How a black boy’s drifting raft triggered a deadly week of riots 100 years ago in Chicago. P4-5
**PRAYER TIME**

<table>
<thead>
<tr>
<th>Prayer</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fajr</td>
<td>3.31am</td>
</tr>
<tr>
<td>Shorooq (sunrise)</td>
<td>4.59am</td>
</tr>
<tr>
<td>Zuhr (noon)</td>
<td>11.40am</td>
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<tr>
<td>Asr (afternoon)</td>
<td>3.07pm</td>
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<tr>
<td>Maghreb (sunset)</td>
<td>6.22pm</td>
</tr>
<tr>
<td>Isha (night)</td>
<td>7.25pm</td>
</tr>
</tbody>
</table>

**USEFUL NUMBERS**

- Emergency: 999
- Worldwide Emergency Number: 112
- Kahramaa – Electricity and Water: 901
- Local Directory: 180
- International Calls Enquires: 150
- Hamad International Airport: 40106666
- Labor Department: 44508111, 44406537
- Mowasalat Taxi: 44588888
- Qatar Airways: 44496000
- Hamad Medical Corporation: 44392222, 44393333
- Qatar General Electricity and Water Corporation: 44845555, 44845464
- Primary Health Care Corporation: 44593333, 44593363
- Qatar Assistive Technology Centre: 44594050
- Qatar News Agency: 44490205
- 44460333
- Q-Post – General Postal Corporation: 44464444
- Humanitarian Services Office
  - Ministry of Interior: 40253371, 40253372, 40253369
  - Ministry of Health: 40253370, 40253364
  - Hamad Medical Corporation: 40253364, 40253365
  - Qatar Airways: 40253374

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**Axel 2**

**DIRECTOR:** Leo Lee

**CAST:** Dian Tao, Zhengxiang Li, Chuanying Li, Xiaohong Wang, Guo Yifeng, Jiaojiao Han, Xiaoqing Mei, Qianjing Zhao, Qi Ye, Wu Lei

**SYNOPSIS:** A young boy becomes an unlikely hero when he sets out on an adventure-filled quest to find the legendary Bonta oasis. The once beautiful and lush Planet Kepler is now dry and near death after its precious Kar-Lalo plant was exploited by Earthers to extinction. The Kar-Lalo plant was known throughout the galaxy as a source for super energy. Three brave Kepler SpaceKids; Axel, Jono and Gaga want to rebuild their desolate planet by following the ancient legend of the lost Kar-Lalo oasis. Axel leads his friends into danger as they battle evil Earthers, giant spaceships and destructive Robots, as they journey down the depths of a volcano to retrieve the last Kar-Lalo seed and try to save the planet.

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

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**Judgementall Hai Kya**

**DIRECTOR:** Prakash Kovelamudi

**CAST:** RajKumar Rao, Kangana Ranaut

**SYNOPSIS:** Following the story of two individuals whose lives pivot between reality and illusions. Starring Rajkummar Rao and Kangana Ranaut, and directed by Prakash Kovelamudi.

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

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

Ballet Lessons
WHERE: Music and Arts Atelier
WHEN: Ongoing
TIME: 4pm – 8pm
For more info e-mail at registration@atelierqatar.com or call on 3303839.

Summer Camp for Special Needs
WHERE: Step by Step Centre for Special Needs
WHEN: Ongoing till August 1
TIME: 8:00am – 12:30pm
During this time, all therapists and teachers will be working together, running individual, peer and group sessions within classes. The children will continue learning age-appropriate concepts, work on social skills, life skills training, arts and crafts, music, and fun activities such as water play.

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

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

Career Guidance
WHERE: Right Track Consultants, Al Sadd
WHEN: Sunday – Thursday
TIME: 6pm – 8pm
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WHEN: Ongoing
TIME: 3:15pm – 4:15pm
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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.

Arabic Calligraphy Workshop
WHEN: Saturday – Wednesday
TIME: 6pm
Arabic Calligraphy workshop is back. Come and learn the artistic practice of Arabic handwriting and calligraphy at Music and Arts Atelier.

The lessons will take place every Saturday, Monday and Wednesday at 6pm. For more information, contact registration@atelierqatar.com

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 6652387/3132649.

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Compiled by Nausheen Shaikh. E-mail: gtlisting@gmail.com. Events and timings subject to change
One hundred years ago, in Chicago

The cataclysmic event that left 38 people dead (23 black and 15 white), over 500 injured and hundreds homeless due to arson influenced many of the city’s leaders who would face issues about race relations for decades, writes William Lee.

You had a situation that was ready to explode. Many white Chicagoans felt African Americans had been getting out of their place. So they used this opportunity to remind them of their place in a subordinate and second-class position.

— Julius Jones, assistant curator with Chicago History Museum

One hundred years ago, 7-year-old Juanita Mitchell should have been playing with other children in the streets during that summer’s heat wave and getting to know her new home on Chicago’s South Side. She and her younger sister, Iona, had just moved with their mother into their great-uncle’s home near the corner of 35th Street and Giles Avenue, the heart of the city’s expanding black community where new faces were showing up daily and thousands of families were hoping to find the jobs and dignity absent in the Jim Crow South.

But instead, Mitchell and other relatives were trapped inside a stifling upstairs room, sometimes huddled behind a piano, as angry mobs of young white men and boys roamed the so-called black belt looking to maim, kill or set fires.

Mitchell — one of the last living eyewitnesses to Chicago’s most violent racial conflict that began on July 27, 1919 — still recalls her great-uncle Cecil’s signal that white men armed with guns had crossed Wentworth Avenue, the racial dividing line, and entered their neighbourhood.

“My uncle pulled out the biggest gun I’ve ever seen and stood at the window, and I heard him say ‘Here they come!’ Mitchell, now 107, recently recalled at the suburban Flossmoor home she shares with her daughter. “It meant the white folks was coming up 35th Street and that the riot was going to begin.”

