Be warned!
The July 4 earthquake won’t delay the Big One. And it might have worsened quake strain. P2-3

Cuisine
S’mores: popular camping snack. Page 6

Back Page
SEC adds new attraction for kids. Page 16
Delivering only the inevitable

We just don’t know exactly when or where it’ll (the earthquake) happen. But just as it’s happened before in centuries and millennia past, it will happen again, forewarns Rong-Gong Lin II

If you see mountains in California, that means something is moving up those mountains faster than erosion is wearing them down

— Dr Lucy Jones, seismologist

Does a good-size earthquake help relieve pent-up seismic stress? Does that postpone the day of reckoning when the Big One finally arrives?

That was the question some in California were asking hopefully in the wake of the July 4 magnitude 6.4 earthquake that rattled the region. You won’t like this answer. It’s wishful thinking to imagine that, as a rule, earthquakes “relieve” seismic stress, said seismologist Dr Lucy Jones. In fact, generally speaking, earthquakes actually increase the risk of future quakes.

Here is a primer on earthquakes and seismic stress largely based on past interviews with Jones and other scientists:

Does an earthquake immediately relieve seismic stress, forestalling a future big quake?

No. Think about what generally happens after a decent earthquake. Aftershocks. Lots and lots of aftershocks. It’s going on right now in the area around the Fourth of July magnitude 6.4 earthquake in the Mojave Desert, close to Ridgecrest, a town of 29,000 notable for being a pit stop for Mammoth-bound skiers from LA.

But couldn’t relieving seismic stress in one part of the state restart the earthquake clock elsewhere, so to speak?

No.

Consider: One part of California, west of the San Andreas, is constantly moving northwest, toward Alaska, relative to the other side of the Golden State, which is headed toward Mexico. These immense forces are what generated the state’s mountains, from the ranges seen in the Los Angeles Basin to the hills lining the ridges of the Bay Area. There’s a reason why earthquake faults are often alongside hills and mountains.

“If you see mountains in California, that means something is moving up those mountains faster than erosion is wearing them down,” Jones said in an interview published last year. “Basically, when you see mountains, think earthquakes in California.”

It’s also the reason why California has been home to lucrative deposits of...
Cover Story

by the 4th July quake. “It’s the reason where there are springs in the desert giving rise to places like Palm Springs.

There is no avoiding, eventually, big earthquakes being unleashed on faults somewhere in this state. We just don’t know exactly when or where it’ll happen. But just as it’s happened before in centuries and millennia past, it will happen again.

Explain a bit more about why there are quakes in California. Think about the San Andreas fault. It’s a doozy of a fault — more than 800 miles long, just the southern San Andreas fault, between Monterey County to close to the Mexican border, is capable of producing a magnitude 8.2 quake.

Relatively speaking, places on the southwest side of the San Andreas fault — such as Los Angeles, San Diego and Santa Barbara — are sliding toward Alaska. But places along faults such as the San Andreas, the land on both sides of the fault are locked, even as land farther away continues to move. Eventually, the San Andreas — as well as other faults throughout California — will have to rupture to relieve mounting tectonic strain.

Plate tectonics haven’t suddenly stopped; it’s still pushing Los Angeles toward San Francisco at the same rate your fingers grow — about 1.5 inches each year. Their motion cannot be stopped any more than we could turn off the sun,” Jones wrote in her recent book, The Big Ones: How Natural Disasters Have Shaped Us (and What We Can Do About Them).

The San Andreas is particularly feared because, in some sections, it will move for many feet almost instantaneously. A famous example was during the great 1906 magnitude 7.8 earthquake that destroyed San Francisco; at Point Reyes in Marin County, a fence that intersected the fault was suddenly cut in two, separated on each side by the San Andreas by 18 feet.

A similar sized earthquake of the San Andreas fault rupturing through the Palm Springs area would shatter the ground. If a couple had the misfortune of holding hands across the fault in a remote part of the desert near Desert Hot Springs when the Big One hits, they’d suddenly be sliding apart by as much as 30 feet — almost the entire length of a city bus, USGS research geophysicist Kate Scharer said in 2017.

What about just the area that was hit by the Independence Day quake? Is that area now relieved of quake strain? It actually probably made things worse for parts of some faults in that region, said earthquake scientists Ross Stein and Volkan Sevilen, writing on their blog at Temblor.net. The two wrote that they believe that parts of three other faults — in remote areas of California — were actually “brought closer to failure by the 4th July quake.”

And in fact, they wrote, the area hit by July 4 quake likely became loaded with more seismic strain after two previous temblors — the 1872 Owens Valley and the 1992 Landers earthquakes.

What has California’s history told us about what moderate quakes can do? Sometimes, a moderate quake — after its series of aftershocks — can lead to a period of seismic quiet. Other times, it can usher in a new era of temblors.

What does an era of earthquakes look like? For instance, in the 75 years before the great 1906 earthquake that destroyed most of San Francisco in shaking and flames, there were 14 earthquakes of magnitude 6 or greater in the Bay Area, Stein has previously said in an interview. (Since the 1906 quake — a magnitude 7.8 — there have been only three.)

Angelenos might remember what is now known as the earthquake storm of the 1980s and ‘90s. As tallied by Caltech seismologist Egill Hauksson, it began with the Whittier Narrows temblor in 1987 (magnitude 5.9), which killed eight, followed by Panic of 1988 (4.9); Montebello in 1989 (4.4); Upland in 1990 (5.2); Sierra Madre in 1991 (5.8), which killed a woman; and ended with Northridge in 1994, which killed at least 57 people.

