Dr Terry Creissen, Executive Principal of CIS, says a school is more than the outcome of its examination results. P4-5

Photo by Nasar K Moideen
### Community

**Quote**

“I will love the light for it shows me the way, yet I will endure the darkness because it shows me the stars.”

— Og Mandino

**Community Editor**

Kamran Rehmat  
**e-mail:** community@gulf-times.com  
**Telephone:** 44466405  
**Fax:** 44350474

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**USEFUL NUMBERS**

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| Ministry of Health | 40253370, 40253368 |
| Hamad Medical Corporation | 40253368, 40253366 |
| Qatar Airways | 40253374 |

**PRAYER TIME**

- **Fajr:** 3.16am
- **Shoroq (sunrise):** 4.48am
- **Zuhr (noon):** 11.39am
- **Asr (afternoon):** 3.02pm
- **Maghreb (sunset):** 6.30pm
- **Isha (night):** 8pm

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**Annabelle**

**DIRECTION:** Gary Dauberman  
**CAST:** Vera Farmiga, Patrick Wilson, McKenna Grace

**SYNOPSIS:** While babysitting the daughter of Ed and Lorraine Warren, a teenager and her friend unknowingly awaken an evil spirit trapped in a doll. John Form (Ward Horton) thinks he’s found the perfect gift for his expectant wife, Mia (Annabelle Wallis): a vintage doll in a beautiful white dress. However, the couple’s delight doesn’t last long: One terrible night, devil worshippers invade their home and launch a violent attack against the couple. When the cultists try to summon a demon, they smear a bloody rune on the nursery wall and drip blood on Mia’s doll, thereby turning the former object of beauty into a conduit for ultimate evil.

**THEATRES:** The Mall, Landmark, Royal Plaza

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**Baaji**

**DIRECTION:** Saqib Malik  
**CAST:** Meera, Amna Ilyas, Osman Khalid Butt, Mohsin Abbass Haider

**SYNOPSIS:** The story focuses on a fading star, Shameera, who years to make a comeback and her friendship with a young girl, Neha, from inner city Lahore, who has big dreams of her own. The story takes a turn when a Pakistani American director who has just completed his maiden venture in Hollywood comes to Lahore to be a part of the revival of the local film industry. Searching for a classic face, he chooses Shameera for the film. And so begins the a high voltage story of desire, ambition and betrayal.

**THEATRES:** The Mall, Landmark, Royal Plaza

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**The Mall Cinema (1):**  
- **Thamasha (Malayalam)** 2pm  
- **Baaji (Urdu)** 4:30pm  
- **Anna (2D)** 7pm  
- **Article 15 (Hindi)** 9pm  
- **Thottappan (Malayalam)** 11:30pm

**The Mall Cinema (2):**  
- **Sindhubaadh (Tamil)** 2:30pm  
- **Aladdin (2D)** 5pm  
- **Annabelle Comes Home (2D)** 9:30pm  
- **Sindhubaadh (Tamil)** 11:30pm  
- **Baaji** 11:30pm

**The Mall Cinema (3):**  
- **Toy Story 4 (2D)** 2:30pm  
- **Toy Story 4 (2D)** 4:30pm  
- **Yesterday (2D)** 6:30pm  
- **Kabir Singh (Hindi)** 8:30pm  
- **Annabelle Comes Home (2D)** 11:30pm

**Landmark Cinema (1):**  
- **Unda (Malayalam)** 2:30pm  
- **Aladdin (2D)** 4:45pm  
- **Aladdin (2D)** 7pm  
- **Unda (Malayalam)** 9:15pm  
- **Sindhubaadh (Tamil)** 11:30pm

**Landmark Cinema (2):**  
- **Toy Story 4 (2D)** 3pm  
- **Toy Story 4 (2D)** 6:30pm  
- **Kabir Singh (Hindi)** 8:30pm  
- **Article 15 (Hindi)** 11:30pm

**Landmark Cinema (3):**  
- **Kabir Singh (Hindi)** 2pm  
- **Men In Black International (2D)** 5pm  
- **Men In Black International (2D)** 7pm  
- **Article 15 (Hindi)** 9pm  
- **Annabelle Comes Home (2D)** 11:30pm

**Royal Plaza Cinema Palace (2):**  
- **Sindhubaadh (Tamil)** 3pm  
- **Toy Story 4 (2D)** 5:30pm  
- **Annabelle Comes Home (2D)** 7:30pm  
- **Men In Black International (2D)** 9:30pm  
- **Article 15 (Hindi)** 11:30pm

**Royal Plaza Cinema Palace (3):**  
- **Thamasha (Malayalam)** 2:15pm  
- **Kabir Singh (Hindi)** 4:30pm  
- **Men In Black International (2D)** 7:30pm  
- **Hanna’s Homecoming (2D)** 9:30pm  
- **Unda (Malayalam)** 11:15pm
EVENTS

Film Club
WHERE: Qatar National Library
WHEN: July 4
TIME: 5:30pm onwards
Ever wondered how movies look from the other side of the camera? Join our Film Club and learn how to watch films with a filmmaker’s perspective.

Learn how to make frames
WHERE: Qatar National Library
WHEN: July 3
TIME: 4:30pm onwards
Get creative and design your own frame for your special photograph or artwork. This workshop is for girls only.