Many details about one of the city’s worst weeks are not widely known. The 1919 riots “didn’t seem to make it into the timeline alongside titanic stories about Fort Dearborn, Jean-Baptiste Point du Sable, the World’s Columbian Exposition, the 1968 riot, Richard J. Daley, or Harold Washington,” wrote Eve Ewing in her book of poetry 1919. In fact, only a small marker on the beach near the spot where 17-year-old Eugene Williams was murdered commemorates the days of rioting that followed.

But the cataclysmic event that left 38 people dead (23 black and 15 white), more than 500 injured and hundreds homeless due to arson influenced many of the city’s leaders who would face issues about race relations for decades.

What Mitchell and other newly arriving black families couldn’t have known was that Chicago a century ago was a city on the edge.
enraged in sporadic, deadly racial violence against blacks that led black author and activist James Weldon Johnson to call it the “Red Summer.” With the hint of revolution in the air around the world, postwar Chicago was dealing with labor strife and an influx of southern black families who doubled its population in two years, shrinking housing options and leading to tensions with neighboring white residents. World War I soldiers, black and white, returned home with different ideas about equal treatment and were competing for jobs, most notably at the stockyards in Back of the Yards. And then there was a stifling heat wave. “You had a situation that was ready to explode,” said Julius Jones, an assistant curator with the Chicago History Museum, who has long studied the riots and their effects on the city.

The riots, Jones and numerous other historians have long since noted, were perpetrated by young white gangs and “athletic clubs” pushing back against what they saw as black intrusion. “Many white Chicagoans felt African Americans had been getting out of their place. So they used this opportunity to remind them of their place in a subordinate and second-class position. All of those things sort of came to a head at that moment,” Jones said.

It set the stage for a nasty confrontation on a 96-degree Sunday afternoon at the 29th Street Beach, where the era’s informal and yet strictly enforced colour line even extended into Lake Michigan. When Williams’ raft drifted south past the imaginary line separating the beach, a white man started throwing rocks at black swimmers. “The teen’s drowning death and the black police response to the attacks, historians and countless reports and analyses of the riots say, led to some of the ugliest instances of racial animus and violence the city has ever witnessed. The conflict didn’t spread to every corner of the city but did lead to random outbreaks of violence against black residents as their numbers swelled in the city’s industrial sector, pushing them to seek housing closer to their white neighbours.

Several weeks ahead of the centennial for the deadly riots, Mitchell and her family recalled how her dreams quickly turned into a nightmare during that sweltering week: her only access to the outside world being a window where she watched soldiers come and go from the nearby armory.

“It wasn’t any fun,” she said in a low voice, seated in her wheelchair. Mitchell has slowed down in the past few years, but she still recalls her arrival in Chicago after her great-aunt and family matriarch, Beulah White — called Auntie White — invited them to stay after her father died of pneumonia.

“My aunt was married to a doctor, and when we came here, my sister and I, we came to Auntie White’s house on 39th Street and that’s where we lived,” Mitchell said. Cecil White, a physician by training, ran a grocery store on 31st Street across from Olivet Baptist Church. “He would see his patients at the back of the store,” Mitchell’s daughter, Mary Muse, said.

Mitchell’s family survived the terror, and she remained in Chicago, graduating from Hyde Park High School. She worked as a seamstress and a schoolteacher before getting married and raising a son and daughter on the South Side. She’s outlived her husband, son and numerous other relatives. She’s committed to sharing her memories with younger generations.

Muse, who heard her mother’s stories countless times while growing up, has been happy to help her share the painful memories of a different Chicago. The director of nursing for the Wisconsin Department of Corrections, Muse said she’s struck by the irony of black people seeking safety in the North only to be attacked after they arrived.

“They expected the big city of Chicago to be different from things that were in the South. The trauma of that event, I think, stuck with her. My mother never forgot it.”

In the end, despite a number of murder indictments, few if any people were ever convicted and sentenced to prison. Political leaders initially blamed black criminals for sparking the riots. And many displaced black people relocated closer to the chain of neighborhoods that made up the black belt and would remain there through the 1960s.

But on one topic, there was agreement, Jones said. “In the aftermath, you call it an interracial consensus that the best way to prevent something like this from happening again was to keep the races separate. That was the lesson that was mislearned from the riot,” he said.

It was an idea that helped erect a system of barriers such as segregated housing, covenants and redlining that would keep black and white residents living separately in many communities for generations.

— Chicago Tribune/TNS
GU-Q’s Pre-College Summer gives high schoolers a competitive edge

With the increasing importance of earning a college degree, high school students are taking advantage of opportunities that help them get into the right college for their career goals. Participants in Georgetown University in Qatar’s (GU-Q) Georgetown Pre-College Summer (GPS) programme just spent three weeks of their summer holidays to get a sample of university life, and gain a competitive edge in the university application process.

The 47 students, half of whom were Qatari, and the rest representing nine different nationalities, took part in the annual programme, attending full time classes, and a number of fun activities on and off campus to help in their overall development. “GPS has polished me into a better individual, academically, socially, and mentally” reflected participant Trisha Ambrale from DPS Modern Indian School.

The programme was led by Jibin Koshy, Educational Enrichment Manager at GU-Q who notes that GPS is one of the best platforms for high school students intending to join prestigious universities. “The programme’s rigorous curriculum and skill-building activities, pushes students out of their comfort zone, and prepares them to take on the challenges of university academics.”

In addition to helping students prepare for the standardised tests required for university admission, the programme’s busy schedule included classes in English, Math, International Affairs, and for the first time this year, Economics. “The class offerings are really diverse” said GPS participant Hanah Shokeir, a year 12 student at Doha College, explaining why she wanted to take part in the programme. “The subjects are applied to the real world, so we study game theory in math for example, and economics, which is not offered in many high schools here.

Also, I really learned to research here from writing a thesis to finding information, we’ve gotten a lot of personal attention and care.”

Through discussion-based seminar sessions, the GPS programme also introduces students to the degrees offered at GU-Q, which include International Politics, International History, International Economics, and Culture and Politics, as well as a minor in Arabic, and several concentrations of study in various topics within the field of International Affairs.

