Cover Story

Geoengineering

The real climate change controversy: Whether to engineer the planet in order to fix it. P2-3

Showbiz

The Curse of La Llorona tops Easter box office. Page 15

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Motivational speaker inspires professionals ‘to walk on fire’. Page 16
Scientists and policymakers are deeply divided over which forms of geoengineering deserve serious consideration – and when the world might want to use them, writes Julia Rosen.

In 1965, leading scientists of the day produced a report for President Lyndon B Johnson on the rampant pollution of the environment. It included a section that summed up their understanding of climate change. “Through his worldwide industrial civilisation, Man is unwittingly conducting a vast geo-physical experiment,” wrote longtime University of California, San Diego oceanographer Roger Revelle. “The climatic changes that may be produced,” he warned, “could be deleterious from the point of view of human beings.”

What Revelle suggested next kicked off a debate that continues to this day: Can humans avert the worst effects of climate change with a vast geoengineering experiment?

Revelle thought so. One solution, he proposed, would be to reflect more of the sun’s energy away from the Earth “by spreading very small reflecting particles” over large swaths of the ocean.

Over the intervening decades, the idea of geoengineering Earth’s climate has only grown more controversial. Most climate experts agree that the best way to keep global temperatures in check is to rapidly reduce emissions of carbon dioxide and other greenhouse gases by transitioning to clean energy sources. But scientists and policymakers are deeply divided over which forms of geoengineering also deserve serious consideration.

Imagine a nation that’s hit by drought or famine as a result of global warming and sees Solar Radiation Management as a possible solution. I think a politician from such a country would be hard-pressed to explain why they’re not doing it — Ken Caldeira, climate scientist

“Keep your eyes on the stars, and your feet on the ground.” — Theodore Roosevelt
The idea (that we should dare meddle with Earth's climate in such a fundamentally and unprecedented way) is incredibly scary

— Sikina Jinnah, Associate Professor of Politics at UC Santa Cruz

environmental philosopher at the University of Montana.

Future generations will have to live with the decision, too. Once humans start injecting aerosols into the atmosphere, they can't stop until greenhouse gases have stabilised at target levels. If they quit while CO2 concentrations are still too high, they'll be hit all at once with the warming SRM was covering up.

Whether it seems wise to consider such technologies depends in part on whether one believes the world will act fast to cut emissions — and if you don't, whether you see geoengineering and its possible consequences as a lesser evil than unabated climate suffering.

It also depends on whether you think we should dare meddle with Earth's climate in such a fundamental and unprecedented way.

The idea is "incredibly scary," said Jinnah, even for people like her who study SRM. "It kind of cuts to the heart of who we are on this planet and what our role is as human beings."

Of course, we already have changed Earth's climate. That was an accident — in the beginning, at least. But for some, it makes all the difference in the world.

— Los Angeles Times/TNS
Know your triggers for stress

The kids are screaming, the bills are due and the pile of papers on your desk is growing at an alarming pace. It’s undeniable, life is full of stress. Understanding the types and sources of stress, short term and long term, internal and external, is an important part of stress management. So what stresses you out?

Types of Stress:
Stress is your body’s reaction to the demands of the world. Stressors are events or conditions in your surroundings that may trigger stress. Your body responds to stressors differently depending on whether the stressor is new or short term, acute stress, or whether the stressor has been around for a longer time, chronic stress.

Acute stress:
Also known as the fight-or-flight response, acute stress is your body’s immediate reaction to a perceived threat, challenge or scare. The acute-stress response is immediate and intense, and in certain circumstances it can be thrilling. Examples of acute stressors include having a job interview or getting a speeding ticket.

A single episode of acute stress generally doesn’t cause problems for healthy people. However, severe acute stress can cause mental health problems, such as post-traumatic stress disorder. It can also cause physical difficulties such as tension headaches, stomach problems or serious health issues such as a heart attack.

Chronic stress:
Mild acute stress can actually be beneficial, it can spur you into action, motivate and energise you. The problem occurs when stressors pile up and stick around. This persistent stress can lead to health problems, such as headaches and insomnia. The chronic-stress response is more subtle than is the acute-stress response, but the effects may be longer lasting and more problematic.

Effective stress management involves identifying and managing both acute and chronic stress.

Know Your Stressors:
Effective stress management starts with identifying your sources of stress and developing strategies to manage them. One way to do this is to make a list of the situations, concerns or challenges that trigger your stress response. Take a moment to write down some of the top issues you’re facing right now. You’ll notice that some of your stressors are events that happen to you while others seem to originate from within.

