Community
Nepali artistes enthral audiences at Star International Awards 2019, organised by Star of King Doha.

Community
Colombian athlete and coach talks about her passion for sports training and the discipline learned through sports.

Community
Power-packed aesthetics

Joseph Karam, Franco-Lebanese interior architect and designer, draws a parallel between Middle Eastern architecture and Western, European designs. P4-5

Bollywood
I hope to see Bollywood actresses pulling big crowds: Vidya

Hollywood
Cooper, Colbert discuss grief, loss of loved ones.
PRAYER TIME

Fajr 3.47am
Shoroq (sunrise) 5.10am
Zuhr (noon) 11.39am
Asr (afternoon) 3.08pm
Maghreb (sunset) 6.07pm
Isha (night) 7.37pm

USEFUL NUMBERS

Emergency 999
Worldwide Emergency Number 112
Kahramaa – Electricity and Water 991
Local Directory 180
International Calls Enquiries 150
Hamad International Airport 40106666
Labor Department 44508111, 44406537
Mowasalat Taxi 44588888
Qatar Airways 44496000
Hamad Medical Corporation 44392222, 44393333
Qatar General Electricity and Water Corporation 44845555, 44845464
Primary Health Care Corporation 44593333, 44593363
Qatar Assistive Technology Centre
Qatar News Agency 44450205, 44450333
Q-Post – General Postal Corporation 44464444

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

The Queen's Corgi
DIRECTOR: Ben Stassen, Vincent Kesteloot
CAST: Rusty Shackleford, Jo Wyatt, Leo Barakat
SYNOPSIS: When the Queen's favourite dog, Rex, becomes lost, he must make new friends and embrace new adventures in order to find his way back to the palace.

THEATRES: The Mall, Landmark, Royal Plaza

Dora and the Lost City of Gold
DIRECTOR: James Bobin
CAST: Isabela Moner, Eugenio Derbez, Michael Peña
SYNOPSIS: Having spent most of her life exploring the jungle, nothing could prepare Dora for her most dangerous adventure yet – high school. Accompanied by a ragtag group of teens and Boots the monkey, Dora embarks on a quest to save her parents while trying to solve the seemingly impossible mystery behind a lost Incan civilisation.

THEATRES: Landmark, Royal Plaza, The Mall

Quote Unquote
“Adopt the pace of nature: her secret is patience.”
– Ralph Waldo Emerson

Community Editor
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Fax: 44350474
**EVENTS**

**Art Lessons**  
**WHERE:** Mathaf Manara Qatar Museums  
**WHEN:** Ongoing 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 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.

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

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

**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.

**Arabic Calligraphy Workshop**  
**WHERE:** 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

**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 5 to 16 years. For those who wish to register for more details, visit www.mamangamqatar.in

**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 66523871/31326749.

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**Compiled by Nausheen Shaikh. E-mail: gtlisting@gmail.com, Events and timings subject to change**
“Light is life, it is necessary to exploit it in every way”

- Joseph Karam, Franco-Lebanese interior architect and designer

To understand the difference between Middle Eastern and Western architecture, we must observe Middle Eastern artistic culture mixed with that of the West, which gives a typical flavour, confronted with modern life and supported by new technology.

In an odd but quietly very important way, works of architecture “speak” to us. Some buildings, streets and even whole cities seem to speak of chaos, aggression or fast-paced dilemma; others seem to be whispering to us of calm or graceful dignity, generosity or gentleness and glamour. Buildings affect how we sleep, work, socialise and even breathe. They can isolate and endanger us, but they can also heal us. Unique among creative and artistic professions, architecture must always reflect the age and cultural context that produced it.

Joseph Karam, interior architect and designer, who has been defining the value that architecture holds for over four decades now stands in the midst of the modern yet contemporary architecture. Lebanon born but settled in Paris, with works drawing a neat parallel and a mish-mash of Arabic and western architecture, is clearly on the top of his game. Karam takes no prisoners. That’s apparent in everything from the way he dresses — minimalistic — to the way he talks — a stream of no-holds-barred opinion, expressed in an accent that hovers closer to Paris than his native Beirut. In an age of focus-group-driven conformity, you sense that his fearlessness is the key draw for a client list that reads elegance like an A-to-Z of people who understand what it’s like to be surrounded with certain aesthetics.

White is always predominant in his works. His style mixes French tinted with oriental warmth for authentic timeless projects. Bare boards, white shutters and walls, clean lines and big comfy

Photography by: Francis Amiand
Art Director: Giles Dalliere
sofas in his studio may look like something from a lifestyle magazine cover shoot, but the way he accessorises it, is quirky; big lights and shades.
Head wrapped around a mobile phone, pencil running on a sheaf of paper, Karam talks to Community about the changing trends in architecture, how he draws a parallel between Middle Eastern architecture and Western/European designs and how light plays a crucial role in aesthetics of a design.

Have you always been interested in design and architecture? I think I fell into the pot of design at a very young age. I always dreamt and drew the future. As early as 1960, I began asking myself about the question of the architectural form and on the way of life that will be in the year 2000. It was by enrolling in the School of Fine Arts in Beirut that I deepened this research; a highly stimulating place for experimentation. We were twelve years old and our teachers encouraged us to give free rein to our imagination and to invention.

What elements define your style? Where do you find inspiration? My style is not defined, it is an adaptation of the personality of my client. And the personalities of men are never similar.
The eyes are image sensors that record directly in a server – the brain. It is from this server that I dig my inspiration. But sometimes also by a designer parade or a misunderstood image.

