Cover Story

Reflections

Why your perception of ‘old’ changes as you age. P2-3

Cuisine

Noodles, a comfort food for all cultures.

Page 6

Back Page

Journey of Ragas enchants audience with ancient Indian music at ICC.

Page 16

Community
The age stage

Many of us are convinced that while everyone else is ageing, that person we see in the mirror every morning is magically ageing at a somehow slower pace, writes Bruce Horovitz.

"Only I can change my life. No one can do it for me."
— Carol Burnett

"Call it what you will, but this gray-haired group of boomers and beyond — myself included — is having a hard time accepting the realities of ageing. Yes, we are mortal, but we’re not quite believing it"
— Bruce Horovitz, writer
my perception of old age is inextricably linked to my grandmother. When I was a kid, I thought this 65-year-old, white-haired woman whose entire body wobbled when she walked was very old. Now that I’m 66, my personal perception — or perhaps, misperception — of old age has changed. I suspect I’ve got lots of company. Many of us are convinced that while everyone else is ageing, that person we see in the mirror every morning is magically ageing at a somehow slower pace. The age confusion can start early. A 2018 Michigan State University online survey of respondents ages 10 to 89 revealed that most think middle age begins at 30 — and that old age begins at, OMG, 50.

Another study, from the University of Zurich, published in 2011, determined that older adults often try to avoid the negative stereotypes of their age group by distancing themselves from their age group. Yet another study, from Columbia University, in 2018 found considerable evidence that when confronted with negative age stereotypes, older adults tend to distance and dissociate themselves from this negative stereotype. Call it what you will, but this grey-haired group of boomers and beyond — myself included — is having a hard time accepting the realities of ageing. Yes, we are mortal, but we’re not quite believing it. The great irony, say experts on ageing, is that this flirtation with a slightly different reality from our ageing peers may, in fact, be a healthy thing.

“Baby boomers are redefining what ageing is and what old age looks like,” said Jennifer Ailshire, assistant professor at the Leonard Davis School of Gerontology at the University of Southern California. William Chopik, assistant professor of psychology and principal investigator of the Michigan State study, knows this better than most of us.

“People — particularly older people — usually say they feel younger than they are,” said Chopik. “People who report feeling younger actually tend to live longer and healthier lives — and they don’t tend to have as much of a pattern of decline.”

In most cases, people say they feel about 20% younger than they really are, according to the Michigan State study of more than 500,000 people. This keeps ramping up as folks age, he said. Beginning at age 50, he said, many say they feel about 10 years younger.

The fact we’re generally living longer than we used to also plays a role, experts say. “As our life spans get longer, so does our view of old age,” said Chopik. “How we view ourselves changes constantly as we age.”

For me, it’s been more like a sentence to self-motivate. At age 66, when I look in the mirror, I may not see a 45-year-old staring back at me — but, perhaps, someone closer to 50. Maybe it’s because...
The gift of blood is the gift of life

By Dr Maheshwarappa Muniappa

The World Blood Donor Day is being celebrated around the world today as an awareness initiative by the World Health Organisation. The day is observed to create awareness about the importance of blood donation and to thank the voluntary donors for their gift of blood thus ensuring supplies of safe and quality-assured blood and blood products for saving lives.

No doubt the first and foremost advantage of donating blood is the exalted feeling of saving someone’s life. If we donate the little excess blood in our body, it could save someone’s life without creating any problem for us.

Blood is in constant need for medical community. People in accidents brought to emergency, patients undergoing surgery, cancer treatment or therapy for burns or blood related diseases will need blood. To keep the supply fresh and plentiful, donors are always needed.

Blood donation also burns the extra calories and reduces your cholesterol level. After donating blood, the count of blood cells decreases in our body, which stimulates the bone marrow to produce new red blood cells in order to replenish the loss. So, it stimulates the production of new blood cells and refreshes the system.

Blood donation is the most valued service to mankind. Nothing is comparable to the preciousness of human blood. The gift of blood is the gift of life. There is no substitute for human blood. Blood cannot be manufactured – it can only come from generous donors.

Who can give blood?
1. Any healthy adult between the ages of 17 and 60 can give blood.
2. However, before donating blood, it’s important you are fit enough to do so. This means a nurse will ask you some brief, but confidential, questions about your medical history. Even if you are hypertensive or diabetic and well controlled, blood and blood products are needed for saving lives.
3. The donor will also need to weigh at least 50kg (110 pounds). This is because your growing baby absorbs iron from your body’s stores reducing your iron levels. Labour also often involves blood loss, meaning your body will need time to replenish its iron supplies.
4. If you’ve visited a foreign country, such as parts of Africa or South America, some of the south East Asian countries within the last 12 months where you might have been exposed to malaria. In this case you will be advised against giving blood.
5. If your lifestyle puts you at risk of HIV or hepatitis. If you’ve had ear or body piercing within the last year as there is a potential risk of infection if an unsterile needle is used.

