Tour de Impossible?

Pakistan hosts the world’s toughest cycle race and offers a new vista to the most daring. P4-5

Welcome: Pakistani youths hold national flags as they cheer cyclists during the Tour de Khunjerab, one of the world’s highest altitude cycling competitions, at the Pakistan-China Khunjerab border. Finishing nearly 5000 metres above sea level after hundreds of kilometres winding past blackened glaciers and snow-capped peaks, a new Pakistani race presents a world-class challenge for cyclists – climbing towards the ‘Roof of the World’. – AFP

Pop Spot

Fire Alarm marks a new era for Two Door Cinema Club.

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Stay physically fit this summer.

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**PRAYER TIME**

- Fajr: 3.20am
- Shoroq (sunrise): 4.31am
- Zuhr (noon): 11.40am
- Asr (afternoon): 3.04pm
- Maghreb (sunset): 6.29pm
- Isha (night): 7.59pm

**USEFUL NUMBERS**

- Emergency: 999
- Emergency Number: 112
- Kahramaa – Electricity and Water: 991
- Local Directory: 180
- International Calls Enquiries: 150
- Hamad International Airport: 44010666
- Labor Department: 44508111, 44406537
- Mowasalat Taxi: 44588888
- Qatar Airways: 44496000
- Hamad Medical Corporation: 44392222, 44393333
- Qatar General Electricity and Water Corporation: 44845555, 44845464
- Primary Health Care Corporation: 44593333, 44593363
- Qatar Assistive Technology Centre: 44594050
- Qatar News Agency: 44450205, 44450333
- Q-Post – General Postal Corporation: 44464444
- Humanitarian Services Office (Single window facility for the repatriation of bodies)
  - Ministry of Interior: 40253371, 40253372, 40253369
  - Ministry of Health: 40253370, 40253364
  - Hamad Medical Corporation: 40253364, 40253365
  - Qatar Airways: 40253374

**QUOTE**

“Get your facts first, then you can distort them as you please.”

— Mark Twain

**Toy Story 4**

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

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

**Spider-Man: Far From Home**

**DIRECTION:** Jon Watts  
**CAST:** Tom Holland, Samuel L. Jackson, Jake Gyllenhaal  
**SYNOPSIS:** Following the events of Avengers: Endgame, Spider-Man must step up to take on new threats in a world that has changed forever.

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

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**Community Editor**  
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**COMMUNITY ROUND & ABOUT**

*Compiled by Nausheen Shaikh. E-mail: gtlisting@gmail.com, Events and timings subject to change*

**EVENTS**

**MF Husain: The Horses Of The Sun Exhibition**
WHERE: Mataf: Arab Museum of Modern Art
WHEN: Ongoing till July 31
TIME: 9am – 7pm
The exhibition presents Husain’s pluralist approach to the divine and cosmic aspects of being, articulated through the myths, symbols and narratives of the world’s religions and philosophies. M. F. Husain: Horses of the Sun bears witness to a recurrent motif in his art, a personal symbol of self-renewal and vitality.

**Summer Entertainment City**
WHERE: DECC
WHEN: Ongoing till July 13
TIME: 1pm – 11pm
The biggest indoor VR and Gaming zone, over 50+ new activities and 45 food options along with 114 retail shops, for the whole family under one roof. Entry fee QR15 per head.

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

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

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

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

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

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

**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 33897609.

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

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

**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.
Have will, will bike

The four stages are much shorter than many other cycling events. But there is one fundamental difference: the Pakistani Tour starts at 1,500 metres above sea level, and never stops climbing, writes Gohar Abbas.

No doubt it is the toughest cycle race in the world. We are aiming to make it our trademark

— Haroon General, president of Pakistan Cycling Federation

PICTURESQUE: Pakistani and international cyclists during the Tour de Khunjerab, one of the world’s highest altitude cycling competitions, near the Pakistan-China Khunjerab border AFP
Finishing nearly 5,000 metres above sea level after hundreds of kilometres winding past blackened glaciers and snow-capped peaks: a new Pakistani race presents a world-class challenge for cyclists — climbing towards the “Roof of the World.”

The Tour de Khunjerab — its name a homage to its more famous French counterpart, which began on Saturday — is still many years away from being another Big Loop, but with a solid claim to being the highest cycling race in the world. It has a lot to offer a certain type of athlete.

In the last week of June, some 88 cyclists, including two teams from Afghanistan and Sri Lanka as well as solo participants from Spain and Switzerland, took part in its second edition.

Less than half completed it within the allotted time.

The four stages — three ranging from 68 to 94 kilometres (42 to 58 miles) plus a shorter time trial — are much shorter than many other cycling events.

