Needed: a jolt

Does the US need a new Sputnik to reignite and reclaim space? P4-5

Reviews
Documentary examines Armstrong, the man behind the moon landing. Page 14

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Qatari Oud players mesmerise music lovers at W Doha. Page 16
**PRAYER TIME**

- Fajr: 3.25am
- Shoroq (sunrise): 4.55am
- Zuhr (noon): 11.41am
- Asr (afternoon): 3.07pm
- Maghreb (sunset): 6.27pm
- Isha (night): 7.57pm

**USEFUL NUMBERS**

- Emergency: 999
- Worldwide Emergency Number: 112
- Kahramaa – Electricity and Water: 991
- Local Directory: 180
- International Calls Enquires: 150
- Hamad International Airport: 40106666
- Labor Department: 44508111, 44406537
- Mowasalat Taxi: 44588888
- Qatar Airways: 44496000
- Hamad Medical Corporation: 44392222, 44393333
- Qatar General Electricity and Water Corporation: 44845555, 44845464
- Primary Health Care Corporation: 44593333
- 44593363
- Qatar Assistive Technology Centre: 44594050
- Qatar News Agency: 44450205, 44450333
- Q-Post – General Postal Corporation: 44464444
- Humanitarian Services Office (Single window facility for the repatriation of bodies)
  - Ministry of Interior: 40253371, 40253372, 40253369
  - Ministry of Health: 40253364, 40253365
  - Hamad Medical Corporation: 40253364, 40253365
  - Qatar Airways: 40253374

**Quote Unquote**

“It does not matter how slowly you go as long as you do not stop.”
— Confucius

**Vennila Kabadi Kuzhu 2**

**DIRECTION:** Selva Sekaran

**CAST:** Appukutty, Arthana Binu, Kishore Kumar G.

**SYNOPSIS:** The son of a disgraced kabaddi player realises his father’s dream of helping his team, Vennila Kabadi Kuzhu, win the tournament title eventually.

**THEATRE:** Royal Plaza

**Pathinettam Padi**

**DIRECTION:** Shankar Ramakrishnan

**CAST:** Mammootty, Prithviraj Sukumaran, Unni Mukundan

**SYNOPSIS:** Two Schools – one for the rich and one for the poor. Two rival gangs. Two rebel leaders and their epic tale of romance, rivalry and friendship. Above all, a greater realisation given by a genius mentor, Professor John Abraham Palackal (Mammootty) as these youngsters step up from their adolescence to adulthood forms the premise of Pathinettam Padi (the eighteenth step).

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

**The Mall Cinema (1):**
- Gorilla (2D) 2:30pm, Toy Story 4 (2D) 5pm, Spider-Man: Far From Home (2D) 7pm, Escape Plan: The Extractors (2D) 9:30pm, Super 30 (Hindi) 11:15pm.

**The Mall Cinema (2):**
- Pathinettam Padi (Malayalam) 2:15pm, Pathinettam Padi (Malayalam) 5:15pm, Pathinettam Padi (Malayalam) 8pm, Pathinettam Padi (Malayalam) 11pm.

**The Mall Cinema (3):**
- Super 30 (Hindi) 2:30pm, Aladdin (2D) 5:30pm, The Lion King (2D) 8pm, The Lion King (2D) 10:30pm.

**Landmark Cinema (1):**
- Spider-Man: Far From Home (2D) 3pm, Toy Story 4 (2D) 5:30pm, Escape Plan: The Extractors (2D) 9:15pm, Super 30 (Hindi) 11pm.

**Landmark Cinema (2):**
- Pathinettam Padi (Malayalam) 2:15pm, Pathinettam Padi (Malayalam) 5:15pm, Pathinettam Padi (Malayalam) 8pm, Pathinettam Padi (Malayalam) 11pm.

**Landmark Cinema (3):**
- Super 30 (Hindi) 2:30pm, Spider-Man: Far From Home (2D) 5:30pm, The Lion King (2D) 8pm, The Lion King (2D) 10:30pm.

**Royal Plaza Cinema Palace (1):**
- Pathinettam Padi (Malayalam) 2:15pm, Pathinettam Padi (Malayalam) 5:15pm, Pathinettam Padi (Malayalam) 8:15pm, Pathinettam Padi (Malayalam) 11pm.

**Royal Plaza Cinema Palace (2):**
- Super 30 (Hindi) 2:30pm, Spider-Man: Far From Home (2D) 5:30pm, The Lion King (2D) 8pm, The Lion King (2D) 10:15pm.

