Community
Neuroscientist Shane O’Mara explains how walking makes us happier and brainier.

Community
Three diverse comedians all set to entertain Doha audience at QNCC on August 15.

Dedicated
Carly Rae Jepsen talks about swords, and life after Call Me Maybe. P4-5
“One thing I’ve never had is a big expectation for what my career was going to look like” – Carly Rae Jepsen

It started off on Tumblr, as many matters pertaining to Canadian pop star Carly Rae Jepsen do. One of her fans thought it would be nice if she had a sword, and started a viral campaign to get her one. A few months and many memes later, she was handed one onstage at Lollapalooza ’18 (there have actually been several – Jensen’s fans are fiercely devoted, and seem to love swords for some reason).

When Jepsen won the Song of the Decade lottery with Call Me Maybe in 2012, the fame that came with it, oppressive at first, settled into something breathable and nice over the course of the next few albums: Emotion (2015), and the new Dedicated, a pristine, ’80s-dwelling pop album.

In an interview, Jepsen, 33, discussed her post-Call Me Maybe life, her little-heard folk-pop debut, and what she does with all those swords.

The following is an edited version of that conversation:

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In an interview, Jepsen, 33, discussed her post-Call Me Maybe life, her little-heard folk-pop debut, and what she does with all those swords.

The following is an edited version of that conversation:
You had almost 200 songs written for the album. How did you choose?
It was a really hard. I was home for a brief stint in Canada and I went into my dad's music room, and there were poster boards of all the many songs I had written for my first ever EP, that probably no one even listened to. It was nice. I was like, I guess I’ve always been an overwriter. ... I usually have lots of friends and bandmates and family members involved in helping me narrow it down, by throwing these kind of chaotic listening parties at my house. That’s a really helpful tool for seeing what people are reacting to. They get invested and have debates about it. It’s kind of fun to sit back and watch.

Is it true that you never have writer’s block?
Yeah. I feel like I’m going to need to knock on wood if I keep saying that. It’s not that I don’t write a bad song... if you needed me to write you a song today, I’m sure I could come up with something. I guess I’m fairly able to write if I need to write, yeah. I’m kind of even writing when I don’t mean to be. When someone says something in a certain way, I’ll find some poetry to it, kind of ignoring the conversation and writing it down quickly. My friends call me out for doing it a lot.

What kind of expectations did you have when you released that first folk-pop album? Are you like, “Here we go, I’m going to be famous now?”
One thing I've never had is a big expectation for what my career was going to look like. I just knew that I was going to keep hustling and trying to have one. Even in my PowerPoint presentation to my parents when I decided that I was going to make a run for this thing, I was like, “One’s happiness equals (less) regrets. Even if I was jazz lounge singing and waitressing six nights a week, I will be so happy giving this my all.” And they were like, “All right, go for it, kid.”

When you’re at home in L.A., can you move through the world pretty easily, without showing up in the Daily Mail the next day?
I do get recognized on occasion, but it’s not on the Justin Bieber level, where you can’t leave your house or go do something on your own. And when people do come up, they’re nice and friendly, it’s (not) madness or craziness, it’s just people being nice. The Call Me Maybe era was a little too intense for me, so I much prefer my privacy on some level.

It seems having a big hit like that would be weirdly terrifying. You don’t know if you’re going to have another, people are constantly coming up to you.
It’s funny what you think you want, and what you want. I’m really glad I got to experience it, but there was some time afterwards when you feel that adrenaline of, “What’s next? How do we (make another hit)?” And I just thought, what am I working for here, because this isn’t fun, even. I would love to have a job in music, but there’s different goals, and being honest about that was critical. It doesn’t mean we didn’t try for it. We were on the road, in the hustle, but there was a point where it was good to take some time off and get back into the studio. I spent a while before Emotion came into fruition. When I had that album, I was hoping to find a tribe of people who loved music vs. the celebrity-ness of my career, and I’ve been so lucky to have that.

