‘Out of this world’

Nasa to land first woman on the moon. P2-3

NEW HORIZONS: SpaceX’s 17th Commercial Resupply Services (CRS-17) mission for Nasa lifts off for the International Space Station on May 4, 2019. Suzanne Slade’s Astronaut Annie was one of five books selected to be sent off to the Space Station.

Cuisine
Slow-cooked beef brisket: a peep into chef’s cut. Page 6

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Expat poet sees bright future for Urdu poetry as an expression of culture. Page 16
Return to moon is set in motion

The goal is to not just make a return visit to the moon’s surface by 2024, but to create a sustainable US presence there by 2028. The “first woman and next man” will step foot on the moon’s southern pole, a place no human has gone before.

Young girls of any background and race need to know they can achieve whatever they would like to. (They can) make valuable contributions in all STEM fields

— Suzanne Slade, author

At the time of Neil and Buzz’s 1969 moonwalk, Libertyville author and former rocket test engineer Suzanne Slade was 4 years old. She remembers none of it. She does remember three years later, when Eugene and Jack — the last of the men to have walked the moon — made their trip out of earth and back.

“It was almost unbelievable,” she said.

Now, nearly 50 years later, Nasa has set out on a mission that would have then been considered even more unbelievable — to land the first woman on the moon.

But this is not another Apollo mission. This new programme is named Artemis, after the Greek deity of the moon and Apollo’s twin sister. The goal is to not just make a return visit to the moon’s surface by 2024, but to create a sustainable US presence there by 2028. The “first woman and next man” will step foot on the moon’s southern pole, a place no human has gone before.

Following the Columbia space shuttle tragedy in 2003, Nasa’s mind and money have been long set on Mars. However, President Donald Trump, in 2017, ordered the agency to redirect its focus back to the moon. A sustainable moon base could serve as a necessary pit-stop once Mars missions begin.

Nasa took up the Trump administration’s mission and responded with a plan to have humans on the moon by 2028. This was “just not good enough” for Vice President Mike Pence, who in March urged Nasa to speed up the timeline. The year 2024 became the new target, theoretically falling just in time for the end of a second Trump presidential term.

As of March 2019, of the more than 500 people who have flown to space, just 64 have been women. The first woman was Russian astronaut Valentina Tereshkova in 1963. Twenty years later, in June 1983, Sally Ride became the first American woman in space. Mae Jemison followed in 1992 as the first black woman in space.

Growing up in Goshen, Indiana, during the late 1960s to early ‘70s height of the space Age, Slade knew of no women in the science field, let alone women who had gone to space. Still, she remembers sneaking away in coat closets to work on math workbooks for fun.

Slade’s parents supported her interests and after graduating from Valparaiso University with a mechanical engineering degree in 1986, she went on to work at McDonnell Douglas Space Systems as a test engineer.

One day, shortly after arriving at the company, Slade and a couple of colleagues gathered for a rocket component test. She could not understand why they were all standing around, waiting to begin the test. She asked a colleague about the holdup.

“We are waiting for the test engineer, he hasn’t showed up yet,” the man said.

Slade pointed to herself, “He’s here,” she said. “We can start.”

After seven years as a mechanical engineer, Slade made the career switch to become a children’s book author.

“I started reading my children those wonderful, beautifully illustrated picture books,” Slade said. “I remembered how much I loved them and decided I would like to give it a try.”

Eighty rejection letters and eight years later, Slade broke into the publishing industry and quickly filled a gap in children’s literature. “I found that there weren’t many (children’s) writers who were interested in writing about science,” she said. “That’s how I was able to break in.” Since then, Slade has authored more than 100 children’s books, many about science.

In March, she released A Computer Called Katherine, a biography of mathematician Katherine Johnson. Johnson’s calculations on orbital mechanics — as dramatised in the film Hidden Figures — made the Apollo missions of the ’60s and ’70s possible.

“Katherine knew it was wrong that African Americans didn’t have the same rights as others — as wrong as 5+5=12. She knew it was wrong that people thought women could only be teachers or nurses — as wrong as 10-5=3,” the book summary reads.

This year, in anticipation of the 50th Apollo 11 mission anniversary, Slade released Daring Dozen: The Twelve Who Walked on the Moon. She looks forward to the addition of a woman to this selective troop.

“It would be out of this world,” she said, with a laugh. “Not only for the contribution she would make to science and to exploration, but also to show young girls, women and the world, that women are capable astronauts.”

Astronaut Annie, Slade’s first fiction book, released in 2018, tells the story of Annie, a girl who dreams of exploring the solar system. On May 4, the book was launched into space aboard SpaceX CRS-17. An audio recording of astronauts reading the book will be shared on Story Time From Space, https://storytimefromspace.com/

“Young girls of any background and race need to know they can achieve whatever they would like to,” Slade said. “We can make valuable contributions in all STEM fields.” — Chicago Tribune/TNS

ABOUT THE BOOK: A gorgeous introduction to the twelve brave men who have left footprints on the moon, just in time to celebrate the fiftieth anniversary of the first lunar landing. On July 20, 1969, Neil Armstrong took one small step and made history. Over the course of the next three-and-a-half years, twelve lunar explorers, including Alan Shepard and Gene Cernan, touched down on the moon’s surface. Author and engineer Suzanne Slade reveals how the Apollo missions (1969-1972) built upon one another and led to important discoveries about our nearest neighbour in space. Back matter includes an afterword by Alan Bean (1932-2018), the fourth person to walk on the moon.

