Incas Qatar is all set to organise a badminton tournament for Indian expatriates in Qatar.

Long time Doha resident believes educational activities are important for the promotion of language.

As kitten season nears, here’s what you should consider if you want to adopt a feline pet.

In a loving, heartrending movie tradition hangs in the balance.

I am detached from praises and pressures, says Nawazuddin.
First and Furious Presents: Hobbs and Shaw

**DIRECTION:** David Leitch  
**CAST:** Dwayne Johnson, Jason Statham, Idris Elba  
**SYNOPSIS:** Ever since bulkling lawman Hobbs, a loyal agent of America’s Diplomatic Security Service, and lawless outcast Shaw, a former British military elite operative, first faced off in 2015’s Furious 7, the duo have swapped smack talk and body blows as they’ve tried to take each other down. But when cyber-genetically enhanced anarchist Brixton (Idris Elba) gains control of an insidious bio-threat that could alter humanity forever — and bests a brilliant and fearless rogue MI6 agent (The Crown’s Vanessa Kirby), who just happens to be Shaw’s sister — these two sworn enemies will have to partner up to bring down the only guy who might be badder than themselves.  

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

Top Story 4

**DIRECTION:** Josh Cooley  
**CAST:** Tom Hanks, Tim Allen, Annie Potts  
**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 realize that they’re worlds apart when it comes to what they want from life as a toy.  

**THEATRES:** Landmark, Royal Plaza

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**PRAYER TIME**

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| Shoroq (sunrise) | 5.02am  
| Zuhr (noon) | 11.42am  
| Aaz (afternoon) | 3.09pm  
| Maghreb (sunset) | 6.21pm  
| Isha (night) | 7.51pm  

**USEFUL NUMBERS**

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**Humanitarian Services Office**  
(Single window facility for the repatriation of bodies)  
- Ministry of Interior: 40253371, 40253372, 40253369  
- Ministry of Health: 40253370, 40253364, 40253365  
- Hamad Medical Corporation: 40253364, 40253365  
- Qatar Airways: 40253374

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"No man has a good enough memory to be a successful liar."  
— Abraham Lincoln

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**Quote Unquote**

**COMMUNITY Editor**  
Kamran Rehmat  
e-mail: community@gulf-times.com  
Telephone: 44466405  
Fax: 44390474

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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

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

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

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

Career Guidance
WHERE: Right Track Consultants, Al Sadd
WHEN: Sunday – Thursday
TIME: 6pm – 8pm
Career guidance for course, country, college and entrance for students of Grade IX-XII, of all curriculum. Career assessments administered for stream preference, career test, branch preference, personality, multiple intelligence and learning styles and productivity. For more information, 55446835.

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

Career Guidance
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, 55446835.

Arabic Calligraphy Workshop
WHEN: Saturday – Wednesday
TIME: 6pm
Arabic Calligraphy workshop is back. Come and learn the artistic practice of Arabic handwriting and calligraphy at Music and Arts Atelier. The lessons will take place every Saturday, Monday and Wednesday at 6pm. For more information, contact registration@atelierqatar.com

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 66523871/31326749.

Summer Camp for Special Needs
WHERE: Step by Step Centre for Special Needs
WHEN: Today
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.

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

The first batch of the summer camp began on June 26 continuing until July 25 from Sundays to Thursdays. The second batch will commence on July 28 ending on August 25. Registrations are open to kids between 3 to 16 years. For those who wish to register for more details, visit www.mamangamqatar.in

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

When Tozlu entered Old City’s Philadelphia Animal Welfare Society centre, the long-haired, gray-and-white cat immediately dozed off in the arms of a volunteer. He purred in peace, belly and feet flapped toward the ceiling, warmed by the human body cradling him. “He’s all about the belly rubs,” said PAWS adoption counsellor Lauren Campagnini. “He knows what it’s like out there on the streets, where it’s cold and food is hard to come by.”

Strays like Tozlu are abundant in the Philadelphia area. And as spring shifts into summer – prime cat-mating season – shelters are flooded with new-borns. (Cats have a three-month gestation, so kitten season tapers off around October.)

“By July, we’ll be swimming in kittens,” said PAWS executive director Melissa Levy.

Before adopting, there are a few factors to consider, such as if a cat fits into your lifestyle, whether to get a kitten or an older cat, and how to welcome your new feline to the family.