Do you look at now as being better than back then?
I’m much happier now and I’m much more confident in who I am, and the artist that I want to be. I’m grateful for the journey of it, though. I don’t regret Call Me Maybe, or the craziness of what we got to experience, but every year has felt better and better.

You do have a dedicated fanbase, but do they need a lot of tending? You always see Taylor Swift on Tumblr, liking fan posts. It’s a beast that needs feeding. Is yours more low maintenance?
Wow, I didn’t know that about Taylor. I think that’s amazing, though. I don’t think that’s anything but really cool. But it’s more of an organic feeling, like, after the shows I WANT to do the meet and greets. It doesn’t feel like a pressure thing, ... “Tending” I don’t think is the right word. They wanted to give you a sword.

They’ve given me a few swords now. Do you keep them? Could you get them through airport security?
A: I was like, “What am I going to do with a sword? It’s so sweet, I can’t leave it here.” I gave it to my tour manager, and he cracked us up by sending us a picture of the sword wrap ped in styrofoam, going through security.
— Chicago Tribune / TNS
How walking makes us happier and brainier

Neuroscientist Shane O’Mara believes that plenty of regular walking unlocks the cognitive powers of the brain like nothing else. He explains why you should exchange your gym kit for a pair of comfy shoes and get strolling, writes Amy Felming

Walking a stroll with Shane O’Mara is a risky endeavour. The neuroscientist is so passionate about walking, and our collective right to go for walks, that he is determined not to let the slightest unfortunate aspect of urban design break his stride. So much so, that he has a habit of darting across busy roads as the lights change. “One of life’s great horrors as you’re walking is waiting for permission to cross the street,” he tells me, when we are forced to stop for traffic – a rude interruption when, as he says, “the experience of synchrony when walking together is one of life’s great pleasures.” He knows this not only through personal experience, but from cold, hard data – walking makes us healthier, happier and brainier.

O’Mara, 53, is in his element striding through urban landscapes – from epic hikes across London’s sprawl to more sedate ambles in Oxford, where he received his DPhil – and waxing lyrical about science, nature, architecture and literature. He favours what he calls a “motor-centric” view of the brain – that it evolved to support movement and, therefore, if we stop moving about, it won’t work as well.

This is neatly illustrated by the life cycle of the humble sea squirt which, in its adult form, is a marine invertebrate found clinging to rocks or boat hulls. It has no brain because it has eaten it. During its larval stage, it had a backbone, a single eye and a basic brain to enable it to swim about hunting like “a small, water-dwelling, vertebrate cyclops,” as O’Mara puts it. The larval sea squirt knew when it was hungry and how to move about, and it could tell up from down. But, when it fused on to a rock to start its new vegetative existence, it consumed its redundant eye, brain and spinal cord. Certain species of jellyfish, conversely, start out as brainless polyps on rocks, only developing complicated nerves that might be considered semi-brains as they become swimmers.

O’Mara’s enthusiasm for walking ties in with both of his main interests as a professor of experimental brain research:

- stress, depression and anxiety; and learning, memory and cognition.
- “It turns out that the brain systems that support learning, memory and cognition are the same ones that are very badly affected by stress and depression,” he says. “And by a quirk of evolution, these brain systems also support functions such as cognitive mapping,” by which he means our internal GPS system. But these aren’t the only overlaps between movement and mental and cognitive health that neuroscience has identified.

I witnessed the brain-healing effects of walking when my partner was recovering from an acute brain injury. His mind was often unsettled, but during our evening strolls through east London, things started to make more sense and conversation flowed easily. O’Mara nods knowingly. “You’re walking rhythmically together,” he says, “and there are all sorts of rhythms happening in the brain as a result of engaging in that kind of activity, and they’re absent when you’re sitting. One of the great overlooked superpowers we have is that, when we get up and walk, our senses are sharpened. Rhythms that would previously be quiet suddenly come to life, and the way our brain interacts with our body changes.”

From the scant data available on walking and brain injury, says O’Mara, “it is reasonable to surmise that supervised walking may help with acquired brain injury, depending on the nature, type and extent of injury – perhaps by promoting blood flow, and perhaps also through the effect of entraining various electrical rhythms in the brain. And perhaps by engaging in systematic dual tasking, such as talking and walking.”