How do you see the evolution of architecture from ancient times until now? Is it necessary to define the main reasons for this evolution of architecture in general. It is: the economy, less sculpture, less cut stone, less ceiling height. Architecture is more and more rectilinear, simplistic with labour increasingly expensive, and a reasoning of more profitable financing, but with a huge variety of modern material and an evolution of technology and sources of comfort adapted to today’s life.

Who is your favourite architect and why? Mies Van der Rohe, a precursor architect who built in a style at the beginning of the 20th century what we called: minimalism; the detail was his priority. He brought the interest of the relationship between the interior and the exterior. He considered that the external space is an extension of that of the interior. His work on volumes and transparency marked his time. All this represents my way of thinking, except that I would add a nod to antiquity so as not to forget it and integrate it into modern architecture.

What do you think about Middle Eastern architecture is different from Western/European designs? To understand the difference between Middle Eastern and Western architecture, we must observe Middle Eastern artistic culture mixed with that of the West which gives a typical flavour, confronted with modern life supported by new technology.

It is said that architecture is a never fading field, people will never stop building their houses, and this has been leading to the saturation of the market. Your take? If the earth currently houses 7.5 billion people, it will have to 10 billion in next thirty years; even though the industry has seen a drop in recent years – it will take quite a manpower to meet this challenge, in addition to advancement in industry and technology – at least that of construction.

“Architecture is more and more rectilinear, simplistic with labour increasingly expensive, and a reasoning of more profitable financing, but with a huge variety of modern material and an evolution of technology and sources of comfort adapted to today’s life”

What is a good way to use lights in your room? What is this important element that gives a roomy perspective to an even smaller room? Light is life, it is necessary to exploit it in every way. It is necessary to demolish the obstacles of its passage and to orient the openings towards its direction, and sometimes to hang a giant mirror in opposite direction to reflect it, double it and at the same time enlarge the space. One should not forget the choice of the colours of the walls and furniture that play a big role.

Making space is the new ‘it’ thing. If a person has a low budget – then what is your advice, how can they use this budget in the most appropriate way? In the best way possible? Budget is not important for space. Material has become so varied and industrialised that it has become accessible to both large and small budgets. It is advisable to call on a building professional who, despite his fees, can find very useful solutions to save money. What remains is the value of labour that differs by country and region. But one has to pay attention to the quality of the work which costs more in time if it is cheap.

Any message for young people trying to succeed in the industry? For a young person, the hardest choice in his life is the choice of his future job. Unless this young person is passionate and decided, he will be more likely to succeed in life. So, one has to dig long to discover his passions that are sometimes hidden.
SKD organises Star International Awards 2019

Star of King Doha (SKD) recently organised Star International Awards 2019 at Regency Hall. The event was inaugurated by Laxman Khanal, Charge D'Affairs at the Embassy of Nepal. The event was attended by notable personalities of Qatar, including Prabin Bhatterai, Second Secretary at the Embassy of Nepal; RK Sharma, Middle East Co-ordinator of Non Resident Nepali Association; and Raj Regmi, Vice President of Nepali Business Association Qatar. Over 700 people attended the event.

Celebrities from Nepali cinema fraternity, including Reecha Sharma, Aananda Karki, Sita Ram Pokheral, Prakash Saput, Puspa Khadka, Yogesh Kaji, Niru Khadka, Januka Poudel, Lok Raj Adhikari, Shridev Bhatterai; Iwors Balav Upreti, Silasma Hamal, Binod Dhakal, Soni Kunwar, Nibu Korala and Bal Ram Rajbangshi also attended the event.

The event kicked off with the national anthem of Qatar and Nepal, which was followed by a dance performance by Niru Khadka and Januka Poudel. Aananda Karki along with Prakash Saput, Shridev Bhatterai, Silasma Hamal, Sita Ram Pokheral and Lok Raj Adhikari also performed on the occasion.

Raj Regmi, Mahendra Chamlingi and RK Sharma were felicitated on the occasion for successful Nepali businessmen and Sagar Nepal was felicitated for his contribution to the Doha based Nepali community. The awards featured over more than 25 categories. Some of the winners of the night, included Puspa Khadka, Best Actor; Reecha Sharma, Best Actress; Prakash Saput, Best Folk Singer; Ananda Karki, Best Modern Singer; Rajendra Kumar Thapa, Best Camera Person; Kesav Bhatterai, Best Model; Prem Prasad Bhatterai, Best Lyrics Writer; and Sita Ram Pokheral, Best Singer.

— Text and photos by Usha Wagle Gautam

Lexus Design Award 2020: call for entries now open

Lexus International has recently announced the launch of Lexus Design Award 2020. Lexus has called talented creators to submit their entries to its annual design competition, stated a press release. Now in its eighth year, the prestigious award provides a unique platform for aspiring designers to demonstrate and further develop their talents.

Founded in 2013, the programme continues to evolve and inspire innovations in design that lead to a better tomorrow, and each year has seen a steady increase in the number of entries from across the world. Last year, creators from 65 countries submitted 1,548 design proposals, many of which leveraged the power of technology.

Inspired by its ‘Design for a Better Tomorrow’ directive, Lexus is looking for design that goes beyond the mastery of shape, form and function, and anticipates the future needs of individuals and society, by incorporating three principles fundamental to Lexus; anticipate, innovate, and captivate.

