Scientists fear rising sea levels could kill off 500-year-old trees in New Jersey forest. P4-5

Art quartet dazzles in Katara

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**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 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 44504050

Qatar News Agency 44450205

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

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**PRAYER TIME**

Fajr 4.57am

Shorooq (sunrise) 6.15am

Zuhr (noon) 11.48am

Ajr (afternoon) 6.58pm

Maghreb (sunset) 5.23pm

Isha (night) 6.53pm

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**Quote Unquote**

“All the great things are simple, and many can be expressed in a single word: freedom, justice, honour, duty, mercy, hope.”

— Winston Churchill

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**The Girl in the Orange Dress**

**DIRECTION:** Jay Abello

**CAST:** Jericho Rosales, Jessy Mendiola, Derek Ramsay

**SYNOPSIS:** Anna, a conservative girl, wakes up in the hotel room of Rye, the biggest celebrity actor of the country, and has no memory of how she got there. Now she has to avoid and escape the media and fans swarming outside the hotel, along with Cacai, her best friend who has given her whole life to loving Rye.

**THEATRE:** The Mall

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**Destroyer**

**DIRECTION:** Karyn Kusama

**CAST:** Nicole Kidman, Toby Kebbell, Tatiana Maslany

**SYNOPSIS:** A police detective reconnects with people from an undercover assignment in her distant past in order to make peace.

**THEATRES:** The Mall, Royal Plaza

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**The Mall Cinema (1):**

Manikarnika (Hindi) 2pm; Njan Prakashan (Malayalam) 4:45pm; Destroyer (2D) 7:15pm; Nadi Elregal Elserri (Arabic) 9:30pm; Nadi Elregal Elserri (Arabic) 11:30pm.

**The Mall Cinema (2):**

Minuscule: Mandibles From Far Away (2D) 2:15pm; A Dog’s Way Home (2D) 4:45pm; A Dog’s Way Home (2D) 5:45pm; The Girl In The Orange Dress (Tagalog) 7:30pm; Replicas (2D) 9:30pm; Njan Prakashan (Malayalam) 11:30pm.

**The Mall Cinema (3):**

Sarvam Thaalamayam (Tamil) 2:15pm; The Kid Who Would Be King (2D) 4:45pm; Replicas (2D) 7pm; Njan Prakashan (Malayalam) 9pm.

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**Vantha Rajavathaan Varuven**

**Landmark Cinema (1):**

Manikarnika (Hindi) 2:30pm; Sarvam Thaalamayam (Tamil) 5:30pm; Njan Prakashan (Malayalam) 8:30pm; Vantha Rajavathaan Varuven (Tamil) 11:30pm.

**Landmark Cinema (2):**

Minuscule: Mandibles From Far Away (2D) 5pm; A Dog’s Way Home (2D) 6:45pm; Manikarnika (Hindi) 9:30pm; Vantha Rajavathaan Varuven (Tamil) 11:30pm.

**Vantha Rajavathaan Varuven (Tamil) 7:15pm; Replicas (2D) 9:30pm; Njan Prakashan (Malayalam) 11:15pm.

**Royal Plaza Cinema Palace (1):**

Vantha Rajavathaan Varuven (Tamil) 3pm; Manikarnika (Hindi) 5:45pm; Njan Prakashan (Malayalam) 8:30pm; Vantha Rajavathaan Varuven (Tamil) 11:15pm.

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

Njan Prakashan (Malayalam) 7:30pm; A Dog’s Way Home (2D) 5:30pm; Replicas (2D) 7pm; Destroyer (2D) 9pm; Njan Prakashan (Malayalam) 11:15pm.
You can also browse and grab handcrafted artefacts, accessories, canvases, fashion wear, designer ornaments.

The stalls are going to offer a wide range of gastronomies from all over the world. For further information, call 44246000.

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, call 44246000.

Golf on National Sport Day
WHERE: Education City Golf Club
WHEN: February 12
TIME: 9am – 10am
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.

The Rodeo Doha
WHERE: Sheraton Grand Doha Resort and Convention Hotel
WHEN: February 7 – 8
TIME: 6pm – 12am
Where the Middle East meets the Wild West. For the first time ever in Qatar, experience the biggest Wild West Party featuring bull riding, authentic cowboy food and drinks. Entrance Fee is QR100.

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, call 44181968.

Baladna Park Bazaar 2019
WHERE: Museum Of Islamic Art
WHEN: Ongoing
TIME: 12pm – 8pm
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. You can also browse and grab handcrafted artefacts, accessories, canvases, fashion wear, 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.

Another choice is the Super Sprint which is only for individuals and open for both adults and kids aged between 13-15 years old. Also, a kids’ duathlon was introduced this year for two age groups 7-9 and 10-12 years old to allow all family members to enjoy the event.

Arabic Calligraphy Workshop
WHERE: Atelier
WHEN: Ongoing
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

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 & Taskwondo. 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 3397606.

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/ 33326749.

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.

Community

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

Cycling: Losail Circuit Sports Club
WHERE: Losail Circuit
WHEN: Ongoing
TIME: 9am – 10am
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.

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.
Sea-level rise fuelled by warmer oceans and sinking land is pushing saltwater ever closer to the trees, with the potential to kill them in the not-so-distant future, writes Frank Kummer.

A forest can't move itself out of sea-level rise. Once you get saltwater into these pits, the ecosystem just flips.

— Joseph Smith, environmental scientist
Another consequence of a changing climate — bigger storm surges that drive saltwater into areas once fed only by fresh water. Though climate and other scientists generally agree that seas are rising, they don’t always agree on how much. An archived US Environmental Protection Agency fact sheet estimates that the sea is rising about 1 inch every six years because of climate change. By the next century, the Jersey Shore will face sea rise of 18 inches to 4 feet, the fact sheet states.

