Community

Secondary school students take part in CMU-Q annual Summer College Preview Programme.

Community

Medical experts say vitamin supplement devotees should shift their loyalty to lifestyle changes.

Unplugged

It was the LA Memorial Coliseum’s mystery mural, until a teenage detective solved its 50-year puzzle. P4-5

Pop Spot

Diamond In The Dirt establishes Mist as high flying UK rapper.

Page 14

Showbiz

LA artist on vandalising Tarantino film billboard.

Page 15
PRAYER TIME

Fajr 3:31am
Shoroq (sunrise) 4:59am
Zuhr (noon) 11:40am
Ahr (afternoon) 3:07pm
Maghreb (sunset) 6:22pm
Isha (night) 7:25pm

USEFUL NUMBERS

Emergency 999
Worldwide Emergency Number 112
Kahramaa – Electricity and Water 991
Local Directory 180
International Calls Enquires 150
Hamad International Airport 40166666
Labor Department 44508111, 44406537
Mowasalat Taxi 44588888
Hamad Medical Corporation 44392222, 44393333
Qatar General Electricity and Water Corporation 44845555, 44845464
Primary Health Care Corporation 44593333
Qatar Assistive Technology Centre 44590405
Qatar News Agency 44450205, 44450333
Q-Post – General Postal Corporation 44464444

Humanitarian Services Office (Single window facility for the repatriation of bodies)
Ministry of Interior 40253372, 40253372, 40253369
Ministry of Health 40253370, 40253364
Hamad Medical Corporation 40253368, 40253365
Qatar Airways 40253374

Quote Unquote

“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.” — Helen Keller

Community Editor
Kamran Rehmat
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Fax: 44350474

Luca
DIRECTION: Arun Rose
CAST: Tovino Thomas, Ahaana Krishna, Nithin George
SYNOPSIS: An investigative thriller paralleled with romance. The film narrates the story of two couples, a Kochi-based scrap artist named Luca and his love interest Niharika, and a police officer named Akbar and his wife Fatima.
THEATRES: The Mall, Landmark, Royal Plaza

River Runs Red
DIRECTION: Wes Miller
CAST: John Cusack, Luke Hemsworth, George Lopez
SYNOPSIS: A vengeful judge takes the law into his own hands when two cops kill his young son during a routine traffic stop.
THEATRE: Royal Plaza

For movie timings and further details please scan the QR code above with your mobile phone camera or visit qatarcinemas.com
EVENTS

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

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

Ballet Lessons
WHERE: Music and Arts Atelier
WHEN: Ongoing
TIME: 4pm – 8pm
For more info e-mail at registration@atelierqatar.com or call on 33003839.

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
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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.

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

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

Hobby Classes
WHERE: Mamangam Performing Art Centre
WHEN: Saturday – Friday
Mamangam is an art and performance centre started with a vision of spreading our knowledge, interests and experience in various disciplines in arts across different countries for children and adults.
Summer camp at Mamangam has become the children’s favourite centre for learning art and craft, drawing, and learning spoken English. The kids also enjoy Bollywood dance, contemporary and hip hop music. To develop health consciousness, we teach them kids yoga, karate etc. Mamangam has also come up with chess and robotics in the regular batches in an attempt to give a better learning experience.

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

Dance and Instrument Classes
WHERE: TCA Campus, Behind Gulf Times Building
WHEN: Wednesday – Monday
Learn the movements of dance styles in Bollywood, Hip Hop and also the musical instruments such as Piano, Guitar, Keyboard for adults as well kids and move in the world of music. For details, contact 66523871/31326349.

Compiled by Nausheen Shaikh. E-mail: gtlisting@gmail.com. Events and timings subject to change.
For decades, the curving mural depicting a golden sun has greeted visitors to the Los Angeles Memorial Coliseum. Faded by the elements, its once-vibrant blue lost some lustre over the years. The gold-leaf paint had chipped away. Still, the image drew eyes upward.

No-one seemed to know who had painted the scene adorning the Coliseum’s main archway — or when. Guides referred to it as a “mystery mural,” the story of its origins as shrouded by time as the artwork itself. Until a student, then only 17, began his quest.

By Colleen Shalby

I basically contacted every single person who might have an idea, every archivist, historian or professor who might have some connection to the mural

— Dean Gordon, student, 19

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But after taking a tour of the historic stadium a few years ago, one local teenager became engrossed with its history. Dean Gordon estimates he’s been to the Coliseum more than 100 times. But before that day, he’d never given much thought to the mural high above the peristyle entrance. Two golden Olympic torches flanking a flaming sun, its centre a depiction of the planet Earth and the 12 signs of the Zodiac.

Solving its mystery soon became his mission.

