Community

Maternal treatment with vitamin C antioxidant during a complicated pregnancy could protect the baby from developing hypertension.

Community

Malaysian Association of Qatar organises Pasar Malam or Food Bazaar for the Malaysian expatriates living in Qatar.

Hello, Betty!
A new Dolly hits town, and she’s ready to add to her legend.

Cuisine

Armenian cuisine’s glory is transcending borders.

Page 6

Showbiz

Sony Animation becomes an Oscars front-runner.

Page 15
“I always knew my best work would be in my later years”

– Betty Buckley, American actress and singer

When work comes, train, train, train. That was my life until I gave myself the gift of this ranch and these horses. My work now is actually to support that. It's given me a different point of view. I don't feel like I have anything to prove.
By Charles McNulty

Time catches everyone by surprise. For Betty Buckley, the fame awakening happened when director Michael Wilson called to say he was planning a revival of the musical Grey Gardens.

She had assumed he was offering her the part of middle-aged Little Edie. But instead he was talking about Big Edie, who deep into her dolage in the second act, bickers with her eccentric daughter amid the genteel squalor of the family's crumbling estate in the Hamptons.

In the same year, Buckley was offered a guest role on the HBO comedy GEffin' On. It was a choice part – for a veteran character actress unafraid of showing her mileage.

Though proud to have played these parts, Buckley, 71, waggishly described this period as a “shocking coming of age.”

“I didn’t realize I had transitioned into an older actress. Fortunately, I always knew my best work would be in my later years.”

Her intuition turned out to be correct. Buckley was still riding high from playing Gram’ma on Season 3 of the AMC series Preacher. (“The character is a voodoo sorceress with major skills, a really complicated evil character, right within my bailiwick,” she said.) She touted the box office success of M. Night Shyamalan’s 2016 thriller Split, in which she also earned plaudits for her portrayal of a therapist treating a dangerous patient with multiple personality disorder.

And then of course there’s the reason the two of us were in Scottsdale, chatting at the Phoenixian resort, where Buckley was staying during the Phoenix-area leg of the national tour of Hello, Dolly! On the road with this favourite American musical, she called the production “a gift” and showered praise on producer Scott Rudin and director Jerry Zaks for a revival she described as “an ice cream shop of colour, beauty and joy.”

The word “diva” actually never seemed to apply. Buckley said her 1976 feature film debut as the gym teacher in Brian De Palma’s Corvair opened the door to Eight Is Enough. Playing a country and western star in the 1983 Bruce Beresford film Tender Mercies allowed her to show both sides of her talent. But it’s on stage where her gifts have been most potently deployed.

Buckley’s luminous rendition of Memory in Andrew Lloyd Webber’s Cats earned her a place for her in musical theatre history. (She won a featured actor Tony for her performance as Grizabella, the feline whose faded glamour is recalled in soaring song.) Replacing Patti LuPone in London and then Glenn Close in New York as Norma Desmond in the Lloyd Webber musical Sunset Boulevard was another of her triumphs.

Buckley, who had been studying theatre and dance as a girl despite her strict father’s disapproval, recounted her journey through showbiz in two parts. While giving me a lift back to the hotel from the theatre the night before, she told anecdotes she has told many times before about her beginnings under the supervision of her stage mother – the choir teacher shouting at her “blend in, Betty Lynn, blend in!”; her show-stopping moment doing Steam Heat in authentic Fosse style at the school talent show that revealed her future as an 11 o’clock number specialist; her landing in New York and being immediately cast as Martha Jefferson in 1976, a magical moment that felt as though her life were being scripted by a Broadway-honed screenwriter.

The next day at the hotel, she was more forthcoming about the vicissitudes of her professional career. Buckley said she’s proud of her “eclectic” resume and wants to keep working. When I expressed surprise at learning that she hasn’t been back on Broadway since Triumph of Love ended in 1998, she ticked off some of the stage work she’s done around the country, including Gypsy at New Jersey’s Paper Mill Playhouse, Horton Foote’s The Old Friends at New York’s Signature Theatre and Grey Gardens, first at the Bay Street Theater in Sag Harbor, N.Y., and then at the Ahmanson Theatre.

“I love Broadway, but just because a show is not on Broadway doesn’t mean that it’s not as important or that I’m not as invested,” Buckley said with sincere conviction. She spoke enthusiastically about her many recordings marrying “jazz interpretation with musical theatre storytelling,” but her absence from Broadway is curious.

But Buckley’s geography has changed. After 9/11, she sold her New York apartment and bought a small ranch in Texas, where she rides horses and rescues animals.

“Till I moved to the ranch 15 years ago, it was study, study, study,” she said. “When work comes, train, train train. That was my life until I gave myself the gift of this ranch and these horses. My work now is actually to support that. It’s given me a different point of view. I don’t feel like I have anything to prove.”

This last remark was in response to my asking whether she felt she had any unfinished stage business. Buckley is to musical theatre divas of a certain age what King Lear is to greying thespians of a serious bent. When Buckley played Rose at the Paper Mill Playhouse in 1998, the New York Times’ Ben Brantley wrote in his review, ”It is, of course, Ms. Buckley who makes the production essential viewing for Gypsy aficionados.”

But veteran theatre and film actor Glenn Close has sidestepped the question. She is an older Dolly, but the character has been famously performed by actors as young as Barbra Streisand in the 1969 movie and as old as Carol Channing during her last tour.

Something else was making her uncomfortable.

“That being compared to all these famous Dollies wasn’t particularly appealing to consider,” she admitted. “But fortunately Jerry gave me the flexibility to bring what I could while staying true to what he created, and hopefully I’m delivering on that.”

