YOUR PAGE, YOUR STAGE!

There’s probably a photographer hidden in each of us, looking out for a platform. Community invites you to grab your chance and send your contributions with contact details and complete description of the images to qatarcommunity@gmail.com

— PHOTO ESSAY, Page 10

COVER STORY

“I STARTED LOOKING AROUND AT THESE DUDES THAT WERE WORKING WITH ME AND I THOUGHT, ‘YOU KNOW, I’M AS SMART AS THEY ARE.’”

POPPY NORTHCUTT

Total recall

How the women of Nasa made their mark on the space programme. P 2-3

CUISINE

Delectable Stromboli, a mix of Italian, American tastes.

Page 6

BACK PAGE

Smartphone photography wins awards for Indian expat.

Page 16
Tomorrow is the 50th anniversary of the moon landing. Sadly, the role of women, who played a significant role in the epic milestone is often overlooked.

Molly Hennessy-Fiske pays her dues to some

Being the first woman in Mission Control, I was being asked questions about the status of women at the time. I began to be more aware of the discrimination that was going on.

— Poppy Northcutt, Return-to-Earth specialist

The Civil Rights Act had just passed and the slide rule was giving way to computers when Frances “Poppy” Northcutt arrived at NASA's Houston campus in 1965, eager to join the space race. But her job title stunned her: “computress” or “human computers,” adding, “It was a pretty bleak landscape for women.”

But Northcutt persevered, and three years later, during the Apollo 8 mission, she would become the first woman to work in Mission Control.

As the 50th anniversary of the first moon landing approaches, Northcutt and other women who helped America’s space efforts are reflecting on their often unheralded roles — and the indignities they endured. Many were lone pioneers, fighting behind the scenes to not only build their own careers, but to advance those of other women and minorities at NASA.

When Northcutt started at the agency, she knew nothing of fellow “computresses” or “human computers,” at NASA, men were engineers, women “computresses” or “human computers,” with less status and less pay.

Northcutt knew was that she wanted to be part of the team putting men on the moon. “I wasn’t thinking of it in terms of breaking rules,” she said recently at her Houston office. “I was thinking you have to integrate into the team.”

She focused on her part of the mission: “There’s a girl in here.” “I knew I was being watched,” she said. As the Apollo launch approached, video footage from Mission Control was broadcast around the world, including shots of Northcutt that prompted heaps of fan mail. But she also discovered that co-workers had trained a camera on her that they secretly watched on a private channel.

“It would be called a hostile workplace” today, she said, but at the time, “we didn’t even have that language.”

Northcutt never complained to supervisors. “They were just barely processing claims of sex discrimination at that time,” she said. “And again, I’m trying to integrate into a team. I’m not trying to sue people. I think most women that experience things like that just go, ‘OK, I got to get past this.’”

She focused on her part of the mission: the return to Earth trajectory, the spacecraft’s path around the moon. As the astronauts rounded the backsides, they would lose radio contact with Mission Control. Northcutt’s job was to plan for the worst, be prepared to abort the mission quickly and bring the men centre — African American female mathematicians made famous in the book and 2016 film Hidden Figures. What Northcutt knew was that she wanted to be part of the team putting men on the moon.

“How am I going to make sense out of this cacophony of voices?” she thought. She soon figured out how to focus on particular conversations, and picked up on some non-scientific chatter:

“Death is nothing, but to live defeated and inglorious is to die daily.”

— Napoleon Bonaparte

Community Editor
Kamran Rehmat
e-mail: community@gulf-times.com
Telephone: 44466405
Fax: 44350474
Christine Darden

Christine Darden, one of the mathematicians portrayed in Hidden Figures, had been working as a comptress at Langley for five years when she worked up the courage to ask her supervisor in 1972 why only men were allowed to be Nasa engineers. She had assumed the men had engineering degrees, but learned that many had studied mathematics, just as she had at Hampton University and Virginia State, where she earned her master's degree. Nasa even paid for them to take a year of graduate engineering classes.

Darden had joined civil rights sit-ins during college, and saw the promotion as a question of equal opportunity. Comptressers served engineers.

“I did not want to spend my entire career just supporting somebody. I wanted to do my own work,” Darden, now 80, said by phone from her home in Virginia.

At the time, Darden was married to a male engineer who had already earned his mechanical engineering part-time at the University of Houston until she earned her doctorate. The first few weeks were the toughest. “I was scared, because I knew the class was going to be all males,” she said.

For about a month, none of her classmates talked to her. But after she aced a math test, suddenly men were inviting her to join their study group.

After Hidden Figures was released, she toured the country, speaking after 14 showings with women still working at Nasa. “We talked about what lessons you can learn from this,” Darden said, and her message was “how women did good work instead of complaining.”

Darden also speaks to engineering classes, where professors tell her they struggle to keep female students. She thinks the problem starts much earlier. “I tell parents, ‘Don’t let people tell you what your daughter can’t do,’” she said.

Darden had grown up helping her father change tires on the family car and prime the carburetor. When her mother gave her a talking doll, she “cut it open to see what made it talk.”

“I had a curiosity about what made things work,” she said. “I found the right home at Nasa.”

Sylvia Stottlemeyer

On July 20, 1969, high school senior Sylvia Salinas left Oaklawn Assembly of God Church in Houston’s eastern barrio early with the rest of her family to gather at her aunt’s house and watch the moon landing on a grainy black-and-white television.