Two summers ago, at age 17, Gordon began his quest — poring through library books and searching archives, hoping to find a clue that would lead him to the artist.

“I basically contacted every single person who might have an idea,” he said, “every archivist, historian or professor who might have some connection to the mural,” rumoured to have been painted before the Coliseum hosted the 1932 Olympics.

After a series of dead ends, Gordon found a clue in the form of a Los Angeles Central Library notecard that read “H. Rosien Coliseum.”

Further online digging produced nothing — until he came across a single tweet:

“Please don’t touch the mural inside the arch that my FIL Heinz Rosien painted prior to the Olympics!!”

The plea, posted in 2016, was from Mary Lou Rosien in response to the Coliseum’s announcement that parts of the stadium were being overhauled. The mural would be part of renovations, which eventually totalled $315 million, by the University of Southern California. The university operates and manages the Coliseum.

Years before, during a broadcast of a Trojans football game, the camera had panned under the Coliseum’s archway and focused on its murals.

Watching from his home in upstate New York, Rosien’s
A search through the Los Angeles Times archives revealed only one reference to the mural’s painter: a 1982 letter to the editor from the man himself.

In reference to a photo published two years before the 1984 Olympics, Heinz Rosien identified himself as the creator:

“In the article Olympics — An Ongoing Legacy, you featured two murals, one painted by students at Central Adult High School. The other described as a delicate painting on the ceiling was painted by me, Heinz L. Rosien.”

The end of Gordon’s search was not ideal.

“The entire time I was trying to figure out who painted it, I thought it was from 1932,” said Gordon, now 19 and a student at Amherst College in Massachusetts. “All my research was in that time period.”

Not that there was a wealth of information — or a lot of it,” Morris said.

“We’re used to having all the evidence,” Zebala added, “so we don’t make up stuff. We go by what’s there to offer original intent to the design.”

Before the mural’s restoration got underway, Gordon and Rosien met outside the Coliseum. There, the artist presented the young detective with one of his dad’s paintings.

And on a sunny day in June, Nick Rosien — Igor’s son and Heinz’s grandson — was in town to visit his Uncle Mick. Because the youngest Rosien had never seen the mural, his father suggested they add a trip to the Coliseum to their itinerary.

The scaffolding had just come down from the archway. The tarp was not ideal.

“The scaffolding had just come down from the archway. The tarp was not ideal. The teen tracked Rosien shortly after spotting his wife’s tweet, shocked to learn that someone directly connected with the artwork was still alive.

“ ‘Thankfully, Dean didn’t take ‘mystery mural’ as an answer,’ Igor Rosien said.

When it came time this spring to restore the mural, Gordon’s discovery and resulting report on the mural proved helpful.

Over the course of their work, which was recently completed, the artists reached out to Rosien, asking about the paints and techniques his father had used. A photo of the senior Rosien working on the design of the mural provided insight as well.

Aneta Zebala, Suzanne Morris and Adam Romcio have been in the conservation business for decades, restoring artwork at Griffith Observatory and the Wilshire Temple, under bridges and in libraries around Los Angeles.

But the Coliseum’s mural has been one of their most challenging projects, they said.

It had been damaged by water and, after decades of being battered by the elements (including the wind that races through the archway), the design had nearly disappeared. The lack of historical reference also was not ideal.

“When we found it, it was not very obvious,” Zebala added. “It was not ideal. It was not as clear as what we found when we first looked. We found a lot of evidence that this was the original design.”

“ ‘Thanks to all the students and the conservators,’ Zebala added.”

Aneta Zebala, Suzanne Morris and Adam Romcio were commissioned to touch up a faded mural that was originally painted under the peristyle at the Los Angeles Memorial Coliseum in 1969.

A teenager at the time, Igor spent the summer, fall and winter of 1969 working on the mural with his father. At the end of their workdays, the two would return home looking like statues. Their hair and faces were covered in gold paint.

Not long after the mural was completed, Rosien entered USC as a student. On occasion, he said, he would visit the stadium and be filled with pride as onlookers gazed up at the work he produced with his dad.

LA didn’t end up winning the Olympics bid in the ’70s. But a few years later, at the opening day of the 1984 Summer Games, Rosien beamed as people took pictures of his father’s work inside the Coliseum.

“I wanted to say, ‘That’s my dad. He did that.’”

By then, Rosien had moved to Massachusetts. “All my research was in that time period,” Morris said.

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CMU-Q hosts annual Summer College Preview Programme

Carnegie Mellon University in Qatar (CMU-Q) recently hosted its annual Summer College Preview Programme (SCPP). A total of 72 students of secondary schools across Qatar took part in three-week long programme to explore the prospect areas of study in science, technology and business. The students got an insight to the biological sciences, business administration, computer science and information systems programmes offered at CMU-Q. The SCPP also helped participants learn more about student life and future career possibilities.

