Community
Ritz-Carlton Doha announces a series of activities to delight guests during Eid al-Adha.

Community
Traditional Polynesian canoe full of lessons of history for Maori kids and tourists.

A vote divided
Why Elizabeth Warren’s biggest 2020 competition for the presidential race might be Kamala Harris. P2-3

Cuisine
Old Bay Seasoning, a coveted mix of spices. Page 6

Showbiz
The Boys examines how with great power comes great corruption. Page 15
Neck and neck

As they rise to the top of 2020 Democratic presidential field, Kamala Harris and Elizabeth Warren are increasingly in direct competition for many of the same voters and donors.

FROM LEFT: Kamala Harris, Bernie Sanders, Elizabeth Warren and Joe Biden. The two ladies are engaged in a tight race from the same voting segments, in particular, and a divided share with the men in general.

Only a life lived for others is a life worthwhile.
— Albert Einstein

People look at Harris and Warren as something new and refreshing. It’s not necessarily to do with their sex, but with their refreshing worldview and the way they look at politics and policy.

— Bakari Sellers, ex-Democratic state lawmaker
Stephanie Ellis-Smith is one of many well-educated, female Democrats facing a new dilemma: She’s having trouble deciding between Elizabeth Warren and Kamala Harris.

The philanthropic adviser from Seattle has long been impressed by Warren’s detailed policy agenda, but was also struck by Harris’ commanding performance in the first Democratic debate. She’s among hundreds of donors who wrote cheques to both candidates in the last fundraising period.

“My heart so far has been with Elizabeth Warren, but after the debate I’ve been giving Kamala Harris a second look,” Ellis-Smith said.

As they rise to the top of 2020 Democratic presidential field, Harris and Warren are increasingly in direct competition for many of the same voters and donors, according to polls and fundraising data, with each drawing support from the party’s more affluent, college-educated wing — particularly women.

The overlap between their supporters might be a surprise, especially for Warren, who is usually portrayed as being in direct competition with fellow liberal stalwart Bernie Sanders. But Warren’s strongest support so far has come from the same group of voters that is critical to Harris’ path to the nomination.

“A lot of people handicapped the race with Warren competing for voters in the Bernie wing of the party,” said Brian Fallon, a Democratic strategist and former Hillary Clinton campaign aide. “And it turns out that a lot of Clinton voters like Warren too, and she’s competing for voters in both lanes.

“And that lane definitely puts her in competition with Harris for some of those centre-left college-educated women,” Fallon added. “Both of them have higher ceilings than others with those voters.”

Recent polls have underscored just how much support Warren and Harris each receive from white, college-educated voters — and how much room to grow they still have with this group.

In polling results shared with McClatchy, Quinnipiac University found that 24% of white, college-educated voters backed Warren earlier this month, compared with 21% for Harris.

Joe Biden placed third among those voters at 18%, despite having the top overall standing in the poll.

Harris and Warren also have the highest favourability scores among white, college-educated voters in many polls. A CNN survey this month showed that 83% of these voters had a favourable view of Warren, compared with 79% for Harris.

“People look at Harris and Warren as something new and refreshing,” said Bakari Sellers, a former Democratic state lawmaker from South Carolina who has endorsed Harris. “It’s not necessarily to do with their sex, but with their refreshing worldview and the way they look at politics and policy.”

Warren and Harris are increasingly competing for the same sources of money, too. More than 800 donors gave to both candidates between April and July, the highest overlap between any two Democratic presidential candidates during that period, according to a McClatchy analysis of the most recent fundraising reports.

“I admire and like what I’m hearing from both of those candidates,” said Houston attorney and major Democratic donor Amber Mostyn, who has contributed to both Harris and Warren. “The debates showed that both women have what it takes.”

A Morning Consult poll also found that a plurality of Warren and Harris supporters considered the other candidate as their second choice. Even similar types of progressive activists are stuck picking from between the two candidates: When the liberal group Indivisible asked its mostly female membership after the debate which candidates they preferred, Warren and Harris each received more than 30% of the vote while the next closest, Biden, received just 10% of the vote.

Of the more than 18,000 members who responded, 86% said they were considering voting for Warren while 8% said the same for Harris. Pete Buttigieg was third, with just 61% of the group’s membership saying it would consider voting for him.

“Well, when you look at the horse race and when you look at net favourability, no matter how you cut it, Warren and Harris always rank in the top two across our movement,” said Maria Urbina, Indivisible’s national political director.

The coalitions each candidate is building don’t perfectly overlap. Harris still has more support among African Americans, though Warren has worked diligently to court leaders and activists in the community.

Some pollsters also say that Harris’ support within the party extends broadly to many key demographic groups, making her a natural rival for several of the top candidates.

“You can do a story about Harris’ crossover with almost any other candidate in the field,” said Patrick Murray, director of the Monmouth University Polling Institute, which has extensively polled the Democratic presidential primary.

And Warren still draws heavy support from the wing of the party that supports Sanders. She and Sanders shared roughly 700 donors in common during the most recent fundraising period, compared with about 100 for Harris and Sanders.

Democratic strategists say Harris and Warren’s appeal has as much to do with style as substance.

“Voters don’t necessarily view all candidates strictly in terms of ideology,” said Rebecca Katz, a progressive strategist. “There’s an old adage: ‘Who would you rather have a drink with?’ Voters want to like who they vote for. And they want someone who is authentic.”

— McClatchy Washington Bureau/TNS
Beware of kidney stones in summer

The weather in the region is relatively dry and hot winds are reported often. With temperatures reaching unbelievable highs, the heat and humidity wreak havoc with the kidneys. Summer is often called the kidney stone season as our bodies get dehydrated faster due to sweating and chances of dehydration are high. Dehydration is one of the common causes of kidney stones.

