Community
Ideal Indian School team shines at the CBSE National Taekwondo Championship.

Community
Pakistan band Strings to perform songs from their latest album 30 in Doha today.

COVER STORY
Good news or bad, northern Sierra readers can always blame the Messenger. P4-5

Bollywood
The Accidental a game changer for political cinema: Producer.

Hollywood
A dip in views for Golden Globes from last year.
PRAYER TIME

- Fajr: 5.00am
- Shorooq (sunrise): 6.21am
- Zuhr (noon): 11.41am
- Asr (afternoon): 2.41pm
- Maghreb (sunset): 5.03pm
- Isha (night): 6.33pm

USEFUL NUMBERS

- Emergency: 999
- Worldwide Emergency Number: 112
- Kahramaa – Electricity and Water: 991
- Local Directory: 180
- International Calls Enquiries: 150
- Hamad International Airport: 40106666
- Labor Department: 44508111, 44406537
- Mowasalat Taxi: 44588888
- Qatar Airways: 44466405
- Qatar Medical Corporation: 44392222, 44393333
- Qatar General Electricity and Water Corporation: 44845555, 44845464
- Primary Health Care Corporation: 44593333, 44593363
- Qatar Assistive Technology Centre: 44590450
- Qatar News Agency: 44490205
- Q-Post – General Postal Corporation: 44464444

Humanitarian Services Office
(Single window facility for the repatriation of bodies)
- Ministry of Interior: 40253371, 40253372, 40253369
- Ministry of Health: 40253364, 40253365
- Hamad Medical Corporation: 40253364, 40253365
- Qatar Airways: 40253374

THEATRES:
- The Mall, Landmark, Royal Plaza

K.G.F: Chapter 1
- DIRECTION: Prashant Neel
- CAST: Yash, Shraddha Shetty, Ramachandra Raju
- SYNOPSIS: Set in the early 80s, the film centres the protagonist who leads a battle against oppressors in Kolar Gold Fields. The hero is brought up in poverty and later goes to Mumbai to become a mafia don. After being in Mumbai for some time, he returns. Will he be able to become a don? and will he set his people free from the age old slavery?
- THEATRES: The Mall, Landmark, Royal Plaza

Aquaman
- DIRECTION: James Wan
- CAST: Jason Momoa, Amber Heard, Dolph Lundgren
- SYNOPSIS: Arthur Curry learns that he is the heir to the underwater kingdom of Atlantis, and must step forward to lead his people and be a hero to the world. With a vast army at his disposal, King Orm plans to conquer the oceanic people and then the surface world. Standing in his way is Aquaman, Orm’s half-human, half-Atlantean brother and true heir to the throne. With help from royal counselor Vulko, Aquaman must retrieve the legendary Trident of Atlan and embrace his destiny as protector of the deep.
- THEATRES: The Mall, Landmark, Royal Plaza

Quote Unquote

“The aim of art is to represent not the outward appearance of things, but their inward significance.” – Aristotle
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.

Hobby Classes
WHERE: Mystic Arts Centre behind Al Hilal Focus Medical Centre
WHEN: Wednesday – Monday
Mystic Art Centre, is a holistic performing arts institution and a one stop solution for adults as well as children looking to explore their talents in various art forms. We offer classes in Carnatic Music, Hindustani Music, Karate, Yoga, Zumba, Classical Dance, Salsa, Hip Hop, contemporary and Bollywood dance forms. For details, call 33497609.

 compiled by Nausheen Shaikh. E-mail: glisting@gmail.com, Events and timings subject to change
The 2-employee paper

The editor-publisher of California’s oldest weekly newspaper hired its one other employee, Jill Tahija, after a two-question interview: “Can you type?” “Do you smoke?” She said yes to both. By Diana Marcum

He has a heart of gold, but he’ll take on anyone. He is the last and the best of his kind

— Debra Moore, managing editor of a string of newspapers

The editor-publisher of California’s oldest weekly newspaper has rules for his publication: No children on the front page (“I loathe children”). No beauty pageants. No online presence. “As long as I’m running it, it’s on pulp, period,” Don Russell said.

The Mountain Messenger publishes Thursdays, so on a Wednesday, Russell, 67, sat down to write the front page. Thirty years ago this terrified him.

“But now I’m like, ‘Watch what I can do,’” he said — with the chortle of a melodrama villain and a voice as deep as the colour of his favourite bourbon.

He was, however, facing seasonal difficulties.

“Everyone is terminally well-behaved from October well into January around here,” he said. “It’s hard on headlines.”

Russell covers school board meetings, federal land use and everything else in Sierra and Plumas counties — some of the most rural areas of California. His tone ranges from head-shaking to finger-pointing outrage.