Damian Dourado, Director of Pre-College Programmes at CMU-Q, said, “The SCPP strengthens students’ understanding of mathematics, English, and SAT and ACT preparation, and helps them explore the majors offered at CMU-Q. The passion demonstrated by the students drives us at CMU-Q to create an amazing experience for these students.”

The programme included workshops to help students set goals, manage time effectively working on group projects, and prepare a competitive college application.

Maryam al-Naemi, a CMU-Q graduate and former SCPP participant was the keynote speaker at the closing ceremony. Speaking on the occasion, she said, “When I attended SCPP in 2012, it gave me a sense of direction and made me realise that what I want more than anything was to be a part of Carnegie Mellon University and become a Tartan.”

Al-Naemi is currently working as a systems engineer at Qatar Petroleum and is the founder of Kaff einated. “My four years at CMU-Q were the most amazing years of my life. The environment at CMU-Q is a constant cycle of pushing you to pursue extraordinary achievements and build a reputation beyond these walls,” she added.

Sara al-Hamadi, a student of Aljazeera Academy, said, “I had an amazing experience at SCPP and it helped me identify my passion for biological sciences. After attending this programme, I can certainly say that CMU-Q is my first choice for college, and after graduating next year, I hope to get accepted here and excel in my academics.”

Najah Alnounou, a student of Doha Academy, said, “Our group developed an interactive game by applying the skills we learned during our three weeks here. SCPP was a very enjoyable and valuable experience for me, and has encouraged me to apply to CMU-Q and opt for computer science as my major.”

Qatar speech champion wins second place in Toastmasters Region contest

Nisha Shivram, District 116 International Speech Champion, recently bagged second position in Region 11 Quarter-finals of World Championship of Public Speaking Contest. Toastmasters Region 11 comprises eight districts, spanning across 34 countries from Africa, the Middle East, and Asia. Nisha Shivram, a member of Toastmasters since 2007, has been taking part in speech contests for the previous seven years and has won several prizes at district level. With Qatar becoming an independent district effective July 2018, Nisha’s emergence as District 116 champion gave her an opportunity to compete in Region II Quarter-finals, where she competed with the winners from the seven other Districts.

“For someone from Qatar, to win at this level of contests in its very first year as a district is a singular and stupendous achievement. Nisha’s accolade will inspire many in Qatar to benchmark and participate in contests that will improve the quality of competitions,” said Rajeswar Sundaresan, former District Director.

“Nisha’s win has further reinforced Qatar’s stature in the global Toastmasters community. Improving public speaking and communication skills of members are the core of the Toastmasters education programme and winning contests is just the perfect icing on the cake. Toastmasters’ powerful and pithy tagline ‘Where Leaders Are Made’ sums up the two-way relationship between communication and leadership,” added Rajeswar.

Speaking about her win, Nisha said, “I owe a lot to my mentor Vinod Pisharom, for his guidance at every stage. My heartfelt gratitude to Toastmasters International that has been helping individuals like me become a better communicator and leader since 1924.”

Nisha has been residing in Qatar since 2007 and works as a corporate trainer.
In the final stage of the camp, students presented their teams to design, build, programme and test their robots and radio-controlled systems. The students competed in sources to robotics to mechanical designs, programming and knowledge of the students is impressive and exciting to see. These young people are incredibly talented. If they are the future of engineering then the future of our country is in very capable hands. The enthusiasm and knowledge of the students is impressive and exciting to see. These young people are incredibly talented. If they are the future of engineering then the future of our country is in very capable hands. The enthusiasm and knowledge of the students is impressive and exciting to see. These young people are incredibly talented. If they are the future of engineering then the future of our country is in very capable hands. The enthusiasm and knowledge of the students is impressive and exciting to see. These young people are incredibly talented. If they are the future of engineering then the future of our country is in very capable hands. The enthusiasm and knowledge of the students is impressive and exciting to see. These young people are incredibly talented. If they are the future of engineering then the future of our country is in very capable hands. The enthusiasm and knowledge of the students is impressive and exciting to see. These young people are incredibly talented. If they are the future of engineering then the future of our country is in very capable hands.
Camille Hernand’s Paris maisonette is designed with solitude in mind. The architect’s three children, Madeleine, 10, Adelaide, nine, and Honoré, five, divide their time between here and their father’s house, on alternate weeks. Stylish steel-framed internal glazed doors and windows, and open-plan spaces where walls once divided, help her feel less enclosed and alone when her brood ups sticks. “Even when my children aren’t here, I have a sense of their presence and personalities,” she says. “If it was a house of ordinary walls and doors, I believe it would feel different. I would feel the solitude. It’s important that when they return, this place immediately feels welcoming, open and like home. But, equally, the house has to feel good for me on my off-weeks, when everything goes quiet.”