External Exasperations:
External stressors are events and situations that happen to you. Some examples of external stressors include:

- Major life changes: These changes can be positive, such as a new marriage, a promotion or a new house. Or they can be negative, such as the death of a loved one or a divorce.

- Environment: The input from the world around us can be a source of stress. Consider how you react to sudden noises, such as a barking dog, or how you react to a bright sunlit room or a dark room.

- Unpredictable events: Out of the blue, unlimited houseguests arrive. Or you discover your rent has gone up or that your pay has been cut.

Workplace: Common stressors at work include an impossible workload, endless e-mails, urgent deadlines and a demanding boss.

Social: Meeting new people can be stressful. Just think about going on a blind date, and you probably start to sweat. Relationships with family often spawn stress as well. Just think back to your last fight with your partner or child.

Strategies to manage external stressors include lifestyle factors such as eating a healthy diet, being physically active and getting enough sleep, which help boost your resilience.

Strategies to manage external stressors include lifestyle factors such as eating a healthy diet, being physically active and getting enough sleep, which help boost your resilience.

Internal Irritations:
Not all stress stems from things that happen to you. Much of our stress response is self-induced. Those feelings and thoughts that pop into your head and cause you unrest are known as internal stressors. Examples of internal stressors include:

- Fears: Common ones include fear of failure, fear of public speaking and fear of flying.

- Uncertainty and lack of control: Few people enjoy not knowing or not being able to control what might happen. Think about how you might react when waiting for the results of a medical test.

- The good news is that we have the ability to control our thoughts. The bad news is that our fears, attitudes and expectations have been our companions for a long time and it often takes some effort to change them. Strategies to manage internal stressors include reframing your thoughts and choosing a positive mindset, challenging negative thoughts, using relaxation techniques, and talking with a trusted friend or counsellor.

Take the first step:
Recognising a problem is the first step toward solving it. By beginning to identify and understand the sources of your stress, you’ve taken the first step in learning to better manage it. Manage it, not eliminate it. Stress is a fact of life. And that’s OK. You can learn ways to handle it.

- Mayo Clinic News Network
Mediterranean diet prevents overeating

Can’t stop overeating? Adopt a Mediterranean diet as it not only deters overeating but also protects against obesity and liver diseases, suggests a new study.

In the study, published in the journal Obesity, the researchers from Wake Forest School of Medicine, US compared the effects of a Mediterranean diet with those of a Western diet in non-human primates.

“By comparison, the animals on a Western diet ate far more than they needed and gained weight,” said Carolin A. Shively, Professor of pathology at the varsity.

The researchers found that the animals, following a Mediterranean diet, chose not to eat all the food available to them, which meant they maintained a lower body weight.

“What we found was that the group on the Mediterranean diet actually ate fewer calories, had lower body weight, and had less body fat than those on the Western diet,” Shively added.

The researchers said Western diet was developed by companies that want customers to overconsume their food. “The Western diet was developed and promoted by companies who want us to eat their food, so they make it hyper-palatable, meaning it hits all our buttons so we overconsume,” Shively said.

The study also found that Mediterranean diet protects against fatty liver disease, known as NAFLD, which is associated with obesity and can cause cirrhosis of the liver and liver cancer.

For the study, the researchers included 38 middle-aged non-human female primates, who were randomised to either the Mediterranean or Western diet for about 9 years.

Smartphone game can help detect Alzheimer’s risk

A specially designed smartphone game can detect people at the risk of developing Alzheimer’s, say researchers.

The game called Sea Hero Quest, downloaded and played by over 4.3 million people worldwide, helped researchers from the University of East Anglia (UEA) better understand dementia by seeing how the brain works in relation to spatial navigation.

The game has been developed by Deutsche Telekom in partnership with Alzheimer’s Research UK, University College London (UCL) and the University of East Anglia.

“Dementia will affect 135 million people worldwide by 2050. We need to identify people to reduce their risk of developing dementia,” said Lead researcher Professor Michael Hornberger from UEA’s Norwich Medical School.

As players made their way through mazes of islands and icebergs, the research team translated every 0.5 seconds of gameplay into scientific data. The team studied how people who are genetically pre-disposed to Alzheimer’s play the game compared with those who are not.

The results, published in the journal PNAS, showed people genetically at risk of developing Alzheimer’s can be distinguished from those who are not on specific levels of the Sea Hero Quest game.

“The findings are particularly important because a standard memory and thinking test cannot distinguish between the risk and non-risk groups. “Our findings show we can reliably detect such subtle navigation changes in at-risk individuals,” said Hornberger.

The team studied gaming data from 27,108 UK players, aged 50-75 years and the most vulnerable age-group to develop Alzheimer’s in the next decade.