Is it safe to donate blood?
Only sterile, one use needles are used in blood donation, so you are not at risk of an infection. And if it is the loss of blood you worry about, you needn’t worry. Your body soon replaces what has been taken.

Is there anything I should do to prepare to give blood?
In the hours leading up to your donation, you would do well to eat enough to prevent any faintness or reaction. Drink enough water to maintain blood volume. Get plenty of sleep in the night prior to the day of donation, minimum 6 hours sleep is compulsory.

What happens before I give blood?
1. You will first be asked to prove your identity and provide a quick finger prick sample to test that your iron levels are adequate to make a donation. If your iron levels are good, your blood pressure and temperature will be checked.
2. A nurse will ask you some brief, but confidential, questions about your medical history. Even if you are hypertensive or diabetic and well controlled, blood can be given.

How is my blood taken?
A needle will be placed in your vein and 1 pint of blood will be collected. Once the blood has been extracted, the needle will be removed and the small puncture is covered with a cotton ball or sterile gauge. Your donor career will sit with you throughout the donation, talking to you and explaining the procedure. Once your blood is delivered into the blood pack, it is sent off to a laboratory to be tested and if all is clear it’s delivered to a blood bank ready for use. When you have recovered, you are offered a cup of tea or a cold drink and some biscuits.

For Humanity: No doubt the first and foremost advantage of donating blood is the exalted feeling of saving someone’s life. If we donate the little excess blood in our body, it could save someone’s life without creating any problem for us.

A- If you are not having dizziness or vertigo, blood pressure cuff will be placed on your upper arm. This applies slight pressure to the veins to keep them full of blood. At this point, a needle will be placed in your vein and 1 pint of blood will be collected. Once the blood has been extracted, the needle is carefully removed and the small puncture is covered with a cotton ball or sterile gauge. Your donor career will sit with you throughout the donation, talking to you and explaining the procedure. Once your blood is delivered into the blood pack, it is sent off to a laboratory to be tested and if all is clear it’s delivered to a blood bank ready for use. When you have recovered, you are offered a cup of tea or a cold drink and some biscuits.

This gives you time to check that you feel well enough to go back to your normal tasks.
How will donating blood affect me?

1. Most people feel fit and healthy after donating blood. However, some people may feel a bit dizzy, nauseated or tired. Rarely people faint or experience muscle spasms.

2. People who smoke soon after giving blood are more likely to feel faint because alcohol dilates the blood vessels. This causes less blood to be available to circulate to the brain leading to dizziness.

3. People who drink alcohol within a few hours of giving blood are more likely to feel faint because alcohol dilates the blood vessels. This causes less blood to be available to circulate to the brain leading to dizziness.

4. Being in a hot room also causes the blood vessels to dilate. Vigorous exercise can also make you feel faint. The donor should avoid strenuous activity for 6 to 8 hours after giving blood.

5. Missing meals and not replacing fluids can take you longer to recover from blood donation. You should try to eat normally and have a soft drink before giving blood.

6. Standing still for longer periods of time can lead to pooling of blood in the legs, a situation similar to soldiers on parade. This reduces the amount of blood available to the brain. If you rush about, miss a meal, have a liquid lunch, and you've had an unrefreshing night's sleep then you can save 12 lives.

To donate blood in Qatar

1. The donor should not have exited the country in last 4 months
2. The donor must be between 18 to 60 years of age
3. Donor should be in good health in general on the day of donation
4. Donor must not have any chronic heart, lung or circulatory illnesses
5. Weight of the donor must be 50kg and above
6. Donors must not be anemic, insulin dependent or hypertensive
7. Donors must inform the unit about medications being taken

Donors are urged to:

1. Bring valid identification like Qatar ID/ Hamad Health Card
2. Get enough sleep prior to the day of donation
3. Abstain from smoking, minimum 2 hours before
4. Avoid alcohol
5. Drink before giving blood.

What happens if I feel faint?

1. Most people feel fit and healthy after donating blood. However, some people may feel a bit dizzy, nauseated or tired. Rarely people faint or experience muscle spasms.

2. If you feel faint bend forward and you've had an unrefreshing night's sleep then you know you've got a problem, he said. “If you wake up every day and feel refreshed, are awake throughout the day and are ready to sleep at the same time every night then you’re probably getting enough sleep for you and you don’t need an app to tell you that.”

3. Similar concerns were highlighted in a series of case studies published last year by a team in Chicago that described patients whose micromanagement of sleep using apps had led to a disorder called orthosomnia.

4. Research shows that for most people the optimum amount of sleep is around eight hours, but this varies widely across the population. For people who naturally need less sleep, being alerted to the fact that they are not sleeping “enough” could result in the nocebo effect, where the expectation of negative symptoms leads to people actually feeling worse.

5. Speaking in the same session at the festival, Stephanie Romiszewski, a sleep psychologist based in Exeter, leads to people actually feeling worse. Research shows that for most people the optimum amount of sleep is around eight hours, but this varies widely across the population. For people who naturally need less sleep, being alerted to the fact that they are not sleeping “enough” could result in the nocebo effect, where the expectation of negative symptoms leads to people actually feeling worse.