**Royal Plaza Cinema Palace (3):**
- Vennila Kabaddi Kuzhu 2 (Tamil) 2:30pm, Toy Story 4 (2D) 5pm, Spider-Man: Far From Home (2D) 7pm, Escape Plan: The Extractors (2D) 9:15pm, Super 30 (Hindi) 11pm.
EVENTS

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

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

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

Career Guidance
WHERE: Right Track Consultants, Al Sadd
WHEN: Sunday – Thursday
TIME: 6pm – 8pm
Career guidance for course, country, college and entrance for students of Grade IX-XII, of all curriculum. Career assessments administered for stream preference, career test, branch preference, personality, multiple intelligence and learning styles and productivity. For more information, 5544835.

Artistic Gymnastic Classes
WHERE: Qatar Academy Msheireb
WHEN: Ongoing
TIME: 3:15pm – 4:15pm
The olympic sport using horizontal bar, rings and floor exercises on mats for the children from age 4 till 16.

Career Guidance
WHERE: Right Track Consultants, Al Sadd
WHEN: Sunday – Thursday
TIME: 6pm – 8pm
Career guidance for course, country, college and entrance for students of Grade IX-XII, of all curriculum. Career assessments administered for stream preference, career test, branch preference, personality, multiple intelligence and learning styles and productivity. For more information, 5544835.

Arabic Calligraphy Workshop
WHEN: Saturday – Wednesday
TIME: 6pm
Arabic Calligraphy workshop is back. Come and learn the artistic practice of Arabic handwriting and calligraphy at Music and Arts Atelier. The lessons will take place every Saturday, Monday and Wednesday at 6pm. For more information, contact registration@atelierqatar.com.

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

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.

Sports 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
The larger picture

Sputnik led to a surge in spending on education programmes. In the 2004 fiscal year, 13 federal agencies spent $2.8 billion to encourage the pursuit of science and math careers, but there is little co-ordination among programmes, and only half have been formally evaluated.

All of us were engaged in this process of keeping up with the Russians or beating the Russians (back then)

— Dr Lisa Klien, first female faculty member at Rutgers’ Department of Materials Science and Engineering

By Tom Avril

Sitting at her desk in rapt attention, Lisa Klein was told that the Russians had launched a silvery, beach ball-size sphere hundreds of miles into orbit. It was the world’s first satellite, the first victory in the race to conquer space — and it had been won by the other side.

The satellite was called Sputnik, the man in the tie told his audience in sombre tones, and it was a sign that everyone needed to buckle down and get to work.

The speaker, a school district supervisor in Wilmington, was addressing a group of first graders at River Road Elementary School. Klein, not yet 6 years old, decided right then to become a scientist.

“IT seemed to me that it was a personal invitation,” she recalled. “That was my job.”

Far beyond Klein’s classroom, the launch of Sputnik 50 years ago next month sparked an upheaval in how the United States approached space exploration and how its schools taught math and science.

The United States would proceed to catch up, of course, launching its own satellites and then, 12 years later, landing astronauts on the moon. Klein grew up to study lunar rocks from one of the Apollo missions before becoming the first female faculty member at Rutgers University’s engineering school, she said. Along the way, her education was fuelled by a programme that arose in direct response to Sputnik.
Today, amid a fast-shift ing global economy, there are cries that once again the United States is behind, as measured by everything from test scores to technological advances. In 1966, 1 in 5 US bachelor’s degrees were awarded in math or science, according to federal education data; in 2004, that proportion had dropped to 1 in 6.

There are those who argue we need a jolt to the system. Another Sputnik.

The news on October 4, 1957, exploded with the force of a rocket blast.

Headlines blared for weeks about the “baby moon,” a faintly ominous object with its blank aluminum exterior and four slender antennae.

The Philadelphia Inquirer warned of a Propaganda Gain for Reds of a and four slender antennae. with its blank aluminium exterior

but exploded with the force of a rocket blast.

Sputnik.

need a jolt to the system. Another

Sputnik.

A

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Meanwhile in Asia, the number of people earning science or engineering degrees jumped 35% from 1990 to 2002.

The number of Americans studying math and science in the US has slid. Meanwhile in Asia, the number of people earning science or engineering degrees jumped 35% from 1990 to 2002, according to a National Science Foundation analysis.

The United States also has room for improvement on student tests. In a 2003 study of math and science achievement, directed by Boston College, US fourth and eighth graders scored above average on a group that included both developing and developed countries.

But on a different test called the PISA, which measures math and reasoning ability rather than the knowledge gained in school, 15-year-olds in the United States scored below average in a group of 30 industrialised countries.

"Because of our economic success and our military success in World War II, I think we just assumed that our educational system was the best in the world," Loveless said. "That was just based on myth."

