Community
Tamu Society Qatar celebrates Loshar, New Year’s festival, at Al Shamal Park.

P6

P16

Community
Natalie Kelly, a young British expatriate, brings harmony through sound therapy.

Cover Story
Imprisoned art
Did Pentagon ban on Guantanamo art create a market for it? P4-5

ART: High school history teacher Dan Norland, a self-described “recovering attorney,” recently bought four works of art from former prisoner Abdul Malik Wahab al-Rahabi, this one included. He painted the artwork at Guantanamo and shipped them to San Diego from the capital of Sudan, Khartoum, where he now lives following his 2016 release. Norland has never been to Guantanamo but came to know about prison life there as a co-editor of Witnesses of the Unseen, the memoirs of former detainees Lakhdar Boumediene and Mustafa Ait Idir. He subsequently helped Rahabi set up a website for his art.

Bollywood
Deepika turns 33, launches website. Page 14

Hollywood
Black filmmakers were more visible last year. Page 15
**Quote Unquote**
“The right word may be effective, but no word was ever as effective as a rightly timed pause.” — Mark Twain

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**Fax:** 44350474

**PRAYER TIME**
- Fajr: 5.00am
- Shorooq (sunrise): 6.21am
- Zuhr (noon): 11.40am
- Asr (afternoon): 2.39pm
- Maghreb (sunset): 5.01pm
- Isha (night): 6.31pm

**USEFUL NUMBERS**
- Emergency: 999
- Worldwide Emergency Number: 112
- Kahramaa – Electricity and Water: 991
- Local Directory: 180
- International Calls Enquires: 150
- Hamad International Airport: 40106666
- Labor Department: 40253370, 40253364
- Mowasalat Taxi: 44588888
- Qatar Airways: 40253374
- Hamad Medical Corporation: 40253365
- Qatar General Electricity and Water Corporation: 44845555, 44845464
- Primary Health Care Corporation: 44593333
- Qatar Assistive Technology Centre: 44593363
- Qatar News Agency: 44594050
- Q-Post – General Postal Corporation: 4450205
- Ministry of Interior: 40253371, 40253372
- Ministry of Health: 40253370, 40253364
- Hamad Medical Corporation: 40253364, 40253365
- Qatar Airways: 40253374

**Thattum Purath Achuthan**
**DIRECTION:** Lal Jose
**CAST:** Kunchacko Boban
**SYNOPSIS:** Achuthan lives in a village full of fun loving and vibrant people. One fine day he receives a letter which changes his life forever. The letter leads him into the world of Jayalakshmi and into her attic as well.

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

**Aurora**
**DIRECTION:** Yam Laranas
**CAST:** Anne Curtis, Allan Paule, Mercedes Cabral
**SYNOPSIS:** The passenger ship Aurora mysteriously collides into the rocky sea threatening an entire island. A young woman and her sister must both survive by finding the missing dead for a bounty.

**THEATRES:** The Mall, Royal Plaza

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**The Mall Cinema (1):**
- Thattum Purath Achuthan (Malayalam) 2pm; Aquaman (2D) 4:30pm; Mary Poppins Returns (2D) 7pm; Aurora (Tagalog) 9:15pm; K. G. F.: Chapter 1 (Hindi) 11pm.

**The Mall Cinema (2):**
- Mia And The White Lion (2D) 2:15pm; Mary Poppins Returns (2D) 4pm; Mia And The White Lion (2D) 6:30pm; Simmba (Hindi) 8:15pm; Simmba (Hindi) 11pm.

**The Mall Cinema (3):**
- Simmba (Hindi) 2pm; K. G. F.: Chapter 1 (Hindi) 5pm; Backtrace (2D) 7:45pm; Backtrace (2D) 9:30pm; Aquaman (2D) 11:15pm.

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**Landmark Cinema (1):**
- Thattum Purath Achuthan (Malayalam) 3pm; Thomas And Friends: Big World! Big Adventure! The Movie (2D) 5:15pm; Simmba (Hindi) 7:30pm; Thattum Purath Achuthan (Malayalam) 10:30pm.

**Landmark Cinema (2):**
- K. G. F.: Chapter 1 (Hindi) 2:30pm; Simmba (Hindi) 5:15pm; K. G. F.: Chapter 1 (Hindi) 8:15pm; K. G. F.: Chapter 1 (Hindi) 11pm.

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**Royal Plaza Cinema Palace (1):**
- K. G. F.: Chapter 1 (Hindi) 2:30pm; Thattum Purath Achuthan (Malayalam) 5:30pm; Aquauman (2D) 8pm; Simmba (Hindi) 10:30pm.

**Royal Plaza Cinema Palace (2):**
- Simmba (Hindi) 3pm; The Sisters Brothers (2D) 6pm; Simmba (Hindi) 8:30pm; Aurora (Tagalog) 11:30pm.
**EVENTS**

**The Ilyas and Duck Show**
**WHERE:** Qatar National Library  
**WHEN:** January 11  
**TIME:** 5pm – 6pm  
Meet Ilyas and Duck! Ilyas is a typical kid with an insatiable appetite for questioning the world around him. Duck is fun-loving and goofy, with a simple view of the world. Together, this intrepid duo embarks on exciting adventures that culminate in profound realizations rooted in their Muslim identity.

**Pakistan Music Fest**
**WHERE:** QNCC  
**WHEN:** January 9  
**TIME:** 7pm – 10pm  
Strings are about to rock Doha with their nostalgic gigs and all the latest hits. Quratulain Balouch and Ali Sethi will be joining the pop band at Qatar National Convention Centre.

**Archives Exhibition**
**WHERE:** Qatar National Library  
**WHEN:** Ongoing till January 31  
**TIME:** 9am – 6pm  
The exhibition explores the history of Qatar through several family collections. It presents selected items from previously unseen private archives of photos, artefacts and documents to show the role that individuals within a community can play in building its identity and preserving its heritage and history.