Kidney stones are clumpy deposits that form in the kidneys because your body is not able to excrete the crystal like substances easily. They can occur in anyone, even youngsters, though genetics, age and sex may play a part.

A stone may cause no problems but often it causes pain. Most kidney stones are small and pass out with the urine. Some stones become stuck in a ureter or kidney and cause persistent symptoms or problems. There are various treatment options to remove a stuck stone. About half of people who have a kidney stone develop another one at a later time in their life. Drinking plenty of water each day may prevent a recurrence.

What are kidney stones?

Kidney stones can form within the kidney, within the ureter (the tube draining urine from the kidney) or in the bladder. They can be many different sizes and shapes. The size of kidney stones ranges from tiny microscopic crystals to stones as large as potatoes.

How common are kidney stones?

About 1 in 20 men and 1 in 20 women develop a kidney stone at some stage in their life. They can occur at any age but most commonly occur between the ages of 20 and 40. About half of people who develop a kidney stone will have at least one recurrence at some stage in the future.

How do kidney stones form?

The kidneys filter the blood and remove excess water and waste chemicals to produce urine. Urine travels from each kidney down a tube called the ureter into the bladder, then out of the body via the urethra when the bladder is full. Many waste chemicals are dissolved in the urine. The chemicals sometimes form tiny crystals in the urine which clump together to form a small stone. If you have ever passed a kidney stone, you are not likely to forget the experience – it can be excruciatingly painful. Kidney stones are a fairly common disorder.

It often occurs when urine becomes too concentrated – causes mineral and other substances in your urine to form crystals. About 80% of stones consist of Calcium and Oxalate. Most other stone are composed of uric acid – end product of protein metabolism. Struvite stones result from urinary tract infection. Not all stone cause symptoms.

Usual symptoms

Intensive colicky pain
Bloody or cloudy urine
Fever and chills
Some of the substances filtered by the kidney – especially calcium, oxalate, uric acid and cystine – have tendency to form crystals. Other substances such as citrate and magnesium help to prevent crystal formation. Normally those substances are in balance. Crystal formation can occur when too many of these elements or too little of the protective substances.

Crystal forms when the urine is too concentrated or is too acidic or alkaline.

Factors Favouring Kidney Stones
- Heredity
- Diet
- Drugs
- Climate
- Life style factors

Variety of Stones
Calcium Stones
Form 75 – 85% – usually combination of calcium and oxalate, causes increased calcium excretion in urine
Large amount of vitamin D increases calcium absorption
Thyroid hormone drugs
Drugs used to control increased urination

Uric Acid Stones
Uric acid stone is bye product of protein metabolism. Seen in increase intake of meat or in gout

Struvite Stones
Are seen in urinary tract infection

Risk Factor
Family History
Age, gender and race
Certain diseases like – renal tubule acidosis, cystinuria
Certain medications – calcium based antacids
Diabetes
Diet – high protein diet (meat)/Fruits
Limited activity – bedridden patients

Diagnosis
Silent stones are detected by routine X-rays or ultrasound study for some other symptoms.
CT is useful in some case.
Treatment
Treatment varies with the type of stones, you may be able to move a stone through your urinary tract simply by drinking plenty of water. Stones that cannot be detected with conservative method may have to be treated surgically, either by:
ESWL (Extracorporeal Shockwave Lithotripsy) – uses shockwave to break the stones into small crystals that are passed in your urine
PCNL (Percutaneous Nephro Lithotripsy) – when ESWL is not effective or the stone is very large.

Ureteroscopic removals of the stones – for stones are which lodged in the tube.

Prevention
Life style changes – Research has shown that kidney stones can be prevented by making changes in the diet.
Drinking more fluid – At least 10-15 ounce glass fluid especially water / day is recommended. Cola beverages, coffee and tea should be limited to two ounces / day because these fluids contain oxalates – contributes in the growth of calcium and oxalate stones.
More fluid maybe needed to stay hydrated in hot days or when you are active. Drinking lemonade made from fresh lemon or lemon juice may help reduce the risk of kidney stone formation. Lemon juice increases the level of citrate in the urine which in turn prevents the formation of kidney stones.

Moderating salt consumption. Sodium increases the concentration of calcium and crystallisation in urine (2,000 – 3,000 mgs/ day). A table spoon of salt contains 2,325mg of sodium.

Eating a healthful amount of calcium. Ideally people should eat 1,200mg calcium each day preferably derived from food such as dairy products.

Moderating conception of animal proteins. Eating too much animal proteins can lead to calcium and uric acid in the urine as well as low level of citrate in the urine which in turn favour calcium, oxalate, phosphate and uric acid stones.

Moderating conception of oxalate rich food. Oxalate is found naturally in many fruits and vegetables. The highest amounts of oxalate are found in dark green leafy vegetables.

Using vitamin carefully. Do not consume more than the 100% of the recommended daily dose for vitamin C, Vitamin D & calcium. Dietary supplements especially calcium should be taken with a meal to minimise the risk of forming a kidney stone.

It can be especially helpful to drink more water, since low fluid intake and dehydration are major risk factors for urinary stone formation.

— Dr Joy P George MRBS, MS, MCh (Urology) is a Specialist Urologist at Aster Medical Centre, Al Hilal
Smoking can trigger severe leg pain, poor wound healing

Researchers have found a strong link between smoking and peripheral artery disease – a circulatory condition in which narrowed blood vessels reduce blood flow to the limbs – and this elevated risk can persist up to 30 years after quitting smoking.

