Why Diane Keaton cares more about Instagram than Hollywood. P4-5

Showbiz
Tara is not upset with mixed reviews for SOTY 2.
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Psychological effects of fasting.
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YOUR PAGE, YOUR STAGE!
There’s probably a photographer hidden in each of us, looking out for a platform. Community invites you to grab your chance and send your contributions with contact details and complete description of the images to qatarcommunity@gmail.com

– PHOTO ESSAY, Page 10
Uyare

**DIRECTION:** Manu Ashokan  
**CAST:** Parvathy, Tovino Thomas, Asif Ali  
**SYNOPSIS:** Pallavi, a strong-willed woman who has always aspired to become a pilot. How she gets back on her feet through sheer resilience after being beset by a series of personal crises forms the crux of the film.  
**THEATRES:** The Mall, Landmark, Royal Plaza

Avengers: Endgame

**DIRECTION:** Anthony Russo, Joe Russo  
**CAST:** Brie Larson, Winston Duke, Karen Gillan  
**SYNOPSIS:** With the help of remaining allies, the Avengers assemble once more in order to undo Thanos’ actions and restore order to the universe. Adrift in space with no food or water, Tony Stark sends a message to Pepper Potts as his oxygen supply starts to dwindle. Meanwhile, the remaining Avengers, Thor, Black Widow, Captain America and Bruce Banner, must figure out a way to bring back their vanquished allies for an epic showdown with Thanos, the evil who decimated the planet and the universe.  
**THEATRES:** The Mall, Royal Plaza, Landmark

**PRAYER TIME**

<table>
<thead>
<tr>
<th>Prayer</th>
<th>Time</th>
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<tr>
<td>Fajr</td>
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<tr>
<td>Shorooq</td>
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<td>Zuhr (noon)</td>
<td>11.32am</td>
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<td>Az (afternoon)</td>
<td>2.50pm</td>
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<td>Maghreb</td>
<td>6.13pm</td>
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<tr>
<td>Isha (night)</td>
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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: 44508111, 44406537
- Mowasalat Taxi: 44588888
- Qatar Airways: 44490000
- Hamad Medical Corporation: 44392222, 44393333
- Qatar General Electricity and Water Corporation: 44845555, 44845464
- Primary Health Care Corporation: 44593333, 44593363
- Qatar Assistive Technology Centre: 44594050
- Qatar News Agency: 44490205, 44490333
- 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, 40253365, 40253366
  - Hamad Medical Corporation: 40253364, 40253365
  - Qatar Airways: 40253374

**THEATRES**

**The Mall Cinema (1):**  
Uyare (Malayalam) 2:30pm; Maharshi (Telugu) 8:15pm; Kee (Tamil) 11:30pm.  
**The Mall Cinema (2):**  
Student of the Year 2 (Hindi) 2:30pm; Student of the Year 2 (Hindi) 8:15pm; Ayogya (Tamil) 11pm.  
**The Mall Cinema (3):**  
100 (Tamil) 2:30pm; Avengers: Endgame (2D) 8:30pm; Uyare (Malayalam) 11:30pm.  
**Landmark Cinema (1):**  
Uyare (Malayalam) 3pm; Avengers: Endgame (2D) 8:15pm; Uyare (Malayalam) 11:30pm.

**Cinema Palace (1):**  
Student of the Year 2 (Hindi) 2:30pm; Maharshi (Telugu) 8:15pm; Student of the Year 2 (Hindi) 11:30pm.  
**Royal Plaza Cinema Palace (2):**  
Avengers: Endgame (2D) 2:15pm; Uyare (Malayalam) 9pm; Ayogya (Tamil) 11:15pm.  
**Royal Plaza Cinema Palace (3):**  
100 (Tamil) 2:15pm; Avengers: Endgame (2D) 8:15pm; Uyare (Malayalam) 11:30pm.

**Quote Unquote**

“All you need is the plan, the road map, and the courage to press on to your destination.”  
— Earl Nightingale
EVENTS

India to Qatar – Symbiosis of Cultures
WHERE: FBQ Museum
WHEN: Ongoing till July 31
Under the context of cultural exchange, FBQ Museum brings together the treasures of the museum owned collection in order to promote mutual understanding, recognition and appreciation between Qatar and India. Composed of five main topics, including community, trade, arts, food and incense, the exhibition takes one on a journey to explore the rich and diverse Indian cultures, the long historic links between Qatar and India, and cultural similarities between Qatar and India.

Sunset Desert Safari with Iftar
WHERE: Sealine Beach
WHEN: Ongoing
TIME: 2pm – 10pm
Enjoy a day out in the relaxing singing sand dunes of Mesaieed along with a thrilling dune bashing experience. This 8-hour getaway takes you all the way to the breath-taking inland sea beach aka Khor Al Adaid to watch the Sunset. Break your fast with lavish Iftar at the resort. Only for QR280 per person.

Summer Camp for Special Needs
WHERE: Step by Step Centre for Special Needs
WHEN: June 30 – August 1
TIME: 8:00am – 12:30pm
During this time, all therapists and teachers will be working together, running individual, peer and group sessions within classes. The children will continue learning age-appropriate concepts, work on social skills, life skills training, arts and crafts, music, and fun activities such as water play.

PLEASE UNDERSTAND ME! – A Parent–Child Workshop
WHERE: Inspire Training Academy, C–Ring Road
WHEN: May 18
TIME: 3:30pm – 7pm
Right Track presents ‘PLEASE UNDERSTAND ME!’ - a unique parent-child workshop aimed at helping you create a deeper bond with your child by understand his/her motivators and stressors, preferred learning styles and multiple intelligences. Early bird registration closes on May 15.

Artistic Gymnastic Classes
WHERE: Qatar Academy Msheireb
WHEN: Ongoing
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.