The ground floor of this 19th-century building on a narrow street in the Marais district used to be a dairy, then functioned as various shops until, four years ago, Hernand bought it to use as her office. “A year later, the flat upstairs came up for sale, so we moved in and lived (above the shop) for a while,” she says. There were pros and cons. The commute was short but it was hard to keep work and family life separate especially with Honoré, then a toddler, always keen to go downstairs and see what his mother was doing. So Hernand decided to rent an office elsewhere and reclaim the ground floor space to live in. “It’s brilliant now — thanks to the internal windows Hernand has set into the walls. Blinds can fold down for privacy – something she thinks will become more important once her children reach their teens. It’s not the case just yet. Her daughters share an L-shaped room with beds at opposite ends, but often drag their mattresses into the centre to sleep side by side. “There is only a year between them, so they are very close,” she says.

This internal configuration means there’s a good flow of natural light, but Hernand’s bigger aim was for the rooms to feel like segments of the same jigsaw rather than sealed-off spaces. “I didn’t want to walk in and be greeted by a series of closed doors and blank walls,” she says. Each room has its own character, but feels connected.

Second-hand furniture adds to the historic mood, most of it bought at Les Puces flea market over the years. Lighting is a mix of contemporary and vintage, and the apartment is filled with art and black-and-white photography, displayed on picture ledges. Aside from the library and the entrance hall – painted an impactful deep blue (Farrow & Ball’s Hague Blue), with a wall of bold, geometric wallpaper that frames a set of steps – walls are painted in Strong White by Farrow & Ball. “It has grey tones, so splashes of yellow and green look good against it. I like a dash of colour,” Hernand moved to the Marais 20 years ago: “It has a much more boho (bourgeois-bohème) feel these days,” she says. “But there are traditional bakeries and cafes alongside new galleries and boutiques and when I look up, I always see interesting architecture.” The bare timber beams she integrated into her home are typical of the tall townhouses of the Marais. There’s no garden, just a tiny courtyard. “It’s shared with the people upstairs, but I’ve put some plants out there anyway,” Hernand says. Instead, the family walk to the public gardens five minutes away, or a bit further to the traffic-free bank of the Seine. “Honoré rides his scooter and the girls and I walk,” she says. “The streets in the Marais are narrow and there’s no parking, so people cycle or walk everywhere. It’s a nice place to bring up a family.” — The Guardian
High-tech and no-tech ways of making your home safer

By Catherine Hamm

Let me introduce you to a new player in home security. Because of her, would-be thieves think I have a dog and a baby and that I throw a lot of parties and play a lot of table tennis. You may know her. Her name is Alexa, yes, that Alexa, and she’s one of ways you can keep your home safer this summer.

Home security, said retired Los Angeles Police Department Detective Kevin Coffey, is about layers, not just about having a great security system, although that helps too. The more reasons you give a thief to pass up your home and move on, the safer you are. Here are some of the tools in the home security grab bag.

Illusion is part of the strategy:

Making up to think you’re home when you’re not is one way to fool bad guys. To access sounds that are supposed to make a burglar think you’re there, beckon Alexa on your Dot, Echo or whatever Amazon device you’re using and say, “Alexa, play burglar deterrent.” She then gives you a choice of nine sounds, including barking dog, crying baby, living room (where presumably those parties are occurring), game room (table tennis match), bathroom (shower and toilet flushing), kitchen (lots of clanking) and so on. Sometimes she asks whether it’s day or night use and how loudly you would like to have the sound played. She also reminds you that barking dog won’t endear you to your neighbours if you leave it on all night. When you issue the stop command, she welcomes you home.

Smart bulbs also offer the perception of activity at home. Certain kinds of bulbs can be controlled with your phone, and some will even dim. Less high-tech alternatives include mechanical timers for the lights, radio or TV so you can control the on/off and create light and sound.

Catch bad guys on camera:

Security experts increasingly recommend video doorbells, which are now available for apartments too. Not only can you respond to visitors before opening the door, but if you’re not at home, you also can respond to visitors from wherever you are using a smartphone app.

The Next Door app helps neighbours exchange information on a host of issues. Know a good contractor? Need a dumping hole? And, for our purposes here, did you see a white van cruising slowly down the street? It will not prevent crimes, but heightened awareness is important.

Ring takes that idea one more step. Its user community often shows clips of people lurking, stealing packages from the front step or other suspicious behaviour. These can be (and are) shared with law enforcement.

Don’t leave clues that you’re not home:

Of course, you should put a vacation hold on newspapers and mail. Coffey has two additional recommendations: If you’re expecting a delivery from UPS or FedEx, ask that these be held as well.

