credible research showing that alkaline water benefits your health in any important way. In general, be wary of promoted research on alkaline water, as some of these studies are small or funded by alkaline water companies. Some studies also suggest that alkaline water might help slow bone loss, but further investigation is needed to determine if this influences overall bone mineral density and if the benefit is maintained over the long term. Often, claims about the benefits of alkaline water rest on the argument that modern diets make our bloodstreams and bodies too acidic. This is misleading. Regardless of what you eat or drink, your body is good at regulating your blood pH through organs such as your lungs and kidneys. It’s possible to have excess acid in your body fluids - what is known as acidosis - but this is generally caused by a serious condition such as a chronic disease involving the lungs or kidneys. Many people don’t drink enough water, and they may feel better after increasing hydration through alkaline water. However, it’s probably not the alkaline nature of the water that’s of benefit; it’s the water. You can save money and hydrate your body perfectly fine simply by drinking plain water.

Substances with a pH over 7, such as baking soda, are basic, or alkaline. Fluids with a pH under 7, such as coffee and soda, are acidic. A substance’s pH is determined by the number of hydrogen ions it contains, and is measured on a scale from 0 to 14. Pure water has a pH of 7, meaning it’s neutral. Fluids with a pH under 7, such as coffee and soda, are acidic. Substances with a pH over 7, such as baking soda, are basic, or alkaline.

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Wordsearch

BARBIEROLLI   RUNYAN   CHEEVER
DENVER    GALSWORTHY   HANCOCK
MARQUAND     RUSKIN    UPDIKE
BETJEMAN      CAGE    CONSTABLE
DOWNE         GLENN    LANDIS
MILTON     SYNGE    WAYNE

Codeword

Every letter of the alphabet is used at least once. Squares with the same number 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 also divided into nine 3x3 boxes. You are given a selection of values and to complete the puzzle, you must fill the grid so that every column, every row and every 3x3 box contains all the digits from 1 to 9.

Bound And Gagged

Times Square New Year's Eve

What happens if that giant ball breaks loose?

There's a dude down on the street with a ginormous baseball glove.
Super Cryptic Clues

Across
1 Principal nut (4)
3 New chap sure to buy something (8)
9 Judges playing conkers? (7)
10 Bar returns from riotous feast (5)
11 Smooth learner enters the ring (5)
12 Silent characters sign up (6)
14 Money we got back for nut (6)
16 Tools needed for a quarter of the deck (6)
19 Capital city taking back a famous inventor with love (6)
21 Majestic and terribly large (5)
24 Wild dog kept in a building overseas (5)
25 A sign that visitors aren’t welcome (4,3)
26 Ship’s officer with many sailors (8)
27 Feat unaffected by revolution (4)

Down
1 Book that’s difficult to endorse? (8)
2 Capital invested in Joan of Arc casually returned? (5)
4 Invisible nun wandering around diocese (6)
5 Song arranged by Carlo (5)
6 Did save, somehow, as recommended (7)
7 They wriggle in a creel sometimes (4)
8 Pet for Dorset leader in Dorset resort (6)
13 Ladies to gather round, being cut off (8)
15 Showing taste in unusual material (7)
17 Someone who carries drink? (6)
18 Jill’s partner gets alien garment (6)
20 A payment for a coral island (5)
22 Geoff’s beginning to wander in a small wood (5)
23 The first man a woman married (4)

Solution

Wordsearch

Codeword

Answers
Amitabh Bachchan receives Dadasaheb Phalke Award

Megastar Amitabh Bachchan was conferred with the prestigious Dadasaheb Phalke Award by President Ram Nath Kovind on Sunday at the Rashtrapati Bhavan. The government award is India’s highest honour given in the field of cinematic art. Amitabh has been honoured with the award for inspiring generations with his diverse work.

The official Twitter handle of the Press Information Bureau (PIB) shared a video of Big B receiving the award amid loud applause. He attended the ceremony with his wife and actress Jaya Bachchan and son and actor Abhishek Bachchan.

The 77-year-old actor was earlier supposed to receive the award. The entire country and cinephiles across the globe are looking forward to seeing the actor receive the award.

Failure really doesn’t affect me: John

Actor John Abraham says his biggest advantage is that he is not afraid of failure.