He has never been sued: “If I say it’s a fact, it’s a fact, damn it. I do my homework.” But there have been a couple of times an irked politician drove around and bought all 200 copies as damage control.

A self-described contrarian, Russell uses every edition to help him prove that a small town’s strength is its common ground. He can call someone an idiot, disagree with their politics, question their good sense and still share a bite or a sip.

Breakfasts are busy at the Coyoteville Cafe on Fridays, when the latest Mountain Messenger — as many here call the paper — is first out.

“Good ol’ Don Russell, he’s quite the character. He’s so blunt and straightforward, but the funny thing is he’ll come in with someone on the same day he’s bad-mouthing them,” said Patrick Shannon, 38, who works in his mother’s cafe and as a handyman, emergency medical technician and the town’s water meter reader.

Debra Moore, managing editor of a string of newspapers in neighbouring Plumas County, said that Russell comes across as a crotchety newspaper but that he’s a sharp watchdog for the northern Sierra Nevada. Recently he exposed some county supervisors for double-dipping. They apologised and paid back the money.

“He has a heart of gold, but he’ll take on anyone,” she said. “He is the last and the best of his kind.”

The walls of the newsroom — where Russell simultaneously typed, smoked and readied the next day’s paper — are layered with newspaper clippings, mementos and nicotine.
**Cover Story**

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**News Sections**

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**Mountain Messenger**

**Vaught sworn in as sheriff’s deputy**

Circuit Court Judge Robert Richardson (for right) swears in Desinee Vaught (second from right) at the Greenbrier County Courthouse on Jan 2. Vaught, who was appointed sheriff Bruce Sloan, was sworn in by Greenbrier County Circuit Court Judge Robert Richardson. Vaught is the only female sheriff in the county.

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**Alive and Kicking:** A screenshot of the Mountain Messenger website.

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**ALIVE AND KICKING:** A screen-grab of the Mountain Messenger website.

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**Newspaper clippings, mementos and a suitcase. Several pictures of Mark Twain, the Sierra's most famous newsman (the paper's slogan is Mark Twain Wrote Here), are on display, along with photos of Russell looking like Twain, but wearing a cowboy hat.**

Russell didn’t find that newspaper clippings, mementos and a suitcase. Several pictures of Mark Twain, the Sierra’s most famous newsman (the paper’s slogan is Mark Twain Wrote Here), are on display, along with photos of Russell looking like Twain, but wearing a cowboy hat. **“I am exactly like Mark Twain,” Russell said, continuing to type. “Except he was famous, talented and worked hard.”**

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**Raised in Detroit, Russell spent summers with family in east Tennessee. The draft board called when he turned 18, but Russell didn’t answer. He figured he’d rather spend five years in federal prison than Vietnam.**

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**No-one ever showed up to arrest him, so at 20 he headed west. He learned forestry in California’s gold country. Owned a fishing boat in Alaska. Bought into a small-town newspaper.**

---

**“I’m proud that I’ve managed to avoid honest work my whole life,” he said. “I worked in the woods. I fished. And now I write.”**

---

**“I was told by now-dead relatives that I ought to be a writer,” he said.**

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**’Tm proud that I’ve managed to avoid honest work my whole life. I worked in the woods. I fished. And now I write’**

— Don Russell
IIS team wins bronze at CBSE National Taekwondo Championship

Two students of Ideal Indian School (IIS), including Waheeb Nabeel and Adnan Pant, recently bagged a bronze medal in the CBSE National Taekwondo Championship held at Satyawati Memorial Academy Bijnor UP, India. The team was coached by Amazad Khan. Vijayant Thappa was the manager of the team. Syed Shoukath Ali, Principal of IIS, applauded the efforts of the team and congratulated them on their success.

FLS marks New Year’s celebrations

Federation Libuwan Society (FLS) recently organised an event to mark New Year’s celebrations at Al Khor Park. The event was chaired by Rakesh Shrestha, Chairman of GSS. The event was attended by notable Nepali community leaders, including Birendra Yadhumba, Sangita Theg Limbu and Santosh KC.

The event kicked off with the national anthem of Nepal. The event featured various musical performances by local artistes, including Amrit Limbu, Sujan Rai, Ashok Gurung, Nabin KC, Muskahn Limbu, Raj Gurung and Man Kumar. Sunita Chemching also performed at the occasion.