A year later, she was working as a secretary for astronaut Alan Shepard. At the time, there were few women like Northcutt on the front lines at Nasa, recalled Sylvia Stottlemeyer, now married and retired in the Houston suburbs. But throughout the agency, “there were hundreds of other women that were working, women like me, that were behind the scenes.”

Stottlemeyer had studied typing and shorthand, but encouraged by a teacher, took a civil service exam and qualified for two government jobs. Her father, a produce manager who never graduated from middle school, said, “You’re way too smart to be in this position,” Stottlemeyer recalled.

Stottlemeyer earned a bachelor’s degree at the University of Houston and returned to earn a master’s in human resources management, all while working full-time and raising her son (Nasa helped pay her tuition). She attended women’s rights protests, wearing a button she still has in her office: “Space for Women.”

Because she was busy working on her master's degree in 1986, Stottlemeyer decided to send another secretary from Houston to Cape Canaveral in Florida to staff the ill-fated Challenger shuttle launch. Among those killed was Resnik. Stottlemeyer helped organise her funeral.

She rose to the ranks of senior management and continued to volunteer with the Nasa Alumni League after she retired in 2014, serving on the board of directors.

Each year, Sylvia Stottlemeyer and at least 40 other former administrative staff members who call themselves the “Sixties Chicks” meet at the Villa Capri restaurant looking over a lake near Nasa to reminisce. Some are in their 90s. “We’re losing more and more of them every year,” said Stottlemeyer, 67.

Sitting in her home office, surrounded by astronauts’ signed photos, uniform patches, flags flown in space and other Nasa memorabilia, Stottlemeyer said what was most precious were the opportunities she made for other women.

Soon after she left Nasa, a young female engineer contacted her to say she had been struggling to fit in until she attended Stottlemeyer’s retirement party and heard her story. “When you said I could end and what you ended, it inspired me to want that kind of career,” Stottlemeyer said.

“One thing made us different,” Stottlemeyer added. “I told the women told her, ‘I hope that’s my legacy.’”

— Los Angeles Times/ TNS
By Luissa Dillner

Losing weight is a common new year’s resolution. Even when dressed up as a pledge to eat more healthily, it can be tinged with self-loathing. But at least anyone who wants to improve their diet has a fantastic resource to help them. With perfect timing, a US panel of experts in diet, obesity, diabetes, heart disease and food psychology has scrutinised and ranked 40 diets. Its listings, which are produced annually, show which diets are best for short- and long-term weight loss, which are easiest to follow, which you are most likely to stick with – and which are unsafe because they don’t supply enough nutrients.

The Solution

In the category of best diets overall, the Ketogenic diet, which increases fat intake and reduces carbohydrates and is reportedly followed by Kim Kardashian and Mick Jagger, comes in second to bottom. Experts were concerned at the health risks of such high levels of fat, especially for people with liver or kidney problems. The winning slot is shared between two understated diets – the DASH diet and the Mediterranean diet. While you might be familiar with the Mediterranean diet, the former is less well known but has been topping the experts’ annual best diets leaderboard for eight years. But both – as well as some of the other top 10-ranked diets – have evidence that supports their effectiveness: people who follow them lose weight and reduce their risk of high blood pressure, diabetes and probably other conditions, too.

DASH was invented by the US National Heart, Lung and Blood Institute and promotes six to eight servings of grains, four to five servings of vegetables or fruits, six of lean meat (chicken or fish), nuts or seeds, and two to three servings of fats. Each serving is small; for example, 1oz (28gm) of meat or 1 teaspoon of vegetable oil. Sodium is capped at around half a teaspoon. Studies show that the diet, particularly when accompanied by exercise, reduces weight and blood pressure. The experts say it is easy to follow and you will feel full on it.

The Mediterranean diet, full of fruits, vegetables, whole grains, olive oil, fish, nuts, poultry, eggs, and cheese and yogurt in moderation, is similar to DASH, but without the specific serving restrictions. Some studies show weight reduction while others are equivocal, but a Mediterranean diet is also thought to protect against diabetes and heart disease. It is also easy and even joyful to follow. Overall, the best-ranked diets are not too restrictive. So the Flexitarian diet – vegetarianism with the occasional addition of meat – scores more highly than a vegan diet. The WHOLE30 diet is ranked with the raw food diet as the least healthy – both are too restrictive to be the “best diet” for anyone.

Is watching sport as good as playing it?

I haven’t been to the gym for two weeks, but it’s fine. I just need to watch sport on television. A study from the University of Montreal has found that watching ice hockey substantially increases your heart rate. For television-watchers, the increase was an average 75%, while for those watching live it rose by 110%. This is equivalent, say the researchers, to moderate and vigorous exercise respectively. Heart rates were highest during overtime and if there were scoring chances.

The Solution

As with all research, you have to ask if the results are applicable to people outside of the study. In this case, maybe not – not everyone finds ice hockey exciting, after all.

However, there is other research showing that watching football can stress the heart so much that it triggers strokes and heart attacks. A study of German fans compared heart rates and blood pressure as they watched their country play in the 2006 World Cup. Both heart rate and blood pressure were raised – thought to be due to adrenaline release – when they watched their own team, and stayed higher for hours afterwards. The Canadian study (which claims to be the first to measure the pulses of people watching an ice hockey game) was prompted by an observation made by 13-year-old Leia Khairy, daughter of Prof Paul Khairy, the lead researcher. She noticed that while her own heart was pumping as she played soccer, the parents on the sidelines were jumping up and down even more energetically.