Career Guidance
WHERE: Right Track Consultants, Al Sadd
WHEN: Sunday – Thursday
TIME: 6pm – 8pm
Career guidance for course, country, college and entrance for students of Grade IX–XII, of all curriculum. Career assessments administered for stream preference, career test, branch preference, personality, multiple intelligence and learning styles and productivity. For more information, 55448835.

(Includes Iftar boxes for fasting participants).

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Embrace the essence of family and friendship, united by the finest culinary treats of Ramadan at Almas Ramadan Tent, distinctively designed to cherish unique and memorable moments.

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ramadandesk.ccrd@rotana.com or call +974 4445 8680
The problem — and fun — that is Instagram

At 73, Diane Keaton has become an Instagram fashion influencer. She has 939,000 followers, but wants 1 million. She’s obsessed with it, writes Amy Kaufman

Diane Keaton doesn’t really track the box office of the films she’s in anymore. The numbers she’s obsessed with are on Instagram.

“Instagram. Here’s the problem. Let me just tell you what the problem is,” she says, speaking excitedly. “It’s about checking in to see how many people liked it or are following you. It becomes a problem.”

At age 73 — alongside the likes of ad-sponsored millennials like Chiara Ferragni and Aimee Song — Keaton has become an Instagram fashion influencer. She has 939,000 followers, but wants 1 million. She’s been on the platform since 2015.

At first, she used it like Pinterest, sharing her favourite sepia-toned images of dilapidated barns, her golden retriever or a young Matt Dillon.

In December, she started posting photos of her outfits. Oft-menswear inspired, of course, and almost always black or white. Wide-brimmed hats by Nick Fouquet. A Commes des Garçons skirt. A pair of Maison Margiela denim gauchos that she received “MORE COMPLIMENTS ON [THAN] ANYTHING I’VE EVER WORN IN MY ENTIRE LIFE.” (All of Keaton’s captions are written in capital letters, not because she wants to convey enthusiasm, but because she finds all-caps more aesthetically pleasing.)

And at the same time as her feed has reasserted her cultural relevance — inspiring headlines in Vogue and InStyle — Keaton has been starring in movies that examine how isolating it can be to be a septuagenarian. In her latest, Poms, she plays a woman who starts a cheerleading squad at her retirement home in a quest to find meaning after being diagnosed with cancer. The film, out Friday, follows last year’s Book Club, in which her character’s daughters are so worried about their mother living alone in LA that they try to force her to move to their community in Arizona.

It can be difficult to see Keaton in these roles, given the reality of her own life. She is an active patron of the arts, recently turning up at an LA County meeting alongside Brad Pitt to endorse the Los Angeles County Museum of Art’s $650-million redesign. Last year, she purchased an 1880s-era adobe house in the

We all see ourselves in a certain way, and that might not be how the world sees us. I think it’s private for her. She definitely has a way that she works. I think her need is to be in the moment

— Zara Hayes, documentary filmmaker
Barrio Viejo neighbourhood of Tucson, Arizona, that she’s now renovating.

And then, of course, there’s Instagram, where A-listers like Kate Hudson, Nancy Meyers and Michelle Pfeiffer follow her every move. “I FEEL THAT I NEED TO BE IN THAT CLOSET WITH YOU,” Gwyneth Paltrow commented on one of her posts last month. Keaton responded by telling Paltrow “come over any time!” — even though she doesn’t actually know her (“Right near where I live, she has a store. Goop. Amazing, wouldn’t you say?” It’s pretty astonishing. She’s been great online. Probably we will see each other at some point. But I’m really impressed by her skills and her visuals in that Goop. I mean, hello?”

Despite it all, though — usually when she’s trying to fall asleep, or when she’s at the start of a new day — Keaton has been quietly contemplating her own mortality.

“Of course, you think about it. How can you not?” she says. “I mean, I’m 73. How long do you live? It’s really important what those years are like. Those years from 73 to what, you know? A lot of people get sick, a lot of people don’t make it. It’s harder to reach out as you get older. I think that people don’t really consort with older people as much, or embrace them, because it’s a different time of life.”

Not surprisingly, Keaton is still very interested in working. When she was first invited to meet with documentary filmmaker Zara Hayes, who also directed Poms, she says that “of course she went, because she is no longer in demand as she once was. Hayes surmises that that may just be Keaton’s modesty at play, noting that she knows of at least three recent projects that were sent to the actress’ team and that “got a flat-out ‘no.’”

“People are scared of her,” Hayes says, wondering aloud why her star may be approached less often by Hollywood types. “She doesn’t internalise the idea of herself as an icon, which is what makes her so endearing and real. She wants to e-mail you and for you to e-mail her back. She doesn’t have all of these layers of people around her.”

Indeed, Keaton does not employ a formal publicist, using her assistant to field press requests. And she obviously serves as her own stylist. Sitting for an interview earlier this month, she’d chosen to wear a signature black turtleneck with a white coat cinched underneath a white coat. She’s frequently seen as a toss-away. “It’s like a homeless person. You’re frequently seen as a toss-away,” Hayes says. “It’s up to you to make something of yourself, “ she says of older age. “It’s harder to reach out as you get older. It’s like a homeless person. You’re frequently seen as a toss-away.”

Keaton acknowledges that she has not been treated that way, calling herself “lucky” because she has earned money and can sustain her lifestyle. Acting is still primarily how she makes her living, but her interest is more in her hobbies these days. If she had enough money, she says, she’d like to buy old factory buildings, “maybe do them up better and sell them. Take care of them.”

“I think she’s a wonderful actor. I never had a moment with Diane where she wasn’t being truthful and authentic. She just might have a different way of getting there,” says Glenn Close. I mean, these people same thing and feel those feelings to go there day after day and do the same thing and feel those feelings that, but I think she needs that even more — to not be in her head. I think anything that over-intellectualises the process is like death to her.”