Ballet Lessons
WHERE: Music and Arts Atelier
WHEN: Ongoing
TIME: 6pm – 8pm
For more info e-mail at registration@atelierqatar.com or call on 33003839.

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

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.

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.

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, karate, yoga, percussion (Chenda, Thimila, Elathalam and Madhulam), 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 and choreography events. For details, call 33897609.

Arabic Calligraphy Workshop
WHERE: Saturday – Wednesday
TIME: 8pm
Arabic Calligraphy workshop is back. Come and learn the artistic practice of Arabic handwriting and calligraphy at Music and Arts Atelier. The lessons will take place every Saturday, Monday and Wednesday at 8pm. For more information, contact registration@atelierqatar.com

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

Compiled by Nausheen Shaikh. E-mail: gtlisting@gmail.com, Events and timings subject to change
“We make education a holistic, open experience”

— Dr Terry Creissen, Executive Principal of CIS

When I look back, I think where we were and where we are now is a transformational process. We have made a difference that will be measured at the top tiers of all Nord Anglia Education schools

— Dr Terry Creissen

compass International School (CIS) Doha is one of Qatar's leading schools providing the best of British and international curricula for more than 10 years. As part of premium education provider, Nord Anglia Education, CIS, offers children a truly unique international learning experience.

Dr Terry Creissen, Executive Principal of CIS, is a dynamic educator with amazingly newer and fresher ideas about how to train teachers and educate the students in Nord Anglia schools. He has been associated with the school in Qatar for five years.
The education philosophy he follows is focused on the needs of the students and how to serve their needs in the best possible way. He has completed his stint with the school and is about to join another international school in India.

Community recently got a chance to speak with Dr Creissen, who carried years of experience as an international educator, and talked about the progress of both his students and school, and about his experience as an educator.

The principal, who holds a PhD in Education, joined the school five years ago in an attempt to grow the quality as well as the size of the school in Qatar. “When we try to grow the quality, what we do is to focus on what are the needs of the children in our school and how we can best serve their needs to enable them to be creators of a new future. We also try that how we can be ambitious for them and how they can be successful themselves. We want them to be independent, creative and open-minded learners to have the resilience, tenacity and strength to shape their own futures by learning from each other and by helping each other in a sense of compassion and care. We also make sure that the children in this school are supported by their parents, peers, classmates, teachers and other school staff. Bringing all this together is a complex issue that needs in the best possible way. He follows is focused on the needs of parents, peers, classmates, teachers and other school staff. Bringing all this together is a complex issue.”

“Bring this all together is a complex issue, parents, peers, classmates, teachers and other school staff. Bringing all this together is a complex issue, and other school staff. Bringing all this together is a complex issue, to be able to do things. It is very easy to be told what to do and be like a robot. The motivation and the excitement of living a human life come from what you decide to do yourself. So for children there should be not limit to what they can achieve. That is what our ambitious philosophy is. We should do that with respect and integrity. We should have some courage to take some risks. You should be evaluator of your own successes and failures.”

Dr Creissen likes to be a facilitator rather than a teacher. “I have enabled teachers and support staff to do their job better. I have given them freedom and encouragement to go and be better educators. I do not tell them what to do. They set their own agenda. It is about what they can do for their school, not what their school can do for them. It is really very important because they value the contributions they make. Nobody wants to work and do a bad job. All I am trying is to give them the confidence, the structure, the culture and the setting.”

The school started building its new and fourth campus four years ago. The outgoing principal has been overseeing the project. The school has kept manageable number of students in the three functional campuses. The fourth campus is however, going to be a much bigger set-up. “We have new and additional facilities in the new campus that the other campuses can also utilise. We have a swimming pool, a big auditorium, theatre hall, restaurant area, and state-of-the-art science laboratories. With that, we offer slightly different curriculum post-10-year-old studies. We will be offering A Levels programme as an alternate along with the International Baccalaureate (IB) Diploma Programme.”

“The seasoned educator sees the diversity at his school as an opportunity to promote compassion and understanding for each other. “Nowadays, every school has students from diverse backgrounds. The school becomes the hub that keeps everybody together. That is why it is so important to have compassion and care for other people. This is how you can create a better world. We want our young generation to be compassionate, caring and team-working folks. This is how they will help create a better world.”

“As a teacher we should never ever give up on a child as a parent, support worker or teacher.”

Dr Creissen loves to be in Qatar and appreciates the keenness of the country for education. “I have lovely people from different countries to work with here. The country has a commitment to education, health and well-being. That is about making sure that the people who live in Qatar are well supported. They have FIFA World Cup coming up in 2022. They have Qatar National Vision 2030. These are developments that are making a real difference. It is not about being better than somebody else. It is about using your skills to the best level, to be the best version of yourself.”