About the author: Suzanne Slade is the award-winning author of more than one hundred books for children. A mechanical engineer by degree, she often writes about science and space. Some recent titles include: Countdown: 2979 Days to the Moon, Astronaut Annie; and A Computer Called Katherine: How Katherine Johnson Helped Put America on the Moon.
Measles vaccine takes effect within weeks, safeguards health of others

Measles is an extremely contagious illness that can lead to serious and sometimes fatal complications. The measles vaccine is safe and highly effective at preventing this illness.

**Question:** How long does it take to become immune from measles once one has gotten the measles vaccine? And given the current outbreak, would it be beneficial for me to get a booster vaccine even though I was vaccinated against measles as a child?

**Answer:** The measles vaccine takes effect within weeks of receiving it, and once a person has developed immunity to measles, it lasts a lifetime. Measles is an extremely contagious illness that can lead to serious and sometimes fatal complications. The measles vaccine is safe and highly effective at preventing this illness.

All children 18 and younger should receive two doses of the measles vaccine. It’s recommended that the first dose be given when a child is 12-15 months old. Children younger than 1 year don’t develop a good response to the vaccine because their mother’s immunity not only protects them from getting the disease, but also from responding to the vaccine. The second dose is recommended before a child starts school, around ages 4-6. Immunity to measles develops in 10-14 days after the first dose. Studies have found that 93% of recipients receive full immunity with the first dose. A second dose ensures that more than 97% are immune. The measles vaccine does not wear off over time. So even during an outbreak, you don’t need another dose of the measles vaccine if you already have evidence of immunity to the illness.

Evidence of immunity includes written documentation of adequate vaccination. For low-risk adults who are 19 or older, adequate vaccination is one or more doses of the measles vaccine on or after the first birthday. Adults who are at higher risk for measles, including college students, healthcare personnel and international travelers, need two doses of the vaccine at least 28 days apart to be vaccinated adequately.

In addition, almost everyone born before 1957 has immunity to measles and does not require additional vaccination. That’s because the measles vaccine was first produced in the early 1960s. Before that, measles was common, so it’s likely people who were children before 1957 had measles and as a result have immunity from disease. One of the measles vaccines given in the 1960s does not count.

Current and past valid measles-containing vaccines are live, attenuated vaccines. The ‘killed’ or inactivated version used from 1963 through 1967 does not count. If you received unspecified measles vaccine doses during those years, it’s not possible to know which version was used and you should discuss this with your healthcare provider.

As an adult 19 or older, if you’re unsure about your vaccination status or your immunity to measles, talk to your healthcare provider. Records showing the dates of your measles vaccination serve as proof of immunity. For those who lack records, getting a dose of the vaccine is safe, even if you were previously vaccinated. Alternatively, a blood test can confirm if you already have immunity as the result of vaccination or illness.

Having immunity to measles is crucial because this illness can lead to serious medical complications, particularly in young children. Complications can include bacterial ear infections, bronchitis, laryngitis, croup and pneumonia.

Measles is highly contagious. It’s caused by a virus that replicates in the nose and throat. When someone infected with measles coughs, sneezes or talks, infected droplets spray into the air, where other people can inhale them. The infected droplets stay in the air or they may land on a surface, where they remain infectious for several hours. You can contract the virus simply by breathing the air in the room or touching your mouth, nose or eyes after touching an infected surface. About 90% of people who don’t have immunity to measles and are exposed to the virus will become infected.

Not all people can receive the measles vaccine. These include infants younger than 12 months, pregnant women, and those whose immune systems don’t work properly. Those people depend on everyone else who can get the vaccine to do so. That way, the vaccine not only protects the people who receive it, it also safeguards the health of vulnerable individuals in the community.

- Mayo Clinic News Network
Is owning a dog good for your health?

By Luisa Dillner

Dogs really are our best friends, according to a Swedish study that says canine ownership could reduce heart disease. A study of 3.4 million people between the ages of 40 and 80 found that having a dog was associated with a 23% reduction in death from heart disease and a 20% lower risk of dying from any cause over the 12 years of the study. Previous studies have suggested dogs relieve social isolation and depression – both linked to an increased risk of heart disease and early death.

Dog owners show better responses to stress (their blood pressure and pulse rates don’t soar), have higher levels of physical activity and slightly lower cholesterol levels. The American Heart Association was sufficiently swayed by a review of dozens of studies to release a statement in 2013 saying that owning a dog “was probably” associated with a reduced risk of heart disease.

Their reluctance to more strongly endorse dog ownership is because most studies are what is called observational – researchers note an association, but can’t prove causation. This means that other factors might explain why dog owners are healthier than, say, goldfish owners – for example, perhaps only people who are fit in the first place buy pets that need daily walkies.

Tove Fall, an epidemiologist and the lead author of this latest study, says they tried their best to allow for any differences in education, existing ill-health and lifestyles between those with and without dogs. The study found the biggest positive impact of having a dog was on people living alone. “It seems that a dog can be a substitute for having more people in terms of reducing the risk of dying” says Fall.

