Gender tide

It is official: Majority of Americans think women are just as competent as men, if not more. P4-5

Popspot
Mustard’s Perfect Ten celebrates Nipsey’s work. Page 14

Showbiz
Social media affects youth more than drugs today: Behl Page 15
**PRAYER TIME**

<table>
<thead>
<tr>
<th>Time</th>
<th>Time</th>
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<tbody>
<tr>
<td>Fajr</td>
<td>3.28am</td>
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<tr>
<td>Shoroq (sunrise)</td>
<td>4.57am</td>
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<td>Zuhr (noon)</td>
<td>11.42am</td>
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<tr>
<td>Asr (afternoon)</td>
<td>3.08pm</td>
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<tr>
<td>Maghreb (sunset)</td>
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<tr>
<td>Isha (night)</td>
<td>7.56pm</td>
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**USEFUL NUMBERS**

- Emergency: 990
- Worldwide Emergency Number: 112
- Kahramaa – Electricity and Water: 991
- Local Directory: 180
- International Calls Enquiries: 150
- Hamad International Airport: 40106666
- Labor Department: 44508111, 44406537
- Mowasalat Taxi: 44458888
- Qatar Airways: 44490000
- 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: 40253370, 40253364
  - Hamad Medical Corporation: 40253364, 40253365
  - Qatar Airways: 40253374

**Experience is something you don’t get until just after you need it.**
— Steven Wright

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**Arduaas Karaan**

**DIRECTION:** Gippy Grewal

**CAST:** Gippy Grewal, Gurpreet Ghuggi, Meher Vij

**SYNOPSIS:** Arduaas Karaan explores the generation gap faced by families. Three elderly men live in Canada with their families and realise that each generation has a different conflicting opinion about life. The elderly men believe spending time with each other and communicating may help bridge their gap. But each time the family plans to spend time with each other they end up arguing.

One day the elderly gentlemen come across Sehajand Magic who are full of positivity and agree to help them understand their families but are given a week to accomplish this. Will Sehaj and Magic manage to find a common thread for the three differing generations to live together in harmony? How will they use Ardaas (prayer) to convey their message about life?

**THEATRES:** Royal Plaza

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**Pathinettam Pudi**

**DIRECTION:** Shankar Ramakrishnan

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

**SYNOPSIS:** It is a story of two schools – one for the rich and one for the poor, two rival gangs and two rebel leaders and their epic tale of romance, rivalry and friendship. It is about how Professor John Abraham guides the rival youngsters as they step from adolescence to adulthood.

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

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**Arsass Karaan**

**DIRECTION:** Gippy Grewal

**CAST:** Gippy Grewal, Gurpreet Ghuggi, Meher Vij

**SYNOPSIS:** Arsass Karaan explores the generation gap faced by families. Three elderly men live in Canada with their families and realise that each generation has a different conflicting opinion about life. The elderly men believe spending time with each other and communicating may help bridge their gap. But each time the family plans to spend time with each other they end up arguing.

One day the elderly gentlemen come across Sehajand Magic who are full of positivity and agree to help them understand their families but are given a week to accomplish this. Will Sehaj and Magic manage to find a common thread for the three differing generations to live together in harmony? How will they use Ardaas (prayer) to convey their message about life?

**THEATRES:** Royal Plaza

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**Quote Unquote**

Experience is something you don’t get until just after you need it.
— Steven Wright

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**Community Editor**

Kamran Rehmat

e-mail: community@gulf-times.com

Telephone: 44466405

Fax: 44350474
EVENTS

The Comedy of Tango
WHERE: Katara – the Cultural Village
WHEN: August 28
TIME: 8pm-9pm
With the support of Katara – the Cultural Village and embassy of Argentina in Doha Tango Pasión Doha presents Los Guardiola – “The Comedy of Tango” on August 28. A show consisting of seven scenes is inspired by famous tangos. Dancers, mimes and actors, Marcelo Guardiola and Giorgia Marchiori, known artistically as Los Guardiola, will project the audience into the fantastic world of their danced pantomime where comedy and tragedy merge into the rhythm of tango.

Yoga Class
WHERE: Lululemon, Mall of Qatar
WHEN: Every Saturday
TIME: 8:30am – 9:30am
Join the complimentary in-store yoga classes. No registration or mat is required. The class runs on first come first served basis.

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.

centre started with a vision of spreading our knowledge, interests and experience in various disciplines in arts across different countries for children and adults.

Summer camp at Mamangam has become the children’s favourite centre for learning art and craft, drawing, and learning spoken English. The kids also enjoy Bollywood dance, contemporary and hip hop music. To develop health consciousness, we teach them kids yoga, karate etc. Mamangam has also come up with chess and robotics in the regular batches in an attempt to give a better learning experience.

The first batch of the summer camp began on June 26 continuing until July 25 from Sundays to Thursdays. The second batch will commence on July 28 ending on August 25. Registrations are open to kids between 5 to 16 years. For those who wish to register for more details, visit www.mamangamqatar.in

Arabic Calligraphy Workshop
WHERE: 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

Dance and Instrument Classes
WHERE: TCA Campus, Behind Gulf Times Building
WHEN: Wednesday – Monday
Learn the movements of dance styles in Bollywood, Hip Hop and also the musical instruments such as Piano, Guitar, Keyboard for adults as well kids and move in the world of music. For details, contact 6652871/3132649.

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.

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.

Hobby Classes
WHERE: Mamangam Performing Art Centre
WHEN: Saturday – Friday
Mamangam is an art and performance centre with a vision of spreading our knowledge, interests and experience in various disciplines in arts across different countries for children and adults.