“I come from a very middle-class background and even today, I hold on to those values very strongly. My biggest advantage is that I’m not afraid of failure. And when you’re not afraid of it, you can do whatever you want because you’ve seen failure and success in the same measure. So, failure really doesn’t affect me,” John said.

The actor expressed his views when he appeared on chat show Not Just Supper Stars along with his personal trainer Vinod Channa. The show is aired in India on Zee Caffé.

Talking about his friends, John said: “One of my close friends, Suku, is an auto-rickshaw driver. He ferries me regularly from my home to the office and back. Once Suku and me went to watch a Tamil film, Kaatru Veliyidai, and it was on his recommendation that I re-made this movie into Force.”

Being someone who believes in living a simple life, John also confessed that he prefers spending on others.

“I don’t spend on myself as I don’t like it,” he said.

When host Gunjan Utreja asked John about his holiday plan, the actor said: “I am a self-confessed workaholic. I have had a holiday for only five days in the last 18 years.”

Evelyn extends contract for show Euromaxx

Actress Evelyn Sharma has renewed contract for another year for her international show Euromaxx.

After wrapping up another schedule in Berlin, Germany for her international show, she renewed her contract for another year for the show which is about lifestyle and culture in Europe. The show is for German channel DW (Deutsche Welle).

“Audiences across the globe are looking for more than entertainment,” said Evelyn.

“Yes, people want to be entertained, however they also want to take away more. Information, education, inspiration! Our life is meaningless without a deeper purpose, and I see the audience is craving for great content more than a quick-thrift,” added the actress turned host.

On the personal front, she is also busy with wedding plans with Australian based dental surgeon Tushaan Bhindi. - IANS

Simple: John Abraham is someone who believes in living a simple life.

Funny: Akshay Oberoi says: “It was the funniest script which I read in a long time.”

Akshay having fun working on KTina

Actor Akshay Oberoi is enjoying working on Ekta Kapoor’s KTina, and says working on the light-hearted project is turning out to be a pleasant break for him.

The film also stars Disha Patani. KTina will be written by Raaj Shaamliyaa, who recently made his Bollywood directorial debut with The Ayushman Khurrana-starrer Dream Girl, and is directed by Ashima Chibber.

“It is a sort of a chick flick and light-hearted. It was the funniest script which I read in a long time,” Akshay said.

“We shot for some days in Chandigarh. We will resume in little time to finish the film and I am looking forward to it,” he said.

The actor, known for Pizzazz, Guurugram and Kaalakaandi, continued: “If you look at most of my work, I haven’t done such movies. I have done darker and heavier subjects. I think Kaalakaandi was the lightest, but it also turned into something bigger towards the end. This film is super fun to do.”

How will the film help take forward his career?

“I guess it depends on how the film does. It is produced by one of the best producers of the country. She (Ekta) knows what she is doing. I have faith in her and her vision…. I haven’t thought in that way. I love the script, love working with Ekta and Disha… All these bunch of factors contribute in making the film a success.” - IANS

Candid: Evelyn Sharma says: ‘Audiences across the globe are looking for more than entertainment”
Efron escapes deadly bacterial attack whilst filming in PNG

Hollywood actor Zac Efron was reportedly rushed to Australia from Papua New Guinea after suffering an "extraordinary life-or-death medical emergency". A report by The Sunday Telegraph said the 32-year-old was filming a documentary series called Killing Zac Efron when he came down with a 'form of typhoid or similar bacterial infection' just before Christmas, reports dailymail.co.uk. Efron was flown to Brisbane, Australia from Papua New Guinea on a 'life-or-death flight' with the assistance of medical professionals. After arriving in Brisbane, he was admitted in a private hospital in Spring Hill and is said to be “in a stable condition”. At the hospital, he received treatment for several days, before being "given the all clear" by doctors to fly home to the US on Christmas Eve. Dr Glenn McKay, Director of Medical Rescue, the organisation that oversaw Efron’s flight, told The Sunday Telegraph that he could not discuss patient information, but confirmed they “retrieved a US citizen in his 30s from PNG to Brisbane for medical attention in Australia”.

It is believed that the Hollywood actor flew to Papua New Guinea at the start of December to film the series, which will follow Efron as he will go deep into the jungle of a remote and dangerous island. — IANS

Padma mistaken for Priyanka

India-born supermodel Padma Lakshmi was recently mistaken for actress Priyanka Chopra by a New York magazine, and she had a witty yet fitting response to address it.