Consider the commitment – and the costs

When deciding whether to adopt a cat, first and foremost, determine if you’re ready to take on a long-term commitment. “A cat can mean 20 years of daily care,” Levy said. While lower-maintenance than most dogs, cats do require socialization, said Morris Animal Refuge director of operations Carolyn Fitzgerald. “Daily petting and playtime is crucial to fostering a happy cat that will engage with your family.”

At least 15 minutes of interaction per day is recommended for any cat; some will need more for mental stimulation and energy release, especially in a small apartment.

Cats are relatively budget-friendly. Expect to spend $30-$40 a month on food and litter, at minimum. Don’t forget to factor in money for a scratching post and a few toys.

Aside from the upfront investment and monthly maintenance, the next major expense is health care. Fitzgerald estimates general wellness visits totalling $100-$400 a year.

Application basics: Once
you’re sure about adopting, the application process is typically quick and straightforward. Shelters generally require a government-issued photo ID, veterinarian contact information if you own or previously owned pets, and a description of what you’re looking for in your new adoptee.

Most rescue centres aren’t going to dive too deep into your details. “We’re just looking for individuals who have a relatively stable life,” Levy said. If your housing and job are secure, it’s likely you’ll be accepted.

Pick for personality (and age)
“Cats are like humans – there are all sorts of personality types,” said Karen O’Rourke, the president of Stray Cat Relief Fund and owner of six cats. “Some just want to chill in your lap all day. Others are high-energy and want to play nonstop, which can be great for families with kids or other playful kittens.” Some are more affectionate, and others are timid, requiring a patient person to gain their trust.

If you prefer owning one cat at a time, Levy advises opting for an adult, since kittens need to socialise. Shelters often provide personality clues, and their staff is trained to help you find the right fit, too.

Prepare your home
Before bringing a new cat home, pet-proof your house. Do a quick scan of your furniture. If a cat hops onto a shelf of your bookcase, will the entire unit fall down? Make sure your window screens are secure, too, and that window blind strings are tied up. Put away fragile items, as well as plastic bags. Household plants can pose danger, too; some common varieties, including peace lilies and aloe, are toxic to cats. Refer to the ASPCA’s site for an exhaustive list. Likewise, toxic household products, including medications and cleaning products, should be placed out of reach.

Once your house is in gear, identify a room to serve as the cat’s home for the first week after adoption.

“Change can cause cats to easily become stressed out. They should have a small, quiet space – even if it’s just a bathroom – where they can slowly adapt,” Levy said.

Make introductions
When a cat shows signs of comfort, like perked ears and a prance in its step, it’s ready to nose its way through other parts of the house. At this point, it’s time to prep the rest of the family.

If you have other pets, ask the staff at your place of adoption about getting all parties acclimated. Rescue centres offer resources and tips, and sometimes even know a cat’s pet-exposure history. If a dog is involved, keep it leashed while introducing the cat – and don’t give up hope if it’s not love at first sight. Multiple introductions may be necessary.

“Take a slow and staged approach,” O’Rourke said. “By placing the new cat in a separate room, they can use the sounds and smells to get to know other pets, and vice versa, before meeting face to face.”

Kids should also be introduced with care. “Children need to be counselled on how to pet so that the cat doesn’t end up getting manhandled,” Fitzgerald said. “A little coaching, like instructing them not to grip a cat around the neck or pull on its tail, is generally all it takes.” New strays are picked up every day, and kitten season is coming, so it’s a good time to find a furry addition to the family.

“All cats deserve a second chance, to have a home where they can find love and safety,” Levy said. “In return, they make us laugh, bring us comfort, make us feel needed – the companionship creates one of the most fulfilling experiences.”

— Philly.com/ TNS
Incas Qatar to organise badminton tournament

The Ernakulam District Committee (EDC) of Incas Qatar is all set to organise a badminton tournament for Indian expatriates residing in Qatar. Sameer Eraamala, President of Central Committee at Incas, along with John Gilbert, organising committee member of the tournament, recently unveiled the jerseys of the tournament at a press conference.

Speaking on the occasion, John Gilbert, said, “The tournament will be held at the indoor arena of DMIS School at Abu Hamour. Around 75 teams from five badminton clubs in Qatar have already registered for the tournament.”

Divided into four categories, the winners of each category will be awarded a cash prize of QAR1,000, QAR750, QAR500 and QAR400 respectively along with trophies. M I Shamsudheen, Joy Paul and Shibly Abdul Salam, Incas District Committee office bearers, also attended the press conference.