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PHOTO BY NASAR K MOIDEEN

“Handson: Dr Terry Creissen with the Secondary Students at Madinat Khalifa Campus.”
Indian Sports Centre (ISC), an apex body of the embassy of India, recently organised a felicitation ceremony to honour the Indian National Billiards team. The team is visiting Doha to participate in Asian Billiards Championship 2019. The players felicitated at the event, included Padma Bhusan Pankaj Advani, Aditya Mehta, Laxman Rawat, Sourav Kothari, Sandeep Gulati, Kamal Chawla, and Manoj Kumar Kothari. Nilangshu Dey, President of ISC, welcomed the team. Speaking on the occasion, Nilangshu highlighted the role of the ISC in promoting sports and games among the Indian community in Qatar. Dey also congratulated the Indian Billiards team for their achievement in the Asian Billiards Championship at Doha. Speaking on the occasion, Hemant Dwivedi, First Secretary at the Embassy of India, expressed the great opportunity for the Indian community in Qatar to meet the Indian Billiards team and world renowned players.

ISC felicitates Indian National Billiards team

Indian Cultural Centre (ICC), in association with Thiruvananthapuram District Residents Association in Qatar (TRAQ), an associate organisation of ICC, recently organised a musical evening 'Mehfil' at ICC. The event included classic melodies from Bollywood and Malayalam movies along with Qawwals, Ghazels and dance sequences. The event was attended by over 200 people. Akhila Sudheer hosted the event. The budding artistes who participated in the event, included Nanditha Devan, Suhani Sabu, Santhosh Kurup, Dileep Kumar, Pooja Santhosh, Sneha Santhosh, Shilpa, Shreya, Sivashankar Nair, Devika Rajeev, Dinesh Kumar, M G Gopakumar, Afreen Sham, Fathima Firoz, Syam Mohan, Ambili and Team and Latha Chandra Sekhar. Vinod Nair, Vice President of ICC, also took part in the event. K M Varghese, Chairman of Advisory Council of ICC, along with, Seenu Pillai, General Secretary of ICC, felicitated the artistes on the occasion. Anjan Ganguly, Joint Secretary at ICC, conducted the programme and Nayana Wagh, Head of Cultural and Educational activities for ICC, introduced the artistes.

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GRADUATE: Safeeda Zainul Abideen, daughter of Zainul Abideen, Director and General Manager of Safari Group of Companies, has recently graduated in Chemical Processing Engineering from the College of North Atlantic with outstanding grades. Safeeda is planning to continue her further studies at Heriot Watt University.

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BLOOD DONATION DRIVE: Qatar Design Consortium, in collaboration with Hamad Medical Corporation, recently organised a blood donation campaign as a part of its Occupational Health and Safety Management System (ISO 45001) objective at its Head Office. Seventy-eight staff members of Qatar Design Consortium took part in the drive.

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Organic vegetables and fruits from Nepal make their way to Qatar

Various vegetables from Nepal harvested without pesticides and grown organically, including bitter gourd, pointed gourd, pumpkin, okra, cauliflowers, green chillies, red chillies, mustard, radish, cucumber, coriander leaves, aloe vera, dehydrated leaves of radish, mustard, mangoes, litchis, carrots, pickles and spices are now available in Qatar. The goods are available in various supermarkets, including Safari Mall, Sanaiya, Grand Mall and all superstores at Najma. The import of major part of Nepali vegetables and fruits to Qatar is managed by Alsaman International and Alsaman Global Trading. Speaking on the occasion, Kalyan Ghimire, Project Manager of Alsaman, said that the import was made possible with the support of Nepali government. He further added that shipping via air increases the total cost of the vegetables and fruits and the company is trying to create a fair balance between cost and selling price. “If the government of Nepal decreases the cost of domestic transport of goods from rural quarters of Nepal to Kathmandu, the vegetables and fruits grown organically in Nepal will find its own niche in Gulf Region and Europe.”

– Text and photos by Usha Wagle Gautam

YOGA SESSION: Ideal Indian School (IIS) recently organised a yoga session for its students to mark International Yoga Day. Around 500 students of Junior, Girls’ and Boys’ Section demonstrated various asanas. Warm up and stretching exercises were taken and all the students performed sitting and standing asanas, importance of these were explained simultaneously. Syed Shoukath Ali, Principal of IIS, encouraged students to practice regular yoga to remain fit and improve concentration.

FELICITATION EVENT: Olive International School (OIS) recently organised an event to felicitate the outstanding students for their academic performance. Jacob K M, Principal of OIS, encouraged the students to work harder and handed over the certificates of appreciation. The event also featured games and cultural performances.
Calliope Large Orange Splash electrifying in colour

Even though July is almost here if you find yourself woefully lacking in garden colour, take the opportunities you still have and plant Calliope geraniums, advises Norman Winter

PROTECTION: While much of the US can plant in the full sun, until just past noon, then a little protection in afternoon shade.

Calliope Large Orange Splash geranium is new this year and has been causing an assortment of ‘oohs and ahhs’ at this year at trial gardens. It was particularly so at the Young’s Plant Farm Trials at Auburn, Ala., First off, Calliope has really become the go-to geranium in the south for season-long performance.

Syngenta Flowers has packaged the Calliope geraniums in Medium, Large, Landscape and Cascade, so you should find the perfect habit for your situation. Believe it or not, this represents around 38 colours or selections from which to choose.

In Greek mythology, Calliope was a diva known for inspiring eloquence and poetry and similarly will inspire you in the colour garden. The Large Orange Splash is electrifying in colour and at the Young’s Plant Farm Trials their combination encouraged people to bring out cameras like models strolling down the runway. It was partnered with Archangel Dark Purple angelonia and Aquilera Sky Blue ageratum for a dazzling complementary scheme.

