D for diversity

Qatari travel writer and TV presenter Ali bin Towar al-Kuwari shares his insights on globe-trotting in talk at Qatar National Library. P4-5

Photo by Ram Chand
PRAYER TIME

Fajr 3.14am
Shoroq (sunrise) 4.46am
Zuhur (noon) 11.38am
Asr (afternoon) 3.01pm
Maghreb (sunset) 6.20pm
Isha (night) 7.59pm

USEFUL NUMBERS

Emergency 999
Worldwide Emergency Number 112
Kahramaa – Electricity and Water 991
Local Directory 180
International Calls Enquiries 150
Hamad International Airport 40106666
Labor Department 44508111, 44406537
Mowasalat Taxi 44588888
Qatar Airways 44496000
Hamad Medical Corporation 44392222, 44393333
Qatar General Electricity and Water Corporation 44845555, 44845464
Primary Health Care Corporation 44593333, 44593363
Qatar Assistive Technology Centre 44504050
Qatar News Agency 44450205, 44450333
Q-Post – General Postal Corporation 44464444
Humanitarian Services Office
(Single window facility for the repatriation of bodies)
Ministry of Interior 40253371, 40253372, 40253369
Ministry of Health 40253370, 40253364
Hamad Medical Corporation 40253364, 40253365
Qatar Airways 40253374

Quote Unquote

“Adopt the pace of nature: her secret is patience.”
— Ralph Waldo Emerson

Pokemon: Detective Pikachu

DIRECTION: Rob Letterman

CAST: Ryan Reynolds, Justice Smith, Kathryn Newton

SYNOPSIS: Ace detective Harry Goodman goes mysteriously missing, prompting his 21-year-old son, Tim, to find out what happened. Aiding in the investigation is Harry’s former Pokémon partner, wise-cracking, adorable super-sleuth Detective Pikachu. Finding that they are uniquely equipped to work together, as Tim is the only human who can talk with Pikachu, they join forces to unravel the tangled mystery.

THEATRES: The Mall, Landmark, Royal Plaza

Toy Story 4

DIRECTION: Josh Cooley

CAST: Tom Hanks, Tim Allen, Annie Potts

SYNOPSIS: Woody, Buzz Lightyear and the rest of the gang embark on a road trip with Bonnie and a new toy named Forky. The adventurous journey turns into an unexpected reunion as Woody’s slight detour leads him to his long-lost friend Bo Peep. As Woody and Bo discuss the old days, they soon start to realise that they’re worlds apart when it comes to what they want from life as a toy.

THEATRES: The Mall, Landmark, Royal Plaza

The Mall Cinema (1):
Kabir Singh (Hindi) 2pm; Aladdin (2D) 5pm; Mahadesh Shaf Mohamed Hussein? (Arabic) 7:15pm; Child’s Play (2D) 9:15pm.

The Mall Cinema (2):
Toy Story 4 (2D) 2:15pm; Toy Story 4 (2D) 4pm; Toy Story 4 (2D) 5:45pm; Men In Black International (2D) 7:30pm; Men In Black International (2D) 9:30pm; Men In Black International (2D) 11:30pm.

The Mall Cinema (3):
Unda (Malayalam) 2.30pm; Pokemon Detective Pikachu (2D) 4:45pm; Toy Story 4 (2D) 6:45pm; Kabir Singh (Hindi) 8:30pm; Unda (Malayalam) 11:30pm.

Landmark Cinema (1):
Unda (Malayalam) 2:15pm; Aladdin (2D) 4:30pm; Mahadesh Shaf Mohamed Hussein? (Arabic) 7pm; Unda (Malayalam) 8:45pm; Kabir Singh (Hindi) 11pm.

Landmark Cinema (2):
Aladdin (2D) 2:30pm; Toy Story 4 (2D) 4:30pm; Kabir Singh (Hindi) 8:30pm; Child’s Play (2D) 11:30pm.

Landmark Cinema (3):
Toy Story 4 (2D) 2:15pm; Toy Story 4 (2D) 4pm; Men In Black International (2D) 5:45pm; Men In Black International (2D) 7:45pm; Mahadesh Shaf Mohamed Hussein? (Arabic) 9:45pm; Unda (Malayalam) 11:30pm.

Royal Plaza Cinema Palace (2):
Unda (Malayalam) 2:30pm; Kabir Singh (Hindi) 5pm; Kabir Singh (Hindi) 8pm; Unda (Malayalam) 11:15pm.

Royal Plaza Cinema Palace (3):
Shadaa (Punjabi) 2.30pm; Pokemon Detective Pikachu (2D) 5pm; Child’s Play (2D) 7pm; Unda (Malayalam) 8:45pm; Kabir Singh (Hindi) 11pm.
DOMES AND ABOUT

EVENTS

MF Husain: The Horses Of The Sun Exhibition
WHERE: Mataf: Arab Museum of Modern Art
WHEN: Ongoing till July 31
TIME: 9am – 7pm
The exhibition presents Husain's pluralist approach to the divine and cosmic aspects of being, articulated through the myths, symbols and narratives of the world’s religions and philosophies. M. F. Husain: Horses of the Sun bears witness to a recurrent motif in his art, a personal symbol of self-renewal and vitality.

Summer Entertainment City
WHERE: DECC
WHEN: Ongoing till July 13
TIME: 1pm – 11pm
The biggest indoor VR and Gaming zone, over 50+ new activities and 45 food options along with 114 retail shops, for the whole family under one roof. Entry fee QR15 per head.