Westin Doha Hotel and Spa announces exclusive Eid offers

The Westin Doha Hotel and Spa has recently announced its exclusive Eid offers for families and travellers looking for a comfortable getaway, stated a press release.

The offer is designated for residents in Qatar and visitors from across the region to make the most of their vacation with an attractive deal where they can book a deluxe room for QAR600 for single occupancy and QAR700 for double inclusive of breakfast and lunch at Seasonal Tastes. Also, children under 12 can enjoy their meals complimentary throughout the hotel venues.

For those wishing to explore a brunch experience, Seasonal Tastes Restaurant will open its doors to host a special brunch on the first day of Eid in a traditional ambience with a lavish buffet featuring a wide array of flavours from international cuisine along with an area dedicated for kids. In addition, Heavenly Spa is offering an ultimate journey of treatments through the most luxurious Hammam treatment from a deep exfoliation, to a hair treatment completed with a full body mask and massage topped with a super nourishing body butter for only QAR1,395.

Ammar Samad, Hotel Manager at The Westin Doha Hotel and Spa, said, “We are thrilled to share the spirit of Eid al-Adha with all our guests and we are offering our guests the opportunity to embrace the special moments with their family and friends. In addition, we have an extensive recreation facilities and lush green gardens which allow families to spend the most beautiful moments with their loved ones in a relaxing atmosphere.”
Five eco-friendly beach essentials

Stay stylish, and environmentally aware with this selection of swimwear, sunscreen and other summer holiday favourites, writes Antonia Wilson

From swimwear, to sunscreen, sunglasses, flipflops and beach toys — here are the things to consider when buying these for your beach vacation:

Swimwear
UK consumers are forecast to spend £2.7bn on one-wear summer holiday clothes this year, including swimwear. Much of it will end up in landfill - an estimated 10,000 items of clothing are sent there every five minutes in the UK.

Sunglasses
The Marine Conservation Society (MCS) recommends using marine-safe sunscreen for holidays, wherever you are, as certain chemicals can harm marine life, including creatures found in UK waters, it says.

“Unfortunately sunscreens have been shown to have an impact on the marine environment – not just coral reefs but also other marine organisms,” the MCS said.

“Oxybenzone and ethylhexyl methoxycinnamate (octinoxate) are particularly harmful, and MCS recommends avoiding sunscreens with these ingredients.”

Bans on sunscreen containing these chemicals are planned in Palau island in the Pacific (from 2020), Hawaii (2021), and Key West in Florida (2021), and although they are not outlawed in Mexico, many censure and other tourists destinations ask visitors not to use them. Sunscreen is categorised as chemical (absorbs UV rays) or mineral (creates a layer on top of the skin to deflect them). Chemical ones often require less-frequent application and, unlike some mineral ones, don’t leave a white cast on the skin.

Sunglasses
Handmade sunglasses, with carved wooden frames is named after an endangered species and comes in a natural bamboo case.

Flip flops
Thongs, slops, jandals ... whatever you call them, they are worn by millions of people around the world. Recycling plastic flip-flops is difficult – some companies use them to create new products, such as Ocean Sole in Kenya – but largely they end up in landfill. The longer-term option is to buy ones made from sustainable materials. Ethical uses sustainable, Fairtrade materials for its Rubb flip-flops which are vegan and created from 100% FSC-certified natural rubber from small farms in Sri Lanka. They are strong, lightweight and come in a range of colours. It also makes Fair-flops, using the same rubber, with an organic cotton canvas top layer.

Beach Toys
Green Toys sand playset includes a brightly coloured bucket with a hard-wearing cotton rope, plus a spade, fork and castle mould. All are made from 100% recycled plastic and free from PVC, BPA and phthalates. Also from Green Toys is the EcoSaucer Flying Disc, and like all its products it comes in recycled-cardboard packaging. Created from Flannelwood, an eco-material made from waste-sustainable rubberwood sawdust from its factory, and coloured with organic pigments, the PlanToys sand playset includes a bucket and three fish-shaped spades. All its toys come in recycled, non-toxic packaging.

“Changing the world one bubble at a time,” Dr Zigs has created a giant bubble kit that includes wooden wands from sustainable sources, untreated cotton ropes and non-toxic bubble mix.