One such rhythm, he says, is that of theta brainwaves. Theta is a pulse or frequency (seven to eight hertz, to be precise) which, says O’Mara, “you can detect all over the brain during the course of movement, and it has all sorts of wonderful effects in terms of assisting learning and memory, and those kinds of things.” Theta cranks up when we move around because it is needed for spatial learning, and O’Mara suspects that walking is the best movement for such learning. “The timescales that walking affords us a...
are the ones we evolved with, ” he says, “and in which information pickup from the environment most easily occurs.”

Essential brain-nourishing molecules are produced by aerobically demanding activity, too. You’ll get raised levels of brain-derived neurotrophic factor (BDNF) which, writes O’Mara, “could be thought of as a kind of molecular fertiliser produced by walking and woven into everyday life: “You could get from taking morphine? No, but the hit you get from running is what you’d get from taking morphine?”

Not that he is opposed to proper exercise. “This is a terrible way to think about walking,” writes, “and in which information pickup from the environment most easily occurs. ”

The team also found that the average daily total Vitamin A intake of the participants. Between the two studies, around 123,000 participants were white (and thus had a significant risk of developing skin cancer), had no prior history of cancer and completed the dietary reports multiple times. A total of 3,978 cases of squamous cell carcinoma were reported and verified within the 24 to 26 year follow-up periods. Participants’ hair colour, the number of severe sunburns they had received in their lifetime and any family history of skin cancer were also taken into account.

After grouping the participants into five categories by their Vitamin A intake levels, the researchers found that people in the category with the highest average daily total Vitamin A intake were 17 percent less likely to get skin cancer than those in the category with the lowest totals of Vitamin A intake.

The team also found that the majority of Vitamin A came from the participants’ diets, particularly from fruits and vegetables, rather than from animal-based foods or vitamin supplements. – IANS

**ACCESSIBLE:** Walking is much more accessible and easily woven into everyday life for an active lifestyle.

**HIGH VITAMIN A INTAKE CAN LOWER SKIN CANCER RISK**

Researchers have found that people who intake high levels of Vitamin A were 17 percent less at risk of getting a skin cancer as compared to those who ate modest amounts of foods and supplements rich in Vitamin A.

“We study provides another reason to eat lots of fruits and vegetables as part of a healthy diet. Skin cancer, including squamous cell carcinoma, is hard to prevent, but this study suggests that eating a healthy diet rich in Vitamin A, in addition to wearing sunscreen and reducing sun exposure, may be a way to reduce the risk, ” said Eunyoung Cho, Associate Professor at the Brown University.

Vitamin A is known to be essential for the healthy growth and maturation of skin cells but prior studies on its effectiveness in reducing skin cancer risk have shown mixed results.

In the study published in the *Journal of American Medical Association Dermatology*, the researchers analysed data from two long-term observational studies in which 121,700 US women were followed from 1984 to 2012 and 31,929 US men from 1986 to 2012. The research team looked at the diet and skin cancer results of the participants. Between the two studies, around 123,000 participants were white (and thus had a significant risk of developing skin cancer), had no prior history of cancer and completed the dietary reports multiple times. A total of 3,978 cases of squamous cell carcinoma were reported and verified within the 24 to 26 year follow-up periods. Participants’ hair colour, the number of severe sunburns they had received in their lifetime and any family history of skin cancer were also taken into account. After grouping the participants into five categories by their Vitamin A intake levels, the researchers found that people in the category with the highest average daily total Vitamin A intake were 17 percent less likely to get skin cancer than those in the category with the lowest total Vitamin A intake.

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**SHAME, GUILT AFFECT WORK OF ASTHMA SUFFERERS**

It is not just respiratory symptoms or a feeling of tiredness that asthma sufferers have to face daily, many of them even have to deal with shame and a sense of guilt using inhalers at work, preventing them from working to their full potential, new research has found.