The 1800s were also an active time for earthquakes in California. In 1800, a magnitude 7.2 quake hit on the San Jacinto fault east of Temecula. Then, in 1812, the San Andreas and San Jacinto faults moved in a magnitude 7.5 earthquake through present-day cities such as San Bernardino, Rialto, Loma Linda, Yucaipa and Highland and brought down Mission San Juan Capistrano’s Great Stone Church, killing more than 40 people inside. Then, in 1857, the southern San Andreas sent extreme shaking on both sides of the fault all the way from Monterey County to Los Angeles and San Bernardino counties in a breathtaking magnitude 7.8 quake.

What’s an example of a moderate quake actually coming before something far worse? On March 9, 2011, a magnitude 7.3 earthquake off the east coast of Japan led some people to be complacent when, two days later, a historic magnitude 9 earthquake struck. Some people ignored protocol and failed to immediately evacuate before the catastrophic tsunami hit. Closer to home, the main shock of the last truly great earthquake in Southern California — at 4:24am on January 9, 1857 — was preceded an hour earlier in the Monterey County area by a magnitude 5.6 earthquake, and a magnitude 6.1 earthquake an hour before that.

What can we do to prepare? In general: If you’re an owner of an older home or building, retrofit it if it needs it, and if you rent, ask the landlord about it. Stock up on food, water and medicine to be self-sufficient for two weeks.

Plan for your workplace to have a continuity plan. The Los Angeles County Economic Development Corporation has a template on how to do it at https://laedc.org/eqg/

And keep an eagle eye wherever you live or work, and imagine all the possible things that could fall on yourself, your loved ones and pets. Head to your hardware store’s earthquake prep section to find ways to bolt bookcases down and keep large objects from falling on you when the shaking comes.

We have a comprehensive list of tips available in our article, “Get ready for a major quake. What to do before — and during — a big one,” at https://lat.ms/2N8SSq/

— Los Angeles Times/TNS

SHAKEN: Shalyn Pineda, regional supervisor of Kern Counties Libraries, helps pick up books at Ridgecrest Library a day after the earthquake in Ridgecrest, California.

TEMBLOR: Carmen Rivera on a morning walk with her dog, Ash, passes by a mobile home dislodged in Torusdale Estates mobile home park by the 6.4 earthquake in Ridgecrest, California.
Heatstroke requires emergency treatment. Untreated heatstroke can quickly damage your brain, heart, kidneys and muscles, writes Dr. Subramaniyan Kuppusamy

Heatstroke is a condition caused by your body overheating, usually as a result of prolonged exposure to or physical exertion in high temperatures. This most serious form of heat injury, heatstroke, can occur if your body temperature rises to higher.

Heatstroke requires emergency treatment. Untreated heatstroke can quickly damage your brain, heart, kidneys and muscles.

The weather in Qatar is hot and dry throughout the year, except for the few winter months. The period between May and September is the peak summer time. It is extremely hot and humid in the day, while the nights are warm. Since most of the country is a desert, the temperature remains above 42°C most of the time in the day. Public should take necessary precautions to safeguard against heat-related illnesses as the summer temperature continues to rise. While heat stroke can occur at any time of the year, cases of heat-related illnesses are more common in Qatar during the summer months.

Heatstroke is a condition caused by your body overheating, usually as a result of prolonged exposure to or physical exertion in high temperatures. This most serious form of heat injury, heatstroke, can occur if your body temperature rises to higher. The condition is most common in the summer months especially in Qatar and other Middle East countries.

Heatstroke requires emergency treatment. Untreated heatstroke can quickly damage your brain, heart, kidneys and muscles. The damage worsens the longer treatment is delayed, increasing your risk of serious complications or death.

**Symptoms:**
1. High body temperature: A core temperature of 40 Celsius or higher, obtained with a rectal thermometer, is the main sign of heatstroke.
2. Altered mental state or behaviour: Confusion, agitation, slurred speech, irritability, delirium, seizures and coma can all result from heatstroke.
3. Alteration in sweating: In heatstroke brought on by hot weather, your skin will feel hot and dry to the touch. However, in heatstroke brought on by strenuous exercise, your skin may feel dry or slightly moist.
4. Nausea and vomiting: You may feel sick to your stomach or vomit.
5. Flushed skin: Your skin may turn red as your body temperature increases.
6. Rapid breathing: Your breathing may become rapid and shallow.
7. Racing heart rate: Your pulse may significantly increase because heat stress places a tremendous burden on your heart to help cool your body.
8. Headache: Your head may throb.

**Causes:**
1. Exposure to a hot environment. In a type of heatstroke, called non-exertional (classic) heatstroke, being in a hot environment leads to a rise in core body temperature. This type of heatstroke typically occurs after exposure to hot, humid weather, especially for prolonged periods. It occurs most often in older adults and in people with chronic illness.
2. Strenuous activity: Exertional heatstroke is caused by an increase in core body temperature brought on by intense physical activity in hot weather. Anyone exercising or working in hot weather can get exertional heatstroke, but it’s most likely to occur if you’re not used to high temperatures.
3. Heatstroke can be brought on by:
   1. Wearing excess clothing that prevents sweat from evaporating easily and cooling your body.
   2. Becoming dehydrated by not drinking enough water to replenish fluids lost through sweating.

When to see a doctor

If you think a person may be experiencing heatstroke,
1. Take immediate action to cool the overheated person while waiting for emergency treatment.
2. Get the person into shade or indoors.
3. Remove excess clothing.
4. Cool the person with whatever means available — put in a cool tub of water or a cool shower, spray with a garden hose, sponge with cool water, place ice packs or cold, wet towels on the person’s head, neck, armpits and groin.
5. Immediately dial 999 and seek emergency assistance.

