Community
Doha Modern Indian School organises an interactive session for the mothers of the students.

Community
Popular Indian stand-up comedian Raju Srivastav and DJ Akbar Sami to perform in Doha today.

Mission Impossible
To save the Earth someday, team builds spacecraft to crash into an asteroid and shove it off course. P4-5

Review
A gangster epic from Colombian perspective.

Page 14

Bollywood
Judge me, but don’t judge my kids: Ajay Devgn.

Page 15
**USEFUL NUMBERS**

<table>
<thead>
<tr>
<th>Service</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emergency</td>
<td>999</td>
</tr>
<tr>
<td>Worldwide Emergency Number</td>
<td>112</td>
</tr>
<tr>
<td>Kahramaa – Electricity and Water</td>
<td>901</td>
</tr>
<tr>
<td>Local Directory</td>
<td>180</td>
</tr>
<tr>
<td>International Calls Enquiries</td>
<td>150</td>
</tr>
<tr>
<td>Hamad International Airport</td>
<td>40106666</td>
</tr>
<tr>
<td>Labor Department</td>
<td>44508111, 44406537</td>
</tr>
<tr>
<td>Mowasalat Taxi</td>
<td>44588888</td>
</tr>
<tr>
<td>Qatar Airways</td>
<td>44460000</td>
</tr>
<tr>
<td>Hamad Medical Corporation</td>
<td>44392222, 44393333</td>
</tr>
<tr>
<td>Qatar General Electricity and Water Corporation</td>
<td>44845555, 44845464</td>
</tr>
<tr>
<td>Primary Health Care Corporation</td>
<td>44933333</td>
</tr>
<tr>
<td>Qatar Assistive Technology Centre</td>
<td>44904050</td>
</tr>
<tr>
<td>Qatar News Agency</td>
<td>44490205</td>
</tr>
<tr>
<td>Q-Post – General Postal Corporation</td>
<td>44464444</td>
</tr>
</tbody>
</table>

**Humanitarian Services Office**

(Single window facility for the repatriation of bodies)

- Ministry of Interior: 40253371, 40253372, 40253369
- Ministry of Health: 40253370, 40253364
- Hamad Medical Corporation: 40253364, 40253365
- Qatar Airways: 40253374

---

**Quote Unquote**

“The wish for healing has always been half of health.”

— Lucius Annaeus Seneca

---

**Community Editor**

Kamran Rehmat

e-mail: community@gulf-times.com

**Telephone:** 44466405

**Fax:** 44350474

---

**PRAYER TIME**

- Fajr: 4.48am
- Shorooq (sunrise): 6.04am
- Zuhr (noon): 11.48am
- Asr (afternoon): 3.05pm
- Maghreb (sunset): 5.33pm
- Isha (night): 7.03pm

---

**USEFUL NUMBERS**

- Emergency: 999
- Worldwide Emergency Number: 112
- Kahramaa – Electricity and Water: 901
- Local Directory: 180
- International Calls Enquiries: 150
- Hamad International Airport: 40106666
- Labor Department: 44508111, 44406537
- Mowasalat Taxi: 44588888
- Qatar Airways: 44460000
- Hamad Medical Corporation: 44392222, 44393333
- Qatar General Electricity and Water Corporation: 44845555, 44845464
- Primary Health Care Corporation: 44933333
- Qatar Assistive Technology Centre: 44904050
- 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: 40253370, 40253364
  - Hamad Medical Corporation: 40253364, 40253365
  - Qatar Airways: 40253374

---

**The Mall Cinema (1):**

- Kodathisamaksham Balan Vakkeel (Malayalam): 4:15pm; Upgrade (2D) 7pm; Total Dhamaal (Hindi): 8:45pm; June (Malayalam): 11:30pm.
- The Mall Cinema (2):
  - June (Malayalam): 2:15pm; Gully Boy (Hindi): 4:45pm; Alone/Together (Tagalog): 7:30pm; Fighting With My Family (2D): 9:30pm; Total Dhamaal (Hindi): 11:30pm.
- The Mall Cinema (3):
  - Natasaarvabhowma (Kannada): 2:15pm; Alita: The Battle Angel (2D): 5:15pm; Dumplin’ (2D): 7:30pm; The Knight Of Shadows (2D): 9:30pm; Gully Boy (Hindi): 11:30pm.

---

**Landmark Cinema (1):**

- Gully Boy (Hindi): 2:30pm; Alita: The Battle Angel (2D): 5:15pm; Dumplin’ (2D): 7:30pm; The Knight Of Shadows (2D): 9:30pm; June (Malayalam): 11:30pm.

---

**The Mall Plaza Cinema Palace (1):**

- Kodathisamaksham Balan Vakkeel (Malayalam): 2:15pm; Alone/Together (Tagalog): 5pm; Total Dhamaal (Hindi): 7:30pm; June (Malayalam): 9:30pm; Total Dhamaal (Hindi): 11:30pm.

---

**Royal Plaza Cinema Palace (2):**

- Kodathisamaksham Balan Vakkeel (Malayalam): 2:15pm; Alone/Together (Tagalog): 7pm; The Knight Of Shadows (2D): 9:30pm; June (Malayalam): 11:30pm.

---

**Royal Plaza Cinema Palace (3):**

- Alita: The Battle Angel (2D): 2:15pm; Dumplin’ (2D): 4:30pm; Then Came You (2D): 6pm; What They Had (2D): 7:45pm; Upgrade (2D): 9:45pm; Gully Boy (Hindi): 11:30pm.
Baladna Cultural Festival
WHERE: Baladna Park
WHEN: Ongoing till March 1
Baladna Park will embark you on a delicious and rich journey this time of year, through the Baladna Culture Festival. The festivities will take place each Friday and Saturday of the month of February and will include food, dance shows, entertainment and cultural handicrafts from across the world. For further information 44246000.