“Dogs encourage you to walk, they provide social support and they make life more meaningful. If you have a dog, you interact more with other people. If you do get ill and go into hospital and you have a dog, there’s a huge motivation to try to get back home.”

Of course, getting a dog and watching it from your sofa while you eat fatty food is not going to reduce your risk of heart disease. And a toy dog may look cute, but won’t have any effect either. Fall’s study showed the most health benefits came from having retrievers or pointers. Until her German shorthaired pointer died last year, she ran 10km with her most days.

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“In Sweden, we have one of the lowest rates of dog ownership in Europe,” says Fall, who has recently got a new puppy. “Maybe this will increase the acceptance that dogs are important to people.” – The Guardian

Eating this bacteria may cut heart disease risk

Researchers have discovered that the use of a pasteurised form of Akkermansia muciniphila – an intestinal bacteria provides greater protection from various cardiovascular disease risk factors.

According to the findings published in the journal Nature Medicine, the research team from the University of Louvain developed a clinical study in order to administer the bacteria to humans.

For the study, 40 participants were enrolled and 32 completed the trial. The researchers administered Akkermansia to overweight or obese participants, all displaying insulin resistance (pre-diabetes type 2) and metabolic syndrome, in other words, having several elevated risk factors for cardiovascular diseases.

The participants were randomly divided into three groups – placebo group, those taking live bacteria and those taking pasteurised bacteria – and were asked not to change their dietary habits or their physical activity. Akkermansia was provided as a nutritional supplement. The primary goal of the study was to demonstrate the feasibility of ingesting Akkermansia daily for three months, without risk. The researchers observed excellent compliance – the supplements were easy to ingest and there were no side effects in the groups taking live or pasteurised bacteria.

According to the study, the tests in humans confirm what had already been observed in mice. Ingestion of the (pasteurised) bacterium prevented the deterioration of the health status of the subjects (pre-diabetes, cardiovascular risks).

Even better, the researchers observed a decrease in inflammation markers in the liver, a slight decrease in the body weight of the subjects (2.3 kg on average) as well as a lowering of cholesterol levels.

In contrast, the metabolic parameters (insulin resistance or hypercholesterolemia) in placebo subjects continued to deteriorate over time. This research would limit cardiovascular risks and therefore potentially have an impact on half of the population, if properly used, researchers said. – IANS

RESULTS: According to the study the tests in humans confirm that ingestion of the (pasteurised) bacterium prevents the deterioration of the health status of the subjects (pre-diabetes, cardiovascular risks).
Slow-cooked beef brisket: a peep into the chef’s cut

Last few days I have been experimenting around with a smoker that I have in my new Atlanta kitchen and there can’t be a better time to write about meat smoking and related slow cooking techniques. I have been using beef brisket as one of the meats for slow roasting and smoking and serving it in sliced form or shredded to make sandwiches or served on a carving station with seasonal vegetables on the side.

Brisket is a cut of beef between the breast and the ribs area. Brisket is full of flavour and can feed a lot of people at once. The average size of a brisket is about 8–20lbs. People eat brisket all over the world from Korea to Japan and Italy to USA. If there is one place which specialises in smoked BBQ recipes and slow cooker techniques it is Texas – the birthplace of good barbecue. In the later 1800s and early 1900s immigrants and local cotton ranchers in Texas began exchanging thoughts and ideas about how to smoke brisket meat. This was a relatively cheaper cut of meat and Texas being the largest beef producing state at that time had enough beef around. They wanted to look for cooking options on how to effectively cook this cheaper cut of beef as it was what most of the people could afford in those days and around that area. They realised and learned that smoking the brisket with indirect heat and cooking it slowly would render the fat and in turn make the meat moist and make it tender with a smoky taste to it.

Whether you like to have the brisket lean or fatty, you are in for a treat if you smoke your brisket in a smoker.

To get a good and tender brisket you need to understand how to select a brisket for cooking.

There are mainly two options when you go for brisket shopping.

- Point Cut – This type of brisket is more flavourful but has more fat running through the meat than the flat cut. It is generally triangular and great for shredding.
- Flat Cut – This type of brisket is less fatty, with the fat in a layer on the bottom. This variety is more expensive than the point cut as it is easier to slice and is more attractive to look at. It is either rectangular or square in shape.

If you’ve never used a dry rub before, you’re not actually “rubbing” the spice into your meat. Rather, you’ll want to make sure you just have a generous coating of the rub all over the meat. Patting the rub into the meat at most. Patting the rub involves rubbing the spice all over the meat to get a layer of spice and then roasting it.

Texas style brisket rub is a great way to cook and enjoy your brisket, just work the rub thoroughly into the meat to get maximum flavour inside the meat.

In a true Tex-Mex style the rub has a kick to it from cayenne pepper and hot chilli powder. The heat can be adjusted to your preference but leave some in otherwise this won’t be called the original style.