**Getting Started with Makey Makey**
**WHERE:** Qatar National Library  
**WHEN:** January 19  
**TIME:** 4:30pm – 5:30pm  
How can everyday objects be used to control computers? In this session, you’ll learn how you can use the Makey Makey invention kit to turn ordinary objects into computer keyboards.

**Robotics Junior Course**
**WHERE:** Recreation Centre  
**WHEN:** January 19  
**TIME:** 1pm – 3pm  
Children are invited to build their own robot and make it move however they want. It will be a fun chance for them to delve deep into the world of robotics and explore how computer programming and robot design can solve all kinds of problems.

**Cycling: Losail Circuit Sports Club**
**WHERE:** Losail Circuit  
**TIME:** 5pm  
Losail Circuit Sports Club, in association with Qatar Sports For All Federation, invites all cyclists, runners and walkers to train under the floodlights of Losail International Circuit every Wednesdays.

**The Colour Run**
**WHERE:** QNCC  
**WHEN:** January 26  
**TIME:** 8:30am  
Celebrate the hero in you in a realm where nothing is impossible and you are unstoppable. Soar to new heights in the all-new Super Zone and suit up in gear fit for only the most super of heroes as you collect your medal at the Finish Line! 2019 will also include the Foam Zone. Gates will open at 7am on January 26, with our first Color Runners setting off at 8.30am.

**Doha Triathlon**
**WHERE:** Museum of Islamic Art  
**WHEN:** February 8  
Doha Triathlon has opened registration for its third edition. Those wishing to participate in the event can visit www.doha-triathlon.com to register in either the Olympic or Sprint which offers registration for both individuals and team relays. Another choice is the Super Sprint which is only for individuals and open for both adults and kids aged between 13–15 years old. Also, a kids’ duathlon was introduced this year for two age groups 7-9 and 10–12 years old to allow all family members to enjoy the event.

**Arabic Calligraphy Workshop**
**WHERE:** Atelier  
**TIME:** 6pm  
Arabic Calligraphy workshop is back. Come and learn the artistic practice of Arabic handwriting and calligraphy at Music and Arts Atelier. The lessons will take place every Saturday, Monday and Wednesday at 6pm. For more information, contact registration@atelierqatar.com

**Dance and Instrument Classes**
**WHERE:** TCA Campus, Behind Gulf Times Building  
**WHEN:** Wednesday – Monday  
Learn the movements of dance styles in Bollywood, Hip Hop, Ballet, Drawing and Painting, Drama Theatre & Taekwondo. Ages between 5 and 10 years old after school hours.

**Robotics Junior Course**
**WHERE:** TCA Campus, Behind Gulf Times Building  
**TIME:** 4:30pm – 5:30pm  
Children are invited to build their own robot and make it move however they want. It will be a fun chance for them to delve deep into the world of robotics and explore how computer programming and robot design can solve all kinds of problems.

**Ballet Lessons**
**WHERE:** Music and Arts Atelier  
**TIME:** 4pm – 6pm  
For more info e-mail at registration@atelierqatar.com or call on 33003839.

**Kataran Beach - School Students**
**WHERE:** Katara  
**TIME:** 9am – 12pm  
By participating in the programme of ‘Our culture is a school’ Kataran Beach emphasises the Qatari marine tradition and introduces to students the meaning of Dasha, Al Qafal and various type of pearls. The students will discover all details of the Fath Al-Khair journey.

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The he(art) within

‘I find it inspiring that people in the worst moments of their lives, the darkest days, could still remember the beauty in this world and depict it in some way,’ Gail Helt, a former CIA analyst, tells Carol Rosenberg

POIGNANT: Christine Affleck bought two paintings done at Guantánamo by former prisoner Mohammed al-Ansi as Christmas presents for her sons, Ben and Casey. At left, is Winter Lake With Bare Trees, and right, Shore With Palm Trees and Buildings. The art is in California. Ansi, a Yemeni, was resettled in Oman last year.

The ban, which was meant to bury this art, ironically enough brought it to the attention of millions of Americans

— Erin Thompson, professor of art crime

Hollywood actors Ben and Casey Affleck got one each. Pulitzer Prize-winning historian Taylor Branch has four hanging in his home. The actress who played the Gossip Girl grandma wept, then bought one. Some students and teachers have acquired the artwork as well, including a former CIA analyst.

Call it blowback: A year after the Defense Department banned releases of art made by the 40 prisoners still at Guantánamo, detainee artwork that got out before the ban is emerging as a collectible with a bit of cachet.

“I find it inspiring that people in the worst moments of their lives, the darkest days, could still remember the beauty in this world and depict it in some way,” said Gail Helt, a former CIA analyst who recently purchased a piece of art from freed Yemeni detainee Abdul Malik Wahab al-Rahabi.

Helt, an outspoken critic of the post-9/11 detention and interrogation policy, is now director of the Institute for Security and Intelligence Studies at King University, a Christian school in Tennessee.

She plans to show it to students in her intelligence ethics class as she talks about Guantánamo, and "what
“I didn’t think they were the most brilliant paintings in the world. But the combination of what they were painting and who they were — incarcerated persons thousands of miles from their homes and families, from anything — was emotionally powerful.”

– Christine Affleck, mother to Hollywood’s famous Affleck brothers

“It was we did during those years, and who was detained there. Why? “To let them come to grips with that and see their own common humanity.” Between classes, she said, it will hang in her home.

For years, Guantanamo had a small audience. Captives gave it to their lawyers as gifts or to send to family. The prison showcased it on a small audience. Captives gave it to their families, from anything — was emotionally powerful.

The reaction came as no surprise to professor David Gussak, chairman of the Art Education Department at Florida State University whose specialty is art therapy in forensic settings.

