Cover Story

On the edge

Disaster City in the US sees storm warnings every day. P4-5

Pop Spot

People should be judged on ability, not how they look: Lizzo. Page 14

Back Page

NBA player to coach basketball enthusiasts in Qatar for 3 days. Page 16
Hanna’s Homecoming

**DIRECTION:** Esther Bialas  
**CAST:** Kamaa Reaves, Christina Hendricks, Tom Hanks  
**SYNOPSIS:** After three years at boarding school, Hanna returns to her childhood village during the holidays. The villagers believe her mother was a witch, who lured three men into the marsh, where they died. Since no-one wants to befriend the daughter of a witch, Hanna is glad when she meets the city girl Eva. She seems to have found a friend but something isn’t right. Strange accidents occur and there is no explanation.  
**THEATRE:** Royal Plaza

**Toy Story 4**

**DIRECTION:** Josh Cooley  
**CAST:** Keanu Reeves, Christina Hendricks, Tom Hanks  
**SYNOPSIS:** Woody, Buzz Lightyear and the rest of the gang embark on a road trip with Bonnie and a new toy named Forky. The adventurous journey turns into an unexpected reunion as Woody’s slight detour leads him to his long-lost friend Bo Peep. As Woody and Bo discuss the old days, they soon start to realise that they’re worlds apart when it comes to what they want from life as a toy.  
**THEATRES:** Landmark, The Mall, Royal Plaza
**EVENTS**

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

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

**Summer Camp for Special Needs**  
WHERE: Step by Step Centre for Special Needs  
WHEN: Ongoing till August 1  
TIME: 9:00am – 12:30pm  
During this time, all therapists and teachers will be working together, running individual, peer and group sessions within classes. The children will continue learning age-appropriate concepts, work on social skills, life skills training, arts and crafts, music, and fun activities such as water play.

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

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

**After School Activities**  
WHERE: Atelier  
WHEN: Ongoing  
Music and arts activities for students taking place after they finish their day in school includes Group Music lessons, Hip-hop, Ballet, Drawing and Painting, Drama Theatre & Taekwondo. Ages between 5 and 10 years old after school hours.

**Hobby Classes**  
WHERE: Mamangam Performing Art Centre  
WHEN: Wednesday – Monday  
Mamangam Performing Art Centre, is a holistic performing arts institution and a one stop solution for adults as well as children looking to explore their talents in various art forms. We offer classes in contemporary, Bollywood, hip hop, indian classical dance, music (Hindustani and Carnatic), arts and craft, karate, yoga, percussion (Chenda, Thimila, Elathalam and Maddalam), violin, harmonium, public speaking.

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

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

**Ballet Lessons**  
WHERE: Music and Arts Atelier  
WHEN: Ongoing  
TIME: 4pm – 8pm  
For more information email at registration@atelierqatar.com or call on 33008390.

**Summer Camp for Special Needs**  
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**Career Guidance**  
WHERE: Right Track Consultants, Al Sadd  
WHEN: Sunday – Thursday  
TIME: 6pm – 8pm  
Career guidance for course, country, college and entrance for students of Grade IX-XII, of all curriculum. Career assessments administered for stream preference, career test, branch preference, personality, multiple intelligence and learning styles and productivity. For more information, 55448835.

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

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

Compiled by Nausheen Shaikh. E-mail: gtlisting@gmail.com. Events and timings subject to change.
Breathless in Disaster City

More than a thousand tornadoes have roared across the Midwest, South and Southwest in a year that also has seen costly hailstorms, extreme winds and catastrophic flooding, writes David Montgomery.

It’s a scene of utter devastation. Smashed automobiles, derailed train cars and piles of rubble are scattered across an apocalyptic landscape. Hard-hatted responders cling to nylon ropes alongside a gutted high-rise. In the distance, an industrial fire sends flames and smoke into an otherwise bright blue sky.

Stretching across 52 acres just west of the Texas A&M University campus, Disaster City clearly deserves its name.

The mock municipality began taking shape in the aftermath of the Oklahoma City bombing in 1995. Now, it is part of Texas A&M’s nearly 300-acre Emergency Services Training Institute, which attracts firefighters and other first responders from around the globe.

Breathless in Disaster City

Folks just didn’t catch a breather

— Bill Bunting, chief of forecast operations

‘Folks just didn’t catch a breather,” said Bill Bunting, chief of forecast operations at the National Oceanic and Atmospheric Administration’s Storm Prediction Center in Norman, Okla. The more than 1,200 tornadoes recorded as of June 23 aren’t the most ever (there were 1,817 in 2004), but this year’s total has easily surpassed the average range of 979 for a season.

More than a thousand tornadoes have roared across the Midwest, South and Southwest in a year that also has seen costly hailstorms, extreme winds and catastrophic flooding.

“As forecasters eye the skies with the onset of hurricane season, the Texas facility is a place “where you can exchange best practices and lessons learned so the next generation of first responders … can benefit from the knowledge that has been captured by (those) who learned the lessons the hard way — from experience,” Bunting said.

W Craig Fugate, who headed FEMA during the Obama administration, said “extreme events require a higher level and more expert training” and that the surge in violent weather illustrates “the need to train for these events and make sure the first responders have the skills that are required.”

Last year, more than 116,000 responders
trained at the institute, coached by instructors who have confronted some of the nation’s most horrific moments, from the wake of 9/11 to Hurricanes Harvey and Katrina. The institute operates as part of the Texas A&M Engineering Extension Service, also known as TEEX.