Sputnik led to a surge in spending on education programmes such as the one Klein attended, and that continues today. In the 2004 fiscal year, 13 federal agencies spent $2.8 billion to encourage the pursuit of science and math careers, according to the Government Accountability Office.

But there is little coordination among programmes, and only half have been formally evaluated, the GAO found.

For the woman who made science her mission because of Sputnik, there is reason for optimism. Klein notes that the United States swept the Nobel Prizes in the sciences last year, and she continues to be impressed by the students who pass through her lab.

"The quality of that group hasn’t really changed," she said. "It’s still as good as ever."

Yet she remains in the minority, as one of a dozen women on the 130-member Rutgers engineering faculty. She is the lone woman in the 24-member materials-science department.

For men and women alike, Klein said, a renewed national focus on science can only help. For her, 50 years ago, it made all the difference. — The Philadelphia Inquirer / TNS
Margaretville’s new water park makes a splash with high-tech innovations

Island H2O Live, about half the size of typical Orlando water parks, is designed to appeal to a young, digital-savvy customer. It opened June 21, writes Dewayne Bevil

Margaretville’s new water park uses tech in new ways. Island H2O Live embraces what the youth market wants: social-media options.

The new water park at the sprawling Margaretville Orlando development in Kissimmee wants its technology to make a big splash in the pools and online with its built-in social-media access.

Island H2O Live, about half the size of typical Orlando water parks, is designed to appeal to a young, digital-savvy customer. It opened June 21.

“Water rides is one thing of it, but we’re really tapping in heavily to what the younger folks of today are looking for,” said Art Falcone, co-founder and managing principal of Encore Capital Management, Margaretville Orlando’s developer.

“We were taking the ideas from what gamers do and putting them into rides.”

RFID technology inside wristbands helps customise select experiences. Visitors can choose the music that plays while floating through a tube ride.

Checking in atop some slides earns discounts on food, beverage and retail items; the more a person rides, the greater the reward. Adults can track their children or wayward friends via the wristbands.

Photographs and videos, set up for social-media sharing, are taken automatically at key locations.

“RFID technology and wristband integration has been around for a number of years, I think parks like Island H2O Live are finding new ways to connect that back to that kind of social-connectivity concept,” said Aleatha Ezra, director of park member development of the World Waterpark Association, based in Overland Park, Kansas.

“Social-network connectivity is something that has maybe been in the minds of operators for a number of years, but now, technology’s caught up in a way,” Ezra said. “And when you start fresh with a whole new part ground up, you can make it much more integrated in the whole experience of the park.”

Large LED screens at the wave pool, a.k.a. the Live Lagoon, eventually will be used to show concerts from other venues and movies, Falcone said.

Officials tout 20 experiences at the attraction, spread over its 14 acres, about half the size of Volcano Bay, but larger than pools at most resort hotels.

“Islands H2O Live is going to be in that nice, healthy, medium-size base,” said Ezra, who toured the water-park site while it was under construction earlier this year. “They have a lot of room for expansion.”

Island H2O Live was built near West US Highway 192 in Kissimmee as part of a development that includes a hotel, time-shares, vacation homes and retail. The complex, which Falcone said is about 65% to 70% complete, is on the former home of the Florida Splendid China attraction, which closed in 2003.

Disney’s Animal Kingdom theme park can be seen due north. Falcone hopes to draw customers from the region’s tourism base as well as residents living in the Winter Garden area and nearby developments such as Horizons West.

“I know it will attract a lot of the locals because of the effective pricing,” Falcone said. “It offers something that our competitors does not at the same level of pricing and ease of getting in and out.”

A general-admission ticket to Island H2O Live costs $89.99 ($42.99 for folks under 48 inches tall). An annual pass is available for $86.99. – Orlando Sentinel/TNS
Tough to tell crime from politics in Atkins’ new

The title of Ace Atkins’ ninth novel about Mississippi Sheriff Quinn Colson is a tipoff that one of the book’s main subjects is politics: It’s called The Shameless, writes Colette Bancroft.

Atkins, a former St. Petersburg Times and Tampa Tribune reporter, writes the Colson series as well as continuing the late Robert B. Parker’s Spenser series. (His eighth Spenser book,Angel Eyes, will be published in November.) Colson is a native of the fictional town of Jericho in Tibbehah County, Miss., a man with a deep knowledge of his state’s problems who refuses to surrender to them.

The title of Ace Atkins’ ninth novel about Mississippi Sheriff Quinn Colson is a tipoff that one of the book’s main subjects is politics: It’s called The Shameless.

“He’d been sheriff now for nearly a decade and he still wasn’t sure the state was getting any better. It was the entire reason he’d retired early as a US Army Ranger, believing he could make a difference, fighting corruption, drug running, and violence in his own backyard.”