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.

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

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.

Arabic Calligraphy Workshop
WHEN: Saturday – Wednesday
TIME: 6pm
Arabic Calligraphy workshop is back. Come and learn the artistic practice of Arabic handwriting and calligraphy at Music and Arts Atelier.

Additional services include dance education, choreograph music videos and dance cover albums, choreograph dance musical projects, corporate workshops and events, choreograph events for schools, colleges, alumni meets and corporate choreography events. For details, call 33897609.

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.

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

After School Activities
WHERE: Atelier
WHEN: Ongoing
Music and arts activities for students taking place after they finish their day in school includes Group Music lessons, Hip-hop, Ballet, Drawing and Painting, Drama Theatre & Taekwondo. Ages between 5 and 10 years old after school hours.

Hobby Classes
WHERE: Mamangam Performing Art Centre
WHEN: Wednesday – Monday
Mamangam Performing Art Centre, is a holistic performing arts institution and a one stop solution for adults as well as children looking to explore their talents in various art forms. We offer classes in contemporary, Bollywood, Hip hop, Indian classical dance, music (Hindustani and Carnatic), arts and craft, karaite, yoga, percussion (Chenda, Thimila, Elathalam and Madhalam), violin, harmonium, public speaking.

Additional services include dance education, choreograph music videos and dance cover albums, choreograph dance musical projects, corporate workshops and events, choreograph events for schools, colleges, alumni meets and corporate choreography events. For details, call 33897609.

Sports Activities
WHERE: TCA Campus, Behind Gulf Times Building
WHEN: Wednesday – Monday
Learn the movements of dance styles in Bollywood, Hip Hop and also the musical instruments such as Piano, Guitar, Keyboard for adults as well kids and move in the world of music. For details, contact 66523871/31326749.

Compiled by Nausheen Shaikh. E-mail: gtlisting@gmail.com. Events and timings subject to change.
The joy of travelling

Young Qatari traveller Ali bin Towar al-Kuwari has been to 73 countries. He tells Mudassir Raja how travel experiences broaden an individual’s understanding.

DIVERSITY: There is a lot of diversity out there. There is diversity of colour and there is diversity of language,” says Ali bin Towar al-Kuwari.

Photo by Ram Chand

Globalisation is a part and parcel of our lives. It has actually made travelling easier. The new technologies are also very helpful for travelling.

Travelling – it leaves you speechless, then turns you into a storyteller,” said Ibn Battuta, a famous Muslim traveller of medieval times.

The case of a noted young Qatar traveller Ali bin Towar al-Kuwari is no different. He is a keen traveller, travel writer and television presenter. Qatar National Library (QNL) recently hosted a travel adventure lecture with Ali, who shared his amazing experiences and lessons with the audience at the auditorium of QNL.

The well-attended event was a forum for the host of the popular Arabic travel series, Khota Al Rahala, to present interesting aspects of his global explorations and experiences. Al-Kuwari shared his adventures in countries, including Brazil and China and his compelling personal observations about the diverse cultures and people he has encountered in the style of storytelling.

In his over an hour-long talk, the traveller mostly spoke about his adventures in American continent, particularly South America, and in...
Antarctica. Throughout his talk, Ali stressed the significance of travelling and from his experience how diverse the world is and how beautiful diversity is.

His talk was so engaging that a gathering of diverse people remained unmoved for almost all the time listening to his experiences and later his answers to different questions.

He talked about his travel through Mexico, Columbia, Ecuador, Costa Rica, Peru, Bolivia, Brazil, Argentina and the diversity he saw. “There is a lot of diversity out there. There is diversity of colour and there is diversity of language. Talking about these countries, he spoke about his different experiences. He shared the stories of how simple people live and still how content they are. “During my travel, I met a lot of different people. One woman, working at a tea stall, was not ready to accept extra money from me. She thought the extra money would make her idle.”

Ali also shared the fact that the Arab names are very common in South American countries despite the fact these countries are not Muslim countries. “I found many names similar to the names we have in the Arab world. For example, the name Saeeda is very common in Cuba.”

He found people in many South American countries to be very content despite modest earnings. “I met a woman who told me that she earns $13. When I asked the money is for one day work, she said no. When I asked the money is for one week, she said no. She said that she does not need much. She said she earns $13. When I asked the money is for one day work, she said no. When I asked the money is for one week, she said no. She said that she does not need much. She said she earns $13. When I asked the money is for one day work, she said no. When I asked the money is for one week, she said no. She said that she does not need much. She said she earns $13. When I asked the money is for one day work, she said no. When I asked the money is for one week, she said no. She said that she does not need much. She said she earns $13.”

The traveller became particularly excited when he spoke about his travel to and the hurdles he faced during his voyage to Antarctica. “It was very fascinating to be out there. It was so beautiful that I did not take photos. No photo can explain it. It was so beautiful that I did not take photos. No photo can explain it. It was so beautiful that I did not take photos. No photo can explain it.”

At the end of his talk, the audience asked him multiple questions and in response he further shared his experiences. About the question of different war zones in the world, he said: “These are man-made problems and sufferings. The natural diversity of humankind is very beautiful. Imagine, if God had made all the world similar, it would not have been so beautiful. We should travel to appreciate the diversity and the beauty.”