Separately, a Rutgers map of a sea-level rise of 1 foot, the lowest estimate using 2000 as a base level, shows much of Glades Wildlife Refuge, which spans from the Delaware Bay to the old-growth forest, would become mostly water. Already, trees that once were upland are dying along the marshes as salinity pushes in. Pockets of Atlantic White Cedar have already died giving rise to ghost forests.

Bear Swamp is far enough inland to be protected so far. And the black gums weren’t valued for timber because so many are hollow because of their natural aging process, though they are still very much alive. But the core of Bear Swamp was hollowed out decades ago by sand mining, which left vast, man-made pits now full of both groundwater and water that flows in from Oranoaken Creek.

Joseph Smith, an environmental scientist with LJ Niles Associates, has measured salt-marsh encroachment that amounts to about a loss of about 5 feet of forest every year in the area.

Five years ago he tested the water in Oranoaken Creek and the lake formed from a mining pit about 200 feet from several black gums. He detected salinity of 3.5 parts per thousand. Closer to the bay, streams and creeks hit 10 to 12.

In November, he tested the water again and the results stunned him: up to 6.4 parts per thousand in the pit about 200 feet from the black gum trees.

“A forest can’t move itself out of sea-level rise,” Smith said. “Once you get saltwater into these pits, the ecosystem just flips.”

The surrounding water-filled old mining pits, once the true “swamp” of Bear Swamp, can span 1,000 acres, helping accelerate saltwater intrusion. If the original land had remained unmined, it would act as a large buffer, slowly draining water back toward the bay. Eisenhauer describes the pits as an unnatural “water highway” for saltwater to travel through.

Neil Pederson, now of Harvard Forest, a department of Harvard University, was one of those who came out for a coring of the black gum trees in 2002 in an attempt to date them.

“The black gum was really massive and I hadn’t seen any of that size at all before,” Pederson said. “They were definitely unusual-looking black gum, and that made them very different.”

But Pederson said it was hard to determine their true age, which could be older than even half a millennium because they are hollow. The deepest part of cores dated to about the 1790s. But that was only halfway to the diameter of some trees, meaning they were probably a lot older.

“Some people were thinking they were ridiculously old,” Pederson said. “I don’t even want to say the number.”

He estimates that most were in the range of 500 to 550 years old. He said he’s seen black gum trees that date to the 1400s and aren’t as tall as the ones in Bear Swamp.

“So it really is a special forest just for the size of the trees of that species,” Pederson said. “It is a really, really cool forest regardless of how old the trees might be.”

Gerry Moore, a botanist with the US Department of Agriculture in North Carolina, grew up in nearby Millville and began cataloging flora as a young student. He’s seen the damage saltwater intrusion has inflicted on the forest over the decades.

“That’s always been a very special area,” Moore said of Bear Swamp, noting that naturalists as far back as the 1800s commented on the age and size of the trees. “It’s a different kind of habitat with those trees that are that large and old. You’re hard-pressed to find them anywhere anymore. In most areas if you want to find old trees, you find them in cemeteries because they’re protected. But when you’re so close to a saltwater line, that’s a real challenge. Saltwater and those trees don’t mix.”

Brian Johnson, who oversees Natural Lands’ South Jersey properties, including Glades, said it’s odd that at the edge of the patch of dying trees where Oranoaken Creek spills into the big mining pit near the black gums.

“Everything is dying where the stream comes in,” Johnson said. “All of the trees are old. And every year is more dramatic than the year before. If you ever have an unbeliever in climate change, bring him here.”

— Philly.com/TNS
APOO World appoints new office bearers

Khalid Yousuf, Central Committee Vice Chairman for Gulf and Arab region of All Pakistanis Overseas Organisation International (APOO World), and Mudasser Imran, Central Committee General Secretary, recently appointed new office bearers of APOO World-Qatar Chapter with the approval of Zahid Sheikh, Central Committee Chairman, and other board members. The newly elected committee members, include Anwar Ali Shah, President of APOO World-Qatar Chapter; Iftikhar Uddin Ch, Vice President; Rauf Ahmed Shazad, General Secretary; Nadeem Bashir Chaudhury and Sajjad Ahmed, Joint Secretary; Asghar Bhatti, Sports Secretary; Shoaib Asghar, Press and Social Media; Arshad Hussain Hashmi, Literary Secretary; and Hafeez Ch, co-ordinators for community welfare, and Ashraf Siddiqui, Honorary Adviser.

Talking on the occasion, Anwar Ali Shah said, "I would like to thank Zahid Sheikh, Haroon Rashid Qureshi and Muhammad Usman Khan, Co-ordinator for Gulf Region, for my appointment as the President of APOO World-Qatar Chapter. I would like every Pakistani expatriate living in Qatar to have access to APOO World and get benefits from it."

"I feel proud to be re-appointed for my second term as General Secretary. It shows that people have trust in me. I feel it’s a reflection of the service that I have delivered during my term," added Rauf Ahmed Shazad.

GU-Q graduate inspires students in Somaliland

With the power to decide a student’s future, college admissions exams are one of the most stressful hurdles on the path to higher education. For the SAT, the exam used by US colleges and universities to make admissions decisions, students are advised to get lots of sleep, eat a healthy breakfast, and show up on time. Typically students don’t have to make a 500-kilometre drive across international borders to reach the nearest testing centre. That’s what Somaliland resident Najib Abdihamid Ahmed had to go through, driving all the way to Addis Ababa, Ethiopia, to take the SAT exam so he could apply to Georgetown University in Qatar. But Najib Ahmed isn’t a typical student.