Also know what to expect. For US mail, he is a big proponent (and I have become one) of the postal service’s Informed Delivery option. An e-mail tells you what’s coming in that day’s mail. It won’t prevent theft, but at least you’ll know if something doesn’t arrive.

Don’t tell people what a wonderful time you’re having until after you’re home:

Announcing on social media, “Hey, having a wonderful time in XXX” is tantamount to adding, “Please come burglarise our home.” Don’t think for a minute criminals don’t.

Ask a trusted friend or relative to check on the house while you’re gone:

Giving someone a key is a kind of forever thing, and that’s fine if it’s someone you know well. But some electronic door-entry keypads allow you to create a temporary code you can give to your drop-in person. There’s no substitute for a human touch because more than just theft can happen while you’re away, pipes and hoses that misbehave, among others.

You can’t anticipate every rotten thing that might happen to you, but thinking about it now could mean peace at home and peace of mind, two places you need it most. — Los Angeles Times/TNS
Why washing shrinks some clothes

Washing or drying a sweater or dress the wrong way can ruin it, but knowing what your clothing needs and why it needs it is a way to avoid laundry disasters.

The key is how they interact with water

Hydrophobic (water hating)
No issue with wetting; fibers do not absorb water and do not shrink

Hydrophilic (water loving)
Safe to wash; fibers absorb and release water without changing shape

However, washing or drying at hot temperature can warp the fibers

Fibers have a hydrophobic exterior that repels water
And a hydrophilic core that absorbs water

When lightly wetted, sheds water (outside of fibers repels water)
When thoroughly soaked, dries slowly (water enters inside of fibers)

Usual solvent: Perchloroethylene (PERC)

Cl ——— C ——— Cl

PERC does not penetrate the water-attracting cores of wool and silk fibers

Why dry cleaning prevents shrinking

Process is not really dry; clothes are cleaned with a liquid solvent

Dry cleaning machine

Synthetic
Polymers, chains of chemical units made from petroleum
Polyester
Polypropylene
Nylon
Many others

Plant-based
Chain-like cellulose molecules made of linked glucose units
Cotton
Linen
Hemp

Animal-based
Fibers made of long chain-like proteins
Wool
Silk
Often blended with synthetic fiber

Source: American Chemical Society
Graphic: Helen Lee McComas, Tribune News Service
Hotter weather linked to higher suicide rates

Hotter weather increases both suicide rates and the use of depressive language on social media, says a new study that analyzed half a billion tweets.

The research published in the journal Nature Climate Change suggests that the effects of climate change could be as devastating as the influence of economic recessions when it comes to increasing suicide rates.

Projected temperature rise through 2050 could lead to an additional 21,000 suicides in the US and Mexico, the findings showed.

Surprisingly, these effects differ very little based on how rich populations are or if they are exposed to warmer weather, said lead researcher Marshall Burke, Assistant Professor at Stanford University.

Researchers have recognized for centuries that suicides tend to peak during warmer months. But, many factors beyond temperature also vary seasonally - such as unemployment rates or the amount of daylight - and up to this point it has been difficult to disentangle the role of temperature from other risk factors.

To tease out the role of temperature from other factors, the researchers compared historical temperature and suicide data across thousands of US counties and Mexican municipalities over several decades.

The team also analyzed the language in over half a billion Twitter updates or tweets to further determine whether hotter temperatures affect mental well-being.

They analyzed, for example, whether tweets contain language such as lonely, trapped or suicidal more often during hot spells.

The researchers found strong evidence linking warmer temperature with higher suicide rates.

To understand how future climate change might affect suicide rates, the team used projections from global climate models.

Temperature rise by 2050 could increase suicide rates by 1.4 per cent in the US and 2.3 per cent in Mexico.

Hotter temperatures are clearly not the only, nor the most important, risk factor for suicide, Burke emphasized.

But our findings suggest that warming can have a surprisingly large impact on suicide risk, and this matters for both our understanding of mental health as well as for what we should expect as temperatures continue to warm, Burke added. - IANS
**Wordsearch**