Texas Rub Beef Brisket

Ingredients

- For the rub
  - Paprika powder 5 tbsp
  - Salt 3 tbsp
  - Garlic powder 2 tbsp
  - Onion powder 2 tbsp
  - Black pepper 1 tbsp
  - Parsley dried 1 tbsp
  - Cayenne pepper 2 tsp
  - Cumin ground 2 tsp
  - Coriander ground 1 tsp
  - Oregano dried 1 tsp
  - Chili powder 1/4 tsp
  - Brown sugar 1/2 cup

- For the brisket
  - Beef brisket 5lb
  - Beef stock 2-3 litres

Method:

1. In a medium bowl whisk together paprika, salt, garlic powder, onion powder, black pepper, dried parsley, cayenne pepper, cumin, coriander, oregano, brown sugar and hot chilli powder until thoroughly mixed.
2. The rub is now ready to be applied to a brisket or any other protein of your choice.
3. Keep aside in an air tight container and use as required.
4. Prepare a beef brisket by trimming the excess fat from all the sides but still leaving a cap of fat on the top.
5. Pat dry the brisket to remove excess moisture and place in a roasting tray.
6. Sprinkle generous amount of the prepared rub and coat evenly all over.
7. Never place the entire batch of the rub in a bowl and then place the protein in it because you will contaminate any rub leftovers, rendering them unusable.
8. Add some beef stock of about 1/2 inch to the roasting pan and roast uncovered in a pre-heated oven at 350 Degree Fahrenheit.
9. Lower the oven to 300 degree Fahrenheit and cover the roasting pan with aluminium foil and continue to cook for 3 hours or until the meat is fork tender.
10. Remove from the oven and trim excess fat across the grain and pour the juices from the tray over the meat to impart more flavour and keep the meat moist.
11. Slice the beef brisket and arrange in a serving platter drizzle with pan juices.

Note: The rub can be made ahead of time and can be easily stored in air tight container for months in a cool dark place. Do not store in refrigerator as condensation will take away all the flavour profile from the spice blend. I like to slide in some whole potato in and around the brisket so that they cook in the juices and acquire the flavour of the juices and drippings from the fat and are cooked along the brisket.

You can use this spice rub on any other choice of animal protein or vegetable or vegan protein to make your own style of dish. If the rub is too spicy for you then you can add some brown sugar to mellow it down.

Chef Tarun Kapoor, Culinary Mastermind, USA. He may be contacted at tarunkapoors@gmail.com
Pakistani community in Doha felicitates World Cup winning snooker team

The Pakistani community in Qatar recently organised a dinner to felicitate the Pakistan National Snooker Team along with their coach, Jim, President of International Snooker Federation, along with his wife also attended the event. The snooker team was in Doha to participate in the IBSF Snooker World Cup 2019 and Asian Cup being held at the Qatar Billiards and Snooker Federation. The dinner was attended by Pakistan embassy officials, notable personalities and members of community organisations, including PWQ, PPFQ, PQBF, PEF, PWFQ, PAQ, Sohni Dharti Al Khor, Mesaeed Community, Duhail Community and Qindri Community.

The event kicked off with a welcome speech, which was followed by a felicitation ceremony, dinner and a photo session. Interacting on the occasion, the community members praised the visionary role of His Highness the Amir Sheikh Tamim bin Hamad al-Thani and the State of Qatar in providing an international platform for sports. The Pakistan team won by 3-1 against India in a tense final match to lift the 2019 IBSF World Cup.

Faculty members of MES participate in Buddy Teaching programme

The faculty members of KG Section at MES Indian School recently participated in the Buddy Teaching programme, which was organised with an objective to enhance teaching ability besides improving and overcoming pedagogical challenges. Each teacher selected a variety of topics of teaching and prepared a lesson plan on different subjects and areas of learning, including English, mathematics, general knowledge, rhymes and storytelling with the effective use of teaching aids, including flash cards and static models. They also used real objects to teach shapes and colours apart from using the digital board for useful modules about the topic. The teachers took classes on topics, including shapes, colours, between numbers, phonetics, fruits, vegetables, days of the week and months.

Nabani Bhattacharya, Headmistress of Kindergarten Section, presented a demo class. Speaking about the initiative, Hameeda Kadar, Principal of MES, said that buddy system encourages teachers to create safe and productive teaching environment by experiencing both the traditional as well as the emerging forms of education.
A DROP IN THE OCEAN

SALT WATER VS FRESHWATER

Earth’s surface is about 70 percent water. That seems like a lot of water, so how much can we humans actually use? Hint: probably less than you think.

KEY
1 drop = 1 percent

Salt water

Difficult-to-access freshwater

Salt water contains 97% significant amounts of dissolved solids and is usually found in oceans.

Most freshwater is locked away in places like ice caps or underground.
WATER

There is a lot more water, but not as accessible as you think.

- Easily accessible freshwater

Freshwater that is easily accessible is found in lakes, ponds, rivers, and streams.

WATER FACTS

- 46% of America’s lakes are too polluted for fishing or aquatic life
- Approximately 1 in 10 people lack access to clean drinking water
Desert monitor: Varanus griseus

The desert monitor, Varanus griseus, is a species of monitor lizards living throughout North Africa and Central and South Asia. Monitor lizards normally display a variety of body colouration from light brown and yellow to grey. They average about one metre in length, but can reach total body lengths of almost two meters. These lizards can also have horizontal bands on either their backs or tails, along with yellow spots across their backs.