Calliope Large Orange Splash will reach around 16 inches tall with a whopping 24 inches in width. This gives it great options in the landscape and containers. With Calliope, I am no longer jealous of the West Coast as I have geraniums that I can plant in April that will look great until freezing weather arrives.

Since they are easy to grow, you are practically guaranteed your green thumb award. The Dallas Arboretum has some of the most well-known trials in the country. They really put them through the rigours. Calliope was outstanding and bloomed until September.

They are such standout performers you can forget the thriller spiller filler recipes and let them perform ‘Mono Magic.’ Of course, they will work as component plants, too, which is what I have done in the past; combining with coleus and petunias and lemon ball sedum.

While much of the country can plant in the full sun in the Deep South the ideal location would be full sun until just past noon then a little protection in afternoon shade. They prefer fertile organic-rich soil with good drainage.

To prepare your soil, loosen it 8- to 12-inches deep, and add 1- to 4-inches of organic matter, like compost or humus. Most garden centres have good choices in soil conditioners. As you are preparing your soil, take the opportunity to incorporate about one pound of 12-6-6-fertiliser or something that is slow-released and balanced per 100-square-feet and rake the soil smooth.

Geraniums are heavy feeders and many gardeners do not apply enough fertiliser to meet the plants’ nutrient needs. We can feed every two weeks with a dilute, water-soluble fertiliser like a 20–20–20, or apply a granular, control-released fertiliser every four to six weeks per formula recommendation. When it is time to deadhead old flowers, pinch or break off the flower stalk at the base. This really increases your flower production.

Even though July is almost here if you find yourself woefully lacking in garden colour, take the opportunities you still have and plant Calliope geraniums. Large Orange Splash is the newest and most riveting colour in the series. — TNS
Cheap fashion comes at high cost to environment

It’s certainly fun to go shopping at a cheap fashion retailer. However, the impact that these stores have on the environment might make you reconsider their worth, writes Vanessa Koeneke, Nick Kaiser and Gisela Gross.

These days you can pick up tops, sunglasses or swimming trunks for just a few dollars each. And suppliers of cheap fashion are constantly overhauling their product ranges – so much so that many people go on shopping sprees, coming home with bags full of bargains.

CHEAP BARGAINS: Suppliers of cheap fashion are constantly overhauling their product ranges – so much so that many people go on shopping sprees, coming home with bags full of bargains.

The high water consumption in cotton cultivation is also a major problem. According to the Water Footprint Network, 22,500 litres of water are used in India to produce one kilogram of cotton. That is the equivalent of supplying more than 80 per cent of the population with 100 litres of water per day or more. The high consumption is all the more serious when one considers that, according to a report by the state-funded think tank Niti Aayog in 2017, almost half of India’s population of 1.3 billion suffers from water shortages.

One solution is to grow organic cotton, which is less water-intensive and does not use synthetic pesticides. India is the world’s largest producer of organic cotton, although it accounts for only a small proportion of the total cotton grown.

How Fashion Reaches Us: Textiles often have to be transported over long distances from the producer to the retailer and the buyer. “The prices involved in fast fashion leave hardly any room to manoeuvre in order to be able to act in a particularly sustainable manner during transport,” says Markus Muschkiet, head of the Textile Logistics Center, which belongs to the Fraunhofer Institute for Logistics and the Niederrhein University of Applied Sciences. But long distances aren’t the real problem. “In terms of the individual T-shirt, the emissions are negligible,” says Muschkiet. The container ships are extremely efficient. With 16,000 containers on one ship, the impact of one T-shirt would not be environmentally significant.

According to studies, most of the emissions occur in the last few kilometres. Muschkiet says that almost every item of clothing is transported by truck within Europe. The truck is the fastest means of transport, but also the most harmful for the environment. According to the Federal Environment Agency (UBA), every ton of goods transported by truck produces 103 grams of greenhouse gases. For rail it would be 19 grams, for inland waterway vessels 32. And what about the journey to the end customer? In online trading, excessive packaging and returns are environmental problems. In order to reduce returns, some companies now offer virtual fittings or additional information about the fit. Nevertheless, as the research group Returns Management at the University of Bamberg has found out, every second clothing package is still sent back.

How We Deal With Clothing: Despite the low-cost trend, the amount German private households spend on clothing and shoes has not fallen in recent years. According to the Federal Statistical Office, in 2017 it averaged 110 euros a month – 16 euros a month more than 10 years ago. In 2017, Greenpeace released its “Fast Fashion” report and concluded that although their wardrobes are full of clothes that have never been worn, every German still buys around 60 new pieces per year on average. They also wear the items for half as long as they did 15 years ago.

There are also other problems: The smallest fibres from fleece tops and other synthetic materials can dissolve during washing and get into the water cycle or onto fields with the sewage sludge. They accumulate in the environment and are then absorbed by animals.

According to a 2018 study by the Fraunhofer Institute for Environmental, Safety and Energy Technology in Oberhausen, Germany, fibre abrasion during washing is the 10th-largest source of microplastics in the country. “We have such large microplastics emissions that we need to reduce a large proportion. Every source is relevant,” said Leandra Hamann, who is researching microplastic filters for washing machines at the institute.