- The Guardian
Why more and more teenage  

We think of life coaching as something for middle-aged executives, yet 17- and 18-year-olds are increasingly signing up. Is it for career advice - or because they help assuage loneliness? asks Ammar Kalia

When Josh Dixon was excluded from school for antisocial behaviour, he thought the prospect of a happy life was over. He was in his mid-teens, after a period in which he had been bullied. “It felt like everyone had given up on me and that I’d either end up in a life of crime, like my other friends who were excluded, or in a dead-end job,” he says. Now 20, Dixon runs his own recruitment consultancy, which he says has an annual turnover of £2.5mn. He credits this swift change of fortune to an unlikely, but increasingly common, path for young people: hiring a life coach.

The professional marketplace Bidvine recently reported a 280% year-on-year surge in life coach bookings on its site, with 54% made by those aged 18 to 22. In its 2017 Global Consumer Awareness Survey, the International Coaching Federation (ICF) found that 35% of Generation Z respondents (those born after 1995) already had a coach. The service is usually associated with executives looking to advance their careers, so why has life coaching become so appealing to young people?

For Dixon, it was a crucial step in regaining his confidence. He was referred to a local coaching charity by a teacher and began going twice a week. “Initially, I was very sceptical. I was worried that whatever I talked about would be shared with the school and I didn’t want that, because I was ashamed of my situation,” he says. “But, after three months, the life coach began getting through to me and she broke it down, showing me the negative things I was doing and where it would lead me, compared with the positives I could gain if I just made different life choices.” These included continuing his education. “Little successes like finishing college were massive in building my confidence. She also made me realise that I didn’t need social media; I didn’t need to keep comparing myself with other people and searching for approval,” he says.

Hailey Yatros, a 26-year-old life coach, says the Internet is a key reason why young people are seeking coaching. “This generation leans on social media as their means of connection to other people and they don’t really have anything else,” she says. “A lot of them get a coach to not be alone. I had a client once who had over 7,000 followers on Instagram and she didn’t have anyone in her life she could confide in if she needed to.”

One of the most common questions Yatros receives from clients is what their purpose in life should be. “I laugh when young people come to me asking how they should live their lives, because you’re not meant to know that when you’re in your teens,” she says. “Your life purpose is meant to evolve over time and that question should be asked more than once. Lots of young people feel that, if they don’t get what they want right now, ‘they’ll never get it. They forget they’re playing a long game.”

Yatros is one of a new generation of life coaches in their 20s who approach their young clients with a deeper understanding of the issues they face, since they have similar concerns. Coaching is unregulated, so anyone could call themselves a coach, although Yatros took a qualification through a Dale Carnegie training course at 19. “When I started, I had clients who were in their 40s, but age has nothing to do with it,” she says. “It’s about your experiences and what you’ve learned. My clients didn’t care how old I was, because we live in a society where people are so thirsty for help: if you can help them, they’ll absolutely take it.”

Life coaching is not to be confused with therapy. “You go to therapy because something is broken and you want it to be fixed,” says the life coach Michael Bungay Stanier, “whereas in coaching we have the philosophy that you’re resourceful, creative and whole and it’s about amplifying what’s working now,” says Michael Bungay Stanier, life coach.

When I was growing up, life coaching was only for middle-aged executives, Stanier says. “I used to laugh: ‘You go to therapy because of something’s broken and you want it to be fixed,’ and they’d say ‘thank you very much. I’d never do that.”

But in recent years there has been a sense of questioning among young people about the best out of your life. “He also credits its popularity to a greater sense of questioning among young people. “When I was growing up, it was all about buckling down and working the system. Millennials, though, don’t want to put up with the bullshit or jump through hoops; they’re always asking

Additional text:

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ers are relying on life coaches

**BENEFITS OF WORKING WITH A LIFE COACH**

Did you know that an assured way to success is to find a coach, mentor or role model who can help you discover your inner voice and arrive at your goals with confidence?

A life coach is someone who helps you reach a goal or bring about a change in your life.

---

Rosengard’s coach was Kali Rogers, the 31-year-old founder of Blush, a service aimed at young women. “Women need a safe space,” Rogers says. “So, it was important for me to build a platform where they wouldn’t feel judged.” Rogers was also kick against the stereotypes. “People think that life coaching is just for middle-aged men; when I started, all I could find was male executive coaches. I wanted to break the stigma and show that you don’t have to be a man making a million dollars a year, sitting in a corner office, to have this luxury. You can be a 22-year-old woman at her first job and thinking: ‘Is this my life?’”