“We are excited to launch the eighth edition of this celebrated award and invite ground-breaking and captivating entries from emerging creatives who will benefit from this opportunity to translate their ideas into new possibilities under the expert guidance of acclaimed professionals,” said Yugo Miyamoto, Chief Representative, Middle East and Central Asia Representative Office at Toyota Motor Corporation. “Breaking conventions and going beyond the boundaries of imagination are at the heart of Lexus’ approach to design, and the Lexus Design Award offers us an opportunity to take this approach forward and continue our passion for creating amazing experiences that ignite the emotions. We would like to thank all of the design enthusiasts and past participants for contributing to the long-standing success of this programme and inspiring Lexus and this year’s entrants to scale new heights of creativity.”

In early 2020, Lexus will announce the six finalists who will go on to participate in an extraordinary and exclusive mentorship programme in New York City, under the guidance of prominent design leaders from a variety of design fields. With an individual production budget of up to JPY 3 million over USD25,000, each finalist can develop their design concept into functional prototypes, which will be exhibited at the Lexus design installation at Milan Design Week 2020.

The Lexus Design Award will conclude with the announcement of the Grand Prix winner following the presentation of prototypes by each of the six finalists on a world stage during Press Day at Milan Design Week. The complete list of Lexus Design Award 2020 judges and mentors will be announced in the fall of 2019.
Useful tips to tame stress

When you’re stressed and irritable, your instinct may be to isolate yourself. Instead, reach out to family and friends and make social connections.

You might want to do it all, but you can’t, at least not without paying a price. Learning to say no or being willing to delegate can help you manage your to-do list and your stress. Saying yes may seem like an easy way to keep the peace, prevent conflicts and get the job done right. But it may actually cause you internal conflict because your needs and those of your family come second, which can lead to stress, anger, resentment and even the desire to exact revenge. And that’s not a very calm and peaceful reaction.

TRY YOGA
With its series of postures and controlled-breathing exercises, yoga is a popular stress reliever. Yoga brings together physical and mental disciplines which may help you achieve peacefulness of body and mind. Yoga can help you relax and manage stress and anxiety. Try yoga on your own or find a class – you can find classes in most communities.

Hatha yoga, in particular, is a good stress reliever because of its slower pace and easier movements.

GET ENOUGH SLEEP
Stress can cause you to have trouble falling asleep. When you have too much to do – and too much to think about – your sleep can suffer. But sleep is the time when your brain and body recharge.

And the quality and amount of sleep you get can affect your mood, energy level, concentration and overall functioning. If you have sleep troubles, make sure that you have a quiet, relaxing bedtime routine, listen to soothing music, put clocks away, and stick to a consistent schedule.

KEEP A JOURNAL
Writing down your thoughts and feelings can be a good release for otherwise pent-up emotions. Don’t think about what to write – just let it happen. Write whatever comes to mind. No one else needs to read it, so don’t strive for perfection in grammar or spelling. Just let your thoughts flow on paper – or computer screen. Once you’re done, you can toss out what you wrote or save it to reflect on later.

GET MUSICAL AND BE CREATIVE
Listening to or playing music is a good stress reliever because it can provide a mental distraction, reduce muscle tension and decrease stress hormones. Crank up the volume and let your mind be absorbed by the music.

If music isn’t one of your interests, turn to something else, such as gardening, sewing, sketching – anything that requires you to focus on what you’re doing rather than what you think you should be doing.

SEEK COUNSELLING
If new stressors are challenging your ability to cope or if self-care measures just aren’t relieving your stress, you may need to look for reinforcements in the form of therapy or counselling. Therapy also may be a good idea if you feel overwhelmed or trapped, if you worry excessively, or if you have trouble carrying out daily routines or meeting responsibilities at work, home or school.

Professional counsellors or therapists can help you identify sources of your stress and learn new coping tools.

TIP: Eating a healthy diet and meditation on a daily basis are some of the things that can help relieve stress and fight depression.
Beautifully modern Singapore

Singapore is consistently rated as one of the world’s safest and cleanest countries; it has the world’s top rated airport and airline; its students year after year rank No 1 in the world for science, reading and math, writes Doug Hansen.

A

30-foot-long, red and yellow cloth dragon with dagger-like white teeth blocked our way as my wife, Shirin, and I strolled down Singapore’s famed Orchard Road, a tree-lined boulevard known for its upscale stores and hotels. Drums beat rhythmically as a dozen men manoeuvred the undulating dragon along the broad sidewalk. This symbol of strength, power and good luck in Chinese culture was part of the lingering festivities following the Chinese New Year 10 days earlier. As we paused to watch the colourful show, I thought to myself, “You have to expect the unexpected in Singapore.”

Our five days in Singapore were meant to be a warmup for our six-week Southeast Asia tour, but I discovered belatedly that Singapore should have been the grand finale, since it proved to be one of the highlights of our five-country trip. In fact, Singapore has become my favourite major, modern city in the world.

There is much to like about Singapore, but I’ll start by getting out of the way the only two drawbacks I can think of. First, Singapore is consistently ranked among the most expensive cities in the world, along with Paris and Hong Kong. Second, due to its proximity to the equator, Singapore’s average temperature hovers around a daily high of 88 degrees and a low of 75 degrees, with 84% average humidity and rain showers possible on most days. The all-time low temperature is 66.9 degrees.

Modern Singapore was founded by Sir Stamford Raffles in 1819 as a trading post for the British East India Company. The island city state (just 279 square miles) was seized by the British in 1819 and handed over to Sir Stamford Raffles in 1826. By the time Singapore was given independence in 1965, it gave us a glimpse into the lives and traditions of a wealthy Chinese family in that era.

