Community Toastmasters International Division C of District 116 P Qatar conducts a workshop on ‘Effective Mentoring and Speech Writing’.

P6 Community Photographic presentation of history and culture of Qatar is on display at Sheikh Faisal Bin Qassim Al Thani Museum.

P16

Community Photographic presentation of history and culture of Qatar is on display at Sheikh Faisal Bin Qassim Al Thani Museum.

Sunday, February 3, 2019
Jumada I 28, 1440 AH
Doha today: 17° - 24°

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GULF TIMES
COMMUNITY

Multifaceted
Artist Nazish Hayyat on how Qatar helped her regain her mojo and why individuality is important for an artist. P4-5

Quiz
The rising phoenix.

Page 10

Showbiz
Russian Doll, a series so good you’ll watch it twice.

Page 15
**PRAYER TIME**

- **Fajr**: 4.58am
- **Shoroq (sunrise)**: 6.16am
- **Zuhr (noon)**: 11.48am
- **Asr (afternoon)**: 6.57pm
- **Maghreb (sunset)**: 5.21pm
- **Isha (night)**: 6.51pm

**USEFUL NUMBERS**

- **Emergency**: 999
- **Worldwide Emergency Number**: 112
- **Kahramaa – Electricity and Water**: 991
- **Local Directory**: 180
- **International Calls Enquires**: 150
- **Hamad International Airport**: 40106666
- **Labor Department**: 44508111, 44406537
- **Mowasalat Taxi**: 44588888
- **Qatar Airways**: 44496000
- **Hamad Medical Corporation**: 44392222, 44393333
- **Qatar General Electricity and Water Corporation**: 44845555, 44845464
- **Primary Health Care Corporation**: 44593333, 44593363
- **Qatar Assistive Technology Centre**: 44594050
- **Qatar News Agency**: 44450205, 44450333
- **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**: 40253368, 40253365
  - **Qatar Airways**: 40253374

**SYNOPSIS:**

- **Manikarnika**
  - **DIRECTION**: Radha Krishna Jagarlamudi
  - **CAST**: Kangana Ranaut, Danny Denzongpa, Ankita Lokhande

- **A Dog’s Way Home**
  - **DIRECTION**: Charles Martin Smith
  - **CAST**: Ashley Judd, Jonah Hauer-King, Edward James Olmos

**THEATRES:**

- **Manikarnika (Hindi)** 2:30pm; **Sarvam Thaalamayam (Tamil)** 5:30pm; **Njan Prakashan (Malayalam)** 8:15pm; **Vantha Rajavathaan Varuven (Tamil)** 11:15pm.
- **A Dog’s Way Home (2D)** 2:15pm; **Replicas (2D)** 7pm; **Njan Prakashan (Malayalam)** 11:15pm.

**Quote Unquote**

“Character is like a tree and reputation like a shadow. The shadow is what we think of it; the tree is the real thing.”

— Abraham Lincoln
Gulf Times: Sunday, February 3, 2019

Community

Round & About

Events

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.

Golf on National Sport Day
WHERE: Education City Golf Club
WHEN: February 12
If you are looking to participate in Sport on National Sport Day, Education City Golf Club have something specifically for those that have never played golf before. Try golf with qualified golf professionals and experience an introduction to golf, learning the fundamentals of the game of golf. Adults and Children are welcome to participate.

MIA Park Bazaar 2019
WHERE: Museum Of Islamic Art
WHEN: Ongoing
MIA 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. For more information 44246000.

PECS Level 1 Certified Workshop
WHERE: Doha College
WHEN: Ongoing till February 13
TIME: 8am – 5 pm
PECS (Picture Exchange Communication Systems) training workshop is available in Doha on March 18th and 19th 2019. This amazing opportunity to provide parents and professionals the chance to get certified in PECS Level 1 is brought to you by Mind Institute in collaboration with The Pyramid Educational Consultants and Doha College. To register, visit www.mindinstitutes.com Registration closes on February 13. For more information 44181968.

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.

Doha Triathlon 2019
WHERE: Museum of Islamic Art
WHEN: February 8
Doha Triathlon has opened registration for its third edition. Those wishing to participate in the event can visit www.doha-triathlon.com to register in either the Olympic or Sprint which offers registration for both individuals and team relays. Another choice is the Super Sprint which is only for individuals and open for both adults and kids aged between 13-15 years old. Also, a kids’ duathlon was introduced this year for two age groups 7-9 and 10-12 years old to allow all family members to enjoy the event.

Arabic Calligraphy Workshop
WHERE: Saturday – Wednesday
TIME: 8pm
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

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/ 31526740.

Arabic Gymnastics Classes
WHERE: Qatar Academy Msheireb
WHEN: 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.

Published by the Times Media Group ©Copyright Times Media Group 2019
“Art helps you put what you have in mind and heart on a canvas”

— Nazish Hayyat, artist

By Mudassir Raja

It is said that talent is like water — it always finds a way. Many talented people lose way only because they do not find the right mix to flourish. Qatar is fast becoming a place where many talented individuals find their feet. Nazish Hayyat is an example of a talent that remained hidden before she got the pedestal and the right kind of motivation to excel. She is adept at painting, dot artworks, fluid artwork, fluid string work, paper quilling work, jewellery-making, interior designing and embroidery. She has been in Qatar for 10 years and made a mark with her distinct prowess.

Community recently spoke with the artist about her life, in general, and journey as an artist, in particular. She shared how she developed an interest in art and Qatar helped her get noticed as an artist.