Responding to a query about how many countries he had so far travelled, Ali said that he has been to 73 countries. “I will continue my travel and soon set out for my next expedition.”

About a question on globalisation, he said: “Globalisation is a part and parcel of our lives. It has actually made travelling easier. The new technologies are also very helpful for travelling.”

When asked what has so far been his biggest challenge, he said: “I faced the biggest challenge when I was imprisoned in Mexico and Columbia for certain travel-related issues. However, every challenge has made my love for travelling stronger.”

In the end, he appreciated QNL for regularly hosting events to recognise Qatar’s outstanding youth and individuals and to offer a platform for educating the wider community. “The lecture was very interesting, and I learned a lot today. Travel is one of the most useful ways for people to learn about world cultures and expand their horizons.”

“Those who do not get the opportunity to travel the world can read about other countries, and the library is an ideal place to do so. It offers some of the best travel books,” he concluded.
PPO-Q organises Sportfest 2019

The Philippine Professional Organisation (PPO)-Qatar recently held its first Sportfest Promoting Camaraderie; Inspiring Synergy' 2019 at Al Arabi Sports Club. The event kicked off with the parade of 13 Filipino professional organisations in Qatar, including Integrate Electrical Engineers of the Philippines (IEE) State of Qatar Chapter, the Philippine Institute of Civil Engineers (PICE) Qatar Chapter, the Philippine Institute of Certified Public Accountants (PICPA) Doha LLC(G), the Philippine Society of Mechanical Engineers (PSME) Qatar Chapter, the United Architects of the Philippines (UAP) Qatar, the Philippine Nurses Association (PNA) Qatar, the Institute of Electronics and Communications Engineers of the Philippines (IECEP) Qatar, the Filipino Radiologic Technologist Association Qatar (FIRAQ), the Filipino Association of Respiratory Practitioners Qatar (FiARPQ), Geodetic Engineers of the Philippines (GEP) - Qatar, the Filipino Dentists Organisation (FDO) Qatar, and the Filipino Environmental Planners (ENP) - Qatar.

Jehmar Tabili, Chairman of PPO-Q and former President of PICPA Doha, welcomed the gathering, which was followed by a ramp walk of muses of each organisation. Melody Rose Mendoza, muse of PICPA Doha, bagged the title of Best Muse. The PICPA Doha LLC(G) was also presented the award for Second Runners Up for the Best in Uniform category. The opening ceremony was followed by an oath taking ceremony and Basketball, Volleyball and Badminton Tournaments.

ANTI-BULLYING CAMPAIGN:
P Sharma, Principal of Birla Public School (BPS), along with a group of six students of the Kindergarten Section at BPS recently initiated a week-long anti-bullying campaign to reinforce positive efforts and help to change the unacceptable behaviour of bullying. The campaign featured various slogans, including "Stop bullying", "keep our campus clean and neat", and "we love you".

DPS-MIS takes students on a field trip

DPS Modern Indian School (DPS-MIS) recently organised a field trip for the students of Kindergarten Section to LuLu Hypermarket to teach them about fruits and vegetables, healthy and junk food. The students identified a wide range of fruits and vegetables as healthy food items and chocolates, ice cream, cakes, and chips as the junk food items during the trip. The students also explored the frozen food section featuring meat, chicken, and fish. They also identified the daily products used for hygiene, including floor cleaners, detergents, and dishwashing soaps.

DPS-MIS takes students on a field trip
Majlis-e-Frogh-e-Urdu Adab announces new Board of Patrons

In December 2018, Mohammad Atiq, Chairman of Majlis-e-Frogh-e-Urdu Adab, had announced the dissolution of its Board of Patrons, which comprised of 12 members – six from Pakistan and six from India, all residents in Qatar. The Majlis has recently announced the names of the Board of Patrons, which is headed by Mohammad Atiq as Chairman. Other board members, include Dr Zeenat Ruvi, Mohammad Khan, Mehmood Ahmed, Ahmad Hussain, Rai Ahmed Bakali and Sohail Zaman, from Pakistan, and Khalid Bashir Afghani, V.K. Chowdhry, A.K. Usman, Mohammad Unni Otskara, Akhter Abbas and Dr Shridhar Devidas, from India. The members of management committee of Majlis-e-Frogh-e-Urdu Adab, include Prof. Dr Fartash Syed, President; Javed Humayun and Roaise Mumtaz, Vice Presidents; Obaid Tahir, Secretary General; Furqan Ahmed Parachi, Joint Secretary; Qamar uz Zaman Bhatti, Joint Secretary; Abdul Razaq and Jawed Bhatti, Information Secretaries, and Raza Hussain Raza, Finance Secretary.

The Majlis has also announced the names of 23rd Aalmi Frogh-e-Urdu Adab Award winners for this year. The winners include Prof. Dr Tehsin Faruqi from Pakistan and Fay Seen Ejaz from India. The awards would be presented to the winners by October/November this year, before the start of 25th Aalmi Mushaira. These awards were decided by a jury headed by Prof. Dr Gopi Chand Narang along with Prof. Shafey Kidwai and Prof. Tariq Chhatri as members in India and another jury headed by Prof. Dr Khurshid Rozi, with Prof. Fateh Mohd. Malik, Dr Mazhar Mehmood Shaaran and Prof Dr Zahd Munir Aamer in Pakistan.