The study, led by researchers at the Johns Hopkins University’s Bloomberg School of Public Health, also found that the link between smoking and peripheral artery disease was even stronger than that for coronary heart disease and stroke.

“The study suggests that campaigns about smoking’s health risks should emphasise the elevated risk of peripheral artery disease, not just coronary heart disease and stroke,” said senior study author Kunihiro Matsushita.

The study found that compared with never-smokers, those who smoked for more than 40 pack-years had roughly four times more risk for peripheral artery disease, versus 2.1 times and 1.8 times more risk for coronary heart disease and stroke, respectively.

A pack-year is a parameter of smoking – 10 pack-years can mean one pack per day for 10 years or two packs per day for five years or some other combination. Similarly, participants who reported currently smoking more than a pack per day had a relative increased risk – 5.4 times more for peripheral artery disease versus 2.4 for coronary heart disease and 1.9 for stroke – compared to those who had never smoked.

Peripheral artery disease features the atherosclerotic build-up of cholesterol-laden deposits in arteries serving the legs. The reduction of blood flow leads to limb pain, poor wound healing, and other signs and symptoms.

The study, published in the Journal of the American College of Cardiology, is the first comprehensive comparison, in a large population moving through time, of the smoking-elevated risks of peripheral artery disease, coronary heart disease and stroke.

The analysis was based on a sample of 33,355 Atherosclerosis Risk in Communities (ARIC) cohort participants, including 5,323 current smokers and 4,185 former smokers, who were tracked for a median period of 26 years. – IANS

Good financial habits can shield you from depression: Study

Researchers have found that students who practice more responsible financial behaviour show fewer symptoms of depression and a higher relationship satisfaction.

The study is based on data collected at three different time points over a six-year period and researchers tracked a group of students in the US from their fourth year of college to five years post-graduation.

Participants were asked at three different points to self-report on financial behaviour such as spending, saving, budgeting and borrowing.

“We found that financial behaviours during that fourth year of college continue to have positive implications for emerging adults more than half a decade later,” said Melissa Curran, Associate Professor at University of Arizona in the US.

The findings, published in the Journal of Applied Developmental Psychology, showed that those who had good financial habits in their fourth year of college or who showed marked improvement in their habits over the course of the study, were more likely to see themselves as adults at the end of the study period, when they were 26 to 31 years old.

They found that those who practised more responsible financial behaviours reported having fewer symptoms of depression and higher relationship satisfaction, both of which, in turn, seemed to promote the formation of adult identity.

While the study focused on college-educated students, future research should consider the implications of financial behaviour on adult identity formation in non-college educated young adults, said lead study author Xiaomin Li from the University of Arizona. – IANS
Old Bay Seasoning, a coveted mix of spices

Old Bay Seasoning, the definitive seafood spice holds a coveted spot in spice racks in and around its home state of Maryland. The magical blend of Old Bay spice goes on seafood, popcorn, French fries, chicken, and so many more dishes, the list goes on. Pronounced as “Ol’bay”, the seasoning blend is traditionally used on seafood but has grown to be an icon.

To me it is a perfect example of achievements of people outside their comfort zones of their home town.

Old Bay was a blend of 18 spices invented by Gustav Brunn, a German refugee who arrived in Maryland in 1939. He named his spice after a ship line on the Chesapeake Bay, the spice was an instant hit and grew in popularity during the second half of 20th century. In 1990, McCormick and Company, headquartered in Baltimore identified the potential of the spice blend and bought the Old Bay spice company.

Their initial goal was to distribute it within Maryland but later realised the potential of the spice and shipped it to a much wider area. The recipe that they bottle is the same as it was over 75 years ago and the can is intentionally and wonderfully retro looking. It would not be wrong to say that every single restaurant in Maryland would have this spice handy for seasoning their seafood and many other dishes. For me the best use of the Old Bay spice blend is on fried food items like the fried chicken, fried shrimps, calamari, fish, French fries, hush puppies and many more. Thanks to Brunn for creating the Old Bay Seasoning which immediately add a wallop to almost any food item. Old Bay is a delicious combination of celery, salt, mustard, black pepper, red pepper, bay leaves, cloves, all spice, ginger, mace, cardamom, cinnamon and paprika.

We all know the Old Bay Seasoning, but have you wondered why was the seasoning first created? Well in 1930’s crabs were so plentiful in Baltimore that Maryland clubs actually served them for free with the beverages. In order to not only season the crabs but to encourage the patrons to purchase more beverages, several crab seasonings were created, including Old Bay Seasoning. Old Bay is one of the surviving spice blends of that era. Like to colonel’s top-secret fried chicken recipe, Old Bay is extremely guarded about the contents of its lauded spice blend. The ingredient label on the side of this iconic yellow tin only lists celery salt, red pepper, black pepper, and paprika and they just keep quiet about the other 14 secret ingredients. No one outside the Old Bay knows the exact recipe and many people have tried copying the recipe and making their unique spice blends but never gained enough popularity to become so popular.

Old Bay Shrimp with Cocktail Sauce

Ingredients

- For shrimp
  - Large shrimps 600gm
  - Unsalted butter 2 tbsp
  - For the marinade
    - Olive oil 2 tbsp
    - Garlic, minced 3-4 cloves
    - Old Bay Seasoning 3 tbsp
    - Salt to taste

- For the marinade
  - Lemon juice 1 tbsp
  - Ketchup ½ cup
  - Horseradish 2 tbsp
  - Worcestershire sauce 1 tsp
  - Hot sauce ¼ tsp
  - Garnish
    - Parsley few sprigs
    - Lemon wedge 3 - 4 wedges

Method:

Wash and devein the shrimps and pat them dry, keep aside.

In a clean dry bowl combine all the ingredients listed for the cocktail sauce and whisk to combine well.

