Community
Varied exercise, good posture and changing your diet can help you look after your joints.

Community
Qatar Pakistani Bikers mark Independence Day of Pakistan with a colourful car and bikes show at Qatar Sports Club.

Perfect eyebrows
Hollywood’s go-to guru Kristie Streicher offers arch advice. P2-3

Cuisine
Celebrating August as peach month in Georgia. Page 6

Showbiz
Blinded by the light is a tribute to Bruce Springsteen’s music. Page 15
Brow guru gives tips on shaping eyebrows

“Eyebrow hairs are like people - they can be trained to do whatever you want them to do. If you’re tweezing them every day, they’re gonna grow every day. But if you put them on a cycle, they’ll start to grow where you want.”

- Kristie Streicher
By Amy Kaufman

ven if you were willing to shell out hundreds of dollars to have your eyebrows done by Kristie Streicher, she couldn’t see you.

That’s because at the start of 2019, with her roster already full with celebrities like Gwyneth Paltrow, Adele and Mandy Moore, she stopped taking on new clients. She wanted to spend less time at Strìlke — the Beverly Hills salon she runs with her sisters, Ashley (hair) and Jenn (makeup) — and more at home, focusing on starting a family. The endeavour worked: Streicher and her husband, an orthopaedic surgeon, are expecting a son come winter.

The lucky handful who do get to see Streicher, 43, pay a pretty penny for the honour. The brow guru charges $225 for a 30-minute “feathered brow” session, during which she tints and tweezes. Those looking for a more permanent fix opt for her signature “micro-feathering,” a more subtle take on traditional micro-blading, which deposits pigment into tiny incisions created by a fine blade.

But if you’ve already spent all your money on your summer vacation, “we’ll do you one better. Because I’m in demand,” she says, serving as the brand ambassador to the Hourglass cosmetics brand, and I was offered a sit-down in her chair at the Grove pop-up last week to demonstrate how to get the perfect brow. And I took notes.

**BROW POWER:**

By Amy Kaufman

Those looking for a more permanent brow fix opt for “micro-feathering,” a more subtle take on traditional micro-blading, which deposits pigment into tiny incisions created by a fine blade.

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Five ways to look after your joints

By Amy Sedghi

It’s not all about stretching. Varied exercise, good posture and changing your diet can help you stay nimble.

Maintain a healthy weight
Essentially, the heavier you are, the greater the impact on the joints and the stronger the muscles have to be to control movements, explains Laura Jamieson, a chartered physiotherapist. Ensuring that muscle-mass percentage is higher than body-fat percentage is crucial to maintaining muscle strength, which helps to ensure you move well.

Registered dietitian Sue Baic, a spokesperson for the British Dietetic Association, breaks it down: “For every 0.5kg (1lb) lost, we reduce the weight going through the knee joint at each step by 2kg (4.5lb).” Excess body fat, especially around the abdomen, is also inflammatory, making any osteoarthritis symptoms worse.

Exercise
“A common misconception is that people think exercise will aggravate joint pain,” says Giles Stafford, a consultant orthopaedic hip surgeon at the Wellington Hospital, part of HCA Healthcare UK. But strengthening the muscles around joints is important, says Stafford, especially if you have any issues with them, as it will minimise the pressure on them. Hip problems, with them, as it will minimise the joint pain, ” says Stafford, who is part of the Welllington Hospital, part of HCA Healthcare UK.

Yoga can help maintain good bone density and strength and non-impact cardio for variety is key. Jamieson recommends a mixture of impact and non-impact cardio for good bone density and strength training (ensuring guidance is sought for correct technique). Yoga can help maintain good mobility but Jamieson says to combine it with other forms of exercise.

STRENGTHEN: Body-weight exercises such as squats can strengthen the muscles around hip joints.

Saturated fat – found in fatty meats and dairy products – can weaken the cartilage in the knee and hip so that it is more prone to damage and loss of cushioning.obby-weight exercises such as squats and lunges, and light dumbbell exercises such as bicep curls.

STRENGTHEN: Body-weight exercises such as squats can strengthen the muscles around hip joints.

Practise good posture
Maintaining good posture is key to preventing joint issues, says Jamieson. “You want to be very careful of your back particularly: there is no surgery that will replace your discs or spine yet.” The NHS publishes an online guide tackling common posture mistakes. It is also important to wear the correct, supportive footwear for exercises and activity.

– The Guardian

A good time to nap is during your first period of deep sleep. Stafford warns against over-stretching: “It can take the joint past its natural physiological range, which can cause damage to the joint and surrounding structures.”