As The Shameless opens, he’s feeling discouraged. With his new wife, Maggie, Quinn is making an obligatory appearance at the county fair, where the two hear a speech by a slick, silver-haired politician named Jimmy Vardaman, whom Quinn knows all too well.

“Vardaman,” Atkins writes, “had kept a big hunt lodge in Tibbehah County for decades, the source of some of the most corrupt people in north Mississippi. Several times Vardaman had been on the fringe of people Quinn had either sent to jail or shot. But Vardaman always slipped clear of it, like a man who stepped in cow and came out smelling like Chanel No 5.”

Now Vardaman is running for governor on a populist platform that stops just half a breath short of outright racism, spouting religious platitudes despite his skeevy past. The crowds love him.

“Didn’t even drop your cigar,” she says admiringly.

Another of Vardaman’s devoted supporters in Jericho is a Bible-thumping county official known to all as Old Man Skinner. His current project is raising money to erect a 60-foot cross next to the highway, where it will obscure a “damn Mississippi landmark.”

In the last Colson novel, one casualty of those turf wars was Quinn’s best friend and fellow vet, Boom Kimbrough, who is now struggling to recover from a savage beating. Quinn’s fierce former deputy, Lillie Virgil, now a US Marshal, has made it her business to arrest a dirtbag named Wes Taggart, one of Boom’s attackers. (Quinn shot the other one.) She captures Taggart with the help of her friend, a high school senior “whose real name was Tiffany Dement but went by Twilight to avoid professional confusion.”

Taggart’s arrest, however, will trigger further chaos.

Meanwhile, Quinn’s sister Caddy, a recovering drug addict, is running her ministry for refugees and poor and homeless people on half a shoestring and trying to figure out why Bentley Vandeven, a rich kid from Memphis, is her friend.

Into that mix of the usual homegrown characters Quinn deals with, Atkins tosses a couple of folks from the big city, Brooklyn, to be exact. Tashi Coleman and Jessica Torres are settling into Jericho to do research for their true-crime podcast, Thin Air. They’re digging into the disappearance 20 years ago of a local teenager, Brandon Taylor, who vanished while deer hunting.

When he was found with a bullet through his head, his death was deemed a suicide, but his family doesn’t buy it.

Quinn and Maggie don’t, but when they leave partway through his speech they’re confronted by a clutch of black-clad thugs who threaten Maggie, Quinn steps up.

“Quinn had met a hundred guys like this,” Atkins writes, “wannabe Special Forces operators who took online courses and drooled over gun magazines.” When one of them threatens Maggie, Quinn steps up: “Didn’t even drop your cigar,” she says admiringly.

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It’s not just another cold case for Quinn. Brandon was a few years younger, but Quinn knew him in high school. And Brandon’s friend then was Maggie Powers, now Quinn’s wife. Her young son, whom Quinn is about to adopt, is named after Brandon.

Tashi and Jessica are also chasing rumours that the former sheriff, Hamp Beckett, who was Quinn’s uncle, might have covered up the real nature of Brandon’s death.

That’s a lot of plot lines, but Atkins keeps them running smooth and hitting on all pistons as the action accelerates.
The idealised male body has become bigger, bulkier and harder to achieve. So what drives a generation of young men to the all-consuming, often dangerous pursuit of perfection? asks Sirin Kale

Gym, eat, repeat: the shocking truth

It is difficult for Miles to pinpoint the moment his muscle dysmorphia started. It was just always there, a background hum. “As far back as I can remember, I wanted a better-looking body,” says the 35-year-old US soldier, now stationed in Mons, Belgium. When he was 13, Miles spent a summer cutting grass to save up for a secondhand Soloflex exercise machine. The machine cost $1,000 (£800), but as Miles was too young to join a gym, it was worth the expense. With the help of the Soloflex, Miles started weight training and never looked back.

When he returned from a posting to Afghanistan at 24, things spiralled. He began obsessively working out and regimenting his meals. “I went all in ... it was full, hardcore dedication to the lifestyle,” Miles said. His girlfriend left him. “She began to realise that my body dysmorphia was like dating another person.” The pursuit of muscularity took over his life. “I just thought, I am so lean, and shredded, and veiny, and masculine – I don’t ever want to go back to how I was before.”

And muscle dysmorphia may be on the rise. A study published in June found that 22% of men aged 18-24 reported muscularity-oriented disordered eating. “The drive for a bigger, more muscular body is becoming very prevalent,” says the lead researcher Dr Jason Nagata of the University of California, San Francisco. Not everyone who bench presses 180kg has muscle dysmorphia. It is when working out takes over your life, occluding all else – work, family, friends – that you have a problem.