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By Hannah Devlin

Smartphone sleep-tracking apps are making people so anxious and obsessed about their sleep that they are developing insomnia, a leading neurologist has said.

“I've seen a lot of people who have developed significant insomnia as a result of either sleep trackers or reading certain things about how devastating sleep deprivation is for you,” Leschziner said before his talk. A high proportion of patients seeking treatment for insomnia turn up at his clinic with data about their sleep patterns and are often reluctant to delete the app, he said. “It's rather difficult to dissuade them from using it.”

Most apps have not been clinically validated and only track movement, so do not provide insight into the quality of sleep, he added.

“My view of sleep trackers is fairly cynical. If you wake up feeling tired and you've had an unrefreshing night’s sleep then you know you’ve got a problem,” he said. “If you wake up every day and feel refreshed, are awake throughout the day and are ready to sleep at the same time every night then you’re probably getting enough sleep for you and you don’t need an app to tell you that.”

Similar concerns were highlighted in a series of case studies published last year by a team in Chicago that described patients whose micromanagement of sleep using apps had led to a disorder called orthosomnia.

Research shows that for most people the optimum amount of sleep is around eight hours, but this varies widely across the population. For people who naturally need less sleep, being alerted to the fact that they are not sleeping “enough” could result in the nocebo effect, where the expectation of negative symptoms leads to people actually feeling worse.

Speaking in the same session at the festival, Stephanie Romiszewski, a sleep psychologist based in Exeter, said: “Everybody sleeps differently and can have a different duration. And therefore if you take a generic sleep tracker and it [says] you haven’t had the right amount of sleep, that can start to worry you.”

Some cognitive behavioural therapy (CBT) apps, however, have been found to be effective in treating insomnia in trials. The festival was told that people should also take a relaxed approach to advice on caffeine consumption and blue light exposure before bedtime. “Caffeine is only applicable if caffeine disrupts your sleep,” said Leschziner. “There are genes that influence how your brain processes caffeine and so there are many people who drink two or three cups of espresso before they go to bed and not have any impact at all on their sleep.”

Genetics also influence the extent to which blue light disrupts the evening peak in the sleep hormone, melatonin. “If your sleep is a really good quality and you can sit there and watch Netflix until 11 o'clock at night, close your computer and then drift off to sleep and have a great night’s sleep then you don’t need to worry about it,” he said. “We know that sensitivity to blue light varies tremendously.”

Leschziner said measuring sleep was part of a broader tendency to “metricise our lives” using technology to count how many steps we have taken, how many online friends we have and how we spend our money. With sleep, this trend is particularly problematic, he said. “If you’re measuring your steps and you realise you’re not walking as far as you should you just do a bit more exercise. When you get into that obsessive state about sleep it makes sleep even more difficult.”

– The Guardian
Many people relate “lo mein” and specific way of preparing a dish. The word “lo mein” does not mean “stirred Noodles” and is the Cantonese word “lo mein” other. The word itself comes from the grains they rely on to provide a means of preserving flour during the storage days. Always stir fry the noodles in small batches so that they are easy to handle while stir frying.

Lo Mein Noodles

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chinese egg noodles</td>
<td>500 gm</td>
</tr>
<tr>
<td>Sesame oil</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Canola oil</td>
<td>2 tbsp</td>
</tr>
<tr>
<td>Chicken breast</td>
<td>4 no.</td>
</tr>
<tr>
<td>Ginger minced</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Garlic minced</td>
<td>3 - 4 cloves</td>
</tr>
<tr>
<td>Water</td>
<td>½ cup</td>
</tr>
<tr>
<td>Light soy sauce</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Cornstarch</td>
<td>2 tbsp</td>
</tr>
<tr>
<td>Oyster sauce</td>
<td>1 tbsp</td>
</tr>
<tr>
<td>Bell pepper thinly sliced</td>
<td>1 no</td>
</tr>
<tr>
<td>Carrot thinly sliced</td>
<td>1 no</td>
</tr>
<tr>
<td>Mushroom</td>
<td>50 gm</td>
</tr>
<tr>
<td>Onion sliced</td>
<td>1 no</td>
</tr>
<tr>
<td>Cabbage shredded</td>
<td>1 cup</td>
</tr>
<tr>
<td>Bean sprouts</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

Garnish

Green onion to garnish

Method:

1. Cook the egg noodles in boiling salted water and refresh in cold water.
2. Toss the noodle with sesame oil and canola oil in a bowl and keep aside.
3. Make canola oil hot in a large wok or skillet over medium high heat.
4. Cook the shredded chicken for about 3 - 4 minutes, stirring until cooked, add some moisture if required.
5. Remove the chicken and add more oil if required and add carrots, mushroom, cabbage, bell peppers, ginger and garlic and cook for 1 - 2 minutes or till just softened.
6. Add water, soy sauce, oyster sauce and thicken with corn starch dissolved in a water.
7. Add the cooked chicken and noodles and stir to combine the noodle and prepared sauce.
8. Add bean sprout and toss to combine well, serve hot garnished with green onion.