Buckley is nothing if not respectful of Broadway tradition. She paid tribute to Channing, the original Broadway Dolly who died this month, in a heartfelt curtain speech when the tour moved to San Diego. But she acknowledged that the highly public casting travails of Sunset Boulevard, centered on Close and LuPone, left a few scars.

Part of a Broadway triumvirate with Bernadette Peters, Buckley said the comparisons with her peers used to get to her even though she knew they were “meritorless, because in the arts, unlike in athletic competition, there’s not a standard by which you can calculate a score.” Getting older has allowed her to let go of some of that.

“I was a big fan of Penny Dreadful! She was ... phenomenal,” she said, punctuating her point with an expletive. “So I started emailing her. Her skill set is remarkable. I went backstage to see her at ‘War Paint.’ We’ve grown up together. And we’ve been close friends – her version of (the song) ‘Meadowlark;’ my version of ‘Meadowlark.’ It’s crazy. I’ve been determined that she knows that I love her. And with Glenn it’s the same thing, mainly because of ‘Sunset.' I went to see this new version they did on Broadway and was blown away. It was very human, very different from what she did the first time, and she sang it beautifully. I went backstage and said to Glenn, ‘That was amazing! I was really happy for her, because she’s so good. I refuse this thing of treating us competitively like quarterbacks, but it’s taken a lot of work.”

Any big regrets? Buckley named one: missing out on the opportunity to originate on Broadway the role of the witch in Into the Woods after participating in some of the early workshops.

“It was working in a different style that was very realistic, and that was uncomfortable,” she said. “There were issues we couldn’t negotiate, so I decided to let it go, which was unfortunate. I made the wrong decision. But when I saw the show, I was really complimented because they kept some of my staging!”

Therapy, meditation and the study of comparative religions have been integral to Buckley’s personal and professional repertoire. She relies on an analyst not only to psychologically break down her scripts but also to get guidance on how to communicate during the collaborative process. — Los Angeles Times / TNS
Maternal vitamin C treatment can cut babies’ risk of heart disease

Maternal treatment with vitamin C antioxidant during a complicated pregnancy could protect the baby from developing hypertension and heart disease in adulthood, suggests a study.

Heart disease is the greatest killer in the world today, and it is widely accepted that our genes interact with traditional lifestyle risk factors such as smoking, obesity and/or a sedentary life to promote an increased risk of cardiovascular disease.

However, a new study on sheep by a team from Cambridge University, finds that babies born from pregnancies complicated by chronic hypoxia have increased indicators of cardiovascular disease including high blood pressure and stiffer blood vessels.

Chronic hypoxia or lower-than-normal oxygen levels in the developing baby within the womb is one of the most common outcomes of complicated pregnancy in humans. It occurs as a result of problems within the placenta, as can occur in preeclampsia, gestational diabetes or maternal smoking.

“Our discoveries emphasise that when considering strategies to reduce the overall burden of heart disease, much greater attention to prevention rather than treatment is required,” said lead researcher Dino Giussani, Professor from the varsity.

“Treatment should start as early as possible during the developmental trajectory, rather than waiting until adulthood when the disease process has become irreversible,” Giussani added.

The study, published in the journal PLOS Biology, draws attention to a new way of thinking about heart disease with a much longer term perspective, focusing on prevention rather than treatment.

The team used pregnant sheep to show that maternal treatment with the antioxidant vitamin C during a complicated pregnancy could protect the adult offspring from developing hypertension and heart disease.

The study not only provides evidence that a prenatal influence on later heart disease in the offspring is indeed possible, but also shows the potential to protect against it by “bringing preventative medicine back into the womb”, said Kirsty Brain from the varsity.

It turns out that vitamin C is a comparatively weak antioxidant, and while the Cambridge study provides a proof-of-principle, future work will focus on identifying alternative antioxidant therapies that could prove more effective in human clinical practice, the research said. – IANS

Zinc deficiency may up hypertension

Lower-than-normal levels of zinc, a nutrient that helps the immune system fight off invading bacteria and viruses, may contribute to hypertension, finds a new study on mice.

The study, from the Wright State University in the US, demonstrated that the way in which the kidneys either excrete sodium into the urine or reabsorb it into the body, specifically through a pathway called the sodium chloride cotransporter (NCC), also plays a role in controlling high blood pressure.

Zinc deficiency is common in people with illnesses such as Type-2 diabetes and chronic kidney disease. It also showed that less sodium in the urine typically corresponds with higher blood pressure.

Zinc may help regulate proteins that in turn regulate the NCC, the study suggested.

For the study, researchers compared male mice with zinc deficiency to healthy controls with normal zinc levels.

The results, published in the American Journal of Physiology – Renal Physiology, showed that zinc-deficient mice developed high blood pressure and a corresponding decrease in urinary sodium excretion.

However, the control group did not experience the same changes.

A small group of the zinc-deficient mice were fed a zinc-rich diet partway. Once the animals’ zinc reached adequate levels, blood pressure began to drop and urinary sodium levels increased.

“These significant findings demonstrate that enhanced renal (sodium) re-absorption plays a critical role in (zinc-deficiency)-induced hypertension,” said Clintoria R. Williams, a researcher from the varsity.

Understanding the specific mechanisms by which zinc deficiency contributes to blood pressure dysregulation may have an important effect on the treatment of hypertension in chronic disease settings, the team noted. – IANS

Tattoos can raise risk of mental health problems, sleep disorders

Love to get inked? Beware, tattoos can take a toll of your mental health, warned a new study.

Researchers from the University of Miami in the US showed that although having tattoos was not significantly related to overall health status, individuals with tattoos were more likely to be diagnosed with a mental health issue and report sleep problems.

People who had tattoos were also more likely to be smokers, spent time in jail, said the study published in the International Journal of Dermatology.

For the study, researchers included a sample of 2,008 adults.