Miles had always been slightly shorter than his peer group, his only source of compensation a set of fake muscles. “I never had the serious people that no one wants to mess with. That was the main thing at the start – get big and be protected,” the soldier explained. “I was always the small kid in the corner that no one wanted to speak to.” Social acceptance came one squat at a time. “From where I’m from in Nottingham, because it’s a very rough place, you’re training to protect yourself. The bigger guys are the serious people that no one wants to mess with. That was the main thing at the start – get big and be

SIRIN KALE
taken seriously. When Shaw went to college at age 17, he had a plan: work out all winter and reveal his buff body come summer. But when he took off his T-shirt playing football one afternoon, a girl said that Shaw “had no chest”: He instantly put his top back on. “I still wasn’t good enough.”

The unkind comment laid waste to Shaw’s fragile self-esteem; he walked away from the wreckage determined to become even more shredded. Shaw’s life became: the gym, the gym, the gym. “To an observer, Shaw – who weighed 60kg at 1.7 metres – was tank-like. But that wasn’t how he saw himself. “I would be in the gym and say: ‘I look so bad. Everyone would be like: ‘No you don’t, you’re huge, I wish I could look like that.’”

Muscle dysmorphia is a disease of perception. Although its sufferers live in the material world – a place of grunting exertion and weighted bags and scoopable protein powders – they spend most of their time in an imagined reality, where they are incalculably huge. Their biceps are swollen watermelons; each muscle as incalculably huge. Their biceps are like Mick Jagger, and David Bowie. To be muscular was to be defined as to be militaristic, and it is estimated that up to 1 million Brits take performance-enhancing drugs. “Steroids can lead to heart disease, kidney problems and liver damage,” says Nagata. There are also mental health risks. “People may have extreme irritability, aggression, paranoia and can be violent.”

Tony was one young man who used drugs to bulk up. He knew what he was doing was dangerous; he would even donate blood to get his blood pressure down. “I just genuinely didn’t care.” As he cycled on and off drugs, he experienced dramatic mood swings. He got fired from his job at a hardware store for screaming at a coworker in the break room. Eventually, his mental health deteriorated so much that he came off all the drugs in May last year.

What makes someone play Russian roulette with a steroid-filled syringe? Selby thinks people are driven to desperate measures because they cannot dissociate who they are from how they look. It’s an obsession that can prove fatal. Freddie Dibben, 28, died in March 2017 after his heart became enlarged by the stimulant clenbuterol. His father Clifford, 69, found him. “The hardest part was going back through to the kitchen and telling his mum what I found. It’ll never go away.”

Selby experienced mood swings. “He would snap at you,” Clifford says, recalling an incident where Freddie was “stroppy” with him as they tinkered with his car. He put the moodiness down to work stress – Freddie had been pulling a lot of night shifts at a Wilton carpet factory, where colleagues referred to him as a “forklift”, on account of how he weighed all his vegetables, everything. He even kept notes of what he was eating and what he was doing. Clifford laughs, bitterly. “Except for the bloody drugs.”

And that is one of the issues of muscle dysmorphia – you can hide in plain sight. A pair of weighing scales in the kitchen; tupperware boxes of chicken and broccoli in your backpack. Most people view these as harmless, if idiosyncratic, behaviours. And when you look like you are hewn out of marble, it is hard to consider anything is amiss. It is only when you step past the facade that you realise these statue-like men are slowly destroying themselves. It is a silent epidemic – Olivardia estimates as many as 10% of men working out in gyms may be suffering, but never seek help. Lately, Tony has started taking illegal substances again, insisting it can be done safely. Clifford still has Freddie’s weighing scales in the kitchen. Looking at them, he would probably disagree.
Qatar witnessed a lunar eclipse during the full Moon phase of Hijri month Dhul-Qa‘ada 1440 AH. The eclipse continued from Tuesday evening to the early hours of Wednesday, according to Qatar Calendar House (QCH).

The last lunar eclipse of this year was expected to be partial, as the shadow of the Earth obscured some 65.3% of the entire Moon disc at its peak. This is because the centre of the Moon, the earth and the Sun were on one straight line so the Earth was in the middle between the Sun and the Moon, blocking part of the Sun falling on the Moon, QCH astronomer Dr Beshir Marzouk said.

The eclipse was visible throughout almost of Asia, Europe, Africa, South America and North America. Qatar residents got a chance to see all phases of this lunar eclipse.

All stages of this eclipse reportedly took some five hours and 34 minutes from the beginning of the eclipse to the end.

