High spirited

Doha-based Indian author reflects on life and death and says material things alone cannot bring you joy and happiness. P4-5
**PRAYER TIME**

<table>
<thead>
<tr>
<th>Time</th>
<th>Fajr</th>
<th>Shoroq (sunrise)</th>
<th>Zuhr (noon)</th>
<th>Asr (afternoon)</th>
<th>Maghreb (sunset)</th>
<th>Isha (night)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>3.42am</td>
<td>5.07am</td>
<td>11.41am</td>
<td>3.09pm</td>
<td>6.14pm</td>
<td>7.44pm</td>
</tr>
</tbody>
</table>

**USEFUL NUMBERS**

- Emergency: 999
- Worldwide Emergency Number: 112
- Kahramaa – Electricity and Water: 991
- Local Directory: 180
- International Calls Enquires: 150
- Hamad International Airport: 40106666
- Labor Department: 44508111, 44406537
- Mowassalat Taxi: 44588888
- Qatar Airways: 44490600
- Hamad Medical Corporation: 44392222, 44393333
- Qatar General Electricity and Water Corporation: 44845555, 44845464
- Primary Health Care Corporation: 44593333, 44593363
- Qatar Assistive Technology Centre: 44504050
- Qatar News Agency: 44490205
- 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: 40253368, 40253365
- Qatar Airways: 40253374

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**Quote Unquote**

“It is during our darkest moments that we must focus to see the light.”

— Aristotle

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**Jabariya Jodi**

**DIRECTION:** Prashant Singh  
**CAST:** Sidharth Malhotra, Parineeti Chopra, Aparshakti Khurana

**SYNOPSIS:** A gang of professional kidnappers in Bihar abducts men who demand dowry and gets them to marry the women without taking money.  
**THEATRES:** Landmark, Royal Plaza, The Mall

---

**Hello, Love,**

**Goodbye**

**DIRECTION:** Cathy Garcia-Molina  
**CAST:** Kathryn Bernardo, Alden Richards, Maymay Entrata

**SYNOPSIS:** The film centres on the love story of Joy and Ethan, Filipino workers based in Hong Kong. Ethan, a waiter, is keen on romantically pursuing Joy, a domestic helper who is wholly dedicated to providing for her family.  
**THEATRES:** Landmark, The Mall, Royal Plaza

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

Charlie Chaplin Act
WHERE: Al Khor Mall
WHEN: Ongoing till tomorrow
TIME: 6pm — 8pm
Al Khor Mall is hosting a bunch of activities and events for kids and adults like the magic show, bubble show, henna, face painting. In addition, there will be Charlie Chaplin Act and Meet and Greet with different characters.

The Perfect Little Planet
WHERE: Katara Planetarium
WHEN: August 13
TIME: 5pm — 7pm
Discover our solar system through a different set of eyes – a family from another star system seeking the perfect holiday spot.

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

Careers 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 productivit. For more information, contact 55448835.

Arabic Calligraphy Workshop
WHERE: Mamangam Performing Art Centre
WHEN: Saturday – Friday
TIME: 6pm — 8pm
Arabic Calligraphy workshop is back. Come and learn the artistic practice of Arabic handwriting and calligraphy at Music and Arts Atelier.

Right Track Consultants, Al Sadd

Dawn of the Space Age 3D
WHERE: Katara, Building 41
WHEN: Tomorrow
TIME: 5pm — 7pm
Enjoy watching the wonderful 3D show “Dawn of the Space Age” at the Katara, Al Thumara Planetarium, Building 41. Be there on the auspicious occasion of Eid.

Art Lessons
WHERE: Mathaf Manara Qatar Museums
WHEN: August 16 till August 28
TIME: 4pm — 7pm
Join artist Ismael Azzam for Art Lessons at Mathaf and learn drawing techniques called portraiture using pencil, charcoal and paint. Lessons are offered to people with basic to intermediate sketching and drawing skills. For more information, mathaf_education@qm.org.qa

The Perfect Little Planet

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

Ballet Lessons
WHERE: Music and Arts Atelier
WHEN: Ongoing
TIME: 4pm — 8pm
For more information, atelierqatar.com or call on 33003830.

Career Guidance

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.

Dance and Instrument Classes
WHERE: TCA Campus, Behind Gulf Times Building
WHEN: Wednesday – Monday
Learn the movements of dance styles in Bollywood, Hip Hop and also the musical instruments such as Piano, Guitar, Keyboard for adults as well kids and move in the world of music. For details, contact 66523871/ 31326490.