But Khairy is very clear: “Watching an ice hockey game is not a substitute for physical activity. It raises heart rate (and likely also increases blood pressure), although this was not measured in our study) but does not carry the same benefits on cardiovascular health as exercise.”

There is also no weight-bearing among spectators, apart from the occasional leaping from a seat – so muscles are not being exercised. More of a worry is that watching sport causes emotional stress, which research shows can trigger heart attacks in people who already have underlying heart disease. In this respect, watching ice hockey joins other known triggers for cardiovascular events such as hot weather, holidays, earthquakes, sex and cocaine use.

The study of German football fans found that a stressful match more than doubled the risk of a heart attack or a stroke. So it may be that you need to be fit before you watch a sporting event, rather than hope it is the equivalent of a short burst of exercise. Studies have only shown a significant effect on men, and there is no correlation between a fan’s emotional connection with a team and the triggering of a heart attack. The authors of the Canadian paper suggest that anyone watching an exciting game should take seriously any symptoms such as chest pain or shortness of breath.

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Friday, July 19, 2019

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**Dash diet**

- 6-8 servings per day of whole grains
- 4-5 servings per week of nuts, seeds, legumes
- 4-5 servings per day of vegetables
- Less than 6 servings per day of lean meat, poultry, fish
- 2-3 servings per day of fruits or low-fat dairy
- 2-3 servings per week of sweets

**Keto diet**

- Eat leafy greens
- Increase your intake of seeds
- Add nuts with your diet
- Eat lean protein
- Cook with high-fat oils
- Drink low-calorie, low-sugar beverages

**Do’s**

- Eat high-calory vegetables
- Eat high-protein leaf
- Buy gravy-based items
- Eat kale
- Consume sugar, processed and natural
- Drink high-calorie, high-sugar beverages

**Dont’s**

- Eat high-calory vegetables
- Eat high-protein leaf
- Buy gravy-based items
- Eat kale
- Consume sugar, processed and natural
- Drink high-calorie, high-sugar beverages

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**GULF TIMES**
Heart and kidney disease, is there a connection?

The stress of a heart attack can result in hormonal changes within the body, and that can have a negative effect on how well the kidneys work.

**Question:** My 78-year-old mother had a heart attack three weeks ago. She was feeling better for a bit, but became ill again and was told she has an acute kidney injury. Are the two conditions somehow related? Is she at higher risk for more kidney and heart problems after this?

**Answer:** Heart attack can trigger acute kidney injury, also sometimes called kidney attack. That is because the heart and kidneys are inter-related, and disease in one can raise the risk for illness in the other. Once a person develops heart disease or kidney disease, the chances of having future heart and kidney problems are higher than in people without a history of heart or kidney issues. The good news is that there are preventive measures that can be taken to keep those problems from getting worse. Diseases in the kidneys can affect the heart. It is common for people with chronic kidney disease or end-stage kidney disease to develop heart disease, including heart attack or heart failure. The opposite also is true. Patients who have heart failure or who suffer a heart attack can develop kidney problems either acute kidney injury or chronic kidney disease. When a person develops both heart and kidney problems, the condition sometimes is referred to as cardio-renal syndrome.

In the case of a heart attack, a number of factors can contribute to a subsequent decline in kidney function. The stress of a heart attack can result in hormonal changes within the body, and that can have a negative effect on how well the kidneys work. Changes in heart function may lead to kidney damage by decreasing the blood supply to the kidneys. Medications given after a heart attack, including the contrast dye used in imaging exams, such as angiography and CT scans, also can affect kidney function. But it is important to note that the presence of existing kidney disease risk factors before a heart attack, along with the severity of a heart attack, make a significant difference in the chances of developing kidney damage after a heart attack or recovery of kidney function after the damage. For example, if a person already has chronic kidney disease, diabetes, high blood pressure or other kidney-related issues, and then that individual suffers a heart attack or acute heart failure, the risk of acute damage to the kidney after the heart attack is substantially higher and a chance of kidney recovery is lower than it would be for someone without any kidney disease who has a mild heart attack.

Research has shown that people who experience kidney damage after a heart attack have significantly worse outcomes than people who do not have kidney damage. That includes higher chances of developing chronic kidney disease; progression of existing chronic kidney disease to a point that requires dialysis; and an increased risk of dying within one year of the heart attack. Although that sounds daunting, there are steps that can be taken to lower those risks.

First, there should be a careful assessment of the extent of the kidney damage after a heart attack. In some cases, kidneys may recover and resume normal functioning within a day or two of the injury. If that is the case, and the patient does not have any other kidney problems, then follow-up should include working with a kidney specialist to ensure proper care, monitoring, medication adjustments and patient education. – Mayo Clinic News Network/TNS
Delectable Stromboli, a mix of Italian, American tastes

Having worked on a cruise ship and travelled around the world gave me a beautiful insight about the globe and how the food varies from different regions and how it evolves itself as it travels across the boundaries. One such place is Stromboli, Italy.