Eat a Mediterranean diet
“Some recent research has suggested that diets high in saturated fat – found in fatty meats and meet products, full-fat dairy, cakes, biscuits, butter and coconut oil – can weaken the cartilage in the knee and hip so that it is more prone to damage and loss of cushioning.”

Stafford says Baic. She recommends a Mediterranean-style diet, higher in monounsaturated fats such as olive or rapeseed oil, with plenty of fruit, vegetables, wholesome, nuts and seeds. As omega-3 fat is anti-inflammatory, Baic suggests one to two servings of oily fish each week (or in the recommended dose if taken in pill form). Also pay attention to your vitamin D levels, which are crucial for bone development: it is believed one in five people in the UK have low levels.

Afternoon delight: how to have a successful nap
An afternoon nap is one of the joys of life, although excessive napping could signal all is not well. A new study, published in the journal the Alzheimer’s & Dementia, suggests that napping during the day could be an early sign of Alzheimer’s. Researchers compared the postmortem brains of 15 people with Alzheimer’s to the brains of seven control subjects and found those with the brain disease had a build up of a protein, tau, in areas of the brain involved with wakefulness. “Some people nap all their life, no problem;” Lea Grinberg, professor of neuropathology at the University of California San Francisco, told the Times. “In some cultures, people will have a daily siesta – this is fine. The warning comes when people start sleeping during the daytime, when they did not before.” It is not completely clear whether naps are good for you or not. Some studies suggest they reduce stress and increase cognitive function, but one study suggested naps were linked to an increased risk of mortality, and there is certainly good reason to believe that daytime sleepiness – as in the Alzheimer’s study – can be a marker of an underlying condition.

SLEEP WELL: Some in the UK wake up feeling sleepy during the day.

For many people, napping during the day is mainly a sign that you are not getting enough sleep at night, says Dr Neil Stanley, a sleep expert and the author of How To Sleep Well. “If you feel sleepy during the day, you should think about taking a nap. That is what the body needs – it doesn’t need to be kept awake with caffeine, it needs sleep.” The feeling to notice is “sleepiness,” he says, not “tiredness,” which could be more psychological and linked to stress.

So how do you nap well? The key thing, says Stanley, is duration. Choose either a 20- or 90-minute nap. “When you fall asleep, you’ll quickly go through the lighter stages of sleep into your first period of deep sleep.

You don’t want to wake up in deep sleep because that’s when you wake and feel worse than you did before.” Napping for 20 minutes means you will wake up before you go into deep sleep; napping for 90 minutes means you’ll complete a sleep cycle.

Once you factor in the time it takes to fall asleep – some people are better at napping than others – as in the Alzheimer’s study – you can set an alarm, allowing a 30- to 40-minute period for a short nap, and up to two hours for a longer one.

A good time to nap is during the body’s natural dip in the afternoon, between about 2pm and 4pm (older people’s circadian rhythms change, says Stanley, so they may start feeling sleepier earlier in the day). “You don’t really want to be napping much past that because then you are going to be eating into your night-time sleep.” The point, he stresses, is to get good night-time sleep, which would ensure you probably don’t need to nap at all.

– The Guardian

CARDIO: Try to get a mix of impact and non-impact cardio – but make sure your technique is correct.

TIMELINE: Because of the body’s sleep cycles, the ideal duration for a nap is either 20 or 90 minutes.

AFTERNOON DELIGHT: How to have a successful nap

AN AFTERNOON DELIGHT: HOW TO HAVE A SUCCESSFUL NAP

An afternoon nap is one of the joys of life, although excessive napping could signal all is not well. A new study, published in the journal the Alzheimer’s & Dementia, suggests that napping during the day could be an early sign of Alzheimer’s. Researchers compared the postmortem brains of 15 people with Alzheimer’s to the brains of seven control subjects and found those with the brain disease had a build up of a protein, tau, in areas of the brain involved with wakefulness. “Some people nap all their life, no problem;” Lea Grinberg, professor of neuropathology at the University of California San Francisco, told the Times. “In some cultures, people will have a daily siesta – this is fine. The warning comes when people start sleeping during the daytime, when they did not before.” It is not completely clear whether naps are good for you or not. Some studies suggest they reduce stress and increase cognitive function, but one study suggested naps were linked to an increased risk of mortality, and there is certainly good reason to believe that daytime sleepiness – as in the Alzheimer’s study – can be a marker of an underlying condition.