Compiled by Nausheen Shaikh. E-mail: gtlisting@gmail.com, Events and timings subject to change
“Need to have a checklist in life’

- Shaji Madathil, Indian author

I have a new perception of life after writing the book. I have prepared a check list for myself and everyday I look at the list. I gave away all the royalty of my Malayalam book to a cancer patient society in India. Whatever royalty I will get from my English book, I will give it all to an old-age home in Kerala

By Mudassir Raja

We all know that life is an opportunity that we only get once. We need to utilise this opportunity to the best of our ability and reach out to the helpless and needy people. When we die, we should have no regrets.

This is the crux of an English language-novel written by an Indian expatriate based in Doha. The novel The Soul of Truth narrates the story of a man who meets sudden death and repents over what he could not do during his lifetime.

Inspired by a real life incident, Shaji Madathil, who has been in Qatar since 1999, authored the novel highlighting the importance of being alive and being regretful after death.

The author, who first wrote the book in his native Malayalam language, spoke at length about his experience, the book and the lessons he has learnt in an interview.

Born and brought up in Kerala, Shaji has a son. He has been working with Qatar Airways for the last 20 years. “I have largely been influenced by M V
Devan, my paternal uncle and a well-known writer and artist in India. “When I was in my college, I used to write a lot of articles and short stories. I was also fascinated by paintings. My paintings used to be published on the cover page of our college magazine. Since I moved to Qatar, I stopped writing and painting.”

A colleague and close friend of Shaji died of heart attack in the office in 2011. The sudden death actually pushed Shaji to think deeply about life and hereafter. “The sudden death of my colleague compelled me to start thinking about the value of my life. I thought my colleagues who came to the Gulf to have a better life for himself and his family but what would happen to them after his death and how many things my friends could not do because of his sudden death. I repeatedly visited the mortuary where the dead body was kept for about seven days before it was flown back to India. He was a very good guy. We used to share everything with each other. I thought what his soul would be feeling as he had left many unfinished tasks.”

The thoughts sparked Shaji to write a novel about how dead people feel when they die suddenly and leave behind many unfulfilled desires and tasks. “My idea was to write the story from the perspective of a departed soul. I started studying and researching about the concept of soul in different religions and believes. I visited different countries as well. I also started observing more keenly the life and struggle of expatriates in different Gulf countries.”

Shaji started writing his novel in Malayalam language in 2015. The name of the novel is Pathirappattile Thennilappakshikal. The book which was released on July 12, 2019 at Bharat Tourist Home (BTH), Ernakulam. In the photo, from left, Dr M Sugathan, famous clinical psychologist; Aisha Devi, actor; social worker; Prof M K Sanu, eminent writer; C Radha Krishnan, eminent writer; Kunjikannan Vanimel, writer; and P R Vijayan, Secretary Royal Puarjani are seen during the book launch.

The book, which was released on July 12, 2019, is titled “The Soul of Truth.” The story revolved around a young protagonist who dies in a foreign country – Bahrain – and his body is transported to Kerala, India. The soul of Uthaman, the protagonist, spends 41 days with his body and his loved ones. “Uthaman’s soul is pulled in all directions by the love, the grief and the unrequited longings of the living, as in these final days they hold him down to an earth that is no longer his. The evergreen memories of his childhood, youth, and adulthood unfold each night, taking Uthaman along well-loved paths of life – man and nature, friends and foes, victories and disappointments. Each night the memories pull him in a deadly hug, bringing on a medley of emotions, each night also taking the sting out of them: an uneasy peacemaking and none more than those of Ruby, his innocent love, lost, yet never forgotten, not in life, not in death.”

The book is set in different Gulf countries. The transience of life has also led Shaji to start charity work and help others. “I have a new perception of life after writing the book. I have prepared a check list for myself and everyday I look at the list, I gave away all the royalty of my Malayalam book to a cancer patient society in India. I have started contributing towards our society. Whatever royalty I will get from my English book, I will give it all to an old-age home in Kerala.”

“We need to practise what we preach. We need to make the maximum use of this one life.” Shaji said that being in Qatar really helped him in writing the novel. “Living in Qatar helped me understand the life of an expatriate. I also had sufficient time to research and write the book.”

As far his future plans are concerned, the author has already started writing a book on the topic of reincarnation. “It will take time to finish this project in three to four years. I have to do a lot of work.”

“The moral of the story is that you have to do a lot of good things when you are alive. You have to help the needy and take care of your old parents. Only then, you can go very peacefully.”

“Your old parents. Only then, you can go very peacefully”
Star International Awards 2019 to be held in Doha

The most anticipated music awards of Nepal, Star International Awards 2019, are all set to be held in Doha tomorrow. The awards feature twenty categories, including best national song, best modern song, best music video, best composer, best musician, and best model and actress among others.