MIA Park Bazaar 2019
WHERE: Museum Of Islamic Art
WHEN: Ongoing
TIME: 12pm – 8pm
MIA Park Bazaar will be having a vibrant mix of 350 stalls. MIA Park Bazaar is a modern version of the old souq tradition. The stalls are going to offer a wide range of gastronomies from all over the world. You can also browse and grab handcrafted artefacts, accessories, canvases, fashion wears, designer ornaments.

Mehaseel Festival
WHERE: Katara Cultural Village
WHEN: Ongoing till March 31
Mehaseel Souq will be open every Thursday, Friday and Saturday until 31st of March. It is a perfect market to get amazing local fresh produce.

Grand Prix of Qatar 2019
WHERE: Losail International Circuit
WHEN: March 8 – 10
TIME: 1pm – 9pm
The opening race will be held under the floodlights. Ticket can be purchased online.

Cycling: Losail Circuit Sports Club
WHERE: Losail Circuit
WHEN: Ongoing
TIME: 9pm
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.

Syria Matters Exhibition
Where: Museum of Islamic Art
When: Ongoing till April 30
Time: 9am – 7pm
Museum of Islamic Art (MIA) in Doha presents a major exhibition, co-curated by MIA Director Dr Julia Gonnella and Rania Abdellatif, as part of the MIA ten-year anniversary celebrations.

Arabian Calligraphy Workshop
WHERE: Saturday – Wednesday
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

Artistic Gymnastic Classes
WHERE: Qatar Academy Msheireb
WHEN: Ongoing till February 28
TIME: 3:15pm – 4:15pm
The olympic sport using horizontal bar, rings and floor exercises on mats for the children from age 4 till 16.

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

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

Hobby Classes
WHERE: Mamangam Performing Art Centre
WHEN: Wednesday – Monday
Mamangam Performing 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 contemporary, Bollywood, hip-hop and Indian classical dance forms, along with classes for music, art and crafts, karate and yoga. Additional services include dance education and choreography. For details, call 33897609.

Dance and Instrument Classes
WHERE: TCA Campus, Behind Gulf Times Building
WHEN: Wednesday – Monday
Learn the movements of dance styles in Bollywood, Hip Hop and also the musical instruments such as Piano, Guitar, Keyboard for adults as well kids and move in the world of music. For details, contact 66523871/ 31326749.

Compiled by Nausheen Shaikh. E-mail: gtlisting@gmail.com. Events and timings subject to change.
Countervailing force

Scientists want to hit the asteroid moon with enough force to bump it, but not break it apart. ‘We’re just going to give it a love tap,’ Andy Rivkin, the mission’s co-lead and planetary astronomer at APL, tells Tim Prudente.

It’s very exciting. You are actually doing something for the fate of humanity

— Elena Adams, mission’s lead engineer

A team of scientists, astronomers and engineers meets weekly in a conference room on a Howard County, Maryland, research campus and plans to save the world. “Keep calm and carry DART,” reads a poster on the wall.

DART — the Double Asteroid Redirection Test — is their plan to avert catastrophe. It’s also Nasa’s first mission not to explore space, but to defend against it.

The research team at the Johns Hopkins University Applied Physics Laboratory in Laurel plans to launch a spacecraft, speed it up really fast and smash it into an asteroid. BOOM!

The impact, they hope, will bump the big space rock off
course — actually more like it nudges slightly. Someday, the thinking goes, this method may save humans from the fate of the dinosaurs.

“Kind of like a big missile,” said Elena Adams, the mission’s lead engineer. “It’s very exciting. You are actually doing something for the fate of humanity!”

An estimated 100 tonnes of space debris falls to Earth every day, according to scientists at the Nasa’s Jet Propulsion Laboratory at the California Institute of Technology. This debris is mostly dust and sand.

Occasionally, space sends something bigger.

In February 2013, a fiery meteor cut across the Siberian sky. It came streaking down as fast as 40,000mph. Then came a mid-air explosion, a flash and boom.

The shock wave blew out windows across the Russian city of Chelyabinsk. A factory roof collapsed. More than 1,000 people were hurt, mostly from shattered glass. Scientists estimate the meteor unleashed a force stronger than the atomic bomb detonated in Hiroshima.

The rock was about the size of a school bus. That’s a pebble compared to a meteor believed to have exploded over remote Siberia in 1908, flattening hundreds of square miles of forests.

Researchers estimate that fireball equaled 185 Hiroshima bombs and heated the air to near 50,000 degrees. If the Tunguska meteor had arrived, say, three hours later, it could have obliterated Moscow, said Lindsey Johnson, whose title with Nasa is planetary defence officer.

“That probably would have changed the entire history of the 20th Century,” said Johnson, who runs Nasa’s asteroid-defence programmes. “These are natural disasters that we need to be aware of.”

Some time in a span of several hundred-thousand years, scientists say, an asteroid even larger could strike Earth and wreak global disaster. They believe a meteor 8 to 10 kilometres in diameter, if the Tunguska meteor had arrived, say, three hours later, it could have obliterated Moscow.

Scientists have long debated what to do if they discover one on a collision course with Earth. Hollywood portrayed such events in Deep Impact and Armageddon. In both movies, mankind narrowly escapes doom by planting nuclear bombs and blowing the asteroids to pieces.

It’s not that easy.