Their young are normally a brightly coloured orange and have distinctive bands across their backs which may be lost as they mature.

Their nostrils are slits located farther back on their snouts (closer to the eyes than the nose), and their overall body size is dependent on the available food supply, the time of year, environmental climate, and reproductive state. Males are generally larger and more robust than females, but females have a more gentle look about them. Those differences allow males to be distinguished from females from a distance without careful inspection. Adult monitor lizards also go through periods of molting in which they shed their outer layer of skin to expand their overall body size.

This process can take several months and happens around three times per year.

Their skin is adapted to the desert environment where they live, and they are excellent swimmers and divers and have been known to enter the water occasionally to hunt for food. They prey on the species like mice, eggs, or fish, but it will also prey on smaller mammals, reptiles, birds, amphibians, insects, or another invertebrate.

This picture was taken from “Irkaya farm” in Qatar.

— Photo and text by Shinoj Kattackal Paily
Maze

Help the lioness find her way to her missing cub.

Connect the dots

Join the dots in order to find out more!

Picture crossword

WILD ANIMALS

USE THE PICTURES BELOW AS CLUES

ACROSS

1. 1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 12. 13. 14.

DOWN

1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 12. 13. 14.
POOCH CAFE
By Paul Gilligan

THANKS FOR TAKING CARE OF THIS. DON'T LET HIM PULL TOO MUCH. HE LIKES THE PARK.

THANKS FOR TAKING CARE OF THIS. STAY OUT OF ANY MUD. HE ENJOYS THE FRESH AIR.

BOUND & GAGGED
BY DANA SUMMERS

WAIT. THE REST OF THE DIRECTIONS FOR THIS TRICK ARE MISSING!
Across
1 Basin I'd stowed in punt (5)
4 Strip club finally withdraws audible signal (5)
7 Profit derived from seed crop (8)
8 Almost having hot drink knocked back (4)
9 Card game children might play in break (4)
11 Is a substitute to tolerate without a colour (7)
12 Company making cuts - (4)
13 Festival held for knight (7)
15 Saint sheltering family (5)
16 Scheme for part of garden night? (7)
17 Wrong end of Dundee cake without money (5)
18 Bridge of small vessel (4)
20 For example, brown back or
21 One Day: Justice Delivered (Tamil) 11:30pm.
22 For example, brown back or
Elbow (5)
1 Streams revealed by Scottish poet (5)
2 Hold forth, having failed medical (7)
3 Card held by Burt Reynolds (4)
4 I'd stowed in punt (5)
5 Wise change of name for Irene? (5)
6 Animal intended to be (5)
7 Profit derived from seed crop (4)
8 Almost having hot drink (8)
9 Card game children might play in break (4)
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11 Is a substitute to tolerate without a colour (7)
12 Company making cuts - (4)
13 Festival held for knight (7)
15 Saint sheltering family (5)
16 Scheme for part of garden night? (7)
17 Wrong end of Dundee cake without money (5)
18 Bridge of small vessel (4)

Super Cryptic Clues

18 Bridge of small vessel (4)
17 Wrong end of Dundee cake without money (5)
15 Saint sheltering family (5)
13 Festival held for knight (7)
12 Company making cuts - (4)
11 Is a substitute to tolerate without a colour (7)
6 Animal intended to be (5)
5 Wise change of name for Irene? (5)
4 I'd stowed in punt (5)
3 Card held by Burt Reynolds (4)
2 Hold forth, having failed medical (7)
1 Streams revealed by Scottish poet (5)
10 Cricketer feeling funny (4,3)
12 Wild ocelot might appear (4,2,5)
14 Not failing like ships in the (4,2,5)
16 Scheme for part of garden night? (7)
18 Bridge of small vessel (4)
22 For example, brown back or

Sudoku

Potion
Asterix:
The Mall Cinema (1):
Spider-Man: Far From Home
(2D) 7pm;
Spider-Man: Far From Home
(3D) 9pm;
Spider-Man: Far From Home
(2D) 11:15pm.

The Mall Cinema (2):
Spider-Man: Far From Home
(2D) 2:15pm;
Spider-Man: Far From Home
(3D) 5pm;
Spider-Man: Far From Home
(2D) 9pm;
Spider-Man: Far From Home
(2D) 5pm;
Spider-Man: Far From Home
(3D) 7pm;
Spider-Man: Far From Home
(2D) 9:15pm;
Spider-Man: Far From Home
(2D) 9:45pm;
Spider-Man: Far From Home
(2D) 7pm;
Spider-Man: Far From Home
(2D) 2pm;
Spider-Man: Far From Home
(2D) 2pm;
Spider-Man: Far From Home
(2D) 3:30pm;
Spider-Man: Far From Home
(2D) 9pm;
Spider-Man: Far From Home
(2D) 11:30pm.

The Mall Cinema (3):
And The Oskar Goes To (Malayalam) 2pm;
Asterix: The Secret Of The Magic Potion (2D) 4:30pm;
Toy Story 4 (2D) 6pm;
Clarita (Tagalog) 7:45pm;
Raatchasi (Tamili) 9:15pm;
O.P 160/18 Kakshi: Amminipilla
(Malayalam) 11:30pm.