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Once you factor in the time it takes to fall asleep – some people are better at napping than others but, says Stanley, “a healthy adult will fall asleep in between five and 12 minutes” – you can set an alarm, allowing a 30- to 40-minute period for a short nap, and up to two hours for a longer one. A good time to nap is during the body’s natural dip in the afternoon, between about 2pm and 4pm (older people’s circadian rhythms change, says Stanley, so they may start feeling sleepier earlier in the day). “You don’t really want to be napping much past that because then you are going to be eating into your night-time sleep,” he says. The point, he stresses, is to get good night-time sleep, which would ensure you probably don’t need to nap at all.

– The Guardian
It's back-to-school time, the time of year that often has parents rushing to buy school supplies, new clothes and healthy snacks to stock the pantry. It also tends to bring stress around homework, earlier bedtimes and an influx of colds and coughs. Dr Tina Ardon, a family medicine physician and mom of three, provides some back-to-school tips to keep parents and kids healthy in this Q&A.

What are your top tips for parents during back-to-school time?

If I had to give parents three tips to think about before they go back to school, No. 1 would be to make sure your child’s immunisations are up-to-date. The second thing would be to have an eye exam to make sure there are no concerns. You would hate to start back at school having trouble seeing the board or reading books. And then third, I would make sure parents are really looking at getting back on a good routine in terms of sleeping and screen time.

Who should have a back-to-school physical?

The patients who really should consider baseline concussion testing are those who are at higher risk for concussions, such as kids who are playing contact sports or in activities that are higher risk. And it’s not just football. It can be activities like soccer, where there is a risk of running into someone or injuring the head, or cheerleading, where maybe the student’s being thrown up into the air for an aerial trick.

Who needs a baseline concussion test?

The patients who really should consider baseline concussion testing are those who are at higher risk for concussions, such as kids who are playing contact sports or in activities that are higher risk. And it’s not just football. It can be activities like soccer, where there is a risk of running into someone or injuring the head, or cheerleading, where maybe the student’s being thrown up into the air for an aerial trick.

What is important to review for younger students in terms of immunisations and boosters needed during this time of year?

What vaccines are important for high-school or college-age students?

If you have a child of kindergarten age, about 4 to 6 years of age, we want to make sure they’re up-to-date on their measles, mumps and rubella vaccine, and the chickenpox vaccine. We’ll affectionately call the seventh grade shot “the tetanus booster,” so that’s something to think about for those children in that age range, as well. And depending on the age of the student, we’ll want to talk about HPV if that hasn’t been done already.

Any tips about routines, bedtimes or homework?

Routines are really important for our children, but there is a role for allowing them to gain some independence in terms of making their own decision when it comes to their schoolwork, what they have for their snack after school and those sorts of things. I think laying out clear expectations for our children is helpful, too, to set good habits and routines. Of course, getting a good night’s sleep and limiting screen time is important to keep our body and minds sharp.

Any last thoughts?

Back to school is a great time to start fresh and establish new routines and healthy habits. I would also remind parents to check in with their children and include them in decisions. And to take time for yourself, too. It’s a hectic time of year.

Tips for a healthy school year

Getting a good night’s sleep and limiting screen time is important to keep our body and minds sharp.

SHARPNESS HACK: Getting a good night's sleep and limiting screen time is important to keep our body and minds sharp.

TAKE NOTICE: Parents are encouraged to talk to their children and their teachers, as well as their family physician, if they see things that are concerning, such as anxiety before tests or complaints about vision or headaches.
Celebrating August as peach month in Georgia

Moving to Atlanta, Georgia few months back was exciting for me, new place, new people, new projects and new things to learn and explore. Georgia is best known as ‘The Peach State’ as the state grown peaches are recognised for their superior flavour, texture, appearance and nutritious qualities. Georgia was also designated as the peach state in 1995 and declared peach as the official fruit. The month of August is also celebrated as the peach month with all the festivities and annual peach festival at several places. One of the annual festival also features the world’s largest peach cobbler that measures 11 feet by five feet.

Peaches are native to Asia and have been grown in United States since they were brought over by Europeans in the 17th century. But it wasn’t until the latter half of the 1800’s that aspiring horticulturists began to try and grow the peach as an orchard crop. In 1865, a Belgian family purchased a plot of orchard land in Augusta, Georgia, that became known as ‘Fruitland’. Their intention was to demonstrate that fruit and ornamental plants could become just as important an industry in the south as cotton. Horticulture slowly became accepted as a gentleman’s pursuit, but it wasn’t until the end of civil war and the availability of labour gave peaches the perfect opening.