Nasa has considered nuking an asteroid with warheads, but that risks turning a single incoming rock into a shower of debris as happened in Deep Impact. Another plan calls for flying a spacecraft beside the asteroid and gradually drawing it off course like a gravity tractor.

DAFT offers a third strategy, and will be the first given a live test.

“It’s the simplest and most effective,” Chodas said.

Now the team at the Hopkins laboratory in Laurel has begun the final design and construction of the DAFT spacecraft. About the size of a Honda Civic, it’s scheduled for launch in summer 2022.

While it sounds simple, the crash mission involves some tricky engineering.

The target is the tiny moon of an asteroid. The two bodies are collectively named Didymos or Greek for “twin.” They orbit the sun between Earth and the Asteroid Belt. The moon is not much bigger than the Washington Monument in DC — minuscule in the scale of space.

“This is by far the smallest object anyone has ever flown a spacecraft into,” said Andy Cheng, the mission’s co-lead and chief scientist in APL’s space department.

The spacecraft will be powered by solar panels that unfurl like wings. Its journey will take more than one year, and the researchers will be flying blind mostly.

“We don’t see the moon of the asteroid until we’re just an hour away,” said Adams, the engineer.

“That last hour is going to be really thrilling.”

They plan for DAFT to reach speeds as fast as 15,000 miles per hour. The crash in October 2022 will fling debris from the asteroid moon. A small satellite will accompany the DAFT spacecraft to measure the effect.

The team wants to hit the asteroid moon with enough force to bump it, but not break it apart. The moon orbits the asteroid at a speed of about seven miles per second. They hope to change the speed by about a centimetre per second.

“We’re just going to give it a love tap,” said Andy Rivkin, the mission’s other co-lead and planetary astronomer at APL.

In theory, a series of taps over time could deflect an asteroid off a course for Earth.

One impact may suffice if scientists have enough warning time. An imminent asteroid strike, however, would require multiple launches and impacts.

“You could have a constant stream,” Rivkin said. “Each one nudges it a bit more.”

It’s humanity’s best plan to save Earth, but one the team hopes they never have to use.

— The Baltimore Sun/TNS
DMIS organises interactive session

Doha Modern Indian School (DMIS) recently organised an interactive session for the mothers of the students to create an awareness about the different approaches employed in the classrooms. Panchali Dasgupta Sahu, Principal of DMIS, welcomed the gathering. The interactive session ‘Preparedness for effective learning’ was conducted by Michelle Iyer, Head of Primary Section. Mothers took part in different activities. Unnikrishnan, Counsellor at DMIS, guided the mothers to remain calm and free from anxiety in the time of stress.

DPS-MIS conducts inter-house quiz competition

DPS Modern Indian School (DPS-MIS) recently conducted an inter house quiz competition ‘Inquisitive’ for the students of Grade III-V. The quiz was a six-round competition featuring various segments, including Incredible India, take your pick featuring literature, movies, people and places and information technology, rapid fire round, audio-visual round and salam Qatar. Tulip House won the competition.

NIS organises a trip for its faculty members

Noble International School (NIS) recently organised a trip to Sealine Beach Resort, Mesaieed for its faculty members along with Shibu Abdul Rasheed, Principal of NIS, and Jayamon Joy and Robin K Jose, Vice Principals at NIS. The trip featured various outdoor games and activities. The trip included a lunch buffet for the faculty members.
DPS-MIS organises Annual Sports Meet

DPS Modern Indian School (DPS-MIS) recently organised its Annual Sports Meet for the students of Grade III-V. Yasir Nainar, Vice-President of the Management Committee was the chief guest at the event. He declared the meet open and highlighted the importance of sports and fitness. The event kicked off with an inter-house march past. Four houses of DPS-MIS, including Lily, Lotus, Rose and Tulip, took part in the march past, which was followed by a torch run. Speaking on the occasion, Asna Nafees, Principal of DPS-MIS, emphasised on the need for character building to develop through perseverance and competition. The students of Grade III-VI also performed a mass drill. The activities concluded with an inter-house relay competition. Rose house bagged first position in Inter-House march past, and the overall sports trophy. Riya Saleel, a student of Grade-V, proposed a vote of thanks.

ICAI Doha Chapter celebrates Qatar National Sport Day

The Doha Chapter of the Institute of Chartered Accountants of India (ICAI) recently organised ‘Qatar National Sport Day – Family Fitness Event’ at Al Bidda Sports Park as part of Qatar National Sport Day celebrations. The event was attended by over 100 people, including members of ICAI Doha Chapter and their families. Rupalakshmi Setty, Chairperson of ICAI Doha Chapter, welcomed the gathering. The event featured an intense one-hour-long yoga session, conducted by Sowmya Govind Naidu, professional yoga trainer, and her team, which was followed by a 2km walkathon and 3km running activity. Rukkaiya Pachisa, Vice Chairperson of ICAI Doha Chapter, proposed a vote of thanks. She also thanked the yoga team for teaching various yoga techniques.
MES wins big at Interschool Athletic Meet 2019

MES Indian School recently won the overall championship at the Interschool Athletic Meet 2019, organised by the Indian Sports Centre, in association with Qatar Athletic Federation for all the Indian Schools in Qatar. The meet was held at Qatar Sports Club as part of Qatar National Sport Day celebrations. MES team bagged the winning positions in various categories, including under 8, 10, 12 and 14, and clinched the title with 235 points. Winners of the championship were felicitated on the occasion. Hameed Kadar, Principal of MES Indian School, congratulated the participants for their efforts and achievements.