— Text and photo by Usha Wagle Gautam

Future 318 organises boot camp

Future 318, in association with Naseem Al Rabeem Medical Centre, Anytime Fitness, Sharq Village and Spa and Qatar Cancer Society, recently organised a Beat Cancer Boot Camp at Al Dana Gardens of Sharq Village. The camp featured various activities, including Ki-Gong exercise and free medical check-up from Naseem Al Rabeem Medical Centre. Qatar Cancer Society also conducted an interactive session on how to beat cancer with physical exercise and activities by 40%. The boot camp, facilitated by Anytime Fitness, ran for two hours and was divided into 15 stations. The audience participated in a variety of exercises, including kettlebell, plank, sit ups, farmer’s walk, high knees and squats. The session provided a full body workout with cardio and muscle toning.

“We hope that we helped raise more awareness about cancer and how to prevent it. It was a great initiative and we had a really great turn out,” said Salma Hamouda, Marketing Supervisor at Anytime Fitness. Mohammad Arif, Marketing Manager of Naseem Al Rabeem Medical Centre, said, “Regular health check-ups should be a part of one’s fitness routine as it would help one for early detection of any impending illness. Naseem Al Rabeem offered free Body mass index (BMI) physical examination, diabetes and hypertension screening at the boot camp.”

Conchita Ponce, Founder of Future 318, said, “The Beat Cancer Boot Camp is one of our platforms to glue the community together in a fun and healthy way.”
An ambitious project wants to bring New Zealand’s kiwi back from the brink of extinction and into Wellington backyards.

By Jule Scherer

For New Zealanders, the kiwi is not just a bird. The flightless animal with a mop of fur-like feathers is the Pacific country’s brand. It’s the icon the country has fought wars under, the nickname for its currency and the name the people use for themselves.

But most New Zealanders have never seen a kiwi in the wild. One hundred years ago, the country had millions of the odd-looking nocturnal ground-dwellers roaming all around. But today, there are only about 68,000 left, the vast majority living far away from humans in protected offshore sanctuaries, nature reserves or zoos.

Paul Ward wants to change this. The self-confessed ‘bird nerd’ is the driving force behind an ambitious project that aims to bring back the shrill call of kiwis to the backyards of New Zealand’s capital, Wellington, within the next decade.

“It’s not right that more international tourists have seen a kiwi than the people named after them,” the 43-year-old screenwriter points out.

The initiative, called Capital Kiwi, plans to reintroduce kiwi to 23,000 hectares of public and private land stretching from the city outskirts to the rough western coast. However, before the birds have a chance to make themselves at home, the area has to be cleared of their biggest enemies, including stoats, ferrets and weasels.

Over the next three years, thousands of traps will be set, with the goal of eradicating the carnivorous mammals. If the effort proves successful, the birds will be translocated by the Department of Conservation (DOC) in the hopes that they will breed again.

“Currently, only 4 to 5 percent of kiwi chicks survive to adulthood in unprotected areas,” Ward says. New Zealand had been isolated for 80 million years until humans arrived 800 years ago. There originally were no ground-dwelling land mammals but instead an abundance of flightless birds, insects and lizards. As a result, kiwi are ill-equipped to fight off newcomers.

The charity Kiwis for kiwi, which supports community-led initiatives around the country, says that an average of 27 kiwi are killed by predators each day. They warn that “as this rate, kiwi may disappear from the mainland in our lifetime.”

Michelle Impey from Kiwis for kiwi explains that one of the challenges of kiwi conservation is “getting people to understand and care about something they can’t see and don’t experience.”

Kiwi are nocturnal and, with some rare exceptions, live far removed from cities, towns and villages.

“Bringing kiwi closer to where Kiwis live puts them top of mind and creates a sense of ownership with those who are privileged enough to have them living on or near their land,” she adds.

The new project aims to create “a city of kiwi conservationists” who will have a personal attachment to their national bird.

While the project has secured a budget of 3.3 million New Zealand dollars (2.2 million dollars) over five years for the setting and maintenance of more than 4,400 traps, it is still very much driven by the community. Schoolchildren are monitoring tracking tunnels, mountain bikers and trail runners check reserve trap lines on lunchtime rides, and families build tracks on the weekends.

One of the first people to hit a trap’s stake into the ground in early November was 90-year-old local Ted Smith.

He and his local community started trapping their backyards a decade ago. It had “resulted in a remarkable increase in birdlife — tui, kaka, kereru, pukeko, kingfisher, quail and others,” he reports. “If left alone, the odds of a kiwi chick reaching adulthood are one in 20. Given human assistance, the odds rise to one in five. If we allow kiwi to die out, then we deserve to be called idiots,” he adds.

Smith is part of a groundswell of community conservation initiatives now sweeping New Zealand. In Wellington alone, there are more than 70 community groups involved in pest management. All around the country, people are working together to protect kiwi populations from predators and restore the health of their natural environment.