The aim is to filter out fibres as selectively as possible in order to prevent rapid clogging of the filters by hair, stones or sand. Until now, consumers who are aware of the problem have generally had to take action themselves and purchase products such as washing bags that are supposed to retain at least some of the fibres. – DPA
Dynamic city; hustling traffic; iconic landmarks; stunning and constantly changing skyline — the place that represents every one of these attributes and more is the Doha Corniche.

A waterfront promenade stretching 7km along the Doha bay, is one of the stunning landmarks of the country. Easily recognised by every person living here, Corniche is popularly used by fitness enthusiasts, joggers, people who love to stroll along the water body, as well as families and individuals who want to relax and have a quiet time near the sea. One of the most recognisable features of the Corniche is the crescent shaped walkway, which is surrounded by hotels, cafes, museums, government buildings and beautiful lush green lawns.

You can just come here, relax and unwind. This is the perfect spot to spend your pleasant evenings with friends and family.

The special attraction here is the Dhow cruise. These are traditional Qatari fishing boats that are available for visitors for cruising. This is a brilliant way to see Doha from a different angle. Some even offer three – four hours outings with food, music and entertainment. You get an opportunity to experience Qatari tradition.

The best place to see the skyline is from the waters. The buildings along with their reflection over the teal water is an absolutely breathtaking view of the magnificent skyline. When viewed, during the sunset or sunrise, you can see the buildings shimmer in different hues over the golden hour.

Go explore the tranquillity, magnificence and beauty of the peninsula.

— Text by Keerthana Kandaraja, photos by Santhiya Kandaraja @santhiya.09
The celebrated swimmer turns 34

Phelps is one of three athletes
Phelps creates 39 world records, 29 in individual events and 11 in group, to become the only swimmer ever to do so. He has 23 gold medals, more than 2.5 times the number of any other athlete in Olympic history.

CREATING HISTORY: Phelps has created 39 world records, 29 in individual events and 11 in group, to become the only swimmer ever to do so. He has 23 gold medals, more than 2.5 times the number of any other athlete in Olympic history.

In addition to his successful swim career, Phelps has written two books, *Beneath the Surface: My Story and No Limits: The Will to Succeed.*

Michael Phelps' popularity knows no boundaries – geographical or otherwise. When trying to describe Phelps, dominance doesn’t cover. Welcome to ‘Nutty’s Infotainment. YAYS!’ Your time starts now. Do you have that ‘Phelpstyle’ in you?

“The world knows me as a 28-time medallist. But for me, sometimes my greatest accomplishment was…?” What did Michael Phelps mentioned in his tweet on August 14, 2018? Getting out of bed.

‘Backstroke’ was the first swimming style mastered by Phelps. What was the strange reason behind it? When he was 7, he was scared to put his head underwater, hence, was forced to float around on his back.

At the World Championship Trials for the 2001 World Aquatics Championships, Phelps broke the world record in the 200-metre butterfly to become the youngest male ever to set a swimming world record. What was his age at that time? 15 years and 9 months.

During the 2005 Beijing Olympics, Michael Phelps set several world records, including most gold medals (8) in a single Olympics. Who held the previous record? Mark (the Shark) Spitz. He won seven gold medals at the 1972 Summer Olympics in Munich, all in world record time.

Phelps is one of three athletes in history to win the same event in four straight Olympics (200m medley in 2000-2016). Al Oerter in long jump from 1956-1968. Name the athlete who did it in long jump from 1984-1996. He celebrates his 58th birthday tomorrow.

Carl Lewis.

Social Media Day is being celebrated today (June 30). Name the popular website credited with its launch in 2010. Mashable

Which important service was first introduced in London on June 30, 1937 following a fire in a house in Wimpole Street in November 1935, in which five women were killed? The world’s first emergency call telephone service using the number 999.

What is a pangram or holoalphabetic sentence? A sentence using every letter of a given alphabet at least once. The best-known English pangram is ‘The quick brown fox jumps over the lazy dog.’

What were UK’s Queen Elizabeth and Prince Philip given as a present for one-year old Prince Andrew while on a state visit to the Gambia in 1961? Baby crocodile.

Which human rights organisation uses this logo?

**TRIBE NL.YAYS!**

1. Which item of clothing was named after its Scottish inventor? It is a form of waterproof raincoat, first sold in 1824, made out of rubberised fabric.

   Mackintosh.

2. Who created the line, “Happiness is a warm puppy?”

   Charles Schulz, American cartoonist and creator of the comic strip Peanuts, which featured the characters Charlie Brown and Snoopy, among others.

   (Mohamed Ali, Nojoom, Doha)

Do you have some interesting bytes to share? And, does your vibe attract you to the ‘Tribe NL.yays’? Every week two of your best questions will be featured here. Please do write to us at nl.yays@zoho.com.