Najib Abdihamid Ahmed, a graduate of Georgetown University - Qatar Campus, has recently been appointed as the Dean of Boys Section and faculty of English, History, and Social Studies at Abaarso School of Science and Technology in Somaliland, an American-style boarding school for the students of Grade VII-XII, founded and funded by Jonathan Starr.

"One of the biggest challenges for students in Somaliland is the idea of returning to their country if they have the opportunity to work and live abroad. Returning is a sacrifice not many are willing to make. Being amongst the first cohort of students, my success abroad was as crucial as my return to Somaliland. If I hadn’t returned, over a hundred of Somaliland’s top young minds would not have considered returning upon graduation as well. Joseph Hernandez, Director of Admissions at GU-Q, convinced me that coming home was the right decision." Said Najib.

Talking about Najib and working to secure him financial aid to pursue education at GU-Q, Joseph Hernandez, said, "When Najib mentioned that he had been offered the opportunity to contribute to the administration of his former school, I encouraged him to take it. When we find a student that has done well in high school and has overcome the odds to do it, He gets our utmost attention."

"I chose Georgetown because I did my research and knew that it was one of the best universities in the world, but I didn’t know what I wanted to pursue as a career. I only knew that I liked political science, writing and reading books," said Najib.

Najib currently helps design parts of the curriculum, a requirement for the continued accreditation by the New England Association of Schools and Colleges (NEASC), the same institution that accredits top schools and universities in the US and around the world.
Doha Toastmasters Club organises Annual Speech Contest

Doha Toastmasters Club recently conducted its Annual Speech Contest. The contest was divided into four categories, including international, table topics, evaluation and humorous. The winners of the competition, included Rangamani Ravi, Sunil Kumar Menon, Anil Nair, Sudharana Vijay, Kamala Thakur, Sanjeev Kumar Chowda and Tabish Khan. The event was attended by the notable personalities of toastmasters fraternity, including Sonny Varghese, past International Director, Rajeswar Sundaresan, District Director, Girish Jain, Division A Director, and Nisamudheen S A, Area Director. Niloufer Samal, President of DTC, said, “Contests are a great way to sharpen and hone public speaking skills taking the speaker to the next level. Toastmasters contests are not an exercise in competition but an attempt to become better speakers and communicators”. Rajeswar Sundaresan added, “DTC is a role model for all clubs in Qatar. It has set a benchmark for delivery of the Toastmasters Education Programme and has consistently remained one of the top clubs of the district”.

The contest was conducted by Jayakumar Menon, Vaishali Mehra, Yoosaf Vannarath and Abdul Nassar P. Naqar. Mahen was the Contest Manager. The judges of the contest, included Sandip Khairnar, Akash Bhutada, Fouzia al-Mazrui, Brahmesh Shreshta, Dinesh Kumar A K and Satish Rao Torise.

City Centre Rotana organises painting session for children with special needs

City Centre Rotana Doha recently hosted an interactive painting session for children with special needs, in collaboration with Paint the Town Qatar and Step By Step Qatar for the children, at its award-winning restaurant Teatro. The Teatro team had organised a healthy breakfast buffet for children and their families. With a view to encourage healthy eating habits among children, leading artists from Paint the Town team showcased various painting techniques with the use of vegetables and fruit. Martin Kendall, General Manager of City Centre Rotana Doha, said, “The painting session has been one of the most successful initiatives taken by us as part of our corporate social responsibility initiatives. The involvement of children with special needs was beyond satisfactory and we were delighted to witness exuberance bursting out of their twinkling eyes for such creative endeavour. We would like to thank Paint the Town Qatar and Step by Step Qatar team in coming forward and helping us make this event a successful one. We would also like to extend our gratitude towards special children’s families for being a part of such activity”.

The event was intended to offer an opportunity for children with special needs to create their own masterpiece through art and social interaction. In this instructor-led activity, “Paint the Town Qatar” provided the required materials for painting to children. Some 25 children aged 8-12 participated in the event.

Food Services Company launches ‘The Oven’

Food Services Company (FSC) has recently announced the launch of its new project ‘The Oven’. Mubarak Jassim al-Qurun, Chairman of FSC, inaugurated the eatery with a ribbon cutting ceremony. The event was attended by media, food curators and influencers.

Strategically located at Al Waab Street, this new concept is inspired from slogan ‘Eat Smart, Live Healthy’. The Oven offers an array of all fresh and finest ingredients for take-out and delivery services, with an innovative and healthy food spread that includes hot and cold appetisers, including fresh low-calorie salads, canapé dishes and mini bite sandwiches. Besides, it also offers a fresh homemade pasta menu as well as serves hot and healthy cold drinks. The Oven has also the option of live stations for home services including the famous Rogag Station, a traditional home-made bread, which offers a variety of fillings with a selections of cheese, vegetable, meat, and a lot more.

Through the implementation of ISO 9001 & 22000 Standards, The Oven complies Statutory and Regulatory requirements of Qatar to offer high quality and hygienic food, with highly in-demand products at affordable prices, driven by its well-trained employees. Mubarak Jassim al-Qurun said, “We are pleased to bring this innovative food concept for the health-conscious community of Doha. With a vision to offer the freshest food developed from the farm fresh fruits and vegetables, we are here to promote the habit of healthy eating among youth. With the launch of this new food joint, we are confident to enhance the taste buds and health needs of Qatari fellowmen.”
By Mudassir Raja

A variety of artwork by four Pakistani expatriate artists on different subjects such as seascapes, horses, and modern architecture through abstract and realistic art techniques is now on display in an exhibition at Katara.