For Al Bayan Secondary School for Girls student Kaltham Alsubaey, engaging in dialogue made the experience special. “They cared about opening up students’ horizons through intellectual discussions. I have recommended GPS to my friends, family, and to our school debate team as a good way to learn about Georgetown’s courses, community and values.”

GU-Q’s academic enrichment offerings also include the workshop series Planet Georgetown, A Day in the Life of a Georgetown Student, and workshops and skill building courses offered through the Admissions Department and open to all high school students in Qatar.

According to Koshy, these programmes “demonstrate our firm commitment to ensuring that youth in the community have the chance to prosper academically and become successful lifelong learners.”

QAS reveals outstanding IB diploma programme results

Qatar Academy Sidra’s (QAS) Class of 2019 students are celebrating the results of their International Baccalaureate Diploma Programme (IBDP), which were announced worldwide earlier this month.

The results for QAS, part of Qatar Foundation’s (QF) Pre-University Education, revealed that the average score for its students was 32 points – above the global average – with one student achieving a high of 39 points.

Kim Green, Director QAS, said: “We’re delighted that our students have successfully undertaken the IB journey. We congratulate them on their outstanding results.

We are proud of their contributions to our school community, and we look forward to closely following their futures.”

The students are now preparing to attend a variety of universities around the world, including Carnegie Mellon University in Qatar, a QF partner university; University of the Philippines; University of Birmingham, UK; Maastricht University, The Netherlands; Sabancı University, Turkey; Maryville University, US; and Saint Mary’s University, Canada.

QAS’s Class of 2019 officially joined a global community of nearly one million IB-educated men and women in May when they graduated from the two-year programme in an official ceremony held at Muttwaq (Education City Student Center).
Best Buddies Qatar wins International Program Award

In recognition of its programmes, Best Buddies Qatar, a non-profitable organisation, under the umbrella of Shafallah Center for Persons with Disabilities, won International Program Award for the years 2018-2019 at 29th Annual Best Buddies Leadership Conference in Indiana, USA.

Best Buddies Leadership Conference brought together leaders with and without intellectual and developmental disabilities from communities worldwide to share their experiences and to celebrate the incredible impact, which volunteers make in the world because of their leadership.

Latifa al-Kuwari, Director of Rehabilitation and Inclusion Department of Best Buddies Qatar, said: "We seek to exploit and develop capabilities of persons with disabilities and to employ them accordingly to the skills to achieve the best level of their functional, social and financial endowment."

On this occasion, Laalei Abu Alfain, Executive Director of Best Buddies Qatar and Acting Executive Director of Shafallah Centre for Persons with Disabilities, expressed her great pleasure to receive International Program Award landing the efficiency of Best Buddies Qatar officials in accomplishing its strategic objectives.

Laalei Abu Alfain stressed: "The award was achieved under the guidance of Qatar Foundation for Social Work management. We are determined to achieve Qatar National Vision 2030 and Qatar’s Second National Development Strategy 2018-2022, under the wise leadership of His Highness Sheikh Tamim bin Hamad al-Thani, the Amir of the State of Qatar."

Laalei Abu Alfain added: "The prize is the result of 10 years of fruitful work in integrating and empowering of persons with and without intellectual and developmental disabilities in the community, since the organisation’s establishment in the year of 2008 at the initiative of Her Highness Sheikha Moza bint Nasser. Best Buddies Qatar provides opportunities for persons with intellectual and developmental disabilities and the appropriate environment for their education, employment, social integration corresponding their abilities, potentials and skills. Best Buddies Qatar succeeds in integration of its members with disabilities and their peer-friends without disabilities breaking the barriers of isolation through numerous activities during the academic year; raising awareness in educational environment promotes the rights of persons with disabilities, the friendship between a person with and a person without disability and increases the volunteer spirit among students."

Latifa al-Kuwari highlighted: "During this academic year 2018-2019, various activities, workshops, awareness lectures and events in cooperation with the centres for persons with disabilities, were held to fulfil the needs and abilities of Best Buddies Qatar members with and without disabilities of Primary School, Secondary School, College, Citizen and Jobs Programmes. The organisation organised numerous sports activities in partnership with different sport federations, clubs and fitness centres.

Best Buddies Qatar held a row of events for 42 employees of the schools and colleges, 356 parent and 543 members with disabilities. The number of friendships between persons with and without disabilities is 275. 104 workshops and lectures were held during this academic year."

Latifa al-Kuwari underscored the role of Best Buddies Qatar Vocational and Rehabilitation Program, which provides professional services to help persons with disabilities to use their skills and abilities to reach independence, as one of their integral rights in accordance with the Convention on the Right of Persons with Disabilities and principals of Social Sustainable Development Goals 2030. Among the services are: job guidance and trainings held by qualified team in accordance to certain criteria and basis suitable for the abilities of persons with disabilities.
By Darcel Rockett

Walking into Haven Studios, a music mentoring programme on the South Side, Arthur DuBois was told by founder Andre “Add-2” Daniels that the space was for young folks.

DuBois retort: “I’m young at heart.”

The Bronzeville resident has rehearsed and recorded more than two dozen trap music beats, a sub-genre of hip-hop that went mainstream in the late 90s; simply for fun. A YouTube video of his beat-making skills went viral in March and now boasts nearly 173,000 views. The newfound fame landed him coverage on Windy City Live, Rollingstone.com, CBSNews.com, NPR. com and Buzzfeed. DuBois is working with Haven and Add-2 is serving as his mentor and adviser.

“At 72, I don’t consider myself old,” DuBois said. “I’m still alive. As long as you’re still alive, age doesn’t mean nothing. If you still want to do something at your age, do it.”

He’s not alone in that mindset. Social Security kicks in just after age 66, when traditional retirement – think travelling or migration to warmer climates – used to be the norm. Now, a record-breaking share of non-retirees expect to work past 66, and it’s not one of talk, but one of do. For Americans plan to keep working.

A 2018 Gallup poll found that 41% of non-retirees expect to work past 66, and a Census data analysis by The Associated Press-NORC Center for Public Affairs Research found seniors in big cities are the most likely to do so.