During our visit to the National Museum, we were struck by the magnitude of the country’s accomplishments, displayed in what could be called ‘the bragging rights room’: Singapore is consistently rated as one of the world’s safest and cleanest countries; it has the world’s top rated airport and airline; its students year after year rank No 1 in the world for science, reading and math; it is the world’s second busiest container port, third largest global foreign exchange market and third largest oil and refining centre; and Singapore ranks as the eighth healthiest country.

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As we toured various parts of the city, invariably we found the Singaporeans to be kind and helpful. Fortunately for us, English is their main official language, followed by Malay, Mandarin and Tamil. We never perceived any tension as people from Malaysia, China, Indonesia, Philippines, India and Europe mixed freely everywhere.

“Even though we have a very mixed population,” explained a local man, “we all get along well because from the earliest days our country focused on policies that ensured that people from different countries and cultures could live and work together peacefully.

That’s why every year on July 21 we celebrate Racial Harmony Day, to remind ourselves of how important this is for our success.

My wife and I opted for an unorthodox way to explore the city by staying in hotels in three different areas. Our first hotel, the Six Senses Duxton, placed us near Chinatown, the elaborate Buddha Tooth Relic Temple and across from the Maxwell Hawker Centre, one of the city’s best places to try tasty yet inexpensive Singaporean dishes.

The boutique hotel is located in a row of carefully restored trading houses, which accounted for rooms named the Opium Room and Shophouse Room.

While much of Singapore has been rebuilt with towering modern buildings, the city now rigorously preserves the remaining historic homes and shops as heritage sites. We made a reservation to see a good example of this protection, the NUS Baba House. As a carefully restored Chinese home built in 1895, it gave us a glimpse into the lives and traditions of a wealthy Chinese family in that era.

Our next lodging, the five-star Capitol Kempinski Hotel, had recently opened after a restoration that combined two historic structures. This location placed us within walking distance of several major museums, the famed Raffles Hotel, St. Andrews Cathedral and the spectacular bayside Merlion Park, all within a 10- to 15-minute walk. For our initial outing, we headed first thing in the morning to the 160-year-old Singapore Botanic Gardens, only 10 minutes by taxi from our hotel. Being plant lovers, we had looked forward to visiting these gardens, and we weren’t disappointed.

We delighted in exploring this Unesco World Heritage site, whose 203 acres of tropical gardens offered miles of hiking and jogging trails, three lakes and a spectacular orchid garden.

The area surrounding our hotel was attractive during the daytime, but after nightfall the city transformed itself into a nocturnal kaleidoscope of colour, especially down by the bay. The horseshoe-shaped bay presented a Las Vegas-like fountain show with sound and lights, while the city’s signature Singapore Lion spouted a massive stream of water from its jaws as hidden lights painted the statue in endlessly changing colours and patterns.

Small tour boats festooned with coloured lights twinkled in the water while in the background, the three towers of the iconic Marina Bay Sands Hotel loomed large, topped by an enormous lintel.
singapore: A must visit

shaped like the bow of a ship. When we visited that lofty perch, the 360-degree view of Singapore was overshadowed by the enormous infinity pool that seemed to float in the air 57 stories above the city. Below, the giant lotus flower-shaped Art & Science Museum added to our sensory overload as constantly changing colours and textures painted the petals of the unique structure.

Behind the Marina Bay, on a 250-acre man-made island, is another of Singapore’s must-see attractions, the Gardens by the Bay. We visited the site in the late afternoon in order to appreciate it during the daylight, especially the glass-enclosed Flower Dome and Cloud Forest, with the world’s tallest enclosed waterfall. As the night sky darkened, a sound and light show began in the Supertree Grove where a stand of hundred-foot-tall, man-made trees changed colours to the rhythm of the music, glowing majestically in hues of lavender, orange, purple and magenta.

Wherever we walked, we appreciated Singapore’s efforts to create a more eco-friendly environment. As a result, large, lovely trees graced most streets, while many buildings had walls and roofs covered with plants. In some areas, pastel-coloured, historic shop-house rows stood in stark contrast to the surrounding modern buildings with their stunning architectural designs.

One of our taxi drivers boasted, “Dining is our national pastime,” and it certainly seemed true, based on the number of international restaurants and the 114 hawker centres that offered every kind of food imaginable.

For our final exploration of the city, we decided to splurge and stay at the five-star Capella Singapore on exclusive Sentosa Island, known for its beaches, golf courses and attractions including Universal Studios Singapore. Inside our hotel’s courtyard, we found a brass plaque embedded in the sidewalk, marking the spot where President Donald Trump first shook hands with North Korea’s leader, Kim Jong-un. Our room overlooked the cargo ship-filled South China Sea and a nearby Indonesian island bristling with oil refinery structures. A path behind the hotel led us down to a sandy beach and a free shuttle that transported visitors around the island. Our sense of contentment with our elegant room was enhanced by an exquisite meal in Cassia, the hotel’s Cantonese-food restaurant.

As we prepared to leave Singapore and continue our Southeast Asia sojourn, Shirin and I agreed that someday we will return, stay longer and savour even more of the specialness of Singapore – a bold, vibrant, attractive and innovative city-state with pleasant surprises around every corner.

– The San Diego Union-Tribune/TNS
**Environmental Benefits Of LED Lighting**

**Energy Efficient**

LED lights draw much less power than traditional lighting. Less energy use reduces the demand from power plants and decreases greenhouse gas emissions.

- LED lights are up to **80%** more efficient than traditional lighting
- **95%** of the energy in LEDs is converted into light
- only **5%** is wasted as heat

**No Toxic Elements**

Fluorescent lights contain noxious chemicals such as mercury which contaminate the environment when disposed of in landfill waste and disposal has to be arranged through a registered waste carrier.