More than 120 cyclists take part in Rasen Sports 24h XC race 2019

More than 120 cyclists recently took part in ‘Rasen Sports 24h XC race 2019’ held at Al Zubarah farm. The race was divided into four categories, including 6h solo, 24h solo, 24h team relay and kids’ race. Sports Corner Company sponsored fun activities for the spectators.

Tom Whateley, the winner of 24h men solo, said, “It started too hard, blew up a bit after 7hrs, but a stop with a bite to eat sorted me out. Rode steadily with regular refuel breaks after that. Really enjoyed riding through the night. Stopped for the heaviest rain shower to avoid getting cold. Track was very slippery in places after that”.

QMASS celebrates Qatar National Sport Day

QMASS, an Indian Cultural Centre (ICC) affiliated forum of Indian expatriates hailing from Mahe and neighbouring region of India, recently celebrated Qatar National Sport Day. Some 300 people participated in a variety of activities, including football, kabadi, cricket, hide-n-seek, musical chair, running race, penalty shoot-out and treasure hunt. The forum also launched a kids soccer club on the occasion. Winners of various competitions and tournaments were felicitated on the occasion. The event was inaugurated by Shuhaib K K, President of the Management Committee of QMASS. Thaju Mamas, General Secretary of QMASS, welcomed the gathering. Manmmadhan Mambally, Lilar Parambath and Sreejith also spoke on the occasion. The event was co-ordinated by Anees and Sonesh, Sports Secretaries.
TNG organises sports day

The Next Generation School (TNG) recently organised sports day for students at each campus. Students from each class participated in various games, including football, relay race, handball, toss n catch and balance challenge.

NAKIS celebrates ‘Community Helpers Day’

Noor Al Khaleej International School (NAKIS) recently celebrated ‘Community Helpers Day’ for the students of Grade-I. The aim of the event was to highlight the significant roles of service community figures who provide valuable service of wellbeing and safety to the society.

Cultural Forum organises ‘Expats SportEv 2019’

Cultural Forum recently organised ‘Expats SportEv 2019’ at Qatar Sports Club (QSC). The closing ceremony featured various performances. Expats SportEv 2019, held under the patronage of the Qatar Sports for All (QSFA) federation at the Ministry of Culture and Sports, kicked off with a march past attended by 1,000 people from 16 teams participated in the event activities. Youth Forum won the overall championship, which was followed by Calicut Sports Club and Manippada Qatar with first runner-up and second runner-up titles. In the women’s category, Calicut Sports Club won the overall championship, with Youth Forum and Qatar Knanaya Cultural Association (QKCA) winning the first and second runners-up positions, respectively. Individual champions included Mohammed Mahrood, winner in men’s category of 20-29 years; Kannan Chemban, men’s category above 30 years; and Ajitha Sreevalsam, winner in women’s category. The best disciplined team trophy was won by Q-Team Tirur and the best team manager’s prize was bagged by Shaheer of SKFA-Qatar. The closing ceremony featured a performance by Ali AbdulSattar. The event also featured traditional Qatari and Indian dances along with Zumba and martial arts demonstration.
**Digital Marketing Trends 2019**

**ChatBots**
The Age of Natural Language Processing

40% of large businesses have or will adopt it by the end of 2019, which makes it one of the top 2019 digital transformation trends.

- **Microsoft Cortana** most common in the workplace

**Data Analytics**
Key Driver of Machine Learning

90% of the world’s data was created in the past year.

And only 1% of that data is being used effectively.

**Voice Search**
The new SEO (Search Engine Optimization)

30% of web browsing sessions will be done without a screen.

**Content is Still King**
The Heart and Soul of Marketing

By the year 2019, 80% of the online content will take up the form of visual representation.
**Exercise can help you counter effects of jet lag, shift-based work routine**

Finding it hard to cope with jet lag, shift-based work? Doing some exercise can shift the human body clock and help you adjust to the shifted schedules, suggests new research.

The study, from the Arizona State University, showed that exercise can shift the human body clock with the direction and amount of this effect depending on the time of day or night in which people exercise.

Exercising at 7am or between 1 and 4pm advanced the body clock to an earlier time, and exercising between 7 and 10pm delayed the body clock to a later time.

Exercising between 1 and 4am and at 10am, however, had little effect on the body clock, and the phase-shifting effects of exercise did not differ based on age or gender, the researchers explained.

"Exercise has been known to cause changes to our body clock. This is the first study to compare exercise's effects on the body clock, and could open up the possibility of using exercise to help counter the negative effects of jet lag and shift work," said lead author Shawn Youngstedt, from the varsity.

The findings, published in The Journal of Physiology, suggest exercise could counter the effects of jet lag, shift work, and other disruptions to the body's internal clock (eg, military deployments) helping individuals adjust to shifted schedules.

For the study, the team examined body clocks following exercise in 101 participants for up to five- and a-half days.

The baseline timing of each participant’s body clock was determined from urine samples collected every 90 minutes to measure the time of the evening rise in melatonin and the peak of melatonin several hours later. – IANS

---

**LIFESTYLE/HOROSCOPE**

**Exercise**

Exercise can help you counter effects of jet lag, shift-based work routine

**Aries**

March 21 – April 19

Things may be calm today, Aries. You might not be your boisterous self, but that could be a good thing. Use the sobering energy to evaluate your emotions and honestly look at your relationships. Are you getting the respect you deserve? Perhaps you need to tell some people that their words or actions aren’t OK. Meanwhile, get things done. Take care of errands and check items off your list.

**Taurus**

April 20 – May 20

Today is a great day for you, Taurus. Everything is flowing your way as more pieces of the puzzle fall into place. Your fluctuating emotions are grounded and calm, letting you stand back and evaluate your true inner state. Have you been giving yourself the attention you deserve? This is your day. Get things done. You can accomplish quite a bit using this astral energy, so hop to it.