“Previous research has established an association between having a tattoo and engaging in risky behaviours. In an era of increasing popularity of tattoos, even among women and working professionals, we find these relationships persist but are not associated with lower health status,” said lead author Karoline Mortensen, Professor at the varsity. – IANS

CONTRIBUTING FACTOR: Zinc deficiency contributes to blood pressure dysregulation may have an important effect on the treatment of hypertension in chronic disease settings.

INDICATORS: Babies born from pregnancies complicated by chronic hypoxia have increased indicators of cardiovascular disease including high blood pressure and stiffer blood vessels.
Shopping in ‘unhealthy’ locales up BP risk

People who frequently indulge in shopping in ‘unhealthy’ areas as compared to those who visiting ‘healthy’ retail stores, were more likely to be at risk of high blood pressure, say researchers.

The study using Pop-up health check stations in seven shopping centres across England, found 72 percent of people who frequented ‘unhealthy’ shopping centres relative to a ‘healthy’ shopping centre were at risk of high blood pressure, say the team in a paper published in the journal BMC Public Health.

“Our genes affect where fat is stored in our bodies,” said lead author Mathias Rask-Andersen from Uppsala University in Sweden.

“This has been attributed to the effects of hormones such as oestrogen. But the molecular mechanisms that control this phenomenon are fairly unknown,” Rask-Andersen added.

For the study, the researchers measured how fat was distributed in nearly 360,000 voluntary participants. The participants gave blood samples for genotyping and the distribution of fat tissue was estimated using impedance measurements, i.e. measurements of electrical resistance when an electrical current is fed through the body.

In our study, millions of genetic variants across the genome were tested for association with distribution of fat to the arms, legs or trunk, and the research team identified nearly a hundred genes that affect distribution of adipose tissue to the different compartments of the human body.

The findings suggest that reprogramming of extracellular matrix is one of the mechanisms that generates differences in body fat distribution, the researchers said.

Fat stored in the trunk has previously been associated with increased disease risk. Men have a greater amount of abdominal fat than women and this may explain the increased prevalence of cardiovascular disease observed in males.

Epidemiological studies have even shown that the ability to store fat around the hips and legs gives women some protection against cardiovascular disease.

“The British Heart Foundation also recently published a study which found that women have a higher risk of spinal cord deformities due to osteoporosis,” said Shweta Vasavada, the Head of Department in a multi-specialty hospital.

“Women have 10% higher risk of spinal deformity”

Neurosurgeons and specialists in spine surgery have said that women have a higher risk of spinal cord deformities due to osteoporosis.

Experts in spinal surgeries from across the world recently gathered at the 32nd Annual Conference of Association of Spine Surgeons of India (ASSICON). Dr Subhi N Jhaveri, the secretary of ASSICON said, “Due to more prevalence of osteoporosis in women, there is a 10 percent more chance of spinal deformities in females than in males.”

He was talking on the side-lines of the event which has the theme “Controversies and Complications in Spine Surgery,” he said. “We know that women and men tend to store fat differently, women have the ability to more easily store fat on the hips and legs, while men tend to accumulate fat around the abdomen to a higher extent,” said lead author Mathias Rask-Andersen from Uppsala University in Sweden.

“In our study, half those recorded as having high blood pressure were aware of having the condition or reported a history of high blood pressure,” said the team in a paper published in the journal BMC Public Health.

“The major hindrance in surgeries for spinal deformity is the lack of awareness in the patients, who approach the surgeons at a very late stage when the deformity is at the maximum level,” he said. – IANS
Armenian cuisine’s glory is transcending borders

B eing a culinary professional, I am always on a lookout to try out lesser known foods and current trends in hospitality industry. One of my vendors is from Armenia and whenever I meet people, I ask them about their traditional food. Talking with him about his food inspired me to write about Armenian food. Armenian cuisine is a perfect example of how history influences the culinary traditions of any region. The glory of Armenian cuisine extends far beyond the country’s borders. It won’t be wrong to state that Armenian cuisine is one of the lesser known but interesting cuisines becoming popular across the world and I am sure that you all must have tried the dishes from Armenian cuisine in some form or the other. The juicy smoking shashlik, baked vegetables, tender cooked dolmas, the dumplings, the list goes on and on, but what is the historical background of the culinary diversification of Armenia.

Armenian cuisine is not new and dates to almost 2,000 years. Meat is used in abundance in Armenian cuisine due to the development of cattle breeding in Armenian uplands which led to such a variety of livestock and poultry. Cattle breeding is also a good source of dairy products. Basically, brine ripened cheese as well as sour milk products which serve as the basis for traditional Armenian dishes and beverages. The fertile valleys of Armenia ensure a variety of cereals available in abundance like millet, barley, wheat, rice and beans, lentils, mountain peas. Also, the Armenian lands are rich in a variety of fruits and vegetables which are also in integral part of their diet. Armenians traditionally cooked on fire. The clay furnace began to be called tonir and is still found in Armenian restaurants. Armenians used clay kitches too. Tonir was used for cooking bread, fish and poultry, vegetables, soups and other dishes. Armenia has contributed a lot in the culinary traditions in Europe. In turn, the cuisines of Turkey, Iran and Armenian countries have enriched the culinary culture of Armenia.

Armenian cooking techniques are rather complicated. The most difficult to cook are meat, fish and vegetable dishes which require stuffing, whipping, puree and souffle making as it takes a lot of time and work. Armenians very much love dishes from chopped meat and all possible variants of stuffed dishes. Mantı is a national dish made with ground lamb or beef. The thermal processing of dishes is labour-consuming too. One and the same dish or raw product, for example, meat, can be subject to roasting, boiling and stewing in tonir making some dishes of Armenian cuisine melt in your mouth.