They compared this benchmark data with a smaller lab-based group of 60 people who underwent genetic testing.

Drugs show promise in stroke, dementia prevention

Two drugs, in use for treating heart disease and angina, have shown promise in an early trial in preventing stroke and dementia caused by damage to small blood vessels in the brain.

The drugs, clostrazol and isosorbide mononitrate, were tested in a group of patients in Britain. The results published in the journal EclinicalMedicine showed that patients tolerated the drugs, with no serious side-effects, even when they were given in full doses or in combination with other medicines.

“The results of this trial show promise for treating a common cause of stroke and the most common cause of vascular dementia, since currently there are no effective treatments. Further trials are underway,” said lead researcher Joanna Wardlaw, Professor at University of Edinburgh in Britain.

Damage to small blood vessels in brain is responsible for around a quarter of strokes. It is also a common cause of memory problems and dementia. At present, the only way to reduce risk of the disease is by controlling blood pressure and cholesterol, stopping smoking and managing symptoms of diabetes.

For the study, researchers recruited 57 patients who had experienced stroke caused by damaged small blood vessels, known as a lacunar stroke.

They took the two medicines either individually or in combination for up to nine weeks, in addition to usual treatments aimed at preventing further strokes.

They completed health questionnaires and had regular blood pressure checks, blood tests and brain scans. The findings suggest the drugs are safe for use in stroke patients, taken alone or in combination, at least in the short term.

There were also signs that the treatment helped improve blood vessel function in the arms and brain, and may improve thinking skills, but researchers stressed further studies to test this.

Experts believe the findings pave the way for larger studies to check if the treatment can prevent brain damage and reduce risk of stroke and vascular dementia. A larger study, called LACI-2, is underway, said a statement from University of Edinburgh.

PROTECTION:
Mediterranean diet protects against fatty liver disease, known as NAFLD, which is associated with obesity and can cause cirrhosis of the liver and liver cancer.
Satay, easy to make street food

Last week, I went to a Thai restaurant and tried some Phad Thai noodles and Satay. That inspired me to pen down this week’s article and share some insights about this easy to make street food at home. If you have never tried making Satay at home, you are really missing out. The chicken has so much flavour and is extremely tender. Best of all it is served with a creamy peanut dipping sauce. The peanut sauce is sweet with a hint of spiciness by adding siracha. The recipe is simple and easy to make and does not take much time.

The impulse to grill skewered ingredients is one that cooks in many parts of the world share from Japan, where small pieces of chicken and other ingredients are threaded onto sticks for yakitori, to Greece where large succulent chunks of lamb are grilled on metal skewers. In Middle East, kebabs are often made with meat that’s been minced and seasoned and in the case of Lebanese Kofta. The mincing distributes dried mint, cinnamon and other seasonings throughout each bite. Turkish cooks prepare shish kebabs by marinating cubes of lamb with cumin and other seasonings. Kebabs in India tend to be big and generously embellished, with butter, spices and heavy cream, which enriches the meat and prevents it from drying out on the grill. The ground meat is pressed along the length of a metal skewer and served with flatbread and green mint and coriander chutney.

Satay is a part of Malaysian-Chinese Cuisine that originated in Java, Indonesia. It has been recognised as the national food of Indonesia and is widely available throughout the country. It is also well recognised and applauded in South East Asia which includes Malaysia, Brunei, Singapore, Thailand and Philippines along with Netherlands. Since Indonesia was once a Dutch colony, Satay is inspired by Kebab, widely famous in the Arab and Middle Eastern traditional cuisine along with regions that coincide. After the influx of Arabs in Java, satay started to be made and became famous. Arabs have great inclination towards the consumption of Kebabs and they relish it almost with every meal. During my Singapore visit few years back I enjoyed freshly made satay in some of the best-known places for satay, like the Malay market, where they prepare it in front of you. Often excellent satay is not purchased in restaurants but directly from food stalls, which are found in abundance in places like Singapore, Malaysia and Indonesia and Thailand. Satay is not only popular in South East Asia but is very popular in Holland, because Holland occupied parts of Indonesia in the 17th century through the early 19th century. Netherlands brought home this fabulous dish and many more Indonesia specialities, which has influenced Holland’s cuisine to this day.

Satay is the quintessence of fast food in south East Asia. You’ll find it sizzling over hot charcoal throughout the day and night at markets, in busy hawker stalls or offered by mobile vendors who prepare it to order. There are many versions of Satay, it can be beef, lamb, chicken, shrimp or even vegetarian version. The version available depends on your location. In Coastal areas, you find amazing variety of seafood satay.