Speaking about her early life, Nazish said: “I was born and raised in Larkana, a city of Sindh province in Pakistan. It is home to the Indus Valley Civilization site Mohenjo-daro. Larkana is, of course famous for being the native city of late Prime Minister Benazir Bhutto, the Muslim world’s first female head of government. I obtained an MA
Economics degree from University of Sindh Jamshoro. Later, I moved to Karachi, where I worked with the First Women Bank. I worked as a banker till I got married in 2009.

“Later the same year, I moved to Qatar with my husband Rizwan Channa, who works as an engineer in the oil and gas sector. I have two children, a 10-year-old son and a six-year-old daughter.”

On how she developed an interest in art, she said: “I got involved in art because of my mother. As a girl, I used to appreciate my mother’s dexterity in interior decoration and different embroidery designs. I learnt from her how to do interior decoration and stitch.”

“So I kept practicing what I learnt, including new things in art when I was in school and later in college. I would mostly do embroidery, stitching and jewellery-making, and always had great passion for painting but could not practice it. When I started a job in Karachi, it put an end to the indulgence in brush and canvas.

I resumed it when I moved to Qatar in 2009. To be honest, I actually started painting in Qatar. I am mostly self-taught through the Internet and YouTube. I started as a realist artist, but with the passage of time and following suggestions from other artists, I started following other art forms. I also joined some online artist groups. My work began to be appreciated in these groups. I also found motivation when visiting different exhibitions around Doha. I have taken part in different exhibitions as an artist, too. Lastly, my work was on display at the Qatar International Art Festival. At the festival, I displayed my works like dot artwork, jewellery, paintings, and fluid work. I also did live painting and was appreciated by artists coming from across the world.”

Naizish is all praise for her husband for his support and encouragement. She said: “I am the first and so far the only professional artist in my family. Initially, my parents motivated me to pursue my passion. However, the real support came from my husband, who has been generous with everything necessary for art work. It is significant because coming from a traditional Pakistani family, it was necessary for me to have the support of my husband. He also helps me take care of children and the house when I am at work. But I mostly do my artwork at night. Art is a kind of therapy for her. She finds solace and respite in creativity. Naizish said: “For me, art is something very relaxing. It helps you put what you have in mind and heart on a canvas. You can share your happiness and sadness with your canvas. It is all about self-expression.

“Also, art has given me recognition. I get a sense of achievement and purpose when I indulge work. I feel happy doing something more than just taking care of home and family.”

Asked what she would recommend to aspiring artists, Naizish said: “I followed the formula of following my interests. I will ask all young people to keep following their interest and put in their best. If you are talented but do not work hard, it doesn’t pay. However, do not consider yourself inferior to anyone. May be, the ability you have, others do not possess. Stick to your individuality.”

Appreciating the art scene in Qatar, Naizish said: “Actually, I started becoming a professional in Qatar. I have required a peace of mind to focus on creativity here. I have access to all sorts of tools I need for my work. It has proved to be a perfect setting for me.

“I really appreciate the kind of recognition and encouragement I have received here. If you have the talent and are ready to work hard, nothing can stop you from making a name in Qatar. It is a safe place to raise your kids. This sense of security also helps me focus completely on my work.”

Asked about future plans, the artist said: “Only Allah knows about the future. I have complete faith in Him that more recognition and success will come my way. For me, every day is a new day. I will continue working hard. I will not stop learning and trying my hand at different genres. I believe consistency is the key to the success.”
Toastmasters International Division C organises workshop

Toastmasters International Division C of District 116P Qatar recently conducted a workshop on ‘Effective Mentoring and Speech Writing’. The event was anchored by Karthikeyan Subbiah and opened by Sudhir Gujar, Director of Division C. The workshop helped the members to enhance their content writing skills, as well as develop key elements in a speech including humour and inspiration. Manzoor Moideen spoke on the importance of Effective Mentoring and guided everyone to choose the mentor that looks at the bigger picture. Anupama Kasibhatla delivered her presentation on adding humour to the speeches, addressing how to generate ideas and build up on them with the appropriate transitions and tools available. Lesley Mathew presented a workshop on writing the overall speech, using tips and tricks provided by past winners World Championship of Public Speaking. Addressing the gathering, Sudhir Gujar said that this workshop was the 1st and one-of-its-kind workshop which concentrated on participants getting out of their comfort zones and writing an effective speech content. The workshop was recognised by Rajeswar Sundaresan, Director of District 116P.

Students of OIS felicitated at SIFQ Students Science Congress

The students of Olive International School (OIS) recently took part in Science India Forum Qatar (SIFQ) Students Science Congress, affiliated to the Indian Cultural Centre. Students of OIS who had qualified for the Junior Category of the congress for their projects were felicitated during a ceremony held at Birla Public School. Mohammed Razeen and Anna Elsa Anish, both students at OIS Nuaja Campus, were honoured with mementos for their work under the guidance of Anupama Sajith, faculty member at OIS. Anupama was also honoured for her contributions as school co-ordinator for SIFQ activities. Sheeba, faculty member at Umsalal Campus, was also recognised for her contributions to the forum.