To be sure, financial need plays a role for many. Others with more economic stability simply want to challenge themselves.

Like DuBois, these three Chicago-area seniors, all in their 70s, no longer have to work for a living but have chosen to stay busy and relevant by giving back to the community – each testaments to the adage “young at heart.”

Barbara & Sheldon Stein – Philanthropists

Barbara and Sheldon Stein, a Near North Side couple of over 60 years, called the Rev. Michael Pfleger in 2015. Even as non-parishioners, the retired teacher and retired attorney knew of his work in the Auburn Gresham community and wanted to be part of the good the St. Sabina priest does.

The result: A community garden on the church’s property (planted in 2018) and The Barbara and Sheldon Stein Scholarship Fund (founded in 2016), which aids high school students.

“Education is the most important thing,” said Sheldon, 90. “Friends fall away and disappear and here’s an opportunity to make a new friendship, a new relationship and it’s not one of talk, but one of do. For older people, it’s very important to have these kinds of relationships and even better to have one that amounts to a wonderful project.”

The couple, along with Pfleger, selects students who are interested in college but need help financing it. To receive the “Stein Fund,” students must demonstrate financial need, be connected to the church congregation in some way, submit an essay or letters about why they should receive the scholarship, maintain a B grade average and, once done with their degree, give back to the community from which they came.

Funded by the Steins via “a lifetime of working, saving, investing,” the scholarship has helped 10 students since its inception, including Ivry Hall, a recent freshman at Alabama State University.

The young boxer lost both parents prior to college and said that had it not been for the Steins’ scholarship, he doesn’t know where he would be now.

“If course, not in college,” he said. “If this didn’t happen, I could find myself back on the street. But look at me now, I’m in college and I finished my first year with all A’s and one B. I’m doing great. I’m grateful to them.”

Hall plans to major in business and open up a boxing gym one day.

Pfleger and the Steins are currently looking for applicants for the upcoming school year, while the first scholarship recipients will graduate in 2020.

“I think Barbara and Sheldon are more the exception than the norm,” Pfleger said. “There’s a lot of people who say ‘I want to do something, but don’t know what.’ I say: Be blessed and be a blessing. There’s an obligation that comes with blessings, and they have done that. They are able to affect lives.”

Barbara’s advice to other retirees: Look outside your bubble and do something for somebody else.

“You have to try to help somebody who doesn’t have as much by way of opportunity, but deserves it,” said the 83-year-old. “It’s very invigorating to be able to do this and to get to know people like Ivry. It truly becomes inspiring.”

Yvonne Green – Holistic Wellness Coach

If Yvonne Green’s white mohawk doesn’t grab you, her ability to do the full splits might. The 70-year-old described herself as a “partier” in the 1970s, as well as overweight and a smoker. The Bronzeville native took up running in the 1980s and, during the transition, started wandering into health food stores and researching holistic living.

Her “ah-ha moment” had arrived.

Green’s self-improvement journey prompted her to start YBG & Associates, a South Side holistic health consulting and communication business. Since 1985, she has conducted seminars and workshops focused on “whole person wellness” – mental, emotional, physical, spiritual, social, cultural, political and financial – for individuals and organisations throughout Chicagoland.

In addition to working for her paying clientele, the Baby Boomer volunteers her services for struggling populations, including people reentering society after incarceration and those in substance...
abuse programmes and transitional living facilities. Green has worked with Prosperity House, a transitional living programme for women and men on the city’s South Side, for seven years.

“Most of the women I have are recovering from drug addiction, some are homeless, some are coming from incarceration – I got the gamut,” said Beverly Dawson, founder and CEO. “Ms. Green does maybe a month’s worth of classes … teaching the women how to love themselves, raise their consciousness and self-esteem up, and how to take care of themselves and how important it is to take the time to work on themselves. She helps the women heal, and the women just love her.”

“Once I found this way, I could never go back,” Green said. “Your health is your foundation to your wealth. If you have a strong foundation – it doesn’t matter what you do, you’ll be able to sustain. You change, you keep adjusting, you don’t retire from your life.”

Green says her holistic approach transcends age limitations because she provides clients a strong foundation of information and practical recommendations that will make a difference long term. For the older set, she gives advice about muscle strength, flexibility and endurance: “You have to keep it moving.” And she emphasises the importance of staying connected to society: “Social interactions are a must-have.”

“An artist uses their skill and imagination to create a thing of beauty and that should be yourself – you’re creating a thing of beauty, your life, yourself,” she said. “I’ve gone through different phases of my life. I see how the body changes, and the challenges the body faces during those changes. I think I can be much more effective now than I’ve ever been.”

Green says self-love is key for being happy and living longer, and she plans to help people meet that goal.

“I’ve got a second wind to do it,” she said. “As my mother said (who lived to 94) ‘I’m going to make my last days, my best days.’ And that’s the way I feel. I’m going to do my best work, I’m going to be my best person because at this point, I’m at the top of the chain. We’re the elders now.”

Rev. Doris Green – Minister To Formerly Incarcerated

At 70, the Rev. Doris Green’s passion lies in helping people reenter society after incarceration. Her decades-old organisation, Men & Women in Prison Ministries, offers assistance in a variety of crucial areas, including health services (specifically HIV and hepatitis C screenings), GED completion and acquiring a valid state ID.

“Sometimes they come here with nothing, depending on how long they were locked up. They come through here and they’re angry and mad, but we have the population and staff here that know how to work with that. Because of them, I’m who I am.”

As the former director of correctional health and community relations for the AIDS Foundation of Chicago, the Berwyn resident started her nonprofit. Once ordained, she took her ministry into state detention facilities; her work as a volunteer chaplain at Illinois penal institutions kick-started the organisation’s founding. Decades later, the agency serves thousands of clients and their families annually.

Green, also a published author, soon plans to make her daughter CEO of the organisation so Green can start outreach work in West Africa. She said she understands that not everyone has the luxury of doing a job they love or feel called to – in her case, a job that doesn’t feel like “work” – but everyone has the ability to do something that benefits their well-being, which in turn can benefit others.