The recent exhibition titled ‘4 Visions’ includes artworks by Shehla Khalid Khan, Mala Waseem, Adnan Siraj, and Shazia Bhanji. The opening of the exhibition at Gallery 2, Building 18 in Katara attracted visitors in large numbers who appreciated the dexterity of the artists and their treatment of different subjects on canvass.

The exhibition will continue until February 12 and is open for public from 10am to 10pm every day.

The paintings showcase different postures of Arabian and other horses, seascapes, modern architectures in Qatar and some abstract artworks grabbed the attention of the visitors that included prominent figures from the art community of Qatar, officials from the Embassy of Pakistan, and members of the Pakistani expatriate community.

The exhibition was opened by Khalid bin Ibrahim al-Sulaiti, General Manager Katara, flanked by other Katara officials. Commodore Irfan Taj, defence attaché Pakistan embassy, was also present on the occasion. Many ambassadors and diplomats also visited the exhibition on the opening day.

The general manager of Katara appreciated the works of all artists and held conversations with them while asking about their works, techniques and skills.

Talking to Community, Khalid said: “This is first of its kind exhibition done by Katara with Pakistani expatriate artists this year. We are very happy to have such a good work from the four artists, who come from different parts of Pakistan. Works of each artist shows different kinds of art schools. They have done an excellent job.

“Some of the works are related to realism and others are related to abstract school. These are, I think, sound pieces of artwork. Katara is always here to help the artists and to help creative people to show their works and creativity. They are always welcome. Katara is open for all people from all parts of the world.”

Adnan Siraj, an artist by vocation, loves painting seascapes and other aspects related to aviation. He said: “Painting is my hobby. I am basically inspired by nature. Many artists are busy in making landscapes but there are very few who are making seascapes. Sea always attracts me. I don’t know but it [sea] has something special. Furthermore, I do not paint a blue sky. I love colourful skies, colourful stars and clouds. I want my clouds to be very different. I also love painting horses.

“I have been in Qatar since 2015. I am the winner of the realistic art competition of 2018 held by Katara. There were 20 artists taking part in the competition. There are lots of opportunities in Qatar for artists. I am really pleased and thankful for all the opportunities that Katara has been giving us. There are lots of opportunities for every kind of artist here regardless of their nationalities. There are lots of festivals taking place in Qatar and in every festival you will see artists.”

Mala Waseem is a Canadian-Pakistani visual artist based in Qatar. She is an art teacher and also an artist par excellence. She said: “My work is about texture. It basically revolves around the relation between the medium and expression. I use texture as my medium to explore and to just come out with the idea instantly without mixing the oil with the oil paints. It is just the texture. It is a series of paintings called texture in rhythm. All the paintings are connected in a way with the texture and in a way with the concept itself.

“I am so glad and thankful to Katara for giving us the opportunity to showcase our work in a way that the people can come and enjoy seeing the works. It has been a very amazing experience for us as artists. This is the first time I am showcasing my work in Katara. Earlier, I have showcased my works in Canada and Pakistan. Currently,
I am working on my group show and a solo show coming in next few months. “I have put eight pieces of my work on display here. They all are connected together. They are like a series in a way of colour scheme and in a way of texture I have used. I used palette knife to use the thick strokes and the soft strokes. I also used pieces of wood and traditional motifs. It is about using the colour schemes. Some are the cool colours, some are soft, and some are bright. It is all about texture going in a rhythm and a flow. It is kind of saying thank you. It is abstract work but it has meaning in it. It is about the experience of living in a diverse country like Qatar. I have been living here for nine years.”

Shazia Bhanji is a paper sculpture artist. She said: “I work layer by layer on the paper. I narrate human stories. Whatever connects to my heart, I narrate it like a story. In some of my works on display here, I have shown a conflict. In another work, I have highlighted a three generations of love story and we have to capture it together. In yet another piece, I have made a woman’s head with lots of thoughts at one time simultaneously. In one of my artwork, I have prepared using 6,000 layers of paper. I use hundreds of thousands of paper layers to make sculptures. I have put four pieces on display here. “I am mainly a self-taught artist. However, I learn some of my work from Shah Nawaz Zaidi, a renowned artist in Pakistan. Initially, I used to do acrylic and oil paintings. Later, I developed this technique of using paper. This is my first exhibition in Katara. Qatar promotes artists a lot.”

Shehla Khan is also a self-taught artist. She said: “I actually started working as a professional artist when I came to Qatar in 2009. I have been receiving lots of appreciation in Qatar. Here, I have exhibited seven pieces. My works' subject revolves around Qatar and Arab culture. I have used the technique of fluid marbles. I have used no brush for my paintings. I have used sticks to balance different colours. Mine are action paintings. To do an action painting, I have to work continuously for 10 to 12 hours. “This is my second exhibition in Katara. I am happy to be part of this group exhibition. We have brought the Pakistani talent here. The work of the each artist is unique and different.”