This recipe is very easy to make and takes only 15 minutes or prep time. Combine all the ingredients into a large zip-lock bag and allow to marinate for at least four hours or overnight. When you’re ready to eat, grill the chicken and whip up the peanut dipping sauce.

**Thai Chicken Satay**

**Ingredients**

- Chicken breast or thigh 2 lb
- Coconut milk 1/2 cup
- Garlic minced 4-5 cloves
- Ginger minced 1 tsp
- Fish Sauce 1 tsp
- Red curry paste 1 tsp
- Brown sugar 2 tsp
- Soy sauce 3 tbsp
- Turmeric powder 1/2 tsp
- Cumin powder 1/2 tsp
- Cilantro chopped 1 tbsp

**For Garnish**

- Cilantro leaves for garnish
- Lemon wedges to garnish

**For Peanut Dipping Sauce**

- Creamy peanut butter 1/2 cup
- Garlic minced 4-6 cloves
- Ginger minced 1 tsp
- Soy sauce 1 tbsp
- Brown sugar 1 tsp
- Lime juice 2 tsp
- Sesame oil 1 tsp
- Red curry paste 1 tsp
- Sriracha sauce 1 tsp
- Water 2 tbsp

**Method:**

Prep all the required ingredients in a large zip lock bag.

1. Marinate the chicken in the prepared marination and refrigerate for four hours or preferably overnight.
2. Pre-heat the grill by heating on medium heat.
3. Thread the chicken pieces onto the skewer and place on the pre-heated grill.
4. Cook for 4-5 minutes on each side, till the chicken is cooked well.
5. In a blender, add all the listed ingredients for the peanut butter.
6. Blend these ingredients in water for 30 minutes before you add all the ingredients. This will make the peanut butter for the peanut dipping sauce.

Serve hot with peanut dipping sauce.

**For Garnish**

- Cilantro chopped 1 tbsp
- Cumin powder ½ tsp
- Turmeric powder ½ tsp
- Soy sauce 3 tbsp
- Red curry paste 1 tbsp
- Ginger minced 1 tbsp
- Garlic minced 4-5 cloves
- Coconut milk ½ cup

**Serves 4**

**Photo by the author**
IIS marks Earth Day

The Junior Section of Ideal Indian School (IIS) recently organised various activities to mark Earth Day. A skit on ‘Protection of Animals and Go Green’ was presented in the morning assembly, which was followed by a group song and a fancy dress competition. The theme of the dress competition was ‘Save animals, save life, changing technology and healthy lifestyle’. A fashion show and an art exhibition was also a part of the event. The students used reusable and recyclable materials, including newspapers and ice cream sticks for art installations. Guides of IIS created a campaign to create awareness about ‘Girls Go Green’ project about conservation and natural resources. A presentation and exhibition about indoor plants was also organised.

MES celebrates World Earth Day

MES Indian School recently celebrated World Earth Day to promote and demonstrate environmental awareness and calls for the protection of our planet. A section wise special assembly was conducted in which students displayed posters, pictures and carried the model of Earth and trees to highlight the responsibilities and commitment in protecting the world environment. Students delivered speeches highlighting the need to work together to take care of the planet. Hameeda Kadar, Principal of MES, highlighted the importance of our role in protecting Mother Earth.
Governing Carbon Dioxide

Fertilising ocean ecosystems to accelerate phytoplankton growth, which partly sinks to transport carbon from atmosphere to seabed.

Enhancing natural weathering of rocks by extracting, grinding, and dispersing carbon-binding minerals on land, or adding alkaline minerals to the ocean to increase carbon uptake.

Planting forests and restoring ecosystems, for long-term carbon storage in above- and below-ground biomass.

Using chemicals to capture CO₂ from ambient air or permanently sequester the CO₂.
Oxide Removal

Shared Governance Challenges include:

- Measurement and reporting;
- Speed/scale issues;
- Potential public concerns, including transparency of information, accountability, involvement in decisions;
- Liability and compensation.

Specific Governance Challenges include:

1. Managing the competition for land use and related impacts on the SDGs at domestic and transboundary levels;
2. Managing risks and potential implications for biodiversity;
3. Addressing permanence of CO₂ isolated from atmosphere;
4. High costs — land use, capital, deployment, energy — mean policy signals, e.g., price on carbon or other regulation, are needed.

C2G2
Carnegie Climate Geoengineering Governance Initiative

c2g2.net | contact@c2g2.net
YOUR CHANCE TO BE IN THE FRAME

Here’s your chance to let the world know of your skills and create a buzz. The published images will appear on both our Instagram page (@communitygt) as well as this coveted space. Community invites photographers to let their pictures speak the proverbial thousand words! E-mail your contributions with your full name, contact details and complete description of the images to qatarcommunity@gmail.com

A trip to Abu Dhalouf Park

Tranquil, sandy stretch near a landscaped park with a playground, grassy lawns and a paved promenade – these are some of the features of the Abu Dhalouf Park.