**Prevention**

Heatstroke is predictable and preventable. Take these steps to prevent heatstroke during hot weather:
1. Wear loose fitting, lightweight clothing: Wearing excess clothing or clothing that fits tightly won’t allow your body to cool properly.
2. Protect against sunburn: Sunburn affects your body’s ability to cool itself, so protect yourself outdoors with a wide-brimmed hat and sunglasses and use a broad-spectrum sunscreen with an SPF of at least 15. Apply sunscreen generously, and reapply every two hours — or more often if you’re swimming or sweating.
3. Drink plenty of fluids: Staying hydrated will help your body sweat and maintain a normal body temperature.
4. Take extra precautions with certain medications: Be on the lookout for heat-related problems if you take medications that can affect your body’s ability to stay hydrated and dissipate heat.
5. Never leave anyone in a parked car: This is a common cause of heat-related deaths in children. When parked in the sun, the temperature in your car can rise 20 degrees F (more than 6.7 C) in 10 minutes.
6. It’s not safe to leave a person in a parked car in warm or hot weather, even if the windows are cracked or the car is in shade. When your car is parked, keep it locked to prevent a child from getting inside.
7. Take it easy during the hottest parts of the day: If you can’t avoid strenuous activity in hot weather, drink fluids and rest frequently in a cool spot. Try to schedule exercise or physical labor for cooler parts of the day, such as early morning or evening.
8. Get acclimated: Limit time spent working or exercising in heat until you’re conditioned to it. People who are not used to hot weather are especially susceptible to heat-related illness. It can take several weeks for your body to adjust to hot weather.

**Precautions for diabetic patients**

Diabetic patients are more susceptible to overheating. They should
1. Exercise in cool place
2. Check blood glucose more often, heat can cause glucose levels to fluctuate
3. Do not store Insulin or Diabetes medications in extreme temperatures. Never store in car or car’s gloves compartment

Dr. Subramaniyan Kuppusamy is a Specialist in Emergency Medicine at Aster Hospital, Doha
Grandparents play big role in kids’ screen addiction habits

By Bharat Upadhyay

While parents usually take the blame for spoiling their kids by letting them spend huge amounts of time with high-tech electronics, grandparents are to be equally blamed for screen addiction in children.

Grandparents have long been associated with letting their grandchildren do things their parents would never permit, such as extended bedtime, too much television time, and carefree fun.

“Grandparents have long been associated with letting their grandchildren do things their parents would never permit, such as extended bedtime, too much television time, and carefree fun. Grandparents have long been associated with letting their grandchildren do things their parents would never permit, such as extended bedtime, too much television time, and carefree fun. Grandparents have long been associated with letting their grandchildren do things their parents would never permit, such as extended bedtime, too much television time, and carefree fun.

Grandparents play big role in kids’ screen addiction habits

Researchers found that today’s grandparents are still true to their traditional fun-loving image — allowing their grandchildren, while under their supervision, to spend about half of their time on a mobile phone, tablet, computer or TV.

The study reviewed the experiences of 356 grandparents of children aged 2-7 who take care of their grandchildren at least once per week and found that during an average four-hour visit, the children spent two hours either watching videos or playing games on electronic devices.

Most of the experts suggest that grandparents should restrict technology use by setting simple rules for screen time when babysitting. This is particularly needed when children bring a device from home and expect to watch even more.

“The unconditional love — shower of parents and grandparents can go to the point of spoiling children, said Pallavi Joshi, Clinical Psychologist at Sri Balaji Action Medical Institute in Delhi.

“Over the past few years, grandparents’ responsibilities for their grandchildren have increased due to changes and issues in families and society.

“If we focus particularly at the extreme amount of screen time the kids devote to the idiot box (TV), parents and grandparents may be blamed for the same, as they do not oppose this habit,” Joshi said in a statement.

“Over the past few years, grandparents’ responsibilities for their grandchildren have increased due to changes and issues in families and society.

It’s just another sweet way for them to spend more time with children. But this habit should be kept in check before it becomes an issue,” she added.

Increased screen time may critically impact a child’s development and have several negative consequences; it can stimulate the way a child behaves, even in the long run, as well as make them less physically active. Now, not all screen time is detrimental, but families need to develop limited, healthy screen habits.

“Gadgets have started replacing traditional ways of engaging with children at home. Even with grandparents at home, it is getting increasingly difficult to curtail the screen time for young children. A lot of grandparents are unaware of the effects of excessive screen time,” Diya Palaniappan, Child Psychologist, Flinto R&D Centre in Delhi, said in a statement.

“We need to educate grandparents about the impact of media and technology on children’s lives and on its proper use that will benefit the well-being of their grandchildren.

“However, there are some grandparents who gift their grandchildren play toys and activity boxes like Flinto to spend quality time with them. These activity boxes not only keep children away from television but also helps in bonding with grandparents,” Palaniappan added.

— IANS

High-fibre diet cuts preeclampsia risk

Ladies, please take note. Consuming a high-fibre diet may reduce the risk of preeclampsia during pregnancy, researchers have found.

“Simple recommendation to ‘eat real food, mostly plants and not too much’ might be the most effective primary prevention strategy for some of the most serious conditions of our time.

“The mother’s gut bacteria and diet appear to be crucial to promoting healthy pregnancy,” said study lead author Ralph Nanan, Professor at the University of Sydney. The study, published in the Journal Nature Communications, showed that pregnancy outcomes and infant immunity are linked to gut bacteria.

Plant-based fibre is broken down in the gut by bacteria into factors that influence the immune system. The research team investigated the role of these metabolic products of gut bacteria during pregnancy.