The ceremony will feature a live performance by Ananda Karki, Prakash Saput, Sitaram Pokheral, Tanaiswor Gautam and Silasma Hamilen Nepali singers, and a performance by Reecha Sharma, Nepali actress. Reecha Sharma is a Nepali actress, model and VJ. She was one of the ten semi-finalists of Miss Nepal 2007 pageant and has been popular for her acting in music videos and ramp appearances. She made her acting debut in a Nepali film First Love. She then acted in Mero Love Story and Highway in 2011. Prakash Saput is a Nepali with popular songs like Bola Maya and Galbandi to his credit. Similarly, Anand Karki, is a popular name in Nepali music industry and is known for his songs Baimani, A Mayalu lai and Chot Sahi.

– Text by Usha Wagle Gautam

Oryx Rotana launches exquisite Eid offers

Oryx Rotana, the five-star luxury business hotel in Doha, has recently launched exquisite offers to celebrate Eid al-Adha, starting today till the 14th of August, stated a press release. The offers include Eid lunch buffet, the Eid staycation offer and special rates for Bodylines Fitness and Wellness Club memberships.

On the first day of Eid, hotel guests and visitors can enjoy sumptuous Eid lunch buffet at ‘Choices’ restaurant which will include a wide selection of cold and hot appetisers, oriental and international main courses, live cooking stations, and desserts corner, starting from 12:30pm-4:00pm. Prices start from QAR189 per adult inclusive of soft drinks with special discounts for kids.

For leisure aficionados, the Eid staycation offers at Oryx Rotana Doha will provide everyone with ultimate relaxation and quality time with families. In addition to breakfast and lunch buffet for two, guests can avail 50% discount on massage, complimentary usage for the Bodylines Fitness and Wellness Club facility and hotel’s amenities. To spice up the offers, guests will be given a free voucher for a one-day pool pass, which can be used during the next visit. To stimulate healthy living during the Eid period, Oryx Rotana is offering a special discount of 50% on memberships at the Bodylines Fitness and Wellness Club for its two months and 6 months packages.

Moreover, the hotel offers exquisite services and packages on wedding venues from Arabic to International and Asian themes. The professional team at the hotel is ready to meet all the requirements of newlyweds to make their wedding a memorable night of a lifetime with the utmost attention to every detail.

Commenting on launching the Eid al-Adha offers, Ghassan Dalal, General Manager of Oryx Rotana, said, “We are delighted to celebrate Eid al-Adha together by offering the highest levels of luxury service to our valued guests in a festive atmosphere they will never forget.”

“Eid al-Adha is the perfect opportunity to showcase the authentic Qatari hospitality with our special offers that are designed to share everyone’s happiness at Oryx Rotana,” he added.

Former Doha resident passes away

Hyder Khan Velamparambil, 86, former resident of Doha, passed away in the Southern Indian state of Kerala on August 8. He came to Qatar in 1974 and was employed as financial controller at Salam Studio and Stores at Al Sadd Street and Salam Group at West Bay. He came to Qatar after taking eight years leave from his government job as superintendent of First Class Judicial Magistrate court. After returning from Qatar to India, he kept himself engaged in agricultural activities. His wife passed away six years ago. He is survived by three sons, Hyderkhan SalimRaj, Hyderkhan Shajahan and Mohamed Hashim, and one daughter Noorjahan.
Mercure Hotel Eid offerings

Mercure Hotel, located next to the Msheireb Main Metro Station is all set to welcome guests during the Eid al-Adha holidays, said a press release. Chef Mahdi and his team have made elaborate preparations to put up a lavish buffet lunch during the three days of Eid.

Vishal, Assistant F&B Manager at Mercure, and his team will receive the guests with a welcome drink and besides soup, salads and starters, the main course will include special dishes like lamb ouzi with oriental rice, arabic mix grill, chicken tajine, chicken biryani, beef stroganoff, grilled fish with lemon butter sauce and with 2 live stations for pasta as well as crepes.

To end the buffet will have Arabic desserts like Umm Ali, Basbousa, Baklawa and much more. Guests will also be served soft drinks and Tea/Coffee.

Besides this, guests who want to spend time at the pool can also book a room at the various Eid stay packages available either with buffet breakfast or on half board basis with the special Eid lunch buffet.

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A mom discovers her inner journalist

By Carolyn Kellogg

Gorgeous, polished Maddie Schwartz is the perfect 1960s wife and mother, until she blows up her life in the new stand-alone mystery Lady in the Lake, the new stand-alone mystery from Laura Lippman. Maddie, 37, ditches her upper-class family, moves to downtown Baltimore and sets her sights on becoming a newspaper reporter. No one else, absolutely no one, thinks this is a good idea. She's too old, has no experience and, most importantly, isn't supposed to upset the social order.

But Maddie is driven to make her own path. “She wanted to matter. She wanted the world to be different because she had been born. Being Seth’s mother wasn’t enough.”

Apart from an absolute faith in herself, she has something going for her: encountering two dead bodies. The first is that of a missing 11-year-old girl whose corpse she finds. The second is a young African American club hostess, fished from a fountain and dubbed the Lady in the Lake, who haunts Maddie in these pages.