But there is one fundamental difference: the Pakistani Tour starts at 1,500 metres above sea level, and never stops climbing.

The final day of this year’s event sums up the challenge. Starting at 2,800 metres — higher than the Iseran Pass, the summit of the Tour de France — it ends at 4,700 metres, just over 100 metres short of Mont Blanc, Europe’s highest mountain.

The Khunjerab Tour must become “an attraction... for the most daring and adventurous cyclists in the world”, said Usman Ahmed, the top official for the northern Gilgit region, home to some of the planet’s tallest peaks and where the race was held.

The cyclists’ tyres swallow up the asphalt of the Karakoram Highway, one of the highest paved roads in the world.

Named after the Karakoram mountain range — just one of the ranges in Gilgit — the road passes through an extraordinary landscape.

Soaring, jagged peaks contrast with vertiginous ravines, glaciers driving a chill wind, and tumbling aquamarine rivers. Landslides are common.

Guardrails are a flimsy suggestion of protection from steep falls of hundreds of feet.

“There is no place in the world that offers all these things,” said Ahmed.

“No doubt it is the toughest cycle race in the world. We are aiming to make it our trademark,” said Haroon General, president of the Pakistan Cycling Federation.

“The most difficult part of the race is the final stage where cyclists face shortage of oxygen and there is risk of heart issues... At such an altitude a person falls down (faints) after running for 200 metres, but our cyclists travelled for almost 70 kilometres,” he said.

Five ambulances were on standby in case of emergencies in the final stage, he said, adding: “A majority of the cyclists made it but the majority of the cyclists had to get off their cycles because even a normal vehicle (two-wheel drive) faces issues,” he recalled.

Organisers said in some sections the competitors faced a gradient of 20 percent, an angle rarely seen in such competitions around the world.

At each stage organisers wearing construction helmets scrutinised the surrounding mountains, peering closely for any sign of the rockfalls that periodically smash on to the road — a potential peril to the cyclists below.

The threat of danger was in stark contrast with the joyful welcome the cyclists received in villages along the route, with residents playing traditional instruments to cheer them on.

“One each mountain, each town, there were welcome signs,” said Ramon Antelo, a Spanish diplomat based in Pakistan, who called the race his “best cycling experience” and now hopes to pull together a team to compete next year.

He added: “A race like this is not in any other place. In Europe, Mont Blanc — you cannot ride it by bike.” — AFP
SIFQ announces finalists of Shastra Pratibha Contest 2019

Science India Forum-Qatar recently organised Shastra Pratibha Contest 2019 categorised in three rounds. Over 2,800 students from 13 Indian schools in Qatar participated in the competition. SIFQ announced seven finalists as Shastra Pratibhas, seven students as first runner up and seven students as second runner up. The seven Shastra Pratibhas 2019, include Lohithakshith Pati, a student of Grade VI at Olive International School, Jesna Varghese, a student of Grade VII at Noble International School, Vaidehi Rogiye, a student of Grade VIII at DPS-Modern Indian School, Adinath Reghunandan, a student of Grade-X at Birla Public School; Adithya Hubli, a student of Grade-X at Shantiniketan Indian School; Vishnu Tirth Bysani, a student of Grade XI at Birla Public School; and Gautham Meghalaya Premchand, a student of Grade XII at Bhavans Public School. SIFQ team congratulated Shastra Pratibhas and their parents by visiting their homes. SIFQ, in association with M/s Metito Overseas Qatar WLL, also conducted an educational tour for all 21 SPC qualifiers at Reverse Osmosis Plant at St. Regis Hotel. Metito Water Treatment Expert delivered a presentation on the reverse osmosis technology and explained the process as a walk through familiarisation. Students also witnessed water quality testing. All students were awarded with participation certificates.