The World Health Organisation estimates that 235 million people around the world suffer from asthma.

The study, published in the *Journal of Asthma and Allergy*, showed that asthma sufferers are missing nearly one-tenth of work hours due to their symptoms, which also results in a loss of productivity and affects their emotional well-being.

On an average, three out of four workers could not work to their full potential, showed the survey of over 1,500 symptomatic asthma patients across six countries: Brazil, Canada, Germany, Japan, Spain and the UK.

Overall, total work productivity dropped by one third (36 per cent) due to asthma.

“But, what struck us most was the emotional response to asthma in the workplace,” said Kevin Gruffydd-Jones from Box Surgery in Britain.

The study results found that on an average, up to one-tenth (9.3 per cent) of work hours were missed in a single week because of workers’ asthma symptoms. Asthma sufferers in India too face similar challenges, according to doctors.

“One cannot ignore the environment and other related conditions which in any case can go against the patient; she/ he has to be prepared all the time with medications, inhalers and other prescriptions,” said Navneet Sood, Senior Consultant, Pulmonology, Dharmshila Narayani Super specialty Hospital in Delhi.

“Strong will power is needed to continue with normal daily life as being careless is not an option,” Sood said in a statement.

Asthma patients often feel inferior and disadvantaged compared to their non-symptomatic colleagues.

Being an asthma patient one is prone to minor or major attacks. A large number of patients have to be on daily treatment to keep symptoms under control,” Gyandeep Mangal, Senior Consultant in Respiratory Medicine at Sri Balaji Action Medical Institute in Delhi, told IANS.

“The disease affects the daily life of an individual where she/ he has to take a number of precautions for their well-being along with medications and at the same time have to continue with their jobs, home tasks and other work,” he added. – IANS

**INFEIORITY COMPLEX:** Asthma patients often feel inferior and disadvantaged compared to their non-symptomatic colleagues.
The culinary showmanship of Mongolian grill

Mongolian barbecue grill is a large, being the centre of attraction. A huge Mongolian flat iron grill relates it to a Taiwanese griddle used typically in Mongolian, Chinese, Korean, Japanese restaurants to stir fry meats and vegetables along with accompaniments and seasonings according to the guest choice. Many Mongolian grill restaurants follow the live cooking stations work as an all you can eat buffet format and serves as a cooking medium. Oil and water is continuously sprayed to maintain the season of the griddle and their demographic proximity with each other. Where ever the concept came from, this concept has been successfully adopted by American restaurants and have been popularised and commercialised all over the world including franchised Mongolian restaurants in Mongolia. Some American chains place the food on different parts of the round grill, sometimes in a special wedge shaper. Each dish is stir-fried in its turn and the chef walks around the grill and turns each individual's food in succession.

The origin story of Mongolian grill relates it to a Taiwanese comedian and restaurateur who fled from China during the Chinese civil war and opened a street food stall in Taipei in 1951. He originally wanted to call the dish “Beijing Barbecue” but because of the political sensitivity with the city, which had just recently been designated as the capital of communist China he settled with “Mongolian Barbecue” instead, even though it had no direct relation to Mongolia. This grill came to America in 1960’s and since then numerous restaurants are based on this concept as the food is cooked in a live station and is fresh.

### Ingredients

- Chicken breast 600gm
- Oil 3 tbsp.
- Garlic, minced 4 – 6 cloves
- Bell peppers 2 no.
- Mushroom, sliced 240gm
- Carrots, julienne 1 cup
- Egg noodle 2lb.
- Bok choy, big dice 2 cups
- Napa cabbage 2 cups
- Snow peas 2 cups
- Baby corn 1 cup
- Edamame beans, chopped 1 cup
- Baby spinach 1 cup
- Bell peppers 2 cup
- Green beans 1 cup
- Mushrooms 1 cup
-Onion 1 cup