Maddie’s intersection with both cases, sometimes clumsy, sometimes clever, gets her in the side door of the evening newspaper. Lippman, a former reporter whose father was also a newspaper writer, deftly evokes the personalities and power dynamics of a mid-century newsroom.

She even takes us inside the heads of some of the colourful newspaper characters. The unambitious cop reporter has a hidden reason for his choices: the beloved, folksy columnist has secrets of his own.

In a bold move, there are almost two dozen voices in the book, often addressing the reader in short, confessional chapters, think reality TV contestants speaking directly to the camera. It provides insight into the private lives of people who may make only one appearance in the narrative; everyone has secrets.

And this crowd is diverse, providing a window into the shifting power relationships, in neighbourhoods and politics, between a white establishment and the Jewish and African American communities in Baltimore in the 1960s. We hear from a local television host and a waitress, from the piou wife of an African American entrepreneur and a young Jewish woman trying to get out from under her mother’s thumb.

The most frequent voice is Cleo, the victim, the Lady in the Lake. We eavesdrop as she addresses Maddie, who can’t hear her, urging her to better understand the mystery she is trying to unravel. In her role as a novice reporter, Maddie crosses lines between cultures and communities, sometimes without a clue. She marches into an African American nightclub where she is not welcome without an escort, and takes her time leaving. And she’s having a love affair with Ferdie, an African American police officer. Their relationship is conducted entirely in private. Maddie is swept away by its physicality. From beyond, Cleo observes, “Choosing the men you sleep with based on your own pleasure is what makes a woman really rich.”

This may be due to weaknesses on Maddie’s part; she’s not a perfect person. She is headstrong and self-centred and, as one man notes, she is “pushing forty” with “nothing to look forward to.” That’s exactly what makes Maddie a riveting character; she’s reveling in her own unexpected power, to make choices, delight in her boyfriend and launch a new career, writing and solving mysteries.

– Newsday/TNS
Stetsons, tears and polka dots: how to look like a cowboy without the cowboy

Vogue, Marie Claire, Love and more have unleashed their annual blockbusters.

Which has the best cover star, the weirdest wellness trend and the most leopard print? asks Leah Harper and Ellie Violet Bramley

Here’s an insight to September’s best issues and what they have to offer:

**Vogue**

*On the cover:* Meghan Markle’s 15 Forces for Change: Greta Thunberg, the actor Gemma Chan, New Zealand’s prime minister Jacinda Ardern, the actor and leg-warmer devotee Jane Fonda, Salma Hayek, actor Laverne Cox, body image activist and actor Jameela Jamil, the Royal Ballet’s Francesca Hayward, the writer Sinead Burke, actor and Michelle Obama mentee Yara Shahidi, author Chimamanda Ngozi Adichie, boxer Ramla Ali, as well as models Christy Turlington Burns, Adwoa Aboah and Adut Akech. Oh, and, you? There’s a square given over to what’s kindly called a mirror in which you are invited to see yourself: “Because you, too, are part of this collective.”

*Weight:* 1kg

*Your autumn-winter look:* Workwear, but not as you might know it. Forget boilersuits and baggy jackets, in Meghan’s, Vogue, workwear means business. Think tailored suits, shirts with a twist, structural bags that nod to but stay firmly on the right side of briefcases and knee-high boots. If you are after a promotion by Christmas, style with a luxe carabiner, 2019’s answer to the lampyard.

*Key styling tip:* Structured silhouettes are here to pick up the hard work left behind after a summer of too-hot-to-e-mail floaty dresses. That OOOh couldn’t stay on forever.

*Celebrity quote:* Fighting talk from the supermodel and former milkshake parlour waitress Saffron Vadher: “If someone ordered a medium, I’d always make it large, so I could have what was left”. “I am a beach. I literally don’t care.” – from Matt Haig’s poem, A Note From The Beach.

*Cheap trick:* Take a tip from this season’s ‘chunky eyeshadows’ and channel that unintentionally clumpy mascara look you couldn’t avoid as a hapless teen.

*Scene-stealer:* It’s a loss-up-between Dr Jane Goodall’s padded Patagonia jacket and Charles Jeffrey Loverboy’s Barbie.

*Weirdest wellness trend:* Inhaling and exhaling is the key to well-being. That, and a $4,000, seven-night stay at an Indonesian resort which offers breathing workshops.

*Funniest food:* It’s not so much the food as the packaging – the co-founder of food-sharing app Olio Tessa Clarke flags Mimica Touch as one of her favourite innovations: a gelatine-based package that feels smooth if your food is fresh and bumpy if it’s a bit past it. Best before dates – and unnecessary food waste – be gone! “I am a beach. I literally don’t care.” – from Matt Haig’s poem, A Note From The Beach.