IIEE TMC marks 9th year anniversary

Integrated Electrical Engineers of the Philippines Incorporated (IIEE)-TMC recently organised an event to mark its 9th year anniversary, handover ceremony and 160th club meeting at City Center Rotana Hotel. David Des T. Dicang, Labour Attaché at the Embassy of the Philippines, was the guest of honour on the occasion. The event was attended by over 24 people, including guests and members of IIEE-TMC. The event kicked off with the 160th club meeting. The members of IIEE-TMC were given training on the delivery of prepared speeches along with table topics, which was followed by the anniversary celebrations. The outgoing president of the club presented an annual report on the occasion and issued certificates of appreciation and recognition to the club officers, members, and guests for their support. The Outstanding Award as Club Member for the Fiscal Year 2018-2019 was bagged by Robert U. Mabulay and Edgardo D. Santos and Outstanding Award as Club Officer was presented to Jimmy Michael Y Bugay, Outgoing Vice President Education. Balraj Arunasalam, Immediate Past International President of Toastmasters International, spoke on the occasion via video call, which was followed by a cake cutting ceremony by the guest of honour. The new management committee of IEE-TMC was also elected on the occasion. The new office bearers, include Emmanuel Yan, Sergeant at Arms; Manny Boy Cabalse, Treasurer; Lornalyn Tallod, Secretary; Danilo Sanchez, Vice President Public Relations; Carlos Arnel Bautista, Vice President Membership; and Marlon Manantan, Vice President Education. Robert U. Mabulay, club adviser, inducted Lyndon A. Ellevera as new Club President. Roderick R. Pajes, outgoing Club President, attached the president pin to Lyndon Ellevera on the occasion.
The hottest trend this summer

The flower associated with youth and innocence is in full bloom on the high street, writes Leah Harper

We are officially out of 2019’s starting blocks and it’s time to start plotting and planning out those spring and summer looks. If one thing says ‘new season’, it’s floral prints.

At the summer catwalks, blooms and blossoms flourished over the ramp in all possible guises: ranging from surfer-girl sport prints to delicate tapestry-inspired brocades. Put simply, there’s a floral for everyone. Even if you haven’t stepped out in such a print since you left your tween years, you might find yourself convinced over the next few months. Loud and clear, can’t-miss it energy that took neat floral prints, layered them, mashed them up and upped the ante with primary brights contrasting against polite jade green and lilac hues in London, Paris, New York and Milan.

Summer florals are nothing new in fashion, but this year one particular flower is taking over: the daisy. As the weather hots up, traditional black, white and orange daisy designs are flourishing, while more colourful interpretations are also in bloom.

The new trend featured prominently on the spring/summer 2019 catwalks, with a patterned cardigan at Molly Goddard, daisies covering colourful cut-offs at Marni menswear and embroidered on wicker bags at Loewe. Celebrities have also been getting in on the act: last month Alexa Chung wore a monochrome daisy-print dress for the launch party of her Barbour by Alexa Chung collection. Actress Hilary Duff was also recently seen wearing a maxi dress bedecked with the flowers in LA while, in London, model Daisy Lowe did justice to her name in a floral navy midi dress and boots.

John Dole, head of Horticultural Science at North Carolina State university, believes that the current appeal of the daisy print lies not in the flower itself but what we tend to associate with it. “Everyone can relate to daisies,” he says. “Daisies remind us of flower gardens, cottages and other bucolic settings.”

Environmental psychologist Dr Tina Bringslimark agrees that “being out in nature can improve moods and have a stress reducing effect. Daisies are, in general, associated with summer, light feelings and the easy living that comes with warm summer breezes.”

Little wonder that after a slow start to the summer, many of us are turning to our wardrobes to put us in a sunnier mood.

At Topshop, last year’s daisy-heavy Austin dress reportedly sold out in record time and has since been restocked on several occasions. This summer, the brand brought out six new mini versions of the dress, several of which also feature daisies. And while fashion fans are currently enamoured with Zara’s now-ubiquitous polka-dot dress – which has even prompted a dedicated Instagram account – the brand’s ruffled daisy print offers a fresh alternative.

Elsewhere, online fashion retailer Asos currently stocks more than 50 daisy-print pieces, ranging from mini sundresses in black and white to men’s revere collar shirts and a retro bubble backpack.

Loretta Breuning, author of Habits of a Happy Brain, believes the daisy habit starts early: “We tend to associate daisies with the ideas of youth and innocence. We might associate it with the fun of picking them one by one as a child. Experiences that you have when you are young build stronger neural pathways and associations because the brain is more plastic at that age.”
clear sky stretched over Boston Harbour like a taut, blue canvas, the sea air warming under the midday sun. The water was a smooth highway through which our water taxi skimmed toward moored sailboats. A white schooner sailed in fine trim off our port bow. “That’s what I want next,” said George Morton as he pointed out the schooner. Gray-haired and convivial, Captain George, as he prefers to be known, had picked me up from the dock at the end of the No. 66 bus, a free shuttle from Logan Airport, and was taking me to my hotel, the Battery Wharf, a concierge for which had suggested this very agreeable way to arrive. “In a few more years, I hope to have the money,” he said.