The live volcano in Stromboli has been active from the last 2000 years and is one of the most exciting places to visit in Italy. Being a chef and this column about international food, today I will share my knowledge about this delectable Italian rolled sandwich, instead on how volcano erupts. So, if the name ‘Stromboli’ is identical there must be some relation between the Stromboli food and the volcano. But technically they are not connected, except the fact that they are both associated with Italy and have the same name. Italian food is supposedly believed to have a history dating back to thousands of years and almost nothing to do with other countries. Surprisingly in this case the origin of this dish is related to United States. The Stromboli recipe originated in 1950's in Philadelphia, Pennsylvania. It was developed by the Italian immigrants and Italian-Americans. The inspiration was the pizza bread from Italy and America’s love for sandwiches. This was first made at Romano’s Italian restaurant and pizzeria and was developed by Chef Romano. I relate the appearance of red-hot pizza sauce rolled between the layers of pizza dough resembling the volcano with hot lava beneath the earth’s surface, That’s why the name Stromboli for this dish.

Stromboli is yet another excellent use for pizza dough and is even better if you want a pizza with all the qualities of a sandwich. The possibilities for fillings are quite literally endless with all-time classic options. Once you have mastered the dough recipe, experiment with fillings, dips and toppings and who knows you might come with your own unique recipe and make history.

Stromboli is a rolled back sandwich prepared with variety of meats, cheese, tomato, onion, bell peppers, olives, garlic, yeast, sugar, basil and beaten eggs. Dough for Stromboli is Italian bread dough and use of more vegetables in Stromboli can make it soggy due to release of liquid while baking the vegetables. So be careful while adding more vegetables as excessive vegetable filling can be disastrous for the final product. Stromboli is baked in the pizza oven and sliced thick and served hot. It can be made into a complete vegan diet as well. The Stromboli is often compared with calzones, another Italian rolled up deli. The calzone also includes similar ingredients like pizza dough, cheese and meat or vegetables. One of the main distinctive features of a calzone is that it includes stuffed tomato and mozzarella.

**Chicken Stromboli**

**Ingredients**

- For the dough
  - All-purpose flour 375gm
  - Salt 1 tsp

- For the filling
  - Chicken breast, diced 300gm
  - Pizza sauce 120gm
  - Mozzarella cheese 100gm
  - Parmesan cheese 50gm
  - Basil leaves few sprigs

**Method:**

- To make the dough combine sugar and yeast in 1/2 cup water and allow the yeast to expand and grow.
- In a separate bowl sift flour and salt and add the yeast mixture and add ¼ cup warm water, use more water if required.
- Mix and knead a smooth soft dough, until it is smooth and pulls away from the sides of the bowl.
- Place the dough in an oiled bowl, cover with plastic and let it sit for at least 2 hours at room temperature, to let the dough rise until double in size.
- Preheat the oven to 200degree celsius and line a baking sheet with parchment paper.
- On a floured surface turn the dough and roll into a rectangle shape (30 cm X 40 cm) rectangle.
- Add grated mozzarella cheese in a row in the centre or edge. In a bowl combine shredded chicken and tomato pizza sauce.
- Spread the pizza sauce over mozzarella and top with parmesan cheese and basil leaves.
- Fold the dough over the filling and roll, seal the edges on all the sides.
- Place it seam side down on the prepared baking sheet.
- Brush with beaten egg and sprinkle some parmesan cheese and cut slices on top to let the steam escape.
- Bake for about 25-30 minutes or until golden brown, check by piercing wooden stick in the dough. If it comes out clean, it is cooked.
- Remove from oven and allow to stand at room temperature for 10 minutes and slice using a pizza cutter and serve hot.

**Chef’s Special**

Chef Tarun Kapoor, Culinary Mastermind, USA. He may be contacted at tarunkapoor83@gmail.com
IIEE-SQC organises medical mission

The Institute of Integrated Electrical Engineers of the Philippines-State of Qatar Chapter (IIEE-SQC), in collaboration with Philippine Nurses Association-Qatar (PNAQ) and Filipino Medical Association - Qatar (FMAQ), recently organised a medical mission at Metrix Qatar Company Accommodation Compound. A total of 20 volunteers from IIEE-SQC, PNAQ and FMAQ participated in the medical mission. The mission, included free blood pressure check-up, sugar level checking and vital signs check.

Hakkasan Doha announces appointment of new Chef de Cuisine

Hakkasan Doha has recently announced the appointment of Chef Ho Yiek Chung as new Chef de Cuisine, stated a press release. Born in Kuala Lampur, Malaysia, Chef Ho Yiek Chung brings over fourteen years of experience and refreshing culinary flair to Hakkasan Doha. Chef Ho Yiek began his Hakkasan journey back in 2010 by joining Hakkasan Hanway Place in London. Chef Chung very quickly mastered Hakkasan Cantonese cooking techniques with an innovative and sophisticated flair. His skilful and innovative approach took him onto a global Hakkasan journey and since then Chef Ho Yiek Chung has worked in Hakkasan Dubai and recently opened Hakkasan Jakarta.

Having travelled and worked in different Hakkasan locations throughout Europe, the Middle East and Asia, Chef Chung has spent his time exploring the various modern interpretations of Chinese cuisine which can be felt in today’s Hakkasan menu.