*Celebrity quote:* Actor Honor Swinton Byrne on who she would like to play her in an adaptation of her life: “Do they have to be an actor? I want to say an animal. Like an otter, or something.”

*Soundbite:* “This is a little boy from Wigan who has been going to the Elvis festival since 2013 … This is the last time I saw him and he was dressed as Freddie Mercury – he’s a little fed up with Elvis so he started a new act.”

*Cheap trick:* Akech wears a pair of tie-dyed leather undies well – easily replicated on cotton ones from M&S.

*Scene-stealer:* Rodeo champion Kanesha Jackson, “a member of the Texan family jumping historic barriers in professional rodeo” in a white stetson, white shirt with bolo tie, white jeans and red cowboy boots. But she is clear it’s not just a “look”: “You can tell from a mile away a person who rides horses and (someone) who’s just trying to look the part … We don’t dress to be seen, we dress to our dress code.”

*Weirdest wellness trend:* No wellness, just Elvis.

*Funniest food:* Whatever a cookbook entails, it sounds delicious.

*Soundbite:* “Haute crying is not so much a look: “You can tell from a mile away a person who rides horses and (someone) who’s just trying to look the part … We don’t dress to be seen, we dress to our dress code.”

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*Weirdest wellness trend:* No wellness, just Elvis.
of all 70 trillion cells in the body through changes in their electrical potential”.

**Funniest food:** Jon Snow cakes and Dothraki trifle at a Game of Thrones afternoon tea in Ireland.

**Spot count:** Six: leopard print dresses from Kate Spade and Yolke, a skirt from Ganni and two tops, both Louis Vuitton. Plus a polka dot skirt from Topshop.

**Love**

**On the cover:** There’s a choice of nine: Gigi Hadid, Lizzo, Juliette Lewis, Hailey Bieber, Felicity Jones, Mariah Carey, Rami Malek, Tracee Ellis Ross and Luka Sabbat.

**Weight:** Just shy of a whopping 2kg.

**Your autumn-winter look:** “There appears to be a new and fierce independence in what people want to do and how they want to do it,” says Katie Grand in her editor’s letter, which sounds like your look for next season is whatever you want it to be. But if it involves tailoring, tulle and a sailor hat, a la Richard Quinn, then all the better.

**Key styling tip:** Make like cover star Gigi Hadid and give your ponytail a touch of the prim with a ribbon, in readiness for the return of Blair Waldorf.

**Celebrity quote:** Mariah Carey: “Darling, there’s always a wealth of material in me, because of what we go through on a daily basis. I don’t count years any more. I don’t know what they are. Why would you?”

**Soundbite:** “The universe is my favourite artist.”

**Cheap trick:** Carnations appear above Tokyo costume designer Tomo Koizumi’s head like antlers, in an interview hailing his “big, frilly, fantastical dresses” as the talk of New York fashion week. Given they were also the floral of choice for Virgil Abloh recently, it seems the bad third date botanical is now a good way to signal fashion prowess.

**Scene-stealer:** A recipe for studland bay lobster and thrice-cooked chips, photographed on the prettiest of plates.

**Weirdest wellness trend:** A tie between two zeitgeisty skincare ingredients: snow mushrooms and pineapple water.

**Funnest food:** Cherry bakewell almond butter – limited edition from Pip & Nut.

**Spot count:** One polka-dot top from Kitri and that’s your lot.

— The Guardian

**Red**

**On the cover:** Helen McCrory wearing Polo Ralph Lauren and Escada (unless you’re a subscriber, in which case she’s wearing Roksanda).

**Weight:** 420g

**Your autumn-winter look:** Casual commuter meets 70s activist. Wide-leg trousers, berets, high necklines and centre partings.

**Key styling tip:** “This season’s layering is the perfect excuse to double up with two lightweight coats to fight the chill.”

**Celebrity quote:** “When I left [teaching] after eight years to go and tell jokes in a restaurant, I know a lot of my mum’s friends went: ‘What is Romesh doing?’” – Romesh Ranganathan on becoming a comedian.

**Soundbite:** “I rocked up to a party in too-tight jeans, an unflattering waistcoat and a flat cap, drowning in enough jewellery to weigh down the sturdiest pirate.”

**Cheap trick:** Cinch in last season’s oversized blazers and cardies for an updated look. “Belts are your new necessary accessory!”

**Scene-stealer:** Ladylike leather

**Weirdest wellness trend:** Love prescribes Lizzo, on stage at Glastonbury: “creamy-cheesy scrambled or sunny side-up with za’atar. Always some kind of bread on the side. Sometimes turkey bacon.” Plus, whoever gave the model in a leather Louis Vuitton cap a jam sandwich deserves a raise.