George, as he prefers to be known, Gray-haired and convivial, Captain George, had picked me up from the dock at the end of the No. 66 bus, a free shuttle from Logan Airport, and was taking me to my hotel, the Battery Wharf, a concierge for which had suggested this very agreeable way to arrive. “In a few more years, I hope to have the money,” said George Morton as he pointed out the schooner. Gray-haired and convivial, Captain George, as he prefers to be known, had picked me up from the dock at the end of the No. 66 bus, a free shuttle from Logan Airport, and was taking me to my hotel, the Battery Wharf, a concierge for which had suggested this very agreeable way to arrive. “In a few more years, I hope to have the money,” he said.

As he does each year, my secretary, known to me as Moneypenny, had chosen a Starbucks on which Axel, my conference-goer, could converge with me in a caffeine-seekig pincer movement. I placed our simple order, first for Axel and then for me: “And I’ll have a plain bagel and a cappuccino,” I said. The young woman at the register looked at me as if she suspected a trick question. “Do you want whipped cream on your cappuccino?” she asked.

“You don’t put whipped cream on a cappuccino,” I replied. Surprised by the news, she rang up my order. “You forgot the bagel,” I said. Her eyes fixed on me in a final attempt at comprehension, she asked, “Do you want whipped cream on your bagel?”

Large conferences offer excursions, and along with about two dozen others, I chose whale watching. We boarded a catamaran that the operator, Boston Harbour Cruises, boasts can do close to 35 knots, about the pace of a destroyer. We were soon pitching and slamming at high speed into undulating waves, at last arriving at Stellwagen Bank Marine Sanctuary. The amplified voice of the youthful on-board marine conservationist filled the main cabin with good cheer for aquatic mammals everywhere. Soon, four whales took turns bobbing close enough to the surface of a rough, rain-splattered sea to offer glimpses of flukes, massive pectoral fins that rose from the depths like the trident of Neptune and then slapped the petulant waves, and blowholes that shot mist into the air.

The whales had cute names such as Spoon and Bungie. Passengers were awed until about 40% became visibly, painfully seasick. Perhaps sensing the lack of attention, the whales put on an even mightier display but, save for a worthy few crowded onlookers along the bow, Bungie and friends got only general attention. Inside the main cabin and along the railings, breakfasts were sacrificed. The interior was dotted with hunched figures too ill to stand. The young and uniformly harry crew members pretended nothing was amiss as they handed out vomit bags like ushers dispensing theatre programmes. After what seemed like a voyage of 40 days, the captain turned the vessel back toward port. Although I can get motion sickness from looking at an iPhone screen on a bus, I had been hardly discomfited throughout. (The trick is to avoid focusing on close objects and to flex your legs with the roll of the ship in order to keep your torso vertical.) Just the same, this was a siren call to rethink the visit. As when, in the past, things were not going as they should have, there seemed only one logical choice to make it right: head to Italy.

It was no accident, that is, that I had chosen the Battery Wharf. It is the only luxury hotel on Boston’s North End, which is to say, a neighbourhood known as Italian and therefore as one splendid place to find a good meal, or several good meals, as the days wore on.

It started at Bricco, on the recommendation of the hotel’s concierge, or at least, the day after he made the recommendation, because my first attempt was on a Saturday night during school graduation. Boston is a college town, after all, and young people and their parents formed up like chain gangs outside virtually every restaurant on Hanover Street, which seemed to have as many Italian restaurants as the Black Forest has trees.

In the end, I had luck one street back, where I found AquaPazza, where the tables were closely spaced but the atmosphere relatively quiet. The veal Milanese was a much-desired reward because by then I had grown quite hungry. When, with a colleague, I returned to Bricco the following evening, it was with a reservation. The lights were low but not suspiciously funereal, and the culinary craftsmanship crested just to the edge of gourmet quality, making it quite an impressive value. That was followed the next day, again with a colleague, by lunch at Florentine Caffé, which opens onto Hanover Street. With New England informality, a woman passing with her dog caught the attention of women at a window table, who called her over so they could have a closer look.

Where I left to my own predilections, I would continue, as I did last year, with a colleague, by lunch at Florentine Caffé, which opens onto Hanover Street. With New England informality, a woman passing with her dog caught the attention of women at a window table, who called her over so they could have a closer look.

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exceptions. Two pastry shops face each other from across Hanover Street like gladiators stepping into the Colosseum, preparing to battle to the death over which makes the best cannoli. Modern Pastry is considered the choice of locals. My pick here were Italian macaroons, which were quite unique, being large and quite complex in flavour. Mike’s Pastry, which, perhaps because of attractively designed boxes that leave its front door much as a river flows, is said to be favoured by visitors. My demi-assortment of plain and almond biscotti were finely done and quickly consumed.