**Cancer**

June 21 – July 22

Bite the bullet and get it done, Cancer. Finish the projects and get the lingering odds and ends out of your way. There are stable energies today that will bring a practical breath of fresh air to any situation. Take a step back from the swirling winds and observe your inner self. Realise how your actions and emotions affect others and think about adjusting your habits accordingly.

**Leo**

July 23 – August 22

Today might not be as lighthearted and free-spirited as you’d like, Leo, but don’t sweat it. Work with the grounded energy of the day to complete tasks that have been weighing on you for a while. Take a step back from the drama in your life and observe your emotions from a loftier viewpoint. Realise how your actions have been affecting others. Tone things down and evaluate.

**Libra**

September 23 – October 22

There’s a conservative air today that doesn’t fit well with your erratic, unconventional nature, Libra. Things might pop up to remind you that you should be a bit more disciplined in your approach. Your thoughts and emotions are perhaps a bit less controlled than usual, so take this time to become centred and evaluate the truth. Today is a good day to focus.

**Scorpio**

October 23 – November 21

Something is tugging you back down to reality, Scorpio. Your mind has tended to be in the clouds lately, but now you need to ground your emotions and realise that you operate on a physical plane, too. Your emotions are stable for now, affording you a chance to step back and evaluate how you’ve been treating yourself. Make sure you give yourself the attention you deserve.

**Sagittarius**

November 22 – December 21

There’s a conservative veil over your emotions, Sagittarius. Issues from the past might arise and rub you the wrong way. You move onward and upward by nature, plowing ahead without thinking of the consequences. Today you might be a bit more sober than usual. Look at what’s worked in the past in terms of keeping your fiery emotions intact. Try not to resent the past but learn from it.

**Capricorn**

December 22 – January 19

Today is fantastic for tuning in to your inner self, Capricorn. You will have a level, grounded mind from which to make conscious evaluations of your emotional state. Trust your instincts and make realistic plans for the future. You’re especially disciplined today, and you have a keen sense of what your goals and objectives are. Use this grounded energy to get things done.

**Aquarius**

January 20 – February 18

You may feel a bit weighed down today, Aquarius, and perhaps more reserved than usual. Someone may be raining on your parade, but don’t let it get you down. Use the grounded energy of the day to get things done. You have your hands full with many tasks, so sit down and bring them to completion. Calm your nervous system and balance your frantic emotions. Ease off the caffeine.

**Pisces**

February 19 – March 20

Today’s a good day to ground your fluctuating emotions, Pisces. Step back from the drama you create and evaluate your inner state. Are you fouling yourself into thinking everything’s OK when it really isn’t? Be honest with your highest truths and ground yourself back in reality. Write down your thoughts.
**Wordsearch**

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.

**Babies**

BATH  COLIC  DIMPLE  MIDWIFE
BLANKET  CRADLE  FEED  MILK
BLUE  CRAWL  GIRL  NURSE
BOOTS  CRIB  GUMS  PINK
BOTTLE  CRY  HIGH  SLEEP
BOY  CUDDE  CHAIR  SMILE
BURP  CUTE  LOVE  TWINS
CHUBBY  DIAPERS  LULLABY  WEIGHT

**Codeword**

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

**Sudoku**

```
<table>
<thead>
<tr>
<th>5</th>
<th>6</th>
<th>2</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>6</td>
<td>1</td>
<td>9</td>
</tr>
<tr>
<td>9</td>
<td>2</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>6</td>
<td>1</td>
<td>8</td>
</tr>
<tr>
<td>9</td>
<td>7</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>1</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>9</td>
<td>7</td>
<td>3</td>
<td>1</td>
</tr>
</tbody>
</table>
```

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine 3x3 boxes. You are given a selection of values and to complete the puzzle, you must fill in the grid so that every column, every row and every 3x3 box contains each number from 1 to 9.

---

**Adam**

**Pooch Cafe**

So, how do we start? How do you get my book idea out of this noggin?

Well, first you should know that hypnosis doesn't work for everyone.

Same strong-minded people have trouble with... um...

Mr. Newman! I'm four! I'm a chicken!

That vacuum cleaner we buried has been decaying out here for months.

I'm going to be disgusting.

I rode. I think I found it.

Get a hold of yourselves, what did you think you were going to see?

Here's a brush roller, I think this is a filter.

The smell of unit is overpowering.

Liz, your eyes are like...

Um... like... like...

Like round, squishy balls that you see through.

And they say romance is dead.

---

**Garfield**

**Bound And Gagged**

That is one cheap pinstripe suit, Simmons.

SLAP!
Super Cryptic Clues

1. Blow round to change the will (3,3)
2. The c-cat let us in for a tax (6)
3. Renounced because of having promised to (8)
4. Give up and allow one to catch easily (5,2,4,4)
5. It will start unless that's put outside again (6)
6. Notice me eating up the cheese (4)
7. Silings worth roughly 5p now (6)
8. Marks the ways in which the map is wrong (6)
9. In the water it's revealing.... (6)
10. ... might be fun to have a look, but it's not playing the game (6)
11. Doesn't go back, one sees (5)
12. Food Leslie and I brought to mother (8)
13. The feeling of sickness is bad: the sea, I gather (7)
14. Regarding as a spell (5)
15. The horse is not galloping on page one (5)
16. A cooked apple does have its attractions (6)
17. Marked the horse is not galloping on page one (5)
18. The cold beef all round? (6,9)
19. Give over! The girl-friend's coming round! (6)
20. For spectators, it still holds good (6)
21. Pose with the man beside the church (6)
22. Sending out a note to the embassy (8)
23. Caught up with Miss North (6)
24. Curry favour with a young thing (4)
25. Obviously frightened, like the he-man mother sent packing! (5)
26. Prevent from standing to take a look (4)
27. With justification, try to talk one round (6)
28. Give over! The girl-friend's coming round! (6)
29. Hopes they will put a brake on spendthrift heirs (6)
30. Give over! The girl-friend's coming round! (6)