Willy Kempel, ambassador of Austria to Qatar said: “I am the chairman of an international artists group. One of my group members, Shazia, is taking part in this exhibition. Another member will join us shortly. It is fascinating to see what Pakistani artists can do in Qatar. It is fascinating to be back in Katara and glad to see the spirit and delight that people have here. I congratulate the Pakistani artists for their works.”
**Try This**

**Air can crush a metal can**

*This dramatic demonstration shows you how powerful air pressure can be.*

**You’ll need**
- Stove
- Tablespoon
- Metal tongs
- Empty aluminum soft drink can
- Medium-size cooking pot half full of cold water
- Adult helper — Don’t do this experiment without an adult present

1. Put a tablespoon of water in can, put it on stove set on low heat

2. Watch for water in can to boil (wisps of white vapor will start to come from hole in top of can)

3. Wait 30 seconds, pick up can with tongs and turn it upside down in pot of water

**What happened?**

The can immediately collapses

When you heat the can, hot steam (water turned into a gas) expands and drives air out of the can

When you dip the can in the pot, the steam suddenly cools and contracts (shrinks, or takes up less space)

The pressure of the surrounding air crushes the soft metal can

**Before heating:**
- Air presses on outside and inside of can

**After heating:**
- Air presses only on outside

Source: Bassam Z. Shakhashiri of University of Wisconsin
Graphic: Paul Trap, TNS
Eat flaxseed to improve health, reduce obesity

Besides improving your heart health, consuming flaxseeds can also cause changes in the gut microbiota, boost metabolic health as well as protect against diet-induced obesity, finds a study.

Flaxseed is a fibre-rich plant that has been shown to improve cholesterol levels and inflammation in the colon. However, there is little research on how flaxseed fibre affects gut microbiota.

In the study, conducted on mice, those that received flaxseed supplements were more physically active and had less weight gain than those on other high-fat diet groups.

They also had better glucose control and levels of beneficial fatty acids. The breakdown of dietary fibre in the gut – a process called fermentation – can produce favourable changes in the digestive system. It can increase beneficial fatty acids, which may reduce the production of adipose tissue in the body and improve immune function, explained the researchers, in the study published in the American Journal of Physiology.

Endocrinology and Metabolism. “Our data suggest that flaxseed fibre supplementation affects host metabolism by increasing energy expenditure and reducing obesity as well as by improving glucose tolerance,” said Fredrik Backhed from the University of Gothenburg in Sweden.

For the study, the team studied mice assigned to four different diets for 12 weeks. The high-fat group had fewer bacteria associated with improved metabolic health, lower levels of beneficial fatty acids and more of a bacterium linked to obesity when compared to the other groups.

Bacteria levels in both the cellulose and flaxseed groups returned to healthier levels when compared to the high-fat group.

The team also found evidence that the bacteria present ferment fibres from the thick, glue-like layer of the flaxseed shell. The bacteria that perform fermentation then produce more beneficial fatty acids.

“Future research should be directed to understand relative contribution of the different microbes and delineate underlying mechanisms for how flaxseed fibres affect host metabolism,” the researchers noted.

– IANS

COMMUNITY/LIFESTYLE/HOROSCOPE

ARIES
March 21 — April 19

Today an important goal might reach a point you’ve been aiming at for a long time. All those in your entourage have new respect for you. In fact, Aries, relationships of all kinds are warm, open, and honest, and you will probably enjoy the company of others immensely now. Romance, in particular, goes well. Feel free to indulge in a little celebration.

TAURUS
April 20 — May 20

Your focus today is likely to be on learning. Something you’ve wanted to study for a long time may finally be within your grasp. Perhaps money makes this possible, or you’ve finally settled on a workable course of action. Travel might be involved. If you’ve been thinking about going back to school, get everything started today. If you do, you will probably attain what you want. Go for it.

GEMINI
May 21 — June 20

If you’ve been investing, look for it to pay off big. Or you could execute a new contract, settle a claim, or even win something. Expect the unexpected where money is concerned. It might have you reeling. In the past few weeks you’ve been releasing a lot of negative energy and clearing the way for today’s good fortune. Plan to have some wonderful dreams tonight as well.

CANCER
June 21 — July 22

Plans for a social event that you were going to host in your home may have to be changed at the last minute. Even so, it should go very well. You’re feeling exceptionally sociable now. Cancer, not to mention romantic and sexy. If you aren’t presently involved, expect to meet more than one possibility. If you are involved, anticipate events that will bring you closer to your partner.

LEO
July 23 — August 22

An unexpected letter or call could totally turn your working situation in a new direction. This can be disconcerting, Leo, but it’s a very positive and fortunate development. Relations with colleagues should involve new respect and enthusiasm. By the end of the day, you will likely feel very good about the way your life is going. Don’t expect it to be the same as it was this morning!

SAGITTARIUS
November 22 — December 21

Good fortune continues to come your way, Sagittarius, and your life may finally seem to be moving in the direction you wanted. Today, however, you may feel frustrated by a lot of minor, if somewhat bizarre, upsets. Dropping things, losing objects you just had in your hand, forgetting names — just about anything could happen. Try to see the humour in it and stay cool.

SCORPIO
October 23 — November 21

A lot of letters, calls, and other communications could skyrocket you into a new and unexpected space, Scorpio. If you’ve been thinking of trying your hand at writing or speaking, this is the day to work on it. All signs indicate good fortune will come your way at this time, though it might sneak up on you and leave you a bit disconcerted. Pull yourself together and go for it.

CAPRICORN
December 22 — January 19

All the planets are very fortunately aligned for you, and the coming weeks should be great, Capricorn. Minor irritations today could make you wonder, though. You might worry that this good fortune won’t last. Don’t work yourself into a panic. This all continues through the next six months. However, you may need to focus sufficient effort if you’d like to make it last for a long time.

AQUARIUS
January 20 — February 18

You may wonder why increased intuition has seemed to replace your usual logical self. An unexpected intellectual, spiritual, or metaphysical insight might come to you from another realm. It may seem so profound that you wonder if it really came from you. Write it down in detail. Whatever you come up with is going to keep you in the clouds all day, Aquarius. Don’t trip or bump into anyone!