Note: To make a vegetarian and vegan version of this dish, choose the egg less noodle and remove the oyster sauce and chicken from the recipe and include vegetables like broccoli, snow peas, zucchini, edamame beans and tofu.

Chef’s Special

Chef Tarun Kapoor,
Culinary Mastermind, USA. He may be contacted at tarunkapoorth@gmail.com

CHEWY: The texture of Lo Mein Noodles has to be chewy, almost firm and al dente so do not overcook it.

Noodles, a comfort food for all cultures

The Chinese believe that every meal should contain an equal division of grains, starches, fruits and vegetables. One of the grains they rely on to provide this harmonious dietary balance is noodles. Whether you slurp them, gulp them or twirl them on your fork, everyone seems to be loving their noodles. Nearly all cultures have at least one cherished noodle dish from German Spaetzle to Jewish Kreplaches to the Italian dish from German Spaetzle to the Italian.
BCQ marks Eid al-Fitr celebrations

Bangladesh Community Qatar (BCQ) recently organised an event to mark Eid al-Fitr celebrations at Radisson Blu Hotel. The event was attended by over more than 300 expatriates. Anwar Hossain Akon, President of BCQ, presided over the event. The event was compered by Shahriar Hassan. Ashud Ahmed, Ambassador of Bangladesh, was the chief guest at the event.

The event was attended by notable personalities, including Abdus Sattar, Borhan Shait, Nazrul Islam, Omar Farooq Chowdhury, Shahidul Haque, Amin Rasul Saiful, Mohammed Salaluddin, Jashimuddin Dulal, Ismail Miah, Kafi Uddin and Alimuddin. Many members, including Shahidul Islam Talukder Babu, convenor of the event; along with Dr Habibur Rahman, Abu Rahan, CIP Rafiqul Islam Helal, Bodru Alam, Shafiqul Islam, Nazirul Haque, Molla Mohammad Rajib Raj, Mokhlesul Rahman, Tuhinul Haque and Nurul Alam spoke on the occasion.

Speaking on the occasion, the ambassador hoped that the newly formed BCQ will be the representative of all expatriate Bangladeshis. He advised the audience to obey the rules of Qatar. He promised that Bangladesh Embassy will be beside BCQ of all its good initiatives.

A quiz competition was also a part of the event. The competition was conducted by A.K.M. Aminul Haque, Mohd. Tafsir Uddin and M.A. Malek. The cultural programme was moderated by Amin Rasul Saiful, General Secretary of BCQ, along with Srabon Band. The lucky set-up game was conducted by CIP Abdul Aziz Khan. The president of BCQ announced the name of the 160-member full committee.

CETAAQ to celebrate its 20 years of formation

College of Engineering Trivandrum Alumni Qatar Chapter (CETAAQ) is all set to organise a grand event as part of its 20-year formation celebrations at Ezdan Palace Hotel. Dr Saad bin Ahmad Ali Muhannadi, President of the Public Works Authority (Ashghal), would be the chief guest at the event and P Kumaran, Ambassador of India, would be the guest of honour. James Joseph, alumni of the College of Engineering Trivandrum, will be the keynote speaker.

The managing committee has announced the launch of an Education Initiative to assist the educational needs of the less privileged kids from a tribal village of Kerala, India. To mark the occasion, CETAAQ is releasing a souvenir titled ‘FOOTPRINTS’ incorporating the art and literary pieces from its in house members.

The celebrations will also include a musical night featuring various singers, including Vidhu Pratap, Akhila Anand and K.P. Balamurali, a prominent instrumentalist and playback singer. A musical team from Doha will be supporting the live musical show. Raffi Shafi, Chairman of CETAAQ, and Sajil Abdul Salam, General Secretary, have requested all the alumni members to attend the event.

INMS marks Eid al-Fitr celebrations

International Nepal Muslim Society (INMS) recently organised an event to mark Eid al-Fitr celebrations at Qatar Charity Hall. The event was chaired by Mohammad Muktaza Musalam, President of INMS. Lakman Khanal, Charge de affaires at the embassy of Nepal, was the chief guest at the event. The event was attended by notable personalities, including Prabin Brahata, Second Secretary at embassy of Nepal, and Professor Ramzan Ali Mhya, Ashghal Ali, T.B. Karki, and Tej Katuwal. The event kicked off with the national anthem of Nepal, which was followed by an address by Professor Ramzan Ali highlighting about Eid al-Fitr and its importance.

On the occasion, Muktaza Musalam said that Eid al-Fitr is an occasion to start new friendships and strengthen the older ones. He thanked all the participants for attending the event.

- Text and photo by Usha Wagle Gautam
Shark Anatomy

Skeleton
This is made of cartilage - just like human ears and noses. Cartilage is flexible and enables a shark to move quickly through the water. It is also light so keeps the shark buoyant.

Muscle
Sharks have two types of muscles that move the skeleton. Red muscle breaks down fat providing energy for long distance swimming. White muscle breaks down sugars, enabling the shark to make short fast sprints when catching prey or escaping danger.