In recent years, Keaton has increasingly begun to work with female directors, namely Meyers, whom she credits with “saving (her) film life” when she cast her in 2005’s Something’s Gotta Give (which earned her a fourth Oscar nomination for lead actress). Still, in 2011, she wrote in her memoir, Then Again, that in her career, she has sometimes felt that “without a great man writing and directing for me, I was a mediocre movie star at best.”

“Maybe she doesn’t like light — well, maybe she thinks a movie like — I don’t know. It’s too cute,” Keaton says, searching for the right words. “Oh well, whatever. I mean, please. It’s fine. What do I expect? I mean, you know, everybody’s entitled to how they feel about certain kinds of things. Maybe she doesn’t like that kind of genre.”

“The Unlikely Instagram Star” is a screenshot of Diane Keaton’s Instagram page.

“I know what my limitations are and what I can and can’t do. So if something appeals to me, I’m definitely going to go for it” — Diane Keaton

Oscar and two Golden Globes, she repeatedly insists that she is not a “professional” actress. She says that she is difficult to edit because she has continuity issues, that she’s unable to do something exactly the same way twice. She recalls going to see Jessica Lange in a 1992 Broadway production of A Streetcar Named Desire and being perplexed by the drive her peer expressed for the craft.

“She’d be onstage and she’d be crying — crying real tears onstage. OK,” Keaton says. “So I went back to see her and I said, ‘Oh, God, I don’t know how you do this. I mean, how do you do this?’ (She said) ‘I love it so much! I’m going. You do? Not me. You shouldn’t even want to do that day after day. I don’t want to do it day after day. Not only do I want to do something different, I don’t want to go there day after day and do the same thing and feel those feelings like that. She’s an actress. It’s like Glenn Close. I mean, these people are real actresses.’”

One of Keaton’s costumes in Poms, Jacki Weaver, laughs at this notion. “She thinks she’s a performers,” Weaver says with a knowing smile.

“I think she’s a wonderful actor. I never had a moment with Diane where she wasn’t being truthful and authentic,” says the director. “She just might have a different way of getting there.”

On set, Hayes says Keaton was constantly insisting: “I’m not Meryl Streep. Zara.”

“We all see ourselves in a certain way, and that might not be how the world sees us,” the director says. “I think it’s private for her. She definitely has a way that she works, I think her need is to be in the moment. Every actor needs that, but I think she needs that even more — to not be in her head. I think anything that over-intellectualises the process is like death to her.”

In recent years, Keaton has increasingly begun to work with female directors, namely Meyers, whom she credits with “saving (her) film life” when she cast her in 2005’s Something’s Gotta Give (which earned her a fourth Oscar nomination for lead actress). Still, in 2011, she wrote in her memoir, Then Again, that in her career, she has sometimes felt that “without a great man writing and directing for me, I was a mediocre movie star at best.”

“Maybe I didn’t think about what I was saying, because that’s not fair,” she says now, reflecting on the line. “And yet, when looking for projects, she says that she does not seek supporting women as she remained a steadfast defender of her longtime friend and Annie Hall director Woody Allen. When child sex allegations made by Allen’s adopted daughter Dylan Farro resurfaced in wake of the #MeToo scandal, Keaton tweeted in January 2018: “Woody Allen is my friend and I continue to believe him.”

Today, she refuses to address the situation further. “I don’t talk about it all,” she says, starting to fidget in her seat. “I think I’ve said what I have to say about Woody and his situation.” In fact, she seems wary of entering into any further public disputes. She refuses to clap back at Angelica Huston, who this month made a not-so-veiled jab at Keaton in an interview when she said she wanted to do movies “that aren’t apologetically humble or humiliating, like ‘Band of cheerleaders gets back together for one last hurrah.’”

“Maybe she doesn’t like light — well, maybe she thinks a movie like — I don’t know. It’s too cute,” Keaton says, searching for the right words. “Oh well, whatever. I mean, please. It’s fine. What do I expect? I mean, you know, everybody’s entitled to how they feel about certain kinds of things. Maybe she doesn’t like that kind of genre.”

Keaton feels proud of Poms, though, especially because it raises issues about loneliness in older age. It’s something she’s been thinking about a lot since her brother, Randy, two years her junior, was diagnosed with dementia. He stays at a Sunrise living facility in Culver City, where Keaton visits him every Sunday. Poms was also shot at a Sunrise facility — this one outside Atlanta — and so Randy was often called to mind.

“Look, being older is being rejected much more than when you’re a younger age,” she says. “Even in your 60s, you can get by with people taking you seriously. But everybody’s afraid to be old. Because what it means is they’re too gonna die. The reminder of it is unpleasant, and the appearance of it is unpleasant for a lot of people. It’s like a homeless person. You’re frequently seen as a toss-away.”

Keaton acknowledges that she has not been treated that way, calling herself “lucky” because she has earned money and can sustain her lifestyle. Acting is still primarily how she makes her living, but her interest is more in her hobbies these days. If she had enough money, she says, she’d like to buy old factory buildings, “maybe do them up better and sell them. Take care of them.”

“It’s up to you to make something of it yourself,” she says of older age. “I mean, what about retirement? To think about retirement, it just seems like, ‘What? Don’t do that! You can get lost without the patterns of your life. It’s about opening up new patterns.’” — Los Angeles Times/TNS
Four students win WCM-Q essay competition

Four students, including Aisha Rashid al-Marri, a student at Al Eman Independent School for Girls; Dalal Khalid al-Fadli, Academic Bridge Programme; Dyana Hamad Alblooshi, Qatar Academy; and Haya Khalid Rahimi, Newton International Academy Barwa City, are all set to fly to US on a two-week research experience at Weill Cornell Medicine's biomedical research laboratories in New York, as well as attending lectures with faculty and meeting students after winning Weill Cornell Medicine-Qatar’s (WCM-Q) Healing Hands essay contest. The students will also move to Cornell University in Ithaca where they will stay at the campus and tour the wide-ranging facilities that the Ivy League university offers.