Store the prepared cocktail sauce in refrigerator.

To cook the shrimps on stove top
Heat unsalted butter in a heavy skillet over medium flame. Add the shrimps and cook for about 3 minutes or until opaque. Season with additional salt and pepper if desired.

Remove the shrimp in a plate and repeat for the remaining shrimps.

Serve along the prepared cocktail sauce.

For the grill cooking

Soak the wooden skewers for at least 30 minutes in water before grilling or broiling.

Thread shrimps onto the wooden skewers and keep aside.

Heat the grill over medium heat and season with oil.

Grill the shrimps for 3-5 minutes on each side or just until shrimp has turned pink and firm, take care about not to overcook the shrimps.

Remove the shrimps from the grill and generously brush with additional salt and pepper to taste if desired.

Serve along the prepared cocktail sauce.

Note: While sautéing the shrimps in skillet take care not to overfill the skillet as the steam released while cooking the shrimps will steam or boil the shrimps instead of sautéing it. Working in smaller batches while sautéing always yields better tasting food items.

Chef’s Special

Lemon juice 1 tbsp
For Cocktail Sauce
- Tomato Chili sauce ½ cup
- Ketchup ½ cup
- Horseradish 2 tbsp
- Lemon juice 2 tsp
- Worcestershire sauce 1 tsp
- Hot sauce ¼ tsp
- Garnish
- Parsley few sprigs
- Lemon wedge 3 - 4 wedges
Create memorable experience this Eid al-Adha at the Ritz-Carlton

With one of the year’s most anticipated holidays on the horizon, The Ritz-Carlton, Doha announces a series of activities to delight its guests during Eid al-Adha. The lavish buffet and live stations will feature a wide variety of international cuisine, with a special selection of Middle Eastern and Qatari cuisines prepared to perfection by our master chefs while the little ones will enjoy the festive fun with an array of activities including face painting, balloon twisting, cinema watching and many more.

Eid Brunch is from 1pm to 4pm and is priced at QR299 per person inclusive of soft beverages and QR399 per person for the enhanced package.

Marriott Bonvoy Members will receive 30% savings on the soft package upon presentation of their loyalty card while children from 5-11 years old are charged 50 percent and children under 5 years old eat complimentary.

Furthermore, guests will be able to celebrate Eid al-Adha at the award winning steakhouse, STK Doha, open daily during the celebrations. Serving tender cuts of USDA prime beef and a succulent selection of sides such as the popular truffle mac & cheese and mushroom pot pie as well as the much beloved hida beef, one of the highest quality of Japanese wagyu in Qatar, STK will be the perfect place to come with friends and family.

The latest culinary addition of The Ritz-Carlton, Doha, Sel & Miel, will also be opening for lunch and dinner during Eid al-Adha offering authentic French cuisine prepared to perfection by Chef Alain Regnault.

For guests willing to relax during Eid, the award winning Ritz-Carlton, Spa has created The Summer Rejuvenation package, perfect to cool down the body and calm the mind. This 90-minute treatment includes a refreshing back scrub, followed by a cooling algae body wrap to detox and soothe the skin, a cooking eye treatment and facial cleanse, finishing with a back massage and moisturiser application. This package is priced at QR500 per person and is available until August 31, 2019.

The Ritz-Carlton, Doha is inviting both Qatar residents and visitors from across the region to make the most of their vacation with The ‘Summer Sale’ package. Available during Eid holidays, this package starts at QR880 per night in a Deluxe Room and includes 15% savings on all rooms and suites, optional breakfast at Lagoon restaurant and a wide range of kids’ activities.

For reservations during Eid al-Adha or for further information, please call +974 4484 8000 or visit ritzcarlton.com/ doha

A crime novel with a veteran’s flourish

By Ginny Greene

The Killer in Me by Olivia Kiernan; Dutton (552 pages, $16)

In a cold, wet suburb of Dublin, chief detective Frankie Sheehan is feeling good. Her team has nailed their past few cases, and it’s been a while since a major crime. For a change of pace, she decides to do a favour for her sister-in-law Tanya, an advocate for a nonprofit that seeks justice for the wrongly convicted. She’s meeting with Tanya’s latest project to offer a cop’s perspective on evidence that the freed inmate hopes will get his conviction erased.

But the cool, handsome man who makes his way across the club where she and Tanya are waiting isn’t just any bloke. It’s Sean Hennessy, who – 17 years earlier and while still a teen – was convicted of killing his parents. Now he’s done his time, all the while professing his innocence, and he wants to prove the whole thing was a mistake.

The detective is intrigued, although she has little doubt as to his guilt, and accepts the challenge. She’s barely done with her drink before their meeting is interrupted and she’s summoned to a murder scene. In coming days she finds herself working on fresh killings that have macabre echoes of the Hennessy case all over them.

Trouble is, at the time of the new killings, Hennessy was in that club with her.

So begins a cat- and- mouse game, as the detective is led first down one path, then another, and the killer baits her with pieces of the puzzle from 17 years ago and Hennessy’s own safety appears at risk. As the old and new cases get more intertwined, Frankie has to ask herself: Just what murders am I trying to solve?