“Everyone is passionate about something. Doesn’t matter what it is, get into it and stick with it and learn,” she said. “God gives us all the years that he wants us to have, but I want to be doing something in those years. I’m freer now than I was at 35, 40, 50. Find out what it is that you like to do, and do it.” – Chicago Tribune/TNS

“At 72, I don’t consider myself old. I’m still alive. As long as you’re still alive, age doesn’t mean nothing. If you still want to do something at your age, do it.” – Arthur DuBois

MUSICIAN: Brownsville resident Arthur DuBois, 72, is a self-taught music composer.
Science Matters

Simple ‘ruler’ detects a newborn in trouble

Up to 80% of newborns have jaundice, which can be life-threatening if it becomes severe, but infants in low- and middle-income countries are often not diagnosed early enough. A new color “ruler” can help.

If the test shows the infant’s skin color matches children with jaundice, the child is given further optical or blood tests and may be sent for treatment.

Ruler’s colors accurately match skin color in different degrees of jaundice. Test was refined for babies of different ethnicity, skin pigment.

Neonatal hyperbilirubinemia (Newborn jaundice)

Red blood cells break down, ... releasing yellow bilirubin into bloodstream

Newborn’s liver cannot remove it fast enough ...

and skin and whites of eyes turn yellowish

Treated by exposing infant to blue fluorescent light, breaks down bilirubin

Source: Brigham and Women’s Hospital (Boston); Katherine C. Cohen, Boston Children’s Hospital
Graphic: Helen Lee McComas, Tribune News Service

1 Ruler is pressed gently against skin of nose or heel

2 Skin becomes pale as blood is pressed away

3 Person giving test estimates which of ruler’s colors matches skin best

Testing skin on infant’s heel or palm
Do you want your home decor to resonate with the chic interiors of a hotel? Well, it is possible to create that vibe in your home with minimal effort.

Rajiv Rajgopal, Managing Director at AkzoNobel India, and Parul Mittal, Director, Greenlam Industries Ltd, share how one can combine hotel chic with the real house warmth.

— One of the quickest ways to give home a hotel inspired make-over is opting for accent walls. Hotels use accent walls to create a focal point by use of a colour that stands out.

— To bring in the whimsical vibe of hotel décor, choose a palette which is elegant but relaxed, with whimsical and playful touches. For example, a gently muted mix of romantic powder pinks (super candy) and blues create (satin blue) calm, with spiced honey bringing depth and sophistication to the look. Plain, pale wood, simple hand-made vessels and pretty fabrics add to the contemplative, centred feel of this home.

— Real wood flooring is one element that is timeless and is always incorporated in hotel rooms. Premium engineered wood floors are perfect to add an elegant touch that gives your home an ultra-modern vibe.

— Bring in a vivid combination through a stunning white couch with a combination of emerald green and black and white chevron patterned cushions. Add side tables in light tanned laminates to balance the look of the room.

— Layering textures is another element that is excessively used in hotels. Textures have a tactile element to them and never fail to create an authentic and rich look to your interiors. Bring in a variety of layers through throw blankets, cushions and faux rugs along with textured laminates which look breath-taking without being heavy on your pockets. — IANS

**LIFESTYLE/HOROSCOPE**

### Add chic vibe to your home decor

**TAURUS**

March 21 – April 20

Act on your instincts and you won’t go wrong, Taurus. You may need to give up control and put logical thinking aside. Let the wind take you where you will. Explore your feelings and how others influence them. It will be just about impossible to solidify any plans today. You’re better off exploring options and comparing notes with others.

Don’t pigeonhole yourself into one way of thinking.

**GEMINI**

May 21 – June 20

You have the missing piece that people need in every situation. Today, Gemini. Engage in light conversation in social situations, and turn your charm up high. You have the ability to make favourable impressions on just about everyone, so set the day off on the right foot. Get out of bed earlier than usual and get your blood pumping with a brisk walk around the neighbourhood.

**CANCER**

June 21 – July 22

People may want to talk a great deal, but they’re avoiding their feelings today, Cancer. Put your emotions on the back burner and let your mind take over. Deal with the facts and make sure your emotions don’t interfere with the information you receive. Things can get clouded if you don’t stay true to the communication that’s taking place. Be conscious of the impact of your words.

**LEO**

July 23 – August 22

You should be able to evaluate your emotions from a detached perspective today, Leo. Use this opportunity to take action based on what you discover. Make sure your actions are based on practicality and you aren’t acting rashly in response to someone else’s hasty manoeuvres. You will be amazed at the incredible things that develop if you think first.

**VIRGO**

August 23 – September 22

If you’re talking about another person today, Virgo, don’t say anything that would upset them if they were standing next to you. Gossip may run rampant, but that’s no excuse to contribute to it. Be aware that what you say has a strong impact on the people around you. It’s likely to spread to many more ears than you think.

**LIBRA**

September 23 – October 22

It’s important to take action on a day like this, Libra. Trust yourself and your instincts. Often you have the perfect counsel for everyone but you. Keep in mind that you might have to turn to others for the best advice for you. Talk things out and then take action. Hesitation will only have negative consequences. You have all the facts you need.

**SCORPIO**

October 23 – November 21

You might be unfocused and confused about which way to go. Scorpio. Your baffled look isn’t giving others much confidence in your ability to make a good decision. Don’t feel obliged to stay in an unhealthy situation. It may be time to let go and break some ties to things that are no longer working for you. Feel good about extracting yourself from old habits.

**SAGITTARIUS**

November 22 – December 21

It’s important to get outside and feel the wind, Sagittarius. Reconnect with nature and be aware of the four elements, especially the air. Take deep breaths and fill your lungs with the energising life force. Imagine yourself on a mountain looking over a vast ocean. Expand your awareness so that nothing escapes your attention. Keep your head clear of clutter and be open to new adventures.