- LED lights contain no toxic elements, so switching to LED avoids the cost and time implications required for compliant disposal – and helps to protect the environment from further toxic waste.

**Less Lights Needed**

LEDs have a better quality of light distribution thus less LED lights are needed to achieve the same level of brightness given off by fluorescents and incandescent lights.

- Fewer lights will reduce energy consumption and will therefore be a benefit to the environment.

**Life Span**

A longer life span means lower carbon emissions. LED Lights last up to **6 times** longer than other types of lights, reducing the requirement for frequent replacements.

- This results in using fewer lights and hence fewer resources are needed for manufacturing processes, packaging materials and transportation.
Women with sleep apnea at increased risk of cancer: study

Women with obstructive sleep apnea (OSA) appear to be at an elevated risk of getting cancer than men with the condition, warn researchers. The study, published in the European Respiratory Journal, is based on analyses of registry data, collected in the European database ESADA, on a total of some 20,000 adult patients with obstructive sleep apnea (OSA). About 2 per cent of them also had a cancer diagnosis.

“It’s reasonable to assume that sleep apnea is a risk factor for cancer or that both conditions have common risk factors, such as overweight. On the other hand, it is less likely that cancer leads to sleep apnea,” said Ludger Grote, Professor at the University of Gothenburg in Sweden.

To date, the association between sleep apnea and cancer has been only weak, mainly to women and was weaker in men. “Our results indicate a cancer risk that’s elevated two- to three-fold among women with pronounced sleep apnea,” Grote said.

The condition of sleep apnea is well known to the general public and associated with snoring, daytime fatigue, and elevated risk of cardiovascular disease, especially in men, said the study.

This research paves the way for a new view — that sleep apnea may possibly be connected with increased cancer risk, especially in women.

“Above all, the focus has been on the connection with one form of cancer: malignant melanoma. Cancer of the breast or womb may now become a new area. There may be a combined effect of female sex hormones and stress activation, induced by nocturnal hypoxia in sleep apnea, that can trigger cancer development or a weakening of the body’s immune system,” Grote concluded. IANS

LIFESTYLE/HOROSCOPE

Libra

You generally enjoy your dreams, Libra, both the dreaming process and analysing them later. But tonight you might have too many to keep track of. While you will probably recall the most significant ones, it may be frustrating if you forget any of them. This might be the day to start a dream diary, if you don’t have one. Have fun!

Scorpio

You look especially attractive today, Scorpio, and it’s doing wonders for your self-esteem. Even members of your household notice. But you probably feel more like staying in than going out. If you want a romantic partner to notice how you look, it might be a good idea to extend an invitation to visit your home. You will get to stay in and still be admired by the one you love the most!

Sagittarius

Today you might work on your spiritual practice or studies, Gemini. You could read a book on the subject, attend a lecture, or practise some kind of discipline such as yoga or meditation. The only caveat is don’t try to do too much at once. You could tire yourself out.

Concentrate on one thing at a time. The information will still be there tomorrow!
### Wordsearch

V PHEIRIAPLAINS  
W HSMAPMAPWOODAS  
O AEAEFRORESTSHVHJ  
C R VNWUUCAAAGAOBU  
S RLEISNOKUNRIK  
YELLLAVTLNEPMAG  
RIOGGIAFAIAACL  
POSTSRHRCMRIDGE  
HEATHINAEST UARY  
C KEERECLSLHGROVET  
LIDPBGALENUNDDRU  
LPRPLATEAURVEDN  
FEOENONYACUSLAD  
FPJSRTWODAEMTLR  
TPFEDALGUDVR AEA

ATOLL  HEATH  SIERRA  FJORD  
GLEN  RIDGE  DESERT  MOUNTAIN  
PLATEAU  CREEK  MARSH  VALLEY  
BAYOU  HILL  STEPPES  FOREST  
GROVE  SAVANNA  DUNE  PAMPAS  
PRAIRIE  DALE  MEADOW  WOOD  
CANYON  JUNGLE  SWAMP  GLACIER  
GULF  SHORE  ESTUARY  PEAK  
RAVINE  DELTA  MESA  GLADE  
CLIFF  LAKE  TUNDRA  PLAIN

### Codeword

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.

### Sudoku

```
 7 8 2  
 2 5 9  
 4 1 6  
 3 9 5  
 1 2 7  
 8 7 4  
```

Sudoku is a puzzle based on a grid. The grid is divided into nine (3x3) boxes. You are given a selection of values and you must fill the grid so that every column, every row and every 3x3 box contains each of the digits from 1 to 9. No digit can be repeated.

### Pooch Cafe

PIRATES HAVE PARROTS AS PETS. THEY CARRY THEM AROUND ON THEIR SHOULDERS.

GET OFFA THERE!

### Garfield

EXCUSE ME

IS THE ICE AGE OVER?

YES

WOOWOO PARTY!