The researchers found that in humans, reduced levels of acetate, which is mainly produced by fibre fermentation in the gut, is associated with the common and serious pregnancy-related condition preeclampsia. Preeclampsia occurs in up to 10 percent of pregnancies and is characterised by high blood pressure, protein in the urine and severe swelling in the mother’s body.

It also interferes with the child’s immune development whilst in the womb, with some evidence suggesting a link to higher rates of allergies and autoimmune diseases later in life.

Foetuses in pre-eclamptic pregnancies were found to have a much smaller thymus than children from healthy pregnancies.

“The cells the thymus normally generates — called ‘T’ cells, and specifically those associated with the prevention of allergies and autoimmune conditions such as diabetes — also remained lower in infants after preeclampsia, even four years after delivery.

The mechanisms of acetate on the developing foetal immune system were further examined in separate experiments involving mice that showed acetate was central in driving foetal thymus and ‘T’ cell development.

The results showed that promoting specific metabolic products of gut bacteria during pregnancy might be an effective way to maintain a healthy pregnancy and to prevent allergies and autoimmune conditions later in life. — IANS

Symptoms: Preeclampsia occurs in up to 10 percent of pregnancies and is characterised by high blood pressure, protein in the urine and severe swelling in the mother’s body. 
SAVOURING: S'more is a combination of two best desserts in the world - marshmallow and chocolate.

S’mores: popular camping snack

Last week one of my pastry chefs prepared s’mores and that became the inspiration of this week’s column. S’more is a popular camping snack that is popular with not only kids but adults too. It is a combination of two best desserts in the world – marshmallow and chocolate. S’mores is a sandwich made out of these desserts pressed between two graham crackers. People often cook s’mores as a part of their BBQ and cookouts in favour of other desserts because they think you have to go out for camping? The answer is no. You can almost make them in volume well in advance and can take along with you for your next adventurous trip.

Enjoying s’mores is like savouring a slice of watermelon, licking popsicles and eating dozens of hot dogs, making s’mores is a summer food.

While the official recipes was published 90 years back. I am sure that s’mores have been around much before that. The name s’mores is derived from the after effect of consuming this gooey, delicious treat which is “some more” and the contracted form became “S’mores”. As in “I want some more of those s’mores”.

The first published recipe for s’mores was in 1927 called tramping and trailing with the girl scouts. Loretta Scott Crew, who made them for girl scouts by the campfire, is given credit for this delectable recipe.

Now I know what is in your mind, so are these only made while you go out for camping? The answer is no. You can almost make them instantly any time of the year for any occasion and be assured to see a smile on your guests face. The best part of this recipe is to roast the marshmallows for the s’mores. But be sure you are accompanied by an adult for this adventure. One more reason to try this recipe at home is because of the upcoming national S’mores Day on August 10. Campers running camping resorts in Gardiners, Pennsylvania recently built the world’s largest s’more. Weighing in at 267 pounds, the supersized dessert comprised 140 pounds of marshmallow, 90 pounds of chocolate and 90 pounds of graham crackers.

Inaccessibility to open fire won’t let you stay away from this sweet. There are still plenty of ways to make s’mores. The s’mores cookbook explains how to cook the tasty treat on the grill, in the broiler, with a kitchen, in a microwave, or oven a gas stove, candle or sterno.

Marshmallows cook faster on a metal rod or coat hanger than on a wooden one, and coals tend to cook the snack faster and more consistently than flames. It is a proven fact that whenever any food item gains popularity, enthusiasts and chefs start developing derive. American food manufacturers created many other chocolate, marshmallow and graham cracker treats, including pop tarts, cereal, ice cream and goldfish. Which are pretty popular and can be easily found on grocery shelves. Some chefs have created unique and delicious flavours like French fries, martinis, macarons and many more.

S’mores

Ingredients

- Honey graham crackers 8 sheets
- Milk chocolate bar 100gm
- Kosher salt a pinch
- Marshmallows 8 no

Method 1 (Outdoor Grill)

Heat a grill to medium – low heat or a dying charcoal grill will also work.

Halve each graham cracker sheet crosswise into 2 squares and place a square of graham cracker on a piece of foil and top with a portion of chocolate and a pinch of kosher salt.

Place on the edge of the grill just until the chocolate is warmed and softened for about 30 seconds.

Take the graham cracker squares and chocolate to the grill.

Working with a few marshmallows at a time skewer a marshmallow on a long fork or metal skewer and hold over the heat about 2 inches above the grate.

As the marshmallows toast they will become soft and start to drop off the skewer.

Toast the marshmallow turning occasionally until the marshmallow puffs and turns golden brown (approx. 1 to 2 minutes).

Using the square of graham cracker with the chocolate and a plain graham square, place the marshmallow on the chocolate and using the plain graham, squish the marshmallow down and pull off the skewer.

Eat it while it is still warm and gooey.

Method 2 (Oven)

Preheat the oven at 400 degree Fahrenheit.

Lay ½ of the graham crackers on a cookie sheet and top with chocolate pieces to cover.

Using kitchen scissors snip the marshmallows at a time skewer on a piece of foil and top with a portion of chocolate and a pinch of kosher salt.

Place a square of graham cracker, use whole graham cracker, use whole graham then place ½ a marshmallow on the chocolate.

Grate on a cookie sheet crosswise into 2 squares and chocolate to the grill.

Method 1(Outdoor Grill)

The marshmallows toast they will become soft and start to drop off the skewer.

Eat it while it is still warm and gooey.
With creative use of colour and lots of art, living in a rental property was no barrier to creating an inspiring, individual home, writes Kate Lawson.