Samanvayam-Qatar organises yoga show

Samanvayam-Qatar recently organised a yoga show to mark Fifth International Yoga Day. The show was attended by over 700 people, including experienced people in yoga who demonstrated various exercises and asanas on the occasion. Speaking on the occasion, Sridevi Ananthakrishnan, President of Samanvayam, said, "Yoga is divine knowledge handed over by saints of yore in Bharat for leading a healthy and purposeful life. When your body is healthy and possess a blissful mind and you are also supported by an understanding and compassionate family set-up, you are able to live up to any challenges in life. In this modern age, where strife and tension are having a free run, Yoga seems to be the only panacea."

The aim of the event was to spread the message of Yoga and its relevance in modern day amongst Indians and nationals from around 90 countries. Trained teachers imparted valuable lessons in regular yoga exercises, including Surya Namaskar, Asanas, Pranayama, and Meditation. The show was attended by notable personalities, including Sri Manikandan, President of Indian Cultural Centre; Dr Mohan Thomas, President of ICBP; Sri Baburaj, Dessertline, C V Rappayi, Vinod Nar, Advocate Jaffar Khan, and Nilanshu Dey, President of Indian Sports Centre.

Blood Donation Drive: Blood Donors Kerala Qatar Angels, along with Radio Suno 91.7FM, Qatar Malayali Moms (QMMM), National Institute of Technology - Calicut (NITCAA Qatar) and Save a Child Team, in association with Hamad Medical Corporation, recently organised a blood donation drive at Hamad Medical Corporation Blood Bank.
Blue-tongued lizards: Behind the scenes

The display of lingual lapis lazuli provides one of the intimate moments between human and animal at the Roos and Mates tour that opened last year at the new Walkabout Australia attraction, writes Bradley J Fikes

Wall's blue tongue rapidly flickers in and out. She swivels her head toward the visitors, reptilian eyes bright. Wally is a northern blue-tongued skink. These Australian lizards display their azure intakes appendage to ward off predators. Bright colours often mean danger, such as with the highly venomous blue-ringed octopus.

But no worries, blue-tongued skinks are harmless. The colour display is all a bluff. Gently handled by keeper Benjamin Fan, Wally even permits a visitor to caress her supple, squamate skin.

The display of lingual lapis lazuli provides one of the intimate moments between human and animal at the Roos and Mates tour. It opened last year at the new Walkabout Australia attraction at the San Diego Zoo Safari Park. Wally is one of several ‘animal ambassadors’ guests might meet. Even more intimately, those on the two-hour tour can offer leafy treats to kangaroos, which gently take them from your grasp.

Housed with Wally in an off-exhibit area for ‘animal ambassadors,’ is Adelaide, a red kangaroo. Adelaide jumped on request, and allowed a visitor to feed her with one hand, leaving the other free to stroke her dense, luxuriant fur.

You’re also allowed to feed the native Australian geese and ducks. They get dried millet; cricket; and writhing giant mealworms that undulate uncomfortably between your fingers before you throw them to the ground.

And you also learn from a guide and keepers the general principles that allow such closeness. Animals willingly modify their behaviour if given the right incentives, and well treated.

This is done by proven psychological methods such as operant conditioning. They get a reward for performing the desired behaviour, or approximating it. If they don’t, nothing happens.

“If you respect animals, they’ll respect you,” said tour guide Aaron Weiss. Tour guests also get instructions in animal etiquette. For example, when feeding the kangaroos, always leave them an escape route.

But even etiquette has its limits. No such direct contact is allowed with another colourful Australian native, the cassowary.

Two of these velociraptorian-style giant birds are on display, both males. Two females are kept out of sight, the plan is to breed them. Each cassowary foot has a dagger-like claw that can, and has, killed people. Safely behind fencing, the cassowaries stalk around their green habitat, displaying their red and blue wattles and piercing light brown avian eyes.

Cassowaries are dangerous to each other, so the mating has to be planned carefully. Senior avian keeper Marco Wendt has been working with them individually to help the eventual introduction to go well.

Through positive reinforcement, with a barrier interposed, cassowaries can also be trained to come to keepers for check-ups.

And more might be possible, Weiss said. “Hopefully in the future we want to incorporate a cassowary into a behind-the-scenes tour,” he said, emphasising that at this point it’s just a possibility.

“It’s all based on the cassowary,” Weiss said. “We’re getting it desensitised to coming up to a fence so we can have a closer view. And who knows what the keepers are going to train them to do from there?”

Sadly, of course.

“We’ll never go into the same space,” he said. “There will always be a barrier.”

Two refrigerators face each other inside the marsupial care building’s kitchen. One is labelled as containing animal food, the other human food.

The animals arguably have the better of the deal, says Weiss, the tour guide.

“Does anybody here have a nutritionist?” Weiss asks the group.

“These animals have three. So these guys get a higher-quality diet on a daily basis than we’re getting ourselves.”

On a wall is a diet sheet for each animal, listing the food type, and the amount or grams in their meals. And like chefs for humans, the animal carers like to get a little creative in how they present the meals. Weiss pulls out a bowl of ice topped with apples slices, an apple popsicle.

Further inside are two rooms facing an enclosure for a rare kangaroo species, Matschie’s tree kangaroo. As the name implies, these smallish kangaroos are at home in trees. Found in the mountain forests of New Guinea, these tree kangaroos are classified as endangered on the International Union for the Conservation of Nature’s Red List.