ACROSS
1. Blow round to change the will (3,3)
5. It will start unless that's put outside again (6)
8. Round the side there's a second (5)
9. In the water it's revealing... (6)
10. ... might be fun to have a look, but it's not playing the game (6)
11. Doesn't go back, one sees (5)
12. Food Leslie and I brought to mother (8)
16. Marks the ways in which the map is wrong (6)
18. The cold beef all round? (6,9)
20. For spectators, it still holds good (6)
21. Pose with the man beside the church (6)
22. Sending out a note to the embassy (8)
23. Caught up with Miss North (6)
24. Curry favour with a young thing (4)
25. Obviously frightened, like the he-man mother sent packing! (5)
26. Prevent from standing to take a look (4)

DOWN
1. The c-cat let us in for a tax (6)
2. The hooter that says overtime (4)
3. Renounced because of having promised to (8)
4. Give up and allow one to catch easily (5,2,4,4)
5. Hopes they will put a brake on spendthrift heirs (6)
6. Notice me eating up the cheese (4)
7. Silings worth roughly 5p now (6)
8. Big-headed (8)
9. Source of danger (14)
10. Regarding as a spell (5)
11. Positioned on page one (5)
12. A fellow member comes in with something to wear (7)
13. The feeling of sickness is bad: the sea, I gather (7)
14. Regarding as a spell (5)
15. The horse is not galloping on page one (5)
16. A cooked apple does have its attractions (6)
17. Marked the horse is not galloping on page one (5)
18. The cold beef all round? (6,9)
19. Give over! The girl-friend's coming round! (6)
20. Didn't do away with the water-colour (6)
21. Pose with the man beside the church (6)
22. Sending out a note to the embassy (8)
23. Caught up with Miss North (6)
24. Curry favour with a young thing (4)
25. Obviously frightened, like the he-man mother sent packing! (5)
26. Prevent from standing to take a look (4)

Yesterday's Solutions


DOWN: 1 Marks 2 Getting on 3 Theatre critics 4 Fat-head 5 Nemesis 7 Tried 8 Big-headed 9 Source of danger 14 Recommend 16 Straining 18 Crimson 19 Slips up 22 Antic 24 Elgin.

Wordsearch

Codeword
A gangster epic from Colombian perspective

By Kenneth Turan

Imagine The Godfather made by dazzling Latin American directors who combine bravura filmmaking with political awareness and a probing social conscience.

Better than imagining it, see it for yourself in the visually stunning, dramatically gripping Birds of Passage, a film of great scope and passion that was the talk of the Cannes Film Festival when it debuted there last year.

A rare example of provocative cinema on an epic scale, combining genre elements with classic tragedy and cultural fidelity, Birds is the latest film from the Colombian team of Cristina Gallego and Ciro Guerra.

Co-directing here, Gallego and Guerra last collaborated (she produced, he directed) on the extraordinary Embrace of the Serpent, the first film from their country to get a foreign-language Oscar nomination.

Well aware of the sensationalistic drug-trade movies that have come before, inevitably done from an American point of view, the filmmakers set out to do things differently, to look at the situation from a Colombian perspective, using compelling technique to keep the dramatic interest at a fever pitch.

Birds also has the advantage of not being told from a generic nationalist viewpoint but from the perspective of the Wayuu people, a powerful indigenous group from the Guajira region in northwest Colombia with a very particular culture.

Though there is a bit of Spanish and a few words of English, almost all of the film’s dialogue is in the Wayuu language (which actress Natalia Reyes learned so perfectly that her native co-stars thought she was one of them).

More than that, Birds is broken up into chapters and framed folklorically, with the story sung by a blind shepherd (think Homer and The Iliad) who introduces us to a tale of “love and desolation, wealth and pain,” a saga of “how a great family destroyed itself.” A happily ever after story this film definitely is not.

Written by Maria Camila Arbeláez and Jacques Toulemonde and inspired by events that took place between the 1960s and the 1980s, Birds does not stint on betrayals, double-crosses and even massacres (thankfully shown off screen).

But it is equally interested in delineating the complex specifics of Wayuu culture and exploring how and why drugs and drug money came into it and the chaos that resulted.

The Wayuu, who co-operated with the filming, live in a particular world where dreams and reality intersect. (If that sounds a little like the work of Gabriel García Márquez, it turns out that his maternal family were Wayuu, and Wayuu women helped raise him.)

Suspicious of all outsiders, who are called alijunas or “the ones who damage,” the Wayuu are represented in Ursula, played with righteous hauteur by Carmina Martinez, a veteran actress who was born in the Guajiro region and has tribal connections.

A woman of great authority and influence among the Wayuu and someone who lives passionately in the power of family, Ursula is introduced indoctrinating her daughter Zaida (Reyes) in what matters in this life.

Almost immediately, Zaida, covered in a bright red robe that makes her resemble an enormous predatory bird, participates in la yonna, a stunning courtship dance that showcases how strong the film is in both vivid cinematography (by David Gallego who also shot Embrace of the Serpent) and a site-specific score (Leonardo Heiblum) rich with unsettling echoes of indigenous music.