“We’re fascinated by their art because these are people who are locked up,” he said. “The art provides them an opportunity to escape. It re-humanises the dehumanised. It creates a bridge between the inside and outside culture.”

For the very same reasons, he said, some people are repulsed by prison art. Or fear it.

Some people feel, “How dare we think of them as people,”” he said. “Because it’s so much easier to control them when we think of them as monsters.”

The only art to leave Guantanamo in 2018 was taken home by a confessed Al Qaeda terrorist, Ahmad al-Darbi, as a reward for testifying against two men at Guantanamo. The Trump administration re-arranged General At-Darbi to a rehabilitation centre in Saudi Arabia in May.

That exception aside, the ban on the release of Guantanamo art remains. Captives can no longer give away their art to make room for more.

A prison spokesman, Navy Cmdr. Adam Bashaw, said the military has re-framed so visitors can see the artwork a captive can keep in his cell. Overflow goes to a storage facility.

Once a limit in both sites is reached, the detainee can “choose which artwork to discard.” First, he said, the artwork is photographed and the captive is given “a printed copy.”

Bashaw did not disclose how much money he would sell his paintings for.

That exception aside, the ban and controversy had yet to ensue.

To her the art show demonstrated “a strength of spirit, that these guys were despite everything able to do this.”

Branch said he and his wife, Christina Macy, discovered Guantanamo detainee art through the New York show. They’d read about it in late 2017 and found themselves alone in the gallery outside the school president’s office at John Jay, amazed at what she saw.

The ban and controversy had yet to ensue.

Now, four al-Ansi artworks that sold for around $2,000 in total hang in the sun room of their home.

“I think the water is a symbol of escape and being lost,” Branch said. “There’s a boat that’s adrift and one that’s abandoned on the shore.”

A red seascape they own strikes a chord. “It made me cry. I was so mortified. I just stood there. I couldn’t believe that this man shackled to the floor found little objects and created this little sculpture. It’s stunning.”

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“I think the water is a symbol of escape and being lost,” Branch said. “There’s a boat that’s adrift and one that’s abandoned on the shore.”

A red seascape they own strikes Macy “full of rage. It’s beautiful but very, very intense.”

One reason the Pentagon was alarmed by the New York show, a military spokesman said at the time, was because of the sales. Defence officials wondered where the proceeds were going. The lawyer for one captive said her Yemeni client assigned the money to his mother’s medical care.

Al Rahabi, who was held by the US military for more than 14 years as a suspected bodyguard for Bin Laden, told McClatchy he was selling his art to support his wife and daughter as he navigates life after Guantanamo. They were released in Montenegro and now live in Khartoum, Sudan.

Yale Law student Georgia Travers, who has attended a military commission hearing at Guantanamo, bought three Al Ansi artworks in 2017, before the Pentagon ban. She gave one to her sister, a master’s student in arts and religion at Yale Divinity School.

“Even if you assume the worst — that they’re all hardened terrorists — it forces us to look through the eyes of these people and consider the humanity of someone we reflexively hate,” she said. “The detainees, in many cases, whether or not they’re guilty, may have been tortured. And that forces you to interrogate your own humanity — which makes the paintings effective as art.”

– Miami Herald/TNS
Onslaught Racing Dragons wins ‘Winter Dragon Boat Race Championship’

The Onslaught Racing Dragon recently won the ‘Winter Dragon Boat Race Championship’ held at Grand Hyatt Hotel. “I am extremely proud of our team’s performance. It has always been our goal to develop paddlers to their full potential along with building a strong character of an athlete, instilling a strong foundation of discipline, sportsmanship, camaraderie and respect,” said Alexander Tubar, Team Head Coach. “To see everyone perform at their highest level is such an achievement for me, and the rest of our training committee,” he added. “Each has shown how well they have trained and prepared for these past six months.” The team was divided into two categories, including Team Angas and Team Bangis that took part in two different competitions during the championship. The competitions included Open and Women’s category and Mixed and Open category. “It is good to see both old and new paddlers supporting each other,” added Tubar.

IDEA-Qatar pays homage to its late founding president

The members of Idukki District Expatriates Association (IDEA-Qatar) recently organised a meeting to pay homage to late K J Wilson, Founding President of IDEA-Qatar, at Indian Cultural Centre. Wilson had retired from Ooredoo and had returned back to Kerala two years ago. Other than IDEA-Qatar he was active with other associations, including Share and Care Foundation, St Thomas Syro Malabar Church, Birla School, and Indian Cultural Centre. The members of IDEA-Qatar, including Mathew MP, Shridha Vijayan, Anish Jose and Gigi Nagaroor expressed their grief on the loss.
The truffles found in the Piedmont region of Italy are among the most sought-after in the world. They can’t be cultivated, are sensitive to the weather, have a short shelf life — and garner sky-high prices. **By Annette Reuther**

**Fascinating fungi that are a gold mine for Italy**

The white truffle, unlike its black cousin, is a capricious object. It can’t be cultivated and only grows under certain trees. It doesn’t store well and quickly loses its characteristic smell. If it’s frozen, it loses all smell.

All of this is what makes it so expensive. Like other luxury products, scarcity is the magic word. But what differentiates a white truffle from a Ferrari is that it’s not an artificially produced scarcity. If there were no more, even a millionaire couldn’t buy one, says Alessandro Bonino.

Bonino heads the historic truffle shop Tartufi Morra in Alba. This is where truffles are washed, weighed, packed in wooden boxes and sent off into the world as quickly as possible. Singapore, Germany, Hong Kong, the United States, despite the sky-high prices, truffles are in demand all over the world.

A white truffle keeps only for several days, so their dispatch has to be prompt. Bonino also sells truffle oils, pastes and pastas, but these are made with artificial flavouring and have little in common with a real truffle.