They’re mostly dark brown, with creamy paws and faces, topped with pink noses. Cuteness quotient: Near panda-level.

The rooms are sleeping and indoor quarters for two of the tree kangaroos, one for Spike, a nearly 6-year-old male, and Polly, a 3-year-old female. They can have controlled access to a common room between their quarters, said mammal keeper Bree Barney.

Spike is outside today. Inside her quarters, Polly remains quiet and immobile. Just when a visitor concludes she’s one of the toys inside the branch-bedecked intergalactic she moves slightly.

Polly may be expecting, as she was introduced to Spike earlier this year. “We had an introductory session between the two and it went very, very well,” Barney said.

But it’s hard to tell whether Polly is expecting. As marsupials, tree kangaroos give birth to babies the size of Lima beans. Called joeys, the newborns must crawl into their mother’s pouch and attach themselves to the mama kangaroo.

The keepers haven’t yet directly inspected the pouch. That will happen soon, and there’s a regular procedure for it.

“I use my cellphone with a Bluetooth camera and go in to check to make sure that there is or is not a joey,” Barney said. “It’s cool that we can do that with this species because of their pouch. This species is endangered and this little joey, if we do have one, is going to be very valuable. There’s only 43 in human care now.”

Another unique species may soon be breeding, the echidna, or spiny anteater, cousin to the duck-billed platypus. – The San Diego Union-Tribune/TNS
Scenes at San Diego Zoo Safari Park

Tour Elements: A Western Gray kangaroo along with its joey are among the animals you can see and feed during the tour.

Endangered: Matschie’s tree kangaroos are classified as endangered on the International Union for the Conservation of Nature’s Red list.

Adapting: Animals willingly modify their behaviour if given the right incentives, and well treated.

Trainer: Animal trainer Kaitlyn Downing works with a red kangaroo.
We recently celebrated the fifth International Yoga Day in Qatar. The event was organised by the Indian Embassy at the iconic National Museum of Qatar (NMoQ).

It was a very well organised event that had good help from the volunteers. Thousands of people from different communities, including all age groups, gathered to mark the event. Yoga has many benefits that go beyond maintaining physical well-being. It also has mental health benefits and can also help people in maintaining a balanced metabolism, apart from reducing stress and improved energy and vitality.

Indian Ambassador P. Kumaran was the chief guest and his presence encouraged people to participate in this fitness regime. The main yoga event was conducted by a reputed instructor and all the people followed the instructions. For the people present, it was quite a vision to see a mass yoga event taking place in Qatar.

—Text and photos by Manjri Saxena
**IOC marks 125th anniversary**

A n a fine winter’s evening in Paris in 1896, he announced his intention to spearhead a movement to reinstate the ancient Olympic Games. Pierre de Coubertin was applauded. And, in furtherance of de Coubertin’s dream, the International Olympic Committee was formed on 23 June, 1894, just under two years before the first Olympic Games of the modern era started on April 6, 1896.

The International Olympic Committee (IOC) is the supreme authority of the worldwide Olympic movement. Based in Lausanne, Switzerland, IOC is a non-profit independent international organisation made up of volunteers, which is committed to building a better world through sport. Its mission is enshrined in the Olympic Charter: to support the development of competitive sport by ethical and environmentally sustainable means.

The IOC organises the modern Olympic Games and Youth Olympic Games (YOG), held in summer and winter, every four years. The first Summer Olympics was held in Athens, Greece in 1896; the first Winter Olympics was in Chamonix, France, in 1924. The first Summer YOG were in Singapore in 2010 and the first Winter YOG in Innsbruck were in 2012.

As of April 2019, IOC membership consists of 95 active members, 44 honorary members, an honorary president (Jacques Rogge) and two honour members. The current president of the IOC is Thomas Bach of Germany, who succeeded Jacques Rogge of Belgium in September 2013.

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1. What is the only continent with land in all four hemispheres? Africa is the only continent that is in all four hemispheres: north, south, west and east.

2. Who was president of the US when Uncle Sam, a common national personification of the American government or the United States, first got a beard? Abraham Lincoln.

Demetrios Vikelas, a Greek businessman and writer, based in Paris at that time.

Olympic Gold medals are not only open to all manner of gold. When was the last series of Olympic medals made of solid gold awarded? 1912 Summer Olympics in Stockholm.

What is the contribution of Spyridon Samaras and Kostis Palamas to modern Olympics? It was used for the first time for the ceremony of opening of the first edition at the 1896 Summer Olympics in Athens and declared official by the International Olympic Committee in 1936 at the 4th Session of the IOC in Tokyo.

The Olympic Hymn by opera composer Spyridon Samaras, with lyrics by Greek poet Kostis Palamas.

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The Olympic Hymn by opera composer Spyridon Samaras, with lyrics by Greek poet Kostis Palamas.
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.

Codeword

Sudoku

Bound And Gagged

Remember, people...

Laughter is the best medicine

Unless you have stitches

They still haven’t found the skateboard.