“The Capital Kiwi programme is just another community conservation project, albeit one on a very large scale and designed to create a safe environment for our national namesake — a safe and sustainable population of wild kiwi near to our capital city,” Ward says.

New Zealand’s DOC has also come on board. “Getting kiwi back into the hills of Wellington where people can hear them call is a great way to demonstrate what New Zealand could look like if we could get rid of the stoats and ferrets,” the DOC’s Jack Mace says.

The department hopes to rid New Zealand by 2050 of the most damaging introduced predators that threaten the nation’s natural wildlife.

If Capital Kiwi is a success, Mace believes it would “add another feather to Wellington’s cap as one of the best places in the world to see New Zealand’s unique wildlife.” — DPA
Wounded veteran finds new mission

Marine veteran Calvin Smith's new mission in life is to share the health benefits of the strength-training exercise programme with other veterans who've experienced traumatic injuries.

"My message is that just because you’re wounded, that doesn’t mean you can’t do something," he said. "The only person holding you back is yourself!"

Smith is the first veteran amputee in training to become an instructor for Club Pilates, which has 400 gyms nationwide and 250 more scheduled to open this year, said Tianna Strateman, Vice President of Education for Club Pilates.

"Calvin is definitely a rock star," Strateman said. "I can’t say enough about him and everything he’s accomplished. We’re excited about his teacher training and becoming an instructor for both regular members and others in the military. He’s our first and we hope he won’t be our last. He’s a trailblazer!"

Smith grew up in Mesa, Ariz, where he said he had a Marine Corps poster tacked up on his bedroom wall by the time he was in second grade. Serving in the military was the family business. His grandfather spent 33 years in the Navy and his father did three tours in Vietnam.

In high school, he enlisted in the Marines on delayed-entry status and spent most weekends drilling with other recruits before heading to boot camp after his senior year in 2000. As an infantryman, he was stationed at several international bases. On his first seven-month deployment to an international war zone in 2003, he suffered a brain injury and five herniated discs in his upper spine when the Humvee he was riding in struck a hole in the road caused by a tank. He returned to Camp Pendleton for spine fusion surgery and a period of recuperation. He returned back to the same station in 2006, where he aggravated his back problems, which led to more surgeries.

On May 30, 2007, Smith had just finished processing his final discharge papers at Camp Pendleton and was riding home on his motorcycle on Interstate 5 when he was nearly killed in a three-vehicle crash. Smith collided with a speeding car, which pushed his bike into the next lane where he was hit by a second car. Smith has no memory of the accident, which shattered his right wrist, damaged the muscles in his right arm, caused a traumatic brain injury and broke most of the bones below the knee in his left leg.

As a result of the brain injury, Smith struggled with short-term memory loss and word finding. Five months after the accident, he started therapy at the Brain Injury Day Treatment Clinic at Scripps Memorial Hospital Encinitas.

That’s where he met his future wife, Kristina Reinhold-Smith. After he graduated from the programme, they started seeing each other in 2009. They married in December 2010 and share a combined five children from their previous marriages.

Reinhold-Smith, 43, said it was difficult seeing her husband struggle with his health. He suffered chronic pain and muscle spasms related to his spine and leg injuries and he battled post-traumatic stress disorder and depression.

Although he underwent multiple surgeries to repair his leg, he still spent most of his time in a wheelchair or with a cane. Finally, in 2013, he decided to have the lower limb amputated. His only regret is that he didn’t do it sooner. Now he enjoys hiking outdoors with his children and shopping trips to Costco, outings he couldn’t do before.

After leaving the service, Smith...
Smith calling as fitness teacher

锻炼训练的练习计划与遭受过创伤性受伤的退伍军人一起进行

Smith spent 18 months at Palomar College, studying to become a transition liaison for discharged veterans. But because of his brain injury, he couldn’t retain the course material despite long hours of studying and he failed most of his classes. Then, during a check-up in early 2017, doctors found that he had a brain tumour, which they removed.

Smith was depressed, overweight, out of shape and unsure what to do with the rest of his life. Then, in April 2017, he and his wife decided to take a class at Club Pilates in San Marcos. Before they finished their introductory class, he had decided to sign up for unlimited visits.

“I could feel my body being challenged but not that jarring, squishing pain that you get with other workouts,” he said. “I knew this was something I could do without injuring myself.”

Developed in the early 20th century by German fitness trainer Joseph Pilates, Pilates is a strength-and balance-training fitness programme that uses floor exercises, equipment and a table-like gym apparatus to do core-building exercises.

Strateman said Pilates is ideal for people like Smith with disabilities or physical limitations because the regimen can be modified for each user.