Giacomo Morra, who founded the shop and is known in Alba as the ‘truffle king,’ was a skilled salesman. Not only did he found the fair that still attracts hundreds of thousands of tourists, he also had the marketing brainwave of sending a giant truffle to a celebrity once a year.

Marilyn Monroe, Winston Churchill, Harry Truman and several other notable people were all the lucky recipients of a massive fungus, and the Alba truffle gained worldwide fame. – DPA

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**SEARCH:** Filippo Costa, Truffle hunter, searches in the Alba region, south-east of Turin, for truffles with his dog. He also advises using a white dog to make it easier to see in the dark.

**SEASON:** The truffle season begins at the end of September and ends at the end of January.

**THE BOX:** Alessandro Bonino shows off a box of white truffles in his store in Alba.

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**N**o inferior truffle can get past his nose: Paolo Stacchini is one of Italy’s top truffle judges. When the tubers are in season, 7,000 a day have to pass his test.

Stacchini has been in charge of quality control at the truffle fair in Alba for the past 20 years. The Piedmont region that surrounds the town is known as the home of one of the most expensive foods in the world: the white truffle.

The underground fungus, or tuber magnatum pico, as it is officially known, must pass a smell test as well as a visual and touch inspection.

“This specimen is bad, we wouldn’t sell it,” says Stacchini at a demonstration for fair visitors, wrinkling his nose. Only the ones that pass the test get a stamp of quality and are sold for hefty price tags.

“We’re lucky that we have the right climate conditions and the right vegetation for the white truffle here,” he says. It really is a blessing for the north–west Italian region, because the truffle business is a gold mine.

In Alba and the surrounding Langhe–Roero area, truffles are the biggest money-maker after chocolate manufacturer Ferrero.

“Germany and Switzerland are our main markets,” says Mauro Carbone, Head of The National Truffle Study Centre and Tourism Office.

“This year was really great, there were lots of truffles, and what’s more, they were good ones,” says Carbone. White truffles prefer damp conditions, but they can’t be too wet.

The 2017 season wasn’t such a good one: After a dry summer there was a dry autumn, and the truffles were poor. And when there are fewer truffles, prices rise, that year, some traders were able to sell them for a whopping $15,900 per kilogram.

Fortunately for truffle lovers, the 2018 harvest went for considerably less. In mid-November, for example, 100 grams cost 250 euros, the price varies from day to day and depends on quality, and it is continuously updated on the Truffle Stock Exchange.

Part of each year’s spectacle is the auctioning of a giant truffle. In 2018, a businessman from Hong Kong bought an 880-gram specimen for 85,000 euros. The truffle season begins at the end of September and ends at the end of January. That’s when Filippo Costa pulls his welly boots on and goes truffle-hunting with his dog Lola through the forests.

He is one of 4,000 certified truffle hunters in the region. He prefers to go out at night: that way the competition can’t see you and dispute the hunting ground. The lack of light and noise means it’s also less distracting for the dog.

Costa only speaks Piedmontese to his dog. He also advises using a white dog to make it easier to see in the dark, meaning he can use his torch as little as possible. Searching for truffles is a bit like a drug, he says, “Once you’ve started you can’t stop.” He began looking for the fungi as a child with his father, and his own son has also started.

The underground fungus, or tuber magnatum pico, as it is officially known, must pass the test get a stamp of quality and are sold for hefty price tags.
Qatar Tourism Authority is thinking ‘export’ for Qatari fashion but there is a long road ahead yet. So what better way to promote the fashion savvy than with an eight-day long fashion festival, with the country’s razzmatazz gliding along the runway, international designers standing side by side to the local fashion creators and a space to explore what Qatari fashion and its heritage have to offer.

Where Abed Mahfouz, Labanese designer featured his couture wedding desi bridal wears with traditional cuts and silhouettes taking the centre stage.

Where Abed Mahfouz, Labanese designer featured his couture wedding desi bridal wears with traditional cuts and silhouettes taking the centre stage. Two skilled, exciting and international designers meshed in with a motley crew of local fashion labels made for a resounding start to eight days of ‘fashion forward’ activities of Shop Qatar’s Design District, it was a day of few lows and many highs. Bridal wear is desi fashion’s high point; it is to the sub-continent what couture is to the West – the most elaborate fantasy inspiring designers to go all out and it’s glorious to see them do just that. Traditional or modern? Long or short? Baroque embellishment or chic minimalism? Lace, jacquard or chiffon? The wedding-worthy options can be as dazzling as they are overwhelming, but they are also romantic and exciting and on a whole new level of exquisite attention akin to that of couture. Where Abed Mahfouz featured his couture wedding gowns – flowing like a fluid with volume that could take over the world, Tarun Tahiliani was all about desi bridal wears with traditional cuts and silhouettes taking the centre stage.

Abed Mahfouz
Abed offered a plentitude of options for brides-to-be in a tightly edited and pretty sublime collection made in all subtle tones – mostly white and nude pink that made a wonderful transition into black couture pieces. Although the structure and tailoring for the black silhouettes was all over the place but the white strapless, backless gowns were the right balance between sleek and dramatic with veils, and metallic threads for subtle shimmer. White net veils with subtle glitterati embellishments right on the borders were elegant, even if paired with any other tone of gown. Nothing too extravagant – except few pieces that were too gold, even for a party! Two of the most striking looks from Abed's showcase were the most minimal: one a rich olive green number with a dramatic neckline and pants – more of a jumpsuit, the other a beige net silhouette, tailored to perfection with magnificent fullness and traditional embroidering making flower patterns. Well he did it right – he opened the show with this piece. Each line had its own high points: Abed Mahfouz’s crepe gowns with lace were unquestionably pretty, as were the taffeta ball gowns with bodices covered in flowers. The only thing that concerned everybody was every model tripping in all those voluminous couture pieces. Imagine opening the show and the model trips – and then trips every other model before her. Ridiculous right? Either the trails were too long or the dresses were too heavy! But you can’t blame the designer really, if it’s wedding couture wear it is supposed to be this grand.
wedding wear
top Qatar Day 1
gowns, Tarun Tahliali was all about
tage. By Muhammad Asad Ullah