TEEX is the national training contractor for FEMA’s 28 urban search and rescue teams. It is also home base for one of the FEMA teams — Texas A&M Task Force 1, which has already been deployed seven times this year.

Texas A&M began building its reputation as a training ground for first responders in 1929 — long before the term “first responder” came into use — when the Texas legislature established a firefighter training programme here in College Station.

Under the extension service, the 297-acre training institute encompasses Disaster City, the Brayton Fire Training Field and the Emergency Operations Training Center, which has classrooms and a computer-assisted command post for directing disaster exercises.

While Disaster City resembles a stricken community, Brayton Field presents an array of industrial-scale challenges for firefighters, including an imperilled chemical complex, a ship deck and engine room, a mock airplane and a leaking chemical storage tank.

The training institute employs a workforce of more than 200 to construct the props at Brayton Field and Disaster City. Disaster City is set up like a typical mid-sized community to give responders diverse challenges. It includes a strip mall, a government building, an office complex, a single-family residence and a theatre.

Volunteers or mannequins are typically hidden within the smashed autos, train cars and buildings so first responders, including dogs, can practice search and rescue operations.

One jarring scene features a concrete beam sitting atop a bright yellow school bus and a crushed SUV. The mangled high-rise is missing a wall and displays twisted steel rods protruding through broken concrete. A collapsed indoor parking garage is full of crumpled automobiles.

Suspended from a nylon rope, New Jersey Transit Police Officer Juan Gualipa tries to secure a dangling 1,200-pound piece of concrete — nicknamed “the widow-maker” — as instructor Richard Wier, left, advises. Gualipa, 32, explains after descending from the rope exercise.

Many of the responders undergoing training at Disaster City are seasoned veterans who display athletic physiques and a dauntless outlook for the task at hand.

Standing 6 feet tall and weighing 210 pounds, Lt Dennis Wells, another trainee from the New Jersey Transit Police, describes the rope-hanging exercises as an “adrenalin rush” and a “big confidence booster.” Training can run anywhere from one day to 16 weeks.

Students typically stay in area hotels or motels since there is no on-site housing.

G. Kemble Bennett, the extension service director during the 1990s, said he came up with the idea for Disaster City after the Oklahoma City bombing spotlighted the need to give Texas an aggressive first responder training program and a top-flight urban search and rescue team.

“The OKC bombing got our attention,” Bennett said in an email. “We knew we needed to be prepared.”

The training institute’s 2018 operating budget was $44 million, mostly from training fees plus $2.3 million from the state. Director Robert Moore acknowledged that first responder training is a “competitive industry.”

“We try to get students from all over the world to come here to our facility,” he said. “The more students we bring in, the more revenue we can generate and the more props we can build, the more buildings or classrooms we can build.”

All 5,800 members of FEMA’s 28 urban search and rescue teams either train here in College Station or use a curriculum that the extension centre developed.

The centre is also part of the Department of Homeland Security’s National Domestic Preparedness Consortium. The congressionally mandated consortium, which includes six other training centres, was formed in 1998 to help communities and regions prepare for catastrophes, including acts of terrorism.

No-one understands the importance of precision training more than members of the Texas A&M task force, composed of 80 volunteers from a diverse range of backgrounds.

Since its creation in 1997, the task force has been deployed at least 180 times. Its missions have included nine major hurricanes and emotionally wrenching searches at ground zero after the 9/11 attacks.

The force’s leaders recently invited reporters into a cavernous warehouse that included stacks of swift-water rescue boats, command vehicles and a huge cache of equipment.

“You want to do the most good for the most amount of people in the least amount of time,” said its director, Jeff Saunders, “so everything we do is geared toward that.”

Christy Bormann, the canine training coordinator for extension centre, is also a task force volunteer who makes every deployment with Gunny, her gregarious 7-year-old German short-haired pointer.

In a practice drill, Gunny charges toward a parked truck in response to Bormann’s search command, barking enthusiastically after hearing the sound of that bark when the search dog finds a real-life survivor is “an incredibly powerful moment,” Bormann said.

Despite the obvious perils, those who choose a career based on defying danger seem bonded by both the excitement of the job and a passion for helping others.

“It’s a camaraderie, a brotherhood, a family, and you’re doing something that is great,” said Alex Mandy, a training manager at the Texas A&M site and former Harris County firefighter. “Every person that you get to go help, it’s the worst day of their lives. And you can make it better.”
PAQ bids farewell to outgoing Pakistan Defence Attache

Pakistan Association – Qatar (PAQ) recently organised a farewell event for Commodore Irfan Taj, Defence Attache at the Embassy of Pakistan, at Golden Tulip Hotel. The event was attended by notable personalities of Pakistani community. Hafiz Junaid Sial, Community Welfare Attaché at the Embassy of Pakistan, was a special guest on the occasion. The event was compered by Syed Faheem, Chairman of PAQ, and supported by Shahid Rafiq, Vice-Chairman of PAQ. The event kicked off with the recitation of the Holy Quran by Usama Muhammad, President of PAQ. Notable community leaders including Furqan Paracha from Mesaieed Community; Rana Anwar Ali from Al Khor Community; Javed Iqbal from Pakistan Engineering Forum; Ch Ajmal from Pakistan Business Forum and Pakistan Welfare Forum, and Tajammul Aftab Cheema, Chief Patron of PAQ, spoke on the occasion. The speakers acknowledged the contributions of Commodore Irfan Taj for the Pakistani expatriate community living in Qatar. Commodore Irfan Taj was also felicitated on the occasion. Speaking on the occasion, Commodore Irfan Taj thanked the Pakistani community for organising the event. He acknowledged the efforts of Pakistani expats living in Qatar and their contribution for the betterment and progress of Pakistan. The foundation of Business Entrepreneur Pakistan and Qatar (BEPAQ) was also laid on the occasion. The forum will provide opportunities to small businesses to explore new business dimensions and ideas.