“I could feel my body being challenged but not that jarring, squishing pain that you get with other workouts,” he said. “I knew this was something I could do without injuring myself.”

Developed in the early 20th century by German fitness trainer Joseph Pilates, Pilates is a strength-and balance-training fitness programme that uses floor exercises, equipment and a table-like gym apparatus to do core-building exercises.

Smith began taking classes at the San Marcos club every day, which helped him shed 45 pounds. And through interacting with trainers and fellow students at the club, it also helped him come out of what he calls his “bubble of isolation” at home.

Over the past year, Smith has completed nearly 500 hours of classroom, fitness and assistant teacher training. Once he finishes his teaching hours and an anatomy class next month, he’ll be certified to teach classes at several North County clubs. Eventually, he hopes to teach Pilates to Marines at Camp Pendleton.

Reinhold-Smith, who now works as a speech therapy manager for Kaiser Health, said she’s been amazed by her husband’s transformation. He no longer walks with difficulty, no longer suffers muscle spasms and his personality has been transformed.

“He was really depressed before the brain tumour was removed and was increasingly isolated and trying to figure out his future,” she said. “Coming here gave him a purpose for his day. He’s a people person and a natural teacher, so being here makes him so much happier.”

Smith said he’d like to bring more men into the fitness programme, which is primarily practised by women and change the perception.

Reinhold-Smith said she thinks her husband’s recovery through the programme might be an incentive for other veterans struggling with amputations and chronic pain. “I think he could become an ambassador for people with injuries who are looking for something,” she said. “He has a lot to give back to people.” — The San Diego Union-Tribune/TNS
SCIENCE SUPPORTS REDUCING CHILDREN’S SODIUM INTAKES

The science is clear... our kids eat more sodium than what is safe and recommended. Schools can play an important role in helping our kids get and stay healthy. As part of the effort to bring sodium to moderate levels for kids, the U.S. Department of Agriculture (USDA) established sodium limits for school meals, which are being carried out in three gradual phases until the 2022-2023 school year.

**MYTH #1 vs FACT!**
The only health issues associated with too much sodium are problems like high blood pressure and heart disease – problems for adults, not kids.

Science strongly supports the link between less sodium intake and healthier lives – even in children and teens.

For example, kids who eat high sodium diets are about 35% more likely to have elevated blood pressure than kids who eat lower sodium diets. And, the rate of high blood pressure is increasing in American children. In addition to heart health, sodium impacts bone, brain, stomach, and kidney health.

**MYTH #2 vs FACT!**
Scientific evidence to support a decrease in sodium for school meals is inconclusive.

There has been a lot of noise about some sodium studies, leading to confusion and helping efforts to undermine nutrition standards for school meals.

A large body of scientific research indicates that lowering sodium intake lowers blood pressure in adults and children.

**MYTH #3 vs FACT!**
It is impossible for schools to meet USDA’s sodium limits.

More than 99% of schools are successfully meeting the updated meal standards. Some schools are already meeting the USDA’s 2017 targets. Many companies already offer foods that meet the target limits set by the USDA.

A variety of methods exist that can help reduce sodium in foods, and modelling suggests that some newly developed ingredients could make a big impact.

**MYTH #4 vs FACT!**
Kids won’t like the taste of foods lower in sodium and, as a result, will eat less of these foods, robbing them of the beneficial nutrients they provide.

Replacing nutrient-poor, high-sodium foods with healthier foods could improve overall consumption of other beneficial nutrients.

Gradually lowering the sodium content in foods can decrease kids’ (and adults’) taste for salty food over time.
Confused about choosing the right jacket for different occasions and outings? Get these five jacket styles to upgrade your wardrobe.

Tabby Bhatia, Director of Voganow.com, and Manjula Gandhi, Chief product officer, Numero Uno, have some suggestions:

**Trucker jackets:** Trucker jackets are a denim/jean jacket version with double breast flap pocket style. Hand painted embroidered designs, beads, braid embellishments and patches on the back of these jackets look funky.

**Blouson jackets:** A blouson jacket or Harrington jacket is typically loose, but fits around the waist with an elastic fabric. It looks similar to bomber jacket but comes in varied styles; in zippers, buttons and different collar patterns.

**Anoraks or Parkas:** Anoraks or parkas are somewhat similar. These are water resistant jackets although a parka is usually longer than anoraks with faux fur lining on the hood.

**Biker jackets:** Leather biker jackets have lots of zippers, straps and buckles around. Biker jackets are perfect to go along for outings and road trips. It gives entirely different look from other jacket styles. Black is the ideal colour to pair with a white T-shirt, black jeans, black high ankle shoes and shades.