PISCES
February 19 — March 20

You should feel especially sociable today, Pisces. You might attend one or more events, or perhaps you will choose another type of group activity. Relationships of all kinds should prove satisfying and comforting. Expect to grow closer to the friends you have and meet new friends with whom you share many interests. You continue to meet professional, creative, and financial goals in a big way.
**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.

**Puzzles courtesy: Puzzlechoice.com**

**Sudoku**

Sudoku is a puzzle based on a 9x9 grid. The digits are distributed into nine 3x3 squares. You are given a selection of numbers, and to complete the puzzle, you must fill the grid so that every column, every row and every 3x3 box contains each of the digits 1 through 9 exactly once.

**Ending and Beginning**

<table>
<thead>
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**Codeword**

**Pooch Cafe**

**Garfield**

**Bound And Gagged**
Super Cryptic Clues

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11. The Spanish boy’s laid out money (7)
12. One’s beginning to run riot (4)
13. Source of article appearing in the south of France (10)
16. Mean to hold court, honey (6)
17. It’s true Ira comes from the old country (7)
20. Embarrassed at first the fellow hid (7)
21. Leave soldiers in the way (6)
24. Many a student friend joins with disastrous consequences (10)
25. Hollow award for a member of the orchestra (4)
27. Ena is to set up a country (7)
29. A throwback to a boy in the lottery (7)
30. Smart boy going inside and getting lost (8)
31. Support for a potter (6)

DOWN
1. Fighting a political tendency (8)
2. Better educational establishment? (5,6)
3. A newspaper leader article upset her (4)
5. Make new rota - even when properly prepared (8)
6. A grave one, perhaps, you finally dined under stress (10)
7. Farewell run (3)
8. Celebration of English rates reform (6)
9. Be madly keen on a French artist (5)
14. Publicise row with a woman in America? (5,6)
15. Notes made by journalists? (5,5)
18. Stress once more the need for control (8)
19. The cheapest fare, of course (8)
22. Pieces of eight (6)
23. Undergarment worn by a girl (5)
26. Ruler picking up a white coat (4)
28. The height of the story (3)

Yesterday’s Solutions:


DOWN: 1 Starboard 2 Cascade 3 Oppressor 4 Rose 5 In low water 6 Stool 7 Pennons 8 Doris 13 Brain drain 16 Jumpiness 17 Solo whist 19 Trainee 21 Rosanna 22 Bides 23 Edges 25 Lead.

Wordsearch:

Codeword:

13 GULF TIMES | 13
Wednesday, February 6, 2019

COMMUNITY

PUZZLES

Colouring

Answers

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Wordsearch:

Codeword:
Kareena believes in reinvention

By Radhika Bhirani

Actress Kareena Kapoor Khan believes reinvention – in her personal and professional life – has driven her survival as a star in showbiz. She says she has the self-confidence to make even everyday fashion look like couture.

Kareena, in an interview said she finds her elder sister Karisma “more of a fashion icon” between the two, without a second thought.

“Most of the time you will see me in a jeans and a T-shirt. It’s besides the point that I can make jeans and a T-shirt also look like couture.”

“I know I have that... I can... It’s just that I don’t like dressing up,” she said, just ahead of a glamorous showstopper moment at the Lakme Fashion Week Summer/Resort 2019 on Sunday night.

From her maiden film Refugee, which saw her in bare minimum make-up, to Karan Johar’s Kabhi Khushi Kabhie Gham – Kareena has been fearless about trying different looks.

“It’s (the fearlessness is) a part of being successful... Actually I was trying to do different kind of stuff at a very early stage. In fact, I’d say I was very experimental when I was 19.

“I was very experimental when I was at a very early stage. In fact, I’d say I was very experimental when I was 19.

“Refugee was a very experimental launch. It was not the typical glamorous girl. But again, I think there would have been no fun if there was no fear or excitement.

“It is good to be a fearless actor, but it is good to have a little bit fear so that your performance level is always high,” added the actress.

“Reinvention is something she takes seriously.

“If I can’t reinvent as a person, I cannot be a better actor. The reason I feel that I have been in this business through decades and still been here is only because of reinvention.

“To constantly reinvent as a human being is so important,” averred the actress, for whom marriage and motherhood have been life-changing.

“They have made me and my thoughts so much better than what they were, say 10 years ago.

“Just sometimes not doing so much work, cutting out on travelling, taking a break and not really being a part of the Bollywood herd... A lot of things in my life that I have chosen to do are a part of me reinventing,” she said.

The actress, who came up with Veere Di Wedding, a coming-of-age story on female bonding last year, said she is glad that subjects and scripts are being reinvented.

“Veere... was a revelation. We have always spoken about male friendships, but we had never seen what female bonding is like. So I think in a way it took it forward in terms of content,” Kareena said.

Steering the conversation to her upcoming film Good News, which is on surrogacy, she said: “It’s a topic which not many people will touch upon, but of course it’s in a commercial space. It’s a lot more funny.

“But we have to keep those dynamics in mind. The idea is to keep entertaining your audience, but with more content-based films.”

She will also be a part of Karan Johar’s period drama Rbhbh.

“The entire ambience and setting will be so different. Besides that, I haven’t worked with Karan in many years... He has grown as a director from strength to strength and I am a very different actor today. So it will be very interesting,” IANS

VERSATILE: Kareena Kapoor Khan says she can make jeans, T-shirt look like couture.