Summer camp at Mamangam has become the children’s favourite centre for learning art and craft, drawing, and learning spoken English. The kids also enjoy Bollywood dance, contemporary and hip hop music. To develop health consciousness, we teach them kids yoga, karate etc. Mamangam has also come up with chess and robotics in the regular batches in an attempt to give a better learning experience.

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Compiled by Nausheen Shaikh. E-mail: gtlisting@gmail.com, Events and timings subject to change.
Race to the top: Women pip men

16 public opinion polls spanning from 1946 to 2018 were analysed to see how gender stereotypes have evolved over time. Specifically, they looked at three clusters of personality traits that they define as competence, communion and agency, writes Deborah Netburn.

"It's a pretty dramatic shift. If you think women are still seen as less capable than men, then forget it. That is not the case.

— Alice Eagly, social psychologist."
Women now earn more bachelor’s, master’s and doctoral degrees than men — another shift from decades ago. They are also increasingly likely to be seen as more compassionate and socially skilled than men.

Good news, ladies: Americans now think women are just as smart and just as competent as men.

And it gets better: Among the 25% of respondents who did perceive a gender difference in the smart category, most said that women were more intelligent and competent than men.

So says a scientific study published last week in the journal American Psychologist that examines Americans’ perceptions of women over the past 70 years.

“It’s a pretty dramatic shift,” said Alice Eagly, a social psychologist at Northwestern University in Illinois who led the work. “If you think women are still seen as less capable than men, then forget it. That is not the case.”

Eagly and her co-authors analysed 16 public opinion polls spanning from 1946 to 2018 to see how gender stereotypes have evolved over time. Specifically, they looked at three clusters of personality traits that they define as competence, communion and agency.

Competence traits include being organised, intelligent and capable.

The communion cluster includes traits generally associated with good social skills — warmth, compassion, expressiveness, generosity and altruistic impulses.

Agency traits are more self-oriented and include assertiveness, decisiveness and even aggression.

The polling data, collected by different groups over seven decades, were not uniform and took a fair amount of finessing to get in usable order, Eagly said.

For example, one poll might ask a respondent who he or she thought was more likely to be compassionate:

A) Men
B) Women
C) Men and women are equally compassionate

Another poll might ask a similar question about kindness.

To assemble enough data to be statistically significant, three researchers categorised each of the questions to see which cluster of traits they best fit. Responses to a question about whether men or women were more organised were put in the “competence” category. A question about who was more likely to stay calm in an emergency went in the “agency” category.

Eventually, clear trends emerged. Eagly said it was not much of a surprise that the perceived competence of women steadily increased over time. As more women entered the workforce in the second half of the 20th century, more Americans had an opportunity to observe women in roles that require organisation, intelligence and ability, she said.

“Back in the ’40s, the public didn’t see women working as journalists or professors, and they were not famous in the sciences,” she said. “We didn’t see them doing the wonderful brilliant things that we now see women doing.”

In addition, women now earn more bachelor’s, master’s and doctoral degrees than men — another shift from decades ago.

The bigger surprise was the discovery that over the same period, women were increasingly likely to be seen as more compassionate and socially skilled than men.

In the 1940s, just a smidge over 50% of respondents thought women had better people skills and were more compassionate and kind than men. By 2018, that percentage had grown to about 75%.

The researchers also found that there has been little change in perceptions of agency. In the mid-20th century, most Americans believed that men were more likely to be assertive than women — and that remains the case today as well.

All this may seem counterintuitive. How is it that as women play an increasingly larger role in the workforce, they are also seen as increasingly altruistic?

Eagly chalks it up to the way women and men are segregated within fields, with women often filling roles that require skills associated more with communion than agency.

For example, while there are far more women doctors now than in the 20th century, women are more likely to be pediatricians or internists, which require people skills, she said. In business, women are more likely to take on leadership roles in human resources and public relations, which also depend on good interpersonal communication.

“Stereotypes form automatically based on all the things we observe directly and indirectly,” she said.

So as the American public increasingly saw women taking jobs that required traits associated with communion, they increasingly saw women as having those traits.

Peter Glick, a social psychologist specialising in gender discrimination at Lawrence University in Wisconsin, said the work is important because it tracks how stereotypes about men and women have changed over time.

However, he cautioned that while the “female competence advantage” may feel like a win for women, it doesn’t mean discrimination is dead.

“Discrimination is a bit like that ‘whack-a-mole’ game,” he said.

Even though women are now perceived as just as competent as men, they aren’t seen as assertive enough to be promoted into leadership roles.

“Despite all the social changes, women remain the ‘nurturers’ and men still dominate leadership positions in business, politics, etc.,” he said.

Could that change? Might there come a day when women are seen as just as assertive, decisive, and goal-oriented as men?

“That’s the big question,” Eagly said. Social psychologists are still debating whether gender stereotypes that paint women as more nurturing and men as more assertive are innate or learned.

However, one thing seems clear: If we see more women being stubborn, arrogant, ambitious and confident, this lingering stereotype could change too.

“It’s a dilemma,” Eagly said. “I hate being with men who are very dominating and talk over you. Sometimes I think, ‘I could speak more too, but I don’t want to talk like they do.’”

— Peter Glick, social psychologist

— Los Angeles Times/TNS

Discrimination is a bit like that ‘whack-a-mole’ game. Gains in one area get offset by other routes toward inequality popping up. Despite all the social changes, women remain the ‘nurturers’ and men still dominate leadership positions in business, politics, etc.”
Lexus LC claims a class-win in German endurance race

Demonstrating its racing prowess on one of the world’s most demanding circuits, the No. 56 GR Lexus LC claimed first position in the SP-PRO class at the 24 Hours of Nürburgring endurance race recently in Germany. The result marks the second year in which the Lexus LC has triumphed in its class at Nürburgring, following its impressive debut performance in 2018.