Addition of summer peaches make any weeknight meal feel a little more special. Here they’re turned into a quick sweet herby salsa that wakes up cumin and ginger spiced chicken breasts. The sugar that’s tossed with the fruit helps it release some juice, if your peaches are already sweet and juicy, you can leave it out. While you’re at it, go ahead and make a double batch of salsa, use it a night or two later in fish tacos or over seared or blackened fish. Peaches are widely consumed fresh as a dessert fruit.

Ingredients
For chicken
Chicken breast 4 no.
Olive oil 1 tbsp.
Ginger paste 2 tsp
Salt to taste
Crushed pepper ⅛ tsp
Garlic powder ½ tsp
Smoked paprika powder ½ tsp

For salsa
Peach 3 nos.
Jalapeno 1 no.
Red bell pepper, chopped ⅓ cup
Green bell pepper, chopped ½ cup
Jalapeno 1 no.
Peach 3 nos.
Cilantro, chopped ½ cup
Smoked paprika powder ⅛ tsp
Garlic powder ½ tsp
Salt to taste
Sugar to taste

Method:
For the ginger chicken prepare a brine solution with water and salt. In a container take 1 litre water and add ⅔ cup salt to it and stir to dissolve the salt. Add chicken breast to this brine and let it stand for 30 minutes or refrigerate overnight for better result.

Remove chicken breast from water and pat them dry and keep aside preheat the oven at 180 Degree Celsius.

Marinate the chicken with oil, crushed ginger, salt, pepper, garlic and paprika powder.

Place the chicken in a baking tray and roast in oven for 18-20 minutes or until the internal temperature of chicken is 75 degree Celsius and no longer pink from inside.

Keep the chicken aside covered and let it stand for 30 minutes or until it is done. For salsa combination take 1 litre water and ¼ cup salt, dissolve the salt. In a container take 1 litre water and add ¼ cup salt to it and stir to dissolve the salt. Add chicken breast to this brine and let it stand for 30 minutes or refrigerate overnight for better result.

Make salsa that wakes up cumin and ginger spiced chicken breasts. The sugar that’s tossed with the fruit helps it release some juice, if your peaches are already sweet and juicy, you can leave it out. While you’re at it, go ahead and make a double batch of salsa, use it a night or two later in fish tacos or over seared or blackened fish. Peaches are widely consumed fresh as a dessert fruit. Low acid fleshed peaches are the most popular kinds in China, Japan and neighbouring Asian countries while Europeans and North Americans have historically favoured the acidic yellow fleshed cultivars. Peaches are mainly classified according to their colour and variety. But besides colour, peaches are also distinguished by how their pits separate from the flesh. Clingstone – the flesh sticks to the pit. Freestone – the pit is easily separated from the flesh.

The health benefits of peach fruit include relief from obesity, cancer, and cholesterol and neuro degenerative disease. It helps in maintaining healthy vision, skin, healthy bones and teeth. It has anti–ageing properties and also helps in detoxification, as well as improving digestion and cellular health. It has a wealth of essential nutrients and antioxidants which are valuable during pregnancy and it helps in strengthening the immune system. There are more than 2,000 varieties of peaches all over the world.

For salsa:
Smoked paprika powder ⅛ tsp
Garlic powder ½ tsp
Crushed pepper ¼ tsp
Salt to taste
Ginger paste 2 tsp
Olive oil 1 tbsp.
Chicken breast 4 no.
For chicken

Ginger Chicken with Peach Salsa

Ginger Chicken with Peach Salsa

The average life span of a peach tree is about 12 years. Under cultivation, the trees are usually kept between three and four meters by pruning.
MES marks 73rd Independence Day of India

MES Indian School recently organised an event to mark 73rd Independence Day of India. PK Mohamed, MES Governing Board, hoisted the national flag, which was followed by the national anthem by the school choir. The school choir, including boys and girls, rendered a special patriotic song depicting the national movement. Speaking on the occasion, PK Mohamed, highlighted the importance of the day, country’s strength ‘Unity in Diversity’ and urged the students to remember the sacrifices of the patriots and martyrs, who laid down their lives in the struggle for the freedom. He also reminded the students of their responsibility to ensure the unity and integrity of the nation. The event was attended by notable personalities, including AT Usman, Secretary of IES Educational Society and member of MES Governing Body; Khaled AP, Soon Bahadur, Directors at MES; K P Subar, member of MES Governing Body, and Jahfar Niyas, Principal of Principal Office, along with the parents, students and faculty members.