As with so much of Boston, the North End gives easy access to national treasures. I was able to walk to the Charlestown Navy Yard. Resting in dock is the USS Constitution, the 18th-century man-of-war that is the oldest commissioned warship still afloat. The crew, who wear period uniforms but are actually US Navy regulars, give a fun and educational tour. The ship had just made a turnaround cruise in the harbour, firing its cannon, then returning to dock in the opposite direction so that it continues to weather evenly.

The grand finale of our legal conference was at the pleasingly well-curated Museum of Science, where a couple dressed as boogying robots encouraged dour lawyers to get onto the dance floor and show what they’ve got; that proved to be not all that much, but there is ever honour in the effort. Except for a couple obligatory trips to the Boston Convention and Exhibition Centre for committee meetings and such, I finished the conference as I like to do, by sitting in the lobby of a fine hotel, and letting my colleagues, who say they like my taste in accommodations, come to visit me.

History, la cucina Italiana, and a closing with chocolate, there is no better way to see Boston. Just remember to hold the whipped cream. – TNS
Qatar always has something to offer to every keen explorer. Almost every part of this great state is unique in the sense that there is an aspect of culture, religion and even government. It never cease to amaze me that the blending together of all these aspects converge to bring out a Qatar that is not only conducive for all expats working here but also to be a destination for functions and events that put and sustain it in the global scale. 2022 FIFA World Cup set to be held here is a classic example, and a proof beyond reasonable doubt, that Qatar is a coveted idol of many other nations.

When it comes to works of architecture, many people view them through the lens of height and maybe the design in terms of the idea behind it. For me, what catches my attention most when I’m moving around this great state is the shape, uniformity and colours that buildings take. With regard to shape, it is not uncommon to come across an architectural work that resembles, say for example, a torch, while others will make you speculate about the original architect’s idea and motivation behind the structure’s shape.

Buildings’ uniformity is another aspect of architecture that will catch you by surprise while on daily errands. Besides this uniformity, some may even take a linear formation along a street, making it so easy for a visitor to lose track of their way if not so keen. For those that occupy both sides of the street with this uniformity, they may make someone feel so tiny walking between them. On the other hand, such a walk becomes a manifestation of magnitude of human intelligence in the midst of modern day architectural and technological advancement.

Finally, colour is another aspect of Qatar’s architectural work. It is not a wonder to be bewildered by conspicuousness of a building whose colours are mixed with utmost expertise, making it stand out from others and thus striking dominance even in the presence of other taller buildings. Many times, colours may communicate a hidden message, or just serve aesthetic purposes.

– Text by Polycarp Maina, photos by Jayan Orma

The shape, uniformity and colours of Qatar’s architecture
Early home learning helps improve kid’s grades: study

The positive effects of a rich home learning environment during a child’s early years continue into adolescence and help improve test scores later in life, says a study.

Published in School Effectiveness and School Improvement, the research shows pre-schoolers whose parents regularly read and talked about books with them scored better on math tests at age 12.

“Our results underline the great importance of exposing children to books for development not just in literacy but numeracy too: early language skills not only improve a child’s reading but also boost mathematical ability,” said the study lead author Simone Lehrl from University of Bamberg.

For the findings, researchers studied 229 German children from age three until secondary school and participants’ literacy and numeracy skills were tested annually in their three years of preschool (ages 3-5) and again when they were 12 or 13 years old.

They found that children gained from home stimulation in their preschool years in literacy, language and arithmetic skills which, in turn, led to higher outcomes in reading and mathematical skills in secondary school, regardless of the home learning environment then.

“Encouraging caregivers to engage with their children in direct literacy activities, shared book reading and advanced verbal interactions during reading and to include language and mathematical content during these activities, should promote children’s reading and mathematical abilities in secondary school. Such experiences lay a strong foundation for later school success,” Lehrl said.

According to the researchers, the effect also worked the other way with the quality of parent-child interaction regarding mathematics also improving children’s language skills. – IANS
Wordsearch

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.

Codeword

CARACAL JAGUAR OUNCE CATAMOUNT LEOPARD PANTHER
CHEETAH LION PUMA CIVET TIGER
COUGAR LION PUMA CIVET TIGER
JAGUAR JAGUAR PUMA CIVET TIGER
OUNCE OUNCE PUMA CIVET TIGER
CATAMOUNT CATAMOUNT PUMA CIVET TIGER
LEOPARD LEOPARD PUMA CIVET TIGER
PANTHER PANTHER PUMA CIVET TIGER

Sudoku

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine 3x3 boxes. You are given a selection of values and must fill them so that every column, every row and every 3x3 box contains each number exactly once.

Bound And Gagged

"WHAT'S THE USE?"