— Photos by Chito S. Almacen, @chitos_peak
By Bharat Upadhyay

Researchers have found that intake of some vitamins, minerals and other dietary supplements may not benefit the heart and, in some cases, may even prove to be injurious.

According to the study published in the journal Annals of Internal Medicine, supplements combining calcium and vitamin D may be linked to a slightly increased stroke risk.

However, there was no evidence that calcium or vitamin D taken alone had any health risks or benefits.

Our analysis carries a simple message that although there may be some evidence that a few interventions have an impact on death and cardiovascular health, the vast majority of multivitamins, minerals and different types of diets had no measurable effect on survival or cardiovascular disease risk reduction,” said study lead author Sufi U. Khan, Assistant Professor at the West Virginia University.

For the study, the researchers used data from 277 randomised clinical trials that evaluated 10 vitamins or other supplements and eight diets for their association with mortality or heart conditions including coronary heart disease, stroke and heart attack.

They included data gathered on 992,129 research participants worldwide.

The analysis showed possible health benefits only from a low-salt diet, omega-3 fatty acid supplements and possibly folic acid supplements for some people.

“The panacea or magic bullet that people keep searching for in dietary supplements isn’t there,” said senior author of the study Erin Michos from Johns Hopkins University School of Medicine in the US.

“People should focus on getting their nutrients from a heart-healthy diet, because the data increasingly show that the majority of healthy adults don’t need to take supplements,” Michos said.

According to Abhishek Singh, Consultant Cardiologist at Columbia Asia Hospital in Ghaziabad, dietary supplements do not have a measurably positive impact on cardiovascular health.

“It’s more important to follow a healthy dietary regimen and avoid foods that are bad for the heart. Trans fatty acids are harmful and have to be curtailed. Refined sugars and simple carbohydrates are to be kept at a minimum,” Singh told IANS.

The doctor suggested that people should include more green vegetables in their diet. They are rich in vitamin K and dietary nitrates, which help protect the arteries and reduce blood pressure, he said. “Studies like this raise concerns about harm from calcium and Vitamin D supplement use. As far as Vitamin D supplements (without calcium) are concerned, there has been no evidence on whether it has any impact on cardiovascular disease risk reduction,” Anupama Singh, Senior Consultant, Internal Medicine at Vimlans Nayati Super Speciality Hospital in Delhi, told IANS.

“The quality of the evidence base of these various nutritional supplements and dietary interventions still needs to be evaluated to ascertain the effectiveness of the study,” she added. – IANS
Wordsearch

Every letter of the alphabet is used at least once. Squares with the same number in have the same letter in. Work out which number represents which letter.

Codeword

Sudoku

Bound And Gagged

Garfield

Codeword

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine 3x3 boxes. You are given a selection of values and to complete the puzzle, you must fill in the grid so that every column, every row, and every 3x3 box contains all of the digits from 1 to 9. No digit is repeated in any column, row or 3x3 box.

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Super Cryptic Clues

Across
1 Newly-wed holding flower in restaurant (5,4)
2 Old soldier - or cadet being trained (7)
3 Pole gets allowed outside some time before Easter (4)
4 Disconcert rodent with title it lost (6)
5 Surgeon who's on the switchboard? (8)
6 Magazine articles held by William Morris (4)
7 Bird table - or hut that's rebuilt (10)
8 Insincere support provided by civil peers (3,7)
10 Sportsmen who are paid for writing? Not quite (4)
11 A lean cop busted a notorious gangster (2,6)
12 Falls that can impair one's vision (8)
13 Bonuses for actors in crowd scenes (6)
14 Audible river quarter (6)
15 Cultivating fruit? Good! (7)
16 Epistle from landlord? (6)
17 An instrument Edward desecrated (8)
18 Monster one may read about in Mother Goose (4)
20 Wine from the East Indies? (4)
21 Fruit that makes dog rave (7)
22 Move the work period (5)
23 Birds a sailor throws around (9)

Down
1 Old soldier - or cadet being trained (7)
2 Old soldier - or cadet being trained (7)
3 Pole gets allowed outside some time before Easter (4)
4 Disconcert rodent with title it lost (6)
5 Surgeon who's on the switchboard? (8)
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Yesterday's Solution

Colouring

Answers

Wordsearch

Codeword
Documentary examines Armstrong, the man behind the moon landing

By Kenneth Turan

With the 50th anniversary of man’s first steps on the moon, movies dealing with the event have been thick on the land for a while. But even if you think you’ve seen enough, Armstrong is worth your time.

It’s not that the other theatrical films, which include last year’s Ryan Gosling-starring First Man and the more recent, visually arresting documentary Apollo 11, have been lacking in quality.