**What’s the Good Word?**

1. Algedonics: study of (a) virtue (b) siege (c) pleasure and pain (d) skull
2. Dentascius: (a) pertaining to breakfast (b) comical (c) opposite (d) parade
3. Rasher: (a) zombie (b) sapling (c) scoundrel (d) thin slice of bacon
4. Doodle: (a) severe (b) scribble (c) secret partnership (d) dance clumsily
5. Boongoggle: (a) storm (b) glutton (c) wasteful project (d) resolution
6. Macromastic: (a) having good sense of smell (b) quxotic (c) luminal (d) ethereal
7. Dulicenous: (a) supernatural (b) despicable (c) a wild flower (d) sweetheart
8. Dolorous: (a) gangster (b) composed (c) mournful (d) wizard
9. Temoraneous: (a) meek (b) rash (c) obsolete (d) nefarious
10. Erratum: (a) opening in the body (b) fortiness in buying things (c) sleepiness (d) error in printing

**Answers:** (1) (c); 2 (a); 3 (d); 4 (b); 5 (c); 6 (a); 7 (d); 8 (c); 9 (b); 10 (d)
Wordsearch

```
MAEMALFELEBWO
OLREKHCVITALABA
CQRRCNWKWMJCERV
SRAXENAMVNTHEYEI
HPESRUEWJICPRAV
SXEAQQGKSVerifyKWST
HRKHTYVESEEUQHU
PLQGQICXPEOMTWS
GFANCOOILIXBIQL
RJDIVVSNCUHYRNT
RCJEITLSJTOHJD
ACWBEANHRSZSPBT
OJKNEOUIPEIUSA
MACPCLBZWNZNMD
LETBYFLXYFSETRU
```

Codeword

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.

```
A
B
C
D
E
F
G
H
I
J
K
L
M
N
O
P

Q
R
S
T
U
V
W
X
Y
Z
```

Sudoku

```
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<td>6</td>
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</tbody>
</table>
```

Sudoku is a puzzle based on a 9x9 grid. The grid is divided into nine (3x3) boxes. You are given a selection of numbers and to complete the puzzle, you must fill in the boxes so that each row, each column, and each box contains every number exactly once.

Adam

```
See, it’s not as bad as you remembered, is it?
It’s slimy, what was that?
Man, the hours I spent in this spot as a kid.
Feel that mud between your toes? It feels like freedom.
It feels like judgment. Are my shoes up to date?
```

Pooch Cafe

```
Well, here we are back at your door, oh, you had a fun night? Yeah, me too.
You look so beautiful in the moonlight.
Hey, what’s that on your face? I think there’s something in your eye...
There... just let me...
Click!
What the heck’s going on out here?
```

Garfield

```
I am a house cat.
```

Bound And Gagged

```
Your wife’s divorce lawyer must be a real shark!
```

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.

Squares with the same number in have the same letter in. Work out which number represents which letter.

Sudoku is a puzzle based on a 9x9 grid. The grid is divided into nine (3x3) boxes. You are given a selection of numbers and to complete the puzzle, you must fill in the boxes so that each row, each column, and each box contains every number exactly once.

The Codeword, Wordsearch, Sudoku, Adam, Pooch Cafe, Garfield, and Bound And Gagged puzzles are courtesy of Puzzlechoice.com.
**Super Cryptic Clues**

Across
1 A hunt’s dog, perhaps! (9)
8 Fruit swallowed by some Londoners (5)
9 A lot of money to get a piece of music? (7)
10 Call the band (4)
11 Dreadful imp hears angels (8)
12 Poor Annie’s crazy (6)
13 Backing team working for recording pioneer (6)
14 Damned ringleader framed by one on trial (8)
15 Endure, after all the others (4)
21 Popular drink I had is flat (7)
22 Annoyed Irish king - extremely exasperated (5)
23 Coming by river is a daring enterprise (9)

Down
2 Stories about New Testament gifts (7)
3 Departing, I must leave to find medal (4)
4 Compensation for not filming? (6)
5 Dry man on oddly famous landing place (6)
6 Rose, perhaps, for former president (4)
7 Stopped being a detriment, possibly (10)
8 A novelist drinks outside in the morning (6,4)
12 Fearless one printed novel (8)
15 Second speaker - one engaged in stealthy pursuit (7)
16 Interfere with award, by the sound of it (6)
18 Price paid for company’s time? (4)
20 Garment Christopher has left inside (4)

---

**Colouring**

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**Answers**

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**Wordsearch**

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**Codeword**

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good news for the people who spend most of the time on social media, as researchers have found that spending time on digital platforms such as WhatsApp is good for our well-being.

The study, published in the International Journal of Human-Computer Studies, found that the text-based messaging app, which offers group chat functions, has a positive impact on psychological health.

The research found that the more time people spent on WhatsApp per day, the less lonely they were and the higher their self-esteem as a result of feeling closer to friends and family.

“There’s lots of debate about whether spending time on social media is bad for our well-being but we’ve found it might not be as bad as we think. The more time people spend on WhatsApp, the more this related to them feeling closer to their friends and family and they perceived these relationships to be good quality,” said Linda Kaye, Professor at Edge Hill University.

“As well as this, the more closely bonded these friendships were and the more people felt affiliated with their WhatsApp groups, the more this was related positively to their self-esteem and social competence,” Kaye said.

According to the researchers, group affiliation also meant that WhatsApp users were less lonely. It seems that using WhatsApp to connect with our close friends is favourable for aspects of our well-being.