Chef Chung has also gained some valuable experience while working as a senior Chef De Partie at the Westin Kuala Lampur prior joining the opening of Hakkasan Jakarta. Chef Chung’s main responsibilities as the Chef de Cuisine of Hakkasan Doha involve the day-to-day kitchen operations, menu development, managing the kitchen team, building continuous relationships with suppliers and most importantly ensuring the highest standard of Hakkasan cooking techniques and food quality.

Bihar Foundation Qatar Chapter elects new office bearers

Bihar Foundation Qatar Chapter recently held its annual meeting and elected new office bearers. The new management committee includes Sarfaraz Hussain, Aqueel Ahmed, Belal Khan and Habibunabi, Executive Adviser; Shakil Ahmed Kakvi, Chairman; Gauhar Altaf, Vice Chairman; Mahfuz Hassan, General Secretary; Ahmad Ashfaq, Joint Secretary; Anwar Kareem, Secretary Public Relation; Saket Sumnan, Secretary Media and Abdul Mannan, Treasurer. The patrons of Bihar Foundation Qatar Chapter, includes K M Verghese, Nilangshu Dey, Azim Abbas, M.S. Bukhari, Hassan Chougule, Arun Milan and Harish Kanjani.

Bihar Foundation is a single window system of Bihar Government to interact with Non-resident Bihari around the world and on the other hand to highlight achievements and achievers of Bihar, to showcase Bihar culture, craft, cuisine and work together for Bihar bonding, branding and business,” said Shakil Ahmed Kakvi, Founder Chairman of Bihar Foundation Qatar Chapter.
VEGETABLES:
The more veggies the better. Choose any color vegetables; the greens are full of natural antioxidants, vitamins & minerals. To strengthen your immunity add some garlic and onion to your diet.

FRUITS:
To satisfy your sweet tooth, add colorful fresh or dried fruits and increase both your fiber and sweet tooth.

PROTEIN
Convert fat to muscles with the source of protein. Nutrients such as fish, poultry, beans & nuts have a high source of protein & fiber. Add some soy beans, lentils or kidney beans to your salad or soup.

WATER
Our body is mostly water & nourish it by adding water to it. Avoid sugary drinks & limit your milk intake to 1-2 servings/day. Add a splash of lemon juice to it to cleanse yourself out of toxins a little now and then.
THE NUTRIENT color PALETTE
6 Health Nutrients for Better Health

FATS/OILS:
Avoid trans fat from your diet & add some olive oil to your salad instead. Increase your intake of fish, beans & whole grains to get the good quality food fat.

WHOLE GRAINS:
Limit your intake of refined grains such as white rice & white bread & start moving your diet towards whole grains nutrients such as brown rice, whole wheat bread & pasta. These are nutrients that are high in fiber – fiber helps lowering the risk of diabetes, heart disease & cancer.
Well, a few times in your life someone will tell you something so right, so deeply true that it changes you forever. In my experience this wisdom, perhaps without knowing it, that I have longed to hear about was the perfection trap, the price you pay when you become ensnared in it, and the key to setting yourself free I believe that when your success looks good to the world but doesn’t feel good in your heart, it isn’t success at all. Embracing imperfection has nothing to do with lower standards; rather it’s about accepting yourself the way you just are and embracing your unique qualities.

Accept yourself completely, knowing you possess a combination of qualities. Instead of bringing attention to your weaknesses, view them as gifts to transform into the wholeness of your being. Its pointless striving to become you’re not. To maintain a façade overtime is exhausting and strips you off your authentic self. But at the same time, growth and change is also very important. Where these imperfections make you unique in every choice you make, you can definitely take steps for good to change that imperfection for better, not for somebody else but own self, if you’re obsessing over it for bad.

It’s never too late to ask yourself, ‘Am I ready to change the life I’m living? For good? For myself? Am I ready to change within?’ Even if a single day in your life is the same as the day before, it’s a pity. At every moment and with each new breath, one should be renewed and renewed again. There’s only a one way to be born into a new life, embracing your uniqueness and your imperfections. In this world, it is not similarities or regularities that take us a step forward, but blunt opposites. And all the opposites in the universe are present within each and every one of us.

Therefore, the believer needs to meet the unbeliever residing with it. And the unbeliever in us should get to know the silent good one in us. So does your evil schemer self makes you imperfect, or your choices of kindness? I don’t think any of them do. Imperfection is a perfection of a sort depending on how you nurture it. I’m wandering in the open, exploring the air and myself – finding myself, today and always. Are you up for it? Do you have what it takes? Bisou Bisou!

— Text by Muhammad Asad Ullah, @asadullahgt; Photos by Syed Hasan Iqbal Zaidi @hasan.xaidi
Colour by choice

Maze
Help the butterflies find their way to the flowers.

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

Picture crossword
BACKYARD
Use the pictures below as clues

ACROSS
1. Leaf
2. Sun
3. Bird
4. Grass
5. Bee

DOWN
1. Tree
2. Bug
3. Flower
4. Cloud
5. Insect

Answer:
Pooch Café
By Paul Gilligan

BARK BARK BARK BARK BARK
SLAM!
CAT FOOD

PANG. CAN MUST HAVE HAD A LEAK IN IT.