The annual essay competition challenges local high school students to write the best composition on a given topic. This year, the subject was ‘Lifestyle Medicine Practice in Qatar’. The students were asked to write an eight-hundred-word essay with consideration to the health of the community and exploring the challenges and benefits of integrating lifestyle medicine into the Qatari healthcare system.

Haya Khalid Rahimi said her essay discussed consumption in Qatar and the need for balanced diets, sufficient sleep, and a reduction in stress. She also talked about how the Qatari climate, particularly in summer, can demotivate people from exercising. She added, "I entered the competition because I wanted to see the Weill Cornell campus in New York and learn how the medical college system works in the US."

Aisha Rashid al-Marri said her essay examined cardiovascular diseases and how lifestyle medicine – a balanced diet, increased exercise, reduced stress, and smoking cessation – can prevent them. She said, "It is the most common disease in Arabic society and at the root of preventing it is convincing people to take care of themselves. I'm interested in being a doctor in the future. You are able to help many people but it is also your job so you can make a career and a living from it."

The Healing Hands essay contest is held annually and is designed to encourage high school students to think critically about relevant healthcare and scientific topics and consider a career in medicine.

Noha Saleh, Director of Student Recruitment and Outreach at WCM-Q, said, "The quality of entries for the Healing Hands contest improves every year, this year the judges had a particularly difficult time in selecting the winners, such was the high standard. It was obvious that everyone who submitted an essay had conducted their own research and given a serious amount of thought to the topic, and I hope that the passion and interest they displayed for the subject will continue and that they opt for a career in medicine. In doing so, they will increase local capacity in healthcare and help the nation meet the challenges of Qatar National Vision 2030."


RUNNERS UP: Team of MES Indian School recently bagged second position in Malayalam Folk Song Competition organised by Kanal Qatar. A team of 10 included boys and girls of Grade VII-X. The team was trained by the faculty members of MES, including Anwar V P, Mini V, and Kavitha. The team was guided by Sheila Ravendra Kumar, Co-ordinator of Malayalam at MES, and Kavitha Rajan.
DPS-MIS conducts mock fire and evacuation drill

DPS-Modern Indian School (DPS-MIS) recently conducted a mock fire and evacuation drill to create awareness and equip the students of Nursery till Grade XII and faculty members with safety measures to be adopted in case of an emergency. Prior to the commencement of the exercise, various exits were chalked out and the teachers were briefed about the objectives and steps to be taken for evacuation and the teachers explained the same to the students. As soon as the alarm rang, all the students under the guidance of their teachers briskly moved out in an orderly way and assembled in the ground where space was allotted for each class. They were briefed about the safety measures there and advised not to panic in case of any disaster.

ISC organises graduation ceremony

The International School of Choueifat (ISC) recently organised its tree planting ceremony for the Grade 12 graduation class of 2019 at the Qatar National Convention Centre theatre. Joseph Salemeh, Director of ISC, congratulated the graduates on their achievement. He also thanked SABIS Educational Services for providing the tools for success. He appreciated all the teachers, administrative staff and students for their efforts. Omar Mourad, the valedictorian, and Yusef Alamy, Student Life Head Prefect, also spoke on the occasion. A tree was then planted to symbolise the roots of education and to mark the occasion. Parents and teachers attended the event to honour the accomplishments of the students.

CIHT Qatar Group organises technical seminar

Chartered Institution of Highways and Transportation (CIHT) Qatar Group recently organised a technical seminar for Highways and Transportation professionals on Innovative Testing and Monitoring Techniques in Pavement Construction and Geotechnical Investigations in Qatar. The guest speakers included Dr. Pejman Dehdezi, Senior Pavement Specialist, and Anna Villamor, Geotechnical Engineering Manager from Fugro Qatar. In the first session, Dr. Pejman Dehdezi introduced road pavemen testing equipment built with advanced technologies that are new in the road pavement testing sector in Qatar. The equipment include Ground Penetrating Radar (GPR), Light Weight Deflectometer (LWD), Falling Weight Deflectometer (FWD), Automated Road Analyzer (ARAN), and also other advanced laboratory equipment for asphalt mix design. For example, one of the innovative testing systems was the GPR where it uses high frequency radio signal that measures various parameters of pavements properties very quickly and with high level of accuracy. Unlike nuclear density gauges or radioactive alternatives, these innovative testing systems do not have any site hazards or require closing off work areas. Pejman provided an example of Al Khor Expressway where the 25 km of non-stop wearing course paving completed by Tekfen is in the process of being submitted for a new Guinness World Records. In the second session of the seminar, Anna Villamor described the innovative testing and monitoring systems of geotechnical investigations. She presented some key challenges encountered by professions in the field and how these can be overcome by using the latest systems. The seminar was sponsored by AECOM, BISGE, DCE, Egis, Fugro, Muhel, PAF, Saffo, Seero and WSP.
PSSC organizes career counselling session

Pak Shamaa School and College (PSSC) recently organized a career counselling session for the students of Grade XI-XII. Speaking on the occasion, Nabila Kaukab, Principal of PSSC, highlighted the importance of knowing one’s potential and subject of interest before making a decision. She also laid stress on the right combination of subjects as per their aptitude which should be reflected in their academic performance. She emphasized on the importance of making informed decisions.

The session was conducted by Assistant Professor Dr Muhammad Abid, Faculty of Engineering Department from Cyprus International University. The session aimed at making the audience aware of the multiple career options available. He also shared information regarding leading universities and various courses available. He also urged the students not to make decisions based on family expectations and peer pressure. He guided the students to identify their interests and what they are good at. He also advised them to plan multiple activities during their vacations to hone their skills.