Richa Chadha contributes to Nelson Mandela tribute

Actress Richa Chadha has penned a handwritten tribute to late Nelson Mandela which will feature in The House of Commons Book of Tribute.

It is a book that has handwritten messages by people from across the world. The book has more than 700 handwritten messages from prominent people including former US President Barack Obama and celebrities like Paul McCartney, Russell Crowe, Chris Rock, Kylie Minogue and Will Smith.

Nic Careem, who is behind The House of Commons Book of Tribute, extended his gratitude to Richa.

“I met Nic when I was in London recently. He has been working really hard to get together this amazing book. We all have heard and learnt a great deal about Mandela and what he contributed during his time for human rights issues across the world,” Richa said in a statement.

“His struggle as a world renowned leader to fight for rights of downtrodden people of his race has made him a legendary inspiring figure. To be part of this book which is so thoughtful to have handwritten notes by everyone be contributed as an overall message for the youth today is truly exceptional,” she added.

The actress is happy to be a part of “this tribute the proceeds of which will be given towards a campaign to end poverty”.

The book will soon be published. The proceeds from sales in each country will go towards fighting child poverty. – IANS

Deepika is true light of my life: Ranveer Singh

Actor Ranveer Singh calls his wife and actress Deepika Padukone the most amazing person and one of the finest actors in the world, and says she makes his life worth living.

Ranveer opened up about his relationship with Deepika in a letter, posted on Deepika’s website – which was launched on January 5.

“If I particularly challenging to articulate all my feelings about her, and even though I find language to be a limiting means to express myself, I shall try. I can safely say I’m the closest person to her in this world. I know her deeply as a person and I’ve collaborated closely with her as a professional,” Ranveer said.

“Deepika nurtures a universe within herself: of love, compassion, kindness, intelligence, beauty, grace and empathy. These qualities make her a true and authentic artiste – she is one of the finest actors in the world,” he added.

Praising her inner strength, the actor said: “Her discipline and commitment is unparalleled. Her path-breaking achievements have changed the game time and again. A woman so righteous and full of virtue, that she commands respect.”

“She inspires me to be the best man I can possibly be. She makes my life worth living. She is true light of my life,” he added.

The actors, who have worked together in films like Padmavat, Golpeyon Ki Roshoda Rum-Loela and Bajira Mustani, got married in Italy in November last year. – IANS

HUMBLED: Richa is touched to be a part of the project.

INSPIRED: Ranveer says his wife inspires him to be the best man he can possibly be.

RICH BACKGROUND: Richa Chadha, who has worked with a number of prominent people, is happy to be a part of this project.
Jussie Smollett was hesitant to report attack

Actor Jussie Smollett was initially reluctant to report that he had been racially attacked by two men last month in Chicago, according to a police report.

Smollett, the 36-year-old musician and actor who appears on the show Empire, told police that he was accosted on the street at 2am on January 29.

According to the report, the officers were told that Smollett “did not want to report the offense however he believed it to be in the best interest to.” The report states that police found Smollett with a white rope around his neck, and that he stated the attackers threw an unknown chemical substance on him, staining his clothes. Smollett said he was accosted by two men dressed in black, one of whom was wearing a ski mask. He did not remember any other details of the suspects.

Chicago Police have reviewed hundreds of hours of surveillance footage in an effort to find the attackers, but have not found video of the attack. The department released an image of two “persons of interest” in the case on January 30.

Smollett performed on February 2 at the Troubadour in West Hollywood, during which he sought to clarify some details of the incident.

“I was bruised but my ribs were not cracked; they were not broken. And above all, I fought back,” he said on stage. – IANS

Cooper terrified about Oscar performance

Actor-director Bradley Cooper says he is terrified to perform Shallow live at the Oscars. The Academy of Motion Picture Arts and Sciences announced last week that Cooper and Lady Gaga will perform their Oscar-nominated song Shallow from movie A Star Is Born, Cooper’s directorial debut. In the film he plays a famous country singer and her a rising music star.

When asked about his Oscars performance with Gaga, Cooper said, “I’m sure I’ll be terrified,” conline.com quoted Cooper as saying, “I just had to like, Zen out and just pray that I wouldn’t ruin her show. Because, think about it, she just crushed it or two hours...and I thought, ‘Please let me just be on pitch’” he added.

Cooper and Gaga are nominated for Oscars for their roles in A Star Is Born, which has been nominated for the Best Picture. – IANS

By Katie Walsh

It’s not often that directors get a second crack at their own work. But Norwegian director Hans Petter Moland has undertaken the task of remaking his own 2014 revenge thriller, In Order of Disappearance, for American audiences, now titled Cold Pursuit. With Moland behind the wheel, he can ensure the preservation of the film’s dance of tone, which is bone-dry, ice-black, darkly violent and laugh-out-loud funny. Liam Neeson stars as Nels Coxman, an unassuming Colorado snow-plow driver avenging the death of his son at the hands of a ruthless Denver drug syndicate (and no, this is not the movie from the end of Daddy’s Home 2).

The snowy setting and gratuitous bloodbath recall the Coen brothers’ Midwestern masterpieces, especially Fargo, and while Emmy Rossum sports a fur cap and a can-do attitude as a small-town cop, she’s not doing the task of remaking his own 2014 revenge thriller, In Order of Disappearance, for American audiences, now titled Cold Pursuit. With Moland behind the wheel, he can ensure the preservation of the film’s dance of tone, which is bone-dry, ice-black, darkly violent and laugh-out-loud funny. Liam Neeson stars as Nels Coxman, an unassuming Colorado snow-plow driver avenging the death of his son at the hands of a ruthless Denver drug syndicate (and no, this is not the movie from the end of Daddy’s Home 2).