Rosengard has been seeing Rogers for five years. “A good coach is a mentor in all things – they show you how to be an adult,” Rosengard says. “Initially, I would get a lot of questions from people asking whether I was seeing a therapist and why I needed it, but there’s a greater awareness now. As self-care becomes more popular, the surprised reaction to having a life coach has gone away.”

Increasingly, young people are choosing life coaching itself as their profession. “The career is growing rapidly,” says Magdalena Mook, the CEO of the ICF. “We have 900 new members joining each year, with many Gen Zs training. They will be the future of the profession, as they really see it as a viable career choice.”

Harry Langdon, 26, is based in Jersey and has been practising for three years. “I became obsessed with personal development and enabling people to get the best out of themselves,” he says. “Coaching seemed like the only career choice that would add a sense of purpose to my life. I knew I could connect well with younger people and that they would trust me, because I’m a millennial myself. The demand has been huge.”

With prices ranging from £45 a session to £500 and above, it is cost rather than any stigma that seems the biggest barrier to accessing a coach. Gabby Carpenter, 19, hired a coach two years ago, when she was applying to get into university. “I had to use all the money I was making in my summer job to afford the sessions, but I wouldn’t hesitate to recommend it to my peers,” she says. “It might seem a bit woo-woo, but that investment gave me the confidence and structure to get into medical school and will pay off for the rest of my career. It sets you up for life.” Carpenter also believes that the skills she learned through coaching will help her as a doctor. “Coaching teaches you how to communicate properly and how to prioritise different aspects of your life, which is something that Gen Zs have struggled with,” she says. “We’ve grown up with technology and distractions – we almost have to learn how to look someone in the eye.”

With a new branch of his recruitment company having just opened in Manchester, Dixon plans to continue seeing his own life coach. “You end up building a really close mentor-like relationship,” he says. “She’s really helped me get that balance between ambition, purpose and life. Young people just need to slow down; once we do, we finally have the space to figure out what we’re good at. From there, we can build much better, more considered lives.”

— *The Guardian*
Summer Sunscreen Survival Guide

3 Sunscreen Keys

1. **Broad Spectrum**
   - Choose a sunscreen that protects from both Ultraviolet A (UVA) and Ultraviolet B (UVB) rays.

2. **SPF 30 or higher**
   - SPF 30 blocks 97 percent of the sun’s rays. Higher SPFs block slightly more, but no sunscreen will block 100 percent of rays.
   - For every 2 hours of sun exposed skin, use 1 ounce of sunscreen.

3. **Water resistant**
   - Water resistant: Up to 40 minutes
   - Very water resistant: Up to 80 minutes

Types of Sunscreens

- **Gels and foams** are great for hairy areas and for people who want a quick-drying sunscreen.
- **Sprays** are a quick and effective way to protect the extremities and trunk, but they should not be used on the face.
- **Sticks** are good for the eyes and lips.
- **Titanium dioxide or zinc oxide-based sunscreens** are better for sensitive skin.
- **Creams** are best for dry skin and the face.

Help from Your Closet

- **A wide-brimmed hat** can cover your ears and face.
- **Avoid baseball caps and visors**, which don’t protect your ears and back of the neck.
- **Choose synthetic fabrics**, such as polyester, Lycra and nylon, over cotton.
Researchers have found that students who feel a greater sense of belonging with their peers, family and school community are less likely to become bullies.

The findings, published in the journal Educational & Child Psychology, suggest that parents and teachers should consider ways to create a supportive and accepting environment both at home and at school.

“What we have found is that students’ perceptions of how supportive and accepting their school environment is has the power to alter bullying behaviour. This means that even acts of simple compassion and efforts to create an accepting and supportive space for students can help prevent bullying in schools,” said Chad Rose, Associate Professor at the University of Missouri.

For the study, researchers analysed survey responses from more than 900 middle school students from rural schools throughout the US. The survey addressed their sense of belonging among peers, family and school community as well as bullying behaviour.

For example, they were asked if they upset others for the fun of it or if they spread rumours. The results indicate that the more a student feels like they belong among their peers and family, the more likely they will feel like they belong at school. In addition, the more they feel like they belong within their school community, the less likely they were to report bullying behaviour.

This indicates that parents might be able to play a proactive role in increasing their child’s sense of belonging at school by focusing on improving family belongingness.

“If you have children with varying interests, it might be beneficial to suggest the whole family get together to attend each other’s events and activities, even if it does not please the whole crowd every time,” said Christopher Slaten, Associate Professor at the University of Missouri.