MES organises felicitation ceremony

MES Indian School recently organized a felicitation ceremony to honour the students for competing seven years course in Madrassa. MES is conducting Qur'an coaching classes on every Thursdays and Saturdays. Around 200 students get enrolled in the class each year. In addition to teaching the Holy Qur'an, various subjects are taught, including History of Islam, Akhlaq, Fiqh, Hadith and Hifz. Separate classes are also conducted for Malayalam and Urdu speaking students.

The students who received trophies and certificates, included Adrian UN, Hashim Hamas, Muhammad Bilal, Muhammad Rihan, Muhammad Shamil, Omar Jassim, Shiyas Mohammad K, Aaida Abdul Kader, Alina Maharoof, Feda Rahim, Fathima Nidha, Afreen Azeem, Huda Afreen, Khadeeja and Niya Fatima. Hameeda Kadar, Principal of MES, congratulated the students. The event was co-ordinated by the Department of Islamic Studies at MES.

APPRECIATION DAY

DPS-Modern Indian School (DPS-MIS) recently marked Labour Day and Appreciation Day to thank the support staff at DPS-MIS Nursery. The tiny tots expressed their gratitude to the support staff by presenting gifts and colourful cards.
Maserati celebrates the victory of the Tipo 6CM in the 1939 Targa Florio

Maserati has recently announced to celebrate the eightieth anniversary of Luigi ‘Gigi’ Villoresi’s impressive win at the 1939 Targa Florio at the wheel of the Maserati Tipo 6CM, stated a press release. The Milan-born driver achieved victory at the Parco della Favorita circuit in Palermo, Sicily on May 14th 1939 by covering the races 40 laps, totalling 228 km, in 1:40:15.4. Luigi Villoresi also recorded the fastest lap in the race with the time of 0:02:24.6, averaging 149.908 km/h. Piero Taruffi and Guido Franco Barbieri finished second and third, also in Maserati Tipo 6CM cars. It was a historic result for Maserati, confirming its undisputed leadership in the prestigious Sicilian race. Maserati had also dominated the 1937 and 1938 editions, taking the first three places in both years. Luigi Villoresi also finished first in the 1940 edition, driving a Maserati Tipo 4CL. The Targa Florio, one of the world’s oldest and most famous automotive races, is named after Vincenzo Florio. Florio, a wealthy Palermo businessman already well known in the racing world, created, funded, and first organised it in 1906. In total 62 editions of the Targa Florio took place from 1906 to 1977 (it was not held during the two World Wars). The race was held every year, normally in May, on the roads of Palermo, Sicilian roads, especially the narrow, winding roads through the Madonna mountain range, always played a central part in this race. It was only in the years from 1937 to 1940 that the event was held at the Parco della Favorita circuit in Palermo. The Maserati Tipo 6CM, an amazing single-seater racer, was designed by Ernesto Maserati and began to take shape in 1935. The car was fairly conventional in looks but its contents were extremely advanced. Even more ground-breaking than the new engine (a straight six cylinder and a Roots volumetric supercharger, providing a maximum power of 175 HP), the elektron crankcase, twin overhead camshafts driven by a rising gear chain, 2 valves per cylinder and a Roots volumetric supercharger, providing a maximum power of 175 HP), the cars most distinctive feature was its chassis, which marked a major step forward in vehicle design. The basic structure was still the ladder frame, but with innovative front suspensions which provided a major advantage over English and French competitors. The suspensions consisted of tension bar springs mounted so that the spring tension could be adjusted to suit the characteristics of the circuit. Like the rest of the car, the bodywork was updated in a variety of ways, especially with regard to its aerodynamics. The extremely rounded shapes, the succession of different side panel forms and the more slanted front clearly reflected the research into aerodynamics ongoing throughout the years of its construction. This cars racing supremacy reached its peak in 1938, when it triumphed over the formidable British ERA cars that had always been the Italian constructors’ most dreaded rivals. The same year also saw the debut of Alfa Romeo’s famous Alfetta, created for the Vetturette Grand Prix competitions. However, to the Maserati Brothers’ great satisfaction, that year the Tipo 6CM also defeated the Alfetta at the Pescara GP. The Maserati Tipo 6CM proved to be a highly successful car. 27 were built, from 1936 to 1939, and the model won races on European leading circuits, both with the official team and with gentlemen drivers at the wheel. The Maserati Tipo 6CM holds the record for the most edition wins at the Targa Florio, with three victories in 1937, 1938 and 1939. The Maserati Tipo 6CM, perfectly restored to its original livery, is held in Modena and belongs to the Panini Collection.

Key technical features of the Tipo 6CM:
1- Engine: vertical straight six
2- Displacement: 1.931 cc
3- Power: 155-175 hp at 6,200-6,600 rpm
4- Transmission: Four speeds + reverse
5- Chassis: 2 chassis beams with steel cross-members, aluminium bodywork
6- Weight: 650 kg
7- Top speed: 210-230 km/h

Experience Ramadan delights at Alwadi Hotel Doha

To showcase the delectable Ramadan delight, Alwadi Hotel Doha MGallery by AccorHotels, promises to make this Ramadan truly memorable for diners with an array of irresistible flavours and promotions, stated a press release. The hotel’s beautiful ‘Alwadi tent’ has been thoughtfully created to provide an essence of togetherness while capturing the charm of the Middle East with live music and high-quality food, which is another core attribute of the month. He added, “This Holy Month of Ramadan, our Executive Chef has brought in a plethora of global cuisines to satiate our guest’s quench for a soul-satisfying gourmet meal. We are confident that guests who will visit Alwadi tent will relish in the true essence of Qatari hospitality while enjoying the rich flavors and Ramadan spirit with their friends and family.” Furthermore, guests can also enjoy savory Arabic sweets from the display and à la carte menu at ATTEAude located at the lobby lounge and set in a charming and cozy setting. Throughout the holy month, M|SPA will be offering a complimentary Radiance Facial to boost guests’ skin during fasting, with every purchase of 60 min Soul Revival Massage. Guests purchasing the limited edition Shifa oud, along with Aromatherapy scented candle and diffuser, will enjoy a complimentary access to the steam room, sauna and M|FIT gymnasium, rejuvenating mind, body and soul.
Being grateful for sunsets

There is something magical about sunsets — an air of tranquillity and a certain calmness that soothes the soul. Just like the rising sun is a window of new opportunity, the sun going down provides a much needed closure to the day and lends itself to an evening of welcome unwinding. In a nutshell, regardless of what we make of our days, it is just how Nature has designed.