Liver
A large oily liver provides a shark with neutral buoyancy, so it doesn’t sink or float.

Dorsal Fin
This keeps the shark steady in the water.

Jaws
The jaws are connected to the skull, so they can quickly shut to catch prey.

Caudal Fin
The tail is used to propel the shark forward through the water.

Pelvic Fin

Skin
A shark’s skin feels like sandpaper, it’s covered with millions of tiny teeth-like scales called denticles, which point backwards, helping the shark to swim faster by reducing water resistance.

Pectoral Fin
Pectoral fins provide balance and are used to steer. They act like aeroplane wings, as water flows beneath them the shark is lifted up.

Lateral Line
Sharks are very sensitive to touch and can even feel pressure differences in the water. This is due to the lateral line, which is made up of nerve endings under the skin that run from the head down along the body.

Gills
As a shark swims forward, mouth and passes over, oxygen in the water is taken up by blood vessels near to carried around the body.

The Shark Trust works to advance the protection of sharks, skates, rays and chimaeras, collective...
Skate Anatomy

Spiracles
Spiracles behind the eyes draw water in, which is then pumped out over the rays' gills.

Teeth
Most sharks have several rows of teeth - as the front row wears down, a new row moves in from behind to replace them, like a conveyor belt. Some sharks can lose 30,000 teeth in their lifetime!

Ampullae of Lorenzini
A shark’s snout is covered in small pores called ‘ampullae of Lorenzini’, these can detect tiny electrical currents in the water, which are given off by prey.

Chimaera Anatomy

For worldwide conservation of sharks, commonly known as Chondrichthyes.

Illustration and design by Marc Dando, www.wildlife-illustrators.com
Musfur Sinkhole is the largest known of the still accessible sinkhole caves in Qatar, which is relatively easy to reach and explore. It is worth a visit, especially in summer, when the cave keeps a cool temperature all day long. Believed to have been formed 325,000 to 500,000 years ago during the mid-Pleistocene Era, this mostly-unexplored cave system has an opening of about 12 metres and the visible bottom is around 100 metres deep, but some scientists suspect a larger cave-system to extend below. When you enter the cave through the relatively small opening, you will see a large chamber opening up and extending below.

Some of the most interesting features of the Musfur Sinkhole are its rock and sediment layering, traces of small mammals, and hundreds of nesting birds. There is a large chamber opening up and extending below and, as you dig down the sinkhole, daylight will be scarce – so if you have a friend who’s claustrophobic, don’t urge him or her to join in with you.

It’s sad because besides the countless graffiti painted all over the cave walls, there’s also an ample sum of litter mindlessly scattered inside the Musfur Sinkhole.

We should be preserving the order and beauty of this natural wonder, but why are we doing otherwise? If you really can’t stop producing waste, bring a garbage bag at least so that once you leave; your trash also leaves with you! Give the next visitors a reason to come back to the Musfur Sinkhole.

— Photos and text by Mohammed Adnan Abdul Waheed @20ADDZ
LEISURE

Colour by choice

SOLUTION
1- Notebook  2- Sharpener  3- Backpack  4- Book  5- Paper  6- Pen  7- Eraser  8- Pencil  9- Glue  10- Crayon  11- Ruler  12- Pencilcase
Pooch Café
By Paul Gilligan

I’m gonna work from home today.

Boud & GaGed
By Anna Summers
Yesterday’s Solution

Super Cryptic Clues

Across
1 Setting for pub; middle of field (6)
4 Chess player’s move in splendid house (6)
8 The worth of some ritual (5)
9 Vice apt to corrupt prisoner (7)
10 Offensive din surrounds old man at first (7)
11 Is little Susan having man at first (7)
12 Periodical about electricity children? (5)
13 Fretful about underground fungus (7)
14 Support new settler (7)
15 Bookie’s client recovered (6)
20 Employment exchange (5)
23 Throw a baby’s toy (6)
24 Execute extremely brave leader (6)

Down
1 Monaco’s first in lists for race venue (2,4)
2 Bag a pigeon (7)
3 Free time absorbed by kids’ bricks (3,2)
5 Paper is designed to inform (7)
6 Groups of musicians I sort out (5)
7 Number of the French in uniform (6)
9 Cheer a dry mess with drink (9)
10 Offensive din surrounds old man at first (7)
11 Is little Susan having man at first (7)
12 Periodical about electricity children? (5)
13 Fretful about underground fungus (7)
14 Support new settler (7)
15 Bookie’s client recovered (6)
16 Dope is surprisingly self-assured (6)
18 Jump over arched roof (5)
20 Employment exchange (5)

Wordwatch

charisma
(kuh-RIZH-muh)
plural charismata (kuh-RIZH-muh-tuh)
MEANING:
noun: A personal charm or appeal that inspires devotion, loyalty, enthusiasm, etc.
ETYMOLOGY:
From Latin, from Greek charisma, from charis (favor, grace).