This beautiful park of Qatar lies on the lip of the sea in the northern town of Ruwais. The area is generally known for many historical sites nearby, as it falls in the district of Shamal area. The Abu Dhalouf Park has playgrounds, space for barbecue, beaches, mosques etc., so it comes with a variety of activities that you and your family can enjoy, especially on the weekend.

The refreshing scenery as well as the fresh air, away from the hustle and bustle of city life, can be a source of rejuvenation for the young as well as the adult members of your family.

If you can’t decide between a quick swim, a stroll in the park or a quick bite of a barbecue, you can always hop on a boat ride at Abu Dhalouf Park!

— Photos and text by Labeeb, @LABEEBPHOTOGRAPHY
POOCH CAFFE
By Paul Gilligan

Watching in slow motion, we can observe that the drinking techniques of cats and dogs are quite different.

A cat’s tongue forms into the shape of a J, and pulls a column of liquid upward with inertia.

While the dog’s tongue forms into a bulbous, bumpy shape as it enters the water.

And as it withdraws, the shape changes until it almost looks a bit like a small dog.

And then it reshapes further, as if the dog is bending forward, looking almost as if it’s mooning the observer.

BOUND & GAGGED
By Dana Summers

Can you identify the man you saw dangling through the bank’s ceiling?
**Super Cryptic Clues**

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<td>1. Bright visitors arrive by backstreet (6)</td>
<td>1. Bird is able to appear on railway (6)</td>
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<td>2. Moorland leather? (7)</td>
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<td>3. Health food (5)</td>
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<td>6. Weariness produced by an outspoken nuisance (5)</td>
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<td>13. In Bangkok a pig is a wild animal (5)</td>
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<td>14. Severely criticised, as a roof may be (6)</td>
<td>8. Tan gloves designed in an American city (9)</td>
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<td>9. Foreign article includes outspoken nuisance (5)</td>
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<td>17. Game insect (7)</td>
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<td>19. Representative getting letters from city pal (7)</td>
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<td>20. Exhausted writer found in street (5)</td>
<td>14. Severely criticised, as a roof may be (6)</td>
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<td>21. Transform sauce, perhaps, with kitchen blender (7)</td>
<td>15. Game insect (7)</td>
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<td>22. Mark is not in river (6)</td>
<td>16. Severely criticised, as a roof may be (6)</td>
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<tr>
<td>23. Running in a derby, sounded like an ass (6)</td>
<td>17. Game insect (7)</td>
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**Yesterday’s Solution**

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  T           A          K        O        F        R
  H           O            L       B          O        W
  E           S               H     O
  N           A               L       R
  T           A               N       H
  E           S               O       B
  R           U            Q        I
  V           E               T        A
  E           B          A          O
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**Sudoku**

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</tbody>
</table>
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**Wordwatch**

**pandect**

(PAN-dekt)

**MEANING:**

1. A complete body of the laws of a country, organisation, etc.
2. A comprehensive treatise on a subject.

**ETYMOLOGY:**

From Latin pandectes (encyclopedia), from Greek pandektes (all-receiving), from pan- (all) + dekes (receiver); from dekhetai (to receive). Ultimately from Indo-European root dek- (to receive). Ultimately from Indo-European root dek- (to receive).

**Adonis**

(uh-DAHN-eez, uh-DOH-neez)

**MEANING:**

noun: An exceptionally handsome young man.

**ETYMOLOGY:**

After Adonis, a strikingly handsome youth in Greek mythology. Earliest documented use: 1571.

**Notes:**

Adonis has a verb coined after him as well, adonize (to make more attractive), though he has nothing to do with anointing.

**Usage:**

“New to the Big Apple, the last thing Lexie Bloom needs is to fall for two guys at once. Especially when she can’t have either. One is her personal trainer, an Adonis way out of her league. The other? A Brit Lit professor her svelte boss insists she woo for her – via text message, no less. Little does she know, the two are the same man.”

**fortean**

(FOR-tee-uhn)

**MEANING:**

adjective: Relating to paranormal phenomena.

**ETYMOLOGY:**


**Notes:**

Charles Hoy Fort once wrote, “I believe nothing of my own that I have ever written.” That’s all you need to know about the paranormal phenomena.

**Usage:**

“[Participants] will learn about legendary hauntings, local fortean folklore, and recent accounts of paranormal activity in the city.”