OIS organises special assembly

Olive International School (OIS) recently organised a special assembly ‘Imaginary World’ for the students of Grade-I. The students were given a space to express their imagination and creativity through various mediums. The assembly featured various performances by the students.
Sam Lipsyte satire of motivational speakers is witty but meandering

We don’t need to like fictional characters to find them fascinating. Nor do characters in comic novels need to attain the rounded features of those in other novels, tells Sam in his latest novel Hark. By Dan Cryer

**BOOK REVIEW**

ow do you tell a genuine guru from a fake? It’s easy to say that one dispenses wisdom, the other hogwash. But the difference isn’t always obvious. A devotee swears by the gnomic truths she hears, while a sceptic can only snicker.

Writers and comedians have more fun with fakers than fakirs. Witness Being There, the 1979 movie, based on Jerzy Kosinski’s novel, in which Peter Sellers portrayed a gardener whose facile, novel, in which Peter Sellers portrayed a gardener whose facile, empty pronouncements propel him into high-profile punditry. In YouTube videos today, JP Sears sends up New Age hokum with droll deadpan.

In his latest novel, Hark, Sam Lipsyte, whose hilarious The Ask made the fundraiser’s pitch seem like a carnival Barker’s come-on, pivots to the dubious world of motivational speakers. Hark Morner, his real name, morphs from being a not-ready-for-prime-time stand-up comic to the inspirational big time via a technique he calls Mental Archery.

For all the larky humour, though, Lipsyte’s subplots try to sustain the glibness. His satirical potshots, sprayed toward vast arenas of contemporary life, are consistently on target. Digital distraction, video game violence, psychotherapy, child-rearing anxieties, writers’ workshops, chic restaurants, they’re all subject to the author’s corrosive scorn.

One senses that Lipsyte wasn’t certain where to take his story. We’re pretty sure that all will not end well for Hark and company, but the story takes its time to get there. Lipsyte’s subplots try to sustain our interest. Fraz and Tovah, whose marriage is shaky, begin couples counselling under Teal’s unprofessional tutelage. A restless Tovah has an affair with a tech tycoon. Due to Fraz’s negligence, the Pensigs’ daughter Lisa is injured in an accident and falls into a coma. But these are sideshows to the main drama of Hark’s rise to eminence, which may have been another kind of accident. When his stand-up shtick “was no longer funny, it became profound.”

Yet Hark consistently protests to his intimates that he’s no miracle worker, that Mental Archery cannot guarantee success or happiness. Still, he goes along for the endorphin thrill of the ride. Eventually, he confesses his shortcomings, loudly and clearly, to his intimates that he’s no miracle worker, that Mental Archery cannot guarantee success or happiness. Still, he goes along for the endorphin thrill of the ride. Eventually, he confesses his shortcomings, loudly and clearly, to his intimates that he’s no miracle worker.

For all the larky humour, though, one wishes that the plot moved more with dispatch. One senses that Lipsyte’s wry dialogue provokes plenty of chuckles, though the Pensig twins do sound more like teenage wiseacres than grammar schoolers. His satirical potshots, sprayed toward vast arenas of contemporary life, are consistently on target. Digital distraction, video game violence, psychotherapy, child-rearing anxieties, writers’ workshops, chic restaurants, they’re all subject to the author’s corrosive scorn.

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Arjit Singh performs in Doha

According to a press release, Arijit Singh, Indian playback singer, musician, composer and music producer, regarded as one of the most versatile and successful singers in the history of Indian music and Hindi cinema, recently performed at Lusail Indoor Arena with his troupe of 55 musicians around the world. The concert was attended by over a crowd of 10,000 people, including 1,000 people who had travelled to Qatar from neighbouring GCC countries and India to attend the concert.

The concert was organised by 89.6 One FM Qatar, in association with Shop Qatar. The event was supported by Supreme Committee of Delivery & Legacy (SC), the local organisers of the 2022 FIFA World Cup Qatar tasked with delivering the sporting infrastructure for the first ever FIFA World Cup in the Middle East region. Some 1500 workers engaged on SC projects were offered free tickets distributed via raffle draw.

The event was attended by notable personalities, including ambassadors of India, Bangladesh, Nepal and Tajikistan. The concert kicked off with the performance of five winners of the voice hunt contest, organised by SC, as part of their community engagement activities and also shared some key SC messages through a video produced by One FM Qatar. Apart from the traditional Indian Musical Instruments, 12 musicians from around the world flew in with traditional instruments, including Qanoon, Bagpipe and others. Prior to the concert, Arjit Singh visited SC’s office in Al Bidda Tower and was taken on a tour of the Legacy Pavilion, a dedicated installation which provides a complete 360 degrees audio-visual experience on Qatar’s football culture, the country’s successful 2022 bid win in 2010 and subsequent hosting preparations. In the Legacy Pavilion, SC recorded a football themed interview with the ace singer for Indias dedicated football website Goal.com. Arjit Singh said, “Fans will love it (World Cup) in Qatar. The culture is fantastic. Qatar has football in its blood. The stadiums are super cool. More than anything, the fans will enjoy the game and the players.” Arjit Singh mentioned that Lusail Indoor arena as one of the best venues he has performed till date.

Careem was the official ride for the event, along with St Regis Doha, the official host; Cozmo Travel, official travel partners; LuLu Exchange, the official Exchange Partner; ILQ the social media partner; Qatar Living, official community partner; GWC, logistics partner; Wanasa Time, ticketing partner; Whatsapp Doha, official Digital media partner; and Qatar Events, official event partner. The event also was supported by Royal Regus, Nedina, Nimrod and Tea Time.

Carnival Fiesta Brunch is back at Oryx Rotana

According to a press release, Oryx Rotana has recently announced the relaunch of its hugely popular Carnival Fiesta Brunch Series at Choices.