Socratic method
(suh-KRAT-ik meth-uhd)
MEANING:
noun: A method of teaching in which, instead of giving the answer, the teacher guides students to it by asking them a series of questions.
ETYMOLOGY:
After Greek philosopher Socrates (c. 470–399 BCE) who employed this method in his teaching. Earliest documented use: 1741. Socrates’s wife Xanthippe has also given us an eponym.
USAGE:
“I wait for no more than “how many minutes?” she asks, dipping into the Socratic method. “Seven, the room answers in unison.”

Midas touch
(MY-duhs tuhch)
MEANING:
noun: The ability to easily make anything profitable.
ETYMOLOGY:
From Greek philippikos, the name given to orator Demostenes’s speeches urging Athenians to rise up against Philip II of Macedon. Earliest documented use: 1741.
USAGE:
“It was from the front that he sent a letter – a philippic, really – home to his wife, Margaret, that is more than a raging description of his feelings.”
— wordsmith.org

Sudoku

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine (3x3) boxes. You are given a selection of values and to complete the puzzle, you must fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9 and none is repeated.

Solution

The Mail Cinema (1):
Great Grandfather (Malayalam)
11:15pm, Aladdin (2D) 7pm, Bharat (1976) (Hindi) 8:15pm, Bharat (Hindi) 7pm, Godzilla II: King of The Monsters (2D) 7:15pm, Pokemon Detective Pikachu (2D) 2:15pm, Aladdin (2D) 4:45pm, Aladdin (2D) 7pm, Godzilla II: King of The Monsters (2D) 9:15pm, Pokemon Detective Pikachu (2D) 11:30pm, Pokemon Detective Pikachu (2D) 8:15pm, Pokemon Detective Pikachu (2D) 5:45pm, Aladdin (2D) 4:45pm, Aladdin (2D) 7pm, Godzilla II: King of The Monsters (2D) 9:15pm, Pokemon Detective Pikachu (2D) 11:30pm, Pokemon Detective Pikachu (2D) 8:15pm, Pokemon Detective Pikachu (2D) 5:45pm, Aladdin (2D) 4:45pm, Aladdin (2D) 7pm, Godzilla II: King of The Monsters (2D) 9:15pm, Pokemon Detective Pikachu (2D) 11:30pm, Pokemon Detective Pikachu (2D) 8:15pm, Pokemon Detective Pikachu (2D) 5:45pm, Aladdin (2D) 4:45pm, Aladdin (2D) 7pm, Godzilla II: King of The Monsters (2D) 9:15pm, Pokemon Detective Pikachu (2D) 11:30pm, Pokemon Detective Pikachu (2D) 8:15pm, Pokemon Detective Pikachu (2D) 5:45pm.
High calorie diet causes brain health to decline faster: Study

The unhealthy habits of modern-day living with a diet high in calories may cause brain health to deteriorate faster, according to an Australian study published recently.

Compared to 50 years ago, people currently consume an average of around 650 extra kilocalories each day, which is equivalent to a fast-food meal of a burger, fries and a soft drink, said the study’s lead author, Nicolas Cherbuin of the Australian National University (ANU).

"People are eating away at their brain with a really bad fast-food diet and little-to-no exercise," Cherbuin, who is a professor at the ANU Centre for Research on Ageing, Health and Wellbeing, said in a statement.

“We’ve found strong evidence that people’s unhealthy eating habits and lack of exercise for sustained periods of time puts them at serious risk of developing type 2 diabetes and significant declines in brain function, such as dementia and brain shrinkage,” he added.

According to the study, 30 per cent of the global adult population is either overweight or obese, and over 10 per cent of the world’s adult population will have type 2 diabetes by 2030, reports Efe news.

The expert pointed out that while the link between this type of diabetes and the deterioration of brain function has long been known, research shows that the loss of neurons and their functions begins “much, much earlier”, indicating “a clear association between this brain deterioration and unhealthy lifestyle choices”.

“People eating too much of the wrong kind of food, particularly fast food, is the other big worry,” according to the expert, who warned that advice for people to reduce their risk of brain problems, including their risk of dementia, begin too late, mostly when people are in their 60s or later.

“The damage done is pretty much irreversible once a person reaches middle age, so we urge everyone to eat healthy and get in shape as early as possible – preferably in childhood but certainly by early adulthood,” Cherbuin said. – IANS

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**Aries**
March 21 – April 19

You may be shy when it comes to expressing your emotions today. Aries. This could be a rare thing for you. Other people may wonder if something is wrong. The truth is, you may feel like you need to calm down and focus more of your attention inward instead of directing it outward. Don’t look to others to resolve your problems. Deal with them yourself. You’re just going through an introspective period.

**Taurus**
April 20 – May 20

You may not know which way to turn, Taurus. You may be emotionally weighed down by sentimental feelings and memories that bind you to the past. You may also feel restricted by authority figures who’ve been around the block more times than you, and therefore feel they have the right to tell you how to run your life. Try not to let your thoughts get tied up in either of these scenarios.