BPS celebrates 73rd Independence Day of India

Birla Public School (BPS) recently celebrated 73rd Independence Day of India. Lukose K Chacko, Chairman of BPS, hoisted the national flag, which was followed by the national anthem by the school choir. The event was attended by notable personalities, including Gope Shahani, Vice-Chairman of BPS; Rajesh Pillai, Vice-Principal (Co-Scholastic); Bhavna Sonkamble, Vice-Principal (CBQED); Joseph K, Administrative Manager; along with the faculty members, parents and students. Speaking on the occasion, Lukose K Chacko, emphasised on the development of India after Independence. He praised India’s moon mission Chandrayaan II. He stressed on the importance of literacy programmes in the development of India. He reminded the students that the honest feeling and true love for the country and countrymen can be displayed through passionate work for the country’s development.

DPS-MIS hoists the national flag of India

DPS Modern Indian School (DPS-MIS) recently marked the 73rd Independence Day of India. Dr R Seetharaman, CEO of Doha Bank, was the chief guest on the occasion and hoisted the national flag, which was followed by the national anthem. Speaking on the occasion, Dr R Seetharaman shared his views on the position of India in the global scenario, highlighting the multifarious growth of the country in several salient areas of development. Hassan Chougule, President of DPS-MIS, reinforced the message of national unity and reiterated the pledge of dedication towards the nation. He emphasised on the importance of education to eradicate all evils of the society. The event also featured patriotic songs by the school choir and speeches by the students.
THE FOUNDATION OF FEMALE MILLENNIAL MAKEUP

**Age Women Start Wearing Makeup**
- 61% between 13-15
- 28% 16 or older

**Beauty Product Women Would Use Every Day If They Could Only Choose One**
- Mascara

**Time Women Spend on Makeup**
- 9% 5 minutes or less
- 42% 6-10 minutes
- 35% 11-15 minutes
- 10% 16-20 minutes
- 3% More than 20 minutes

**Other Makeup Habits**
- 47% Lose three or more tubes of lip gloss every year
- 11% Have 10 or more makeup brushes
- 43% Clean their makeup brushes once a month

**Purchase Habits**
- 72% have purchased cosmetics that included a free gift with purchase
- Of those 54% have delegated buying makeup they needed in order to receive a gift with purchase
YOUTH’S MAKEUP HABITS

LOOKING BELOW THE SURFACE

95%
USE MAKEUP TO ENHANCE THEIR FEATURES

94%
SAID MAKEUP MAKES THEM FEEL CONFIDENT

84%
USE MAKEUP TO HIDE THEIR FLAWS

75%
DON'T MIND SPENDING MONEY ON MAKEUP BECAUSE IT MAKES THEM FEEL GOOD

36%
FEEL WEARING MAKEUP IS AN OBLIGATION

PURCHASING HABITS

42%
FOLLOW BEAUTY BRANDS ON SOCIAL MEDIA

OF THOSE, 45% HAVE RECEIVED A DISCOUNT AS A RESULT OF FOLLOWING A BRAND

WHAT MOST INFLUENCES WOMEN TO TRY A NEW BRAND OF MAKEUP?
FREE SAMPLES

IN A TOUGH ECONOMY, 68% ARE LOYAL TO THE SAME MAKEUP BRANDS, RATHER THAN OPTING FOR LESS EXPENSIVE BRANDS
Ideal Indian School (IIS) recently celebrated the 73rd Independence Day of India. Dr Hassan Kunhi M P, President of IIS, unfurled the national flag, which was followed by the national anthem of India. The event was attended by the faculty members, students and parents. Speaking on the occasion, Dr Hassan Kunhi said that it is a proud and joyous moment for every citizen of India that brings Indians from all walks of life together in a spirit of oneness and harmony and it is also an occasion to pay tribute to the freedom fighters who sacrificed their lives and fought to free their motherland.

Noble International School (NIS) recently marked the 73rd Independence Day of India. Mohamed Unni Olakara, Senior Founder Member of NIS, unfurled the national flag of India. The event was attended by the directorial members of the board of NIS, including Abdul Majeed, Musthafa, Muneer Ahmed and Maharoof. Jayamon Joy, Vice Principal Academics at NIS, welcomed the gathering. Speaking on the occasion, Muneer Ahmed stated that it’s about time we showed our concern for Mother Nature as well. Mohamed Unni Olakara spoke to the gathering and requested the younger generation to show their respect towards our mother country. Shibu Abdul Rasheed, Principal at NIS, also spoke on the occasion. Shihabudheen, Head of Section at NIS, proposed a vote of thanks.