To make the dining experience more memorable, the Carnival Fiesta Brunch will be introduced in an innovative style, with a different theme every month. Guests and visitors alike will have the opportunity to enjoy a unique experience in an exceptional atmosphere with the premium luxury level of services.

The first brunch series kick-started with a ‘Chinese New Year’ theme and will be followed by ‘Ti Amo’ themed brunch on February 15, a specially crafted Friday brunch for couples to show their appreciation and gratitude to each other.

On March 15, Choices will be hosting ‘Shamrock’ brunch to showcase the best culinary experience of Ireland and relish dishes that reflect the Irish culture.

Choices Carnival Fiesta Brunch Series will be featuring an array of international cuisines, seafood, live cooking stations, alfresco BBQ, beverage and dessert corners and a live band.

Little ones will not be left behind as they will have a dedicated area for them to play and relish food they love in an atmosphere filled with fun and joyfulness.

The new season also welcomed the introduction of a new theme night; the “Giro d’Eataly” night where diners revel in Italian delicacies from different regions in Italy.

Ghassan Dalal, General Manager of Oryx Rotana said, “Based on the huge success we achieved last year, we are glad to announce the continuation of the Carnival Fiesta Brunch Series all throughout 2019 which will allow all our guests to enjoy a wider selection of international cuisine in a fun and ecstatic ambience.”

‘After identifying the wishes of our customers, a new theme night ‘Giro d’Eataly’ will be introduced every Sunday for Italian food lovers at Choice restaurant, as we always strive to meet the expectations of our valued guests and offer them the highest level of luxury service’ he added.
Huntsville museum, a trip back in time

It’s been almost 50 years since humans first set foot on the moon. At the US Space and Rocket Center in Alabama, where visitors can see and find out more about the equipment that made the moon landings possible, the anniversary is producing plenty of nostalgia.

By Christian Roewekamp

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The rising phoenix

WINNER: Qatar players with the trophy after winning the Asian Cup.

SYMBOLIC: The Olympic flag has four colours, including yellow, green, red, and blue. In this quiz, we've featured Here. Please do write to us at ni.yays@zoho.com.

1. Name the smallest island country in the world.
   - Nauru. For decades, it rode a rich natural resource deposit to economic prosperity. It was bird poop. The phosphate mines that made Nauru rich were the results of thousands of years of migrating seabirds nesting on the island. It made the few thousand residents of Nauru some of the richest in the world in terms of GDP per capita.
   - (Mohammed Omar, National Bank of Oman, Muscat)

2. What is fear of death called?
   - Thanatophobia
   - (Sujith Antony, Doha Modern Indian School, Doha)

Do you have some interesting bytes to share? And, does your vibe attract you to the ‘Tribe NI.yays!’ Every week two of your best questions will be featured here. Please do write to us at ni.yays@zoho.com.

What’s the Good Word?

1. Magicus: (a) study of witchcraft (b) art of cooking (c) magnetic (d) mechanics
2. Comely: (a) repelling (b) short-lived (c) passive (d) attractive
3. Jittive: (a) to spil by shaking (b) good luck (c) to knit (d) hug
4. Stomk: (a) bay (b) opulent (c) swallow greedily (d) dominate
5. Ferox: (a) savage (b) solitary (c) sluggish (d) sumptuous
6. Lirate: (a) guise (b) graceful (c) sardonic (d) jurisdiction
7. Surreptitious: (a) luxurious (b) erstwhile (c) bucolic (d) secretive
8. Ranivorous: Creatures that eat (a) reptiles (b) frogs (c) snails (d) ants
9. Carking: (a) trivial (b) abjure (c) distressful (d) success
10. Parvenu: (a) newly rich (b) erstwhile (c) secretive (d) fatuous

Q: It is sold in Russia as Nennen-Kona. How do we know it?
   - Pepsi-Cola

The Edgar Allan Poe Awards (popularly called the Edgars) are presented every year by the Mystery Writers of America, based in New York City. Whom do they honour?

- The best in mystery fiction, non-fiction, television, film, and theatre.

- Why are the colors of the Olympic flag yellow, green, red, black and blue?
  - At least one of those colors appears in every flag in the world.

- Eukonkanto or Akankanto have been held annually in Sonkajärvi, Finland, since 1992. What is it?
  - Wife carrying contest in which male competitors race while each carrying a female teammate.

- Below is the caricature of which well-known celebrity?

(Answer next week. Answer to last week’s photo-quiz: Amalfi in Italy)

Before moving to Aspire Academy in 2006, Felix Sanchez, the coach of the AFC Asian Cup 2019 champion, was a FC Barcelona youth coach. Name this academy which holds more than 300 young players, and has been praised as the best in the world and being a significant factor in FC Barcelona’s European success.

- La Masia de Can Planes, usually shortened to La Masia.

2015: A team lost all three group games, scored 2 goals and conceded 7 and was eliminated in group stage with no points.

Fast forward to 2019: It’s the same team again and, this time, in host(ile) United Arab Emirates, victory benefitted of any fans. Played 7. Won 7. Scored an astronomical 19 goals and conceded only 1. A performance non-parielle in the almanac of the game. Qatar, the new Asian football powerhouse has arrived.