Another feature of Armenian cuisine is a great number of green grocery and spices in preparation of dishes. Armenian cooks use hundreds of wild-growing grasses and flowers which are used as seasonings or even as base dishes. Fragrant spices are very popular and are in integral part of the Armenian cuisine – pepper, coriander, fenugreek, black pepper, mint, tarragon, basil, thyme and of course garlic and onion. And for sweet dishes, cinnamon, cardamom, clove, saffron and vanilla are used.

Some aspects of the Armenians cuisine are listed as below.

Soups – Soups in the Armenian cuisine are very popular, they are cooked so skilfully that you’ll remember their unforgettable taste. There are soups with a sour milk egg base and different kinds of noodles. Meat Dishes – There is a special cult of meat dishes. Some of the most popular ones are shashlik. They are cooked in the same way as they were thousands of years ago. Dairy products – All dairy products are esteemed by the Armenians. They are valued like bread and consumed both as separate dish and seasoning to other dishes. Bread Dishes – Traditional Armenian bread lavash is loved all over the world. The Armenian cuisine is simply incomplete. Lavash is served with breakfast, lunch, dinner and snacks and accompanies almost every food. Fruits and vegetables – Armenians are very serious about vegetables and fruits. They are eaten raw, dried, pickled and marinated, and apart from that they are used in other dishes too. Fish – The rivers and lake of Armenia are rich in the fish which is also present in the menus. Desserts – The most known desserts are kvlava and Narik, the multilayered pies with stuffing. Each layer is soaked with drawn butter and sugar as a result these dishes have such a melting dough texture and tastes delicious.

For the dough

All-purpose flour 1 up
Eggs 1
Salt to taste

For the filling

Ground beef 500gm
Red onion chopped 1 no.
Parsley chopped 3 tbsp
Salt to taste
Black pepper to taste

Yoghurt sauce
Greek yoghurt 1 cup
Garlic minced ½ tsp
Salt to taste

For the tomato butter sauce
Unsalted butter 4 tsp
Tomato sauce 2 tsp
Paprika powder 1 tsp

For garnish
Dried mint powder to garnish
Method:
To make the dough combine the flour, egg, salt and water add 5-7 tbsp water to make a dough.
Knead to a smooth dough and keep aside wrapped in plastic film.
For the meat filling, combine the ground beef, chopped red onion, chopped parsley, salt and black pepper, mix well and keep aside.
For the sauce, combine Greek yoghurt, garlic and season with salt, mix well and refrigerate.
For the tomato butter sauce, heat a heavy bottom food pan and add butter, tomato sauce and paprika and keep warm.
Dust a baking sheet with flour and bring a large pot of salted water to boil.
On a lightly floured work surface, roll out the dough 1/16 inches thick.
Cut the dough into 2-inch squares, spoon 1/2 teaspoon of the filling in the centre of each square.
Fold the dough over the filling to make a triangle, press the edges and transfer to the prepared baking sheet.
In a large pot of boiling water, boil the prepared mantı until tender and cooked through about 5 minutes.
Using a slotted spoon, transfer to serving bowls and top with yoghurt sauce and warm butter sauce.
Serve hot garnished with mint powder.

Chef’s Special

Beef mantı

Ingredients
For the dough
All-purpose flour 1 up
Eggs 1
Salt to taste

For the filling
Ground beef 500gm
Red onion chopped 1 no.
Parsley chopped 3 tbsp
Salt to taste
Black pepper to taste

Yoghurt sauce
Greek yoghurt 1 cup
Garlic minced ½ tsp
Salt to taste

For the tomato butter sauce
Unsalted butter 4 tsp
Tomato sauce 2 tsp
Paprika powder 1 tsp

For garnish
Dried mint powder to garnish

Method:
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Serve hot garnished with mint powder.

Chef Tarun Kapoor, Culinary Mastermind, USA. He may be contacted at tarunkapoor83@gmail.com
IBS felicitates outstanding students

International British School (IBS) Al Messila recently felicitated the students for excellent performance during the first term of the school. Shaji Ali, CEO of IBS, presided over the event. Shaji Ali and Shamila Ahmed, Principal of IBS, felicitated the students.

QPO to host ‘Music of Bollywood with Naveen Kumar’

Qatar Philharmonic Orchestra (QPO) is all set to host ‘Music of Bollywood with Naveen Kumar’ at Qatar National Convention Centre (QNCC) Al Mayassa Theatre on February 8.

The initiative is part of the official Qatar India 2019 Year of Culture, a year-long programme developed by Qatar Museums to deepen understanding between nations through mutual exchanges of arts, culture, heritage and sport. Qatar India 2019 Year of Culture. The event has been planned in collaboration with leading institutions in Qatar and India, including the Embassy of Qatar in New Delhi, the Embassy of India in Doha, Qatar’s Ministry of Culture and Sport, Qatar Foundation, National Tourism Council and Doha Film Institute.

The concert will be featuring Thomas Kantelinen, as conductor, Naveen Kumar, on flute; Ravi Chari, sitar; Tanmoy Bose, tabla; Ratul Shankar, drum; Madhab Deka, keyboard; Hircha Debraj Das, vocals; and Pranav Robin Joseph, vocals. The programme will feature various performances by notable musicians, including A.R. Rahman, Dana Al Fardan, Nasser Sahim, Ravi, Wael Binali and Naveen Kumar. Naveen Kumar is a flautist, music composer and singer based in Mumbai, India – a prolific recording artiste who has contributed immensely to the Hindi, Tamil and Telugu film industries. He is best known for his collaborations with Academy-Award winning music composer A.R. Rahman. Apart from Indian flutes, Naveen is also proficient at playing rare and exotic varieties from across the world. He is the inventor of many unique wind instruments, the most renowned being The Naveen Flute, which combines the flute tone with the vibration of strings. Having directed six south films and lent his voice to several hit songs, Naveen also has six albums to his credit.
**Healing Powers**

Listening to music can decrease anxiety, speed healing, increase optimism and decrease pain.