Driven by Takeshi Tsujiya, Takamitsu Matsui, Naoya Gamo, and Yuichi Nakayama, the No. 56 GR Lexus LC emerged in the top qualifying group, and started from 39th place overall on the grid among a line-up of 158 cars. The weather had cleared following a sudden thunderstorm during the first qualifying session, yet high temperatures brought on severe conditions for both the cars and their drivers. After a solid start, the No. 56 GR Lexus LC continued running well despite challenging conditions, and maintained a position of 30th overall. While a prolonged pit stop after around eight hours resulted in the vehicle losing ground in the overall standings, the team held their ground to finish the race in first place in the SP-PRO class.

Toshiyuki Sekiya, Lexus LC Chief Mechanic, GAZOO Racing, said: “We took measures to improve reliability this year since we stayed in the pit for a long-time last year. Nürburgring is always a tough race for us. I am happy that we spent a lot of time with the mechanics and I witnessed a lot of growth and teamwork. Thank you.”

Commenting on the race, Yugo Miyamoto, Chief Representative of Middle East & Central Asia Representative Office, Toyota Motor Corporation, said: “We are proud of our team’s achievement in this challenging event for a second consecutive year. The Lexus LC gave an outstanding performance at this year’s 24 Hours of Nürburgring, a place that tests the strength and capabilities of the GAZOO Racing team and its vehicles. We will continue to build upon everything we have learned through our participation in motorsport to develop vehicles with brave design and exhilarating performance. I would like to thank our fans for continuously inspiring us to push the boundaries in our drive to create amazing experiences.”

The 24 Hours of Nürburgring event is known as one of the world’s most demanding races, and is considered the ultimate test for cars and their drivers. The circuit features 170 corners of varying lengths and an uneven driving surface, and resembles a winding mountain road. As a day-long endurance race, the 24 Hours of Nürburgring gives manufacturers the chance to push vehicles to their limits for an extended period and gain valuable insights on their performance under challenging real-world conditions.

Over the years, Lexus has been participating in many different forms of motorsport, including the World Endurance Championship (WEC), FIA GT3 Championship, Super GT Series, and Nürburgring 24 Hours endurance race. Lexus’ participation in these events was overseen by separate entities within the company until April 2015, when the parent company established GAZOO Racing, to consolidate all of its motorsport activities under one in-house brand. Representing the company’s belief that the roads build the people, and the people build the cars, GR highlights the role of motorsport as a fundamental pillar of Toyota’s commitment to making ‘ever-better’ cars. Harnessing years of experience gained under the extreme conditions of various motorsport events, GR aims to forge new technologies and solutions that bring the freedom, adventure, and joy of driving to everyone.

Race Notes:

Drivers: Takeshi Tsujiya, Takamitsu Matsui, Naoya Gamo, and Yuichi Nakayama

Position: 1st (SP-PRO class)

No. of Laps: 137

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Live sports summer excitement at Oryx Rotana’s air-conditioned tent

Oryx Rotana, the five-star luxury business hotel in Doha, has launched a sizzling summer offer for sports enthusiasts to indulge in a unique and distinctive experience and to soak up in many live sports excitement this summer. Gather together with your family and friends and watch live broadcast of all international games and football matches on multiple large screens at the hotel’s ‘Al Nafourah Garden’ tent, which will provide visitors and guests the comfort of a modern air-conditioning system.

Through the ‘Red card’, ‘Magic of the ball’ and ‘The final whistle’ packages, guests will be able to satisfy their senses with a wide variety of Lebanese delicacies and appetisers as they follow their favourite matches in the air-conditioned tent or from the wooden larch which is specially designed to give privacy to the visitors.

On this occasion, Ghassan Dalal, general manager of Oryx Rotana said: “We always strive to meet the needs of our guests and visitors to please them with innovative offers and promotions. The main objective of our offers is to bring together families and friends to enjoy the summer holidays in a comfortable venue and watch their favourite team compete. The summer offer yet again emphasises the hotel’s status and highlights its facilities as a favourite haven for all people seeking to stay away from work stress and enjoy a special time with their loved ones.”
**Every goodbye leads to a hello**

By Jennifer Day

The Rabbit Listened, Cori Doerrfeld’s 2018 critically acclaimed children’s book, opened with a crash: A flock of birds knocked over Taylor’s amazing block tower, destroying everything. From there, the book performed alchemy unique to only very few children’s books: It taught children – and their parents – a lesson without ever making it feel like anything other than a great story. The Rabbit Listened was all about the importance of listening and being present, particularly when someone is grieving.

Doerrfeld tackles a different patch of emotional terrain in Goodbye, Friend! Hello, Friend! It opens with a worried Stella saying goodbye to her mom as the school bus pulls up to the curb. But as Doerrfeld writes, “Every goodbye leads to a hello,” and Stella meets Charlie by their lockers on the next page. Charlie and Stella become best friends as the book moves through a series of endings and beginnings, illustrated in Doerrfeld’s soft, chalky lines that simultaneously evoke empathy and playfulness. “Goodbye to snowmen is hello to puddles!”

It culminates with Charlie moving away to a new city.

The book is recommended for kids up to 3 – and its message may well resonate with toddlers who have trouble transitioning from one activity to the next – but it feels far more universal.

Consider these words without their pictures: “(S)ometimes, when you least expect it, a goodbye comes along that really feels like the end. Sometimes, goodbye is the last thing you want to say. Like when goodbye to holding tight is hello to letting go. But no matter what, goodbye to today is hello to tomorrow.”