The meteoric rise has been meticulously planned and gives a sneak-peek into what lies in future for the 2022 FIFA World Cup host. This is vindication for Qatar’s extraordinary investment and commitment to the sports. In more than a way, it’s a poetic justice. On the way to the title, it demolished Lebanon, North Korea, 3-times champion Saudi Arabia, 3-times champion Iran, 2-times champion South Korea, host and 1996 runner-up United Arab Emirates and 4-times champion and six consecutive FIFA World Cup qualifier Japan. Al Annabi has earned great on-field respect as the holders of genuine silverware. This June, the Maroons cross the seas to take part in 2019 Copa America in Brazil as one of two guest teams. And, as winner of the 2019 AFC Asian Cup, Qatar earned the right to participate in the 2021 FIFA Confederations Cup.

As Qatar celebrates their maiden Continental title, Saad al-Sheeb won the AFC Asian Cup UAE 2019 Best Goalkeeper Award for his impressive record. It took 609 minutes for his perfect record to finally be broken, with a goal from Japan’s Takumi Minamino, the only blemish on his impressive record.

The AFC Asian Cup 2019 finalists have met four times in the competition before, with both teams winning one match apiece while two matches ended in draws. In finals of Asian Cup, the record of Japan, the perennial regional success story, had been enviable. In fact, they have been unbeatable in their earlier nine tournaments. And Qatar had never been a top side in Asia – until the latest edition. This time, Felix Sanchez’s Qatar won more matches as

And Qatar had never been a top side in Asia – until the latest edition. This time, Felix Sanchez’s Qatar won more matches as

The rising phoenix
New basic shape of life discovered

Researchers have found a previously undescribed 3-dimensional geometric shape – which they dubbed a “scutoid” – that nature uses to pack cells together efficiently.

Body’s cells fit together like tiles

Flat layers of tissues are often made of straight-sided cells called prisms.

Concave layers are constructed of cone-like cells called frustums.

Scutoid: Geometric shape with five-sided ends that can fit tightly side-by-side with other scutoids.

Named for its similarity to...

Scutellum: Rear part of an insect’s thorax, or midsection.

... but if layer is convex

These cells reach from the outside to the inside of a blood vessel.

Cell’s surfaces have five sides.

Blood vessel

Computer analysis found they are often scutoid-shaped cells.

Odd interlocking cells

This is how the blood vessel’s scutoid cells fit together.
**Wordsearch**

**What's the Point?**

<table>
<thead>
<tr>
<th>BOILING</th>
<th>FLASH</th>
<th>STRONG</th>
</tr>
</thead>
<tbody>
<tr>
<td>BREAKING</td>
<td>FOCAL</td>
<td>TURNING</td>
</tr>
<tr>
<td>CRITICAL</td>
<td>FREEZING</td>
<td>VANCING</td>
</tr>
<tr>
<td>DECIMAL</td>
<td>GAME</td>
<td>VANTAGE</td>
</tr>
<tr>
<td>DEW</td>
<td>HIGH</td>
<td>WEST</td>
</tr>
<tr>
<td>DIAMOND</td>
<td>MATCH</td>
<td></td>
</tr>
<tr>
<td>FIXED</td>
<td>POWER</td>
<td></td>
</tr>
</tbody>
</table>

**Codeword**

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

**Sudoku**

```
5 8 7 4 2 3
4 1 3 2
5
3
4
8
1 9
8 5 4
3
1
7 1 9 6
1
6
9 2 4
7 8
```

**Adam**

*Let me handle the snow shoveling, today, San.*

*Are you sure?*

*Yeah, it's too much and it's a heavy snow.*

*Now, to save time, let's cut straight to...*  

*...me on the couch in excruciating back pain.*

*Yep, that was more efficient.*

**Pooch Cafe**

*Why do you always treat me so distracted, brother? I can't help it! You feel so affected with all your enormous wealth!*  

*I just can't identify with you or relate to you in any...*  

*Your food, gentlemen.*  

**Garfield**

*I can speak most animal languages.*  

*Although my squirrel is a little rusty.*  

*Chitter chitter.*  

*SAY WHAT?*

**Bound And Gagged**

*Will this take long? I'm playing Fortnite with this dude in Cleveland.*
Super Cryptic Clues

ACROSS
1. The footballer who’s gone out for jiffy will be (5,4)
8. Corn is cut by one: it’s quite sharp (7)
9. Four will be given a prison sentence: put away inside... (3,4)
10. ...and a stretch when a man’s incarcerated, is tough (7)
13. Though determined, be beaten back in a true rout (8)
14. Part of the payment for something bought for a song? (4)
16. Paid for it by being fired (10)
20. A bung and it’s white (4)
22. Miss, for a few days (4)
24. Kept it up for a time and wandered round in a daze (10)
28. From the rattling inside, sounds loose (4)
29. Rub out the odd number in it (8)
31. Including the non-translated collections of poems (7)
34. See the one having the odd rest is in no hurry (7)
35. For the dim, not easily understood (7)
36. Made sure one knew it had been handed over (9)

DOWN
1. Get fed up and angry about being put on the shelf (7)
2. Is one’s informant on plants (7)
3. In future, it’s going to be sold at the draper’s (5)
4. An assistant for a superior, say (7)
5. Pretends, for the children (4)
6. Back-track and you’ll find his information was wrong (4)
7. How one says “I have a thousand dollars”? (7)
11. He’s learned the little girl is hiding in the boat (6)
12. Fixes, or gets even with (4)
15. Drive it back with the implement inside (4)
17. I chose hollowed out blocks (3)
18. A family from Lancashire, to start off with (4)
19. All but the doctor in Albert Street (6)
20. A meath and it’s white (4)
21. Account for the vin rose being spilled (7)
23. Manage to get one into the broken-down building (4)
25. A man having a romance with a woman (7)
26. Disregard the gentle, shambling, figure inside (7)
27. Turned out to be saucy (7)
30. Having survived, though with a bad back (5)
32. The condition of the prison (4)
33. A stage in the raising of certain animals (4)