The letters are placed in the grid below:

```
M L T E A X I O R C A L E D M
A T M N D E H B O N N A R D A
T B N N R A I R U G I H I W P
I C W A A Y I V S I S L E Y L
S N A Z L P O U S S I N M E L
S I T E L L I M E H O O Z U C
P G E Y U W L O I E Y W R N
P U A A V S M A S R N G H A G
O A U A E B M O G U H G V Q I
D G B U I D T N N R M E R U S
D T R S E T S A G E D A O E S
B A W T D A V I D D T E N E S
T C O U R B E T A O W Y U E E
T T O R O C O R E N O I R E T
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**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 goal is to fill the grid so that every column, every row and every of 3x3 sub-box contains each of the digits 1 to 9 exactly once.

**Adam**

SO, WHEN IS SWEATMAS?  
HMM  
WE SHOULD DIG INTO THIS. GET SOME HEAVY ANALYTICS SO WE CAN CHOOSE THE PERFECT DAY OF THE YEAR...

FRIDAY?  
I MEAN, SERIOUSLY, IT’S LIKE WE’RE SHARING A BRAIN.

**Pooch Cafe**

I’M TIED TO MY DOG HOUSE, AND I CAN’T EVEN COMPLAIN. I TOTALLY DESERVE IT THIS TIME.

I’M NOT EVEN GOING TO TRY TO GET AWAY.

BUT IF IT'S NOT TOO MUCH TROUBLE, THERE IS ONE THING YOU COULD BRING ME...

WHY THAT LITTLE--!

**Garfield**

I’M PLANNING MY MENU FOR THE WEEK.

LET’S SEE, WHAT DO I WANT TO EAT? HOW ABOUT...

EVERYTHING!

**Bound And Gagged**

Sudoku is a puzzle based on a 9x9 grid. The goal is to fill the grid so that every column, every row and every 3x3 sub-box contains each of the digits 1 to 9 exactly once.
**Super Cryptic Clues**

Across
1 Screws not replaced in lookout's post (5-4)
8 Bit of fun with power line (5)
9 Red motor belonging to me (7)
10 Lions, primarily, warm and dry in den (4)
11 Spoil girl in Spanish resort (8)
13 Places, so we hear, for spectacles (6)
14 Calm father's left inside with police (6)
17 Flowers upset in a storm (8)
19 Lake that sounds spooky (4)
21 Put on a new coat (7)
22 A single female? Wrong! (5)
23 Courting a disaster in battle (9)

Down
2 Studying in a Berkshire town (7)
3 Stop sleeping â€” we must entertain a king (4)
4 Drink of the gods â€” Cretan rum (6)
5 Board game for science crowd (6)
6 Water flowing from river not well (4)
7 Large dress designed anyhow (10)
8 Very different - like those in Cracow and those in Gdansk? (5,5)
12 Substitute with good reputation (8)
15 Girl with right bag (7)
16 Swiss community against admitting worker (6)
18 Recording time taken by primate (4)
20 Henry has nothing that indicates holiness (4)

**Solution**

![Crossword Solution](image)

**Wordsearch**

![Wordsearch](image)

**Codeword**

![Codeword](image)
Diamond In The Dirt establishes Mist as high flying UK rapper

Instead of going with the faster flows of grime, I developed a slower style and used a lot of sampled beats. I even included some Punjabi words in my rhymes. I lived in a mostly Asian community and thought using some words from their native language might get me a following among Asian youths.

It was this use of Punjabi in his lyrics which attracted the attention of London-born Asian producer Steel Bangles.

"His involvement was the turning point in my career. We had this immediate connection as two people who were both trying to make something of their lives after spending time in jail."

"He is not one of those producers who feel they know it all and no artiste should have any input on the beat. The great thing about him is he listens to what I want, takes it on board and then makes it happen so much better than I could imagine."

Steel Bangles produced Mist’s 2016 debut EP, M I S To The T, which peaked at number 83 on the UK albums chart. A number of singles and guest appearances on tracks by other artistes further raised Mist’s profile before Steel Bangles worked his production magic on a second EP, 2018’s Diamond In The Dirt. This reached number four and established Mist as a high flyer on the UK music scene.

"That was a bit of a high watermark and we couldn’t afford to stop for. We ended up getting into a bigger chase. There must have been probably about ten police cars chasing me."

"This was on the motorway so I couldn’t just ditch the car. I managed to get away from the police cars, I’d squeeze through gaps I should never have got through and the police drivers wouldn’t take those risks. But that’s when the police helicopter came after me. I got off the motorway into a residential area, ditched the car and we all started running."

"By this time, there were two police helicopters after us and I was caught in the spotlight. I ran through people’s back gardens and my friends were trying to get away but the time came when I couldn’t run any more. I thought I’d got out of the spotlight and hid in a bush. I must have been in there for about an hour but the police eventually found me."

"I actually ended up near where I lived. I basically did a walk of shame to the police station under arrest in front of my neighbours. I didn’t get any bail, it was straight to remand and I ended up being sentenced to 14 months in jail."

"It wasn’t somewhere I wanted to be. I’d been living a pretty wild kind of life but I thought it would be hard to do something so bad that I’d go to jail. I discovered it was actually easy to go to jail."

"I missed having my freedom, I missed chilling with my friends, I missed Christmas with my family, I missed my daughter’s birthday. I knew I had to become a different person when I got out and do something positive with my life."