For the study, the research team picked 200 users, 158 women and 42 men with an average age of 24, found that the average reported daily use of WhatsApp was around 55 minutes, with people using it because of its popularity and group chat function.

“The findings show how including factors relating to social bonding capital is highly pertinent within this field as a way of understanding how technology usage relates to psychosocial well-being. “It gives rise to the notion that social technology such as WhatsApp may stimulate existing relationships and opportunities for communication, thereby enhancing aspects of the users’ positive well-being,” Kaye said. – IANS
**SHOWBIZ**

**SRK wins hearts as King Mufasa**

**Superstar Shah Rukh Khan has joined the global legacy of The Lion King, and is winning hearts with his voice-over as King Mufasa in the Hindi version of the upcoming live-action movie.**

SRK shared the trailer of the Hindi version on Friday, tweeting “Delighted to be a part of this global legacy.”

Since then, the trailer has gone viral in the virtual world.

One user wrote: “Global legacy met a global star – SRKK, while another expressed: “You got me in my feeling there Shah Rukh... lending your voice to Mufasa is like completing the circle of entertainment”.

“Mufasa has withstood the test of time as one of the most endearing and iconic characters. We cannot imagine having a better and more iconic voice than Shah Rukh Khan to bring Mufasa’s wisdom to life in Hindi,” Bikram Duggal – Head, Studio Entertainment, Disney India, said in a statement.

“We are thrilled with the fans reaction to the trailer,” he added.

Opening about the process of dubbing, Duggal said: “The entire team had a lot of fun during the dubbing, Shah Rukh Khan insisted that we all hear what he does with the dubbing and we will all see how it sounds and make changes before final dub. Shah Rukh Khan is a thorough professional.”

Shah Rukh has dubbed for the film along with his son Aryan, who has lent voice to the character of Simba, in the upcoming live-action movie.

Screenwriter Mayur Puri, who has worked on the Hindi version of The Lion King, asserts that Shah Rukh is a “complete director’s actor or a writer’s actor”.

“He doesn’t come as a star but as a worker. The amount of hard work that a recordist or any other creative person will put in, Shah Rukh sir will put an equal or more amount of hard work into the project,” Puri said. “He is really invested in the project and very passionate about it,” he added.

On working with him, Puri said: “It is so funny... Shah sir works at night. And at that time we are a bit tired. But we are charged up when Shah sir and Aryan leave the studio around 4-5 in the morning. That is because we are excited as we are so happy with the work. “They keep teasing each other... It is a lot of fun... The Hindi version has shaped up very well.”

The trailer of the upcoming live-action movie opens with Shah Rukh looking into the camera at a recording studio as he emphasises on the importance of staying connected to one’s identity.

“Main hamasha tumhare saath hun, aur hamasha tumhare saath hi rahunga... Bas yaad rakha teri tu kaun ho... Ek sach raja (Simba, I am always with you and will always be there for you. Just remember who you are - a true king),” Shah Rukh says as Mufasa.

In the trailer, Shah Rukh is also giving advice to Simba about how a “true king” should think about what he can do for his people, and not what his people can do for him.

In the closing moments of the trailer, Mufasa tells Simba to always remember who he is – “A true king”. There’s no dialogue of Simba in the over-one-minute long trailer.

Disney India has roped in Ashish Vidyarthi, Shreyas Talpade, Sanjay Mishra and Asrani for the Hindi version. Ashish has lent his voice to Scar, Shreyas has given voice of Timon, Sanjay to Pumbaa and Asrani to Zazu.

The Jungle Book fame director Jon Favreau has re-imagined the world of Disney’s classic to bring alive a live-action film. He has stayed true to the classic story of Simba and used pioneering filmmaking techniques to bring the iconic characters to the big screen in a whole new way.

**EXCITED:** I can’t wait to join the cast this fall for Ghostbusters,” says Paul Rudd

**NEW PROJECT:** Kristen Stewart plays the role of an agent in Charlie’s Angels.

**Charlie’s Angels are back with more spunk**

Women can do anything, Kristen Stewart says in the trailer of the highly anticipated Charlie’s Angels. And she proves it along with other angels Naomi Scott and Ella Balinska in the trailer of the upcoming reboot.

The trailer of Elizabeth Banks’ directorial was released on Thursday.

This time, the titular trio of agents (Scott, Stewart, and Balinska) are assigned to prevent a new technology from being weaponised.

“I think women can do anything,” Stewart says. “Just because they can, doesn’t mean they should.”

“But I have so many talents,” Stewart then says, and shows him some of her killer moves before taking him down.

Charlie’s Angels, based on the TV series, is the third installment in the film franchise following 2000’s Charlie’s Angels and 2013’s Charlie’s Angels: Full Throttle with Cameron Diaz, Drew Barrymore and Lucy Liu. The reboot also stars Banks, Noah Centineo, Sam Claflin and Patrick Stewart.

The trailer also shows some intense fight sequences, car chases, gun battles, explosions and flashy costumes. The tone is comedic, but doesn’t indulge in self-mockery.

**Always enjoy dancing to lively songs: Sonakshi**

Actress Sonakshi Sinha had fun shooting for the song Koka for her film Khandani Shafakhana, and says she likes to dance on lively numbers.