Tarun Tahliali
Traditional cuts, heavily
embellished dupattas, saris, pant
saris and lehnga chollis - you name
it and Tarun showcased. Apart
from exquisitely crafted bridal
womenswear pieces, Tarun also
featured some menswear creations
that catered to the Maharaja and
royal feels to it. Tarun brought
traditional styles and contemporary
cuts to his collection based on the
regality of the Mughal era; worked
in kora, dapka and lace work
like a peek-a-boo for finishing
- the bridal wear displayed a
representation of the current bridal
trend in terms of embellishment
but in keeping with the needs of a
more traditional bride. All those
jasmine and crossandra garlands
dorned with the tight hair buns
was a vision, taking us back to the
South Asian routes. The semi-
formal clothes that came in was
a more unique display and use of
thread work with big, black motifs
placed down the front of the
kameezes provided linearity to the
silhouettes. The ensemble was rich
in culture Tarun was displaying
as he offered modernity with sexy
backless blouses, strapless heavily
embellished gowns and sultry
necklines. If you see Tarun's pieces
on a runway you'll think how heavy
they'll be - in terms of weight
- but they're not. They are very
light with fluid flowing silhouettes.
Well that's true for most of his
pieces, except the last two - that
featured traditional embroidery
techniques with real craftsmanship,
net dupattas and an inspiration
drawing out from the Victorian era.
Oh that royal pageantry.
Verdict: Both Abed and Tarun
have a winning formula for perfect
couture, silhouettes, simple,
stylish, high end concept, easy to
buy and gorgeous to wear. Never
expect something minimalism or
simple – when these two designers
are the lineup.
8 FUN FACTS ABOUT PIZZA

A SLICE OF CHEESE PIZZA CONTAINS APPROXIMATELY:

- 272 CALORIES
- 12.7 GRAMS OF PROTEIN
- 1.8 GRAMS OF FIBER
- 9.8 GRAMS OF FAT

Adding some veggies increases the nutritional value.

- 62% OF AMERICANS CHOOSE MEAT-BASED TOPPINGS
- 38% CHOOSE VEGGIE TOPPINGS

(Women are 2x as likely to order vegetables on their pizza.)

Of the more than 5 billion pizzas sold worldwide, approximately 3 billion are sold in the U.S. each year. That’s 46 slices a year per person.

Saturday is the most popular night to eat pizza. Approximately 251,770,000 pounds of pepperoni are consumed each year.

Percentage of daily nutrients in one slice of pizza:

- Selenium: 45.8
- Riboflavin: 39.8
- Phosphorus: 31.1
- Thiamin: 29.2
- Folate: 24
- Vitamin B-12: 23.8
- Niacin: 21.1
- Calcium: 14
- Zinc: 12.8
- Iron: 12.2

Pizza deliverers claim that women tip better than men.
Watching peppy videos online could make you happier: study

When a YouTuber posts a video with a generally positive tone, the audience reacts with heightened positive emotions and the same is true for other emotional states, said the study published in the journal Social Psychological and Personality Science. “Our research is a reminder that the people we encounter online influence our everyday emotions — being exposed to happy (or angry) people can make us more happy (or angry) ourselves,” said lead author of the study Hannes Rosenbusch from Tilburg University in The Netherlands.

For the study, the researchers examined over 2,000 video blogs, or vlogs on YouTube.

Vloggers share emotions and experiences in their videos, providing a reliable source of data.

The researchers focused on studying more popular vlogs, with a minimum of 10,000 subscribers. Some of their sample vlogs had millions of subscribers.

To measure if people watching vlogs experienced emotional contagion or homophily, the team studied words and emotions expressed by the vloggers and analysed the emotional language of online comments.

Being affected by others’ emotions is known as “contagion” and “homophily” refers to the tendency of people seeking out others like themselves.

The researchers modelled the effect of both immediate (contagion) and sustained (homophily) emotional reactions.

They found evidence that there is both a sustained and an immediate effect that leads to YouTuber emotion correlating with audience emotion.

“Our social life might move more and more to the online sphere, but our emotions and the way we behave towards one another will always be steered by basic psychological processes,” Rosenbusch said. — IANS

LIFESTYLE/HOROSCOPE

ARIES
March 21 – April 19

The effect from the planetary aspects will bring an end to any lethargy you’ve been feeling, Aries. It’s an excellent day to get up and head into the open to do something active. Walking, running, or going on a hike can make great use of both your energy and creativity. Fresh air and physical exertion will lend much to your health as well, so make the most of this.

CANCER
June 21 – July 22

It’s the perfect day to get up and head outside, Cancer. You’ll likely find yourself feeling positive and energetic, and some fresh air, sunshine, and physical activity may be long overdue. Even if this is a workday for you, make the most of your breaks and lunch hour by walking. This evening may be the opportune time to get together with some friends for coffee or a favourite sporting event.

LIBRA
September 23 – October 22

If you’re lacking a regular exercise routine, Libra, today’s a great day to turn that around. Exercise doesn’t have to wear you out or hurt. Even relaxing activities like walking or yoga are excellent ways to keep you in good shape. Participating in a sport that appeals to you like volleyball or bowling combines fun with exercise. Heck, even dancing is a recognised form of exercise! See about finding something that will work for you.

CAPRICORN
December 22 – January 19

Today should go well for you, Capricorn. Expect to feel a renewed energy and perspective on things, especially those that are work related. Make the most of this by working toward finishing projects that are awaiting for you or by cleaning and organising your desk or bedroom closet. Feel confident that you’ll be able to handle most any task in no time.