**Bomber jackets:** It gives perfectly dapper look when paired with basic tees and jeans. It keeps you warm yet hasn't left you complacent. Instead, you want to continue expanding.

**Five must-have jacket styles**

- **Trucker jackets**
- **Blouson jackets**
- **Anoraks or Parkas**
- **Biker jackets**
- **Bomber jackets**
Puzzles courtesy: Puzzlechoice.com

Weather Forecast

BLIZZARD FOG SLEET
BREEZE FRONT SNOW
CALM FROST SQUALL
CLEAR HAIL STORM
CLOUD ICY SUNNY
COLD MILD THUNDER
DRY PRESSURE WIND
FLOOD RAIN

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

Codeword

Wordsearch

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

Codeword

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

Codeword

Wordsearch

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

Sudoku

7 5 1 4 9 6 2
1 2 3
5 2 3 9
3 6 9 7 4 3 6
3 5 2
4 3 7

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine 3x3 boxes. You are given a collection of values and in each column, you must fill the grid so that every column, every row and every square is repeated.

Sudoku

7 5 1 4 9 6 2
1 2 3
5 2 3 9
3 6 9 7 4 3 6
3 5 2
4 3 7

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine 3x3 boxes. You are given a collection of values and in each column, you must fill the grid so that every column, every row and every square is repeated.

Sudoku

7 5 1 4 9 6 2
1 2 3
5 2 3 9
3 6 9 7 4 3 6
3 5 2
4 3 7

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine 3x3 boxes. You are given a collection of values and in each column, you must fill the grid so that every column, every row and every square is repeated.

Sudoku

7 5 1 4 9 6 2
1 2 3
5 2 3 9
3 6 9 7 4 3 6
3 5 2
4 3 7

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine 3x3 boxes. You are given a collection of values and in each column, you must fill the grid so that every column, every row and every square is repeated.

Sudoku

7 5 1 4 9 6 2
1 2 3
5 2 3 9
3 6 9 7 4 3 6
3 5 2
4 3 7

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine 3x3 boxes. You are given a collection of values and in each column, you must fill the grid so that every column, every row and every square is repeated.

Sudoku

7 5 1 4 9 6 2
1 2 3
5 2 3 9
3 6 9 7 4 3 6
3 5 2
4 3 7

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine 3x3 boxes. You are given a collection of values and in each column, you must fill the grid so that every column, every row and every square is repeated.

Sudoku

7 5 1 4 9 6 2
1 2 3
5 2 3 9
3 6 9 7 4 3 6
3 5 2
4 3 7

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine 3x3 boxes. You are given a collection of values and in each column, you must fill the grid so that every column, every row and every square is repeated.

Sudoku

7 5 1 4 9 6 2
1 2 3
5 2 3 9
3 6 9 7 4 3 6
3 5 2
4 3 7

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine 3x3 boxes. You are given a collection of values and in each column, you must fill the grid so that every column, every row and every square is repeated.

Sudoku

7 5 1 4 9 6 2
1 2 3
5 2 3 9
3 6 9 7 4 3 6
3 5 2
4 3 7

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine 3x3 boxes. You are given a collection of values and in each column, you must fill the grid so that every column, every row and every square is repeated.
Super Cryptic Clues

ACROSS
1. Where the diamond chip came from? (6,4)
6. Is not penniless: that’s the catch (4)
10. Attacked, one fancied (4,3)
11. Wander near, the Continental following (7)
12. ‘Put back the strap’, you say (9)
13. Heavens! Joe has a dog! (5)
14. As before, the woman gets the bird (5)
15. How long one goes on in retirement? (5,4)
17. Bickering while the cad is tied up with string (9)
20. The meat, pull to pieces (5)
21. Stand, with no difficulty, to one side (5)
23. The bloomer is being published (6,3)
25. As a news broadcast from somewhere in Wales (7)
26. Keeping Greenhill inside (7)
27. Rang in, mad to have something done (4)
28. Tamper with in no infantile way? (10)

DOWN
1. Look peeved, but less uppish? (5)
2. Being canny? (9)
3. Went without saying one was amazed (4,10)
4. Looks again at the duplicated note and notices (7)
5. Contend it’s income, dear (7)
7. Misread the L ‘in’ plant’ (5)
8. Shut up about interchanging material? (9)
9. There’s no better way of asking who’d like to smoke! (5,3,6)
14. Corrected when one changed gear (9)
16. From Taormina, travelling with a girl-friend who’s Italian (9)
18. Tea Rod prepared to take out in the garden (7)
19. The doctor’s in the front, standing with the girl (7)
22. Tie at the post (5)
24. The ones you use as a sun-screen (5)

Colouring

Answers

Wordsearch


DOWN: 1 Depict 2 Oversight 3 Sets out 4 Limes 6 Adamant 7 Anita 8 Deepened 9 Accursed 14 Top heavy 16 Searching 17 Apostle 19 Hangers 21 Shutter 22 Fright 24 Rhoda 25 Beryl.