Shantaniketan Indian School (SIS) recently celebrated the 73rd Independence Day of India. Speaking on the occasion, Shahanaz Noordeen, Management Committee Member, reminisced on the contribution of great leaders in their endeavour to attain freedom for the country. The national flag was also hoisted on the occasion. One minute silence was also observed for Melody Biswas, a staff member of SIS who passed away on 8th August 2019.
Pooch Café
By Paul Gilligan

Look at the mess a couple of raccoons made last night!

Mrs. Potter from next door saw them. She said they seemed to be deliberately trying to make as much mess as possible!

If I ever get my hands on those raccoons, they'll be sorry they were ever born!

We gotta burn these costumes.

I don't care if the kiddie pool is too crowded! Give me that!
COMMUNITY

Sudoku

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine (3x3) boxes. You are given a selection of values and to complete the puzzle, you must fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9 and none is repeated.

Solution

Across
1 Security devices seen overhead? (5)
4 Rest from dispute, leading retreat (3-2)
7 A vegetable Eric and Alec cooked (8)
8 Hide in Arthur’s kingdom (4)
9 Very, very moderate (2-2)
10 Shipping channels that may be dire? (7)
12 Little creature in rags upset one making purchases (11)
14 Old soldier in women’s clothes? With nothing on! (7)
16 Dig in the dirt for food (4)
18 Creamy dressing somewhere in Ireland (4)
20 Meant to be at home, getting looked after (8)
21 Country in which you must lead people (5)
22 A man to persistently annoy (5)

Down
1 Yorkshire city comes first, by the sound of it (5)
2 Sort of bun otherwise dunked in tea (7)
3 Leave out a container for rubbish (4)
4 Spot old feline protected by another (6)
5 Altos can take part in an opera (5)
6 Father has to bury an artist (7)
7 11 Antoine’s resolved to be European (8)
8 Country that’s confused Meg Ryan (7)
9 Companion who may be sleeping? (7)
10 Good space for stable employee (5)
11 Burly worker fairly gutted (5)
12 Desire to take part in chit-chat (4)

Solution

For movie timings and further details please scan the QR code above with your mobile phone camera or visit qatarcinemas.com
Over 2 hours screen time daily will make your kids impulsive

The paper, published in the journal Pediatrics, analysed data for 4,524 children from the first set of data of a large longitudinal population study. In addition to sleep and screen time, the study also captured data related to physical activity — at least 60 minutes of moderate to vigorous exercise daily.

The ABCD study allowed Guerrero and her team to look at the three pillars of the movement guidelines against eight measures of impulsivity, such as one’s tendency to seek out thrilling experiences, to set desired goals, to respond sensitively to rewarding or unpleasant stimuli, and to act rashly in negative and positive moods.

The results suggested that meeting all three pillars of the movement guidelines was associated with more favourable outcomes on five of the eight dimensions. — IANS

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Aries
March 21 — April 19
If you don’t agree with what the group is doing today, Aries, don’t feel like you have to join in. Earn their respect in your own way, not by forcing yourself into a mould you don’t fit into. Maintain your integrity and act with confidence. If you’re confident about your actions, others will put their confidence in you. Don’t compromise your beliefs.

Cancer
June 21 — July 22
Ask for what you need, Cancer, and you will get it. Don’t wait around for the rewards to come to you. This is one of those days in which actions speak louder than words. Don’t expect others to do your thinking. If you want something, go after it. There may be an element of the unexpected working its way into your day so be on guard.

Libra
September 23 – October 22
Mind your manners, Libra, and open doors that you’ve never opened before. Maintain your principles and integrity as you venture forth into worlds unknown. Don’t write people off without giving them a fair chance. Don’t judge others. Give them an equal amount of respect. It may be hard to maintain a solid footing today, but you should try.

Capricorn
December 22 — January 19
You’re able to get quite a bit accomplished today, Capricorn, as long as you’re the one taking action. Don’t let other people be in charge. Your power may come in energetic, erratic bursts, so use this to your advantage. Maintain a level head and you will be able to cut through your day’s work like a warm knife through butter. Whatever you do, don’t give up.