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**Incredible Memory for Sounds**

Alzheimer's patients can recall and sing songs long after they’ve stopped recognising names and faces. There is growing evidence that listening to music can help stimulate seemingly lost memories and even help restore some cognitive function.

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**Creativity Boost**

Music boosts creative energies through the production of alpha and theta waves. Large influxes of alpha waves induce states of enhanced creativity while theta waves are associated with dreaming, learning and relaxing.

The key for boosting creative energies is to listen to the type of music you enjoy the most. If you want more inspiration in language and mathematics it would make sense to listen to music with singing, while music without words stimulates more artistic and visual senses.
7 Music Taps Into Primal Fear

There are certain sounds that humans automatically associate with death because they tap into our evolutionary fear of the screams of other animals (and other human beings). Scientists have dubbed these “discordant noises”; any noise that makes you feel very unpleasant falls into this category.

We know if we hear other living things making those discordant noises that we have to react because something bad is going to happen. Movie directors know this and make good use of it when deciding on the score for a film!

6 Music Forces The Brain to Pay Attention

A Stanford research team showed that music engages the areas of the brain involved with paying attention, making predictions and updating the event in memory.

5 Babies Know Happy From Sad Songs

Babies as young as 5 months can distinguish an upbeat tune, such as "Ode to Joy" from Beethoven’s Ninth Symphony, from a lineup of gloomy tunes.

4 The Mozart Effect

It’s been thought that listening to classical music, particularly Mozart, enhances performance on cognitive tests. However, recent findings show that listening to any music that is personally enjoyable has positive effects on cognition.

Listening to music can make you learn better and has the power to enhance some kinds of higher brain function, such as reading and literacy skills, spatial-temporal reasoning, emotional intelligence and mathematical abilities – even children with attention deficit/hyperactivity disorder benefit in mathematics tests from listening to music beforehand.
DPS-MIS organises science exhibition

DPS-Modern Indian School (DPS-MIS) recently organised science exhibition ‘Quest-2018-19’ under the theme of ‘Robocity-Robots for sustainable future’. The exhibition aimed at developing a scientific temper amongst the students. Students of Grade III-V took part in the exhibition. Along with 250 exhibits, the students presented a powerpoint presentation on deployment of robots in different fields and explained how robotic integration can help in the development of the society. Yasir Nainar, Vice Principal of DPS-MIS, was the chief guest and Professor Khalid al-Jufairi the guest of honour. The event was attended by Asna Nafees, Principal of DPS-MIS; Soma Bhattacharjee, Headmistress Senior Secondary School; Mary Cruz, Headmistress Secondary School and Sini Menon, Headmistress Junior School. Speaking on the occasion, Yasir Nainar appreciated the students for selecting such an apt theme and expressed his views on futuristic and technologically advanced robots. Asna Nafees said that the event has provided a fostering habitat to these young florets to blossom and take them on a journey in understanding new concepts. The exhibits at the exhibition were based on various topics, including digestive system, drone transportation, waste management, communication, agriculture, technology, community health and environment.

NIS inaugurates Qatar Scouts and Guides

Noble International School recently inaugurated Qatar Scouts and Guides. Mohammed Abbas Abdel Raheem, Commissioner of Community and Environment Development and the consultant of the Scouts Programme, inaugurated the event. In his inaugural speech, he highlighted the importance of inculcating scouts and guides at school. Shibu Abdul Rasheed, Principal of NIS, presided over the event. Robin K. Jose, Vice Principal, welcomed the gathering. The event also featured various dance performances. The event was attended by Jaymon Joy, Academic Vice Principal. Mossarf, teacher in-charge of Qatar Scouts and Guides, proposed a vote of thanks.

RUNNER-UP: Lakshmana Kumar Gattu, a student of Shantiniketan Indian School, recently bagged second runner-up title in Badminton Singles Championship organised by Green Stadium.
**LEISURE**

**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**

**WEATHER**

USE THE PICTURES BELOW AS CLUES

ACROSS

1. ISLAND
2. SUNSHINE
3. SHOWERS

DOWN

1. OVERCAST
2. RAIN
3. WINDY

Pooch Café
By Paul Gilligan

WHAT ARE YOU DOGS DOING?
WE'RE DUMPING A BUNCH OF SALAD INTO THE HARBOUR!

YOU KNOW, LIKE THE BOSTON TEA PARTY! WHEN THEY DUMPED A BUNCH OF TEA INTO THE HARBOUR TO PROTEST THE TAXATION OF TEA!

WELL, WHAT ARE YOU DOGS PROTESTING?

SALAD.