Rather it’s this latest doc, directed by David Fairhead, does something those others don’t. It enables audiences to get a sense of what the real Neil Armstrong was like, to get to know, as much as it’s possible, this often unknowable individual.

To do so the filmmakers have gotten the co-operation of the people who were closest to him: his sister June, his sons Mark and Rick, and his first wife, Janet, who died last year at age 84.

Not that Armstrong himself was verbally demonstrative, far from it. “He was not the most verbose person you ever met!” says son Mark, with Janet pathily adding, thinking back, “he didn’t like to talk about much and he never did talk about much.”

So even though the filmmakers have enlisted Harrison Ford, something of a pilot himself, to provide a voice-over reading of Armstrong’s words, it’s the thoughts of others as well as his actions that reveal the man most.

Often looking both ordinary and uncomfortable in interviews, Armstrong seemed to absorb his four-square, work hard and keep your nose clean character from his surroundings growing up in tiny Wapakoneta, Ohio. In fact, his happiest and most animated moment in Armstrong is when he returns to his birthplace to be honoured after his success on the moon. “You are my people,” he says, beaming, “and I’m proud to be one of you.”

Startling is a child delighted to get a 25-cent model airplane, Armstrong always having flown on his mind, to the point of getting his pilot’s license before he got his driver’s license.

One of the things that set Armstrong apart as a pilot even as early as his stint flying in the Korean War was an almost preternatural unflappability, a coolness under pressure that became legendary.

Shot down in the war and forced to parachute out of his jet, Armstrong used what his superiors called “exceptional skill and decision making” in manoeuvring out of danger while floating in the air. After a post-war graduation from Purdue, Armstrong naturally gravitated to Edwards Air Force Base in the California deserts, where all the newest planes were tested and where his aeronautical engineering degree gave him an advantage.

“If I saw a watch, I wanted to know what time it was,” explains Frank Borman, one of several astronauts interviewed. “Neil wanted to know how it worked.”

The death of his young daughter gave Armstrong an impetus for change, and in 1962 he joined NASA’s astronaut programme in Houston, one of only two civilian pilots accepted.

In 1966, in an incident effectively dramatised in First Man, Armstrong and David Scott were in a Gemini 8 spacecraft that began tumbling end over end so rapidly that pilot black-out and death was a distinct possibility.

Armstrong’s quick thinking kept that from happening. Scott, interviewed here, is still amazed that Armstrong could not only figure out what happened but could manoeuvre his body to get to the correct switch under those hellish conditions.

Armstrong is best known as the first man to set foot on the moon, but Chris Kraft, a key NASA official, says he was instrumental in selecting Armstrong over Buzz Aldrin (who is not interviewed) because of personal qualities that would make him better able to cope with the post-landing madness.

And, in truth, the celebrity Armstrong faced on his return dwarfed everyone’s expectations and was a factor in his eventual divorce. They’d been living separate lives for years, Janet Armstrong says, adding, “I was pretty low on his priority list.”

The emphasis of Armstrong is to demonstrate that while its subject was not superhuman, he did have exactly the gifts and character the task demanded. Not only does the Apollo 11 moon mission feel, 50 years after the fact, like something of a one-off, its central figure does as well. – Los Angeles Times/TNS

A pawn shop owner takes on Civil War conspiracy theorists

By Michael Phillips

A glass three-fifths full, writer-director Lynn Shelton’s affable comedy Sword of Trust gets by on the improvisational wiles of its cast.

For those looking for it, there’s also a glimmer or two of social observation regarding the way our country’s current divide zigzags back inevitably to the Civil War, how that turned out, who wants what rise again and who’d prefer to do the best they can with the nation as a shaky, fractious whole.

It’s low-keyed caper, set largely in a pawnshop in Birmingham, Ala. Former junkie Mel, played by Marc Maron, runs the place, assisted by Nathaniel (Jon Bass), a sweet kid who has to be reminded to provide any actual assistance. Meanwhile: Cynthia (Jillian Bell) has returned to Birmingham with her partner Mary (Michaela Watkins) to claim what she thinks will be a handy inheritance.

The movie itself struggles to match their inventiveness, but it has its payoff, often under the breath, here and gone before you know it. – Chicago Tribune/TNS
**GoT earns record 32 Emmy nominations**

**Popular:** Game of Thrones has earned the most nominations ever for a single season of a show.

**Witty:** Taapsee Pannu finds a lot of humour in social media trolls.

**Trolls are entertaining: Taapsee**

Actress Taapsee Pannu finds trolls on social media entertaining.

A social media troll called Taapsee a “cheap actor” and that her “mental state is not right”.