Taurus
April 20 — May 20
Get the rest you need, Taurus. Prevent sickness and maintain full control of your mind and body by making sure you get the proper amount of sleep. Your actions today should be methodical. Don’t try to experiment with something you know nothing about. Make sure you understand the situation completely before you jump in with both feet.

Scorpio
October 23 – November 21
You may go in many different directions today, Scorpio, so try to stay focused. Spend some time by water, even if it’s just your bathtub, and reconnect with your true self. The more you integrate your inner nature with your outer demeanour, the more you will attract the people and situations that can help you in your journey.

Aquarius
January 20 – February 18
Maintain your integrity, Aquarius. Other people may suspect your motives, so make sure you give them no reason to doubt you. Be confident in your actions and follow through with your promises. There’s a great deal of power under your belt, but it’s erratic. Take breaks during the day to collect your energy and refocus.

Gemini
May 21 – June 20
Don’t poke your nose into other people’s business today, Gemini. Give others their space and let them work things out for themselves. Don’t feel like you have to gain the attention of everyone. Do what you need to do and your rewards will come in due time. Your actions might be thrown off course by the unexpected. Be on the lookout for something wild and bizarre that could be coming your way.

Virgo
August 23 – September 22
Get in touch with a friend you haven’t heard from in a while, Virgo. Someone is waiting to hear from you. Surprise him or her with an unexpected expression of love. Rely on your inner map and don’t let others throw you off course. Don’t waste time. Keep an eye on your goals at all times. Other people play key parts in making this day go smoothly, but don’t let them manipulate you.

Sagittarius
November 22 – December 21
Your actions may take a sudden turn today, Sagittarius, so beware. This may seem like an annoying bend in the road at first, but if you keep walking, you’ll see that this course of action is exactly the one you need to take. This isn’t a day to sit back and watch. Get your act together and do something before you’re the one who gets acted upon.

Pisces
February 19 – March 20
Slow and steady actions are likely to win the race today, Pisces. Unexpected situations may crop up to throw you off course, but don’t let them. Stay on your path and try not to give in to the wild, erratic energy around you. Stick to traditional methods and beware of peddlers trying to sell you wooden nickels. You’re smarter than that.
Blinded by the Light is a tribute to Bruce Springsteen’s music

By Peter Sblendorio

Blinded by the Light is where the Jersey Shore meets the British countryside, all to a soundtrack by Bruce Springsteen.

The new film provides a window into the world of an English teen of Pakistani descent as he struggles to follow his dream of becoming a writer. With inspiration provided by lyrics from the Boss, Springsteen’s messages of struggle, hope and redemption in songs like The River and Born To Run speak to the youth as he grapples with racism in 1987 and a traditional father who pushes him to pursue a career.

“He’s somebody who talks about things that actually matter in life,” said journalist Sarfraz Manzoor, whose 2007 memoir Greetings From Bury Park inspired the movie.

“It doesn’t matter where you live, which country or what decade, there’s probably a chance that you’re not living the life you want in the town you grew up in,” he told the Daily News. “There’s probably a chance that you and your dad don’t get on. There’s probably a chance that you got a good friend, and friendship means something to you and your mates.”

In the movie, which will be released Friday (today), Vivek Kalra stars as Javed – a character based on Manzoor, Javed, who lives in the English town of Luton, is reluctant to share his poems with the world until a classmate introduces him to Springsteen’s body of work. The words to songs like Dancing in the Dark and Badlands illustrate Javed’s struggle while motivating him to strive for better.

The New Jersey-born Springsteen allowed the filmmakers to use 19 of his songs at a discounted rate.

“We just made a little indie film, and … it’s sort of an amazing way to think about (Springsteen) because his words and his music is incredibly valuable, but I think he must have seen something,” Kalra, 21, said. “Our story has a lot of heart to it, and a lot of soul, and comes from a deeper place than anything sort of surface level.”

Manzoor, 48, remains a massive Springsteen fan and has seen the Boss in concert more than 150 times.

While making the movie, Manzoor sent the script to Springsteen, who didn’t recommend a single change.

Director Gurinder Chadha eventually showed Springsteen the film last summer, sitting behind the rockers as he watched.

“At the end of the movie, there was absolute silence,” Chadha, 59, said. “He didn’t say anything. Judy had gone to get my tape, Bruce walked over to me and he put his arms around me and he gave me a big kiss and he said, ‘Wow, thank you for looking after me so beautifully.’

For all the uplifting parts of the movie, there are also moments of darkness. Scenes involving the far-right National Front marching and fomenting violence serve as a reminder of the intolerance that existed.