**COLLECTOR:** Ana Engelhorn, interior designer, is an avid collector – of art, antiques, furniture.

One of the first things you notice as you enter Swiss-born interior designer Ana Engelhorn’s elegant London period home is the original wooden staircase painted dark green. It’s set against the cheery brightness of the hallway, painted in Papers and Paints’ Soane Yellow – an homage to Ana’s mother. She told her: “When you open a door – an homage to Ana’s mother. She in Papers and Paints’ Soane Yellow brightness of the hallway, painted green. It’s set against the cheery wooden staircase painted dark.

There are flashes of colour everywhere in the stucco-fronted Belgravia rental property she and her husband Carlos moved into last year, with their two young children, their nanny and Persian cat Duke.

Not able to change anything structurally, Ana’s solution was to give the house a makeover with colour and reinvent the space.

“The owner agreed I could change the style, which was mainly beige carpets and walls,” she explains. “So I painted most of the rooms, uncovered all the fireplaces and pulled up the carpets to reveal the wooden floors underneath. I like seeing the uneven textures, the perfectly imperfect, “ she explains. The colours intensify as you progress through the house. Vivid fuchsia pink curtains in Varese velvet from Designers Guild are striking against the ruling emerald green walls of the dining room. They also frame a cozy reading nook in the window where the lower panes are tinted. “I created this area. It’s perfect, because during the day nobody can see you sitting there,” Ana says. Looming over the Conran round marble table is an impressive chandelier made from recycled glass bottles from Luzio in Barcelona, while the original Georgian inbuilt cupboards provide display spots for glassware and ceramics.

The dining area opens on to the kitchen with Victorian-era copper pots hanging on the walls, and to eke out the space, the adjoining garage now moonlights as a storage area.

“The kitchen was big, but it had no prepping space and I’m someone who loves to cook a lot,” says Ana. “So I painted the cupboards in a pale pink and added colourful door knobs, and then took out the breakfast table and made a bar area. Now I have more space for my coffee machines and bread makers and a place to bake!”

On the first floor, the living room’s striking Highland-green paint works perfectly with the modern blush pink and midnight blue velvet sofas. They are complemented by a mid-century brass terrace coffee table and large-scale art on the walls. A creaky-floored reading room in ruby red, which Ana designed like “one of the small sitting rooms you’d find in a hotel,” entices you in with its art deco chairs and shimmering 1900s crystal Venini sconces from Gallery 25.

Ana is an avid collector – of art, antiques, furniture. Maybe a little bit of a hoarder too. “I’ve moved a lot so I have things in storage, and I like to keep things as you never know if you’re going to find those things again,” she laughs. She cites her suppliers as inspiration to her evolving style. “Especially those who are a little more out there,” she says. She was also inspired by her parents. “They’ve always had an eccentric flair for interiors and they love travelling and buying and placing antiques.”

Memories are collected, too: a colourful patchwork crochet blanket was made by her husband’s 90-year-old grandmother over 50 years ago. “I like mixing contemporary pieces with those that have a history,” Ana says.

The uncluttered assemblage of antique curiosities and contemporary design set against a considered mix of reclaimed materials creates contrasting moods in the house, as do the atmospheric and surreal paintings and sculptures by Spanish artists Alicia Martin, Miguel Macaya and Samuel Salcedo.

“Art is important to me and I like to bring it into clients’ homes,” explains Ana. “Especially when they might not have been brave enough to experiment with colour, it can really add something. Walls are so big, they need to tell a story.”

A framed photograph of the sea, printed large and given solitary prominence on the gentian blue walls, offers a calming narrative in the master bedroom. Through the adjoining dressing room where the floor is lined with decorative high heeds there is a large en suite bathroom with marble-topped fittings. Here the immersive blue theme continues, as does Ana’s love of reclaimed rustic mirrors and mind-bending wall art.

A fairy tale unfolds in her daughter’s bedroom on the top floor with its painted cloudscape on the ceiling. Alpine wooden bed and neoclassical-style doll’s house (cramped with books).

Her son’s bedroom is still in the original style of the house. There is a guest loo, its original patterned wallpaper also untouched. There are two offices: Ana’s is painted dove grey and overlooks a mews garden terrace is intentionally a little overgrown and wild, with an original sandstone fountain.

A lively, inspiring place, at its heart this is a hard-working family home where living with a combination of antiques, modern design, art and small people is possible. “I’m definitely not someone who would say, ‘Don’t touch that!’ to my children, or anyone else,” she laughs. “Whatever you have in your home, you have to be able to use it and enjoy it.”

― The Guardian
IRON IN WATER
Iron can be one of the most troublesome elements found in water. As little as 0.3 ppm (parts per million) of iron can cause staining of fixtures, sinks, and also most anything else it comes into contact with. Concentrations below 0.3 ppm can still have profound adverse effects in manufacturing processes.

WHAT DOES IRON DO?
Iron affects the tastes of foods and beverages, can contribute to the blockage of pipes, and can cause many other unwanted problems. "Iron bacteria" is a term applied to a group of small organisms which appear to convert ferrous iron to the ferric state as part of their metabolism. It is suspected that these organisms may even attack steel pipe to obtain iron, thus causing a form of corrosion.
**FERRIC HYDROXIDE (RUST)**
Ferric hydroxide which is deposited inside a water line has a tendency to lose water, particularly in hot water lines, according to the reaction:

2 Fe (OH)₃ → Fe₂O₃ + H₂O

**IRON REMOVAL METHODS**

- **ION EXCHANGE:**
  Use Case: When the iron concentration is low and when all or most of the iron is in the soluble state.