BPS organises an educational trip to NMOQ

Birla Public School (BPS) recently organised an educational trip for the students of Senior Section to the National Museum of Qatar (NMOQ). The students got an insight into the story of Qatar with a combination of architectural space, music, poetry, oral histories, evocative aromas, archaeological and heritage objects, commissioned artworks and monumentally-scaled art films. The students got to know about the wide range of activities that the museum offers, including spaces that host educational and cultural activities such as workshops, competitions, and lessons on arts education, and other activities. The photographs, models, plans, texts, films, oral histories, and archival materials to chart Doha’s transition from organic growth to more modern times were also observed during the trip. Along with an official guide, the students were accompanied by Rakesh Verma and Mohammad, faculty members at BPS.

ISC marks International Day of Yoga

Indian Sports Centre (ISC), an apex body of the Embassy of India, in association with Indian Society of Dukhan, recently marked 5th International Day of Yoga at Dukhan Recreation Club. Large number of residents of Dukhan took part in the event. Nilangshu Dey, President of ISC, welcomed the gathering. Mallikarjun, President of Indian Society of Dukhan, applauded ISC for their initiative in promoting Yoga across the country. The event kicked off with the preview of the video message by Narendra Modi, Prime Minister of India, highlighting the importance of yoga, which was followed by the demonstration of artistic yoga by the female instructors of Yoga in Doha. The practice session, based on common yoga protocol, was conducted by Nisha Agrawal, Arti and Mamta Soni. Samir Moosa compered the programme.
TNG hosts its first graduation ceremony

The Next Generation (TNG) School recently hosted its first graduation ceremony to mark the success and achievements of graduating students of Grades XI-XII – the class of 2019.

Dr Hamda Hassan al-Sulaiti, Secretary General at Qatar National Commission for Education, Culture and Science, was the chief guest at the event.

Speaking on the occasion, Dr Hamda motivated the students and appreciated the efforts of TNG as an educational institute. She shared Qatar’s Vision of 2030 and emphasised on the importance of education for personal development. She expressed that she wants to see these graduates as a part of Qatar’s workforce, working to help Qatar grow.

Speaking on the occasion, Ailia Rizvi, Principal of TNG, said, “Continue to read, study hard and may your education allow you to touch hearts and be the voice of those who are vulnerable; give you the courage to question stale assumptions and empower you to create a better world.”

To recognise the graduates’ accomplishments, several awards were also announced on the occasion. The Valedictorian Awards for Commerce and Science Stream was presented to Mariam Riyaz Bakali and Minahil Maqsood, respectively. Mahnoor Imran bagged the Overall Top Achiever Award for achieving the highest number of A’s in IGCSEs. Academic Excellence Awards were also given to students who scored A’s in their IGCSE Examinations. As part of her farewell speech, Fatima Rizwan, Head Girl for the academic year 2018-2019, said, “From the first day, I had teachers who took a chance on me and encouraged me to explore my strengths. Our teachers didn’t only teach us to score well in their subjects but score the highest in being a good human being.”

Hassan Mehmood, Head Boy, added, “Today, we are all are wondering how our lives are going to turn out for us. It is so easy to wonder but it is equally important to take action because our future is not something that is going to happen on its own. We have to create it. It’s hard but I know and I believe that we are all going to make it because we are The Next Generation!”

Shagufta Bakali, CEO of TNG, advised the class of 2019 to remain modest, kind, and hardworking. She further added, “You have so much to offer to the world. Go forth and take your place!”

Pakistani expatriate brings out a book on Qatar’s blockade in Urdu

An active and noted member of the vibrant Pakistani expatriate community has brought out a book on the ongoing unjust blockade of Qatar. The book titled Qatar Ki Nakabandi (The Siege of Qatar) is actually an Urdu translation of original book in Arabic named Hassar Qatar.

The book is originally published by Al Jazeera Centre for Studies. The book is translated by Nadeem Mahir, an Indian expatriate and Urdu poet.

The book discusses about the Gulf crisis that started on June 5, 2017 when four countries – Saudi Arabia, UAE, Egypt and Bahrain - put the unjust blockade of Qatar. It sheds light on the effects of the blockade on Gulf Cooperation Council.

The book further analyses the stances taken by different countries in Arab world, Africa, Asia and Europe. The mediation efforts made by Kuwait are also an integral part of the book.