HEY, HARRY, ISN'T THAT YOUR FRIEND, GEORGE?
Super Cryptic Clues

ACROSS
1. Say it wasn’t you who incurred the bill? (4,3,6)
2. “It’s a flower, dear girl,” I interposed (7)
3. Take it from a litter and transform it (5)
4. Look at the boil (6)
5. Complain about this Latin root gher (to like or want), which also gave us yearn, charisma, greedy, and exhort. Earliest documented use: 1623. USAGE: “Nick Grooms’s stated aim is hortative: in the face of climate change, local homogenisation, and galloping species loss, he wants culture to be ‘enlisted in the defence of the environment.’”
6. It’s nice to eat when it’s early, carved (8)
7. Understands, from the arms of immobility (7)
8. “It’s a flower, dear girl,” I interposed (7)
9. With nothing to stuff it, a table bird (7)
10. Chewed bits of apple (7)
11. It’s tough on the hospital having an outbreak of rash (5)
12. Understands, from the arms around the woman (7)
13. Three shade, you concede, in the enclosure (3-5)
14. “America that forgot the lessons of Vietnam, plunging ever recklessly into a protracted Iraqi conflict, notwithstanding the electoral postiche of a Middle East democracy.”
15. Complain about this Latin root gher (to like or want), which also gave us yearn, charisma, greedy, and exhort. Earliest documented use: 1623. USAGE: “Nick Grooms’s stated aim is hortative: in the face of climate change, local homogenisation, and galloping species loss, he wants culture to be ‘enlisted in the defence of the environment.’”
16. Peaches grown in England! (7)
17. I shot in before him (5)
18. It’s nice to eat when it’s early, carved (8)
19. It’s tough on the hospital having an outbreak of rash (5)
20. Interlock and I get a feeling of immobility (7)
21. In a baroque style that’s not early, carved (8)
22. They appeal (7)
23. Exclusive from the pub (3)
25. An imitation or sham.
26. In the main, rather saucy (4)
27. A imitation or sham.
28. The watchman on the tower: ‘Up! Thou rascal, rise, I see the dawning light; the night doth fly.”

DOWN
1. The recalcitrant ten are given a selection of (3)
2. Not a succinct way of saying (5)
3. “Lovers heard the stern aubade (dawn serenade), from Spanish albada (white).”
4. Not a succinct way of saying (5)
5. Interposed (7)
6. “Lovers heard the stern aubade (dawn serenade), from Spanish albada (white).”
7. Not a succinct way of saying (5)
8. “Lovers heard the stern aubade (dawn serenade), from Spanish albada (white).”
9. Interposed (7)
10. Not a succinct way of saying (5)
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The Mall Cinema (1):
- Vijay Superum Pournamiyum (Malayalam) 2:15pm
- Dragon Ball Super: Broly (2D) 5pm; The Kid Who Would Be King (2D) 7pm; Nadi Elregal Elserri – Arabic (2D) 9:15pm; Manikarnika (Hindi) 11:15pm.

The Mall Cinema (2):
- Wheely: Fast And Hilarious (2D) 2:15pm; The Kid Who Would Be King (2D) 4pm; Manikarnika (Hindi) 6:30pm; Vijay Superum Pournamiyum (Malayalam) 11:15pm.

The Mall Cinema (3):
- Cheat India (Hindi) 2:15pm; Manikarnika (Hindi) 4:30pm; Serenity (2D)

The Mall Cinema (4):
- Dragon Ball Super: Broly (2D) 5pm; The Kid Who Would Be King (2D) 7pm; Manikarnika (Hindi) 9pm; Cheat India (Hindi) 11:15pm.

Royal Plaza Cinema Palace (1):
- The Kid Who Would Be King (2D) 2:30pm; Dragon Ball Super: Broly (2D) 5pm; Close (2D) 7pm; Manikarnika (Hindi) 8:45pm; Manikarnika (Hindi) 11:30pm.

Royal Plaza Cinema Palace (2):
- Vijay Superum Pournamiyum (Malayalam) 2:15pm; The Kid Who Would Be King (2D) 4:45pm; On The Basis Of Sex (2D) 7pm; Mary, Queen Of Scots (2D) 9:15pm; Vijay Superum Pournamiyum (Malayalam) 11:30pm.

Yesterdays Solutions

ACROSS

DOWN

Sudoku

The puzzle is solved using logic and deduction without the need for guessing. Each number from 1 to 9 must appear exactly once in each row, column, and 3x3 box.
Quirky ideas to style up your abode

Round sofas can be a chic way to bring the curvy trend into your home, and bold colours, huge patterns, bloomy patterns and brass décor can be included in the geometric pattern trend that can help in styling up your abode, suggest experts.

- Interior Designer Mélange by Sangeeta Kapoor, Principal Designer Aditee Sawhaney, Altus Interio and Ashish Gupta, Director Inliving, have shared tips to jazz up your home:
  - **Curvy designs**: Round sofas will be the chic way to bring the curvy trend into your home. However, we will see floral patterns in a new way. For this timeless decor pattern, decor experts this year expect to find the proportions further exaggerated and colours in a more contrasting tone.
  - **Bolder colours**: Are more preferable compared to the muted ones. Even though muted color tones makes space feel more overwhelming, the richer hues can pop the decor in between muted furnishing and decorative. One can opt for dramatic reds, statement pinks, bold yellows, and organic greens.
  - **Geometric pattern**: Dual purpose is in: There are many people who want a non-chaotic feel to space. Also, with space crunching issues globally, multipurpose furniture will never go out of the trend; especially coffee table, side tables and pouf.

### LIFESTYLE/HOROSCOPE

**ARIES**
March 21 — April 19

The day may be somewhat trying for you, Aries. You may have a speech to deliver or a private performance to put on for your friend. In any case, you will have to prove yourself, and you will spare no energy in the attempt. By the end of the day, you will be satisfied but completely drained. Plan to rest afterward. You will have earned it.

**TAURUS**
April 20 — May 20

You can look forward to a busy day, Taurus. Don't schedule any additional tasks. Your home, family, or mate is likely to demand a great deal of you. In fact, Taurus, your energy is likely to be stretched to the breaking point, so be careful to keep some strength in reserve for yourself. If you give yourself completely, you're likely to strain your nerves.

**CANCER**
June 21 — July 22

You may feel an urgent need to use your physical energy. This need will raise the issue of how to incorporate more exercise into your life. This would be an ideal time to join a gym. Participating in a group sports activity would be a good choice for you. Get started, no matter what outlet you choose. Cancer. Excuses won't be tolerated.