**Funniest food:** Gigi Hadid’s morning eggs: “7 ways to heal a broken heart with what’s new in beauty!”

**Spot count:** Who needs eye-catching spots when you have this season’s answer to the millie-feuille look: organza a la Koizumi.
European cities struggling to keep up with boom in bus travel

Nowadays, tourists can travel from one side of Europe to the other by bus at little cost. The industry is expanding, but many cities lack the infrastructure to welcome the growing number of passengers – even in popular destinations like Copenhagen, writes Steffen Trumpf.

The first thing tourists hear when they arrive in Copenhagen by bus is a chorus of bicycle bells. Not a typical Danish welcome, but the symptom of badly designed traffic infrastructure: the bus stop is right next to a busy cycle path.

“It’s not very smart,” says a woman waiting for a bus to Jutland, in the west of Denmark. Something needs to be done quickly, she says, because a new law has just been passed to allow even more long-distance buses to pass through Denmark.

Another Copenhagen resident concurs: “It’s always a push and shove until you’re on the bus. But once you’re in, it’s relaxed.”

The lack of infrastructure and appropriate bus terminals is not just an issue in Copenhagen. Other European cities are also struggling to deal with the bus travel boom.

In some areas, local authorities and bus companies work together smoothly. But especially in medium-sized cities, buses are often forced to park at the side of the road or use regular bus stops to let passengers get on and off. And sometimes the stops are in the middle of nowhere.

Cologne is an especially problematic case for the leading German bus company Flixbus. Long-distance buses are not allowed to stop in the city centre. Instead, they must head for the airport, or Refrath and Leverkusen – completely different municipalities outside Cologne. The metropolis on the Rhine thus has three stations, but none actually in the city.

Other German cities fare better, according to Flixbus. Hanover, Frankfurt and Stuttgart have built new bus terminals; Dresden and Bremen have promised to do so; and Berlin’s station is in progress. “But there is more work to do in medium-sized and large cities,” claims Mangiapia. Many terminals have no disabled access, although talks with the responsible officials are under way, he says. Although Flixbus buses are allowed to use existing bus stations, they are under the auspices of the local authorities. Bus operators usually go for central stops where passengers can change to urban public transport.

Waiting areas with a roof and toilets are also attractive to the operators. To promote their construction, the Association of German Bus Companies each year selects a Mobility Hub of the Year to reward cities with the best infrastructure. This year, the title went to Hamburg, Jena, Oldenburg and Saale. In Copenhagen, Flixbus is in talks with the city authorities to establish a decent station at the important travel junction. A potential location could be near Dybbolbro station – only 700 metres from where buses are currently stopping.

“It is completely in our interest to get a bus terminal in Copenhagen, because the situation with the cycle path is not ideal,” says the Flixbus spokesperson for Denmark, Lotte Rystedt. If all goes according to plan, it could be ready by 2023. Until then, employees will have to keep order at the existing stop, and show passengers to their buses.

Bremen could be a potential model for the Scandinavians: A new terminal complex including a hotel and parking lot will be built near the central station of the Hanseatic city. Construction of the new central hub for long-distance bus travel is set to start in the second half of 2020. Until then, buses will have to stop at a main road near the station – just like in Copenhagen.

– DPA
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.

Puzzles courtesy: Puzzlechoice.com

Sudoku

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine (3x3) boxes. You are given a selection of values and to complete the puzzle, you must fill the grid so that every column, every row and every box contains every number from 1 to 9 with no repetitions.

Codeword

ALDRIN  GLENN  TITOV
GAGARIN  SCOTT  CONRAD
POPOV  BORMAN  LEONOV
ANDERS  GORDON  WHITE
GIBSON  SHEPARD  COOPER
RIDE  CARR  LOVELL
BEAN  IRWIN  YOUNG

Codeword Answer:

Pooch Cafe

Garfield

Bound And Gagged
**Super Cryptic Clues**

**Across**
1. Useless ornament to hang on ventilator (9)
8. American female — one employed as director? (5)
9. Boat almost left with awkward load (7)
10. Crooked — right in an odd way (4)
11. Puddings brought back under pressure (8)
13. Instrument for tinker (6)
14. Ribs to order in a restaurant (6)
17. Ships was for a short cut? (5)
19. Take the plunge in a disreputable place (4)
21. Say why former partner’s not attractive (7)
22. A few historians taking part in a game (5)
23. Neat story confused lawyers (5)

**Down**
2. Stuck with tot holding present (7)
3. Admiral’s second vessel is obscure (4)
4. Dark times — but things have altered (6)
5. Heather goes on lake in intimate garb (8)
6. Wood mostly for police (4)
7. Buried oil started flowing (4,2,4)
8. Modest just the same (6)
12. Jumbo — the plane that’s seen all over (8)
15. Wakefield players in college (7)
16. Girl taking care of Spanish leader (6)
18. Children’s game is extremely pretty (1-3)
20. Bird that is small and pale (4)

**Solution**

**Wordsearch**

**Codeword**
Social support helps students to exercise more: study

Making exercise a strong outlet may help students attain recommended amounts of physical activity and to maintain that routine, students need social support from family and friends, said researchers including one of an Indian origin.