Siddique penned a book, Together for Excellence in 2009 that discusses contributions of successful Pakistani expatriates towards the progress of Qatar. It entails history of 70 years of the role of his community in Qatar. Speaking about the book, Siddique said, “This is the age of connectivity and media. Qatar is home to thousands of Urdu speaking people. They will get a chance to learn about the unjust blockade by getting first-hand knowledge. Further, it will be help for the media persons and intellectuals both in Pakistan and India where Urdu is a major language.”
A snapshot of LA's streetwear culture

This Is Not a T-Shirt by Bobby Hundreds serves as a shout-out to the myriad mentors who've contributed to the success of the Hundreds streetwear brand co-founded by Kim and Ben Shenassafar, writes Adam Tschorn

The title of Bobby Hundreds' book This Is Not a T-Shirt is straight-up transparent: It's not a T-shirt. It's less obvious at the outset, but not for long, that it's also not a traditional memoir, brand history or “how-we-turned-a-couple-hundred-bucks-into-global-streetwear-label” success story. Either, though those are all in the mix.

Hundreds' real name is Bobby Kim, and his fast-paced book is an LA-centric roller-coaster ride: part streetwear explainer, part narrator, part into growing up Asian American in 1980s Riverside, Calif. The book also serves as a shout-out to the myriad mentors who've contributed to the success of the Hundreds streetwear brand co-founded by Kim and Ben Shenassafar (aka Ben Hundreds) in 2003, and occasionally a score-settling stick poked at the haters they've met along the way.

After two days of not eating (consuming a dusty can of Spam) and being around washboards and dangling hanger wires short of “a ghetto-rigged, two-bit science project,” he describes the nascent brand as “a mirage.” Kim writes (in the chapter appropriately titled Streetwear: A Brief History), “the tighter you crop in, the less focused the picture becomes.” Instead, he explains, in detail, how the Hundreds came to crawl out of the primordial ooze of trade shows and stores of the mid-2000s that had been compartmentalising young men's fashion into skate and urban. “Skaters became disenfranchised by organised action sports and wanted something more grounded, roosty and fashionable to wear,” he says. “The burgeoning retro sneaker culture needed to be dressed from the ankles up. All of these factors converged on an industry, a movement, that required a catchphrase. Moreover, this new customer, young, mostly male and preoccupied with fashion, sought a flag to brandish. 'Streetwear' fit just right.”

For Kim, an aspiring artist rolling into Los Angeles in the social media pre-history of 2001, just as the subculture was getting ready to move mainstream, the graphic–print T-shirt represented a way to share his artwork with the world. “Streetwear, as a medium, is established on the graphic T-shirt,” he writes. “For one, the profit margins are unbeatable when you’re cranking out tees for $5 a pop and flipping them for $35. On the spiritual level, however, the T-shirt is effective because it’s about messaging. To this end, that’s my primary rule when it comes to designing T-shirts: have something to say.” The first order shipped to a bricks-and-mortar retailer, a dozen shirts to Fred Segal Santa Monica in summer 2003, had the hundreds.com web address printed on the clear vinyl bags holding each shirt. “I wanted the customers to understand that if they weren’t just buying a T-shirt, he recounts. “The clothes unlocked a story. There was an entire universe attached to each T-shirt that I was blogging about on the site.”

That, in essence, is the gist of the book. For the Hundreds, the T-shirt was never just a cotton garment with a good profit margin. It was also a billboard, a megaphone, a business card, an art portfolio, a community-builder, a rallying cry. It signified a meaningful connection with like-minded souls.

Importing a T-shirt with that kind of meaning, especially in an era when anyone with two bars on a cellphone can custom print a T-shirt with a few swipes, probably comes off as quaint. But Kim weaves so much of his personal history into the tendrils of the story that when he gets around to making the case, it makes sense. It’s made all the more believable, of course, because the Hundreds is still around and thriving today.

Kim is open that the Hundreds success story has not been a straight line. By including the low points (consuming a dusty can of Spam after two days of not eating) along with the highs (buying a DeLorean) and earnestly recounting some of the harder decisions, like closing retail stores or having to decide whether or not to sell into mall stores (he cites the fight he had with co-founder Shenassafar over the latter as among the most bruising he can recall), he provides valuable business guidance beyond the quotable quotes.

Like the humble graphic–print streetwear T-shirt upon which the Hundreds is built, This Is Not a T-Shirt is more than just one thing. It’s many things. And, given Kim’s skill as a storyteller, we wouldn’t be surprised if it eventually became one more thing too: a screenplay. – Los Angeles Times/TNS
GARDENING

Indoor plants that move out for the summer

Look beyond garden centre standards to these flowering, fragrant plants that love a holiday in the sun, writes James Wong

It’s that time of year when garden centres first start filling up with trays of bedding plants, ramping up for a season of summer growing. Despite often being considered terribly out of horticultural fashion, planting tropical or sub-tropical species such as fuchsias, begonias and pelargoniums outdoors for the warmer months is an effective way of providing a full season of interest that extends far beyond what many temperate plants, with their comparatively short flowering season, can ever hope to provide.

However, it is a shame that so few of us venture beyond traditional favourites, for any cool-weather-tolerant indoor species can be treated in the same way. With the extra light and humidity, many houseplants positively revel in a summer holiday outdoors, plus you’ll save yourself a couple of quid in the process by getting a two-in-one option. And, as these plants can then be brought indoors when the first autumn frosts are expected, they can be a more sustainable choice than buying a new batch of bedding every year.

The best multifunctional plants will thrive outdoors all summer and then continue to give you joy indoors into the depths of winter. All have a long flowering season and white flowers, so will fit into most planting schemes, and are powerfully fragrant to boot.