I LIKE TO START MY DAY WITH A DEMOTIONAL THOUGHT

STOP MESSING WITH YOUR FATHER'S CAST!"
Super Cryptic Clues

Across
1 Region cares about bad lad (8)
5 Undergarment for cricketer (4)
8 Hooligan feeling unwell (5)
9 Not much time for another helping (7)
11 Egg-laying mammal can hide when disturbed (7)
12 Indian leader back in favour henceforth (5)
13 A loose woman in the family (6)
15 Take a chance with Blackpool’s outsiders in match (6)
18 Times for musicians in the Stockport Empire (5)
20 Sailor in small tub for rest day (7)
23 Wailing spirit has been wandering (7)
24 Wood that’s cared about (5)
25 Offspring of top player (4)
26 Fish isn’t cooked by poet (8)

Down
1 Mix gallons in pool (5)
2 Fluid I hand up for French prince (7)
3 Pest a party leader concealed (5)
4 Consternation when boy turns up with girl (6)
5 Perform illegal execution in Brooklyn church (5)
6 Grazing land on far side of river (7)
7 Short river seen before a dance (5)
8 Wild beast in French port (7)
9 Nationality of flag on top of hotel (5)
10 Run after Bach’s first organ (7)
11 Claim a sure thing, so we hear (6)
12 Some clergyman’s edifice (5)
13 No taxi turns up for sandwich filler? (5)
14 Tough English novelist (5)

Colouring

Answers

Wordsearch

Codeword
False Alarm marks a new era for Two Door Cinema Club

Don’t expect to find anything from Two Door Cinema Club featuring American football star Paul Gascoigne that he has challenged Snoop Dogg to a charity boxing match. The trouble arose after Snoop posted side-by-side photos of Paul and himself aged 20 and 47. While there was little difference between the younger and older Snoop, the haggard picture of an older Paul starkly contrasted that of his fresh-faced younger self. Snoop’s photos were captioned ‘Marijuana abuse’ while Paul’s were entitled ‘Alcohol abuse.’

Snoop makes no secret of his use of drugs while Paul’s problems with alcohol have been well documented. Now 52, Paul sees no humour in Snoop’s post. “I was really upset,” he stated. “I’m a fan of Snoop and couldn’t believe he would do this. For him to attack someone such as myself for all the trouble I’ve put myself through was bang out of order. I tried to look at the funny side of it but there wasn’t one."

“If Snoop is up for it, I’ll do a boxing match with him. I want to see if it can happen. It’s been delayed so many times. I’ll take him in the ring.”

As yet, there has been no response to Paul’s challenge. But any fight could not take place for some while as Snoop is currently performing a US concert tour.

Miley Cyrus

Videos made by Miley Cyrus sometimes attract more attention than her songs. Her 2013 single, Wrecking Ball, probably offered the perfect combination. The controversial video accompanied a track which was good enough to top both the US and UK singles charts. It remains to be seen if her latest single, Mother’s Daughter, can come anywhere near to repeating the feat. The video is not really controversial enough. Miley always keeps her clothes on. Model Angelina Dupisea doesn’t but simply describing her as a large lady is a gross understatement.

Among others to feature in the video are transgender models Aaron Philip and Casli McArthur plus non-binary professional skateboarder Lacey Baker. Less controversial is a cameo from Miley’s mother, Tish. The video can be seen at www.youtube.com/watch?v=7Z2Rony1T_s.

Rihanna

Like most West Indians, music superstar Rihanna is a massive cricket fan. So much so that she visited Chester-le-Street in Durham last Monday to watch her beloved West Indies play Sri Lanka in the Cricket World Cup.

But the purpose of Rihanna’s journey was not solely to watch what turned out to be an exciting game which her team lost by 23 runs. She wanted to be reunited with one of her mentors, West Indies assistant coach Roddy Estwick, who taught her at Combermere School in Saint Michael, Barbados.

Rihanna was moved to tears when she met Roddy and wrote about her day on social media. “I came here to see the match and cheer West Indies to a victory. They played great but we just didn’t make it.”

“I also wanted to see Mr. Estwick. He made a lasting impact on my life and he really offered great advice to me and many others when we were at school at Combermere. I just wanted to let everyone know what he meant to me in my development and what he did for us back at school in Barbados.”

Rihanna also met the West Indies players one of whom, Carlos Braithwaite, was an old schoolfriend at Combermere. The team presented her with a signed bat.

in brief

Snoop Dogg/ Paul Gascoigne

Rapper Snoop Dogg’s love for American football is well known. He is a certified football coach and actually coached the youth team on which his son played.

His appreciation of association football is less well known. His long-time enjoyment of the game resulted in an Instagram post which so upset former England football star Paul Gascoigne that he has challenged Snoop to a charity boxing match.