In the re-created version of Jabir Jassi’s Koka, Sonakshi is seen dancing with Badshah, Priyansh Jora and Varun Sharma.

“I have always enjoyed dancing to such high energy and lively songs. Jassi and Badshah’s collaboration has resulted in an outstanding song. I am glad that Koka is finally out for everyone to see,” Sonakshi said in a statement.

“Badshah is a dear friend and I have collaborated with him in the past. It was amazing and super fun working with him this time around too,” she added.

Along with Jassi, Badshah is seen rapping in the song. The song has been re-composed by Tanishk Bagchi. The song is sung by Dhvani Bhanushali while the lyrics are penned by Mellow D and Tanishk.

Bhanushali said: “Koka is such a fun song and it was amazing to collaborate with Tanishk yet again and Badshah. This song is a celebration in the film and the re-created version is definitely going to be everyone’s new jam.”

Directed by Shilpi Dasgupta, Khandani Shafakhana is directed in Pune. It shows the journey of Sonakshi’s character as she inherits her dead uncle’s clinic.

**THRILLED:** Sonakshi Sinha had fun shooting for the song Koka

The film is produced by Bhushan Kumar, Mahaveer Jain, Mrighdeep Singh Lam and Divya Khosla Kumar. It is slated to release on August 2.

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Sunday, June 30, 2019
Toy Story Activation station at DFC a major attraction for kids

By Mudassir Raja

With the ongoing ‘Summer in Qatar’ campaign, Qatar National Tourism Council (QNTC) has announced many exciting indoor activities. The season has brought special recreational and entertainment activities for children, especially because it’s the school-going kids who want to enjoy during their summer vacations the most.

In this connection, Doha Festival City (DFC) in collaboration with Disney recently inaugurated Toy Story Activation for young children from four to 12. The activity is organised as part of the Summer in Qatar 2019 Activations. Located at the centre court, ground floor, the Toy Story Activation will continue till July 20 from 4pm to 10pm every day. It was fun as the young children, along with their siblings and parents, enjoyed different and exciting activities at specified areas on the opening evening. The kids joined the Toy Story squad, Woody and Buzz Lightyear on the release day of Toy Story 4.

DFC, Qatar’s unique, world-class retail, entertainment and dining destination, brought a special interactive game station where children played with the characters of their favourite family movie; Toy Story.

The happy-faced children enjoyed a variety of activities at the Toy Story station. From interactive screens teaching animation techniques to colour-in sheets, DIY gift cards, and photo opportunities with their favourite characters, the kids found everything to get excited and fill their summer holiday with pleasure at this fun and interactive station.

Children were seen busy colouring different kinds of sketches as well as colouring on a digital canvas. The children were particularly excited about getting photographed with the posters of their favourite characters. When the organisers gave them the print of the photos, the children enjoyed looking at their happy faces.

Joshua James, a Filipino expatriate, was present at the station with his seven-year-old son. He said: “I see all the children are very excited. It is amazing atmosphere. The kids love both the colouring and e-colouring. The station is located in the centre of the big mall. The parents can roam around for shopping and dining while their children can play at the station under the eyes of the watchful team of the organisers.”

“I think such kind of activities and attractions for the kids are very important for parents as they want their children to spend quality time during summer. It is indoor and it is entertainment. When it is hot outside, it is good to have playing areas in door and that too away from homes. Here, the kids will also find it attractive to interact with other children.”

DFC gave exclusive access to the members of its Kids Club on the opening day and a priority access will be available for them for any other day. The membership can be obtained by getting registered online via DFC website for free and by visiting DFC customers service desk.

Robert Hall, General Manager, said, “Doha Festival City is excited to collaborate with Disney to host a unique event in time for the Toy Story 4 global premiere. Our partnership will continue to bring our little shoppers closer to the characters they love throughout the year. We strive to make the Festival City the place where families always find something fun and entertaining to do. We welcome everyone to join us and enjoy more memorable moments and experiences with us at Doha Festival City.”

“I think such kind of activities and attractions for the kids are very important for parents as they want their children to spend quality time during summer. It is indoor and it is entertainment. When it is hot outside, it is good to have playing areas in door and that too away from homes. Here, the kids will also find it attractive to interact with other children.”

He added: “DFC has the country’s biggest world-class entertainment offering including a unique mix of indoor and outdoor attractions. It has green spaces for outdoor exercise and outdoor leisure trail cycling and three unique entertainment parks, including Angry Birds World, Snow Dunes, and Virtuocity.

“The world’s first Angry Birds World, introduced and developed by the leading location-based entertainment company Trimpla in partnership with Rovio Entertainment, opened in DFC in May 2018. The park is an unparalleled family entertainment destination, inspired by the global gaming sensation.

“Virtuocity is the region’s first dedicated gaming hub that merges the virtual world with the real world. Opened in December 2018, this entertainment park is equipped with full motion racing simulators, escape rooms and an astonishing multipurpose eSports arena. The venue offers an immersive digital experience for teens and adults.

“Snow Dunes is the first indoor snow park that will open in Qatar, featuring a castle inspired by authentic Qatari architecture. It is based on an old folk tale about a wave of cold coming in the spring and covering the ground with a white mantle. The park uses state-of-the-art technology to produce snow–white ice at temperatures of -4 degrees Celsius.”