Sunsets have always inspired artists and enthusiasts alike. From a child to a connoisseur, it has always held the beholder spellbound. While waking up at the break of dawn may not be up everyone’s alley, sunsets offer greater vistas for the consideration of one and all. If embracing the rising sun is about drawing fresh energy, being drawn to a sunset has an almost spiritual connect to it. Indeed, blessed are those, who can take out time to take in the beauty of nature. Hollywood actress Jennifer Garner is on cue with her inspiration: “My mother is a big believer in being responsible for your own happiness. She always talked about finding joy in small moments and insisted that we stop and take in the beauty of an ordinary day. When I stop the car to make my kids really see a sunset, I hear my mother’s voice and smile.”

Even more famously, Mahatma Gandhi, felt grateful. Said he, “When I admire the wonders of a sunset or the beauty of the moon, my soul expands in the worship of the Creator.” Presenting glimpses from a few sites across Doha!

— Text by Kamran Rehmat, photos by Jayan Orma
HAPPY: Tara Sutaria says that she is feeling really happy that the film has been accepted so well.

Tara is not upset with mixed reviews for SOTY 2

Actress Tara Sutaria is not disappointed with the mixed reviews that her maiden Bollywood film Student Of The Year 2 (SOTY 2) has received from the critics and audience.

SOTY 2, directed by Punit Malhotra and starring Tiger Shroff and Ananya Panday apart from Tara, released on last Friday. It made Rs14.02 crore on Saturday.

Rajkummar Rao says that Janhvi Kapoor is a great girl and a wonderful actress.

ARTIST: Channing Tatum shared some sketches that he made during a flight.

Manley joins Bella Thorne’s Southland

Actor Jake Manley will star opposite actress Bella Thorne in Southland.

According to variety.com, the film is about a diner employee named Arielle who dreams of a better life outside of her small Florida town. After falling for a young parolee named Dean, she convinces him to return to his criminal ways.

With the goal of becoming famous, Arielle and Dean start to promote their law-breaking exploits on social media. Things escalate into robbery and lead to a murder.

The movie is written and directed by Joshua Caldwell. Its production will start in September.

NEW PROJECT: The production of Jake Manley’s next project will start in September.
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.

Sudoku

Sudoku is a puzzle based on a 9x9 grid. The goal is to fill the grid so that every column, every row and every 3x3 box contains the digits from 1 to 9.

Codeword

AMBITITION  GUSTO  ZEST
EXCITED      WILLING  EAGER
PASSION      DASH    LIVewire
ANIMATED     INTEREST ELAN
EXHILARATION ZEAL    MOTIVATION
THRILLED     DELIGHT KEEN
APPLAUSE     DELIGHT KEEN

Codeword courtesy: Puzzleboxer.com

Adam

Pooch Cafe

You got into the garbage again? It’s not my fault, there were cheese wrappers in there. It’s no picnic for me to have to keep listening to it!

Garfield

That new coffee place opened, their sizes are huge! I got the cafe colossal!

Bound And Gagged

Alexander Graham Bell invents the telephone. Hello, I’m a first-time caller.
**Super Cryptic Clues**

**Across**
1 Celebration outside Leatherhead? Not entirely (6)
4 Service provided in mountainous area (6)
8 Carry minute emblem that’s venerated (5)
9 Terrace rebuilt for provider of food (7)
10 Anticipate deposits being taken in payment (7)
11 People waiting in line for a letter, we hear (5)
12 A diet seen to be wrong for people held in custody (9)
17 Time to follow American custom (5)
19 Last offer (4,3)
21 Given name of boy with elderly relative (7)
22 Chap with Italian article in Italian city (5)
23 Retiring, slip inside for a drink (6)
24 Hidden stores, we hear, for crowds (6)

**Down**
1 Turning up, upper-class gent is discouraged (3,3)
2 Engineers, worn out, went to bed (7)
3 Essayist’s woolly jumpers? (5)
5 Quite an odd arrangement - and quite an old thing (7)
6 Start playing tennis to be of use (5)
7 An animal Her Majesty has to worry about (6)
9 Dear singer - one joining cast (9)
13 Hi-fi component required for one posting messages (7)
14 Small animal went ahead and looked displeased (7)
15 They try an Old Testament book (6)
16 Saint in Kansas is very bad (6)
18 Stagger from a labyrinth (5)
20 Bishop going in car to dance (5)

**Answers**

**Wordsearch**

**Codeword**
Kids learn new words best from their peers

The best way to help children develop a strong vocabulary is to allow them to have conversations with other children as toddlers learn new words best from other kids, says a new study.

The researchers believe that toddlers are interested in the development of their own speech patterns and may be more attuned to the sound of other child speakers that resemble their own.

"Much of what we know about the world is learned from other people," said Yuanyuan Wang from Ohio State University in the US. "This is especially true for young children."

The research team wanted to determine what age group was most influential to two-year-old toddlers based on how they pick up new words. To evaluate this, they set up two experiments.

In the first experiment, toddlers watched side-by-side video clips of two speakers reciting a nursery rhyme while listening to a speech that matched either the age or gender of one of the two speakers.

In the second experiment, toddlers were taught new words during a learning task using speakers of different ages.

The researchers found the toddlers learned new words more effectively from their peers.