The trouble arose after Snoop posted side-by-side photos of Paul and himself aged 20 and 47. While there was little difference between the two players, Snoop’s photos were captioned ‘Marijuana abuse’ while Paul’s were entitled ‘Alcohol abuse.’

Snoop makes no secret of his use of drugs while Paul’s problems with alcohol have been well documented. Now 52, Paul sees no humour in Snoop’s post. “I was really upset,” he stated. “I’m a fan of Snoop and couldn’t believe he would do this. For him to attack someone such as myself for all the trouble I’ve put myself through was bang out of order. I tried to look at the funny side of it but there wasn’t one."

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Rihanna also met the West Indies players one of whom, Carlos Braithwaite, was an old schoolfriend at Combermere. The team presented her with a signed bat.
Interview, Taapsee had said that ‘Kangana needs a double filter and Taapseeji, you need to stop being praised the trailer. Last I heard Taapseeji said Kangana Over actress didn’t mention Kangana in her tweet. Taking expectations out of this one and this looks so worth it!”

Kangana Ranaut says her sister has a right to say what she wants and she’s not her spokesperson.

People should be ready to take a dig at themselves: Kangana

Actress Kangana Ranaut has reacted on her sister Rangoli Chandel’s tweet in which she slammed actress Taapsee Pannu saying that people should be ready to take a dig at themselves.

Kangana was interacting with the media at the launch of the song Wakhra swag from the trailer of the film and theatre actor Shernaz Patel, best known for playing bad girl of a juggernaut in the Indian English-language theatre.

“Other than this, a good story, well told, is what audiences will always go for, regardless of genre and form.”

Shernaz, born to Gujarati stage veterans Ruby and Burjor Patel, had a childhood spent in makeup rooms and theatre sets, where she inherited her passion for the musical. "I subconsciously absorbed everything I know about the theatre from my mum and dad.”

Theatre productions are attracting viewers in large numbers and while the medium may not be as commercially viable as cinema, it sure has a continuously growing dedicated audience base that ensures theatre doesn’t just survive but thrive.

“Have you ever seen a film and thought you could see it again? In theatre, you can watch it again and again and again. Theatre doesn’t just survive but thrive.”

A friend to many: Celebs mourn Cameron Boyce’s demise

Celebrities Adam Sandler, Peyton List and Kenny Ortega have mourned the sudden demise of young actor Cameron Boyce on Saturday.

“The 20-year-old, best known for his roles in Disney’s Descendants and the TV show Jessie, passed away in his sleep after suffering a seizure on Saturday, according to US media reports.”

Sandler, who had worked with Boyce in films Grown Ups and Grown Ups 2, penned an emotional note on Twitter. He wrote: “Too young, Too sweet, Too funny, Just the nicest, most talented, and most decent kid around. Loved that kid. Cared so much about his family. Cared so much about the world. Thank you, Cameron, for all you gave to us. So much more was on the way. All our hearts are broken. Thinking of your amazing family and sending our deepest condolences.”

Ortega wrote: “Cameron, may the love and light you spread throughout your brief life, soar you with flight into the heavens above. You were already an Angel in life. The legacy you leave is magnificent! Love you my forever boy!”

“We are heartbroken,” wrote Ortega. “Cameron, may the love and light you spread throughout your brief life, soar you with flight into the heavens above. You were already an Angel in life. The legacy you leave is magnificent! Love you my forever boy!”

“Our prayers go out to his family and his friends,” Iger added.

Shernaz Patel says big musicals have been drawing the largest crowds to theatre:

Theatre has always existed and will continue to exist. It can never die... we humans need to role play and daydream. We need to have a space where we can imagine freely and that's what theatre does,” Shernaz explained. She is the artistic director of Aadyam, a theatre initiative by the Aditya Birla Group that opens its fifth season in Mumbai on July 20.

“One can experience stories that matter in theatres: Shernaz Patel

Films and theatre actor Shernaz Patel, best known for acting in movies like Black (2005) and Guzaarish (2010), feels that more people are watching theatre than 10 years ago and in this medium, one can experience stories that matter.

Shernaz made her theatre debut in 1984 with The Diary Of Anne Frank, and has since then become a juggernaut in the Indian English-language theatre.

“In theatre, we can experience stories that matter, that are urgent and force us out of our comfort zone. We can share stories that push us to think, to face truth that help us figure out things about our own life, or to see a different perspective of the world,” Shernaz said in an e-mail interview.

She explained why theatre, when well done, has the most incredible power of transformation.

“The actors are there in front of you in flesh and blood and if what they say matters to you, you will be profoundly changed, affected or moved by the end of the performance.”