These are lessons we start learning around age 3; most of us spend our whole lives trying to master them. – TNS

And then there’s the quandary of saying “hello.” In Chicago author Josh Schneider’s new picture book, Ultrabot’s First Playdate, it doesn’t come easy – even for a giant red robot.

“Ultrabot lived with its professor in a little top-secret laboratory on Primrose Lane,” Schneider writes, setting the scene askew for a delightful tale about the anxiety of making new friends.

Ultrabot’s response when the professor sets up a play-date for Ultrabot with next-door-neighbour girl Becky Tingle? “NEGATIVE.” Ultrabot is nervous: He imagines Becky is a mean monster with horns and fur held back by dozens of barrettes. He worries she’ll break his trucks.

It’s impressive how much despair Schneider conveys in his drawings with a slightly off-kilter robot eye.

When the real Becky shows up, she shares her ball and teaches him how to draw a cat.

Ultrabot realises they have things in common and starts to relax. Schneider’s illustrations carry the dynamic action of a comic book as Ultrabot lasers a cat on the moon and lets Becky zoom over the neighbourhood in his airplane.

By the end, the lab is littered with the remains of fun, and Schneider winks at parents as the professor hopes Becky’s mom will host next time. – TNS
Hawaii after volcanic eruption

The spectacular eruption of the Kilauea volcano in 2018 changed a lot on Hawaii’s Big Island. Some places are gone for good, while new ones were created.

On a spring day in 2018, the walls in seismologist Brian Shiro’s office began to shake. Books fell out of their shelves; later, glass panes splintered, and cracks opened up in the cement. Shiro crawled under his desk. Better safe than sorry.

People in Hawaii are used to earthquakes, but this one was notable: With a magnitude of 6.9 on the Richter scale, it was stronger than any other that had jolted the main island in the Hawaiian archipelago – known as Big Island – in the past 40 years. Aftershocks followed. 

“It was a dramatic day, but as it turned out, it was only the beginning,” says Shiro, who works at the Hawaiian Volcano Observatory in the town of Hilo. Until last year, Shiro had his office directly on the crater rim of the Kilauea volcano, one of the most active on Earth.

But a few days after the earthquake, the crater collapsed. The red-hot lava lake disappeared, and an ash cloud rose 10 kilometres up into the sky. The museum was closed to visitors.

“Panic in paradise,” some headlines read, with some exaggeration. But the eruption was, in fact, one of the strongest seen in Hawaii in roughly 200 years. Between May and August 2018, crevices opened up all over the volcano’s slopes. The lava that poured out buried 700 houses and left thousands of people homeless. Tourism suffered.

The Kilauea volcano is part of the Hawaii Volcanoes National Park and is located on the Big Island. With around 2 million visitors per year, the park had previously been among the biggest attractions on the Pacific archipelago, which consists of eight main islands.

During the eruptions, the national park was shut down for 134 days – longer than ever before in its over-100-year history. The number of visitors fell by nearly half.

Since its gradual reopening in autumn 2018, tourists have returned. But not yet as frequently as before the eruption, says park spokeswoman Jessica Ferracane. Several attractions in the park still remain closed because of the danger of collapse, including the historic Jaggar Museum, next to which Shiro used to have his office. Most of the trails and lookout points around the spectacular Halemaumau crater have reopened, however. The Volcano House, the only hotel in the park, is once again welcoming guests after a five-month forced break. From the house, which is steeped in tradition, visitors can look deep into the crater and marvel at its transformation.

“The strong forces of nature left their mark,” Shiro says as he points outside. The crater is now 15 times more voluminous than before; its bottom sunk from a depth of 85 metres to 500 metres.
New life springs up in the lava

The circular road that used to go around the crater has broken off in some parts. Pieces of asphalt hang from a ledge halfway down the crater like surreal art.

A lot has changed outside the park too. On the Puna peninsula, a popular holiday destination in the south-east of the Hawaii Island, the lava had run over country roads and cut off some places from the outside world.

It buried holiday resorts, a freshwater lake and snorkelling beaches such as the popular ponds in Kapoho.

What for many visitors initially looks like devastation has a deeper meaning for Hawaiians. Many locals, whose ancestors came to the archipelago from Polynesia or Asia, for instance, believe that spiritual forces are at work.

“When the eruption was occurring, it felt like the island came to life. It felt very spiritual,” says Michael Newman, who works as a ranger in the national park.

Newman was born on the archipelago, and the folk tales of the community elders have shaped his perception of things. Like many Hawaiians, he believes in the power of spiritual power — a legend has it that the goddess of fire was responsible for the creation of the islands, which geologically consist of the peaks of Pacific underwater volcanoes.

The mythological spirit is said to live directly in the Kilauea volcano’s Halemaumau crater and to have initiated the 2018 eruption.

“Many people see the volcano as something frightening. What they miss is that with every eruption, the spirit is creating new land and new life,” Newman says. Hawaiians speak of mana — spiritual or divine providence.

You can get a good feel for this in Poholiki, an idyllic coastal stretch south of Puna where the lava flow came to a halt last year after around three months of the volcano erupting.

Since then, Pele has gone to rest. Fiery lava is nowhere to be seen currently in Hawaii.

The drive to Poholiki takes you over a dirt road that was hit just recently by three fresh lava streams. Along the route, the volcano has created two kilometres of new coastline — the equivalent of 500 football fields.

These are areas in which coffee plants, papaya trees or mango trees will grow at some point.

At the end of the dirt road is the spirit’s work: in a bay with green coconut palms, a fabulous beach of fine, black sand formed during the eruption — a new favourite spot for locals and tourists.

How did the mythological spirit create this new paradise?