"It is fascinating to learn children showed selected learning from other child talkers. This has implications for social cognition and selective social learning," said Wang.

The study suggests that this ability to learn selectively from a particular social group may serve as a foundation for developing preferences among social groups later in life.

The study is scheduled to be presented at a meeting of the Acoustical Society of America being held from May 13-17 in Kentucky, US. - IANS
And the retribution for an evil act is an evil one like it, but whoever pardons and makes reconciliation - his reward is [due] from Allah. Indeed, He does not like wrongdoers.

Qur’an 42:40, Sahih International

Lying: an Islamic perspective

What is Lying?
Lying is the complete opposite of truth. So, anything that is untrue and deliberately intended to mislead another person is a lie. A lie, therefore, can be anything spoken or written that is totally or partially baseless, unreal, made-up, distorted or exaggerated; for example, if someone were to deliberately state that a five foot pole was a ten foot pole, then this would be a lie. Similarly praising someone out of proportion is a form of a lie.

Lying: A Disease of the Heart
Lying and falsehood are widespread problems and are roots of other problems that occur on an individual and public level. Lies are spoken and written in the media and in politics, in business and in personal dealings, by Muslims and non-Muslims alike, although the degree, magnitude and frequency may vary.

Lying is against human nature and physiology, and like any other disease, it has its own unique signs and symptoms. The act of lying produces inner conflicts and physiology, and like any other disease, it has its own unique signs and symptoms. The act of lying produces inner conflicts and physiology, and like any other disease, it has its own unique signs and symptoms.

Forms of Lying
The worst form of lying is to do so upon Allah and His Messenger sallallahu alayhi wa sallam (may Allah exalt his mention) which is to falsely attribute things to them. Allah Almighty Says in the Qur’an (what means): “And if he [i.e., Muhammad] had made up about Us some [false] sayings, We would have seized by the right hand; then We would have cut out from him the aorta” [Qur’an 9:44-46]

And (what means): “...And do not mix the truth with falsehood or conceal the truth while you know [it].” [Qur’an 2:42]

Hypocrites are liars too, because they lie to themselves. Allah says about them (what means): “In their hearts is disease, so Allah has increased their disease and for them is a painful punishment because they [habitually] used to lie.” [Qur’an 2:100] Allah also addressed His Messenger Muhammad sallallahu alayhi wa sallam (may Allah exalt his mention) saying (what means): “…Allah knows that you are His Messenger, and Allah testifies that the hypocrites are liars.” [Qur’an 63:1]

The Qur’an on Liars
Allah Says (what means): “…Indeed Allah does not guide one who is a transgressor and a liar.” [Qur’an 40:28]

And (what means): “…Indeed, Allah does not guide he who is a liar and [confirmed] disbeliever.” [Qur’an 39:1]

Allah Almighty also Says (what means): “…The curse of Allah be upon him if he should be among the liars.” [Qur’an 24:7]

The Messenger sallallahu alayhi wa sallam (may Allah exalt his mention) mentioned that c) Short-term worldly gains, such as gaining the favours of others or monetary gains.

b) Cheating and deceiving others and enjoying their misery, as Satan did with Aadam.
a) Concealing the truth, as he may be afraid of the truth or its punitive consequences by the law or certain individuals.

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Is Lying Ever Justified?
There are very few justifications for lying in Islam. The Prophet sallallahu alayhi wa sallam (may Allah exalt his mention) directed us to tell the truth, even under the harshest circumstances of oppression. However, one may choose not to tell the truth when:

- He is being oppressed and there is a real danger to his life if he speaks the truth. Shaykh As-Sa’di called this: “A lie with wisdom.”
- To promote harmony between spouses. For example, if one’s wife asks him if she is beautiful or if he loves her, there is no harm in answering in the affirmative, even if this is not the case.
- While making peace between two quarrelling parties, so that the ordeal would not ignite into something worse. The mediator in such a case may falsely tell one party that the other is speaking highly of them.
- To make the unbelievers realise the truth. When Prophet Ibraaheem, may Allah exalt his mention, broke all the idols except the largest of them, the unbelievers entered the temple and saw the smashed idols. Ibraaheem, may Allah exalt his mention, had placed the axe in the hand of the chief idol. The disbelievers asked: “Who broke our gods?” He, may Allah exalt his mention, said: “Ask the chief idol, he has the axe.” They replied: “Do you not know that he cannot speak or act?” Ibraaheem, may Allah exalt his mention, replied: “This is what I have been telling you, so worship Allah rather than these stones that cannot harm or profit you.” - Islamweb.net
Psychological effects of fasting

By Dr Amber Haque

The Muslim month of Ramadan is here and over a billion Muslims around the world will fast in this month. Muslims fast because there is an injunction from the Qur’an telling them to do so. The Qur’an reminds Muslims that many prophet and their followers before Muhammad (Peace be upon him) were also ordained fasting. The Jewish Passover and Christian Lent are also examples of fasting, although the nature and duration of their fasting may be different than Muslim fasting. The verse that ordains Muslims to fast ends with the sentence, “…and fasting is good for you only if you knew” (Q2:184). This article attempts to explore some recent findings on the changes that occur in the human brain and their effects on human mind and behaviours during fasting. In today’s time and age, we normally eat three meals a day, but but never ask why. There is no biological rule requiring us to eat so frequently except that we have been conditioned to become hungry if we don’t eat for a few hours. The Homo sapiens came to exist about 250,000 years ago but agriculture developed just over 10,000 years ago. This means that for about 240,000 years, humans did not eat three meals a day. They killed a gazelle or other animals, ate with their clan over a couple of days, and then went hungry for the next few days. They did not die from not eating three times a day. However, the modern times are different as we have all the food we want, and we live in a culture of eating that has made our bodies lazy and turned off their abilities to run on their own energy sources. Overeating has led to many biological illnesses and medical research has confirmed clear advantages of fasting for the human body. Research is now starting to grow on the effects of fasting on human brain and overall mental health. It should be clear that by fasting we mean intermittent fast (IF) from dawn to dusk and a practice that ends after thirty days. The dietary objective in fasting is calorie restriction, otherwise the physical and psychological benefits will not manifest.