“No sir. When are you giving me therapy sessions. And in the bargain also tell how to become an ‘expensive’ actor. Inflation toh mere mein bhi homa chahiye na,” went Taapsee’s witty reply.

A fan of the actor said that she should ignore trolls because they were not going to change.

“But I don’t want them to change. They are so entertaining! Let’s not kill their humour by expecting them to change. They provide us with so much of content! How to use it is up to us,” the actress replied to her fan.

This is not the first time Taapsee has hit back at trolls.

On the acting front, she currently awaits the release of her next film Saand Ki Aankh, based on world’s oldest sharpshooters Chandro and Prakash Tomar. The Reliance Entertainment film also stars Bhumi Pednekar.

**Cool:** Julia Roberts is not fretting over being overlooked at the Emmy nominations.

**Roberts cracks joke over her Emmy snub**

Oscar-winning actress Julia Roberts is not fretting over being overlooked at the Emmy nominations this year for her role in the series Homecoming. Rather, she has laughed it off. 

“Well, I’m in exceptional company at least,” Roberts wrote on Instagram while sharing a screenshot of a news alert that read: “Biggest Emmy nomination snubs: Julia Roberts, George Clooney and Emma Stone are among the A-listers shut out” , highlighting the fact that she was not nominated.

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Qatari Oud players mesmerise music lovers at W Doha

By Mudassir Raja

Oud is a very popular musical instrument in West Asia and North Africa, and the stringed instrument has a special place in the musical landscape of Qatar. The Qatari people have been showing immense love and reverence for what is dubbed as the ‘kind of instruments’ among Arabs.

The love and enthusiasm for Oud’s melodies and sweet sound was witnessed during an Oud music concert at W Doha Hotel on Tuesday evening. It was a melodious treat for Oud lovers as five young and talented Qatari Oud players performed in ensemble at a serene atmosphere of the Art 29 – located at the top floor of the hotel.

The music lovers and Oud appreciators were in the art gallery at the 29th floor of the hotel to enjoy the harmonious tones played by the five Oud players – Abdul Rehman al-Thani, Abdul Aziz Saleh, Jassim al-Siddiqui, Ali al-Khalosi, and Mohammad al-Shamma.

The five Oud players were led by their teacher Fawzi Khalifa al-Lanqawi, a Kuwaiti national, who has been a frequent visitor to Doha. They learnt how to play the instrument with Fawzi for about two weeks, following which they decided to exhibit their talent before those who love the sound of Oud.

The concert was also attended by Khalid al-Salem, Director of the Center for Music, Ministry of Culture. The noticeably pleased Khalid appreciated the budding musicians and their teacher for presenting the beautiful Oud performance.

Talking to Community, Khalid said: “It was a kind of Oud concert. This kind of Oud concert is not very well-known in Qatar as Oud is usually played alone by a single musician. It was very good to see five Oud players performing together with different melodies and harmonies.

“With maestro Fawzi, the performers managed to play five Ouds together as one piece. We witnessed a fantastic harmony of the music. It proved to be a great concert. It was very pleasing to know that the concert was organised by the self-motivated young Oud players. They have done this by themselves. They had their rehearsals with Fawzi and then they decided to perform in front of the select audience. Music is something that gets motivation from within us and I am happy to see the motivation of the young musicians.”

Fawzi said: “I have been playing Oud for about 37 years now. I visit Qatar very frequently. Primarily, I came to Doha for my vacations. People know me here as an Oud player. Some interested people got together and we started teaching a course for Oud players at W Doha Hotel.

“We practised the instrument for 16 days before we decided to perform for a select gathering of people. We played international Oud music, and Mozart, Arab traditional songs, Othmani music, Khaliji music, classic lyrics and modern songs. We played almost everything.

“It is right that Oud is often played alone but we got the idea of playing it in a group. Each one of my students played a different tone at the performance but in the end it was one harmonious melody. Such kinds of music groups are called furqai in Arabic. I plan to stay in Doha for some time and will offer teaching course for those who are interested in learning how to play Oud. I teach music in a university in Kuwait.”

Ali al-Khalosi said: “Our training with Fawzi has been a very good experience. We would like to learn more from the master. I started playing Oud when I was barely 10-year-old. Today, this was my second performance before the people. I will get more and more training in Oud. I will continue playing Oud. It is good seeing the encouragement and support from the Ministry of Culture.”

Abdul Aziz Saleh said: “I love Oud. I started following Oud when I was studying in the UK. One of my uncles also plays the instrument. I bought Oud and started playing it with the help of my uncle. For this performance, I will like to thank Fawzi. There is a lot of appreciation for Oud in Qatar. I would like to thank Katara for having the annual Oud Festival. We see many players and makers coming from different parts of the world.”

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