Landmark Cinema (2):
Spider-Man: Far From Home
(2D) 2:15pm;
Spider-Man: Far From Home
(2D) 6:45pm;
Spider-Man: Far From Home
(2D) 9pm;
Spider-Man: Far From Home
(2D) 9pm;
Spider-Man: Far From Home
(2D) 4pm;
Spider-Man: Far From Home
(2D) 7pm;
Spider-Man: Far From Home
(2D) 11:30pm.

Landmark Cinema (3):
Asterix: The Secret Of The Magic Potion (2D) 2pm;
Toy Story 4 (2D) 3:30pm;
Toy Story 4 (2D) 5:15pm;
Hume Tunse

Pyaar Kitna (Hindi) 7pm;
El Mamar (Arabic) 8:45pm;
Raatchasi (Tamili) 11:30pm.

Royal Plaza Cinema Palace (1):
Asterix: The Secret Of The Magic Potion (2D) 2:15pm;
El Mamar (Arabic) 4pm;
Spider-Man: Far From Home (3D) 6:45pm;
Spider-Man: Far From Home (2D) 9pm;
Spider-Man: Far From Home (2D) 11:15pm.

Royal Plaza Cinema Palace (2):
Spider-Man: Far From Home (2D) 2:15pm;
Spider-Man: Far From Home (2D) 4:30pm;
Spider-Man: Far From Home (2D) 7pm;
Spider-Man: Far From Home (2D) 9:15pm;
Spider-Man: Far From Home (2D) 11:30pm.

Royal Plaza Cinema Palace (3):
Malaal (Hindi) 2:30pm;
Toy Story 4 (2D) 5:15pm;
Pavarotti (2D) 7pm;
One Day: Justice Delivered (Hindi) 9:5pm;
Raatchasi (Tamili) 11:30pm.
Here are some tips to fight allergies this season before they get to you

You made it through a tough allergy season and are enjoying every moment of the summer. But just when you think your allergies are under control, a new problem is brewing. In the blink of an (itchy) eye, allergy season will be here.

The key to winning the war on allergies is to start early while still in the heart of summer. Here are some tips to consider:

- An ounce of prevention: Take your fall allergy medications two weeks before symptoms usually begin, which can mean early or mid-August. Remember to continue your medication for two weeks after the first frost.
- Wait on the “fresh air”: Keep your car and home windows closed. Use your air conditioning to regulate temperature. When you open windows, you allow ragweed and other allergens in, and they stick to surfaces. Dress like a secret agent: If you do go outside, wear a hat and sunglasses to keep ragweed pollen out of your eyes. Mask out the irritants: After spending time outdoors, leave your shoes at the door. Then shower, change and wash your clothes to remove the pollen.
- Have a heart-to-heart with junior: If your child is old enough, make sure they know what their triggers are before they head back to school. Teach them how to properly use any prescribed inhaler device or epinephrine auto injector. Update all prescriptions for the start of the school year.
- School the teachers: Help new teachers understand your child’s allergy triggers and how to address them. Share your child’s treatment plan with school staff, including any medication needed during school hours. If your child has a food allergy, let the teacher know they need two epinephrine auto injectors with them at all times.
- Coach the coaches: If your child participates in athletic activities, make sure the coach or physical education teacher knows what to do in case of an asthma- or allergy-related event.

- Teachers understand your child’s own. They will appreciate your patience and tolerance.
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ARIES
March 21 — April 19

Today is a wonderful and productive day for you, Aries. Don’t hog the limelight. Let other people feel like they’re being heard, too. You might get into trouble if your head gets too big or your attitude too stubborn. Opinions will be strong, so give people room to voice their own. They will appreciate your patience and tolerance.

TAURUS
April 20 — May 20

Stand back and let someone else take the reins today, Taurus. Trust in others. There are many helpful hands out there to guide you. The most important thing is to let go and have confidence that others will direct you. They will if you let them. Your brain may buzz to the point that you feel you’ve lost control. Relax your mind and calm your nerves.

CANCER
June 21 — July 22

Tension may build today from all directions, Cancer. Everyone may seem to be operating as part of a great conspiracy against you. Don’t get paranoid. This scenario is most likely far from the truth of the matter. Try to embrace change and don’t treat it like an enemy. You may need to adopt a radically different approach in order to get where you need to go. Even if things seem unstable at first, they’re likely to smooth out and be much more dependable eventually. Be an individual.

LIBRA
September 23 — October 22

Today may be quite emotionally intense, Libra. Your greatest gifts may get you into trouble on a day like this, but that doesn’t mean you should stop being yourself for even one minute. There’s a great deal of important information to exchange, so remain open to all opportunities and possibilities. Meet the world with open arms.

SCORPIO
October 23 — November 21

You may need to make some distinct mental adjustments in order to fit in with the energy of the day, Scorpio. Try to tune into these energies and see what kind of balance they can bring to your life. Be more mindful of your words and don’t say things you don’t really mean. Be genuine in all your interactions.

SAGITTARIUS
November 22 — December 21

There’s likely to be a bit of tension today regarding your position in society, Sagittarius. Maybe you’re running into issues that stem from your involvement in the collective versus your focus on your personal issues. Make sure these two aspects of your life are in balance. Unexpected things may pop out of the woodwork to keep you on your toes.