Plant limes for fragrance and flavour

Citrus trees are without a doubt among the most popular of all ornamental plants worldwide – and with good reason. They are the ultimate horticultural multitaskers, offering beautiful flowers on a patio outdoors in summer and glossy-leaved evergreen houseplants when brought in for the winter. Of course, there’s attractive, tasty fruit, too – and that’s before we even talk about the uplifting scent of their blossoms.

However, there is always one small caveat: the vast majority of citrus plants I see in garden centres are oranges, lemons and the occasional clementine or mandarin – the same fruit that are incredibly easy and cheap to buy in the shops. This is a shame considering that the cost of the plants easily outweighs any harvest you’d ever get. If only we picked some of the rarer varieties (there are at least 100), we could get some wonderfully unusually flavoured fruit that is essentially unbuyable in the shops – all for the same price and level of care as one of their more common cousins. So if you are toyng with the idea of giving citrus a go, here are my top three unusual plants for great flavour.

For those only familiar with the Persian lime, Citrus x latifolia, which dominates supermarket shelves, Key limes (Citrus x aurantifolia) will be nothing short of a culinary revelation. With its thinner, more highly aromatic rind, paired with bracingly sharp juice that comes with an explosion of zesty, almost floral fragrance, there is just no comparison. It is this lime that gives really authentic Latin American food its refreshing notes and, perhaps unsurprisingly, is the essential ingredient for Florida Key lime pie. Key lime pie made without Key limes is simply not worthy of the name.

On the subject of limes, if you only have space for one citrus I would go for the kaffir lime, Citrus hystrix. While it produces tasty fruit whose zest is a staple of many southeast Asian dishes, it offers a second and much more generous harvest of tasty leaves, too. Used just like you do bay leaves, but with the brightest, fresh lime flavour, a single plant will provide more than you can eat all year round. Considering how eye-wateringly expensive these are to buy in the shops, how hard they are to find and how quickly they lose their flavour once harvested, when it comes to bang for your buck, there is no contest.

Finally, I implore you to give the super-trendy Japanese ingredient, yuzu (Citrus x junos) a go. The round, yellow fruit look like oversized mandarins, betraying part of their ancestry. With all the fruity fragrance of the former, combined with the wild vigour of their other ancestor, the Ichang lemon of China, they are probably the hardest fruiting citrus that can be grown in the UK. – The Guardian
Apart from offering people a chance to relax and connect with family and friends during a fishing trip, such activities are also exciting because Qatar waters offer exciting fishing for the novice and professional angler alike. There are many places, including beaches, where you can go fishing in Qatar, and an exciting and varied number of species can be caught here easily. Studies suggest that more than 150 species of fish can be found at Qatar’s coastline. Perhaps the most popular fishing spot among enthusiasts is at the northeast coast of Qatar. Common species of fish found in and around Qatar include King Mackerel, Barracuda, Queen Fish, Kohia, Sheri and Snapper among others.

With the beginning of summers in Qatar, be careful of the sun when planning your next fishing venture. The hot summer weather conditions have a reputation for adversely affecting the activities of Qatar’s fishermen.

— Text by Azmat Haroon @azmatharoon, photos by Mohamed Samad Imran M @imran_ismarbaan
To reinvigorate and moisturise your dry healthy.

Cleansing is a must for skin: In order to keep your face dirt-free, wipe off the excess oil or dirt before going to bed with a good cleansing milk.

Sunscreen: If you think that you don’t need sunscreen in monsoon, you are wrong. Even on rainy days, you need to be protected from harmful UV rays.

Your hair tends to become frizzy in monsoon. It’s important to wash your hair at least thrice a week and to use a conditioner as it moisturises your locks and minimises frizz. Using a hair mask once or twice a week can also help to keep your hair smooth and healthy.

Oil massage is a great option any time. It would be fair to say that you love being recognised, Aries. Today it would enable you to show off your leadership skills. You will organise communities in the days to come.

It would be fair to say that you love being recognised, Aries. Today it would enable you to show off your leadership skills. You will organise communities in the days to come.

You have a dynamic personality, Taurus. With today’s celestial energy, you should try to avoid expending your energy on pointless conversations. Try to be a little more pragmatic. Consider any possible compromises very carefully. If you stand strong, you will reach your objectives much more quickly.

You have the tendency to plan everything, Virgo. You need to feel in charge of things. Today you should try to listen to others around you. Let yourself go for a while, even though you aren’t used to it.

You have a tendency to get very involved in your projects, Sagittarius. Today the stars will compel you to clarify your situation. It’s already clear that you aren’t afraid to work long hours to ensure that your projects end in success. But your entourage will probably have difficulties keeping up with you; you’re too full of energy.

You have a dynamic personality, Taurus. With today’s celestial energy, you should try to avoid expending your energy on pointless conversations. Try to be a little more pragmatic. Consider any possible compromises very carefully. If you stand strong, you will reach your objectives much more quickly.

There’s a certain quality in your personal relationships that motivates you in life, Aquarius. This is one of the reasons why your emotions play an important role in the scheme of things. You’re guided by your emotions. Today you will be in the best disposition to meet a lot of people who will give new impetus to your life.

Today you could learn a lot from other people who are similar to you, Gemini. They have the ability to get involved easily and go straight to the heart of any problem. The world is in constant flux. You have to question yourself if you want to attain your objectives. Try to be open-minded, adapt to the situation, and act before it’s too late.