The study suggests that one of the ways parents can increase a child’s sense of family belonging is to organise activities that cater to every child’s interests. – 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.

BARRACUDA  SNAPPER  DACE
HALIBUT     BRILL     PLAICE
SALMON      ORFE      TUNA
BASS        SPRAT      PORGY
HERRING     BULLHEAD   TURBOT
SARDINE     PIKE       GORY
BONITO      STURGEON   WHITING
SHARK       CARP       GOURAMI
BOWFIN      PILCHARD   RAY
MARLIN      TENCH      GUPPY
SKATE       COHO       ROACH
BREAM       PIRANHA   
MULLET      TROUT      

Sudoku

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine 3x3 blocks. You are given a selection of values and your goal is to fill in the grid so that every row, column, and block contains each digit from 1 to 9 exactly once.

Codeword

Adam

Pooch Cafe

Garfield

Bound And Gagged
Super Cryptic Clues

Across
1 Party clobber (4)
3 Unusual play with Act I translated (8)
9 Platform that is provided with small flowers (7)
10 Fun and games for birds (5)
11 Majestic sort of lager (5)
12 Where sacrifices may be made involving one star (6)
14 In Armagh a stoic is dismayed (6)
16 A dog caught Stan’s partner (6)
19 Animals approached outskirts of Leeds (6)
21 Container, as required by brass band members (5)
24 Going on, a part of a yard (5)
25 Defence in boats at sea (7)
26 Oil installation engineers with best bib and tucker? (8)
27 The alcoholic’s partial cure (4)

Down
1 Tot swallowed by fish â€” it’s a nightmare (3,5)
2 Rock star’s undercover operation (5)
4 Italian trade union has to read document (6)
5 One-off programme for aviator (5)
6 Warm drink (7)
7 A little animal is terribly lean (4)
8 Fliers flapping arms (6)
13 Fashion on sale as at certain periods (8)
15 Avoid result of decapitation (4,3)
17 Stupid baronet plunged in river (6)
18 A biro’s deployed to make a line on a weather map (6)
20 John the singer is left in school (5)
22 Trees, we hear, that will cover billiard table (5)
23 Just blonde (4)

Solution

Wordsearch

Codeword
In a loving, heartrending movie tradition hangs in the balance

By Justin Chang

The opening scenes of Honeyland, a captivating and, finally, devastating documentary from directors Tamara Kotevska and LJubomir Stefanov, are wondrous to behold. With practised expertise, a middle-aged beekeeper named Hatidze makes her way along a rocky cliff and pulls aside a few stones to reveal row after precious row of golden honeycomb, shimmering like treasure buried in the mountainside. As rigorously observed as the movie is in the venerable tradition of direct cinema, in these moments, it also takes on the stirring quality of an ancient folk tale or myth.

Hatidze makes it all look startlingly easy, in ways that she and other skilled beekeepers would likely shrug off as insignifcant, even as their methods remain reliable generators of tension and awe in the movies. She handles the honeycomb with bare hands and not a single bee is harmed, as the bees seem thoroughly unagitated by her presence. Her humane, ecologically sound methods are rooted in traditions that seem as old and durable as the majestically photographed Macedonian landscape that surrounds her.

Back down on terra firma, Hatidze keeps a constant vigil in the remote, barely inhabited mountain settlement where she lives. The honey that she extracts, bottles and sells at a market in the distant city of Skopje earns just enough for her to take care of her 85-year-old mother, Nazife, who is blind and bedridden. The scenes of them together in their small hut, shot with extraordinary candid intimacy, speak movingly to their mutual devotion as well as their resourcefulness. They are accustomed to making the most of very little.

That philosophy extends to the way Hatidze treats her bees, whose survival, she knows, is closely tied to her own. “Take half, leave half” is an instruction she repeatedly mutters as she carefully removes what she needs (and nothing more), until the words begin to sound like an incantation. Honeyland, which won three awards at this year’s Sundance Film Festival (including the top prize for international documentaries), is first and foremost a mesmerising documentation of interspecies co-existence, of lives lived in delicate balance with the natural world.

But it also becomes something more: a harrowing portrait of how quickly and easily that balance can fall apart. Kotevska and Stefanov spent three years filming Hatidze and ended up with this 85-minute documentary from more than 400 hours of footage. The trust that they cultivated with their subject is more than apparent, and they are rewarded for their patience with a surge of dramatic incident. In Hatidze’s more unguarded moments, she notes her lingering regret that she never married or had a child — an acknowledgement that takes on a layer of irony when a large Turkish family takes up residence in a nearby lot, with small children and large animals in tow.