A fresh new voice out of Ireland, Olivia Kiernan delivers her second crime novel with a veteran’s flourish. – Star Tribune (Minneapolis)/TNS
This Is What Happens In An Internet Minute

- 3.7 Million Search Queries
- 973,000 Logins
- 18 Million Text Messages
- 4.3 Million Videos Viewed
- 375,000 Apps Downloaded
- 174,000 Scrolling Instagram
- 481,000 Tweets Sent
- 1.1 Million Swipes
- 187 Million Emails Sent
- 67 Voice-First Devices Shipped
- 936,073 Views
- $862,823 Spent Online
- 266,000 Hours Watched
- 2.4 Million Snaps Created
- 25,000 GIFs Sent via Messenger
- 38 Million Messages
2019

This Is What Happens In An
Internet Minute

Google
3.8 Million
Logging In

Facebook
1 Million
Texts Sent

YouTube
18.1 Million
Videos Viewed

Netflix
694,444
Hours Watched

$996,956
Spent Online

Snapchat
2.1 Million
Snaps Created

Instagram
347,222
Scrolling Instagram

Amazon
180
Smart Speakers Shipped

Giphy
41.6 Million
Messages Sent

4.8 Million
Gifs Served

41
Music Streaming Subscriptions

1 Million
Emails Sent

1 Million
Views

60 SECONDS

Created By:
@LoriLewis
@OfficiallyChadd
GAZOO Racing (GR) participated with the GR Supra in the 24 Hours of Nürburgring in Germany for the first time recently, and performed well under challenging conditions to finish the race third in the SP8T class. Morizo, also known as Toyota President Akio Toyoda, was one of the four drivers to take the wheel of the No. 90 GR Supra during the 47th edition of the endurance race, which marked a highly significant anniversary for the GAZOO Racing team.

This year’s first qualifying session was affected by a sudden thunderstorm. The weather had cleared by the second session, yet high temperatures soon brought on severe conditions for both the vehicles and their drivers. The No. 90 GR Supra started from 99th place on the grid among a total of 158 vehicles that lined up for the 24-hour race. Morizo was the first driver for the GR Supra, and was followed by his team mates Masahiro Sasaki, Uwe Kleen, and Herwig Daenens.

The No. 90 GR Supra made a good start and gradually raised its position. However, the soaring temperatures had a negative impact on all of the vehicles, resulting in multiple collisions across the course. Thereafter, the race became one of survival. It was at this time that the GR Supra made contact with a competitor vehicle.

Fortunately, the team was able to continue, with the vehicle running smoothly into the following day. The second day of the race took place on 23 June, a date that is written in the history of GAZOO Racing. Hiromu Naruse, the master driver of Toyota who co-launched GAZOO Racing and was Morizo’s former driving teacher, passed away suddenly on this date nine years ago. At this year’s 24 Hours of Nürburgring, it became a special day for Akio Toyoda and the GAZOO Racing team, as running with the new Supra had long been Toyoda’s dearest wish.

Toyoda, who was vice president at the time, established GAZOO Racing with the goal of making ‘ever-better cars’ and started his driver training at the Nürburgring in 2001. However, the following year, production of the Supra was discontinued. This remained a source of great regret for Toyoda, who was determined to revive the Supra and refine it on the rigorous Nürburgring roads before launching it into the world.

Akio Toyoda, President of Toyota Motor Corporation, commented: “First of all, I’d like to thank everyone. Today is a day of remembrance for Mr. Naruse’s passing. At the time of Mr. Naruse’s funeral, I resolved to stay on this path, alongside a handful of passionate people who wanted to continue doing this with me.

Our GAZOO Racing activities have continued through the great support of growing numbers of people to bring us to this point today. And as a matter of fact, this event has taken a central place in our continued activity of making ever-better cars and developing human resources.”

The Nürburgring circuit offers 170 corners of varying lengths and a maximum elevation difference of 300 metres; it has been said that the circuit condenses the world’s roads into a single course, making it the ultimate vehicle proving ground. The extended nature of the 24 Hours of Nürburgring race also allows engineers to supplement clinical machine data with the subjective analysis of experienced master drivers, who can provide more nuanced, emotion-led feedback.

GAZOO Racing’s Hideyuki Tanaka, Chief Mechanic for the Supra, said: “For the GR Supra, the longest race we had experienced until now was just four hours, so I am happy that we completed 24 hours for the first time. Our drivers and many supporters helped us to accomplish it. I am full of gratitude and I want to thank everyone.”

Over the years, Toyota has been participating in different forms of motorsport, including Formula One, the World Endurance Championship (WEC), and the Nürburgring 24 Hours endurance race. Toyota’s participation in these events was overseen by separate entities within the company until April 2015, when Toyota established GAZOO Racing, to consolidate all of its motorsport activities under one in-house brand. Representing Toyota’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:
No. 90 GR Toyota Supra (Masahiro Sasaki, Uwe Kleen, Herwig Daenens, MORIZO)
Position: 3rd (SP8T class)
No. of Laps: 137
LEISURE

Colour by choice

Maze

Help the dog find its way to the doghouse

Connect the dots

Join the dots in order to find out more!

Picture crossword

DOMESTIC ANIMALS
USE THE PICTURES BELOW AS CLUES

ACROSS

1. DOG 2. CAT 3. BIRD 4. FISH 5. MONKEY 6. KANGAROO

DOWN

1. DOCK 2. CATS 3. BIRDS 4. FISHES 5. MONKEYS 6. KANGAROOS

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

### Super Cryptic Clues

#### Across
1. Russian city satisfactorily importing manuscript (4)
2. Engage in a sport, risk a wet outcome (5-3)
3. Europeans residing in bigger mansions (7)
4. Almost time for bed? (5)
5. Some of the choir are lying at but not often (6)
6. Train a group of dolphins, for example (6)
7. Female contributor to newspapers and radio (6)
8. Sort of hammer everyone's come across outside (6)
9. Intimidated officer gets married (5)
10. A prison in motion (5)
11. Fish appearing odd in a dress (8)
12. Some want husbands to be like this (4)

#### Down
1. Musician roasting nuts (8)
2. Express a lack of interest in Welsh rugby? (5)
3. Ridiculous bus turned in a road (6)
4. Old anaesthetic used in some therapy (5)
5. Head of state bumped off expert (7)
6. Tiny bit in letter from Greece (4)
7. Military display of design on skin (6)
8. Cheek near the ground (7)
9. Truck going round cold region up north (6)
10. Steady place for horses (6)
11. Cricket ground for the aristocracy (5)
12. Keep an eye on the timekeeper (5)
13. Some classical music is serene (4)

### Wordwatch

**blurb (bluhrb)**

**PRONUNCIATION:** (bluhrb)

**MEANING:** noun: A short description of a creative work, such as a book, film, etc. used for promotional purposes. verb tr. To write a brief description of a creative work.