Headaches or infections which you might normally have during monsoon. "- IANS
**Wordsearch**

AFRICAN   TRUNK   MASTODON
HOWDAH  CIRCUS   ZOO
RIDE     JUMBO   GRASSLANDS
ASIAN    TUSKS    PACHYDERM
HUGE     DUMBO    HAY
SQUIRT   MAMMAL   PEANUTS
CHAINS    WRINKLES
IVORY    EARS

**Codeword**

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

**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 box contains every number is repeated.

**Pooch Cafe**

**Garfield**

**Bound And Gagged**
Super Cryptic Clues

Across
1 Rock plant’s last seen by aquatic creature (6)
4 Merchant who distributes the cards? (6)
8 One small boy in Scillies, for example (5)
9 Small change for Old Bill? (7)
10 Seeing less impressive performance (7)
11 Follow girl after men lost lead (5)
12 Cook missed tea cup (9)
17 Paradoxical odds? (5)
19 Material for nails a tinker ordered? (7)
21 One may have provided food for pet before? Right! (7)
22 Tremble when given a flavoured milk drink (5)
23 Bugs making a sound we can hear (6)
24 Joined in duet with variations (6)

Down
1 Attempt to carry one pound in hat (6)
2 Team leader in league, as agreed (7)
3 Relieved when a seed is transplanted (5)
5 A fast train, say (7)
6 Yorkshire city is first to be heard (5)
7 More impetuous, having a piece of bacon (6)
9 Janitor, a conscientious type (9)
13 Learner in sad state getting tight (7)
14 Selected portion of former publication (7)
15 Parisian thanks leader of army in old kingdom (6)
16 Really it’s in a legal document, though it could be denied (6)
18 Dined in college, by the sound of it (5)
20 A piece from Salieri sent up (5)

Answers

Wordsearch

Codeword

Yesterday’s Solutions

Colouring
People should be judged on ability not how they look: Lizzo

Larger than life is the perfect description of American singer and rapper Lizzo. She is a plus size woman with a persona that defies expectations and a determination to prove that size doesn't matter when it comes to musical talent.

“I want to put women who look like me into the mainstream,” said the lady born Melissa Viviane Jefferson. “I want that visibility and fairness where people are judged on their ability rather than how they look.”

The young Lizzo was inspired by Missy Elliott.

“She was enormously important for me. Missy definitely didn’t fit the industry norm for a pop star. Music is such an image-obsessed business in so many ways. Yet there was a woman who was much bigger than the standard profile for a female singer yet she was having so many massive hits.

“I hope the success I have can inspire other talented young girls who don’t fit the stereotype look. Not just me but also my backing dancers. They are actually called The Big Grrrls. They are all over size 16 but put on backing dancers. They are actually called The Big Grrrls. They are all over size 16 but put on world-class show of high-energy dancing. I want everyone to look at them and think, ‘If they can do that about their size, they’re just great dancers.’

Now 31, Lizzo formed her first rap group, Cornrow Clique, when she was 14.

“Cornrow Clique was made up of my best friends. We all wore different coloured cornrows and all had our own verses because we were inspired by how Crime Mob performed their songs.”

Lizzo’s confidence in her own ability was boosted by a Cornrow Clique member.

“She was the meanest girl in our crew and would often make fun of me. So when she said I always performed the best verses, I realised I did have the talent to try for a career in music.”

Although born in Detroit, Michigan, Lizzo’s family moved to Houston, Texas, when she was ten. It was a move back up north to Minneapolis, Minnesota, which really kick-started Lizzo’s career.

“After Cornrow Clique, I’d been in several rap and R&B groups around Houston but didn’t seem to be getting anywhere. Then a friend asked me to join his band in Minneapolis. He said I could stay at his family’s house. This sounded a whole lot better than where I was living, so I accepted the invitation.

That move proved to be the making of me. Within a year, I’d grown and developed so much as an artist. I learned how to clean up my voice and refined myself.

“I was working with Lizzo and The Larva Ink but also an all-female hip hop group called The Chalice. My bandmates were Sophia Eris and Claire De Lane, two other girls who were making a name for themselves on the Minneapolis music scene.”

Their debut single, “Push It”, proved highly successful in Minnesota. It was the same story for their 2012 debut EP, We Are The Chalice. But each member had their own agenda in addition to the group commitment.

For Lizzo, this was her 2013 debut solo album, Lizzobangers.

“It was released on a Minneapolis label and did really well locally. I did a US and UK tour with Har Mar Superstar which increased my fan base and won the ‘Picked to Click’ award for the best new artist in the Minneapolis / St. Paul area.”

She was also named among Time magazine’s 14 music artists to watch in 2014. The big time seemed to be beckoning but things didn’t quite work out as Lizzo might have hoped.

“My voice and I refined myself. I was working with Lizzo and The Larva Ink but also an all-female hip hop group called ‘The Chalice’. My bandmates were Sophia Eris and Claire De Lane, two other girls who were making a name for themselves on the Minneapolis music scene. Their debut single, “Push It”, proved highly successful in Minnesota. It was the same story for their 2012 debut EP, We Are The Chalice. But each member had their own agenda in addition to the group commitment. For Lizzo, this was her 2013 debut solo album, Lizzobangers.

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She was also named among Time magazine’s 14 music artists to watch in 2014. The big time seemed to be beckoning but things didn’t quite work out as Lizzo might have hoped.