— wordsmith.org

**The Mall Cinema (1):**

Avengers: Endgame (2D) 2pm; Avengers: Endgame (2D) 5pm; Avengers: Endgame (2D) 8pm; Avengers: Endgame (2D) 11:15pm.

**The Mall Cinema (2):**

Avengers: Endgame (2D) 2pm; Avengers: Endgame (2D) 5pm; Avengers: Endgame (2D) 8pm; Avengers: Endgame (2D) 11:15pm.

**The Mall Cinema (3):**

Strike (2D) 2pm; Missing Link (2D) 3:45pm; Strike (2D) 5:30pm; Layl Khariji (Arabic) 7:15pm; Athiran (Malayalam) 9pm; Oru Yamandan Premakadha (Malayalam) 11:30pm.

**Landmark Cinema (1):**

Avengers: Endgame (2D) 7:30pm; Avengers: Endgame (2D) 10pm; Avengers: Endgame (2D) 11pm; Avengers: Endgame (2D) 2:15pm.

**Landmark Cinema (2):**

Avengers: Endgame (2D) 2:15pm; Avengers: Endgame (2D) 4:45pm; Layl Khariji (Arabic) 6:30pm; Oru Yamandan Premakadha (Malayalam) 8:15pm; Kanchana 3 (Tamil) 11:15pm.

**Landmark Cinema (3):**

Oru Yamandan Premakadha (Malayalam) 6:30pm; Oru Yamandan Premakadha (Malayalam) 8:15pm; Athiran (Malayalam) 11:30pm.

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

Avengers: Endgame (3D) 4:15pm; Avengers: Endgame (2D) 7:30pm; Avengers: Endgame (2D) 11pm.

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

Kanchana 3 (Tamil) 2pm; Avengers: Endgame (2D) 5pm; Avengers: Endgame (2D) 8:15pm; Athiran (Malayalam) 11:30pm.

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

Athiran (Malayalam) 2:15pm; Strike (2D) 4:45pm; Oru Yamandan Premakadha (Malayalam) 6:30pm; Layl Khariji - Arabic (2D) 9:30pm; Boar (2D) 11:30pm.
A happy wife secret to longer and healthier life

If your wife is a cheerful person? If yes, then you are more likely to lead a healthier and longer life as compared to those who have less happy partners, reveals a new study.

The study, published in the journal Psychological Science, suggests that having a happy spouse not only leads to a longer marriage but also a longer and healthier life.

“The data shows that spousal life satisfaction was associated with mortality, regardless of individuals’ socioeconomic and demographic characteristics, or their physical health status,” said study author Olga Stavrova, a researcher at Tilburg University in the Netherlands.

For the study, the researchers studied about 4,400 US couples, aged over 50. They observed that spouses’ life satisfaction was an even better predictor of participants’ mortality than participants’ own life satisfaction. “The findings underscore the role of individuals’ immediate social environment in their health outcomes. Most importantly, it has the potential to extend our understanding of what makes up individuals’ ‘social environment’ by including the personality and well-being of individuals’ close ones,” said Stavrova.

The researchers pointed out that a partner’s life satisfaction may have important consequences for health and longevity.

“If your partner is depressed and wants to spend the evening eating chips in front of the TV — that’s how your evening will probably end up looking, as well.”

The study’s findings showed that greater partner life satisfaction was linked to participants’ lower mortality risk. — IANS

**Community**

**ARIES**

March 21 — April 19

A friend may ask to borrow some money today, Aries. You may feel that he or she is asking for more than is really needed, and certainly more than you’re willing to give. You might think this puts you in an awkward position. Try to talk to your friend and explain your situation. If you have to say no, just say it. A real friend will understand and look elsewhere for the money.

**TAURUS**

April 20 — May 20

Some of your job responsibilities are too much for one person and they might weigh you down today. The pile of work seems to get steadily bigger no matter what you do. Delegate if you can. Put the least urgent tasks aside and work your way steadily. Your employer may or may not expect too much of you, but you’re entitled to your sanity no matter what.

**CANCER**

June 21 — July 22

A business enterprise with a friend might seem a little shaky today. Cancer. You could alternate between enthusiasm and gloom regarding this project. It’s probably a good one and could lead to the success you want. Don’t make any negative judgments about its future based on what happens today. All should be progressing again within a few days. Hang in there!

**Leo**

July 23 — August 22

A business deal that you may have been working to finish could require you to tie up a lot of loose ends today, Leo. You might be pulled in a lot of different directions. Don’t panic! Get some help if you can. Make a list of what you have to do and cross each task off as it’s completed. Stay focused and all should go well. You will achieve the results you want.