**CAPRICORN**

December 22 – January 19

Make practical use of the thoughts you’ve synthesised in the last few days, Capricorn. Stretch your boundaries and extend your wisdom to the people around you. This is a day to take action. Connect with your heart and move forward with your plans. We normally think of our hearts as soft, tender, and vulnerable. Think of your heart today as tough, strong, and adventurous.

**AQUARIUS**

January 20 – February 18

This is an important day to make valuable connections, Aquarius. You will be engaged in fast-paced, witty conversations and debates from which you can learn a great deal. You’re good at seeing both sides of an issue. The problem is that this can lead to indecisiveness and an inability to commit. Choose a path and stick to it.

**PISCES**

February 19 – March 20

It may be hard for you to get a handle on things today, Pisces. Your focus seems to jump from one problem to the next without finding resolution. This isn’t a day to find a solution. You’re better off researching, questioning, and gathering facts. Keep your channels of communication open, and don’t try to pin anyone down for answers. You’ll accomplish a lot by keeping active and light.
Codeword

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

Sudoku

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine 3x3 boxes. You are given a selection of values and to complete the puzzle, you must fill the grid so that every column, every row, and every 3x3 box contains each of the digits 1 to 9 only once.

Bound And Gagged

GUESS I SHOULD'VE LAID OFF THE OLD ESPRESSO THIS MORNING.
**Super Cryptic Clues**

<table>
<thead>
<tr>
<th>Across</th>
<th>Down</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Lay hold of a fly in the ointment (5)</td>
<td>1. Means of payment, we hear, for a European (5)</td>
</tr>
<tr>
<td>4. Simple scheme takes in upright character (5)</td>
<td>2. Comparatively smart tool (7)</td>
</tr>
<tr>
<td>8. Who means to reveal where the heart is? (4)</td>
<td>4. Clergyman on left pinches vegetables (8)</td>
</tr>
<tr>
<td>9. Song in church that man heard (4)</td>
<td>5. Cricket prize left after fire? (5)</td>
</tr>
<tr>
<td>10. Beef and dumplings may be agitated (2,4)</td>
<td>6. Anaesthetics 1, 2, 3, 4 ... ? (7)</td>
</tr>
<tr>
<td>12. Kitchen utensil possibly making large crisps (6,5)</td>
<td>11. House in south for criminals (8)</td>
</tr>
<tr>
<td>14. Full array one’s missing in piano work (7)</td>
<td>12. Given protection, being cautious (7)</td>
</tr>
<tr>
<td>16. Being taken advantage of isn’t new (4)</td>
<td>13. Letter from Greece making one’s lip quiver (7)</td>
</tr>
<tr>
<td>19. Prepare to publish some printed items (4)</td>
<td>15. Harry of Hogwarts ignoring first animal (5)</td>
</tr>
<tr>
<td>20. Impractical type thought to lean (8)</td>
<td>17. Police officers need company for dance (5)</td>
</tr>
<tr>
<td>21. Valuable old violin returned for local game (5)</td>
<td>18. Number of sheets are about a thousand? (4)</td>
</tr>
<tr>
<td>22. Fruit among nuts (5)</td>
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HOLLYWOOD

I n death, Sharon Tate was born into myth, an “it” girl with a canyon house, a famous director husband, and a beauty Hollywood craved as its mirror in an age of acid trips and bikini gangs, a time when America was unmoved and the studio system was giving way to brash, young independent filmmakers.

Tate lived at a moment when the counterculture barged in on the martini set and tore up the rules. She was that flicker between eras, wholesome daughter, libertine wife. Her murder in 1969 came as if a horror show had hijacked a pot-scented parade. Hollywood ran scared and Tate, who was eight months pregnant when she was stabbed 16 times by followers of Charles Manson, became a patron saint to the inexpressible.

She was 26. Her role as a suicidal soft-porn actress in the Valley of the Dolls, a tale of barbiturates and reckoning, did not win the reviews that crystallise a career. But her end, as with those of James Dean and Bobby Kennedy, was tragically American, a promise forsaken, a dream inextricably linked to the crime that took her, and what’s left is a stunning, ageless face, an alluring portrait upon which to hang our what-ifs and insatiable fascinations.

Tate flashes as a recurring candlelight in Quentin Tarantino’s new Once Upon a Time in Hollywood. Played with trippy guilelessness by Margot Robbie, Tate, married to real-life Polish director Roman Polanski, shines in snippets through a gritty, nostalgic, musical joyride into 1960s Hollywood and the lives of washed-up fictional TV star Rick Dalton (Leonardo DiCaprio) and his stuntman confessor Cliff Booth (Brad Pitt).

The film is as much homage to Tate as it is to an era of halter tops, draft dodgers, Joe Namath and Easy Rider. She dances at the Playboy Mansion and races in a convertible with Polanski, whose Rosemary’s Baby had made him a heralded auteur. In mini-skirt with Polanski, whose Vampire Killers she was going to do. "I thought the tragedy ultimately was the loss of innocence. To really look at the character and what the character is supposed to serve to the story," said Robbie when the film premiered at Cannes. "The moment I got on screen gave an opportunity to honour Sharon … I think the tragedy ultimately was the loss of innocence. To really show those wonderful sides of her, I think, could be adequately done without speaking!"

Tate’s sister, Debra, could not be reached for comment. She had misgivings about the film, but reportedly after receiving a script from Tarantino, regarded the director’s rendition as respectful to Sharon’s memory. Hollywood is much altered since the days of Sharon Tate when women were often cast as types rather than talents. Sex abuse cases, including those against Harvey Weinstein, Tarantino’s former longtime producer, have raised awareness and given women more inroads in the industry on and off set.

Tate’s magic was that she was a fleeting ingénue, her face everywhere, as if on a pinwheel spinning through pop culture. Her brand could be recycled and reinvented. The 50th anniversary of her death brought the April release of the widely panned The Haunting of Sharon Tate starring Hilary Duff and the upcoming novel Set the Controls for the Heart of Sharon Tate by Gary Lippman. Her wedding dress was auctioned last year for $62,250.