TAURUS
April 20 – May 20

Take charge of your overall health today, Taurus. You’ll likely wake up feeling energetic and well. Seize this opportunity to be active in doing things that will help continue your good feelings. Consider all aspects of your health, including emotional and spiritual. If you can, sit outside in the sunshine and fresh air to consider the areas of your life that could use a workout.

TAURUS
May 21 – June 20

If there’s something crafty or artsy you’ve had your eye on and would really like to get but can’t afford, Gemini, consider making it. Even if you don’t consider yourself artistic, you may surprise yourself if you give a project half a chance. There are numerous websites that cater to novices and can give you the support and instruction you need. Don’t dismiss your ability.

LEO
July 23 – August 22

It won’t be surprising if you find yourself getting frustrated with a close friend or partner today who is far less ambitious than you, Leo. The energy in the air can really emphasise your “go, go, go” way of reaching goals and achieving success. Others who are passive or fearful in this area may be difficult to understand. Yet each person has to do things in ways that are best for him or her. Try to be patient.

SAGITTARIUS
November 22 – December 21

Don’t hesitate when it comes to taking on a project or making plans today, Sagittarius. Extra energy will complement your organisational skills, making the perfect combination to handle almost anything. Be sure to write down your goals and plans to help keep you focused. If you decide to tackle any cleaning today, get rid of the things you never use.

SCORPIO
October 23 – November 21

Put your ambition into action today, Scorpio. The day’s planetary aspects should find you feeling energetic and positive. Make the most of this by taking steps toward your goals. As you know, if you don’t actively pursue things, nothing will happen. The years can pass by so quickly and you wouldn’t want to be sitting on a rocker wondering “what if?” Trust yourself and do what it takes. Everything starts with a single step.

VIRGO
August 23 – September 22

See about using your good relationships with friends and loved ones today to get some group activities going. Virgo. Chances are you’ll feel pretty good and the idea of socialising will appeal to you. See about inviting people over for supper or a game of cards. If you’re especially lively, some sports may be just the ticket to get you out and moving. Do whatever it takes to have some fun and get some fresh air today.

LIBRA
September 23 – October 22

Today you may notice that you’re feeling very creative and ambitious, Aquarius. You might want to use these strengths to work directly on an artistic project. Or you may choose to channel that energy into activities like organising your home or workspace. If you plan it out, there should be plenty of time to get to both if you have a mind to. Make the most of the day!
### Wordsearch

**Puzzles courtesy: Puzzlechoice.com**

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### Codeword

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

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### Sudoku

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### Proverbial Words

- ACTIONS
- ANGELS
- APPLE
- BEGGARS
- BIRD
- BROTHER
- BUSH
- CHARITY
- CHOOSERS
- COOKS
- DAY
- DOCTOR
- DOG
- FOOLS
- HAND
- HOME
- LEAP
- LINING
- LOOK
- MOSS
- POKER
- POKE
- ROLLING
- SILENCE
- SPEECH
- STONE
- WORDS

### Adam

- HOH... WHOH... HO, BOY...
- MAN, IT IS WAY COLDER THAN I WAS EXPECTING! MY EYEBROWS ARE FREEZING!
- OH, YEAH, THERE WE GO. THAT’S THE TICKET.
- IT WASN’T THE TICKET. ON THE PLUS SIDE, YOUR NOSE TOOK MOST OF THE FALL.

### Pooch Cafe

- BARK BARK WOOF WOOF BARK BARK WOOF
- BARK BARK WOOF WOOF BARK BARK WOOF
- BARK BARK WOOF WOOF BARK BARK WOOF

### Garfield

- I AM MY OWN BOSS
- I GAVE MYSELF THE MORNING OFF

### Bound And Gagged

- DON’T BLAME ME, SIR. CHECK YOUR INSURANCE COVERAGE.
Super Cryptic Clues

ACROSS
1. Bound to take a degree course in the violin (8)
5. About last month notices they’re no longer kids (6)
9. A bad mark and a good mark, you say? That’s a puzzle (8)
10. One’s signed, sealed and delivered for the landlord (6)
12. Notes written in tiny script (6)
13. Explore what can be seen ahead (8)
15. Bravely heading for a fight (2,3,7)
18. Sum drug-fiend forced from the Viennese doctor (7,5)
23. Not cultivated indoors, being too large (6)
24. The maid may spoil a boy (6)
26. Governor of post-revolutionary Sparta (6)
27. Wasteful pigman holding a stick (6)
28. Wanders off with the guys outside (6)
29. Taking no notice when the he-man’s squeezing another (6)

DOWN
1. Masses of warm-hearted blacksuits (6)
2. Repeats over the score (6)
3. Stick with him – he’s the one making the deliveries (7)
4. Little by little, the rice gets cooked (4)
6. Dr. S. returned to see the chest (7)
7. Al Hunter, having undergone conversion, is now a protestant (8)
8. Like the bad record of the old devil (8)
11. They’re taking out money in chests (7)
14. Follows out of commercial TV programmes (7)
16. Supports Italian banker after receiving application in a letter (8)
17. Joe volunteers to get a rise out of the troublemaker (8)
19. Ethelred was so unlike any scout (7)
20. Girl died after operation all by herself (7)
21. Wrong leg cut, leaving just one (6)
22. Corners the ancient Britons (6)
25. Brave appearance in screen test (4)

Answers

Wordsearch

Codeword

Yesterday’s Solutions

ACROS: 1 Panicking 6 Towed 9 Rogue 10 Pointless 11 Detestable 12 Puke 14 Twaddle 15 Dailies 17 Needful 19 Supplier 20 Hist 27 Emend 28 Residence

DOWN: 1 Pared 2 Negotiate 3 Cheesed off 4 In place 5 Grilled 6 Tots 7 Where 8 Dispenser 13 Displeased 14 Tenth-rate 16 Ill-gotten 18 Leather 19 Stripes 21 Score 23 Fence 24 Mind.
Deepika turns 33, launches her website

Actor Govinda says he wanted to make a laugh riot with FryDay, and think he succeeded in doing so. “FryDay is a one-of-a-kind movie that was made with the sole intention to be a public entertainer. We wanted to make something that would be nothing less than a laugh riot and I think we succeeded in doing so,” Govinda said in a statement.