The heretofore sedate, steady camerawork by Fejmi Daut and Samir Ljuma turns suddenly volatile in clamarous scenes of the kids playing, quarrelling and aggressively handling each other and the livestock. But some of the kids also befriend Hatidze, who, despite the noise and chaos, responds to her new neighbours with a warmth and an openness that feel entirely unfeigned.

She also willingly shares some of her artisanal secrets with their cash-strapped paterfamilies, Hussein, who decides to try his hand at beekeeping. The results are, to say the least, disastrous. “Take half, leave half” is not a business model that everyone has the patience to follow.

Without ever departing from its gently observational be-on-the-wall format, Honeyland can be a film of startling violence — viscerally so, in the occasional nerve-jangling shot of a toddler getting stung by a bee. But the more lasting violence that Kotevska and Stefanov capture is ethical and environmental.

This is hardly the first documentary to sound the agricultural alarm, and others have taken a broader, more expository view of the grim planetary implications of colony collapse. But few have offered such an intimately infuriating, methodically detailed allegory of the Earth’s wonders being ravaged by the consequences of human greed. This lovely, heartrending movie leaves you marveling at her history and thinking anxiously for her future — and wondering, perhaps, why her example of basic decency has become so endangered.

— Los Angeles Times/TNS
Endgame becomes most preordered title in history of Fandango

Marvel Comic Universe fans can’t seem to get enough of the Avengers.

After breaking the all-time box office record – grossing a whopping $2.79 billion at the international box office – Avengers: Endgame has now shattered another: It has become the most preordered title in the history of Fandango’s on-demand service, FandangoNOW.

Endgame became available as a digital download Tuesday.

“There’s so much going on in Endgame that fans will want to own it at home, especially in the highest definition possible, so they can watch it again and again and catch all the things they missed,” Fandango’s managing editor Erik Davis said in a statement.

The company’s resident movie expert noted that more than 42% of those preorder sales are for the high definition 4K format, which is priced at $24.99.

The fourth instalment in the Avengers saga and the culmination of 22 interconnected Marvel films is also available in standard format, Avengers: Endgame will arrive on physical formats (4K Ultra HD, Blu-ray, and DVD) on Aug. 13. – New York Daily News TNS

Rishi completes 10 months in NY

Veteran actor Rishi Kapoor completed 10 months in the Big Apple on Tuesday. He is undergoing medical treatment in New York.

“Today, 30th July, is ten months here in New York,” Rishi tweeted on Tuesday.

The actor’s wife and veteran actress Neetu Singh has remained by the 66-year-old’s side in the US throughout the time. Their actor-son Ranbir Kapoor and daughter Riddhima Kapoor-Sahni have been paying regular visits.

A slew of family, friends, and celebrities from across the world of film and business have been visiting Rishi Kapoor over the past months, to keep him happy. These included Shah Rukh Khan, Aamir Khan, Priyanka Chopra, Karan Johar, and Anupam Kher.

In April, his elder brother Randhir Kapoor said Rishi will be back home in a few months, amid reports that he is now “cancer free”. – IANS

I am detached from praises and pressure, says Nawazuddin

By Arundhuti Banerjee

From some of the dialogues to funny memes, his character of Ganesh Gaitonde is one of the popular characters in his career, not only among Indian audiences but also globally thanks to the web TV series Sacred Games.

National award-winning actor Nawazuddin Siddiqui says that when he faces the camera he keeps the praise aside.

Talking about the impact of the first reason where he received only positive feedback, Nawazuddin said during the set visit of the show, “It is overwhelming of course. But when I perform, approach a scene, I detach myself from all the praises, and expectation of people. That is why I do not feel pressured and put my blinkers on to my performance. Praises and good words do not put me in ease to take my performance casually neither does it put any pressure on me.”

Being one of the actors who is keeping himself busy shooting multiple projects and living with several characters in a film, this was the first time in his life that he revisited a character again, for the shooting of the new season.

Sharing his experience of reliving a character, Nawazuddin said, “last time when I was shooting Gaitonde, I had some questions in my mind that I did not have the answer.

This time, there is a character arc that unveils his past, why he is behaving like that all the time, what is the thought behind his actions, those things are there in a much detail manner.”