Asked which current trends she observes in the Indian theatre, the industry veteran said that “big musicals have been drawing the largest crowds”.

She also saw growing number of alternative performance venues that are welcoming spaces for young theatre-makers to experiment.

The artiste also mentioned a “cross-pollination” of talent as international theatre-makers collaborate with the Indian artists.

“Other than these, a good story, well told, is what audiences will always go for, regardless of genre and form.”

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Ortega wrote: “Cameron, may the love and light you spread throughout your brief life, soar you with flight into the heavens above. You were already an Angel in life. The legacy you leave is magnificent! Love you my forever boy!”

“She is not asking anyone to read her tweets by ringing her,” Sandler said. “She is not asking anyone to read her tweets by ringing her.”

“I can rarely see my eyes anymore from crying so hard. I loved you with every ounce of me, and I thank you for the time I had with you, being in my life, and being my brother forever and always...Heaven has gained a beautiful soul,” she wrote on Instagram. – IANS
Stay physically fit this summer

Master Rami al-Banna, former kickboxing world champion, runs summer camp for children

**ACTIVITIES:** Doha Sports & Arts Summer Camp offers specialised training and teaching of various forms of martial arts such as kickboxing, MMA, Thai boxing, kung fu, taekwondo, Jujutsu, street fight, karate and Aikido.

**By Mudassir Raja**

A major issue for parents during the holidays is how to find interesting activities for children that will keep them away from smartphones and iPads and instead keep them physically active.

The issue becomes more serious during the summer vacations as the children do not go to the school and have plenty of free time. As summer in Qatar is rather tough, children also cannot opt for outdoor physical activities most of the time.

There are, however, certain ways to keep kids both physically and mentally active. In Qatar, different organisations and companies offer summer camps with different indoor and outdoor activities. One such camp is being offered by Doha Sports & Arts Academy.

This camp is unique as it lays particular stress stamina building. Further, this camp is unique as it offers specialised training and teaching of various forms of martial arts such as kickboxing, MMA, Thai boxing, kung fu, taekwondo, Jujutsu, street fight, karate and Aikido. The camp also offers ballet, swimming, basketball, weight loss exercises, football, gymnastics and arts and crafts.

Doha Sports & Arts Summer Camp started on June 23 and would continue till August 30. The camp is for children from the ages of three and a half year to 13 years. The training sessions and classes run five days a week – every day from 7:45am to 3pm.

The camp is run under the experienced guidelines of Master Rami al-Banna, former kickboxing world champion and general manager of Doha Sports & Arts Academy.

Rami al-Banna, a Lebanese expatriate, founded the club to train the children in different techniques of martial arts. He has won kickboxing world champion seven times and has been training kids in different institutes in Qatar for many years. He inspires young boys and trains them in different forms of sports.

Speaking about the summer camp for kids, Rami told **Community:** “This is the 14th year that I am organising the summer camp for kids. I also arrange spring camps and winter camps of martial arts but these camps run only for two to three weeks. The camp in summer is a longer one. It being summer, the kids have a lot of time to spend in the camp and learn basic techniques of different sports under the watchful eyes of trained and experienced coaches.

“I manage the camp overall and I have eight professionally trained coaches to take care of the kids in different sports. Like many other summer camps, we offer art and craft activities along with different sports. But, what makes our camp unique is that we put a lot of stress on various forms of martial arts.”

Rami believes that the physically active children can become productive adults in future. “I lay stress on physical alertness the most. We also offer gym facilities at the camp. I believe that the martial arts not only make a child physically fit, it also enables a child to defend him or herself. Different genres of the martial art also teach self-control and a right kind of emotional behaviour. The physical activity also keeps the kids away from modern gadgets likes smartphones, iPhones and laptops that – if overused – damage the mental and physical health of the children.

“Right now, I have 68 kids in the summer camp. I keep a close eye on the performance of the children and if someone is very good at any form of martial arts, I urge the parents to let them enter my professional training academy and I try and make them professional martial arts players.”

Rami has also represented Qatar in different international kickboxing events. Appreciating the enthusiasm and love for sports here, he said: “It is really wonderful to be in Qatar, the only country in the world to have a national holiday to celebrate sports day. The day encourages people to get involved in different kinds of sport activities. I really appreciate the government of Qatar for providing such kind of opportunity to the people. There are best facilities available in Qatar, if someone wants to get involved in any kind of sport.”

About his stay and work in Qatar, he said: “I decided to come and live in Qatar and discovered the love for different sports in the country. I have been teaching at different institutes and have become a kind of ideal figure to be followed for young boys.”