Colouring

Answers

Wordsearch
FRAGILE
GREEN
HAPPY
LEAF
PAPER
QUICK
RABBIT
SUN
TERRY
YELLOW
ZOO

Codeword
E F A D P  D O
W A R R E N  O R A T O R I O
N A G L I Z
A L C O H O L  W I N S O M E
I N F A M O U S  R U F F L E
A M X U B Y Y
Want to quit Facebook? According to a new study, it can have both positive as well as negative effects on your life.

The study, led by Hunt Allcott, Associate Professor at the New York University, suggest that Facebook plays an important role as a source of (real) news and information, as people who quit showed reduced factual news knowledge.

However, it also reduced political polarisation.

On the other hand, quitting Facebook improved subjective well-being, suggesting that forces such as addiction and projection bias may cause people to use the social networking site more than they otherwise would.

― We find that while deactivation makes people less informed, it also makes them less polarised by at least some measures, consistent with the concern that social media have played some role in the recent rise of polarisation in the US,‖ Allcott, said in a statement on Thursday.

But, Facebook can improve people’s lives, whether as a source of entertainment, a means to organise a charity or an activist group, or a vital social lifeline for those who are otherwise isolated.

“Any discussion of social media’s downsides should not obscure the basic fact that it fulfills deep and widespread needs," he said.

For the study, the team recruited 2,844 participants, aged 18 and older and spent at least 15 minutes on the social networking platform everyday.

The findings revealed that Facebook deactivation reduced online activity, including other social media, while increasing offline activities such as watching TV alone and socialising with family and friends.

The study also found that deactivating Facebook had a positive, yet minor impact on mood. – IANS

### Can quitting Facebook change your life?

**ARIES**

March 21 – April 19

Today you might pinch yourself to see if what you’re experiencing is real. Aries. Success and good fortune are coming thick and fast, with only minor setbacks and irritations to complicate matters. Business, money, and career success are likely to be at an all-time high, although you might find yourself feeling a little fearful of what comes next. Don’t worry about that, Go with the flow.

**TAURUS**

April 20 – May 20

Career and financial success might have paved the way for you to fulfill some of your fondest dreams, Taurus. Perhaps you’ve wanted to return to college and get an advanced degree, take a trip around the world, or try writing and publishing. Whatever it is, your schedule should be freer and more flexible than ever, so this is the time to go for it. Start planning today!

**GEMINI**

May 21 – June 21

Now that you feel more secure regarding your business and financial situations, Gemini, you might be looking for ways to feed your spiritual and metaphysical interests. Your intuitive and psychic abilities should be operating at a very high level, causing you to experience some vivid dreams and visions and receive the insights that come from them.

Books and lectures might prove especially enlightening.

**CANCER**

June 21 – July 22

Just about every department of life should be going very well for you now, Cancer. Business, finances, and partnerships are likely on their way to success, while personal relationships of all kinds, should also be more rewarding. You might be thinking of expanding your horizons through new enterprises or study. Don’t be shy – go for it.

**LEO**

July 23 – August 22

Whatever you’re working on at the moment, Leo, whether business related, personal projects, or volunteer work, it’s likely to bring you increased satisfaction on many levels. You’re enjoying what you do, making a difference, and meeting new friends. Your health continues to glow. You may feel as if nothing can stop you. Watch out for minor upsets, but nothing that will burst your bubble.

**VIRGO**

August 23 – September 22

It’s likely that your personal and creative horizons are expanding, Virgo. Your or another’s artistic enterprises might pay off big today. You could be introduced to people who prove to be valuable contacts as well as new friends. Your relationships are going well. Your new feeling of enthusiasm and self-confidence certainly doesn’t hurt!

**LIBRA**

September 23 – October 22

A huge get-together of some kind could take place today either at your home or the home of someone close to you, Libra. It’s possible this may turn into more than just a fun party. You might become involved in conversations with people who become valuable business or social contacts. Expect to have a wonderful time no matter what you do today.

**SCORPIO**

October 23 – November 21

Expect many advantageous changes to take place in your community. Scorpio. New businesses could open their doors, interesting neighbours could move in, or some necessary repairs could finally get done. You might spend a lot of time in the car or on the phone and spreading the news. An exciting proposition may come to you or someone close to you through a letter, e-mail, or phone call.

**SAGITTARIUS**

November 22 – December 21

You’ve probably had few periods when business and finance have gone well for you, Sagittarius. Now this trend seems to be coming to a head. Today you might start or close some type of agreement that will make a big difference to your finances. Your money situation should not only improve but also stabilise at a level higher than it’s ever been. As long as you’re diligent, this growth should continue.

**CAPRICORN**

December 22 – January 19

You tend to be practical and businesslike by nature, Capricorn, but the tremendous growth you’ve experienced may increase your desire to be as sensible and efficient as possible in order to continue this trend. You’re feeling upbeat and positive. You’re likely to continue to feel this way. The only downside is that you’re probably going to be working very hard. You will like the results, though, so go for it.