**LEO**
July 23 — August 22

A day such as today should demonstrate an old truth - people remember the good and forget the bad. You will be brimming with energy, Leo, hopeful and optimistic for the future. The question is how are you going to spend this incredible energy of yours? You could go in many different directions. It's up to you to choose which one.

**VIRGO**
August 23 — September 22

Do you have a desire to go away on a trip? Would you like to live in Europe or Asia? These are desires that you may well have at the moment as you begin the process of widening your field of vision. See if you can set up a journey of this kind, Virgo. People will have confidence in you now, so all sorts of possibilities are at your disposal.

**LIBRA**
September 23 — October 22

What's happening in your personal relationships, Libra? It seems as though you're looking for a fight. Could it be that someone has stolen a leadership position out from under your nose? You have a tendency to lead any group, yet now you're confronted with resistance. You might want to get involved in a new group project. Doing so will help everyone reconcile.

**SCORPIO**
October 23 — November 21

At certain moments you can feel where your destiny lies. Today will be such a moment for you, Scorpio. You may want to shift your fundamental orientation. Every area of your life will be affected by this shift - where you live, who you live with, your children, and your job. Interesting times lie ahead, Scorpio. There is no doubt about that.

**SAGITTARIUS**
November 22 — December 21

The day ahead will reenergise you after these last few days of apathy, Sagittarius. Anyone who tries to hold you back today had better watch out, because you won't be in the mood to tolerate any objections. You refuse to be restrained. This is an excellent time to reinforce your reputation as an excellent coach. It's clear to all that you're the captain of your crew.

**CAPRICORN**
December 22 — January 19

Today you may be touched by a person who exudes the kind of determination produced by a combination of spiritual and intellectual strength and faith. This is what is meant when people speak of a leader of great integrity. The encounter with this person is likely to inspire you to commit yourself wholeheartedly to some good work, perhaps a charity.

**AQUARIUS**
January 20 — February 18

Have you been lethargic lately? If so, today is your wakeup call. You will be alert and clear about the task at hand. You understand that your help is urgently needed, and that there's no time to waste. You can expect to pour a great deal of energy into a single, well-defined goal today. If you usually wander from project to project, this will be a change for you, Aquarius.

**GEMINI**
May 21 — June 20

You're likely to spend time with someone who energises and rejuvenates you today. With luck, this meeting won't occur too late in the evening, or else you will have a problem going to sleep. Gemini, this energy is going to give your projects a much-needed boost. You're about to go on a crusade. Choose your quest carefully, Gemini.

**PISCES**
February 19 — March 20

The day will be fairly eventful, Pisces. There's some likelihood that you will feel suddenly compelled to settle a tedious matter once and for all. It may concern something in your domestic life that's been left unattended. You won't rest until it's finished, and you won't be distracted, no matter how you're cajoled to join the others. This problem is the only thing that will matter today.
Sony Animation becomes an Oscars front-runner

By Ryan Faughnder

Not since Rango in 2012 has a movie won the best animated feature Oscar that wasn’t made by Disney or Pixar. But that streak could end this year thanks to a friendly neighbourhood Spider-Man.

With the acclaimed Spider-Man: Into the Spider-Verse, Sony Pictures Animation is in the unusual position of front-runner in the category. According to experts polled by awards prediction website Gold Derby, Into the Spider-Verse has a 23 percent chance of winning the prize, slightly ahead of Pixar Animation Studios’ Incredibles 2.

If Into the Spider-Verse wins, it would be a notable exception in an era in which Disney has dominated the category. The Burbank family entertainment juggernaut and its Emeryville-based Pixar Animation Studios subsidiary have won 10 of the last 11 prizes, most recently for Pixar’s Coco and W all Disney Animation Studios’ Zootopia. Paramount won for Rango seven years ago, and Warner Bros. prevailed in 2007 with Happy Feet.

The innovative superhero film Into the Spider-Verse has been a commercial and critical boon for Culver City, Calif.-based Sony Animation, known for popular but Oscar-less franchises including Hotel Transylvania and Cloudy With a Chance of Meatballs. The last time Sony had an animated feature nominee was for The Pirates! Band of Misfits in 2013, a collaboration with stop-motion studio Aardman. Into the Spider-Verse has done well at the box office, grossing $135 million worldwide so far, including $160 million in the US and Canada.

A Sony win over Disney would also be notable because Spider-Man is one of the few Marvel characters Disney does not fully control. Disney owns Marvel Studios and is in the process of buying X-Men studio 20th Century Fox, turning Spider-Man and related characters into outliers in the superhero universe. Notably, Disney’s Marvel produced the most recent live action Spider-Man movie, starring Tom Holland, which was released by Sony in a rare collaboration of rival studios.

Based on the Marvel comics, Into the Spider-Verse focuses on the character of Brooklyn-based black Latino teen Miles Morales, representing a departure from the better-known Peter Parker story lines of the live-action films. Critics have praised its inclusive message (“Anyone can wear the mask,” goes a line from the film that could serve as its mission statement) and its fresh take on the well-worn hero, with a plot that incorporates spider-heroes from elsewhere in the Marvel Comics universe. Into the Spider-Verse also features an unusual animation style, blending techniques of computer animation and 2-D cartooning to create the sense of a comic book come to life.

The film got a major confidence boost this month when it won the Golden Globe for best animated feature.

However, victory is far from assured for Sony, and Disney is not to be underestimated. Incredibles 2, directed by Brad Bird, is a popular sequel that earned strong reviews and $1.2 billion at the global box office. The movie, a long-awaited follow-up to a beloved Pixar blockbuster, scored a stellar 94 percent “fresh” score on Rotten Tomatoes. It has a 20 percent chance of winning, according to experts polled by Gold Derby.