BOUND & GAGGED
By Dana Siphers

CIRCUS SIDE SHOWS
CARNIVAL ATTRACTIONS
FREAK ACCIDENT

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

**Super Cryptic Clues**

**Across**
1. Fast food order in African republic? (4)
2. Start of our undertaking? What's been left out? (8)
3. A little power hurts (7)
4. Russia's leader employs crafty tricks (5)
5. Animal getting more 'eated (5)
6. A boat turning south on every occasion (6)
7. Mass on small island for primate (6)
8. Clever sort of statue (6)
9. Old man and woman providing Spanish dish (6)
10. Stop providing cold comfort (5)
11. After splendid Scottish fight (5)
12. Country girl following bishop (7)
13. Jack leaving Lady Jane's bust to be carefully examined (8)
14. Dirty and depressed (4)
15. More oats may be ordered for small restaurants (3,5)
16. Some Glaswegian tycoon - Mr. Big? (5)
17. His map is incorrect, causing an accident (6)
18. Drinker may use this bedding on a farm (5)
19. Quizmaster's explanation of his role? Really! (1,3,3)
20. Sense organ is acquainted with sound (4)
21. Get someone to pay for explosive (6)
22. Money for a sticky sweet! (5)
23. Graduate going up and down for Swedish singers (4)

**Down**
1. His map is incorrect, causing an accident (6)
2. Drinker may use this bedding on a farm (5)
3. Stop providing cold comfort (5)
4. Get someone to pay for explosive (6)
5. Money for a sticky sweet! (5)
6. Graduate going up and down for Swedish singers (4)
7. A little power hurts (7)
8. Russia's leader employs crafty tricks (5)
9. Animal getting more 'eated (5)
10. A boat turning south on every occasion (6)
11. Mass on small island for primate (6)
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24. Sense organ is acquainted with sound (4)
25. Money for a sticky sweet! (5)
26. Graduate going up and down for Swedish singers (4)

**Today's Solution**

1. TO GO 
2. APACHES 
3. RUTHLESS 
4. "OTTER" 
5. GROOM 
6. SING 
7. PAELLA 
8. AEGIR 
9. BRAWL 
10. ANALYS 
1. I C I T A O 
2. TRUES 
3. ALWAYS 
4. PROB 
5. ASTUTE 
6. CEASE 
7. INR 
8. BOLIVIA 
9. BLUE 
10. E

**Wordwatch**

**otherguess**
- MEANING: adjective: Of another kind.
- ETYMOLOGY: An alteration of othergates, from other + gate (path), from Old Norse gata.
- USAGE: “The worlds beyond living and dying, undarkened of doubts and negations, Where other ideals Faith follows and otherguess Gods they call Lord.”

**superlunary**
- USAGE: “But it is Finck’s memoir, ‘Passing for Human’, that is putting her in the superlunary realm of graphic novelists.”

**meniscus**
- MEANING: noun 1. The curved surface of a column of liquid. 2. Something having a crescent-shape. 3. A lens that is concave on one side and convex on the other. 4. A thin cartilage disk between bones in a joint, such as in a knee or wrist.
- USAGE: “My father listens silently, but I can feel a meniscus of rage rising in him, coating his throat with bile.”

**moonstruck**
- MEANING: adjective: 1. In a dreamy state. 2. Romantically dazed. 3. Mentally deranged.
- ETYMOLOGY: From the belief that a person behaving erratically was under the influence of the moon. From moon + struck, past participle of strike, from Old English strican. Earliest documented use: 1674.
- USAGE: “Fantasio is a moonstruck student who adopts the persona of a sad clown to woo the Princess Elisabeth soon to be married against her will to the Prince of Mantua.”

**blue moon**
- MEANING: noun: A long time.
- ETYMOLOGY: From blue, from Old French bleu + moon, from Old English mona.
- USAGE: “I started to appreciate this weird thing for what it was. Just two people who rarely have time to see each other, who aren’t quite right for each other, who enjoy each other’s company every once in a blue moon.”

**Solution**

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**Sudoku**

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine (3x3) boxes. You are given a selection of values and to complete the puzzle, you must fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9 and none is repeated.
Everyone spends their money differently as they have varying needs and interests. But, it is interesting to know that a person’s spending habits can reveal a lot about their personality, say researchers.

People spend money in certain categories and this can be used to infer certain personality traits such as how materialistic they are or how much self-control they tend to have.

Published in the journal Psychological Science, the study analysed over two million electronic spending records – from credit, debit cards and online transactions – from more than 2,000 volunteers.

Our findings demonstrate for the first time that it is possible to predict people’s personality from their spending, said study co-author Joe Gladstone from the University College London.

The participants also completed a personality survey that included questions measuring materialism, self-control, openness to experience, conscientiousness, extraversion, agreeableness and neuroticism.

The researchers used a machine learning technique to analyse whether participants’ relative spending across categories was predictive of specific traits. Overall, the correlations between the model predictions and participants’ personality trait scores were modest.

Looking at specific correlations between spending categories and traits, the researchers found that people who were more open to experience tended to spend more on flights, those who were more extroverted tended to make more dining purchases, those who were more agreeable donated more to charity, those who were more conscientious put more money into savings, and those who were more materialistic spent more on jewellery and less on donations.

The researchers also found that those who reported greater self-control spent less on bank charges and those who rated higher on neuroticism spent less on mortgage payments.