“I was doing pretty well and even performed on The Late Show with David Letterman. But I didn’t get the kind of national success that I could have expected from the Time feature. Not that anyone else did. None of the other 13 artists had any great success in 2014.”

Despite this, an event in 2014 brought Lizzo a memory she will cherish forever.

“Prince wanted The Chalice to feature on Boy Trouble, a track on his Electrumspectrum album. Sophia and I performed raps and were credited as featured artists. Claire didn’t get the credit but she was on the track singing backing vocals.

“Working with Prince was a very surreal experience which I don’t think I’ll ever get over. Now that he’s passed away, it’s kind of immortalised in my mind like a fable or fairy tale.

“Prince told us to treat the song like it was our own. That’s what we did and he left everything on the finished track, he didn’t cut anything. That whole experience was when I felt like I was actually being a vocalist to an artiste.”

2015 saw Lizzo self-release her second album, Big Grrrl / Small World. It attracted critical acclaim but there was no chart placing for the album or either of the two tracks released as singles.

Even so, Lizzo was becoming far better known through her concerts and television appearances. A deal with Atlantic Records saw the 2016 release of her major label debut EP, Coconut Oil. This reached number 44 on Billboard’s Top R&B / Hip Hop Albums chart.

“Everything really started to build for me. I toured with great artistes like Haim and Florence and The Machine. I also did more TV shows, music festivals and more television. My rise was slow but steady.

“People who worked with me were all so positive but maybe my appearance held me back. I didn’t look like a pop star so I was placed at the back of the shelf. But when people did find me, I’d hear them saying things like Lizzo was their favourite new artiste.”

Her major label debut album was long-delayed. It might have been released in 2017, certainly in 2018 but only saw the light of day this past April.

“That was my fault. I worked on the album for three years and it changed so many times. But I’ve ended up with something which is so musical and so me.”

In many ways, delaying the album has proved to be a blessing. The Lizzo bandwagon has kept rolling through concerts, television appearances and her ever growing social media following. The album surely had to be a hit and it was. Cuz I Love You peaked at number six on the Billboard 200.

Her most successful single, ‘Truth Hurts’, reached number 14 on the Hot 100. She surprised some fans by playing the flute during her performance of the song at the Black Entertainment Television Awards show.

“A lot of people thought the story about me being a fl ute player was made up by the record company. But I’ve actually been playing the flute since I was 12. I played in marching bands back in Houston until I graduated from college where I majored in classical flute performance.

“Some people still thought it wasn’t really me playing when I played flute during my concerts. I thought it was time to prove I was playing by doing it on the awards show. Everyone has to know that I don’t make up stories and what you see is what you get.”

Sheryl Crow

Sheryl Crow is the latest artiste to express her dismay and disbelief in the fallout from the New York Times article about a devastating fire at Universal Studios in California which was covered up for 11 years.

Although Universal executives dispute the story and insist the extent of the losses has been overstated, Sheryl has learned the master tapes of her hit albums, Tuesday Night Music Club and The Globe Sessions, were among those lost in the blaze.

“I can’t understand how anything can be stored in a vault that doesn’t have sprinklers,” Sheryl remarked. “I also can’t understand how duplicates of the tapes could be made for safety and then these safeties are stored in the same vault. It makes no sense.

“There were many more songs on my masters which had never been released. I always had the peace of mind from knowing I could come back, listen to them and maybe mine them for basement tapes or out-takes. I grieve that this has now gone.

“Even more so though, I grieve that important music by artistes such as Buddy Holly, Billie Holiday and Duke Ellington has been destroyed. It’s not just the music. It’s the dialogue between the music. It’s the takes that didn’t make it. It’s the versions we’ll never hear. All this music history has gone.”

Cardi B

“It’s difficult to keep Cardi B out of the news. She recently became the first female rapper to be named Songwriter of the Year at the American Society of Composers, Authors and Publishers Rhythm & Soul Music Awards.

A grateful Cardi expressed her thanks to ASCAP and described the award as a great honour for her. But she also used her acceptance speech to rebuff all those who suggest her success is undeserved.

“People want to say I made it because of this or that. But the fact is I made it because I worked hard.”

Sadly, there is also a negative side to the news about Cardi. A New York court has indicted her on 12 counts arising from an incident last year when Cardi and two associates allegedly attacked a pair of female bartenders at the Angels club in Manhattan. Ten of the charges are misdemeanours but she faces two felonies of attempted assault with intent to cause serious injury.

Cardi has entered a plea of not guilty. If convicted though, she could be looking at up to four years in jail.
Tanmay Bhat battling clinical depression

Comedian Tanmay Bhat, who rose to fame with comedy collective AIB, says he has been suffering with clinical depression.

He was suspended last October following complaints of not acting against harassment allegations made regarding his colleague Utsav Chakraborty.

Bhat on Sunday took to Instagram and uploaded a series of videos, sharing how the subsequent events after his suspension have created a toll on his mental health.

He said: “After everything that happened in October, I’m mentally checked out. I feel almost paralysed and unable to participate socially, online or even offline. I think a big part of my self-worth growing up as someone who looked like me became my work. For most of my adult life I worked at a company that I was trying to build.

“And having to watch the letting the office go, all the people who worked with us, having to say goodbye to that took a toll on me mentally and physically which finally came to a headway around the end of the last year and doctors told me that I am suffering from clinical depression and told me to consider doing something about it.”