“When I was growing up, I had the obstacle of my parents, as in they didn’t think I could do anything interesting because they didn’t know anybody who was,” Manzoor said. “But then you also had an obstacle that people were judging you for things that weren’t in your control.

“I can’t control the colour of my skin. I can’t control the religion I was born in. I can’t control my name, and yet those things are going to prevent me from becoming the person I want to become.”

Those involved with the movie believe the world’s current social climate make Blinded by the Light feel especially relevant. The Brexit movement in England really made Chadha want to make the film.

“Brexit happened, and I was so upset with all the xenophobia that I saw around me at that time,” she recalled. “I said, ‘I’ve got to do something about this.’ I’ve got to present a different version of the world as I see it.”

The movie also highlights an important lesson about family through Javed’s disagreements with his dad, echoing the young Springsteen’s head-butting with his father Douglas.

“(The message is) to respect and love people that you have differences with and find a way to communicate and navigate those relationships in a way that doesn’t cut those people off from your life,” Kalra explained. “Because often they want the best for you.” – New York Daily News/TNS
The Pakistani community in Qatar yesterday celebrated Independence Day with zeal and zest in different gatherings and arrangements.

A unique way of celebrating Independence Day was arranged by a group of young Pakistanis as they showcased their sport cars and heavy bikes all painted in green and white – the colours of Pakistan’s national flag. Qatar Pakistani Bikers, a group of young Pakistanis formed primarily to show their love for sport cars and heavy bikes, organised the event at Qatar Sports Club (QSC) on Wednesday evening.

The event turned into a community gathering that celebrated Independence Day by showcasing painted cars and bikes besides playing national songs. Syed Ahsan Raza Shah, ambassador of Pakistan to Qatar, attended the event as the chief guest. He was flanked by Haftiz Junaid Sial, Community Welfare Attaché and other officials of the embassy. The prominent among community leaders were namely, Chaudhry Muhammad Ajmal, Shahzad Mughal, Rashid Butt, Janan Bangash and Chaudhry Muhammad Tahir.

As far as the organisers were concerned, Qatar Pakistani Bikers group is spearheaded by four Mughal brothers – Omran Mughal, Shahrad Mughal, Saud Mughal and Adeel Mughal. Two more active members of the group are Shahid Majeed and Abdullah Minhas. The event started with a reception of 20 bikes and 15 cars – all painted in green and white at QSC. The convoy of the bikers came together and was received with the beats of traditional Punjabi drum (dhol). The young boys danced on the drum beats.

The event started with national anthems of both Pakistan and Qatar. The community representatives made small speeches and highlighted the significance of the Independence Day. A cake cutting ceremony was also organised as the gathering enjoyed different national songs. The event continued for over two hours and the people in attendance were treated with delicious Pakistani deserts.

Speaking on the occasion, Ambassador Syed Ahsan Raza Shah appreciated the enthusiasm exhibited by the young Pakistani expatriates on the Independence Day. He also praised the efforts of youth in the development of Pakistan. “Youth are the asset of any nation and play a vital role in the progress of their nation. Pakistani youth living in Qatar have contributed immensely in bringing good name to their country.”

The ambassador further highlighted the role played by young workers working in different parts of the world, especially Qatar. “The embassy will continue with its efforts to create better working opportunities for the young workers. If a Pakistani got some talent of any sort, he or she should come forward and contact the embassy. We will do our utmost and provide proper opportunity to such people to further nourish their talent.” The ambassador was delighted to see the enthusiasm in the youth living in Qatar and praised their patriotism.

Talking to Community, Omran Mughal said that his group had regularly been organising Independence Day programmes. “We have intermittently been arranging our car and motorbike shows every year since 2014. We have started using our craze and passion for sport cars and bikes as an expression of our patriotism both towards Pakistan and Qatar.” He added: “This year our programme got bigger. We invited all the Pakistani community to come to QSC and join us in our Independence Day celebrations. A large number of people gathered in the sports facility where we played different national and patriotic songs. We cut a cake and treated the gathering with delicious Pakistani desserts.

“It was really good to see people from different communities watched the convoy of our bikes with Pakistani flags. It helps us in appraising other peoples about Pakistan and our culture.” Shahid Majeed, an enthusiastic biker, said: “Our group shows love for biking. On this occasion, we used our bikes and cars to express our love for Pakistan. We think that we should continue to promote patriotism among the Pakistani expatriate community in Qatar.”