The findings have clear applications in the banking and financial services industries, which also raises potential ethical challenges. For example, financial services firms could use personality predictions to identify individuals with certain traits, such as low self-control and then target those individuals across a variety of domains, from online advertising to direct mail, researchers said. – IANS

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**Aries**

March 21 – April 19

You might have the desire for travel, perhaps to visit a friend who lives far away. Aries. You may actually set the wheels in motion to make it happen. Social events could take up your time this evening, and you could meet some interesting people. A friend might need a sympathetic ear. Today you’re especially sensitive to others, so be prepared to hear a sad story. Otherwise, your day should go well.

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**Taurus**

April 20 – May 20

Today you might hear about opportunities to increase your income, Taurus, either in your current employment, a new job, or perhaps by a project of your own. You may channel a great deal of energy and inspiration toward this end. Others may want to pitch in and help you. You’re likely to feel energetic and optimistic. This can work in attracting still more new opportunities.

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**Gemini**

May 21 – June 20

All your relationships may be enhanced by an increased sensitivity to the needs and feelings of others, Gemini. You may provide melancholy friends with a sympathetic ear, or you may give assistance in resolving problems. Rest assured that your efforts won’t go unappreciated. You will probably grow closer to those who mean the most to you now, including the very special person in your life.

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**Cancer**

June 21 – July 22

Expect to minister to the needs of colleagues and family members today, Cancer. People may need to draw on your insight into human nature in order to understand themselves and others. Your common sense could prove invaluable. In the process of sharing your wisdom, you might also shed some light on emotional situations of your own. You could surprise yourself.

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**Leo**

July 23 – August 22

Today you might feel especially creative and intellectually inspired. Leo. You could discuss your ideas with others. The process of communication could open up new doors in your mind, and result in some fascinating insights concerning whatever you’re pursuing. Sometime in the course of your conversations, don’t be surprised if you find that one of your friends needs a sympathetic ear.

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**Virgo**

August 23 – September 22

A close friend or member of your household could be having money problems. Virgo, and might want to draw upon your business sense in order to make sense of the situation and find ways to put it right. As you’re likely to be feeling especially sensitive to the needs of others, you could be of valuable assistance to this person and anyone else who needs some insight.

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**Libra**

September 23 – October 22

Heightened intuition could lead to some interesting conversations, Libra. Others could be blown away by your insights into their thoughts, feelings, and desires. You could also feel more expressive than usual. You might want to channel some of that inspiration into writing, speaking, or some other form of self-expression. Reading could prove especially valuable at this time.

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**Scorpio**

October 23 – November 21

Your intuition and inspiration could enhance your artistic talents, Scorpio. A powerful drive to express the stories, pictures, or music in your mind could result in your spending as much of the day as you can jotting down your thoughts and ideas. You might spend most of your free time alone as a result.

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**Sagittarius**

November 22 – December 21

Moving ahead is the key for today, Sagittarius. You should feel very optimistic and excited about your goals. You’re probably confident that you will reach them and all will go well. This positive attitude spills over into your personal relationships. You should be in just the right frame of mind to encourage your friends to go for their own dreams and give them whatever assistance they need.

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**Capricorn**

December 22 – January 19

Inspiration is the key for today, Capricorn. You may feel highly motivated to move on with what others consider impossible. Impossibility has never stopped you before, and you aren’t likely to let it stop you now. You’re more likely to consider all contingencies carefully in order to make them work. Friends could be inspired by your vision and determination and follow your example.

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**Aquarius**

January 20 – February 18

An increased understanding of different cultures as well as curiosity about the people who live there might spur you to learn more about those places. Friends or groups could be involved in some way. You may channel a lot of energy into intellectual activities and inspire others to do the same. Take a walk at some point during the day. You will need to clear your head.

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**Pisces**

February 19 – March 20

The opportunity to increase your income could spur you on to channel more energy and inspiration into career matters, Pisces. Some intense dreams could reveal a lot about you and your motivation, which might increase your self-awareness and make everything easier for you. The drive to succeed in material and spiritual matters is likely to play a powerful role in everything you do.
Ejiofor picks at Scar from The Lion King

By Rick Bentley

Whether it be the 1994 animated version of The Lion King or the new live-action version of the animal tale, the one thing that remains a constant is that Scar is one of the most manipulative, power-hungry, control-obsessed characters in Disney history. Jeremy Irons was behind bringing that evilness to life in the animated version and now it is Chiwetel Ejiofor who has taken over providing the voice for the role in the new theatrical release.

As with most actors who have taken on roles that are so obviously vile in nature, Ejiofor didn’t go into the project playing the role as if Scar was aware of being evil.

“When you are looking at a character, you are looking to empathise and not necessarily sympathise and I think in that sense you are looking with Scar at someone who is vicious but he’s also corrupted by this idea of power and status — and many of us are,” Ejiofor says. “He takes it to a very exaggerated place.”

“If you feel that your status or your power is interrupted — and you are the kind of person where that makes life hard for you – then it is hard for you to not pursue a corrective to that. And then feel justified in that corrective because it is the only thing that brings you peace.”

In the case of The Lion King, this manifests itself through Scar’s efforts to get rid of the king of the lion pride, Mufasa (James Earl Jones), and his heir, Simba (JD McCrary, Donald Glover), so he can rule. It is up to Simba to grow up and become the kind of leader who can stand up to the king who rules with deep villany.

Ejiofor said it was easy to find the tone to play Scar as the film shows bearing influences from the works of William Shakespeare with a particular focus on Hamlet. Ejiofor started appearing in school plays while still in junior high school and continued acting at Dulwich College, with National Youth Theatre and while attending the London Academy of Music and Dramatic Art.