Last month, AIB issued a statement and announced that Bhat would no longer be their CEO.

Sharing what’s he up to now, Bhat added: “A lot of you have been asking fair questions – why don’t you move on, why don’t you rebuild, all fair advice but for some reason, I have just watched something that I have worked for last part of my adult life come crashing down. I have just been staring at the rubble going ‘what now?’

“I don’t think I’ve been strong enough to be able to pick myself.”

Action has been my lifestyle: Akshay

Bollywood’s ‘khiladi’ Akshay Kumar on Monday gave fans behind the scenes glimpse of the high-octane and “unadulterated” action to expect from Rohit Shetty’s Sooryavanshi.

“From the day acting became my destiny, action has been my life line. Pure, unadulterated action in Sooryavanshi will tell you why it still fires up my core,” Akshay tweeted yesterday.

This post was accompanied by a video in which Akshay features in car and bike chases as well as a death-defying stunt in which he is seen hanging from a helicopter, while Shetty directs him.

Sooryavanshi is the fourth film of Shetty’s cop drama universe in which Akshay is essaying the role of Veer Suryavanshi, a character that was introduced as an anti-terrorist squad officer in the Ranveer Singh-starrer 2018 film Simmba.

Filmmaker Karan Johar, who is producing the film, tweeted: “Behind the scenes of India’s very own cinematic universe. Oh... and trust me, this is just the tip of the iceberg.

That’s what happens when Rohit Shetty and Akshay Kumar get together.”

Just last month, the release date of Sooryavanshi was advanced to March 27, 2020, to avoid a clash with Salman Khan’s Inshallah at the box office.

The change in the release date did not go down well with a section of social media users.

Taking a dig at it in his own way, Shetty wrote on Instagram on Monday: “Kab aa rahe hain yeh important nahi hai... Kahe aa rahe hain web dekho (It’s not important when we are coming, see how we are coming). Akshay Kumar in and as Sooryavanshi. Raw, real and rugged.”

Cavill joins Enola Holmes as Sherlock Holmes

Actor Henry Cavill is excited to essay the role of Sherlock Holmes opposite Stranger Things star Millie Bobby Brown in Enola Holmes.

“Very excited to play a character as fantastic as Sherlock Holmes and very fortunate to be working with Millie Bobby Brown,” Cavill posted on his Instagram.

“Millie, I will see you back in London soon sis!” he added.

Bobby Brown commented: “Yes, you will Sherlock...I can’t wait to work with you big bro.”

It is being reported that Enola Holmes is based on the Nancy Springer book series The Enola Holmes Mysteries. It follows the life of Sherlock and Mycroft Holmes’ younger sister Enola.

Helena Bonham Carter is also said to be on board to play Enola’s mother in the project, which will be helmed by Harry Bradbeer.
By Mudassir Raja

If you have been a basketball enthusiast or a fan of National Basketball Association (NBA), a men’s professional basketball league in North America, you have an opportunity to get some tips from very talented players from the US. A current player of NBA, widely considered to be the premier men’s professional basketball league in the world, is visiting Qatar along with his father and two brothers – all basketball players. The family with four former NBA players-turned-coaches will train the basketball enthusiasts for three days.

“BBB Camp would not be possible without the help of Qatar Basketball Federation, Decathlon and W Hotel. For more information and registration, please visit: www.bbb.qsports.qa.”

Miroslav Zlatkovic is from Serbia. He is a professional basketball coach and has been working with QSports as head of basketball programme. Sharing further the details of the camp with Community, he said: “I am a FIBA, International Basketball Federation, licensed coach. I have been the coach for 20 years. I have been working with QSports for two and a half years. This camp is going to be the biggest project I am going to carry out with the company. We have been doing two leagues every year for amateur basketball players. We also run different camps and academies related to the sport.”

About the upcoming camp, Miroslav said: “This summer, we want to popularise basketball as much as possible in Qatar. We have been trying to reach out current NBA players. Big Baller Brand have been trying to promote basketball all around the world. We contacted them and invited them to Qatar as we have a mutual interest. They liked our idea and they agreed to come here.

“Lavar Ball is the CEO of Big Baller Brand, a sports company based in US. He is a former basketball player. He is a known media personality when it comes to sports in US. He is a proud father of three sons – all professional basketball players. Lonzo Ball, the eldest son of Lavar, is a NBA super star. He plays for New Orleans Pelicans. He was the second pick in 2017 draft by Los Angeles Lakers. He is also a former teammate of Lebron James, a basketball sensation and one of the best players of all times.

“LiAngelo Ball is the middle son of Lavar. He is a former UCLA (University of California, Los Angeles) player. He is entering NBA summer league this season. LaMelo Ball, the youngest son of Lavar, is currently playing in Australia. He is first round draft pick for 2020-21 NBA season.”

He added: “In the camp, we will have kids from six to 17 and adults from 18 and above. The camp and the players will offer an opportunity for the participants to upgrade their basketball skills and to learn some new skills from them. There is no limit for the age or the level of skills. They will teach the participants about some basic skills, specific game situations, mental preparations, physical training, ball handling and some insight into the sport. I think some professional players in Qatar will also be interested in meeting the visiting players.”

Miroslav further said: “During the camp, all the participants will also be a part of the worldwide TV show Ball in the Family, which is aired on Facebook by BBB. The participants can become famous worldwide as the Facebook page has a huge following. You can become a better player and have your five minutes of fame.”

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