CAPRICORN
December 22 — January 19

There’s a bit of rigidity in the air today that might leave you feeling as if you’re butting heads with everything you come in contact with, Capricorn. Try not to get too bent out of shape if people disagree with your opinions. People need their space, and emotions will be operating at a fairly high level. Consider this during all your encounters.

AQUARIUS
January 20 — February 18

Your emotions may surprise you today as unexpected issues crop up out of nowhere, Aquarius. Take time to smooth the wrinkles in your current plan of attack regarding your involvement with the world. A self-centred approach will create barriers between you and those you wish get near. Consider how your actions affect those you love, and make any necessary adjustments in your approach.

PISCES
February 19 — March 20

You may wonder what all the fuss is about today, Pisces. People may be getting all worked up over nothing. Don’t get absorbed in the melodrama. Set the record straight and bring out the truth as you see it. Don’t let others hide behind façades, and don’t do the same. It’s important that everyone be aware of how you feel.
Aster’s Midsommar is a horror littered with laughs

By Jami Ganz

Don’t fall for it. Midsommar, Ari Aster’s follow-up film to last year’s acclaimed horror film Hereditary, may be littered with laughs but it’s just as creepy as its predecessor. Brightly lit by the Scandinavian midnight summer sun, Midsommar at first glance appears to be lighter fare than Hereditary, Aster’s feature directional debut. The new film has comedic moments peppered throughout, whereas Hereditary barely lets its main players, and by extension the audience, crack a smile, let alone a laugh.

“I’m glad people find (Midsommar) funny,” the filmmaker told the Daily News. “I do see it as something of a dark comedy.” Aster added that nearly all his short films “were dark comedies” and the majority of what he’s written “are comedies of a type.”

Midsommar follows a young fractured couple and their pals on a trip to Europe, where they end up attending a festival featuring violent pagan rituals. Like Hereditary, Midsommar was both written and directed by the Big Apple-born Aster. Both flicks also explore the complications of grief, destructive relationships and macabre cults.

After an unthinkable tragedy, Dani crashes her emotionally detached boyfriend Christian’s trip with his friends Mark and Josh to study European Midsummer traditions. Starting in the Swedish countryside, the group is taken with the charming, deceptively ethereal traditions of the Harga commune until a festival, held every 90 years, gives way to sinister practices.

Despite the film’s reference to the 1993 Waco siege in Texas, which resulted in the deaths of more than 70 cult members inside the compound, Aster says, “I was kind of avoiding for the most part those infamous malignant cults that have horrible reputations, and I was actually looking at spiritual movements that I found very beautiful.”

“There are plenty (of cults),” Aster tells the Daily News of the inspiration for Hårga. “I wanted the viewers’ relationship to Harga to be as complicated as it could be, given the fact that they are already ... murderinos,” Aster added.

Will Poulter, who plays comedic relief Mark, told The News he was entranced by the film’s script from the get-go, though he was “very concerned that anyone could fulfill its potential and actually pull this off.” After speaking to Aster and acquainting himself with his work, Poulter says, “I was like, I need to be a part of this, because I feel like if anyone can do this, it is this guy, Ari Aster.”

Aster says a Manhattan-based film may be in his future. “I would love to film on the streets of New York,” he says. “I know downtown better than I know uptown.”

The film releases on Friday (today). – IANS

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Success of all films not defined by commerce, says Anupam

Veteran actor Anupam Kher, who will be seen in One Day: Justice Delivered, says the audience has evolved enough to celebrate a good story that goes beyond box office numbers.

Asked about his views on the changing business of cinema where many films that do not do good numbers in the theatres get appreciation once they are available on OTT platforms, Anupam said: “I think the best thing that has happened in the last couple of years... which is great for filmmakers and actors like us, is that the audience wants to watch intelligent stories. And success of all films are not defined by box office numbers.”

“Since we have the digital release of films these days, we know there is content that the audience would enjoy in intimate viewing rather than community viewing. Now a group of audience is growing... that does not watch films that insult their intellect,” added the actor, who plays a retired judge in One Day: Justice Delivered.

Directed by Ashok Nanda, the film also features Esha Gupta, Kumud Mishra and Anant Mahadevan.

Sharing an insight into his character in the film, Anupam said: “It so happens that in our courts, the judge delivers a decision on any case based on evidence and the rule book of the law. Therefore, many times an innocent person, due to lack of evidence does not get justice. My character goes deeper than just being a judge.”

He goes behind those criminals and finds out the truth as a normal human being, that he otherwise can’t do as a judge, following the rule book of law.”

The film releases on Friday (today). – IANS

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OPINION: Anupam Kher says the audience has evolved enough to celebrate a good story

CANDID: Anupam Sinha says it’s about choice after all

Sinha said: “She was in the limelight for the films that she worked and now she has decided to go away, why can’t we let her be? Why can’t we let her practice her choice? It is their form of spiritualism.”

To some, her decision to opt out of showbiz seems regressive. But Sinha asked: “What is progressive? Are all the inventions being made beneficial mankind? Few people practice different choices in every generation and I think (we should just) let them be. – IANS

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Why can’t we let her be?:

Anubhav on Zaira Wasim

Filmmaker Anubhav Sinha, whose latest film Article is on caste discrimination, says people need to just let actress Zaira Wasim be if she has chosen to quit the film industry.