**Libra**

September 23 – October 22

If you’ve been thinking about investing, Libra, this isn’t the day to commit to anything. This is a great day to consider your options, study economic trends, and analysis what you want from investing. It isn’t a good day to hand over the money. Land could be a strong possibility. Consult with professionals, read the papers, and look into all kinds of opportunities before committing to one.

**Scorpio**

October 23 – November 21

Working at home could be difficult today, especially if you’re finalising a business deal, Scorpio. Other household members will be coming and going, slamming doors, asking questions, bringing their friends in. If you’re doing household chores, forget it for now and return to it when it’s quieter. If you’re approaching a deadline, close the door and tell others to leave you alone for a while.

**Sagittarius**

November 22 — December 21

Today you might feel the urge to get unfinished work done, Sagittarius. You could suddenly be in a frenzy to work quickly but perhaps not as conscientiously as you should. You may spend a lot of time going through paperwork and discarding what’s outdated. It might be a better idea to slow down a little and look closely at what you’re doing. You won’t want to throw out something you may need later.

**Aquarius**

January 20 – February 18

Too many people may be vying for your attention today, Aquarius, both at work and home. You will want to make them all happy, so you may feel a little frazzled. Your temper might also be on edge. It would be better to put off the less urgent demands than work yourself into a frenzy. Those who matter would rather have you enjoy life than tire yourself out for their sake.

**Pisces**

February 19 – March 20

Communications coming your way today may be more plentiful than usual, Pisces. You could receive lots of confusing phone calls. At first you will be excited by the mailbox full of letters, but then you’ll find that some are junk while others are addressed to people you’ve never heard of. Hang in there. This tendency should pass by tomorrow!
The Curse of La Llorona to see Easter box office

By Sonaiya Kelley

Despite the Easter holiday, moviegoers are just biding their time until next week’s release of Disney’s Avengers: Endgame promises to smash box-office records.

In the meantime, the $25.8 million opening of Warner Bros.’ The Curse of La Llorona dominated the worst Easter box-office weekend in almost 15 years, with a total gross for all films of $110.8 million, according to estimates from measurement firm Comscore.

La Llorona unseated the studio’s Shazam! from the top spot. The supernatural thriller is based on Mexican folklore about “the weeping woman,” a spirit who lost her children and haunts those she encounters.

The $9 million-budget movie earned mixed reviews with a B-minus rating on review aggregation site Rotten Tomatoes.

Shazam! added $17.3 million in its third weekend for a cumulative $213.1 million.

In third place, Fox’s faith-based film Breakthrough opened with $11.1 million over the weekend and $14.6 million since its release last Wednesday.

The $14 million film stars This Is Us actress Chrissy Metz as a mother who struggles to cope following her adopted son’s near-death experience. NBA star Stephen Curry executive produced the picture, which earned an A CinemaScore and a 94 percent “fresh” rating on Rotten Tomatoes.

At No. 4, Disney’s Captain Marvel earned $9.3 million in its seventh weekend (a 6 percent increase in advance of Endgame) for a cumulative $400 million. Globally, the film earned $135.6 million for a cumulative global gross of over $1 billion.

Rounding out the top five, Universal’s Little added $8.4 million in its second weekend for a cumulative $24.9 million.

Now this week is Disney’s Shazam! sequel, the live-action adaptation of the DC Comics character. Shazam! is set for a $40-$50 million opening. — Los Angeles Times/TNS

COMPLIMENT: Tiger Shroff teamed up with Alia Bhatt for a song on Student of the Year 2. On matching up to Tiger’s dance level, Ananya says: “We did not try to match up with him, though it is impossible. So, we tried to focus on moves, those ‘latkas’ and ‘jhatkas’.”

Working with Alia was amazing: Tiger Shroff

Actor Tiger Shroff has teamed up with actress Alia Bhatt for a song from his upcoming film Student of the Year 2. He says he had a great time working with the “big star”.

“We had so much fun shooting the song. Personally, I have never done a dance number like that…working with Alia was an amazing experience. Though she is such a big star, she was open and co-operative on set while shooting the song,” Tiger told the media here on Wednesday.

“She is better than me in this one,” added the actor, known for his dancing skills.

Tiger was present here along with the film’s director Punit Malhotra, and his co-actors Tara Sutaria and Ananya Panday for the launch of the song Mumbai Dilli Di Kudiyan.

Choreographed by Remo D’Souza, the song’s video features Tiger, Tara and Ananya. The video projects a fun equation between the three actors. How did the director manage to give them equal screen time?

Malhotra quipped: “Whoever reached for shooting early, got more footage in the song.”

For a per-screen average of $20.079. Bleeker Street’s Tenet Spirit expanded into 696 locations (up from four), earning $205,536 for a dismal per-screen average of $360 and a cumulative $305,536.