Padma got associated with New Yorker’s celebrity cartoon takeover issue. The post carrying her portrait on the official Instagram account of the magazine was tagged to Priyanka Chopra. Padma took a screenshot of the post and shared it on her Instagram handle, writing: “Thank you to the illustrious @nydailynews” for the shoutout. I know to some we all look alike, but... #desilife #JustIndianThings.”

The picture shows a black-and-white portrait of Padma with Priyanka’s Instagram account handle tagged on it.

Padma got several reactions from celebrities. “Oh no,” wrote actress Natalie Portman, while one user said: “This is the equivalent of tagging Christina Aguilera in a photo of Britney Spears.”

In an interview to IANS in the past, Padma had expressed her happiness about Indians finding a place in the West. “I am very happy to see many more Indian faces on TV and in the arts and in publishing... It was hard to be an immigrant in the 1970s and 1980s. I am lucky that I managed to somehow find a place for myself. It is not like that I had a grand plan. There was no guarantee that I would be successful,” she said while reflecting back on her journey. — IANS
Connecting students in Qatar under one platform

How did you get the idea for your social media platform?
I started Campus & Student Life (CSL) in Qatar on Facebook back in 2014 upon seeing the need among the student community in Qatar for such a service. This panned out well and we have been growing constantly ever since.

What inspired you to start such an online community platform?
I have been raised to be of service to my community wherever I am, and I felt the need to give back to this beautiful country and to do my small part in helping it, by helping its students.

What is the main purpose for creating such a page, and what do you expect out of it?
My motivation was to create a community that would be useful to any student, weather local or international, who was interested in joining our educational community here. One of the challenges faced by many was that information, though available, was scattered and not always easy to find. Students are smart, pragmatic and quickly recognised our one-stop-shop. It also gives a great opportunity to high school students and their parents to get a realistic look inside the actual university and see what it might offer their kids.

This is a rare spot on the planet where cultures enrich each other in harmony, were differences are respected and diversity is celebrated. It offers excellent opportunities in higher education in many fields of study, and the facilities are simply amazing. We wanted to showcase Qatar as what it truly is, an oasis and a cradle of knowledge.

Growing the Campus & Student Life in Qatar page hasn’t been an easy task. It’s taken a lot of hard work to get the platform to where it’s at today. Nevertheless, our efforts have more than paid off. Together we have exceeded expectations. We are monitoring the needs of students and fellow alumni non-stop and based on that we are getting the most engaging content out there every day. It’s about driving growth through the creation of original content that is completely unique to the page. For us, the key to engagement lies with consistency and knowing your audience inside-out – which isn’t always easy when you’re dealing with students. Consistency is also important. If you want to be successful on social media, you’ve got to be extremely reactive to current trends, news and events while finding new ways to innovate.

Where do you get your sources from and how reliable are they?
We are blessed to have access to the official information issued by the universities, government entities and the student bodies but what really sets us apart is that we complement this with untold stories from many of the alumnae and current students themselves. In combination, this offers both macro- and micro perspective and is highly appreciated by our community. One thing is to hear that a course is available, but it is so much better to hear from someone who has taken the course already and pick their brains. It helps prospective students make better informed decisions.

What is the end goal and mission statement of this page?
What really makes us tick, is to hear from people who have been confused or even worried and couldn’t make up their minds but after reaching out to us and getting the proper information, they chose to come to Qatar and study. Our mission is to be of service to the students, educational community and to support the state of Qatar in achieving its educational goals.

Do you have any competition, if so who?
This is not something that is easy to do, long term and it doesn’t make anyone rich. There have been tries to copy this initiative but it all ended rather quickly as people were not ready to put in the hard work and sacrifice their time without financial gain. For this reason, we remain the genuine voice of the student community in Qatar.

What are your future plans for this page, how do you want it to grow?
Our biggest goals are to continue providing value and guidance to all the students who are already in Qatar or think about coming here. How that might look in detail will probably change over time as the technology and user behavior changes. What won’t change is our dedication to our community. There are so many positive and ground breaking things happening in Qatar, that world needs to know about. We want to be a part of that voice letting the world know that serious progress and world-class research is happening here.