Zaira made an announcement of her “dissociation” with acting, saying: “While I continued to work in an environment that consistently interfered with my Imaan, my relationship with my religion was threatened.”

It led to a mixed bag of comments from the film world.

Sinha says it is her choice after all.

“Even I have Muslim friends who keep themselves away from clicking pictures because he says that that goes against Islam. I know young Hindu boys who one fine day decided to leave the materialistic world and there is no wrong in it. Yes, if she (Zaira) is forced by somebody to do so, then it is a different point of discussion. But I am not aware of that. So, I cannot comment on it.”

Zaira debuted in Bollywood in 2016 with Dangal and also received a lot of praise for her performance in the film Secret Superstar, where she played the role of a burkha-clad Muslim singer who becomes a YouTube sensation due to her beautiful voice.

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SUCCESS OF ALL FILMS NOT DEFINED BY COMMERCE, SAYS ANUPAM

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DARK COMEDY: Jack Reynor and Florence Pugh in the film Midsommar.
Qatar has a history of being a hub for activities related to the promotion of Urdu language and literature. There are many community and literary organisations that hold different programmes to bring out multiple books related to the language.

The reason is simple. Qatar has a very strong Urdu speaking expatriate community. Majority of expatriates coming from India and Pakistan are either native speaker of Urdu or they can understand and appreciate Urdu literature.

Organising Urdu poetry symposiums (muslaira) has been a very old and regular activity in Qatar. There are numerous Qatar-based Urdu poets and writers. Nadeem Mahir is one of them. He writes poetry both in Urdu and Arabic and he has published many books as well. He is also known as an Arabic–Urdu translator.

Community recently got a chance to speak with Nadeem, a long-time resident of Qatar, about his poetic achievements and linguistic accomplishments.

Nadeem, who works for a government office, has been living in Qatar since 2000. “I have a master’s degree in theology from Aligarh Muslim University, (AMU) India. I got my school education from Darul Uloom Deoband in India with Arabic being the medium of education.

“Urdu is my native language. The love for the language got further ignited as I come from a family of poets. I continue to be a poet in fifth generation. I have made my noticeable literary achievements while living in Doha.”

Nadeem, who has four children, remained president of AMU Old Boys Association Qatar from 2008 to 2016. He has been the vice president of Anjuman Muhibban-e-Urdu Hind Qatar, a literary organisation, since 2005. “I worked as an editor for a monthly magazine Meri Rai in India from 1993. I am the assistant editor of the yearly Urdu magazine Alumni Dartuwar, publishing both from India and Qatar. I had also worked as a freelance reporter with newspapers namely; Qamari Aunaz, Mashriya Sahara, Nai Duniya, Al Yum in India.

“I have successfully translated three books from Arabic to Urdu. Recently, I translated Hisar Qatar, a book published by Al Jazeera in Arabic. I have also compiled two books in Urdu related to two established Indian businessmen in Qatar. The books are Aks-e-Yusuf and Nuqoosh-E-Hayati.

“My yet another book is Hayati-e-Akhtar, a Biography and poetic collection of freedom fighter, Islamic scholar and poet Molana Hameed Uddin Akhtar. Kulam e Shams is a collection of poetry of Hafiz Shams Uddin Shams, my great grandfather in fifth generation. I published a book of my own poetic works in 2014 with the name Dastakon Ke Nishan. I am also working on my second poetic book. I am also working on a book telling the history of Qatar in Urdu. However, I have not so far published any book in Arabic.”

The man of letters does not see Urdu as a language but as a culture. “Urdu is not just a language. It represents a culture in the sub-continent. Here in Qatar, we have been trying to keep our culture alive. Qatar is popular for being a hub of Urdu-related activities in the Middle East. There are numerous literary groups and innumerable poets and writers in Qatar. So far, Urdu lovers have brought out over 70 books in Qatar.

“We have been trying to keep our younger generations in touch with Urdu in Qatar. Almost all Indian schools here offer Urdu as a subject. We have regularly been organising large Urdu poetic symposiums inviting known poets from India and Pakistan.”

Nadeem is optimistic about the future of Urdu as a language. “No doubt, there are a number of languages facing existential threat. Urdu also faces some challenge but it is not going to go nowhere. This is right Urdu is not the language associated with some kind of livelihood or work. It is, however, loved and cherished by millions of people. For them, it is a language of love and expression of their culture. There have been volumes of literature in Urdu. As far as Islamic literature is concerned, after Arabic, Urdu is the language that contains the maximum literature.”

The Urdu enthusiast notes an interesting phenomenon about Urdu’s future in India. “The areas where Urdu used to be a popular language – UP, Bihar and Delhi – are losing interest in the language. However, Urdu is getting popular in other states of India. For example, there are about 4,000 Urdu medium schools in Maharashtra alone. The future is not bleak at all.”

Nadeem has also been appreciated for his poetry in Arabic. “Though I have not published anthology of my Arabic poetry, I continue to write and recite my work for the Arabic speaking audience. I was the only non-Arab poet who was invited at the Arabic poetry festival held in Katara in March.”

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— Nadeem Mahi, Urdu and Arabic poet

By Mudassir Raja