Dancing with Zaida is Rayapet (Jose Acosta), an ambitious young man, normally a young man (Acosta, normally a young man, normally a comedian, affects a remarkable transformation), Rayapet faces a formidable antagonist in Ursula, who insists on a hefty dowry for her daughter’s hand.

Used to doing small business deals with his alijuna partner, happy-go-lucky party animal Moises (Jhon Narvaez), Rayapet catches a break when he hears that some young Americans in the area as part of the Peace Corps are in the market for drugs. It just so happens that Rayapet’s uncle Anibal (Juan Bautista Martinez) is a grower deep in the mountains, and though he is suspicious of alijunas as customers, a deal is struck soon enough.

As the domestic American market opens up and huge sums of money change hands — so much that the bills are weighed rather than counted — it all seems easy enough. Rayapet and Zaida marry and prosper.

But, as Ursula prophetically says, “what’s hard is not making a family, it’s keeping it together.”

Birds of Passage tells a story of a traditional culture fighting its life against incursions from the outside world, of how insanely clean ways and spiritual values can be compromised, and it certainly has familiar elements.

But the electric filmmaking, sense of tragedy and cultural specificity are far from usual.

“This was an opportunity to use elements of genre to subvert them” co-director Guerra summed up at the film’s Cannes premiere. “These films are usually glorifications of murders, they never reflect on the damage done to society?”

Or do so in such a memorable, unforgettable way. – Los Angeles Times/ TNS

---

A meandering but soulful trip

By Katie Walsh

Michael (Mark Duplass) and Andy (Ray Romano) are neighbours.

But they’re more like platonic life partners. They make pizza, watch kung fu movies and play a made-up game with rackets, balls and a barrel called Paddleton.

It’s easy, mundane and emotionally stunted existence, made comfortable with companionship. Male friendship is often explored in cinema. But Alex Lehmann’s second feature, Paddleton, which he co-wrote with Duplass, is unlike any other film of that nature, inspecting the softer, gentler elements of the unique dynamic between the two men.

The boundaries of the bond are tested with Michael’s diagnosis of terminal cancer, throwing their relationship off its axis. Michael decides he’s going to end things on his own terms rather than pursue medical treatment and enlists the person closest to him, Andy, to help him make that happen, asking him to assist in his medically prescribed suicide.

It’s as if Andy and Michael don’t get to living until Michael starts dying. In search of a pharmacy that might fill his prescription, the pair hit the road, landing in the kitschy, Danish-inspired Central California town of Solvang.

Ripped from their routine, the stakes as high as possible with Michael’s life – and death – on the line, the friends confront the nature of their relationship.

But the film never veers into The Bucket List territory, instead focusing on the relationship between the two men and the stark realities of the grim task at hand. While Paddleton takes its time meandering, circling and rifling, when it arrives at its intensely emotional destination, one can’t help but be struck by the beauty in the simple depiction of men caring for each other in a time of need.

Lehmann has chosen an aesthetic for his film that is as bleak as Michael’s outlook. Cinematographer Nathan M. Miller shoots the film with natural lighting on real locations, creating a naturalism that somehow defies realism, denying any organic beauty with a pervasive grayish brown pall. Everything seems to have been shot at dusk, but magic hour this isn’t. It looks like dishwater, and that’s not exactly captivating.

But despite the depressing style, the film is a true showcase for Romano’s performance, which is as subtle, sensitive, soulful – and as devastating – as it gets. Andy is required to mourn his friend before he’s gone, then shepherd him through this final transition. He is earnest, emotional and vulnerable in ways Duplass is not always required to be.

But while the film proves the opportunity for Romano to demonstrate his range, it’s not much more than that. We get little sense of who the men are individually – it’s about who they are together in this moment in time, dealing with the ugly realities and the hard choices of life before death. It’s missing but not a comedy, never losing its heart to irony or sarcasm. While Paddleton takes its time to get there, it ultimately reaches a deeply poignant conclusion. If you’re patient enough, that alone could be worth the trip. – TNS
Judge me, but not my children, says Ajay Devgn

By Simran Sethi

MUCH like the children of other Bollywood celebrities, actor Ajay Devgn and Kajol’s 15-year-old daughter Nysa and 8-year-old son Yug, get a lot of media attention and are often targeted by social media trolls. In an interview to IANS, Devgn, a protective father, said social media users should not judge his children.

He said: “Judge me, but don’t judge my kids. Kajol and I are the actors, judge us… it’s because of us, our children are under the spotlight every time.”

“Being judgmental about someone is not a good thing. If I start passing a judgement on someone, that person would obviously feel bad…so do my children,” he added.

The Singhum star, who was in Delhi to promote his forthcoming film Total Dhamaal, said, “Honestly speaking, those people don’t really matter. But I feel bad sometimes when my kids go through such harsh trolling.”

The star couple’s first child Nysa recently got trolled and body-shamed for her airport look — and this was not the first time she was being targeted.

Asked about how Nysa deals with “such harsh comments”, Devgn said: “She used to get upset over trolling earlier, but now she doesn’t care about it anymore. She knows how to deal with it. She has accepted that there will be some people who will keep judging no matter what.”

On how to tackle trolls, he said, “Avoid it… If you will react, they will react more and this will continue. So better to stop fighting against trolls.”

Commenting on how people have reacted angrily to remarks by some actors on the Pulwama terror attack, Devgn said: “In such a crucial situation, it is better if we become conscious while choosing our words because people are angry and you never know how someone at the opposite end interprets your message or post.