Music had always been part of Mist’s life. His father was an accomplished guitarist. His elder brother was heavily into music and he was brought up listening to rappers such as Snoop Dogg, The Notorious B.I.G. and Busta Rhymes.

After his brother left home, Mist not only inherited his room in the family house but also the music and recording equipment left behind. He began experimenting with the equipment making beats and writing verses. But actually pursuing a career in music was not something Mist had considered until after his release from prison in 2015.

"I wasn’t really sure how to change my life. But music was something I could try. I’d written a few things while I was in jail so the basic idea had been with me for a while. I started posting some freestyles on YouTube and gradually built a following. But I was from Birmingham. You can be big locally around Birmingham but most people seem to think the British rap scene begins and ends in London.”

Mist believed he had to be different.

"I started doing grime tracks but realised I had to develop my own sound."
Bollywood celebs wish ‘inspirational’ Huma on birthday

Kindest, foodie, inspirational and talented — this is how Bollywood celebrities including Fawz Khan, Kunder, Sonakshi Sinha, Athiya Shetty and Aditi Rao Hydari have described their friend and actress Huma Qureshi, who has turned a year older on Sunday.

After wooing audiences with her performance in Leela, Huma is currently in the US shooting for her Hollywood project Army Of The Dead.

Huma’s friends from the Hindi film industry, who could not be there with her on her birthday, took to social media to wish her.

Huma’s brother Saqib Saleem posted a video on Instagram in which he compiled the childhood photographs of Huma.

“Hollywood star, you are inspiring me and everyone around you. May you reach every pinnacle of success. First time I am not with you on your birthday. Love you. You are a bonafide movie star” Saqib said in the video.

Filmmaker—choreographer Farah Khan Kunder wrote: “She knew what all smart women know...laughter makes you live stronger and longer. Happy birthday darling Huma. wishing you a joyous year...foodies forever.”

“Happiest birthday to my newest friend who feels like the oldest. Have the best day ever, we know we are not there with you but at least try to,” Sonakshi wrote on Instagram Stories.

Actress Rhea Chakraborty called Huma “most beautiful”.

“She is all about love and kindness... happy birthday to the happiest, most beautiful Huma. She is inspirational,” Keanu added.

Praising Huma, Aditi Rao Hydari wrote: “Happy birthday Huma... to savage talent, savager, humour and savagert photobombing.”

Athiya Shetty said she is proud of Huma.

“Happy birthday hunms, I hope all your dreams come true... So proud of you and cant wait to see you. Shine, love you,” Athiya wrote.

Divya Dutta tweeted: “My dear girl! Have super super birthday.”

Ekta praise makes singer Arjuna happy

Singer Arjuna Harjai is happy that producer Ekta Kapoor likes his song Kisi raste hai jana from Judgementall Hai Kya.

Harjai has sung the track along with Surabhi Dashputra. The song has been picturised on Kangana Ranaut and Jimmy Sheirgill, and shows the struggle of their onscreen characters.

Ekta, the producer of the film, recently took to Instagram to express her love for the track, calling it her “favourite song”.

“It has been a wonderful experience creating this beautiful melody penned by Kumaar sir and the rustic voice of Surabhi does justice with the sentiments of the song,” Harjai said.

“Ekta ma’am is an absolute delight (to work with) and the fact that she loves this song makes me feel so happy. I hope the audience feels the same way about the song, and they are able to connect with the uniqueness of the track,” he added. — IANS

LA artist on vandalising Tarantino film billboard

By Nardine Saad

Los Angeles street artist Sabo has done it again, making over a billboard for Quentin Tarantino’s Once Upon a Time ... in Hollywood as yet another critique of rampant sex abuse in Hollywood and beyond.

In one instance, the political guerrilla artist superimposed the faces of wealthy tycoon Jeffrey Epstein and fugitive filmmaker Roman Polanski on a billboard featuring the film’s stars, Leonardo DiCaprio and Brad Pitt. Sabo retitled his faux flick starring the disgraced Epstein and Polanski Once Upon a Time in ... Pedowood — a not-so-subtle dig at the movie’s title change to Once Upon A Time ... in Hollywood.

The artist, who modified the ads with the help of drones and two assistants late Thursday night and early Friday morning, said he has not yet seen Tarantino’s celebrated film but plans to this weekend. It should also be noted that the movie, set in Manson-era Hollywood, touches on the murder of Polanski’s pregnant wife, actress Sharon Tate (played by Margot Robbie). Tate is a supporting character pivotal to the movie and Polanski (portrayed by Rafaal Zawierucha) is shown courting her.

The artist said he doesn’t believe Polanski was sufficiently taken down during his trial nor during the #MeToo movement given that he still has a film showing at the upcoming Venice Film Festival. (Polanski fled to Europe while awaiting sentencing in the late 1970s and has managed to avoid extradition to the US since).