Rick Hazlett, a volcanologist and geologist from Hilo, explains: “Steam blasted the lava into sand as the hot lava entered the water.”

Within a few days, the ocean current then washed the black sand ashore, where it has piled up.

Nobody knows how long the beach will exist.

Maybe years, maybe millennia. It depends on when the mythological spirit will become active again. — DPA

NEW CREATION: The Kilauea volcano created 2 kilometres of new coastline and a beach in Poholiki, on the Big Island, after it erupted in early 2018.

CYCLE: The cycle of destruction and creation: A lava-covered bay is seen near Kalapana on the Big Island of Hawaii.
Downward tilt hardens a glance

We often look at the face’s features – eyes, mouth – to read a person’s attitude, but head position is as important a clue.

New research showed that tilting one’s head downward, with no muscle movement or change in facial expression, gives the look of a dominant attitude.

An aggressive politician’s looks

Jim Jordan, a 14-year conservative member of Congress from Kansas, gladly plunges into harsh questioning in hearings

A political enemy describes him as having “a punchable face.”

At right, Jordan in action and in his official portrait

Source: Zachary Witkower and Jessica Tracy of the University of British Columbia; Psychological Science journal; U.S. Representative Jim Jordan; TNS Photos

Graphic: Helen Lee McComas, Tribune News Service
Children with ADHD take more time to be school-ready

Researchers have found that pre-schoolers with symptoms of attention deficit hyperactivity disorder (ADHD) are much less likely to be ready for school, compared to other children of the same age.

The study, published in the journal Pediatrics, included 93 children — 45 children with ADHD and 48 without the condition. Aged between 4-5 years, nearly all had attended preschool and some were enrolled in kindergarten.

“We were pretty surprised at the proportion of kids within the ADHD group who were not school-ready, it’s a really high number,” said Irene Loe, Assistant Professor at Stanford University.

For the study, researchers conducted tests and administered parent questionnaires to measure five areas of the children’s functioning: physical well-being and motor development; social and emotional development; approaches to learning; language development; and cognition and general knowledge.

According to the study, kids with ADHD were not more likely than their peers to show impairment in the area of cognition and general knowledge. But children with ADHD were much more likely than their peers to struggle in all the four other areas measured.

They were 73 times more likely than children without ADHD to be impaired in approaches to learning; more than seven times as likely to have impaired social and emotional development; six times as likely to have impaired language development; and three times as likely to have impaired physical well-being and motor development.

The findings suggest that identifying and helping kids with significant levels of ADHD symptoms could reduce their struggles in elementary school. – IANS

COMMUNITY

LIFESTYLE/HOROSCOPE

ARIES
March 21 – April 19

Jump back on stage and say what you have to say, Aries. Your high energy will be the key to coming out on top. The more active you are, the more you will be able to sort through your situation. Engage in team sports or something that involves strategy and good co-ordination. Pick up a tennis racquet or join a basketball game.

TAURUS
April 20 – May 20

Your solid grounding may become a bit unstable today, Taurus, but don’t worry about it. Be a little more flexible and release your tight grip on the situation. Infuse laughter and playfulness into the picture. The exchange of ideas is critical. Get out of the house and into a social arena where you can enjoy lighthearted conversations.

CANCER
June 21 – July 22

Don’t let things stagnate, Cancer. It’s time to take action. See how far rather than deep you can go in everything you do today. Cover a wide range of topics and pick up a magazine or two. Take a break from your usual emotional intensity and enjoy the sunshine and the light conversation. Keep it all energetic and upbeat. Take action when you see that things are lagging.

LIBRA
September 23 – October 22

Pay attention to the news today, Libra, and not just the mainstream news but the offbeat, smaller publications, too. Question what you hear and read. Take an active role to increase your knowledge of the world. Take responsibility for your citizenship by keeping an eye on what’s going on. Information is an important part of gaining power.

SCORPIO
October 23 – November 21

Today is a great day to jump out of bed and get things done, Scorpio. You may feel indecisive, but don’t sweat it. You don’t have to make any great commitments. You will do fine jumping around from task to task. Get out into the open and say what’s on your mind. Engage in some sort of physical activity that gets you breathing deeply.

CAPRICORN
December 22 – January 19

Take some of that knowledge you’ve gathered and processed over the past few weeks and begin to spread it around, Capricorn. It’s time to put your communication skills to work. Your emotions are strongly tied to your actions, and things will take on a much lighter tone than they have had in the past couple of days. Take deep breaths and find a way to release your pent-up tension.

TAUROUS
April 20 – May 20

Your physical stamina is apt to be strong today, Aquarius. You should consider going to the gym to release some of that pent-up energy. Engage in team sports or something that involves strategy and good co-ordination. Pick up a tennis racquet or join a basketball game. Your high energy will be the key to coming out on top.

GEMINI
May 21 – June 20

There’s no excuse for laziness today, Gemini. Get out of bed before noon. The more active you are, the happier you will be. Come out of your cave and express your thoughts to others. Get out in the open air and listen to the wind that has to say. Be active and flexible. There’s nothing heavy about people’s emotions today, so keep things light and active.

CANCER
June 21 – July 22

You may feel like you’ve come into the light today, Leo. A weight has been lifted, but there is still a great deal of emotional drama that needs to work itself out. Go for a walk or jog this afternoon and work on increasing your lung capacity. Get your heart rate up and feel your blood pumping. The more active you are, the more you will be able to sort through your situation.

LEO
July 23 – August 22

You might experience a sudden burst of physical energy, pushing you to get out and walk or go for a long bike ride. Enjoy the wind in your hair. Release your pent-up emotions in the open air.