“With the television premiere, we will now see the movie reach out to the masses and hope it truly entertains the audience,” he added.

Also starring Varun Sharma, FryDay is about one day in the life of a salesman. That day is Friday. He has a deadline to sell his product. It shows how the Friday gets fried and becomes ‘fryday’! The film will find its way on the small screen on January 6 on Nickelodeon.

Varun added: “Working with Govinda was truly an experience that I will cherish, especially because he is a legend and one of the few actors that owns this genre. It was quite a challenge to keep up with his impeccable comic timing, but I learnt a lot. I was sharing screen space with veteran actors like Govinda and Sanjay Mishra and hence I had to put in double the effort to not only match their levels but also leave a mark.”

Most of my films are enjoyed across age groups: Alia Bhatt

Actress Alia Bhatt, who delivered a power-packed performance in Raazi last year, is now looking forward to the release of projects like Gully Boy and Brahmastra. She believes her movies appeal to audiences across all age groups, including children.

Nevertheless, she would love to do a film specifically for children.

“I would definitely love to do a (children’s) project if I do get the opportunity to. I feel the kids connect with me through the various projects that I take on. I would like to think that most of my films are enjoyed across age groups,” Alia said in an e-mail.

The actress recently won the Favorite Movie Actor (Female) award at the Nickelodeon Kids’ Choice Awards 2018, to be aired on January 6 on Nickelodeon.

“I think kids have chosen me to have the iconic Nickelodeon blimp this yearbecause they too can enjoy the characters that I play on the screen,” Alia added.

Since Brahmastra is a sci-fi movie, how interesting will it be for children?

“The movie is for all age groups and will be an interesting watch for children as well. I am looking forward to the reactions to the film,” said Alia, who is equally excited for Gully Boy.

The Ranveer Singh-Alia starrer is going to premiere at the Berlin Film Festival.

“I’m very excited for it. The efforts put in by Zoya (director Zoya Akhtar), Farhan (Farhan Akhtar) and the cast has paid off. The whole cast and crew of the movie are extremely delighted and looking forward for everyone to see the movie,” said the actress, who is currently in New York.
Black filmmakers were more visible last year

Actor Ashton Kutcher wanted to give his own heart to his twin brother Michael when he needed a transplant at the age of 13. Michael, who is living with cerebral palsy, a permanent movement disorder, has said he has "deep appreciation" for Ashton, as he was willing to give up his own life to save Michael, before another suitable donor was found, reports femalefirst.co.uk

Recalling the That 70s Show alum’s generosity, Michael said: “It’s just... I can’t find the words. It’s a connection that you can’t explain. In all seriousness, we’re just very connected... It’s an honour of deep appreciation and a deep love for someone who would sacrifice that for you. I really can’t put words to it.” Ashton had once said that Michael taught him people are not all created equally. But Michael insists he doesn’t want people to “feel sorry” for him, because he doesn’t think he got “the wrong end of the stick” by being born differently.

He said: “I think his quote of (how) not everyone’s not created equally, I think that goes back to him feeling sorry for me at a point. He’s right. We’re not created equally, whether it be a disability or a health issue or whether it be anything, ethnicity, gender. We’re just not created equally. If we were, that’s cool about that?

“I don’t really like to use the word disability, I like to use the word giftability because we’re all created different. We all have disabilities. I think his quote is right on. We’re not born equal, but that’s okay. It’s okay. You may think I got the wrong end of the stick, but having the transplant and the disability and everything, but in my eyes, I got the right end.” – IANS

Kutcher wanted to donate heart to twin brother

Choalmet was so important. I wanted to make an anti-glorification-of-drugs movie. And I think we did,” Chalamet said. – IANS

We’re programmed to really be hypersensitive to black male oppression. ‘Cause he made great music or ‘cause he is a black man.

The push for greater diversity in the filmmaking ranks benefited studios’ bottom lines.

Ryan Coogler’s Black Panther, Spike Lee’s BlacKkKlansman and Steven Caple Jr’s Creed II were all critical and commercial successes.

While Ava DuVernay’s A Wrinkle in Time was a box office disappointment, the fantasy adventure represented an important milestone as the first $100 million production to be directed by a black woman.

Nevertheless, women continue to be given fewer directing opportunities than men, the study indicated.

Only four of the top 100-grossing movies last year were helmed by female directors – Kay Cannon (Blockers), Abby Kohn (I Feel Pretty), Susanna Fogel (The Spy Who Dumped Me) and DuVernay (A Wrinkle In Time).

The USC study is the second report this week to highlight the gender imbalance on major movies. A similar report from San Diego State University found that 92 per cent of the top 250 highest-grossing domestic releases had no women directors. 73 per cent had no women writers, and 27 per cent had no women producers.

The Inclusion Initiative was launched by Smith over a decade ago to provide data and research into the lack of equality in the entertainment business. – IANS

Chalamet's weight loss worried his mom

Actor Timothee Chalamet says his mother was worried when she saw how much weight he had lost for his role as a drug addict in Beautiful Boy.

The young actor had shed around 8.1 kg for his role as drug addict Nic Sheff in the film, reported accoladesbiz.com.