“One can be misinterpreted anytime and then you can’t sit down and explain to people that what were your real intentions. It’s better if we all become little conscious and don’t react to things immediately. Think twice before writing anything on social media to avoid hurting someone’s sentiments.”

— IANS

It was an unhealthy dynamic: Mandy Moore on Ryan Adams

Singer—actress Mandy Moore says she had an unhealthy relationship with her former husband—singer Ryan Adams.

On one of the episodes of Marc Maron’s podcast, Moore opened up about her marriage with Adams, who has been accused of misconduct and emotional manipulation by multiple women, including Moore, reports Variety.com.

She said: “I was living my life for him. It was an entirely unhealthy dynamic. I had no sense of self. I felt like I was drowning. It was so untenable and unsustainable and it was so lonely. I was so sad. I was lonely with him.”

The Tangled star said Adams was highly dependent on her.

“I would do little jobs… it’s not like I completely stopped working. But it would become abundantly clear while I was working, things would completely fall apart at home. I couldn’t do my job because there was a constant stream of trying to pay attention to this person who needed me and wouldn’t let me do anything else,” Moore added.

Moore filed for divorce with the Lucky Now hitmaker in 2015 and legally got separated from him a year later.

Earlier this month, a report in The New York Times outlined a pattern of manipulative behaviour, including accusations of psychological abuse from Moore.

One woman said Adams sent disturbing texts and exposed himself during a Skype call when she was a teenager.

Following the allegations, Adams took to Twitter and denied them.

“I am not a perfect man and I have made many mistakes. To anyone I have ever hurt, however unintentionally, I apologise deeply and unreservedly. But the picture that this article paints is unsettlingly inaccurate. Some of its details are misrepresented; some are exaggerated; some are outright false. I would never have inappropriate interactions with someone I thought was underage. Period,” he added. — IANS
Popular Indian comedian to perform in Doha today

By Mudassir Raja

A renowned stand-up Indian comedian known for clean humour that can be enjoyed with family is all set to bring laughter to Doha today.

Raju Srivastav entered the world of stand-up comedy with the talent show *The Great Indian Laughter Challenge* and finished as second runner-up, subsequently taking part in the spin-off, *The Great Indian Laughter Challenge - Champions*, in which he won the title of 'The King of Comedy'.

The event titled 'Indian Comedy DJ Night' will see two performers namely; Raju Srivastav, star comedian, and Akbar Sami, a DJ and musician. Wirohub Events is presenting the comedy show that is powered by 360 Realtors.

Raju was born on 25 December 1963, in Kanpur in a middle class Kayastha family. His father was a poet – Ramesh Chandra Srivastava known as Balai Kaka. Being a good mimic, Raju wanted to become a comedian since his early childhood.

Raju has performed in stage shows in India and abroad. He also launched a series of his audio cassettes and video CDs. He gained attention initially as an Amitabh Bachchan look-alike.

Raju Srivastav

He started his career by doing small roles in Bollywood films. He had a part in Meine Pyar Kiya and other small roles in various movies such as Bunuiqgar and Bombay to God. He worked as an actor cum comedian in Aamdani Atthami Khicha Raaiqiya. He entered comedy in the talent show *The Great Indian Laughter Challenge* and finished as second runner-up, subsequently taking part in the spin-off, *The Great Indian Laughter Challenge - Champions*, in which he won the title of 'The King of Comedy'.

Further, he participated in the comedy show *Comedy Ke Maha Muqabla*. In 2013, Raju along with his wife participated in *Nach Baliye 6* which was a dance couple show on Star Plus. He also appeared on *Comedy Nights with Kapil*.

As for Akbar Sami, he is a dance choreographer turned DJ and musician. He is known as one of the pioneers of DJ music in India. He became famous with his remix albums such as Jabwa, Jalwa 2 and Jabdo.

Akbar started his career as a team dancer with Bollywood celebrities such as Arshad Warsi, Saif Khan and Longinus Fernandes at the age of 13. He also used to cut tapes for his dance shows. Later, he turned into a choreographer. He forayed into deejaying. After gaining some experience, he did a crash course in deejaying from London. He is one of the few DJ’s who started their journey in the 1980s. He made his acting debut as a negative character called Ghoda Bhai in the film called *Fattu Sala* in 2015.

In 2018, he debuted as a singer in the remake of classic Bollywood song Kabbhi Kabbhi.

Talking to Community, Nidhi Sharma, one of the organisers, said: “The great Indian Comedy DJ Night is a new concept in Doha which combines music with comedy. Raju is known for his neat and clean family comedy/ He is popular face in India is performing live at Al Masa Ballroom in Holiday Inn from 8pm till late in night. The DJ has also been a known name in Indian music circles.”

She added: “The tickets are available in three categories; general, gold and platinum. The show is going to be completely family show. We are bringing Raju in Qatar because we want the expatriate families to savour live comedy and music together. The comedian is best known for sobre jokes. The show will also present a bit of old comedy for the Doha audience. I believe we are going to have an outstanding response to our show.”

Nagesh Rao, an active member of the Indian community, said: “I am very excited to attend the comedy show. I will go with my wife. I have seen his shows in India. It is a very good opportunity for the expatriate community to enjoy the comedy of Raju.

“I have been living in Qatar for 28 years. My children have grown up here. It is always good to have some cultural and entertainment performances from your native country. Since, 2019 is being celebrated as India-Qatar Culture Year, we are going to have more and more such kind of activities in coming months.”

STAR COMIC: Raju Srivastav, popular for his clean humour, initially gained attention as an Amitabh Bachchan look-alike.

MUSICIAN: Akbar Sami is a pioneer of DJ music in India.