THESE PEPPERONI AND DEEP-FRIED CHEESE DREAMS ARE THE WEIRDEST

### Bound And Gagged

TO HECK WITH THE WHEEL, WE NEED TO INVENT THE REMOTE.
Super Cryptic Clues

Across
1. The sort to press keys? (4)
3. Promptly noted - hot stew (2,3,3)
9. Rome, for example, is excellent (7)
10. Provide French article over there (3,2)
11. Racecourse to keep so many content (5)
12. Alliance including one new county (6)
14. Where circus audience is engrossed (6)
16. Pinch the Spanish metal (6)
19. Glass and paper? (6)
21. Cast fly, initially, to get fish (5)
24. Preserved Egyptian mother? (5)
25. Funny priests carry on (7)
26. Take legal action about Europeans or Africans (8)
27. Celebrity with a heavenly body? (4)

Down
1. Ready for sleep, having eaten heartily (6,2)
2. Diarist takes a look, we hear (5)
3. Stockings only ordered by Poles (6)
4. Composer taking short breaks before the end of August (5)
5. Uninteresting weed seen where ships are laid up (3,4)
6. Large cask on top of a fish (4)
8. Part of flower set man off (6)
13. So-and-so born on boat (8)
15. Mid-term may be reduced (7)
17. Grass in class (6)
18. Animals following King George for fruit (6)
20. Artificial silk &c. or any sort (5)
21. I spot one inside supplying dope (5)
22. Prophet seen in Judaea, mostly (4)

Solution

Wordsearch

Codeword
I hope to see Bollywood actresses pull big crowds someday: Vidya

In Bollywood, it is mostly the male superstar who is the crowd-puller of a film — the primary draw whose name ensures blockbuster business. On the other hand, films with female actors in the lead, often witness poor box-office performance, or have to be produced in a medium-to-low budget set-up, so that they can make profits quickly and at least record a hit status.

Vidya Balan hoped the situation would change, while speaking at a promotional event for her new film, Mission Mangal, which stars Akshay Kumar and also features Sonakshi Sinha, Taapsee Pannu, Kirti Kulhari and Nithya Menen in key roles.

There is no denying that the biggest star in this film and one of the biggest stars in the country is Akshay Kumar. When you talk about the business of a film, you talk in terms of the male actor. But things are changing, we have been headlining films, our films are doing well. Hopefully, in a few years, this change will also happen. But as of today, when you talk about the business of a film, you do say that an Akshay Kumar film has earned this much,” said Vidya, when quizzed on why films with actresses in the lead do not get a huge box office opening.

Vidya found logic why the success of a film starring a male superstar as Akshay should be credited primarily to him. “You can’t take it away from him. Look at the business his films have done over the years. I’ll be bold to say, ‘oh they didn’t take my name; but hopefully someday (the change will take place). I am hopeful because I have seen things change drastically in the past ten years,” she said.

Director Jagan Shakti’s Mission Mangal managed to collect Rs29.16 crore on its opening day on Thursday, but the figures fell to Rs17.28 crore on Friday.

Vidya, however, insisted she didn’t think in terms of numbers while judging a film’s success. “I am happy because the film is being loved so much. From the time it was narrated to me, I knew it is going to be a good film. I just wanted it to do well. I don’t think in terms of numbers – as in (its collection on) the first day or second day. All through, even during the making (of the film) and promotions, I felt there is good energy around this film. I am so happy and excited to see that the film is doing well,” said the actress.

Mission Mangal is Vidya Balan’s third film with Akshay Kumar after the Hey Babyy and Blood Bhula Jayegi. Asked why don’t they pair up more frequently, the actress said that they don’t get offers together. At this point, Akshay Kumar, who was also present at the event, interrupted her, saying: “I wanted her in two or three projects but she said she was getting married.”

On hearing this, the actress burst into laughter and asked: “So, you don’t work with married heroines?” — IANS

Veteran actor Rishi Kapoor, who is currently undergoing medical treatment in the Big Apple, recently got a chance to relive memories of his superhit film Bobby’s in that distant land when he heard the film’s popular song, Main shayar toh nahin, at a salon.

Rishi on Russian recognised me and played it from his note book. Thank you Sergei,” he tweeted.

An elated Rishi also shared a photograph of his meeting with actor Suniel Shetty and his wife Mana.

“Thank you Sunil and Mana Shetty. You are such a gem of a couple. God Bless! Love you guys!” Rishi wrote alongside the photograph in which he can be seen happily posing with the Shetty couple.

The Chandni actor, who completed 10 months in New York a few days ago, is all set to return to India in a few months. — IANS

Rishi relives Bobby magic in NY

OMPTIMISTIC: Vidya Balan says she is hopeful because she has seen things change drastically in the past ten years.

People who said I don’t deserve to be in films have retired: John

Actor John Abraham says the worst criticism he has faced since the time he entered Bollywood is that he doesn’t “deserve to be in this industry”.

“I don’t deserve to be in this industry” is the worst piece of criticism I’ve ever received. I got that from Day One. It’s been about 17 years since then. Most people who said that are now married with children, half of them have retired, some have left their jobs. I am still here,” John said.

After a brief successful stint in modelling, John entered Bollywood with film in 2003. He went on to do projects such as Paap, Dhoom, Garam Masala, Bhool Bhulaiyya, New York, Housefull 2, Madras Cafe, Dishoom, Parmanu: The Story Of Pokhran, Romeo Akbar Walter and Batla House. John has expanded his horizons and entered the filmmaking business as a producer as well.

He opened up about his career on chat show, By Invite Only.

John was asked to give a tagline for Kangana Ranaut, if she was a brand, he said: “If Kangana Ranaut was a brand, her tagline would be ‘say it like it is’.” On Ranveer Singh, he said: “Ranveer Singh is like Duracell, so (his tagline would be) ‘Go on and on and on’.” — IANS

The Chudendi actor, who completed 10 months in New York a few days ago, is all set to return to India in a few months. — IANS

BELIEVED SON: Arjun Kapoor says his late mother Mona Shourie would have wanted him to be a better person of himself.