A sex symbol — she appeared in a Playboy spread shot by Polanski — Tate also wore scars, went barefoot and read Thomas Hardy’s Tess of the d’Urbervilles, which a decade later Polanski would adapt for a movie. Their house on Cielo Drive in Benedict Canyon echoed with the parties of a new Hollywood, a set of filmmakers, artists, musicians and caricature–induced wanderers changing the city, the country and the culture.

It wasn’t all glamour and discovered privilege. The real-life Tate had her problems. Polanski, whom Tate had first met at a party in London, was domineering and often on the road with a film, frequenting clubs and, according to a number of accounts, orchestrating trysts. Nine years after Tate’s death, he would flee the US after being arrested on sex abuse charges against a minor, never to return.

In his 2015 biography, Sharon Tate: A Life, Ed Sanders writes of a woman conflicted over wanting to be either an American version of Catherine Deneuve or a stay-at-home-mom. "She was balancing personal desires and family expectations. Tate seemed to enjoy celebrity more than the rigours of serious acting and Polanski, a man of moods and ruffle collars who cast her in The Fearless Vampire Killers (1967), was consumed with his own scripts and obsessions."

"Roman was the star in that relationship and Sharon was the beautiful actress wife. You didn’t walk into a room and think this is Meryl Streep," said Toni Basil, choreographer on Tarantino’s film, who knew Polanski and Tate and once dined with them in France. "Sharon was dear, sweet and aware of her sexuality but not competitive with other women." Born in Dallas two years before the end of World War II, Tate was an army brat, living in Texas, Washington state and Italy before moving to Los Angeles. A homecoming dance queen and cheerleader, she had an uncredited role in Burdubbs (1961), a biblical epic starring Anthony Quinn.

Tate went onto appear in popular TV shows, including Mister Ed and The Beverly Hillbillies. She starred alongside Patty Duke and Barbara Parkins in Valley of the Dolls. Based on the novel by Jacqueline Susann, Valley cast Tate as a beautiful, doomed showgirl.

The movie was released the same year as three films that epitomised Hollywood’s fresh sense of social realism: The Graduate, Bonnie and Clyde and In the Heat of the Night. Valley was, by comparison, melodrama. The New York Times called it “an unbelievably hackneyed and mawkish mish-mash of backstage plots and ‘Peyton Place’ admirations in which five women are involved with their assorted egotistical ambitions, inexplicable Seconal pill." Tate told Look magazine in 1967 that when people look at her “all they see is a sexy thing … People are very critical on me. It makes me tense. Even when I lay down, I’m tense. I’ve got an enormous imagination. I imagine all kinds of things. Like that I’m all washed up, I’m finished. I think sometimes that people don’t want me around. I don’t like being alone, though. When I’m alone, my imagination gets all creeps.”

Such insecurities were not recognisable from the outside. Sue Cameron, a former columnist for the Hollywood Reporter and author of Hollywood Secrets and Scandals, said the last time she saw Tate was at a Stars on Roller Skates event at an old ballroom on the Santa Monica pier.

"It was the middle of summer and Sharon wore a full length mink coat, “ said Cameron. "I’ll never forget that. She was into the celebrity stuff. She was beautiful. It was real. When you looked into her face she had these luminous eyes that looked right at you. Maybe Polanski would have urged her to take a deeper look at herself as an actress, but I think she was just one of the pretty girls cast in movies. She was at a crossroads at what she was going to do." Less than a month after man first walked on the moon, in a year when the Beatles gave their final performance and Jimi Hendrix played The Star-Spangled Banner at Woodstock, in a time of tie-dye, flower children and sexual revolution, a man nicknamed “Tex” and Manson “family” members Susan Atkins and Patricia Krenwinkel walked up to 10050 Cielo Drive and slaughtered Tate and four others, including her hairdresser and former lover Jay Sebring. Manson, who died in a Bakersfield hospital in 2017 while serving a life sentence, had ordered the killings to ignite a race war, using the phrase “Hell’s Skelter,” the title of a Beatles song, and a reference to his apocalyptic vision of Scripture. Tate was left lying beside a sofa, a rope looped around her neck. Polanski was in Europe. When Los Angeles woke up, a fantasy had ended and the world was not the same as before.

— Los Angeles Times/TNS

50 years before Once Upon a Time ... in Hollywood, there was Sharon Tate, recalls Jeffrey Fleishman

Sharon Tate became inextricably linked to the crime that took her, and what’s left is a stunning, ageless face, an alluring portrait upon which to hang our what-ifs and insatiable fascinations.
Taapsee demurs on open letter storm

Amidst the open letter storm, actress Taapsee Pannu said that she is in the centre of things as she does not believe in left wing or right wing politics.

“I am in centre of things. I don’t believe in left wing politics or right wing politics. I express my views on things which affect me. I have expressed my views on bad things and whenever something good has happened in our country, I have talked about it proudly.

“I feel both sides have their own point of view. No-one asked for a sign from me and whatever I have to say I say it through social media platforms,” Taapsee said.

Earlier this week, around 49 celebrities including Anurag Kashyap, Aparna Sen, Adoor Gopalakrishnan, Mani Ratnam and Konkona Sen Sharma, wrote an open letter to Prime Minister Narendra Modi, expressing concern over the growing cases of lynching in India.

On Friday, however, sixty-two celebrities, including actress Kangana Ranaut and writer-lyricist Prasoon Joshi, came out expressing their views on the open letter debate. Taapsee said: “I feel there are good people and bad people in every society and some of them are tolerant and some of them are intolerant, so I haven’t counted to see that who is in the majority. I can say that I have seen both kinds of people.”

On the work front, Taapsee is gearing up for the release of Mission Mangal.

Real-life incidents are the latest tinsel flavour

By Simran Sethi

The reality-inspired Bollywood cinema has moved beyond the standard biopics and historical incidents. New-age writers and filmmakers are finding inspiration in real incidents involving commoners, which inspire, impress and awe.

These films draw inspiration from theвалour of commoners, who stood up to the occasion to reflect the society. It’s a positive sign for Bollywood.

“Cinema and art should always reflect the society. It’s a positive sign that more and more filmmakers are coming up with films based on reality. With the medium, like films and shows, new generation will get to know about the important events of the past,” he said.