"Accessing internal and external sources of inspiration and resilience is an effective and sustainable model for positive change," said Visrayak K Nahar, Assistant Professor at the University of Mississippi.

"Physicians who want to encourage their patients to get more physical activity should suggest the techniques from this study," he added.

For the study published in The Journal of the American Osteopathic Association, researchers surveyed 135 college students, assessing their willingness to exercise for the recommended 150 minutes per week. Participants were asked to weigh pros, like improved energy and health, against perceived disadvantages, like being tired and not having enough time for academics or leisure. Once convinced that more exercise would benefit them, students were asked what they needed to get started. The single most significant factor was behavioural confidence which involves visualisation of future performance and external sources of confidence like an encouraging mentor.

According to the survey, respondents indicated that sustaining the weekly 150 minutes of exercise would require the support of family and friends, as well as an emotional shift, in which students would use exercise as an outlet for stressors.

Respondents also said that social changes like making friends who also exercise regularly would improve their ability to persist.

"Nearly half of all adults in the US do not engage in the recommended 150 minutes of physical activity per week. This basic lack of exercise is tied to myriad health problems, so it is important to address it early," said study lead author Manoj Sharma, Professor at the Jackson State University.

"About 40 percent reported that they did not have time for exercise, while 30 percent reported that exercise was not worth the effort. For this group, it may be helpful to suggest a number of strategies to help students overcome these barriers," he added.

Researchers also recommended that healthcare providers offer a variety of resources to help people make health changes, and include social support in their interventions.

"Since the results of this study suggest that social support is an effective and sustainable model for positive change, it is important that we support students in their efforts to become more physically active," said Nahar.

"The more support students receive, the more likely they are to exercise and maintain a healthy lifestyle," he added.

The survey also found that students who used exercise as an outlet for stressors were more likely to report higher levels of physical activity. Students who used exercise as a way to manage their emotions were also more likely to report higher levels of physical activity.

"These findings support the idea that exercise can be used as a stress management tool," said Nahar.

"The results of this study suggest that social support is an effective and sustainable model for positive change, which can help students overcome barriers to exercise and improve their overall health," he added.

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Every woman is strong in her own way: Scodelario

The horror thriller, directed by Alexandre Aja, will open in India on August 23. The movie will be distributed in India by Viacom18 Motion Pictures. It is written by Michael Rassmussen and Shawn Rassmussen, and produced by Craig Flores, Sam Raimi and Alexandre Aja. Scodelario says shooting for Crawl was hard. “It was the most physical job that I have ever done. I have started to connect with now because I forgot how hard it was. I would come home every day with bruises and cuts. But it was very important for me to add that to it.”

That was the big conversation between me and the producers during the shoot. They were worried about me not wearing shoes and I really fought to not wear shoes because I knew as a woman if you are in flip flops in the mud, the first thing you do is just take them off...Because it is not going to work and I wanted that for the character,” she said.

And she had to face the consequences of her decision. “It did mean that I had blisters and cuts everywhere. But I was excited to get to the physical side of it,” said the 27-year-old. – IANS

By Sugandha Rawal

The Maze Runner star Kaya Scodelario feels every woman is powerful, damaged and a million other things, and that is what she wants to reflect in her work. The actress says she isn’t interested in playing female characters that are just one thing, because they don’t exist.

“For me, it is important (to essay a strong character) because it is realistic. That is the world I know. Every woman I know is strong in her own way,” Scodelario said in an exclusive sit-down interview.

“Every woman is damaged, ferocious, powerful and a million other things. They aren’t just one thing. I have never been interested in playing female characters that are just one thing, purely because they don’t exist,” added the actress.

Since her breakout role in British teen drama Skins, Scodelario has portrayed different women character dipped in hues of various shades of womanhood – be it The Maze Runner, Pirates of the Caribbean: Dead Men Tell No Tales or Extremely Wicked, Shockingly Evil and Vile.

She will, once again, bring a strong woman in spotlight with her role as a high-achieving swimmer Haley Keller in Crawl. The film will narrate the struggle of Haley as she tries to save herself and her father (Barry Pepper) from alligators amidst a Florida hurricane.

The film is produced by Craig Flores, Sam Raimi and Alexandre Aja, and produced by Craig Flores, Sam Raimi and Alexandre Aja.