Trying to be best version of me: Arjun

Actor Arjun Kapoor says he is trying to be the best version of himself that his late mother Mona Shourie would have wanted him to be.

Actress Divya Dutta tweeted to Arjun about an interview the actor had given. She then praised the India’s Most Wanted actor.

She wrote: “You have always come across as a very mature guy. But this, sensitivity and sensibility to another level. It’s a rarity. Be this magic person always. Big hug.”

To which, Arjun replied it was an old interview which showed up again.

“But thank you for your kind words. I’m just trying to be the best version of me that my mother would want me to be... These adjectives you used are all her more than me.”

On the work front, Arjun is currently busy with his next Punniput, a historical drama. It also stars Kriti Sanon. — IANS

ELATED: Rishi Kapoor listens to his super-hit film Bobby’s popular song, Main Shayar Toh Nahin.

CANDID: John Abraham during the promotions of his upcoming film Batla House in Mumbai.

IANS
Actor Richard Gere says the movement of populism is spreading across the world, and he hopes to touch upon the issue with his series MotherFatherSon. 

In his first television role in the last 30 years, Gere is seen as a charismatic self-made businessman Max, who owns media outlets in London and around the world. The drama series, written by Tom Rob Smith, is a tale of a broken family with plot deep-rooted in issues about politics, conflicts of a country on the brink of change and power.

“It is about a mother, a father and a son, and how those relationships destroy each other, how they feed each other, how they need each other, how they need independence but it’s impossible. And this human story which we can all relate to is set against a much larger story about international politics; and about the movement of populism which I feel is spreading across the planet at this moment,” Gere said.

“I see populism in the US, and it’s obviously happening here in Europe, and Asia. It’s happening everywhere. So that’s the context for this very human story, I think that’s unusual and it’s why I feel MotherFatherSon is Shakespearean in scale. It’s got real human honesty, but also a vastness in its ambition of dealing with big questions,” he added.

How did you get involved in the show?

“I’ve never done anything like this – playing a lead character in a TV series, or even playing a character for this amount of time. The only thing I remember doing on TV was at the height of the US AIDS crisis, when the producers of a piece called And The Band Played On – about HIV AIDS and how the pandemic started – needed someone with some visibility to play one of the parts in order for the series to get greenlit.

So, I found a couple of days in between something else I was doing to be a part of that.

But I’ve not done anything for television before or since then, so this is my first time making a whole series with the kind of novelistic approach that you just can’t do in film. I see MotherFatherSon as an eight-hour movie,” he said.

Gere says he got involved with MotherFatherSon, which airs in India on Zee Café, “long before all eight scripts were complete”.

“When I was so intrigued to see where things were going. You want to know where they are going.

Tom Rob Smith is able to juggle a lot of characters, and from the beginning I felt that there was a Shakespearean scale to this story. There are even elements in the language Tom uses which are kind of contemporary Shakespearean, that have a real poetic depth to them and such power,” he said. – iANS

HOLLYWOOD

Feet High and Rising – a harbinger to the Western Stars album, without all the weighty lyrical concepts. – Newsday/TNS

INTERNATIONAL: Richard Gere wants to touch upon the issue of populism with his series MotherFatherSon

Cooper, Colbert discuss grief, loss of loved ones

By Christi Carras

During a CNN interview with Stephen Colbert on last Thursday, Anderson Cooper opened up about the recent loss of his mother, Gloria Vanderbilt, and the letter Colbert sent him after her death.

“You wrote me a letter after my mom died, and in it you said, ‘I hope you find peace in your grief,’” Cooper said. “One of the things I’ve been thinking a lot about is how we don’t really talk about grief and loss. People aren’t comfortable talking about it.”

Throughout their extended conversation, the pair discussed their respective methods of processing tragedy, and Colbert talked about leaning on his faith after his father and two brothers died in a plane crash when he was 10 years old.

“I don’t want it to have happened,” Colbert said. “I want it to not have happened, but if you are grateful for your life, which I think is a positive thing to do – not everybody is, and I’m not always, but it’s the most positive thing to do – then you have to be grateful for all of it. You can’t pick and choose what you’re grateful for.”

Receiving messages from others, like Colbert, who had experienced grief helped Cooper heal, he said, after his mother died of stomach cancer in June.

“One of the things I’ve found in the last two months since my mom died, are people coming up to me in the street or reaching out to me on Instagram or wherever and sharing their grief and sharing their loss with me, and I’ve found that to be the most helpful thing,” Cooper said.

“I’ve found that to be the most powerful and moving thing.”

At one point in the discussion, Colbert’s words about faith and suffering brought Cooper to tears. The CNN anchor had to pause to collect himself while reading the comedian’s comments back to him.

“You went on to say, ‘What punishments of God are not gifts?’” Cooper read. “Do you really believe that?”

“Yes,” Colbert said. “It’s a gift to exist and with existence comes suffering. There’s no escaping that.”

Cooper also recalled Vanderbilt’s own optimistic methods of dealing with grief, which he recognised as one of her “greatest strengths.”

“Despite tragedies and losses, she consciously chose to remain open and vulnerable and optimistic and believing the best in everybody she met,” Cooper said. – Los Angeles Times/TNS

3 great songs to stream this week

So many singles, so little time. Here are three songs to stream right away:

Rocket Fuel (Mass Appeal), the new collaboration between DJ Shadow and De La Soul, is delightfully old-school, from the scrapping sounds to the Amityville natives’ trading of rhymes on top of the other. It builds like a hip-hop classic, with call-and-response lines, boasting and vintage samples with knowing references such as What’s a disc jockey? De La Soul, celebrating the 30th anniversary of its landmark debut, 3 Feet High and Rising, this year, started out after this hip-hop style’s heyday had passed, but their mastery could help reintroduce it.