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 each number once.
**Super Cryptic Clues**

**Across**
1. Most important couple may get spliced (9)
2. Turn back in vehicle that’s not what it seems (5)
3. Group taking long time dressing (7)
4. Sign seen in Rome nowadays (4)
5. Find out about exceptional radiation (5-3)
6. Take weapons from leader of militia after fresh raids (6)
7. Agitated, having operated aloft (6,2)
8. Leader in Guardian newspaper backing animals (4)
9. Again order right sort of ale and gin (7)
10. Prepared to make money (5)
11. They may carry sleeping bags, we hear (9)
12. Marianne’s new nationality (8)
13. Gunmen, note, get rid of loot (7)
14. Arrive with cycle at college (4,2)
15. Foster’s back (4)
16. Callas misses first part of opera? (4)

**Down**
1. Is lager drunk - or port? (7)
2. Egg container in someone’s trolley (4)
3. Hood put on girl’s head when dressing? (6)
4. Caesar in trouble with birds (8)
5. Just fluorine and a mixture of gases (4)
6. Pointers like a fox - for no good reason (10)
7. Norfolk term for old weapon? (10)
8. Marianne’s new nationality (8)
9. Gunmen, note, get rid of loot (7)
10. Foster’s back (4)
11. Foster’s back (4)
12. Foster’s back (4)
13. Foster’s back (4)
14. Foster’s back (4)
15. Foster’s back (4)
16. Foster’s back (4)
17. Foster’s back (4)
18. Foster’s back (4)
19. Foster’s back (4)
20. Foster’s back (4)

**Answers**

**Codeword**

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K CAR T LE J I PA PO PC
O GU HH N E X D N Z R IK Z
P O ON KY AH KI I IT CS
Z B LLO T BX Y AW BUS W
```

**Wordsearch**

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Q GD W Y A E F E R B E
X E LUD E HC S E A D F Y
T S O N G M R S H U T T L E P
C R C A I R C R AF T O
R D A U J L U R P P Y D O M E
P A L I Q U Z P C I E T I S
B I N E W R S L R E V G S
V P U G R T E B L N M J H Q
E G A R A C T F Q T V W Z
C N H T A R L S Q Y W J AT
Q Y F U T E R M I N A L B W
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**Yesterday’s Solutions**

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A L P H A T E P I C S
L L C S N U
S E R A P H I C A W R Y
R T E A N G
T R O Y S F L E E C E D
O D O R
D I N N E R P A R T Y
E E A E
A S T R I D E S C O W
C H L A K H
N E M O N C E O V E R
N D S T N E
T R A P S S I S A L
```

**Coloring**
Here are some tips to keep hair shiny and skin glowing in summer

Struggling to keep your hair shiny and skin dewy during summer time? Go for moisturisers with hydrating ingredients and do oil your hair, suggest experts.

Rajat Mathur, Senior Manager – Education, Marketing and Visual Merchandiser, Kiehl’s and Chandini, Brand Trainer, Paul Mitchell, have doled out tips to maintain healthy hair and skin during the summer season:

— Say goodbye to creams and hello to moisturisers: Go for moisturisers with hydrating and soothing ingredients. It will help in keeping your skin hydrated and will remove excess oil from your face so that your face does not look greasy or heavy at the same time.

— Keep your skin hydrated: Summer is all about heat and itchy skin, so it is always recommended to opt for foods rich in water content to keep your skin hydrated all day long. Try consuming fruits and veggies like watermelon, oranges, cucumbers, celery, and carrots. Always make sure that you drink enough water and juices to keep your skin hydrated in order to make your skin look fresh and not fatigued.

— Always keep a sunscreen handy: A good sunscreen is a must-have for summer, as it protects your skin from harmful UV rays and signs of ageing. Always make sure that you apply two layers of sunscreen in order to make your skin supple, smooth and tan-free. Always use a broad spectrum sunscreen and be on a look out for some anti-pollution factors in it and make sure that it is not comedogenic at the same time.

— Use clearing shampoo: Rain water is dirty and harmful for your hair. It is essential to use a deep cleansing or clearing shampoo twice a week, to remove the dirt residue on the scalp.

— Keep your hair nourished: Monsoon makes it difficult to protect your hair from the damage it causes. So, it is essential to opt for a good hair masque to avoid frizz. Rain water also makes your hair under nourished that may lead to fungal infections. Eat foods that are rich in protein, iron, Omega 3 to keep your hair nourished, strengthen hair follicles and prevent from fungal infections.

— Regular oiling: Your hair needs to be moisturised on a regular basis.

Spare no emotional or monetary expense today, Leo. Whatever you put into this day will come back to you tenfold. Feel free to indulge in your good-natured fun. You will be laid-back, easygoing, and adventurous. That there’s a great deal of power fuelling your emotions and that you’re trying to get a handle on the issues, but somehow things are slipping through your fingers. Don’t make any major decisions, and approach the issue at another time with a different frame of mind.

Today isn’t a day to stay inside and sulk, Virgo. Put the past behind you and move on. Grab opportunities with both hands and rev your engine into high gear. Stop looking at what lies behind and focus on the wide-open horizon in front of you. This is an excellent day to turn your life into an action movie with you as the star.

Today should run quite smoothly for you, Sagittarius. You will find that there’s a great deal of power fuelling your emotions and that you’re able to take that power to the extreme. Use your strong, dynamic nature to win the hearts of others. Lead the charge toward good-natured fun. You will be laid-back, easygoing, and adventurous. Take a long-distance trip in your mind.