**AQUARIUS**

January 20 – February 18

You probably think of yourself as a curious intellectual, Aquarius, but a recent expansion in career and finance has brought out talents for business and money that you didn’t know you had. This has been a time not only of success and good fortune but also of learning more about yourself. Don’t fall back on old fears or underestimate yourself. You’re capable of accomplishing more than you know.

**PIScES**

February 19 – March 20

Your natural warmth is enhanced by a new sense of self-confidence, Pisces. Group activities and social events might bring you into touch with people who prove to be valuable business contacts. Whatever goals you’ve attempted to reach may finally show signs of materialising, possibly through the efforts of others who believe in you. This should be a very fortunate and enjoyable day for you.
A series so good you’ll watch it twice

**PLOT:** Natasha Lyonne plays Nadia, a video game software engineer who keeps dying violently, often to slapstick effect, on the night of or the day after her 36th birthday.

By Robert Lloyd

Russian Doll, which began streaming in its eighth-episode entirety Friday on Netflix, is a beautiful puzzle piece, a circular, multiplane, existential mystery—comedy set in the villages of Lower Manhattan. Peopled with memorable characters large and small, it’s a show that has watched once—not hard to do straight through and hard not to do straight through—you may want to watch again, to admire its machinery and joinery and find the clues you might have missed, but also because it feels just as good the second time around. Natasha Lyonne, who co-created the series with Amy Poehler and Lesly Headland, plays Nadia, a video game software engineer who keeps dying violently, often to slapstick effect, on the night of or the day after her 30th birthday. Each time she returns to the bathroom of the loft where her artist friend Maxine (Greta Lee) is throwing a party she’d rather not be at; Harry Nilsson’s sonically cheery, lyrically weary “Gotta Get Up” greets her on the soundtrack at every return. It’s also the birthday of their friend Lizzie (Rebecca Henderson), which may account for the crowd; Nadia, though she can talk to anyone, in more than one language, is not exactly a people person. And her cat has been gone for three days.

The structural and thematic resemblances to Groundhog Day, in which an umbilic compels one to refine a character through repetition, are clear, but there is nothing unique in that. A quarter century on, it’s just cultural currency—a template, like A Christmas Carol or The Bad News Bears, upon which to build fresh tales, an armature to support original shapes. As a circular story that provides new information with every fresh turn of the wheel, it also resembles “The Good Place.” There are also elements of the parallel-universe film Sliding Doors and of every story in which strangers are forced by circumstance to work together to solve a mystery, which is to say it has Alfred Hitchcock in its DNA as much as it does Harold Ramis.

Above all, it’s a video game narrative in which the game kills you and sends you back to the beginning— Nadia trying to get downstairs alive is a motif—and you get better, maybe, at not being killed. (“I’ve never lasted this long before,” Nadia observes during one cycle. It’s also a double—extender.) And to win the game, and end the story, you have to discover the purpose of the game you’re trying to win.

In classic detective-story fashion, the action travels from place to place as Nadia looks for clues and tests her theories: a synagogue, a Salvation Army shelter, parks and delicatessens, jewelery store, bars and back rooms. Is something in the joint she smoked? Is Maxine’s loft, formerly a yeshiva, haunted? Is she dead? The series’ points are hardly hidden—indeed, they’re explicitly stated, over and over again. If in the end it’s just a long meditation on the idea that people need people, a four-hour metaphorical expression of the fact that you have to abandon old patterns to move forward, it is wonderful all along the way and magnificent in its conclusion. Its last minutes are as deftly handled, wise, unpredictable and rewarding as television ever is. And these ideas are no less powerful for being obvious; the world is choked with people trying to realise them in their own lives.

Lyonne, especially, is marvellous, playing Nadia, as a sort of mix of Ali Pacino and Julie Kavner (with maybe a hint of Larry David). It’s a terrific performance, wide—ranging and yet highly particular, in which self—protective vulgar bravado is softened by expressions of intelligence and tenderness.

—Los Angeles Times/ TNS

Fat shaming does not bother me: Neha Dhupia

**Actor Neha Dhupia, who has been trolled for her weight, says fat shaming does not bother her even a bit.**

She does want the trolling to stop not just for celebrities but for everyone. Several Bollywood personalities like Sonam K Ahuja and Nimrat Kaur came out in support of Neha and lauded her for spreading such an “important message.”

Yesterday, the former beauty queen and reality TV judge Neha tweeted a photograph of a magazine cover, with a photograph of herself and a caption reading: “Neha Dhupia’s shocking weight gain post pregnancy.”

To which, the Tumhari Sulu actress responded: “I don’t own anyone an explanation because fat shaming like this doesn’t bother me one bit.”

“My wish is to provide you with quality entertainment”, says Neha…

**Social Stigma** Neha, who continues to be trolled for her weight, says she works out everyday.

**OK Jaanu failure hit me a little hard: Aditya Roy Kapur**

Actor Aditya Roy Kapur says the failure of OK Jaanu hit him hard, adding that it was tough to be optimistic about his next project.

While Aditya got successful with Aashiqui 2, the actor failed to elicit expected response with many of his projects later.

**TOUGH LUCK** While Aditya got successful with Aashiqui 2, the actor failed to elicit expected response with projects like London Dreams, Action Replayy, Daawat-e-Ishq, Fitoor and Welcome to New York.

Aditya said: “You know, I think everyone is different. I think in the case of OK Jaanu, it hit me a little hard actually. Even the one before that didn’t you know, so it was like a double whammy so to speak. “It was a little hard for me to kind of pick yourself up from that situation and then get optimistic again about what’s next.”