“Movies should be entertaining!” Sabo added. “I would hate to think of Tarantino as a political director, rather than one who tells stories. And as soon as they start shoving their politics down my throat, I’m not interested. That’s for me to do as a political guerrilla artist. He should write a story that’s entertaining (and) leave the political horror to me.”

Elsewhere in Los Angeles, a bench ad for Once Upon A Time ... in Hollywood features director Woody Allen’s face on that of Pitt’s character. Allen has also been dogged by misconduct allegations, namely sexually assaulting his adopted daughter with Mia Farrow in the 1990s (an allegation that he has repeatedly denied).

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The science of vitamin supplements

Experts say vitamin devotees should shift their loyalty to lifestyle changes, writes Nicole Blackwood

Vitamin supplements, a multi-billion-dollar industry, are a layperson’s favourite prescription. Tired? Take an iron supplement. Sad? Classic vitamin D deficiency. But a recent paper related to cardiovascular health, published on July 9 in Annals of Internal Medicine, put this loyalty to the test. Surprise, surprise: vitamin supplements had little impact on heart conditions, including heart disease, and lifespan as a whole.

According to Dr. Erin D. Michos, associate professor of medicine in cardiology at Johns Hopkins School of Medicine and one of the paper’s co-authors, the paper was catalysed in part by the growing popularity of the supplement industry.

“An estimated 1 out of 2 Americans are taking some kind of supplement or vitamin,” Michos said. “For the vast majority of vitamins, we did not find any benefit, either in reduction in death or cardiovascular health.”

While vitamin devotees might feel betrayed, medical professionals are less surprised. The paper reviewed collective evidence from separate randomized clinical trials to analyse the benefit of dietary intervention and supplementation in cardiovascular conditions. Dr. Jeffrey Linder, chief of internal medicine and geriatrics at Northwestern Medicine, wasn’t surprised by the results, which corroborated and combined years of prior research while putting a spotlight on cardiovascular health.

“This new study confirms what we’ve been thinking all along: that there are very few, if any, supplements or vitamins that people should take as long as you’re eating a healthy diet,” Linder said. “Every time scientists have compared taking a supplement of something versus getting it through food, getting it through food wins every time.” Food, Linder said, contains both minerals and vitamins that the body is “built and designed to absorb.”

Dr. Mark Rabbat, a Loyola Medicine cardiologist, said that he would only prescribe a supplement to patients with established vitamin deficiencies who may derive benefits, but this is not the majority. Still, patients crave what Rabbat called “that magic pill,” and their desire for an easy fix makes them putty in the hands of a supplement industry that claims to have it in spades. Vitamins are considered food supplements and are not regulated by the Food and Drug Administration, and Rabbat said they’re often vague in labelling as a result — claiming, for instance, to be “good for the heart” without explaining why. Dr. Rami Doukkly, chair of cardiology at Cook County Health, Chicago, said that the industry promotes itself as though its claims were substantiated.

“You cannot watch television and avoid these advertisements for all kinds of vitamins,” Doukkly said. “They convince patients of a certain age group that they need to take vitamins, and in the minds of those patients, “if it doesn’t help, then it certainly doesn’t hurt.”

Though the paper demonstrated some evidence that omega-3 fatty acids could help prevent heart attacks, it also demonstrated that taking a certain combinations of supplements — calcium plus vitamin D — was shown to increase risk for stroke. While some supplements are considered benign, if ineffective (with the exception of their usage to treat deficiencies), this clearly isn’t always the case.

“People take these things without discussing them with doctors because they think they’re benign, and they can have real side effects,” Michos said. Still, Linder believes the real danger is that patients will waste their money in a misguided attempt to improve their health.

“It can be hard to convince people if they feel pretty good and feel like what they’ve been doing is healthy,” Linder said. “I get their resistance, and the idea that this new study is going to make everybody drop their supplements is unrealistic too.”

Still, if patients are willing to listen, there are ways they can still feel in control of their heart health. Though the paper found little evidence that specific diets are beneficial (though reduced salt intake showed some benefit), Michos said that this doesn’t mean heart-healthy diets are ineffective, as diet research is mostly observational studies. There are, in fact, dietary regulations that Doukkly said are known to aid heart health: eating fresh fruits, vegetables and whole grains, exercising regularly and avoiding smoking. No need for a cabinet full of supplements; save your wallet and your time.

“In my mind, if it’s not harmful, it’s a waste of money,” Doukkly said.

—Chicago Tribune/ TNS