- **IRON FILTERS:**
  Use Case: Relatively high concentrations of inorganic iron, whether ferrous or ferric (dissolved or precipitated)

- **CHEMICAL FEED PUMPS AND FILTER COMBO:**
  Use Case: When everything else fails
Face your fears and the rewards can be profound. You can discover the true depth of a relationship. Or what you’re capable of withstanding. Some stories open the door for something more. And then there are fairytale endings. And endings that turn you introspective about your own life and your place in the world. And then there’s the ending that you saw coming a mile away, and yet somehow still takes you by surprise. But don’t worry, where the story ends, there’s always a start of a brand new chapter. The problem is, the more you gain, the more you stand to lose. Are you ready to find out what you’re made of? Because to survive in this glossy world, that is all about heights, you better be fearless. You can choose to go on the offensive and come out swinging. Or you can pack your bags and admit defeat. Or you can drink yourself into oblivion and hope it’ll all just go away.

Whatever you choose to do, one thing is certain – that it is not the end, because try as you might to fight it, you cannot ignore the power of skyline and lights that shine in your eyes and spirits. Bisou

— Text by Muhammad Asad Ullah, @asadullahgt
Photos by Syed Hasan Iqbal Zaidi @hasanzaidi
LEISURE

Colour by choice

Maze
Help a group of fish find their way to the coral reefs.

Connect the dots
Join the dots in order to find out more!

Picture crossword
UNDER THE SEA
USE THE PICTURES BELOW AS CLUES
**Pooch Café**

By Paul Gilligan

Wow, look at the size of this beauty!

Woo hoo! Get that away from... whoa!

Splash!

They want to negotiate a prisoner exchange.

**Zoo**

Who ordered the pizza with antelope topping?

© 2019 Tribune Content Agency, LLC. All Rights Reserved.
Yesterdays Solution

Across
1. Assign property (9)
2. Glass for the acrobat (7)
3. 2. Glass for the acrobat (7)
4. 2. Glass for the acrobat (7)
5. Roadstead (ROHD-sted)
6. Observed pole being cut (4)
7. Rich oil producer wasn’t (5)
8. Walker confused dean and priest (10)
9. 5. Metal making gent nuts (8)
10. 4. Vandal’s buddy? (6)
11. 8. American uncle raised
12. 1. Organisms present in
13. 4. Vandal’s buddy? (6)
14. Assign property (9)
15. 4. Vandal’s buddy? (6)
16. Game span (6)
17. Bird of colourful origin (8)
18. 1. Organisms present in
19. Actual component of cereals (4)
20. 5. Metal making gent nuts (8)
21. 2. Glass for the acrobat (7)
22. 3. Blackadder’s last to take

Down
1. 3. Blackadder’s last to take
2. 2. Glass for the acrobat (7)
3. 7. Rich oil producer wasn’t (5)
4. 8. American uncle raised
5. 3. Blackadder’s last to take
6. 4. Vandal’s buddy? (6)
7. Observed pole being cut (4)
8. Walk confused dean and priest (10)
9. Organisms present in
dressed crab I ate? (8)
10. 6. Game span (6)
11. 6. Game span (6)
12. 12. Organisms present in
dressed crab I ate? (8)
13. 21. Cabaret
14. 21. Cabaret
15. 21. Cabaret
16. 21. Cabaret
17. 21. Cabaret
18. 21. Cabaret
19. 21. Cabaret
20. 21. Cabaret
21. 21. Cabaret
22. 21. Cabaret

Wordwatch

eudemonic
(yoo-di-MON-ik)
MEANING:
adjective: Relating to or conducive to happiness.
ETYMOLOGY:
From Greek eudaimonia (happiness), from eu- (good) + daimon (spirit, fate, fortune). Earliest documented use: 1832.
USAGE:
Hundreds more (Russian spies) were exposed by sloppy tradecraft, such as the use of sequentially numbered passports.

tradecraft
(TRAYD-kraft)
MEANING:
noun. The techniques and methods of espionage and clandestine operations.
ETYMOLOGY:
From Middle Dutch / Middle Low German trade (path, course) + craft, from Old English craeft (strength, power). Earliest documented use: 1812.
USAGE:
The air conditioning didn’t reach the heat was... language.

Comicon

Super Cryptic Clues
How to wash your hair

The biggest myth is that washing your hair frequently is bad, but there is no real rationale for that. You take your hair everywhere you go; it picks up dirt and pollution, and you've got sweat, oil and dead skin cells. You can wash it every day if you want to. You are not stripping the natural oils from your hair, because they do not travel from the scalp down the hair shaft, especially if your hair is damaged or colour-processed.

Physiologically, all hair is the same. The difference is in the shape of the strands.

A hair wash is so much more than just cleaning our hair, it's like therapy for all of us. It seems almost impossible to think that there are right and wrong ways of doing it. Read along if you wish to know how you can enjoy your hair wash without worrying about damaging it.

Get your hair thoroughly wet. If you wash your hair twice and the shampoo seems to lather better on the second time, it's because your hair is properly wet. A 50p-sized amount of shampoo is enough for most people. Wash the scalp rather than the hair and allow the suds to run down. If you are washing your hair every day, you do not need to shampoo it twice. If you are washing twice a week, or if your hair gets very greasy or you use a lot of styling products, you might want to do it a second time.

Afro hair is more susceptible to damage and dryness, but you can wash it as frequently as suits your hair – at least once a week. If you have short hair, you may not need conditioner, but if your hair is longer, you should use it, particularly if it is colour-treated. Conditioner hydrates and smooths down the outer cuticle, but just put it on the mid-lengths and the ends.

By Zoë Passam, trichologist at Philip Kingsley/The Guardian

LIFESTYLE/HOROSCOPE

ARIES
March 21 – April 19

A member of your household has perhaps been withholding some negative emotions from you. He or she may finally let loose with everything today. This could prove disconcerting, Aries, as you probably had no idea this was going on. Some honest talk is definitely in order. Try to show that you understand. All should be fine in the end.