“In the process of playing the character, I discover that. It is more complex.”

In the show, since Gaitonde comes across almost like a born criminal, asked about his way of character study, Nawazuddin said, “no child is born as a criminal it is only the circumstances that turned them into one.”

“When it comes to Gaitonde, he was introduced to violence at a tender age, went through a troublesome childhood. Therefore he became the person he is in the new season, the narrative goes deep down to that.”

The new season of the show is directed by Anurag Kashyap and Neeraj Ghawyan also featuring actors like Pankaj Tripathi, Kalki Koechlin, Luke Kennedy, Ranvir Shorey, Shivita Dhulipala along with Saif Ali Khan.

Since there is a regulation that has come about, on age restriction and censorship even on the digital platform offers. At the same time, when content is declared as ‘adult content’ then it clearly says that it is not suitable for kids.”

“The problem comes when it goes through censorship even after that. I mean why would anyone dictate an adult mind, what to watch and what not to?”

Taking the reference of his show, the actor further added, “My character is coming from a background where using abusive language is natural. Then why should I snatch that real element due to censorship? That is not right in my understanding.”

So, what is the favourite web series for Nawazuddin as an audience?

“I was watching Narcos, and then I also watched Black Mirror. But then for last so long I have been shooting constantly that I have no time to breath, one of those problems that I am happy about.”

Sacred Games 2 starts from August 15 on the OTT platform Netflix. – IANS
One of the most distinguished features of Qatar is that it hosts a wide range of international communities. These expatriate communities naturally usher in their cultures and traditions to Doha. Expatriates from different South Asian countries form some very large communities. They have long been carrying out different cultural and literary activities in Qatar as they cherish and practice their cultures.

The community of Urdu-speaking expatriates from India and Pakistan is one of the most vibrant set of people when it comes to organising literary and cultural activities in Qatar. They have a long history of hosting and organising such activities.

Mohammad Sulaiman Dehlvi is a name that has long been associated with different literary and educational activities related to the promotion of Urdu language in Qatar. Community recently spoke to Sulaiman about his life and Urdu language.

Now in his retirement days, the 77-year-old man of letters had a bachelor's degree in political science. “I came to Doha in 1975 and started a private job. However, after a few months, I got a government job. I have three sons and my wife died in Qatar in 2012.”

Urdu is Sulaiman's mother language as he hails from a traditional family living in old Delhi, India. “I had my first introduction with Urdu literature at my house from my mother. Though at college we had English as mode of education, a group of Urdu speaking boys used to gather at the cafeteria and we used to discuss Urdu literary trends of the times. I graduated in 1969 and that was a great time for Urdu literature both in India and Pakistan.”

Although I did not study Urdu literature, yet I used to take part in Urdu debates and essay writing competitions. I won first prize at many occasions.”

It was after Sulaiman moved to Doha that he started taking interest in literary and educational activities related to the promotion of Urdu language. “It was not until my late wife Hajra (better known as Bano Sulaiman) joined me in Doha in 1979. The first chance I had to be involved in Urdu-related activities was in 1980 when my wife joined Qatar Urdu Radio Service. Through her, I got the chance to meet prominent Urdu poets and writers. Many Doha-based Urdu poets used to visit our house also. My love for Urdu was reignited. “It was in 1984/85 that my wife and I formed Indo-Qatar Urdu Markaz, an organisation that we used to further the Urdu cause. From this platform, we for the first time organised an international Urdu poetic symposium at Doha Sheraton in 1987. It was the first-ever Urdu mushaira poetic symposium at Doha Sheraton in first time organised an international Urdu cause. From this platform, we for the organisation that we used to further the activities, Sulaiman has a huge volume of Urdu books. “I love reading. I enjoy pleasure reading. I love reading history and autobiographies. I have collected over 3,000 books at my house. Some of the books are very unique. I have donated all of my books to Qatar National Library.”

The Urdu lover is not pessimistic about the future of the language. “Future of the language is in the hands of the Urdu speakers. It is not a language of knowledge or livelihood. It is the duty of the native speakers to teach the language to their children. However, I am not hopeless. The numbers of Urdu speakers are growing and the diaspora has spread in all parts of the world.”

The long-time Doha resident, Sulaiman is thankful to the country to have received all sorts of opportunities here to promote Urdu. “I met a lot of wonderful people here. I got the chance to do constructive work. Qatar is like second home to me and to Urdu as well.”

By Mudassir Raja