VIRGO
August 23 – September 22

Take a break from your steady climb today, Virgo. Look at things around you. Enjoy a night out with friends and take an active role in the conversation. See a movie or play. Do more socialising and you will be able to release some of the tension that you might not even realise you have inside. Get the energy moving again. Take an active role and keep up with the beat.

SAGITTARIUS
November 22 – December 21

The name of the game today is action, Sagittarius. The air has cleared, and it feels like a weight has been lifted off your shoulders. You might experience a sudden burst of physical energy, pushing you to get out and walk or go for a long bike ride. Enjoy the wind in your hair. Release your pent-up emotions in the open air.

PISCES
February 19 – March 20

Take a break from the seriousness that has prevailed over the past couple days, Pisces. Upbeat conversations are the way to navigate through today’s waters. You might notice that others are more actively communicating and that words are especially effective. You talk and people listen. Do your share of listening, too. The conscious exchange of ideas is critical on a day like this.
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.

Sudoku

Sudoku is a puzzle based on a 9x9 grid. The goal is to fill the grid so that every column, every row, and every 3x3 block contains all the digits from 1 to 9.

Codeword

BASILISK
HARPY
SALAMANDER
BEHEMOTH
HYDRA
SASQUATCH
BIGFOOT
KELPIE
SNARK

CENTAUR
KRAREN
SPHINX
CERBERUS
LEVIAHAN
UNICORN
CHIMERA
MERMAID
WENDIGO

COCKATRICE
MINOTAUR
WEREWOLF
DRAGON
PEGASUS
WYVERN
GRIFFIN
PHOENIX
YETI

Codeword:

Bound And Gagged

Adams

Garfield

Sudoku

Pooch Cafe
Super Cryptic Clues

Across
1. Rotter, for example, coming back to beg (5)
2. Some land where a salad plant is cropped (5)
3. Go away - it’s cloudless on holiday (5,3)
4. Solitary advance, we hear (4)
5. Hairstyle for a change (4)
6. Screen previously in California (7)
7. Show form to tradesmen (7)
8. Nothing but freezer for magistrate (7)
9. Speed required when tying this? (4)
10. Mollusc left in river (4)
11. Not in favour of being a model after work (8)
12. Discrimination makes sense (5)
13. Meeting contributing to country’s troubles (5)

Down
1. Alice changed her name (5)
2. Taj Mahal’s location included in obscure plan (7)
3. Mark turns up in a famous school (4)
4. Female faces insults (8)
5. Some are licensed to provide a souvenir (5)
6. Insect in secure US city (5,2)
7. Cod eaten messily in story (8)
8. Old-fashioned garb for TT? (7)
9. Pardon that’s set many loose! (7)
10. Racing results in newspaper? (5)
11. Belief not affected by reversal (5)
12. Notice small container (4)

Today’s Solutions

Wordsearch

Codeword
Mustard’s Perfect Ten celebrates Nipsey’s work

More than three months have passed since rapper Nipsey Hussle was shot dead outside the clothing store he owned in the Crenshaw district of Los Angeles. Since then, Nipsey’s life has come under the microscope. The Los Angeles Police Department is still investigating his links to gang activity.

His acts of philanthropy have been made public. His own music has received a posthumous release although some artists have sided away from releasing any songs on which Nipsey was the featured rapper.

Not so his friend Don Jazzy McFarlane. The man far better known as DJ and producer Mustard had no hesitation about including the title-track on his Billboard 200 top ten album, Perfect Ten.

“I never considered not releasing the track,” said 29-year-old Mustard. “I know Nipsey and his beats. I started with him so you know he was the one I would turn to when I needed new beats. Nipsey did together. This was about a month and a half before he died. We were working on the songs that ended up on the album Perfect Ten. I created what I call my ratchet sound beats and the work with YG was my way into the business.

“I hit up with Tyga through YG. He asked me to work on the album and Tyga then wanted to work with me. We’ve been good ever since. Everything followed from there. People hear my beats and want me to work on their projects. This gave me the taste for DJing. I got into creating up-tempo, club-orientated dance beats.

“With Boo’d Up being so big and then winning the Grammy, more mainstream fans got to know me. They were ready to listen when I dropped Perfect Ten.”

Another factor was undoubtedly the city of Los Angeles declaring this past June 19 as Mustard Day. A ceremony at the City Hall honored Mustard for both his music success and dedication to the betterment of his community.

“Ella is signed to my 10 Summers label so people associate me with her. It was actually my girl who found Ella. I wanted to sign a female singer and she kept urging me to take a look at Ella. When I did, I knew I had to sign her. “With Boo’d Up being so big and then winning the Grammy, more mainstream fans got to know me. They were ready to listen when I dropped Perfect Ten.”

Sir Paul McCartney

He has written massively successful songs for The Beatles, hit songs for Wings and his solo recordings plus critically acclaimed classical music. Now, Sir Paul McCartney has turned his attention to writing songs for a stage musical.

He is working on an adaptation of George Bailey, a man who gave up his own dreams to help others. But he has so many problems that he is considering committing suicide. This brings about the attention of his guardian angel who shows George all the lives he has touched and how much worse life in his small town would be if he had never been born.

Despite not being a box office success, It’s a Wonderful Life was nominated for five Academy Awards, including Best Picture, and is considered as one of the greatest films in Hollywood history. It also tops the list of the most inspirational American films of all time.

The stage rights were won by renowned producer Bill Kenwright. Like Paul, Bill has his roots in the city of Liverpool. He decided to e-mail Paul asking if he might be interested in the project.

“Writing a stage musical was something that had never really appealed to me,” Paul admitted. “But I met up with Bill and we talked about it and I found myself thinking this could be interesting and fun.”