OK Jaanu is the remake of filmmaker Mani Ratnam’s Tamil hit OK Kanmani. It revolves around a young couple Tara and Adi, played by Shraddha Kapoor and Aditya. It was released in 2017.

“But yeah, I do shut off for a while maybe from the world. I do clap down and I am to myself for a while but I think I am just processing what has happened to make peace with it and then not letting that dictate the attitude with which you carry yourself, you know. Because that’s not the idea,” Aditya added.

According to a report, the actor opened up about his way of dealing with failure when he appeared on Karan Johar’s chat show “Koffee with Karan” with actor Sidharth Malhotra. The episode will air on Sunday on Star World. – IANS

**Bradley Cooper to perform with Gaga at Oscars**

**A Star Is Born** actors Bradley Cooper and Lady Gaga will perform on the Oscar-nominated song “Shallow” at the 91st Academy Awards. The Academy of Motion Picture Arts and Sciences tweeted the news on Friday, writing simply: “Cooper. Gaga. ‘Shallow’ ‘Oscars’” reports ew.com.

The move was widely expected, and means that four of the five nominees for Best Original Song have now confirmed they will perform their songs on the Oscar-nominated song “Shallow” at the 91st Academy Awards on Sunday.

The pair will share the stage with the nominated song at the end of the Oscar telecast.

“We have a lot of work to do, and we’re very excited to get this show started,” Cooper said in a statement. “It’s an honor to be able to perform ‘Shallow’ with Lady Gaga on stage. We’re looking forward to it.”

Lady Gaga also tweeted: “I am so grateful to have this incredible opportunity to perform with Bradley Cooper. ‘Shallow’ is such an important message. More power to you! — IANS
A poetic and photographic presentation of history and culture of Qatar is currently on display at Sheikh Faisal Bin Qassim Al Thani Museum. Many visitors have been taking keen interest in the exhibition that offers attractive images of the animals loved and respected in the country.

The exhibition ‘From The Desert To Life’ will last until February 28. It offers 14 photographs in total showing falcons, horses, and camels in Qatar. Each photo carries poetic words with it.

By Mudassir Raja

A poetic and photographic presentation of history and culture of Qatar is currently on display at Sheikh Faisal Bin Qassim Al Thani Museum. Many visitors have been taking keen interest in the exhibition that offers attractive images of the animals loved and respected in the country.

The exhibition ‘From The Desert To Life’ will last until February 28. It offers 14 photographs in total showing falcons, horses, and camels in Qatar. Each photo carries poetic words with it.

Cécilia Burtica, a Belgian-Romanian writer and author of a dozen books, curated the exhibition and wrote the poetic captions for each photo. Aurélie Korady, a French photographer living in Doha for 10 years, shared seven photos in the exhibitions showing falcons and camels. The rest of the seven photos are shared by Marie-Josée Bédard, a Canadian photographer living in Doha since 2004. Her photos show different horses and camels.

The exhibition was recently opened by Kees Wieringa, director of Sheikh Faisal Bin Qassim Al Thani Museum. The exhibition sets well with the theme and motto of the museum that is to highlight the history and growth of Qatar.

Sharing the details of the exhibition, Cécilia said: “It is a photographic project supported by poetic texts on a Qatari animal theme. The two photographers have shown their passion for horses, falcons and camels. All this is put into words to make the images sing, to encourage the human imagination to see beyond the photo itself, beyond the history and the many facets of local or regional customs. The poetic texts are there to whisper to our ears, to give us the desire to relive some experience of the world around us through the two arts simultaneously.

“The thoroughbred Arabian horse and the camel have a privileged place among the other animals of the region, because they are described in a eulogistic way in some verses of the Holy Qur’an. The love and association with falcon is also not hidden in this part of the world.”

She added: “In contemporary society the fascination with the bestiary is explained by the religious, cultural and customary heritage, by the desire to share certain proximity with these animals, and also by a responsible conscience on the safeguarding of the cultural heritage which could decline because of the effect of modernity and globalisation.”

Talking about herself, Cécilia said: “I have authored a dozen books published in France, Belgium, Romania and Lebanon. I have great interest in theater, poetry, children’s story, translation, and literary criticism.”

Talking to Community, Marie said: “I have a degree in photography from Dawson College in Montreal. I began my career in large scale production management and by publishing for a popular magazine. I have been living in Doha since 2004. I have already contributed to several local exhibitions on Qatari culture. My passion and fascination for horses comes from my teenage years. We have horses in our house. I learnt how to ride a horse when I was very young. I have good knowledge about different kinds of horses. I also know much about the Arabian horses.”

She added: “Actually, I practically started applying my photography skills in Qatar. Since I moved to Qatar, I have enough time to take photos and here we have easy access to different things to photograph them. I am happy that I am the part of a project that tells about the history and culture of Qatar.”

Aurélie said: “My passion for photography began in my early childhood but here in Doha I devote myself entirely to this art. In 2009, I won an award at the Trierenberg Super Circuit Award and in 2017 one of my photos on construction is in the final of the competition held by an Engineering magazine.

She further said: “I got attracted towards photography as a child. I followed my father who always used to carry a camera with him. In Qatar I have participated in several exhibitions. I love capturing falcons and I admire the culture of Qatar. I am proud to be the part of this exhibition that highlights Qatar’s culture and traditions.”