CANCER
June 21 – July 22

Some hidden problems in your house could suddenly appear. Cancer. This could involve plumbing, electricity, or the walls. Repairs should be old news. Take care of business and all will be well.

LIBRA
September 23 – October 22

Secrets that someone close has been trying to keep hidden could come out today, Libra. This may or may not be something Earthshaking, but either way, some quick damage control might prevent them from becoming common knowledge. The people around you are more understanding than you know, so express how you feel. By tomorrow it should be old news. Take care of business and all will be well.

TAURUS
April 20 – May 20

An unexpected and perhaps unwelcome call or e-mail from a co-worker might mean you have to work some extra hours, Taurus. This could be frustrating. You may feel that someone is taking unfair advantage of you. If you aren't up to doing it, say no. This won't affect your long-term standing with this person. Otherwise, grit your teeth, dig in, and think of it as a favour.

LEO
July 23 – August 22

Some strange communications could come your way today, Leo. Hang-ups or blank e-mails could have you wondering who the person is, and what they want from you. This is probably due more to problems with phone lines or Internet connections than to anything else, so don't waste time worrying. If you think you know who's trying to reach you, wait until tomorrow and contact him or her.

GEMINI
May 21 – June 20

You may have been saving up for something you really wanted. Gemini, when an unexpected expense compel you to spend some of your savings. This could cause some gloom. Make sure you've exhausted all of your other options before digging into your nest egg. Appearances could be deceiving. There could be other resources at your disposal that you didn't immediately think of.

VIRGO
August 23 – September 22

A group you’re affiliated with could find some discrepancies in their financial records and ask you to check into it, Virgo. This is probably due more to mistaken entries or lost pages than to any major disaster, but solving it will set everyone’s mind at ease. Don’t be surprised if you have to dig through little scraps of paper buried in the bottom of files. It will be worth it, though.

SCORPIO
October 23 – November 21

Some strange news concerning friends who live far away could come to you secondhand today, Scorpio. Attempts to reach the people in question may prove fruitless, at least now. Withhold judgment about what you hear until you talk to your friends, as much of what is passed on to you is likely to be misinformation. Tomorrow you should have better luck reaching them.

SAGITTARIUS
November 22 – December 21

Some rather unsettling insights into a friend’s thoughts and feelings could come to you today. Your intuition is keener than usual, Sagittarius, so trust your instincts about everyone, even strangers. Disconcerting though it may be, the experience will increase your understanding of others and enable you to deal with them in the right way. This could strengthen your relationships.

CAPRICORN
December 22 – January 19

A disagreement with a friend or family member could cause confusion and hurt feelings if it isn’t nipped in the bud. Communication is the key, Capricorn. Avert misunderstanding by explaining in detail exactly what it is you need or what you’re prepared to give. Don’t assume everyone knows this already. Do this in person if you can. Phone or e-mail might not be as effective.

AQUARIUS
January 20 – February 18

Plans to get some long-neglected tasks done around the house or yard may be interrupted by a phone call from someone dear who lives far away. You might be so excited by the call that you are no longer in the right frame of mind to finish your work once the conversation ends. Don’t worry. You can always get the tasks done later.

PISCES
February 19 – March 20

Plans to get together with a close friend might go awry due to circumstances beyond your control, Pisces. Sudden events could necessitate being out of touch. You might have to face delays when you’re trying to make arrangements. Don’t give up – you will reach your goal but just a little later than you’d hoped. Accept things as they are and change your schedule. These things happen.
Actor-singer Renner croons a new song

Hollywood actor Jeremy Renner, who shot to fame playing the bow-wielding Hawkeye in the Marvel universe of the Avengers, has taken a break from superhero antics to focus on his passion for music. He is out with a new music video titled Main Attraction that has him crooning behind the microphone.

“Main Attraction music video out now! Link in my bio to watch the whole video on Youtube,” tweeted Renner on Thursday.

The actor-musician is seen in an all-black ensemble in the video, performing in front of fans, or walking on a long stretch of road.

Main Attraction is one of three songs to be reportedly unveiled by Renner, in association with Jeep.

“Finished up this fun music campaign with Jeep! What a blast! #music #summersofnut,” he had tweeted on Wednesday.

Fans were quick to show support. “An actor, a singer... You are a great artiste,” one fan wrote.

“Great song. Gritty, catchy and great vocals. Well done!” wrote another.

Another Twitter user praised the “damn good song” and lauded Renner because “he sounds great!”

Renner shot to fame with his starring role in Kathryn Bigelow’s Oscar-winning film The Hurt Locker, and shot to global popularity as Hawkeye in Marvel’s Avengers saga, and also with roles in several hits including Mission: Impossible - Ghost Protocol and Arrival.

VERSATILE: Jeremy Renner is out with a new music video titled Main Attraction.

Marvel’s Avengers saga, and also with roles in several hits including Mission: Impossible - Ghost Protocol and Arrival.

During an interaction with the media, in Seoul in April to promote Avengers: Endgame, the actor had said: “I like every moment (of playing Hawkeye). I like showing up on the sets. “I feel blessed to be able to play make-believe for a living. It’s my job. I think the greatest takeaway will be my friendships over the last decade with not just the cast but guys like the first assistant director,” Renner said. – IANS

Rapper-turned-actress Awkwafina gets first leading role in The Farewell

By Jami Ganz

Now is Awkwafina’s time.

After a scene-stealing supporting role in Crazy Rich Asians, the rapper-turned-actress will debut as a film lead in her first drama, Lulu Wang’s The Farewell, opening on Friday (today).