Earlier this year, the Akshay Kumar-starrer Kesari revived the 1897 Battle of Saragarhi.

“While doing Kesari I realised that there are so many people who have no idea about the bravery of 21 Sikhs who fought against 10,000 Afghans. There was so little information available about them online or in text books. After the film almost everyone knows about them. We should keep making reality-based films because cinema has the power to make people aware and educate them,” Parmeet Singh said.

Aysuunnagh Khurana’s latest release Article 15 is inspired by the 2014 Badraam gang-rape and murder. Although Ayushman plays a fictitious cop, his character and certain fictional drama is used intelligently in the film to highlight the sordid societal reality of heartland India.

Over the past couple of years, directors have been attempting to portray reality through different types of movies. The common factor about these films is they are all stories seeped in everyday life.

Not that filmmakers don’t want to make fiction movies, but there is certain aura attached to films based on reality. Stating that you feel more connected to things that are real, he said, “You feel you have experienced it or you can do it. Also, reality is always interesting than fiction.”

On the vital role of fact-checking films based on real life event, Menon said, “Research is important and one should not play with the facts. A filmmaker should at least try to get the basic facts right.”

Airlift, which featured Akshay Kumar in the role of Ranjit Katyal, was based on the evacuation of Indians from Kuwait during invasion by Iraq in 1990. To bring that evacuation drama to the big screen, Menon did a lot of research.

However, Menon said a filmmaker should be allowed “creative liberty” to add entertainment to the real story.

“If basic facts are right, then you can take creative liberty to make your film interesting and entertaining. While making Airlift I did a lot of research. I spoke to people who were involved in the evacuation. As a filmmaker, though, creative liberty is important for me. Akshay’s character was my work of fiction and imagination. His character was inspired by Mathumy Mathew, who helped evacuate Indians from Kuwait.

“Janpath Mathews and his son. I took his permission to fictionalise the character based on him. Creative liberty is important for filmmaking to make it more cinematic. A film should attract people,” Menon reasoned.
By Silvia Kusidlo and Christoph Meyer

The River Thames and Buckingham Palace are far below, while the rolling hills around London can be seen in the distance. It’s cramped nearly 100 metres up in Big Ben, with space enough for just a few workers at a time amid the tangle of scaffolding and ladders. Claustrophobia or a fear of heights is inadvisable.

At the halfway stage of a four-year restoration project, the British landmark recently marked its 160th anniversary cloaked in scaffolding and plastic sheeting – to the disappointment of countless tourists.

On July 11, 1859, Big Ben – which is actually the name originally given to the 13.7-ton Great Bell – chimed for the first time.

The name is commonly used for the clock tower as a whole, officially known as Elizabeth Tower since 2012 in tribute to the then 60-year reign of Queen Elizabeth II. Time has taken its toll on the building, at the north end of the Houses of Parliament in the Palace of Westminster; the last time significant work was carried out on it was in 1983–85.

“Things here have to be very careful,” says project manager Nicholas Sturge during a recent inspection. In addition to conservation work – including essential maintenance, installation of new amenities and improved energy efficiency – they’re dismantling the Great Clock piece-by-piece, restoring its 5-ton mechanism, and cleaning and repairing its four dials.

If all goes according to plan, Sturge says, the scaffolding will start coming down in 2020 and the project will be completed in 2021. The project’s dimensions are enormous. Each of the four clock dials, for instance, has a diameter of 7 metres and consists of 324 pieces of pot opal glass. “They’re all mouth-blown and not transparent,” says Robert Christ, marketing director of LambertsGlas, a Bavarian glass-making company that’s restoring the dials.

The tower’s cast-iron roof is also being refurbished, along with what’s known as the Ayrton Light, a lantern-like lamp above the Great Bell that shines after sunset when Parliament is sitting. Disconnected since August 2017, the bell’s bongs are to remain silent until 2021 to protect workers from hearing loss. At nearly 120 decibels, they’re about as loud as a police siren.

Speaking of police, the tower once housed a small prison cell. Its last inmate, in 1880, was a newly elected – and atheist – member of Parliament who was held there overnight in a dispute over his refusal to take the religious oath of allegiance to the Crown.

Many Britons are upset at having to go so long without Big Ben’s familiar chiming every hour and four “quarter bells” every 15 minutes. They still sound, however, on special occasions such as New Year’s Eve, Parliament even squabbled about the matter. While then British prime minister Theresa May said a four-year hiatus “can’t be right,” Jeremy Corbyn, head of the opposition Labour Party, countered that it was “not a national disaster.”

Big Ben is believed to have been named after Sir Benjamin Hall, chief commissioner of works, whose name is inscribed on the bell. According to another theory, it was named after Ben Caunt, a 19th-century bare-knuckle prizefighter and English heavyweight champion.

The Great Clock is famous for its accuracy. To keep it that way, a team of expert clock mechanics has been painstakingly overhauling all of its components. An electric motor has been temporarily installed to drive the hands while the mechanism is restored.

“The Great Clock and its bell have become much-loved representatives of our democracy, and the conservation works currently taking place will ensure that it continues to be so for generations to come,” says Steve Jaggs, Keeper of the Great Clock.

Meanwhile, the North Dial has been restored to its original Prussian blue hands and numbers – they were long black – with gold frames and white glass. Conservation work to the tower is also progressing well.

Decades of heavy air pollution have blackened the structure, says Adam Watrobski, the project’s principal architect. While this will now likely be less of a problem thanks to environmental protection measures, he says no one knows how climate warming will affect the building. Big Ben isn’t the only architectural icon in London that’s badly decayed. Large sections of the Palace of Westminster are being refurbished.

Most of the some 4,000 windows in its 1,100 rooms don’t shut properly, walls are crumbling in places, water sometimes drips through the ceiling, and staff are afraid to turn off the old heating for fear it won’t come back on in winter.

Nearby Buckingham Palace is in disrepair too. Staff have even had to collect dripping water in buckets to protect artworks. – DPA