**USAGE:**

“If you like sustained discomfort you’ll love this one [Our Kind of Cruelty]. In the cover blurb, Gone Girl’s Gillian Flynn calls it ‘one of the nastiest and most disturbing thrillers I’ve read in years. Bring it on’.”

**malfeasance** (mal-fee-zuhns)

**MEANING:** noun: An illegal action, especially by a public official.

**NOTES:** Not all members of a family are alike though they may have things in common. Two sisters of malfeasance are:

- nonfeasance: a failure to act where there’s an obligation to
- misfeasance: an unlawful exercise of a lawful act

**nepotism** (NEP-uh-tiz-uhm)

**MEANING:** noun: Favoritism shown to relatives and friends, especially in business or political appointments.

**ETYMOLOGY:** From Italian nepotismo, from Latin nepos (grandson, nephew). Ultimately from the Indo-European root nep- (grandson, nephew) that is also the source of the words nephew and niece. Earliest documented use: 1669.

**USAGE:** “[Ivanka is] a walking advertisement for the dangers of nepotism, an exemplar of class privilege, and a perfect representative for Republican know-nothingism.”

**emolument** (i-MOL-yuh-muhnt)

**MEANING:** noun: Payment, salary, or fees from an office or employment.

**ETYMOLOGY:** From Latin emolumentum (profit, advantage), from ex- (out) + molere (to grind). Earliest documented use: 1480.

**USAGE:** “Tom paused, said with slight embarrassment. There wouldn’t be any — or emolument, I’m afraid. We have to tighten our belts in these hard times.”

**collusion** (kuh-LOO-zhuhn)

**MEANING:** noun: A secret cooperation for fraud, treason, etc.

**ETYMOLOGY:** From Latin collidere (to play together, to conspire), from col- (with) + ludere (to play), from ludus (play). Ultimately from Indo-European root leid- (to play), which also gave us allude, delude, elude, illusion, ludicrous, Ludo, ludic, and prelude. Earliest documented use: 1397.

**USAGE:** “There was a dealer whom internal security suspected of collusion with outside agents.”

— wordsmith.org

### Today's Solutions

**Sudoku**

```
4  7  9  6  5  2
7  6  1  5  9  4
5  9  3  6  7  1
6  5  4  1  2  3
2  1  8  3  4  9
9  8  2  7  6  5
```

**Today's Solutions**

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Phone movements can predict your personality: Study

Mobile phone movement patterns say a lot about your personality type, say researchers who used data from phone accelerometers – the tiny sensors tracking phone movement for step-counting and other apps – to predict people’s personalities.

“Activity like how quickly or how far we walk, or when we pick up our phones during the night, often follows patterns and these patterns say a lot about our personality type,” said Flora Salim, Associate Professor at RMIT University in Australia in the study published in the journal IEEE Explore.

Previous studies have predicted personality types using phone calls and messaging activity logs, but this study showed adding accelerometer data improved accuracy.

Physical activity is proven to have a strong correlation with human personality. Therefore, researchers analysed physical activity features from different dimensions like dispersion, diversity, and regularity.

The results were analysed in accordance with the big five personality traits, which are – Extraversion: how energetic, sociable and talkative you are; Openness: how curious and inventive you are; Agreeableness: how friendly and compassionate, rather than suspicious and hostile you are to others; Conscientiousness: how organised, efficient and careful you are; and Neuroticism: how nervous and sensitive, rather than confident and secure you are.

According to the researchers, the key findings suggest that people with consistent movements on weekday evenings were generally more introverted while extroverts displayed more random patterns.

The findings also show that meeting with different people and taking up unplanned options, agreeable people had more random activity patterns and were busier on weekends and weekday evenings than others. They also found that friendly and compassionate females made more outgoing calls than anyone else. Conscientious, organised people did not tend to contact the same person often in a short space of time.

Sensitive or neurotic males often checked their phones or moved with their phones regularly well into the night and past midnight. Sensitive or neurotic males did the opposite, said the research.

According to the study, more inventive and curious people tend to make and receive fewer phone calls compared to others. – IANS

### Aries
March 21 – April 19

Today you may try to contact several people. Aries, none of whom may be available. You might particularly want to reach a friend or relative who lives far away. This could prove frustrating, as you have some interesting news for him. Keep trying. You will eventually manage to connect, and he will be glad to hear from you. He might even invite you to visit!

### Taurus
April 20 – May 20

Whether or not you should make a specific expenditure could cause some tension between you and a partner. Taurus. You may think that it isn’t feasible now, while your friend is determined to go for it. This isn’t the day to try to reach an agreement in this matter. Neither of you is likely to give in. Wait a couple days until you’re both a bit less tense.

### Gemini
May 21 – June 20

A friend may be throwing a party and you might be expected to attend. You’ve probably had a stressful day and really don’t feel up to it. Your friend may try to induce you to come by making you feel guilty. Don’t fall into that trap. Go only if you feel that the value of the occasion overrides your need to rest. Your friend will forgive you if you say no.