“I am not what you would think of when you think of a movie star. I don’t look like one. I don’t sound like one. I don’t act like one.”

Awkwafina, who was born Nora Lum, told the Daily News. “I want to show girls, young Asian American girls, that you can be literally what you don’t see there and you can still do it,” she says. “You have to open the door for the next generation.”

As for The Farewell, Awkwafina, 31, says she “never thought a script like this could ever exist: one that was written by an Asian American woman and directed by an Asian American woman. I’d just never seen it.”

The film follows her character Billi, who leaves New York to visit her dying grandmother in Changchun, China. But Billi’s family has no intention of revealing the grim prognosis to their matriarch and attributes the reunion to a last-minute wedding, spurring debates over mortality and cultural identity.

“I think that any ‘dash American’ in this country feels always like one foot outside the door, one foot inside the door,” Awkwafina, who was born in Queens to a Korean mother and Chinese-American father, told The News. “You never feel like you belong to one or the other.”

The film’s portrayal of warring identities resonated with Awkwafina, who paraphrased journalist Jay Caspian Kang, saying, “The only thing that ties for Asian Americans together, because it’s such a broad category, is discrimination.”

“Everyone feels that,” she said. “Along with that, it’s the feeling of being an outsider.”

But as a staunch advocate of thoughtful Asian American portrayals in media, Awkwafina refuses to encourage stereotypes “like the nail lady ... the things that we are actively always trying to improve about ourselves and the way that we’ve been seen in this country.”

Now though, she says tropes are slowly becoming a thing of the past.

“I’m seeing scripts that have no descriptors of race, for small parts, for leads, for anything, or even sex, which is awesome,” she told The News. “I think the industry is moving toward a good spot where Asian people are seen now as people that can do other things.”

“I think when you first start out and you’re an artiste, you want to be just known as an artiste. You don’t want to have to be pigeonholed,” Awkwafina says. “And I think that that’s a real desire, but it’s not realistic when it comes to actors, we’re viewed by younger generations, by kids.”

No one can pigeonhole Awkwafina, who added Saturday Night Live host to her resume last year. She became the second Asian American woman to host the show in its 44-year history, joining Lucy Liu in 2000.

That brought her a memorable moment in her hometown, which is gratifying. Despite her work in Hollywood, Awkwafina remains a tried and true New Yorker.

“I 100% will die in New York,” she declares. “But I feel like I should leave before I turn into that 85-year-old woman that’s talking about how much it’s changed. ... I know I’m gonna be that woman, just let me get out for a little bit.”

As for where Awkwafina hopes to say her own farewell? “I think I’d want to die just right on Madison Avenue,” she laughed. “In the ’20s. – New York Daily News/TNS
By Mudassir Raja

Though the all-popular Summer Entertainment City (SEC) is going to end soon, the excitement for entertainment and edutainment activities is still very high. Dubbed as Qatar’s biggest family entertainment event in summer, the SEC is being organised by QSports in collaboration with the Qatar National Tourism Council at Doha Exhibition and Convention Centre as a part of the Summer in Qatar campaign.

The fun-filled family gala will end on July 13 (tomorrow). It has, however, proved to be a crowd puller and for the last few days the organisers added new attractions particularly for the kids. Keeping in view the excitement and repeated visits by the families, the organisers recently decided to add on some new rides. The major attraction is going to be the giant slide. It is one of the highest inflatable slide-down in the region. It is as high as 10 metre. The other major new attraction is pirate ship. It is an inflatable depot pirate themed slide that features the look of a giant wooden pirate ship. This incredible game will keep children jumping, bouncing, and sliding down all the day long.

Yet another attraction that will be an exciting experience for the kids is the princess castle. It will offer children the opportunity to bounce, climb, slide, and play. It is a dreamland inflatable bounce castle. The fourth major attraction is inflatable ocean ball. The organisers welcome kids to Qatar’s soft play and ocean ball pit. They let the kids be free to feel the unique experience.

The main areas of the SEC that started on June 5 include amusement rides, skills games with prizes, bespoke trampoline park, a kids driving school setup, giant blocks park for kids to play and build with large lego-type blocks, a 1,000sqm ocean ball soft play area, Qatar’s first Inflata Park spread over 1,200sqm, world’s largest bounce castle, a 1,200sqm skate park, synthetic ice skating, Spider Climbing tower and over 45 food options and 100 retail outlets.

Talking to Community, Qazi Yousri, Media Manager of QSports, said: “We have replaced some of the attractions with new excitement. It has been done to provide novel and fresh experiences to the visitors and especially those kids who have been regular or frequent visitors at the SEC. We have observed that there are families in large numbers have been frequent visitors to the facility.

“The visitors have been getting a variety of entertainment at the entertainment city such as live musical and cultural shows done by different embassies, fire shows, and dance performances. Both the last and this weekend, we are having a splendid clown show for the kids. Yet, we felt the need to introduce new and exciting rides as the frequently visiting children were getting done with the available inflatable park and castle. The new amusements are equally popular among the kids and the adults as we allow parents as well to enjoy the high rides with their kids.”

Sharing some details about how successful this year’s entertainment city has been, Qazi said: “So far, we have noticed that over 54,000 people have visit the city. The majority of the visitors were families with the number of children dominating the adults. This year we have also witnessed that the number of repeat-visitors was higher than what we had last year. Among all the visitors, about 70 percent were Qataris. The rest of the 30 percent was different expatriate communities mainly South Asians.”

The organiser further said: “We have also noticed that the number of the visitors staying at the city for a long time remained higher than that of the last year. This year the trend has been that the visitors tend to stay for a longer time with their kids. They spent more on having food and buying clothes, handicrafts and other daily use items.”