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Jonathan Glazer’s gangster drama Sexy Beast, but Cold Pursuit is entirely its own animal. Neeson does not stray far from the wounded-heart father routine he’s perfected since Taken, which has become cultural shorthand for ‘vengeful dad’. Part of the fun of Cold Pursuit is watching Nels maintain that earnest compposure as the world spins out of control around him, becoming increasingly more preposterous as he peels back layers of the crime organization in his small ski resort village of Kehoe. He plows through henchmen nicknamed Speedo and Santa and Limbo, trying in vain to discover who’s responsible, to lessen his grief.

The genius of Cold Pursuit lies largely in the supporting cast, who play the oddballs against the ramrod straight Citizen of the Year Nels. Tom Bateman is a breakout, snarling his cold, calculating control freak, and Nels leans into the absurdity of his character, drawing the most laughs but maintaining a shred of realism. Domenick Lombardozzi brings real mace to the role of one of Viking’s heavies, Mustang, while Tom Jackson offers another shade of fatherhood as White Bull, a Native American drug rival of Viking’s seeking revenge for his own son. When the three fathers collide, the results are explosive.

The plot is complex but the story is simple. It’s a tale of fathers and sons, of blood on the snow, and hearts black as ice. “A son for a son,” declares White Bull, and the story follows this notion to its bloodiest ends, as the body count piles up. The film asks you to accept the lost lives of the victims as some kind of sacrificial offering in the pursuit of justice for a son. Cold Pursuit doesn’t have the existential ponderings of the Coens, nor indulge too much in splashy outlandish pleasures of Tarantino. There are hat tips and head nods, but rather, the film boasts a bleakly nihilist Scandinavian outlook. One might wonder what if all means, but to ponder the questions of existence and morality in Kehoe is a fool’s errand. It’s almost a bit fun that Cold Pursuit creates a world in which we don’t have to let go of morality and convention for a couple of hours and delight in the darker side of life, where we can. – TNS

Oscars 2019 gets diverse line-up of presenters

Whoopi Goldberg, Awkwafina, Jennifer Lopez and Daniel Craig will be presenting the upcoming 91st Academy Awards. The Academy of Motion Picture Arts and Sciences has announced the first round of Oscars presenters, following accusations that it pressured actors to avoid presenting at other awards ceremonies before the ceremony later this month.

The first list of presenters includes Crazy Rich Asians stars Awkwafina and Constance Wu, former Golden Globes hosts Tina Fey and Amy Poehler, stars Brie Larson and Tessa Thompson.

The Oscars will presumably rely more heavily on presenters this year as the show is without a host for the first time in 30 years. The lack of host has put more pressure on securing high-profile presenters pressure that has allegedly translated into intimidation for actors to not appear at other awards ceremonies in the run up to the Oscars. In a statement last month, the Screen Actors Guild union, Sag-Aftra, claimed that an "extraordinary and unwarranted pressure" was being placed on their members to appear on stage at the Oscars without previously presenting at the Sag awards. The 91st Academy Awards will be held on February 24.

PRESENTERS: The first list of presenters for Oscars include Crazy Rich Asians stars Awkwafina and Constance Wu.
PBFD unveils investment projects for Pakistani expatriates

Pakistan Business Forum Doha (PBFD), in co-ordination with Ariane Real Estate, recently organised an event featuring a presentation about the investment project ‘Yasmeen City, Lusail,’ a dedicated multi-use district comprising of various residential buildings, commercial buildings, and hotels besides art schools and healthcare centre for around 18,000 people. The event was attended by Sheikh Suhaim bin Khalid bin Hamad al-Thani. Sheikh Sultan bin Jassim al-Thani along with Mohammed Hussain al-Ali also graced the occasion. Speaking on the occasion, the representative of Ariane Real Estate said that Yasmeen City will be a ‘Smart City’ with a fully integrated modern transport system. He explained that the sustainable Light Rail Transit links Yasmeen with the other districts across Lusail City along with the metro which provides connectivity to many destinations around Doha including Hamad International Airport.

Speaking on the occasion, Mohammad Idrees Anwar, President of PBFD, thanked Sheikh Suhaim bin Khalid bin Hamad al-Thani for considering Pakistani community as first amongst the prospective clients. Rashid Rafiq Butt, Co-ordinator of the event, announced that Pakistani community will get special discounted price on purchase of properties in Yasmeen City which will be handed over to the owners in a record completion time.

NIA Toastmasters Club wins Humorous Skit Competition

NIA Toastmasters Club recently won the Humorous Skit Competition, organised by Toastmasters Division A of District 116P under the leadership of Girish Jain, Division Director, at Olive International School. Some 8 Toastmasters Club from Qatar participated in the competition. NIA Toastmasters presented ‘Crazy 4’ starring Amita Dahoo, Rajeev Talwar, Kanwal Iqbal and Vivek Chaube. Rajeev Talwar and Kanwal Iqbal bagged the title for Best Performance Male and Female, respectively. The play was scripted and directed by Kris Dahoo and K P Murali. Rajeshwar Sundaresan, Director of District 116P, also attended the event.

Fawad Rana honoured

Pakistan Business Forum Doha (PBFD), a QFC registered company, recently organised an event to honour Fawad Rana, Pakistani businessman and franchise owner of Lahore Qalandars and Durban Qalandars and Managing Director of Qatar Lubricants Company (QALCO). Rana is also the founding member of PBFD. Mohammad Idrees Anwar, President of PBFD, handed over the shield to Rana in recognition of his contribution and services to the business sectors of Pakistan and Qatar.