Codeword

Yesterday’s Solutions

The Accidental a game changer for political cinema: Producer

Amrish Puri was a great actor, human being: Javed Akhtar

Ahead of the 14th death anniversary of late legendary actor Amrish Puri, veteran lyricist and screenwriter Javed Akhtar remembered him saying he was a combination of “a great actor and great human being.”

In the forthcoming episode of Zee Bollywood’s Classic Legends Season 5, Akhtar will go down memory lane with Amrish Puri’s achievements and remarkable contribution to Hindi cinema.

“Amrish Puri will be remembered as a great actor. But people like me, who have known him personally, will remember him as a great actor and a great human being. "Amrish Puri was a mix of both. Noted filmmaker Steven Spielberg had once mentioned that he had seen many films in his lifetime, but he has never seen such a good villain," Akhtar said while paying tribute to the actor.

Whether as the homesick NRI in Aditya Chopra’s Dhoom:2 (2006) or the benevolent feudal landlord in Vishnuvardhan’s Sunny Deol’s terminally ill, idealistic father in Ghaashtok or Amisha Patel’s anti-India father in Gadar: Ek Prem Katha, Amrish Puri created a gallery of characters in his decades long journey in Bollywood.

He was not only seen in Hindi films but also Kannada, Marathi, Hollywood, Punjabi, Malayalam, Telugu and Tamil.

With over 400 films credited to his name, the Mogambo of Bollywood took his last breath on January 12, 2005. He was 72.

Amrish Puri is remembered ahead of his 14th death anniversary.

Proud to helm a biopic on Narendra Modi: Omung Kumar

National Award-winning filmmaker Omung Kumar says he is proud to helm a biopic on Prime Minister Narendra Modi.

“Narendra Modi is one the most prolific leaders in the history of India,” said Kumar, who has previously directed movies like Mary Kom and Sarbjit, took to Twitter and called Modi “one of the most prolific leaders in the history of India.”

To direct a biopic of a man Shri Narendra Modi is a huge responsibility and I am proud to helm it, Vivek Oberoi to play the legend. Produced by Suresh Oberoi and Sandip Ssingh," the director tweeted on Monday.

The official poster of the film based on the life of Modi was launched on Monday by Maharashtra Chief Minister Devendra Fadnavis.

Titled as PM Narendra Modi, it stars actor Vivek Anand Oberoi. The标签 reads, “Deshbhakti ki meri shakti hai” The film’s poster was launched in 27 languages.

Amrish Puri was a great actor, human being: Javed Akhtar

THE RISKS: Sunil Bohra says he knew there would be conjectures about the film being propaganda.

BOLLYWOOD

The Accidental a game changer for political cinema: Producer

The Accidental Prime Minister producer Sunil Bohra says he knew there would be conjectures about it being a propaganda film, but he is also certain it will be a game changer for political cinema in India.

“In my opinion, the film is certainly going to be a game changer as far as political cinema is concerned. It took two years to write, about half a year to make, and shall be remembered for a long long time as it is the first film where all the characters are addressed real names," Bohra said in a statement.

While the BJP shared the trailer on its Twitter timeline, some Congress leaders have objected to its content.

There has been talk about The Accidental Prime Minister being a propaganda film ahead of the Lok Sabha elections. What does Bohra have to say?

“I am aware, and I knew it would surely happen but it will all be cleared once the film is out in cinemas. People will respect the work and hard work rather than raising any other issue," he said.

Bohra, who has earlier backed films like Gaajahg, Shahid, Tum Ho Weds Mami and Maustram, said risk is involved in each and every film.

“Without risk no film can be made," he commented when asked about the risks involved in making a political film in India.

He is ready for the reactions that may come his way after the Vijay Ratnakar Gutte directional releases.

“The reactions will come. It is a democratic country... Everyone has the right of opinion, and I will surely respect whatever comes my way," he said.

When and why did you decide to make The Accidental Prime Minister?

“My agenda for producing The Accidental Prime Minister is to make an entertaining film. We picked up the rights of the book from Sanjaya Baru sir in 2014. Since then, it has been a long process.