### Cancer
June 21 – July 22

Today you might receive some uncomfortable intuitive signals from one or more of your friends. Cancer. Perhaps someone doesn’t feel well but came out to play anyway. Sensing the tension in others could save you some grief, as people may be stressed and likely to lash out over nothing. It’s best to focus on solitary pursuits if you can.

### Leo
July 23 – August 22

Today you may attain a goal you’ve been hoping to reach for a long time, Leo. Oddly enough, friends, family, and even your significant other may not seem as happy as you expected. They’ve probably suffered too many frustrations recently, and your success only reminds them of this. Give them some time to settle their own affairs and they will congratulate you. They’re only human.

### Virgo
August 23 – September 22

Today you may be anxious to spend time with your family, Virgo, but there could be some chores you need to do first. This could stress you out quite a bit if you let it. Roll up your sleeves and handle whatever needs to be done. Relax and enjoy the company of your loved ones!

### Libra
September 23 – October 22

Today it might be more difficult than usual for you to deal with words, Libra. Someone might lend you a book on a rather obscure subject that you can’t understand. In fact, you might find the book – or anything else you try to read to bored! You don’t want to hurt your friend’s feelings. Put the book aside and try again later. The words should be clearer to you then.

### Scorpio
October 23 – November 21

Some news that comes to you from a friend or colleague could shake you up today, Scorpio. You might find that what you learn casts doubts on concepts you’ve embraced for most of your life. This could confuse you. Don’t feel threatened. Everyone has to recreate some values from time to time. Think about it when you’re more relaxed and you might find it isn’t so radical after all.

### Sagittarius
November 22 – December 21

Today you may see that nearly every couple you know is quarrelling. Sagittarius. You may have a few differences with a current or potential friend, but this is nothing to worry about. You’re tense and edgy because of outside pressure, so your fuse might be a bit shorter than usual. Try to stretch your patience a little further, just for today. All should be well by tomorrow.

### Capricorn
December 22 – January 19

Today you may be in a very stressful atmosphere. Your entourage is likely to be tense and anxious, and you’re no exception. You may need to stay in the environment until you’ve accomplished your objectives. You will probably want to spend your evening at home in front of the TV, doing and thinking absolutely nothing. Relax!

### Aquarius
January 20 – February 18

You and a current friend may disagree on whether to spend some time together alone or go out with friends, Aquarius. If you’ve both had a rough day, you’re likely to be rather tense and apt to snap at each other. A compromise may be the best answer. Spend an hour or two with your friends and then come home and relax. That way, everyone’s happy.

### Pisces
February 19 – March 20

A relaxing evening at home may be just what you need. Pisces, but a colleague might ask you to attend a business-related event. You may have had a stressful few days. Such a party may be the last thing you want to do. Don’t be afraid to say no. There will be plenty of colleagues there. At the most, put in a quick appearance and then leave. Right now you need rest more than contacts.
**Tabu starts shooting for Allu Arjun’s Telugu film**

Actor Tabu returns to Telugu films after a decade with Allu Arjun’s yet-untitled upcoming project. Tabu joined the film’s unit recently, and the makers unveiled a video from the sets welcoming her on board. The video gives a glimpse of the veteran star preparing for her role.

If the industry grapevine is anything to go by, Tabu plays Arjun’s mother in the film, which is rumoured to be titled Naama Nenu. The film marks director Trivikram Srinivas’s third collaboration with Arjun after Julayi and Son of Sathyamurty.

Arjun’s latest co-starring Tabu was announced by the Telugu star on Twitter on New Year’s Eve. “I have been waiting to announce this officially. My Next film #AA19 is with Trivikram garu. Produced by Allu Arvind & Radhakrishna garu,” Arjun had tweeted.

Arjun, who was last seen in Naa Peru Surya Naa Illu Indhaa, also has a project with filmmaker Sukumar coming up. This film will go on the floors later this year. — IANS

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**How Madhavan declined teen fan’s marriage proposal**

Actor R Madhavan was humbled when he got a marriage proposal from an 18-year-old fan, which the married star naturally declined.

It all started when the actor posted a selfie on Instagram after an exhausting day. “Editing is so much fun and exhausting: Enjoying and fearing it. End of long travel day. Definitely getting older,” he wrote.

Madhavan took notice of the comment and responded: “Ha ha ha. God bless you. You will find someone way more worthy!” — IANS

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**Grover considers wife Bipasha his boss**

Actor Karan Singh Grover has found his best friend, wife and boss in actress Bipasha Basu.

“Bipasha is my best friend and I actually consider her my boss. She is one of the strongest women I have ever met, and the way she juggles between work and home, I can hardly imagine doing all of it. “She’s definitely got the skills of a boss and I love to follow her orders. In fact I have too,” Karan quipped.

The couple has been married for three years now. On the work front, Karan is set to steal hearts as the boss in ALTBalaji’s BOSS: Baap Of Special Services, a mystery thriller that unravels the story of an undercover cop who is a specialist in solving homicide cases and cases where criminals go undetected. — IANS

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**The Boys examines how with great power comes great corruption**

**By Rick Bentley**

Amazon Prime Video executives are so convinced their new series The Boys will be a hit that a second season has been ordered before tomorrow’s first season debut. Based on The New York Times best-selling comic by Garth Ennis and Darick Robertson, the capes-and-criminals series looks at what happens when superheroes become so popular they are treated like demigods. Their abuse of power that comes from the hero worship attracts the attention of a group called The Boys, which looks to expose the truth.