**Gemini**
May 21 – June 20

Your mind may be going in many different directions, with fantastic ideas about how things should be done, Gemini. The difficulty is communicating these ideas in a way that makes sense. Others may see you as a threat to their authority. Perhaps they feel your ideas would undermine their plans, so they reject them. Don’t give up. Fight for your right to be heard and respected.

**Cancer**
June 21 – July 22

In a philosophical or political conversation, you don’t hesitate to offer your thoughts, Cancer. Your examples may be extreme, but your principles are sound. You may get in over your head before you know it and suddenly need an escape route. Your first reaction may be to change the subject. It’s better to admit you don’t know the answer or don’t understand the question.

**Leo**
July 23 – August 22

You should be in a good mood, Leo, although you might have a hard time fully expressing yourself. Perhaps you feel like there is someone keeping an eye on your every move. You may feel like a kid in class being watched by the teacher. Don’t be intimidated by those with a self-righteous air. You have just as much right to speak your mind as anyone else.

**Virgo**
August 23 – September 22

You may get the feeling that despite all the hard work you’ve accomplished, something is still missing, Virgo. There’s still a long road ahead, regardless of the goals you’ve attained so far. Perhaps the thing you’re searching for is a tender moment with a loved one, something that’s much closer than you think. Stop searching far and wide for the thing that’s right under your nose.

**Libra**
September 23 – October 22

Freedom may be a theme for you today, Libra. You’re beginning to question what it is you’re trying to free yourself from. A person? Job? Commitment? These may be the very things you start to search for as soon as you’re free of them. Trying to figure out what you want to do with your life is sometimes easier said than done. Don’t get stuck on one concept. Do your best to take things gradually.

**Scorpio**
October 23 – November 21

You’re the liquid that takes the shape of its container, Scorpio. Even though this may seem like the most non-confrontational way to do things, you may find that it’s actually a cause of great frustration for you and others. People may be annoyed that you’re always following someone else’s lead instead of taking the initiative. Try to be more assertive while continuing to be easygoing.

**Sagittarius**
November 22 – December 21

You may feel like a puppy that has been let outside for the first time. Sagittarius. The air is warm and you’re full of energy. You’re ready to run over the fields and hills. Unfortunately, you’re tied to a stake and you can’t move beyond a ten-foot radius. Your heart is ready to fly, but something beyond your control keeps you where you are. Start chewing the rope.

**Capricorn**
December 22 – January 19

You may feel a strange tension. It seems that nothing you say or do is quite right, Capricorn. As much as you may try to do the correct thing, you can’t make things click the way you’d like. Try not to raise your expectations too high. Let go of the idea that things are going to work out exactly the way you want. You may not even know what’s best for you in the end.

**Aquarius**
January 20 – February 18

It may be hard for you to maintain your self-discipline, Aquarius. Your childlike nature wants to go out and play. Emotionally, you’re anxious to let loose and follow your playful, instinctual nature, yet your sense of responsibility is holding you back. This difficult internal tension may be the cause of irritation in many different areas of your life. Do your best to come to a place of balance and harmony.

**Pisces**
February 19 – March 20

If you’re unclear about the topic of discussion, say so, Pisces. Asking questions is an important part of learning. You shouldn’t be afraid to ask. Communication may take on a serious tone, and intellectual discussions are likely to get heated. Bring up political topics at the dinner table and give everyone a chance to speak on the matter. Don’t try to change the subject in order to avoid the conversation.
Jackson on the lasting impact of iconic Shaft

By Peter Sblendorio

Samuel L Jackson is as cool as they come – and as long as he has anything to say about it, John Shaft will be, too.

The actor’s second go-round as John Shaft II is more comedic than previous films in the series, which began with the classic 1971 movie starring Richard Roundtree as the tough private eye. But Jackson knows the importance of the franchise that helped spur the so-called Blaxploitation genre, and made it a point in the new film to maintain the edginess of the original.

“He’s kind of iconic in our community and in our mythology,” Jackson, 70, told the Daily News.

“He’s one of our heroes, and we don’t want to make him be a buffoon or a fool in any way. … You still need real danger (in the movie) to respect what Richard created or what John Shaft is about.”

It’s really interesting that Shaft has a father now, Roundtree, who starred in the first Shaft flicks in the ’70s plus a 1973 TV movie starring Sidney Poitier and Harry Belafonte before then, but says there had never been a character quite like Shaft.

“To have a guy like that who was unapologetically black, brave, cool and irreverent was a revelation,” Jackson said. “Like, OK, we’re making different kinds of movies now. By the time the Blaxploitation era hit, people tried to disparage it in an interesting sort of way, but we wanted to do it. We needed it. I’ve been going to movies all my life, so it was important that I see people who looked like me and were heroes, who were sticking it to the Man, which is what basically those movies were. It was another way of going to the movies and seeing yourself win, or seeing a hero that looks like you or the hero that you can aspire to be.”

The introduction of the first Shaft gave Jackson hope at the time that more movies like it were on the horizon, which would mean more acting opportunities for him. Years later, he was already a huge star when he made his debut in 2000’s Shaft.