It was during his time in college that Ejiofor saw the original animated version of The Lion King although he will argue that in his mind he sees himself as being 5 years old when he saw the film. It was a teenage Ejiofor who saw the elements of the film — especially with Scar — that he would get to use again when he stepped behind the microphone.

“I felt like its themes were so powerful and so resonant and so beautifully distilled even from the Shakespeare,” Ejiofor says. “I saw it really boils down to being a story about ethical leadership essentially and about strong moral values.

“It’s also about maternal and paternal ideas in a strong bonded way and how that is central to our community. The film touched me as a kid and still touches me today. In a way as much as I, absolutely with everybody else, loved the original, you kind of make of your own and you create the sort of individuality to it in that way.”

A lot has happened in Ejiofor’s life since he saw the film; only two years later Stephen Spielberg cast him in his film Amistad. That was followed by a long list of TV and film credits: roles in the romantic comedy Love Actually, the historical drama 12 Years a Slave and the comic book-inspired Doctor Strange. He picked up an Oscar nomination for his work in 12 Years a Slave.

His credits also include previous voice work such as the animated Sherlock Gnomes. Voice acting strips an actor of their facial expressions and body language but that doesn’t bother Ejiofor as he likes the challenge of having to play a role just with his voice. He compares it to a role where the character has no lines and must get across the emotions of the moment using only facial expressions. It all lets him stress his acting skills.

He approached doing the voice work for Scar in the same way he has tackled all of his acting roles. That starts with figuring out the psychology of the character and then seeing what happens. Ejiofor’s philosophy on playing a role is that “it’s going to do what it’s going to do.” Ejiofor has had a very diverse acting career that has earned him a wide range of followers. He can generally tell when being approached which one of his past works the person will want to discuss. Ejiofor laughs and says it’s really easy to know what the topic will be between Christmas and Valentine’s Day because that is when Love Actually is aired repeatedly on television.

At least now he will have a whole new group who will want to talk about The Lion King. - TNS
Making or taking pictures has been a very old hobby and profession. With the new inventions and modern technologies the art of taking beautiful photographs has constantly been evolving.

Now is the time for mobile photography. The advent of smart phone cameras has revolutionised the art and the technique of having instant and perfect photos. Though DSLR (Digital Single Lense Reflex) camera are still preferred, there are leisure photographers who are focusing on mobile cameras and getting extraordinary results.

One such person is Mohammed Muslim, an Indian expatriate living in Qatar since 2009. He uses mobile camera to pursue his hobby of taking or what he calls making photos. And, he has been getting extraordinarily enviable results. Using his mobile phone camera, he has won many photography competition awards in Qatar and abroad.

Photos taken by Muslim through his mobile phone camera are a part of an ongoing cricket photography exhibition at Katara. One of his digital painting work has also selected to be exhibited at another exhibition named “The Colours of Desert” started at Katara yesterday (Thursday evening).

While they expertly capture gorgeous landscapes, the perfect latte, portraits of friends, and mesmerising street scenes, Muslim speaks to Community, who is a project manager by profession and is currently working with Hamad Medical Corporation, and have some seriously down-to-earth advice.

Muslim, a native of Hyderabad, India, has been attracted towards photography and cameras since his childhood, “My father used to sell cameras. One of his friends gifted me a camera that I used to play with, without it having any film rolls. Slowly and gradually, I developed my interest in photography.

“When I grew up, I started doing photography with my cellphone camera. I was not able to buy a good DSLR camera. I have however been using digital cameras for photography but I have focused on smartphone cameras. I thought why not to master the art of taking artistically beautiful photos with the smartphones.”

There are multiple reasons for Muslim to use a smartphone to pursue his passion of photography. Not being able to purchase a DSLR camera being one of them. “It is really interesting to tell that I have never bought a smartphone. The first one I got was a gift from one of my friends. I have won all other smartphones as prizes winning different photography competitions.”

He added, “Smartphone cameras have actually made the art of photography easier and simpler. It has become more convenient and more colourful. It is actually the future of photography. Different smart phone companies continue to pay more and more attention on camera and increase their technical capacity.

“Nowadays, everyone carries a camera. We can take instant photos, edit them and share on our social media handles. We also get instant feedback. With my smartphone camera shots, I compete with DSLR users. Over 90 percent of my award-winning photos were taken from my smart phones.”

Supreme Committee for Delivery and Legacy has selected Muslim as a photographer in the FIFA 2022 Photography Programme. He has also won many awards. “I won Katara Photography Festival in November 2017, Chi Al Shaqab Photo Contest in March 2017, The Luc Tuymans ‘Your View’ Challenge 2016, and Society, Gulf Times Photography Award 2014. I have also taken part in different other competitions and exhibitions. I have also done certification in photography.”

He added, “I am a self-motivated artist mainly into creative photography. But I have also been participating and doing various fine arts including painting. I have also acted in different stage plays in India. I have also been making and acting in short films in Doha. I have done a few short films for Doha Film Institute and for Mathaf Arab Museum of Modern Art.”

Muslim believes in making photos and not in taking photos.

“My photographic philosophy is that you don’t take photos, you make photos. Using the smartphone camera is a skill and we can make the best photos if we use the mobile cameras skilfully. Mobile camera is future of the photography.”