Other nominees for animated feature include the well-reviewed Disney sequel Ralph Breaks the Internet, Wes Anderson’s stop-motion animated Isle of Dogs (Fox Searchlight) and anime feature Mirai, distributed in the US by GKids.

Disney had a strong showing in the Oscar nominations, even outside the animation categories. The studio scored 17 nods, including seven for the Marvel blockbuster Black Panther, which is up for best picture and multiple technical awards. Disney’s Mary Poppins Returns was recognised in four categories, including best song and costume design.

Fox had the largest haul, with 20 total nominations for the company, including five for Queen biopic Bohemian Rhapsody. Speciality division Fox Searchlight contributed 15 nominations for its movies, including period drama The Favourite, up for best picture.

Universal Pictures and its specialty division Focus Features were close behind with a combined 17 nominations. Comcast Corp.-owned Universal had nine on its own, led by five for Green Book, while Focus had eight, including multiple nominations for Spike Lee’s BlacKkKlansman.

Netflix, the Los Gatos, Calif.-based streaming giant, also had a gratifying morning, walking away with 15 nominations, including 10 for Alfonso Cuaron’s best picture nominee Roma. AT&T-owned Warner Bros. earned nine nods, including eight for A Star Is Born. – Los Angeles Times/TNS

Dia Mirza, Neha Dhupia to mentor Miss India contestants

Former Miss Asia Pacific Dia Mirza and Femina Miss India 2002 Neha Dhupia will mentor contestants of fb Colors Femina Miss India 2019.

The winner will represent India at the Miss World pageant. The others too stand a chance to represent the country at international pageants like Miss Grand International and Miss United Continents.

The top three contestants from every state will win a Golden Ticket to the State’s Zonal crowning ceremony which will be held in Bengaluru (South Zone) on February 24, Delhi (North Zone) on March 6, Pune (West Zone) on April 2, and Kolkata (East Zone) on April 23. Each state winner will make it to the

grand finale which will be held in June.

But before that, they will undergo rigorous training. The East and West Zones will be handled by Neha and Dia will take charge of the North and South Zones.

“Miss India created a paradigm shift in my life and I hope the same for these girls too. The legacy of Miss India is extraordinary, I will give my best from my end to girls to achieve their dreams and discover themselves,” Dia said in a statement.

Neha, who was a mentor last year as well, shared that after she started her journey with Miss India and since then it has been a never-ending relationship with the pageant.

“Every year, I see a fresh lot of ambitious and enthusiastic girls with the dream to win Miss India and make India proud at the prestigious Miss World,” she said. – IANS
The love and desire for one’s native cuisine is very natural and instinctive. Different expatriate communities enjoy the opportunity to taste a wide range of cuisines in Doha. However, they at the same time, look for their own food to mark special occasions as well.

Nothing is better than having a community gathering particularly to enjoy the native cuisine and food. Malaysian Association of Qatar (MAQ) is a community group that has regularly been organising food festivities for the Malaysian expatriates in Qatar.

MAQ recently organised Pasar Malam or Food Bazaar for the Malaysian expatriates living in Qatar. Though there are not many Malaysians living in Qatar when it comes to their numbers, but they all came together under one roof at the Malaysian embassy compound to enjoy the food and the ambience.

The event featured many food stalls offering a variety of Malaysian cuisine, sweets and beverages along with other recreational activities. There was also a lucky draw offering lots of prizes and vouchers. The people enjoyed Malaysian music during the pleasant evening.

Some Malaysians had also invited their friends and families to taste and enjoy the native food. There were different noted dishes offered at the fiesta, including Satay, a dish of seasoned, skewered and grilled meat, served with a sauce; Nasi Lemak, the national dish of Malaysia and a fragrant rice dish cooked in coconut milk and pandan leaf popular in Singapore, Brunei and Southern Thailand; Nasi Ayam, a dish of poached chicken and seasoned rice, served with chilli sauce and garnishes; and Kuih Gelang, famous Malaysian sweet.

Talking to Community, Maizatul Lins, Vice President of MAQ, said, “We regularly organise the fiesta with the support of our embassy. The programme was initiated by MAQ with the idea of having a socialising and networking get together where our compatriots can enjoy the authentic Malaysian cuisine. With the passage of time, the food bazaar has become a real success for us.”

She added, “We (Malaysian expatriates) are not too many in Qatar. We are just around 500. Our people are always busy with their work. We thought to have a special gathering providing an opportunity to the families to meet and socialise with each other. The activity has also helped small entrepreneurs and some housewives to cook authentic cuisine and sell it to those who love it. Now, all Malaysians in Qatar know that they can get all kinds of food they like at one place.”

Lina further said, “The food fiesta also provides us an opportunity to introduce our cuisine to people from other countries in Doha. Every time, many Malaysians bring their friends from other countries to the gathering and they enjoy the food.

“We also trying in making the gathering more attractive by arranging singing events, lucky draws and free vouchers,” the MAQ representative said.

Mohammad Redzuan Nordin, President of MAQ, said, “I am glad to see Malaysians coming from different walks of life and other expatriates from different countries at one place to enjoy our authentic food, sweets and drinks. Expatriates from Singapore, Holland, US, Sri Lanka and the Philippines visited the food stalls. A Malaysian couple from Oman also attended the fiesta. The couple happened to be in Doha to attend the Ooredoo Marathon. The couple was happy to meet friends and especially taste Nasi Lemak. They were happy to see the Malaysians’ gathering. They said that they did not have such gatherings in Muscat and promised that they would come to Doha again.”

Sharing the history of MAQ, he said, “MAQ is a bridge for the Malaysian expatriates and their families. The association was established on April 14, 2000. The primary purpose is to unite all the Malaysian living in Qatar and celebrate the major religious and national occasion together.”

By Mudassir Raja

Relishing authentic Malaysian cuisine