Brittany Howard’s solo single Stay High (ATO) is a gorgeous slice of throwback soul, breezier and sweeter than her work with Alabama Shakes. The lovely ache is still in her voice, but the way she applies it to these “everything is beautiful” sentiments makes it even more effective.

Bruce Springsteen is unusually straightforward on I’ll Stand by You (Columbia), though knowing the ballad was originally written for Harry Potter and The Sorcerer’s Stone helps explain it. Now released as part of the Blinded by the Light soundtrack, the lush production sounds like a harbinger to the Western Stars album, without all the weighty lyrical concepts. – Newsday/TNS

GRIEF-STRICKEN: Anderson Cooper, left, and his late mother Gloria Vanderbilt.

HIP HOP: Kelvin Mercer of De La Soul performs onstage during Day 2 at The Meadows Music & Arts Festival at Citi Field in New York City.
Ana Milena Gomez, a Colombian athlete, says sports have taught her how to stand up after falling down. 

She joined the city swimming team when she was 11 years old. When she joined her city team, she also made her mark at the national level competitions. She started learning synchronised swimming. Later, she joined the Colombian national athletics team. She represented her country in Youth Sud American 2003 held in João Pessoa, Brazil. She won a bronze medal for Colombia. She took part in 50, 100 and 200 metre backstroke and 200 metre relay swimming. She spent two years in the national team. Then she moved to swim with fins. 

Ana also started teaching swimming after she finished her high school. “When I was working as a swimming trainer in Colombia, I got a scholarship in Physical Education International School in La Havana, Cuba. I got a degree in Physical Education Teaching with specialisation in swimming. I also taught swimming at the university club.”

After moving back to Colombia, Ana started teaching people with special needs at Arcangeles Foundation. “I worked on a kind of sport therapy with people with special needs. Mostly, I worked with them by teaching rugby in wheelchair. I also taught sports biomechanics through physics.”

Ana came to Qatar in September 2017 as a swimming and zumba dance coach. “My experience with QSports has been very good. Quickly, I moved towards the administrative side of the company. I now work as head of its sports event company, as head of its sports academies.”

“I have been enjoying my stay in Qatar primarily for two reasons. It is a very secure place. Further, the country hosts people from different nationalities and backgrounds, all living together in peace.”

“Ana says that she trains and coaches different people and children because it is her passion to be a sports trainer.”

By Mudassir Raja

The discipline of an athlete

By Mudassir Raja

The discipline of an athlete

Ana Milena Gomez, a Colombian athlete, says sports have taught her how to stand up after falling down.

Life is a struggle and the struggle becomes easier if you are a sportsperson. Sports teach discipline, dedication and physical activism – all necessary to wade through different phases of life. This was the crux of the conversation that Community recently had with Ana Milena Gomez, a Colombian expatriate and devoted sportswoman. The young woman is a swimming coach and zumba dance teacher. She has been working with QSports, a sports event company, as head of its sports academies for two years.

In the interview, Ana shared how she turned towards swimming, became a national athlete and ended up to becoming a physical education trainer in Doha. Ana met a little accident as a child that turned her life around and led her to become a sportsperson. “I was eight-year-old when I went to a beach in Santa Marta with my parents. I slipped into water and was about to drown when my father saved me. My parents decided to teach me how to swim. They put me in Compensar swimming Club where I learnt how to swim. I made very good progress and the club decided to include me in the club team. After I joined the club team, I used to practice swimming seven days a week.”

Ana did well at the club team. She joined the city swimming team. “I was 11-year-old when I joined my city team. I also made my mark at the national level competitions. I started learning synchronised swimming. Later, I joined the Colombian national athletics team. I represented my country in Youth Sud American 2003 held in João Pessoa, Brazil. I won a bronze medal for Colombia. I took part in 50, 100 and 200 metre backstroke and 200 metre relay swimming. I spent two years with the national team. Then I moved to swim with fins.”

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Ana came to Qatar in September 2017 as a swimming and zumba dance coach. “My experience with QSports has been very good. Quickly, I moved towards the administrative side of the company. I now work as head of the sports academies. I, however, do train and coach different people and children because it is my passion to be a sports trainer.”

The Colombian athlete says for her there is no life without sports. “I never imagine my life without sports. Sport has taught me a lot in the life. I have learnt how to stand up after I fall down. I have been enjoying my sport activities all along my life. It has given me a strong personality. I actually experience life much before I got to high school or university. As an athlete, I learned to compete, how to bear defeat and how to celebrate victory.”

When asked to share what one good lesson she has learnt being a sportswoman, Ana said: “I learnt how to be disciplined very early in my life. Different sport activities really help children learn how be disciplined. “It has further taught me how to be dedicated and committed to one’s goals in life. It is necessary to have goals in life. One can get at the goals through commitment and dedication.”

The professional swimmer is all praise for devotion for sports activities in Qatar. “It is nice to see Qatar celebrating the national sports day. The devotion and excitement shown towards sports in general by the country is praise worthy.”

“All people cannot take part in sports activities regularly but it is heartening to see that everyone is interested in having an active life style. The government promotes the idea and the people adopt it.”

“I have been enjoying my stay in Qatar primarily for two reasons. It is a very secure place. Further, the country hosts people from different nationalities and backgrounds, all living together in peace.”