“Our company Bohra Bros is in business since 1947. It was founded by my grandfather Shree Kam Bohra. He too made films that were ahead of its time like Hercules (1964) Thief of Baghdad (1977) to name a few. I think we are working on the same lines — on creating content that has some USP attached to it. Hence, The Accidental Prime Minister.

He believes the road less travelled is very difficult to tread on.

“The same could be said about the journey to make this film. We are a content based production house and to make this kind of film we need support from a studio, but the market dynamics are such that no studio was interested and it took lot of time till we finally managed to get our act together."

Bohra said the film is a “three hero” project.

“Akshaye Khanna (who plays Baru), Anupamji and Vijay Ratnakar Gutte, the debutant director. Dictionary will fail you to find the one word that describes the film he has made. What you see now is his vision and he has taken this film to a different level," Bohra said. – IANS

CANDID: Omung Kumar says Narendra Modi is one the most prolific leaders in the history of India.

THE RISKS: Sunil Bohra says he knew there would be conjectures about the film being propaganda.

Amrish Puri was a great actor, human being: Javed Akhtar

Amrish Puri is remembered ahead of his 14th death anniversary.

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THE RISKS: Sunil Bohra says he knew there would be conjectures about the film being propaganda.
A dip in views for Golden Globes from last year

In an era when big TV audiences are becoming harder to come by, the 18.6 million people who watched the Sunday telecast of the 76th Golden Globes were good news for NBC.

Nielsen data showed the three-hour-plus ceremony was down just 2 percent from the 2018 show. But among the 16 to 49 age group that advertisers seek most, the annual Hollywood Foreign Press Assn. trophy show recognizing movies and TV from the past year presented was up 4 percent.

The audience was in line with recent Golden Globes telecasts, which drew 19 million viewers in 2018 and 20 million viewers in 2017.

In general, the Golden Globes have not faced the kind of significant drop-offs by show business trophy programmes such as the Oscars, Emmys and the Grammys, which have all seen double-digit year-to-year decreases in recent years.

One factor hurting awards programmes is younger viewers choosing to watch clips on social media platforms instead of the live broadcast. Such viewing is not counted in the data supplied by Nielsen.

But the loose, party-like atmosphere of the Golden Globes – where big-name movie and TV stars have been known to behave mischievously – has helped separate the show from the pack. There is also less competition from other first-run programming in early January.

This year’s annual fete was likely helped by a strong audience lead-in from NBC’s coverage of an NFC wild card game in which the Philadelphia Eagles defeated the Chicago Bears 16-15 on the final play of the contest. It had an overnight rating of 22.9, the highest for an NFL wild card game on NBC since 1994.

Andy Samberg and Sandra Oh hosted the Golden Globes ceremony at the Beverly Hilton Hotel. While there were a number of speeches and gags about diversity in Hollywood, the ceremony did not have any of the anti-Donald Trump vitriol that has permeated other show-business awards shows in recent years.

Bobhemian Rhapsody was named best motion picture, drama. Green Book was honoured for best motion picture, musical or comedy. The Americans won for best TV drama series while The Kominsky Method was honoured in the comedy series category.

The intimate event is an annual favourite for stars, who enjoy thanking their support (or lack thereof) of their films. Ethan Hawke, won best actor for First Reformed.

Continuing to do some impromptu standup of sorts, Rock looked into the audience at Steve Martin, who was at the award show to present the best supporting actor award to Richard E. Grant for Can You Ever Forgive Me? - and brought up the very topical subject of hosting the Oscars.

“Steve Martin is here. You should host the Oscars. You’re the best. Steve Martin should host the Oscar. Because I am not doing it, goddamn you! You are not getting me;” Rock said. Rock’s comments come amidst the continuously developing star Kevin Hart saga, as the Academy’s search for an Oscars host continues.

Rock has hosted the Oscars twice - first in 2005 and in 2016.

Rock was one of many big names at the Monday night dinner, held each year by the NYFCC. Martin Scorsese presented First Reformed director Paul Schrader with the best screenplay award; Gayle King introduced Regina King, who won best supporting actress for If Beale Street Could Talk.

The intimate event is an annual favourite for stars, who enjoy thanking (and playfully scolding) film critics for their support (or lack thereof) of their films. Ethan Hawke, won best actor for First Reformed.
Top Pakistani singers to rock the town tonight

By Mudassir Raja

Our internationally renowned Pakistani pop singers are excited to rock in Doha for the first time today at Qatar National Convention Center (QNCC).

The PK Music Fest is organised by QTickets in association with Shop Qatar Convention Center (QNCC).

Pakistani singers are excited to rock in Doha for the first time today at Qatar National Convention Center (QNCC).

Top Pakistani singers are excited to rock in Doha for the first time today at Qatar National Convention Center (QNCC).

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