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When Sonakshi knocked Akshay off his chair

Akshay Kumar is known as Bollywood’s ‘Khiladi, but it was Dabangg star Sonakshi Sinha who managed to knock him off his chair. Sonakshi made everyone’s jaws drop during a media interaction for their forthcoming film Mission Mangal when she knocked him over from his chair. It turned out to be a prank by Akshay and Sonakshi. The actress shared the moment on Instagram Stories.

In the video, Akshay is seen sitting beside her and talking to a journalist about Mission Mangal. She then moves a bit to adjust his chair and pushes it slightly backwards. It is then when Sonakshi gives a slightudge to Akshay’s chest, making him topple off his chair!

As everyone gasped, Sonakshi said: “If people irritate me, that’s what I do!"

In the next video shared by Sonakshi, her co-star Taapsee Pannu explained that it was a prank. She said: “He (Akshay) planned it. Let me tell you how it would have happened. He would have asked her to do this. That’s why it’s getting recorded, too. (He planned it) Just to scare you guys.”

Sonakshi had fun pulling it off as she wrote: “You should have seen their faces,” followed by three laughing emojis.

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Sonakshi Sinha.
By Mudassir Raja

It goes beyond saying that Summer in Qatar campaign has lived up to its hype and expectations. A host of entertainment and edutainment activities have been carried out throughout this summer.

Spearheaded by Qatar National Tourism Council and collaborated by different companies and organisations, the Summer in Qatar campaign has so far put forth multiple music, comedy, and stage shows besides having entertainment activities for children and families at different shopping malls.

The latest attraction from the campaign is going to be a fascinating stage show by the Blue Man Group, a wildly popular theatrical phenomenon. The group will be visiting Doha for the first time as part of their latest world tour. Expect the unexpected, as Blue Man group takes the audience on a one-of-a-kind journey featuring new music, fresh stories, custom instruments and spectacular graphics.

The award-winning extravaganza will take place at Al Mayassa Theatre of Qatar National Convention Centre from August 14 to August 17.

Formed in 1987, Blue Man Group is a performance art company that is known worldwide for its various stage productions which typically incorporate many different categories of music and art, both popular and obscure. The group has continuing theatrical productions in Berlin, Boston, Chicago, Las Vegas, New York City, and Orlando.

A typical Blue Man production employs 7–9 full-time Blue Men who are selected through an audition process. In addition to the stage theatre show, the group has had multiple national and global tours, appeared on various TV programmes as both characters and performers. The group has also released multiple studio albums, contributed to a number of film scores, performed with orchestras around the US and appeared in ad campaigns.

The group actually grew out of a collaboration between three close friends namely, Chris Wink, Matt Goldman and Phil Stanton, on Manhattan’s Lower East Side. Its first public appearance was a celebration of the end of the 1980s. The three men wore blue masks and led a street procession that included the burning of a Rambo doll and a piece of the Berlin Wall. MTV’s Kurt Loder, who covered the event, drew attention to the strange Blue Men – and what began as creative disturbances on the streets of the city became a series of small shows at downtown clubs, and eventually a full performance at the Astor Place Theatre in 1991. In July 2017, the group was bought by Cirque du Soleil, who announced that they would expand the concept.

There are a number of different themes found in various Blue Man performances that included; science and technology, information overload and information pollution, innocence, self-conscious and naïve imitation of cultural norms.

Blue Men always appear as a group of three. This is because not only are Blue Men viewed as outsiders to the rest of the world, but three is the smallest group possible when endeavouring to create a community. Many of the Blue Man skits involve one of the three Blue Men performing in a manner inconsistent with the other two.

In 1999, the group released Audio, their first studio recording. Although it contained some of the music from their stage productions, it was chiefly a collection of full-length instrumentals featuring new instruments.

In 2002, the group participated in Moby’s Area2 tour, giving a more rock-oriented performance than in the theatrical shows. Songs developed during this tour appeared on 2003’s album The Complex.

Unlike Audio, The Complex, featured a variety of vocalists and guests including Tracy Bonham, Dave Matthews, Gavin Rossdale and Venus Hum. The record spawned its own 2003 tour, How to Be a Megastar, the first headlined by Blue Man Group. The tour deconstructed the traditional rock concert experience into its often cliched parts and was chronicled in a 2004 DVD release. The tour featured Tracy Bonham and Venus Hum as supporting acts. Announced in 2009, the group began performing for the first time at sea on Norwegian Cruise Line’s ship Epic. From July 2010 to March 2015, Epic alternated 7-Day Eastern and Western Caribbean sailings from Miami with nightly Blue Man Group shows.

During a national tour in 2010, the group visited various cities in the United States, Canada and Latin America. The tour included elements from their then-current theatrical performances, and new elements created for the tour. To celebrate their 20th anniversary, the group gave a special performance with Dave Matthews at the Astor Place Theatre in New York City, collaborating on the song Sing Along. For their 25th anniversary, the group took a global tour kicked off in Singapore in March 2016.