“It’s really interesting that Shaft is a character that resonates with people still, because their parents played Isaac Hayes’ music, (and) they’re more than likely seen at least one or two of the movies,” Jackson said. “Even if the first one they saw was mine, somehow they ended up going back (and) watching that other one because their parents had it or their parents recognised Richard as Shaft. Then I come along and they accept me as Shaft, and now hopefully we can bring Jesse into the situation and it will allow those people to embrace him.”

Much of the humour in the new film comes from the contrast between Jackson’s character’s analogue, old-school ways and the technology-driven, politically correct approach of his son, who works as a data analyst for the FBI.

Harlem once again plays a central role, as the characters navigate the New York neighbourhood trying to figure out the mystery.

Starring as Shaft again was a thrill for Jackson, who relishes the chance to play action heroes at his age.

“It kind of keeps me young because I’ve been doing it all my life, and those are the movies that you’re attracted to when you’re a young kid. You like guns, noise and boys and toys,” Jackson said.

He acknowledges that some actors only choose movies for the chance to win awards, and while Jackson has enjoyed doing serious films, he loves a good popcorn flick.

“I think movies are escape,” Jackson said. “People want to get away from what they do every day. Especially in this world we’re living in right now, we need escapism. I want to forget about all that other crap that’s going on, just kind of go somewhere and lose myself for an hour and a half or two hours and have some fun, and come out and feel good.”

Safe to say, he can dig it.

— New York Daily News/TNS
India is a country with diverse and rich cultures. The Indian diaspora in Qatar is known for celebrating its culture in different ways. One such event was organised by the Indian Cultural Centre (ICC) on Wednesday evening when classical Indian music was presented by talented vocalists and musicians.

‘Journey of Ragas’ presented in association with Skill Development Center took the audience to the ancient and colourful culture of India as the performers clad in traditional dresses mesmerised the gathering.

‘Raga’ in Indian classical music represents each of the six basic musical modes which express different moods in certain characteristic progressions, with more emphasis placed on some notes than others.

The gathering of music lovers at the Ashoka Hall of ICC were seemingly captivated by the melodious and enchanting performances from vocalists namely, Manjari Deshpande, Shruti Tangirala, Prasad Deshmukh, Manasi Vasikar, Anu Pande, Sri laxmi Suresh, Momi Bandopadhyay and Sanjay Pradhan.

The vocalists were supported by tabla-rhythm experts namely, Santosh Kulkarni, Avinash Despande, Avinash Gaikwad and Pranjali Mulik with Rashmi Wasingankar playing the Keyboard. All the artistes were trained or students of Skill Development Centre.

Before the start of the show, all the artistes were felicitated with certificates and Skills Development Center was felicitated with appreciation plaque by the managing committee members of ICC.

In his welcome speech, Vinod Nair, ICC Vice President, said: “I wish you very warm welcome to this beautiful evening. We are going to start to series of musical shows with the support of the artistes from Skill Development Centre.

The show is going to create an amiable atmosphere with its unique music and feelings. I am sure that the one-hour-long programme will leave you spellbound with the melodious and sweet music.”

The ICC team and other guests lit a lamp to start the programme officially.

Nayana Wagh, ICC Cultural Secretary, shared the details of the show. She said: “It is the most awaited cultural activity. We have a very professional and skilled music troupe associated with Skills Development Centre. The troupe will present the journey of eight multilingual popular songs based on different ragas.”

She went on to introduce each artiste with their skills and experience in the field of classical Indian music.

A representative of Skills Development Centre expressed her thankfulness to ICC for giving the opportunity to the centre’s artistes. She said that the programme became more significant in the light of ongoing India-Qatar Year of Culture. “India has a lot to share with the rest of the world. Raga is a beautiful element in the Indian music.”

Talking to Community, Shashidhar Hebbal, founder and president of Uttara Karnataka Balaga Qatar, said: “It really was a nice musical show. We need to have such regular programmes for the Indian expatriate community.”

Shashidhar, who has been working with a public works authority as senior engineer for over nine years, added: “I attended the event with my family. My wife Geeta Hebbal is the one who decorated the stage for the musical evening. She has also been getting music training at Skills Development Centre. She also supports me in community welfare works. She is one of the management committee members of Uttara Karnataka Balaga Qatar.”

“I enjoyed the professional performance by the trained artistes. The show speaks volumes about the kind of skill development training given at Skills Development Centre.”

Srithar Shannugasundaram, an engineer in a construction company, said: “The show really portrayed the rich heritage of Indian music. It was a vivid melody with vocalists dominating the music. The programme put forward a diverse performance presenting music from different regions of India. They presented different ragas and expressed different moods of an individual.

“It was a unique blend of ancient Indian music with modern young talents. I was amazed to see the level of professionalism by the artistes. I think it is very good and necessary to have similar programmes of classical music in Qatar. Such events can help the young Indian living in Qatar in getting introduced to their national heritage and rich music.”