Lay low today, Pisces. Don’t try to force any answers from people. Eat a healthy breakfast and stay away from caffeine. Relate to people on an intellectual or philosophical level and discuss the meaning of life. If you’re looking for sympathy, you may need to wait a couple of days. People aren’t in the mood. They just want to be left alone.
Play about Harvey Weinstein reviewed as ‘monstrous misfire’

Although resemblances to living persons are called “coincidental” in David Mamet’s new play, Bitter Wheat, there is little doubt that the Hollywood mogul played by John Malkovich is inspired by the disgraced mega producer Harvey Weinstein. So how are the reviews for the play, which opened Wednesday at the Garrick Theatre in London?

They are not kind.

The horrific story of abuse and predation falls short – way short – of Mamet’s mark, say critics. Although every issue seems to want to love Malkovich, the early consensus is that satire centred on the fictional Barney Fein is exploitative and not remotely in tune with the #MeToo movement.

A roundup of the reviews:

The Telegraph: “After a false period in terms of major hits, would this world premiere, which harnesses the maverick talent of John Malkovich (back in the West End for the first time in more than 25 years), give Mamet a late-career boost or fatally damage the brand? The truth is that Bitter Wheat is a bitter disappointment – it doesn’t add enough to the subject and, while it courts controversy, there’s not enough to get the town talking. It may not knock Mamet off his pedestal, but it warrants no trophy either – quite a fail.”

The Guardian: “Malkovich and Mamet’s monstrous misfire”. “Leaving aside its origins, what is dismaying is the clumsiness of the satire on manipulative moguls: Despite the formidable presence of John Malkovich, the play offers the rare spectacle of Mamet punching below his weight.”

The New York Times: “I’m not at all sure that Fein’s story, or that of the man who inspired him, is as simple as that, but Bitter Wheat would be considerably better were it more fleshed out. That’s assuming, of course, that it had to be written at all.”

The Hollywood Reporter: “David Mamet’s Harvey Weinstein-inspired satire is bad, weird and quite a fail. ”

That’s assuming, of course, that it had to be written at all.

The Independent: “Malkovich and Mamet’s monstrous misfire”:

“Leaving aside its origins, what is dismaying is the clumsiness of the satire on manipulative moguls: Despite the formidable presence of John Malkovich, the play offers the rare spectacle of Mamet punching below his weight.”

FAMILIAR: Arjun Kapoor, son of producer Boney Kapoor, grew up seeing his family members face both glitzy and gloomy sides of the showbiz world.

Always knew pros and cons of stardom: Arjun

By Durga Chakravarty

Actor Arjun Kapoor, who will turn a year older on June 26, says he came well-prepared into the industry and always knew the pros and cons of fame.

“I have never ever told anybody not to come and attempt it because the pay-off is tremendous, and now more – so than ever when more than just your face, it’s about your talent.”

“This, he says, has also given rise to a ‘big equality that is setting in’.

“It is becoming more and more available to people to come and pursue their dreams as long as they have talent and potential. So, it has definitely got a lot of pros but cons are they are for all to see,” added the actor, who is reportedly dating Malika Arora.

Arjun started working in the film industry as an assistant director on Nikhil Advani’s Kal Ho Naa Ho in 2001. He also assisted Advani on his next directorial Salaam-e-Ishq: A Tribute to Love and worked as an associate producer on two of his father’s productions – No Entry and Wanted.

As far as the cons of being in the cinema world is concerned, the actor, who is working towards a brawny built for his next Punjat, says he is not the only one dealing with it. “Everyone who is an actor deals with the cons. Everyone gets the pros as well. So, I don’t like to create this martyr image that ‘poor me! I am not the first and I would definitely wouldn’t be the last,” he added.

Over such a short span of time, Arjun has worked with known directors like R. Balki, Ashutosh Gowariker, Raj Kumar Gupta, Abhishek Varman, Annees Bazmee, Homi Adajania, Ali Abbas Zafar and Mohit Suri.

Working with them has given him enriching and unique experiences.

“I have done Finding Fanny, Aurangzeb. Ki & Ka... As a director, R. Balki sir is not the quintessential commercial filmmaker. For Ki & Ka, he chose a tone that is funny and frothy but that subject was again very offbeat – to play a boy who runs a home while his wife works.

“For me, these are themes that are relevant to society today, important for today’s India but at the same time they appealed to me and thought they would make entertaining stories?” – IANS

Anushka Sharma’s shining moment in Brussels

After spending some quality time with her husband and cricketer Virat Kohli in London, actress Anushka Sharma is basking in the sunshine in Brussels.

The actress took to Instagram to update her fans and followers about her trip. She first posted an image of herself from the plane in her Instagram stories with the caption “Adios London, hello Brussels”.

She is in Brussels for a shoot, information of which has not been revealed yet. But it seems that the actress is taking off time from her work commitment, and enjoying her trip.

Anushka posted a photograph of a beautiful sunset, and shared the view from her room overlooking flowers and a street.

In another image, the Sulton actress is seen posing in the middle of the road with sun rays coming from behind her. She upped the style quotient by pairing her black trousers and shirt with a denim jacket and white sneakers.

“Shining,” she captioned the image. She also posted a photograph of where she is getting ready for the shoot. – IANS
Pink chocolate is here. Is ‘ruby’ the next big thing?

By Alexia Elejalde-Ruiz

The future of chocolate is looking rosy – literally. Barry Callebaut’s ruby—a pink-hued cocoa with a slight berry flavour—officially launched in North America recently, promising to add a splash of colour to cakes, bon bons, ice cream and all manner of sweets.