Neon’s Aretha Franklin documentary, Amazing Grace, expanded into 188 locations in its third weekend with $951,642 for a per-screen average of $5,147 and a cumulative $1.3 million.

Gunnpowder & Sky’s Her Smell expanded into 24 locations (up from three), earning $64,746 for a per-screen average of $2,684 and a cumulative $117,577. This week, Disney opens the highly anticipated Avengers: Endgame with no competition from other studios.

— Los Angeles Times/TNS
Famous motivational speaker inspires professionals ‘to walk on fire’

By Mudassir Raja

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ife is not meant merely for one to survive. It is actually meant to thrive with a mission and passion. To thrive and to achieve a certain goal, one must challenge one’s abilities and need to go beyond one’s ordinary capacities.

To do so, we need to have constant motivation and inspiration in one way or another. One such way is to get advice from professional motivational speakers.

In this connection, Inspire Training Academy, one of the premier professional training institutes in Doha, recently organised an inspiration workshop titled ‘Go Beyond With Priya Kumar’. The workshop was meant to provide motivation and inspiration for professionals from different sectors of Qatar.

Priya Kumar is an internationally acclaimed motivational speaker and the bestselling author of 10 inspirational books. In her 24-year-long journey with motivational speaking, she has worked with over 2,000 multinational corporates across 46 countries and has touched over 3 million people through her workshops and books, and is the only woman speaker in India to have done so. She is the only Indian author who has won 31 international awards for her books.

The workshop was a day filled with inspiration, passion, motivation and humour at Al Wajba Ballroom, Intercontinental Hotel and Residences. The workshop by the most sought-after personality brought together representatives from different industries of Qatar, ranging from educational institutions, banks, shipping companies, entrepreneurs and businesses.

The host, Inspire Training Academy, has state-of-the-art training facility. The academy carries the expertise to design, develop and deliver courses with their professionalism, passion and love for education.

Prominent among those who attended the workshop were Sheikh Fahad bin Hamad Jassem Bin Jabor al-Thani, National Tourism Council representative; Ashad Ahmed, Ambassador of Bangladesh to Qatar; Surinder Bhagat, First Secretary (Political & Commerce) Embassy of India; Dr. Sameer Moopen, CEO Aster DM Healthcare; and Dr. R. Seetharaman, CEO Doha Bank. The prominent figures also addressed the gathering during the workshop. As many as 150 people attended the workshop. The audience termed the workshop one of its kind to be held for the first time in Qatar.

Priya, known for her unique style, kept the audience engaged and motivated, helping them align her story-telling approach to their vision as professionals.

The audience was driven by the motivational speech to outperform themselves. Priya’s power talk covered topics like ‘Start Small – Think Big’, ‘Challenges to Opportunities’, and ‘Commitment to Deliver’. The workshop went hand in hand with experiential activities like board breaking and the most unique and inconceivable – ‘Fire Walk’.

‘Fire Walk’ – Priya’s experiential USP (unique selling point) – made the workshop extra special. She said: “Come and walk on fire with me. I have been doing the ‘fire’ work for 20 years now. While some believe it is a symbol of spiritual transformation and mind over matter; for me, it is an analogy that the past does not equal the future.”

– Priya Kumar, motivational speaker

The audience extra special. She said: “Come and walk on fire with me. I have been doing the ‘fire’ work for 20 years now. While some believe it is a symbol of spiritual transformation and mind over matter; for me, it is an analogy that the past does not equal the future. You may have been burnt with fire before. You may have been hurt before. You may have failed before. But, do not allow that past failure or that past accident to set the benchmark for your future and destroy it. Because, if you can take one step forward in seeing the difference between that failure, that heartbreak and the reality that stands before you today, holding an opportunity to change your life. Now, that is an awakening that fire walk (where fire is a positive energy) promises. ‘Do not believe what I say. Believe what you see. See for yourself that this fire does not have a connection with your past burns that this fire does not sell ruins. It invites celebration. Let this be an example that the past does not equal the future because a person who can distinguish his past from the present is a person who is on his way to conquer the future,’ Priya said. Speaking on behalf of Inspire Training Academy, its director of Sales & Marketing Minal Saluja said that the academy would continue to evolve with new training and learning methods through the partnerships. She thanked all the participants, guests and the sponsors for making the workshop a successful event.

Workshop: Priya Kumar, an internationally acclaimed motivational speaker and bestselling author of 10 inspirational books, covered topics such as ‘Start Small – Think Big’, ‘Challenges to Opportunities’, and ‘Commitment to Deliver’ during the workshop.

Challenge: Participants take part in the board breaking activity.