Paul’s first attempt at the opening song confirmed Bill’s belief in his ability. “I was having one of those weeks,” Bill laughed. “I made no progress on numerous film and theatre projects and my beloved Everton had lost on the previous Saturday.

“But then I got Paul’s e-mail asking my thoughts on his first stab at the opening song. He wasn’t sure about it and wanted to know what I thought. I played the demo. Lee and I were unanimous. Paul was definitely a musical theatre writer.”

No specific date has been set for It’s a Wonderful Life to debut but Bill has suggested the premiere is likely to be staged late in 2020.

Avril Lavigne

It was five years and three months between the release of Avril Lavigne’s self-titled fifth studio album and her latest LP, Head Above Water. Although the new album has broken high chart positions, it has not yet sold in anything like the numbers registered for her earlier LPs.

The singles so far released from Head Above Water have fared even worse. The album title-track, Tell Me It’s Over and even Dumb Blonde, which also featured rap star Nicki Minaj, have all failed to find a place in the upper reaches of the UK or US charts. Only Head Above Water broke into the top 10.

Perhaps Avril will have better luck with her latest single, I Fell In Love With The Devil. See what you think by checking out the video at www.youtube.com/watch?v=XIw_rzrB0Ae
**Showbiz**

Avengers: Endgame busts Avatar record, cast elated

Avengers: Endgame has finally ended the decade-long reign of Avatar, becoming the world’s highest-grossing film of all time, and the multiverse-cast of the superhero adventure is euphoric about creating history.

On Sunday, Avengers: Endgame crossed $2.7902 billion at the box office, crossing the $2.7897 billion-mark set by James Cameron’s sci-fi epic.

Among the first to post a joyous reaction was Chris Hemsworth, popular as Thor in the Marvel cinematic universe. “Thank you to all the fans around the world that lifted Avengers: Endgame to historic heights, making it the top grossing film of all time,” posted Hemsworth.

In Avengers: Endgame, every Marvel superhero from Iron Man and Thor to Captain America and Black Widow, assembled one last time to save the world from the supervillain Thanos.

Avengers: Endgame, the 22nd film of MCU, marked the end of an era that revolved around Iron Man, the Hulk and Captain America, among other superheroes. The film is helmed by the Russo Brothers, Joe and Anthony. A post on the official Twitter handle of Russo Brothers read: “To the greatest fans in the universe, from the bottom of our hearts, thank you.”

Marvel chief Kevin Feige expressed happiness, too, over the film’s achievement, at the San Diego Comic-Con.

Avengers: Endgame was an immediate follow-up of last year’s blockbuster, Avengers: Infinity War. The film’s star-studded cast includes Robert Downey Jr., Chris Evans, Mark Ruffalo, Hemsworth, Scarlett Johansson, Jeremy Renner, Don Cheadle, Paul Rudd, Brie Larson, Karen Gillan, Danai Gurira, Bradley Cooper and Josh Brolin.

This is not the first record set by Avengers: Endgame. Earlier, the film got the biggest global opening of all time, at $1.22 billion, when it released in April, shattering the record set by Avengers: Infinity War in 2018.

A re-release of Avengers: Endgame, with added footage, in June-end, and the release of Spider-Man: Far from Home — which follows the aftermath of Avengers: Endgame, gave the film further boost at box-office glory. — IANS

Katrina knew she had ‘to put a lot of hard work’

Actress Katrina Kaif says she always knew that she would have to put in a lot of effort to make a place for herself in Bollywood.

“When I entered the industry I knew I had to put in a lot of hard work to get where I am today,” Katrina said.

Despite a dud debut in the 2003 crossover film Boom, Katrina made her mark with her distinct screen presence in films such as Maini Pyyaar Kyun Kiya, Namaste London, Singh Is King, New York, Mere Brother Ki Dulhan, 3 Idiots Na Milegi Dobara, Ek Tha Tiger, Jab Tak Hai Jaan, Tiger Zinda Hai, Zero and Bharat.

Fans loved her performances in Zero and Bharat, particularly. Zero, according to me, is a film that encourages people to look beyond what holds them back and live a fulfilling life that they always dream of. I consider this film close to me because it talks about the passion that everyone should have in their life,” she added.

Aamir Khan’s Zero (2018) features SRK as a person named Bala, who is afflicted by dwarfism. The film narrates the story of Bala’s love triangle with a scientist with cerebral palsy (actress Anushka Sharma) and a famous actress (Katrina).

Despite a strong buzz and an ensemble cast, Zero turned out to be a dud at the box office. Rai feels Zero has been one of his best directorial ventures.

“The experience of bringing Zero to the audience has channelised the fearless, gutsy side of me, taking direction a notch higher as compared to my previous works. Zero, while being a dreamy fairy-tale-like story, also highlights the struggles that individuals like you and me deal with every single day. I would like to say that Zero is made with the intention of encouraging people to believe in themselves ad be their own hero,” he added. — IANS

**Committed:** Katrina has made a mark for herself in Bollywood with her distinct performances.

**Social media affects youth more than drugs today: Behl**

Bollywood filmmaker Goldie Behl, who is all set to make his digital debut with the upcoming web series Rejctx, feels youngsters these days are more affected by social media and porn addiction than drugs, because they are obsessed with the virtual world.

Rejctx addresses several issues concerning the young generation of today.

“Today’s millennials are dealing with problems that are more internal than before. Youngsters today are brought up in a world where Internet is a part of their life, as normally as the mobile phone was when we were teenagers.” Goldie told IANS. “These days, kids are less judgmental when it comes to things such as sexual orientation, job profile or friendship. The problems are quite different these days. For instance, they are more affected by social media and porn than drug addiction!”