“Chalamet’s weight loss worried his mom, and after the episode, Chance the Rapper tweeted on Friday and said that the quote was taken out of context. However, he still regrets working with Kelly. He even apologizes for “ignoring the voices of survivors” for so long. – IANS

APOLOGETIC: Chance the Rapper says it was wrong to work with R Kelly, who has been accused of assaults.

Making a song with R Kelly was a mistake: Chance the Rapper

Chance the Rapper says it was a “mistake” to compose a song with singer R Kelly, who has been accused of assaulting several women.

In an interview that features in the latest episode of docuseries Surviving R. Kelly, Chance the Rapper admitted that he regretted working with Kelly, reports rollingstone.com.

“I don’t know if that’s because I’m from Chicago or ‘cause he made great music or ‘cause he is a black man. We’re programmed to really be hypersensitive to black male oppression. But black women are exponentially higher oppressed and violated group of people just in comparison to the whole world. Maybe I didn’t care because I didn’t value the accusers’ stories because they were black women...,” he added.

Several women have allegedly accused Kelly of assaults a few years ago.

“It was a script they’d been trying to get made for 10 years. Every guy actor my age had gone up for it. I’ve been lucky, but a lot of the bigger Hollywood movies like Spider-Man, things like that, I didn’t get. So, for Beautiful Boy, I did a lot of research and read about drugs, and I brought the books to my first meeting with the director. “I could see in his eyes that he was thinking, ‘This kid is nuts!’ But I felt this movie – the subject of drug addiction – was so important. I wanted to make an anti-glorification-of-drugs movie. And I think we did,” Chalamet said. – IANS

Black filmmakers found prominence in 2018 after Hollywood became more receptive to public pressure to back projects from a more diverse group of filmmakers.

Fourteen per cent of the directors of the top 100-grossing movies last year were black, according to a new report by the USC Annenberg Inclusion Initiative. That is a 270 per cent increase over 2017 and a 200 per cent increase from 2007 in terms of representation, reported variety.com.

This is driven by a campaign like #OscarsSoWhite which brought public attention to the lack of representation in Hollywood.

“All of the activism and attention surrounding the issue of diversity, inclusion and belonging has shown that the time has come,” said Stacy L Smith, the report’s co-author.

“This is the first time we’re reporting a major change in representation behind the camera.”

We’re just not created equally. If we were, that’s cool about that?
British expat brings harmony through sound therapy

By Mudassir Raja

Close your eyes and dwell deeper in the acoustic vibrations of a Tibetan Himalayan singing bowl or Gong - an East and Southeast Asian musical percussion instrument that takes the form of a flat, circular metal disc which is hit with a mallet – descending into deep, silent savasana with a supersonic state of mindfulness. It promises to heal the mind, body and soul as young Natalie Kelly, sound therapist, guides her students towards how sound helps them relax and realign their energy.

Community recently spoke with Natalie, British national of Jamaican origin, about her love for music and her journey to the music therapy.

Introducing herself, she said, “I was born and brought up in the UK. My parents hail from Jamaica. I have passion for music since my childhood. I started playing violin when I was about seven or eight years old. My parents supported me for every bit of it. They hired a music teacher for me. When I grew up, I started taking interest in viola.

“I started playing viola for a community orchestra. While being the part of the orchestra, I got inspired from the orchestra conductor and I started improving. I was in the school when I used to play for the orchestra as an extra-curricular activity. Later, I went on to have my university degree with majors in music.”

Sharing her journey from love for music to interest in sound therapy, the young trainer said, “After finishing my university education, I went to India in 2009 with a group of young people to carry out some social welfare works in the Himalayas. The experience of working in far off areas of India attracted me towards the life and the people in general. I was involved in providing education to the schoolchildren and raising awareness among the women. This helped me in learning how to guide and teach others. I also learnt some basics of meditation and yoga in India.

“Later on same year, I went to China as a music teacher. I was still not sure about what I wanted to do in my life. I stayed in Beijing for about four years. One of my colleagues advised me to read Power of Now, a book on meditation and focusing on being present. The book really inspired me. I started moving towards meditation and then towards sound therapy. I returned to UK in 2013 and worked in Abu Dhabi as the music teacher for two years from 2013 to 2015. There I used to attend a programme called Weekend Retreat where a Buddhist monk used to teach how to meditate. The experience catapulted me into a state of simultaneous healing and spiritual awareness far greater than what I had experienced before. I had to experience some darkness before transitioning into light.

“The real inspiration came when I contacted a teacher on Internet in Goa, India. Maria Karpasitis helped me to transcend limiting beliefs, push beyond the habitual fears and tendencies and come to terms with the fact that I am not my mind nor the inner workings of it. She taught me how to do away with different perceptions that the society has for me and how I can get it all for myself.

When asked that how she started helping others through the sound therapy, Natalie said, “I have always been fond of music and been teaching music. I have regularly been playing cello and viola. From Abu Dhabi, I went back to UK and joined British Academy of Sound Therapy. I got proper training and learnt how to use Gong for therapy. In 2017 I moved to Qatar and since then I have been helping others through the therapy.”

Giving her own definition of sound therapy, the trainer said, “Sound therapy for me is a chance for us to achieve a great state of health and vibration. An opportunity to heal, become empowered, fulfilled and aligned into the depth of our deepest truth.

“There is an ever growing body of research in support of the Gong, Himalayan bowls, Crystle Bowls and the therapeutic voice which produces harmonics, overtones, intervals, frequencies and vibrations which can repair and enhance our inner most molecular structure. Whilst the brainwave is slowed down generally to theta state, this is an opportune time for our cellular, emotional and spiritual bodies to find a balance.

“Sound Therapy assists relaxation, relieves stress, restores harmony on a cellular level and transcends us into peace, joy, bliss and fulfilment. And all we have to do is lie down and receive in a state of allowance. My advice to you is to try it on a consistent basis and see how your life changes for the better.”