The Swiss chocolatier, which added no colour or flavour to achieve the pink concoction, is billing its invention as the greatest innovation in chocolate since Nestle introduced white chocolate 80 years ago.

Now, if only it can get the Food and Drug Administration to agree. Barry Callebaut, which has its North American headquarters in Chicago, has been waiting for more than a year to get permission from the FDA to market ruby as “chocolate,” with the hope of creating a fourth type of chocolate after dark, milk and white.

Once it gets a temporary marketing permit and can sell the product as chocolate, it can begin gauging interest from manufacturers and consumers in creating a whole new category of chocolate that it says could be a game-changer for the $22 billion US chocolate industry.

Peter Boone, president and CEO of Barry Callebaut Americas, said the company could no longer wait to bring the product to the US because customers were so eager for it after seeing its success in Asia, Europe, Australia and New Zealand. A soft launch in the US with a small group of artisans over the past six months— including Vosges Haut-Chocolat, Chocolove and Trader Joe’s—also was popular.

For now, Barry Callebaut is calling the product ruby couverture. Whatever it’s called, chocolate lovers are excited.

At the Sweets & Snacks Expo at McCormick Place this week, the Barry Callebaut booth was bustling with visitors eager to taste the pink chocolate-type thingamabob.

“If you’re looking for something unique, this definitely fits that profile,” said Toni Montoya, marketing and projects manager at TK Topper, a Colorado-based company that supplies chopped candy for Dairy Queen Blizzards and other desserts that use chopped toppings.

She took a bite of a marshmallow enrobed in Callebaut Ruby.

“It’s like the texture. It’s soft. It pops with flavour, it’s smooth in your mouth,” Montoya said. “You can taste a hint of strawberry.”

JerriDee Flage, a mother-daughter team behind a small chain of gift shops in Chicago’s northwest suburbs called Every Good Thing, tried describing it by what it was not: Not as sweet as milk chocolate, not as intense as dark chocolate, and more flavourful than white chocolate.

“It’s its own thing,” said JerriDee Flage, who could see it selling well as a truffle. “And it’s pretty, it’s feminine.”

Barry Callebaut is tight-lipped about how it makes ruby, saying only that its proprietary processing techniques “unlock the flavour and colour tone” of a specific type of cocoa bean it sources from the Ivory Coast, Brazil and Ecuador. It has been under development for more than 10 years.

Boone describes ruby as having “the smoothness of white chocolate with the fruitiness of berry in the end.” The hope is that it appeals to millennials, who like products that are “pure” and natural and aren’t already targeted by a chocolate indulgence, he said.

It could be a challenge to convince Americans to think pink when they are accustomed to chocolate looking and tasting a certain way. Barry Callebaut debuted ruby in Asia—specifically, in Shanghai in September 2017—because Asian consumers didn’t necessarily grow up with favourite childhood chocolate favourites and are more open to innovation, Boone said.

Consumers in Japan were treated to products like Kit Kat Ruby, made by Nestle, but whether pink variations of mainstream brands come to North America remains to be seen.

Hershey, which makes Kit Kats in the US, is not planning to launch a ruby Kit Kat bar stateside at this time, said Hershey spokesperson Anna Lingener.

“Hershey is consistently evaluating innovation opportunities: we want to ensure that we are delivering new items that our fans and consumers want,” she said in an e-mailed statement.

The brand does have other innovations in store, including the launch this December of mint and dark chocolate Kit Kat duos, which will be the first year-round flavour addition in nearly a decade, she said.

Mars Wrigley Confectionery, which has its global headquarters in Chicago, expressed a similar sentiment.

“We do not have anything to share related to ruby cacao at this time, but we’re always evaluating different innovations across our portfolio to excite, as well as satisfy the ever-changing expectations and taste buds of our customers and consumers,” the company said in a statement.

There was no indication from Mondelez International that ruby Oreos are in the works.

“We’re focused on accelerating consumer-centric innovation to drive our growth across our brands and categories. We don’t comment on the details of our innovation pipeline for competitive reasons,” Mondelez spokesman Tom Armitage wrote in an e-mailed statement.

Some candy-makers see potential. The 1% to 2% annual sales growth in US chocolate has been driven by premium products, a category that would include Callebaut Ruby.

ChocXO, a contract manufacturer of chocolate snacks and nut butter cups, which also sells its own brands at Costco, started experimenting with ruby six weeks ago after CEO Richard Foley learned of the product at European trade shows.

The Irvine, Calif.-based company, which is seeking retailers to bring its products to consumers, has produced a PB and Ruby, a peanut butter cup with ruby providing a subtle jam flavour; Pink Lemonade, which pairs the pink chocolate with lemon truffle filling; and Ruby Snaps, which are crunchy ruby chocolate squares with organic quinoa and raspberries.

“We are ready to go before anyone else is,” Foley said.

He expects people who love milk and white chocolate will love ruby. Still, Foley stopped short of calling ruby a game-changer.

With health-conscious consumers asking for chocolate with more cocoa and less sugar, he expects healthier dark chocolate to be a bigger trend than the pink stuff.

US chocolate lovers eager to taste what all the fuss is about can find Ruby Truffles from Vosges Haut-Chocolat, Ruby Cacao Bars from Chocolove and Ruby Cacao Truffles from Harry and David.

Trader Joe’s offered Ruby Cacao Wafers for a limited time around Valentine’s Day. — Chicago Tribune/TNS