Goldie added: “In the show I am not trying to give a lecture, but just depicting the reality. My son will be 14 next month and I am the father of a teenager. I am well-versed with their world,” said the 53-year-old producer.

Rejctx is a musical thriller set in an international college campus in Singapore and the story revolves around seven students.

“The story also reflects upon global citizens — how youngsters mingle with others from different parts of the world. So, it shows diverse perspectives of things and people,” shared Goldie.


“Since it is a web show and most of the youngsters are newcomers, I chose actors keeping the relatability factor in mind. That is one of the reasons I cast Kubbra. She is a brilliant actress and, at the same time, the audience watching digital shows relates to her. She is a star of the digital entertainment space and has a huge credibility in the web world. Her acting style is very contemporary and it caters to a large audience. So, casting her was a way to set the tempo of the show right,” added the filmmaker.

Goldie has earlier directed the Bollywood films Box Office, Drona and Drona, and TV shows such as Reporters, the historical drama Aarambh with Rajneesh Duggal among others. On his storytelling experience in the digital space, he said: “It was great that my thought process and that of the ZEE5 team was on the same wavelength. I have worked in films and on TV, and I feel the web series is actually a hybrid of the two formats. It was, therefore, easy for me to bring the magnitude of cinema (into the show). Yet, I was aware that if the story does not engage the audience, they will go away — as it happens on TV.”

“I think I am more into larger-than-life stories, and my thought process is maverick. So, I find the web platform interesting now,” shared the filmmaker, who recently went through a tough time on the personal front after his wife, actress Sonali Bendre, was diagnosed with cancer.

“I have to say that the positive vibes we got from all our friends, family and well- wishers helped us to fight the battle, one day at a time. I was 16 years old when my father passed away and I have seen death from a close quarter at a very young age,” he said.

Does that experience make the storyteller more intense, emotionally?

“Of course, the whole experience matured me and made me stronger,” he concluded.

— IANS
Special screening of *Our Planet* to raise awareness about climate change

Global Shaper Doha Hub and AYCM Qatar will host the watch party at QNL for the Netflix documentary series on July 25

*By Mudassir Raja*

The same voices have continuously been raising concerns over possible horrendous impact of global warming and climate change all over the world. Mike Huckabee, an American politician, aptly said: “The most important thing about global warming is this. Whether humans are responsible for the bulk of climate change is going to be left to the scientists, but it’s all of our responsibility to leave this planet in better shape for the future generations than we found it.”

The only bright side of the climate change so far has been that the voices for protection of the planet earth have been growing. Most importantly, the youth of today is getting well-versed with the ominous truth and is up in arms against climate change around the world.

The Qatar chapter of Arab Youth Climate Movement (AYCM), an independent and voluntary body, is one of the groups that have persistently been organising activities to raise awareness about climate change and its possible aftermath.

Global Shapers is an initiative of World Economic Form that involves young people around the world to find and work for the solution of global challenges. Global Shapers Doha Hub is a part of the international community. Each Hub is required to undertake an impact-generating project to better their local community.

Global Shaper Doha Hub and AYCM Qatar will host a special screening of Sir David Attenborough’s *Our Planet* documentary in a bid to raise awareness about the environmental challenges faced by the Blue Planet. The watch party of latest Netflix series *Our Planet* will be screened on July 25 at 5pm. The event will be hosted by Qatar National Library (QNL).

The exclusive screening of the documentary will also include a special address by Neeshad Shafi, British Ambassador to Qatar. The ambassador will address the opening of the watch party.

Sir David Attenborough, a famous British broadcaster and natural historian, and filmmakers Alastair Fothergill and Keith Scholey, have launched a new Netflix series *Our Planet*, a blockbuster eight-part documentary series. The series aims not just to present the majesty of the world around us but also raise awareness of what changing climate is doing to it.

Sir David Attenborough narrates the series that explores the unique wonders of the natural world. Produced in partnership with the World Wildlife Fund, *Our Planet* uses a combination of stunning photography and technology to present Earth’s remaining wilderness areas and their animal inhabitants.

The project took four years to complete, with more than 600 crew members filming in 50 countries across the world to showcase the diversity that exists among habitats, from the remote Arctic wilderness to the jungles of South America.

“This documentary is perfectly timed for a global moment in which politicians are prioritising climate change as never before, students are skipping school to attend climate marches, and governments are attempting to rein in carbon emissions to meet Paris Agreement targets,” said Neeshad Shafi, Curator of Global Shapers Doha Hub, while talking to Community.

He added: “We as organisers are happy that the British ambassador to Qatar has agreed to attend the special screening. He will also share his thought-provoking opinion with the young audience that campaign for raising awareness about the climate change.”

The event will also call for ‘Voice for the Planet’ during the session. The ‘Voice for the Planet’ is a Global Shapers’ initiative implemented in partnership with 21 climate-related organisations globally. “The aim is to showcase the movement of young people around world calling for urgent global action to address the current crisis for nature, the organiser added.

Neeshad, also Executive Director of AYCM’s Qatar chapter, further said: “Qatar’s focus on education to build an environmentally aware society is encouraging to work towards achieving the implementation of the global idea that focuses on teaching individuals how to adapt to, or prevent climate change. It is only then the youth, in particular, will have the skill sets needed to live in a changing climate.”

“Qatar National Vision 2030 pledges to balance economic growth and environmental stewardship. Among the Vision 2030 goals are pledges to use more environmentally sound technologies.”

We at AYCM Qatar support Qatar National Vision 2030 plan and help build a sustainable environment that could be achieved by public involvement. Therefore, awareness programmes are being carried out to encourage the young generation’s capabilities and improve their analytical thinking, innovation and entrepreneurship to contribute to climate change efforts and sustainable development.”