Amazon’s show of faith in the project fits with the relationship executive producers Seth Rogen and Eric Kripke have had with the company from the start. “It has been very different working for them and by-in-large great,” says Kripke, whose other producing credits include Supernatural and Timeless. “Being able to create something that’s rated R is something that I haven’t been just to be able to use profanity or show nudity but was necessary to be able to fully present the story Ennis has written.

The biggest concern Kripke had starting was that he would be able to properly adapt The Boys both because of the quality of the original work along with his love for the property. This isn’t the first creation by Ennis that has been adapted to a television series but follows in the footsteps of Preacher. Seeing his work go from printed page to small screen is something Ennis finds to be fascinating, especially in regards to what is used and what doesn’t make the cut.

The one thing Ennis has learned is to treat the original and the adaptation as two separate things because they inevitably will go in different directions.

Ennis started writing The Boys at the beginning of 2005 in reaction to what was going on in the world. Although DC Comics cancelled the title after only six issues, Dynamite Comics picked it up and it would run for 72 issues before ending in 2012. “It was the beginning of the second Bush two administration, and that’s why there is so much in there about corruption, corporate influence on government, abuse of power. Superheroes seemed to be an interesting way to do that,” Ennis says.

“I’ve also been fascinated about intelligence agency and what they see as their prevue and their abuse of power, too.

“It seemed to me if superheroes really existed in the real world they would be like rock stars crossed with politicians. They would have the theme and gifts and glamour of rock stars, but they would be having a genuine effect on the world. It seemed to me that effect would be a corporate one because they would be immediately branded and bought.”

The Boys is one title in a career of writing comics for Ennis that spans 25 years. His other works include Hillman, Code Pru, 103, Pride and Joy, Rover Red Charlie, A Train Called Love and Red Team. Kripke had wanted to produce a version of Preacher that Ennis wrote but was too late to snag that title.

Ennis knew Kripke would be able to take all the complicated themes in The Boys and distill them down into the kind of focus needed for a television series. “One of the things I think helps about The Boys is that it really is a simple creature. — TNS
Traditional Polynesian canoe full of lessons for Maori kids, tourists

When tourists step on the Waka Tairawhiti canoe off Gisborne’s coast, they learn not only about Maori history, but how the vessel helps Maori kids gain confidence in their abilities to navigate the world.

By Jule Scherer

The double-hulled wooden canoe with its fiery design and massive sails glides along Gisborne’s waterfront. It looks like it’s straight out of Moana, the Disney movie with a Polynesian heroine, and it’s easy to imagine the demigod Maui at the helm.

But instead, it’s seasoned voyager Te Aturangi Nepia-Clamp, who may well be a descendant of Maui himself as he steers the 22-metre-long waka hourua, as New Zealand’s indigenous Maori call the vessel type.

One of only nine canoes of this type in the world, the Waka Tairawhiti is named after the Tairawhiti region, which translates as “the world.”

WELCOME: Seasoned voyager Aturangi Nepia-Clamp welcomes visitors with the sound of the putarara (conch shell) on board the Waka Tairawhiti, a traditional Polynesian canoe, in Gisborne, New Zealand.

By Jule Scherer

The waka is as much a floating Maori history classroom as it is a tourist attraction. Since the boat’s launch in December 2017, more than 2,000 local students have travelled on it, learning first-hand the ancient art of way-finding that led to the discovery of New Zealand some 1,000 years ago – centuries before European explorers James Cook and Ferdinand Magellan found their way across the Pacific.

The Maori’s ancestors were among the world’s greatest canoe builders, who navigated using the stars, waves, clouds, birds, sea life and, as legend goes, the help of Tangaroa, god of the sea.

For many years, Europeans believed that the arrival of humans on New Zealand’s shores was accidental, after boats from other Polynesian islands became lost at sea. However, evidence shows that Polynesian migration was planned and deliberate, with many waka hourua making return journeys to Hawaiki, the Maori’s mystical home country that can’t be found on any map.

Hawaiki refers to a group of islands where the language and traditions are strikingly similar to those of New Zealand’s Maori, but experts are at odds over whether those islands were the Cook Islands, Tahiti or Hawaii.

The knowledge of long-distance sailing became lost among the Maori people and was pieced together again in the 20th century with the help of other seafaring Polynesian countries.

Nepia-Clamp, an artist, caver and seasoned voyager, has worked for decades on his dream to build a waka as a “connecting tool” for his home region’s youth to help them feel like they belong.

“Belonging is a big part of culture,” he explains. Nepia-Clamp, who has spent much of his life traversing the Pacific Ocean on traditional Polynesian waka, believes that the waka brings Maori together to reclaim their identity, because it connects them to their past and who they are.

He describes the waka enterprise as “he tikanga tawhito hou” – an old tradition in a modern context. The design of the canoe is completely traditional, but fibreglass hulls and a coconut oil-powered motor add modern technology and comfort.

While the waka welcomes tourists onboard for either a short cruise, or a cultural tour where they can experience traditional Maori storytelling, the driving force behind building the Waka Tairawhiti was to educate local youth.

The kids learn about the region’s unique voyaging history with a scientific component on conservation and sustaining the oceans.

“The ancient skill uses all the senses and requires the ability to read the wind, stars, sun and moon, as well as knowledge of the ocean. “This is something far more complex than navigating with instruments,” he says.

“It’s commonly known now that people in today’s society are very disconnected, in more ways than one. Knowledge of celestial navigation can help them to connect to all their senses and their surroundings, whether on the ocean or land environments,” he says.

“When young people become part of the waka crew, they suddenly realise that they are descendants of people who were scientists, mathematicians, biologists and astronomers, he says.

“We want to instil in these young people that our ancestors did that. What they have running through their veins is that same DNA, and they can do anything. They just need to apply themselves.” – DPA