Effects of fasting on the brain
An average human brain has 100 billion cells and consumes 22% or more of our total body’s energy but the unique thing is that the brain becomes more active during food deprivation. Normally, the brain gets its energy from glucose (blood sugar) between meals by breaking down glycojen that is stored in the liver and muscles. As glycojen energy depletes from fasting, the brain is endowed with a mechanism to create new bits of glucose through a process called gluconeogenesis that adversely affects the muscles. But when we fast, after about 3-4 days, the liver starts to convert our body fat to create chemicals called ketones. One of these ketones (beta-HB) is a highly efficient fuel source for the brain, allowing it to function during extended hours of fasting and at the same time, decrease dependence on gluconeogenesis, providing relief to the muscles from which they are derived. This process of the brain also makes itself more cognitively alert than when it acts from the source of body glucose.

As fasting increases production of the protein called Brain Derived Neurotrophic Factor (BDNF), the brain also builds more neurons (brain cells) to help itself work efficiently. Studies show that building neurons delay the onset of decline in both motor skills and spatial memory and restore mental capacity. During fasting, the number of mitochondria in the nerve cells increase to enhance the ability of neurons to form and maintain connections, which result in improved learning and memory. An extremely interesting phenomena discovered during fasting is known as autophagy as the brain breaks down old and damaged cells and recycles them into new ones. Through this self-eating process, the toxins are removed from the brain delaying the development of neurodegenerative diseases like Alzheimer’s, Parkinson’s and Huntington’s. Most of these findings have been confirmed on lab animals because controlled studies on human brain is difficult. Experiments with rats have shown clear link of autophagy soon after food restriction and improved mental functioning in ageing animals. Behavioural Psychologists experimenting with lab rats have shown that fasting animals had better balance and learned skilled behaviour faster than those that were free to eat as much as they want. It has been observed also by the scientists that after a few days of fasting, the body adapts to starvation and starts to release high amounts of catecholamines including adrenaline, norepinephrine and dopamine into the brain.

These hormones and neurotransmitters are produced as a result of fight or flight response preparing the body for exurtion and they act as mood enhancers. For people with depression, doctors prescribe medication that augment these feel-good chemicals produced naturally through fasting. Some studies have shown improvement of depression and anxiety symptom scores in 80% of the patients just a few days of fasting. This is because of the increased amount of endorphin release that begins after fasting. Studies have also demonstrated improved sleep patterns in patients with insomnia compared to pre-fasting levels and a possible decrease in migraine due to serotonin levels going up. Studies have shown also that children suffering from epileptic seizures had fewer incidences of seizures when placed on calorie restriction diet or IF as fasting may counteract the over-excited signals exhibited in epileptic brain. These findings are evident from studies done mostly in the last twenty years and published in some of the top international research journals. Having observed so many benefits of fasting on both body and brain, Mark Mattson, Chief of Neurosciences Lab at the National Institute of Aging and Professor of Neuroscience at John Hopkins University, wrote in his article, “Challenging Oneself Intermittently to Improve Health” in Dose Response (2014) that we should encourage “…society wide effort to re-introduce intermittent fasting... to save humanity from epidemic of diseases.” Likewise, many ongoing researches continue to show positive effects of fasting on the human brain.

Effects of fasting on psychological well-being
Research in psychology has also demonstrated positive outcomes of fasting on thought and memory. For all those who fast, patience is learned to withstand the temptation of food and other environmental stimuli and the ability to hold off which in turn, enhances the virtue of self-sacrifice, enabling a person to be humbled and attain moral excellence. Fasting becomes a training of self-control and self-regulation as a fasting person learns to regulate his or her daily in a prescribed manner thus teaching discipline. Fasting makes us realise our strengths and weaknesses and we learn to tame ourselves in ways that can lead to self-improvement. This learning of being able to do things that can otherwise be quite difficult for many people, develops confidence and a sense of self-efficacy. A fasting person may say to oneself, “If I can fast, I can do other difficult things in life.” Another psychological benefit for many people is an increase in a sense of belongingness with a group or community. During Ramadan, Muslim families and friends eat and share food with others, especially with the less fortunate. This practice of sharing and caring encourages altruistic qualities and a sense of gratitude for what one has that one can give to others or receive.

It is important to realise that when fasting starts, the brain is deprived of immediate glucose intake and may experience weakness, hunger and headaches for the first few days, but just in a few days, the brain eases up and the body finds a new set point making us feel less hungry. Not only our body and brain adapt to the new set point, we also feel comfortable with lower weight. With all these obvious benefits of fasting, medical researchers have introduced a 5:2 diet plan in which the participants eat regular meals five days a week and fast or follow strict diet regimen two days a week.

Effects of fasting on spirituality
Fasting is prescribed not only for the body and mind but also for elevating one’s level of spirituality as the person fasting is encouraged to expel from within oneself the impurities of fasting and character. In a way, this practice releases oneself from earthly bonds and joins the person with the sacred. The time spent otherwise in eating and drinking can now be spent on reflecting about the purpose of being and making efforts toward attaining the ultimate goals in life leading to self-actualisation in this world and the hereafter. The metaphorical belief that the ego component of soul drags oneself to earthly desires while fasting restrains the ego and elevates the status of soul is held by followers of many faiths and consequently fasting is encouraged and practiced by people around the world. A word of caution is necessary for those advanced in age or suffering from any medical conditions to seek advice from a physician before fasting.

― Dr Haque is a Professor in Clinical Psychology at The School of Psychology and Social Work, Doha Institute for Graduate Studies.