### Method

1. Marinate the chicken strips in 1 tbsp. oil, salt, pepper and 1 tbsp. minced garlic, refrigerate for 30 minutes.
2. Heat water with salt and oil in a heavy bottom pot and blanch the noodles.
3. Allow the grill to season and add more oil if required.
4. Heat the flat top griddle over medium heat and spread oil and season it well.
5. Wash, cut and prepare all the listed vegetables and keep aside.
6. If the chicken sticks to the grill, repeat the season process of the grill.
7. Then add all the chicken and stir fry till almost cooked.
8. Now add all the veggies and stir fry over medium high heat, add some chicken stock and oil if required.
9. Add the mentioned sauces and adjust the seasoning with salt and pepper.
10. Stir fry till the chicken is cooked and the sauce is evenly coated over the chicken and vegetables.
11. Serve hot garnished with some sprig onion and fresh chopped cilantro.

### Note:

- The choice of vegetables and proteins that you can choose for the above recipe is endless, you can add snow pear, beans, bean sprouts, baby corn, Edamame beans, Napa cabbage and many more vegetables. You can replace the chicken with tofu or cottage cheese.
**QPEC organises event to acknowledge its suppliers and contractors**

Qatar Power Engineering and Contractor (QPEC) recently organised an award ceremony to acknowledge its suppliers and contractors as part of celebration of receiving Welfare Excellency Award by Supreme Committee for Delivery & Excellency (2022 FIFA World Cup Qatar), in recognition of its standing contribution in upholding and implementing the SC workers welfare standards, at Century Hotel. The award was presented by SC secretary-general Hassan al-Thawadi.

Speaking on the occasion, Irshad Ahmad Mr, General Manager of QPEC, said, “The Excellency Award could not have been possible without the support of subsidiary companies of QPEC. For all of us it was a moment of an achievement. It was made possible only by the joint efforts of every member of the company and today we are here to celebrate this achievement.”

**ICC commemorates Mohamed Rafi’s 39th death anniversary**

Indian Cultural Centre, in association with Al Zaheem Events, recently organised an event to commemorate the 39th death anniversary of Mohamed Rafi, one of the greatest and most influential singers of the Indian subcontinent, at Ashoka Hall ICC. Around 100 people attended the event. Mohamed Rafi had received six Film Fare Awards and one National Film Award in his career. In 1967, he was honoured with the Padma Shri award by the Government of India and had recorded as many as 7405 songs in many languages.

Local singers, including Hashim Puthur, Haleem Bhai, Mythili Praveen, Sunil Mohamed, Aslam and Manaf presented songs of Rafi at the occasion.

K M Varghese, the Chairman of Advisory Board of ICC, felicitated the artistes and organisers on the occasion. The event was co-ordinated by Bhusheshwar Padala, Managing Member of ICC and Head of Counselor Services and External Events, and supported by Ramachandra Shetty, Managing Committee member and Head of In-house activities.
7 Health Benefits of Eating Pineapple:

- Packed with Vitamins
- Prevents Cough and Constipation
- Strengthens Bones
- Keeps Gums Healthy
- Lowers Risk of Muscular Dystrophy
- Relieves pain from Arthritis
- Improves Digestion

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A graphic of pineapples and their nutrients and vitamins, including:

- Potassium
- Vitamin C
- Antioxidants
- Bromelain
- Fiber
- Minerals

Benefits include:

- Digestion
- Joint health
- Immune system
- Heart health
- Blood flow
A Philadelphia designer who is making menswear more relaxed

By Elizabeth Wellington

Let's face it: Relaxed menswear causes more problems than solutions. Without steadfast fashion rules – especially the tried-and-true blazer/tie combo – men started to both squeeze or swim in ill-fitting, dated looks that always seemed sloppy.

Enter Francesco Reale, the 35-year-old owner and founder of Moda Matters. For summer, the aerospace executive-turned-fashion mogul is introducing a line of suits on its website (ModaMatters.com) inspired by the fashions of Italy. He's calling the style Italian American, the looks come just in time for the summer wedding season.

"We are taking some of the elements of Italian suits and giving them an American twist," Reale told me from his office in downtown Philadelphia. "It's a much more relaxed look," he continued. "Italian American doesn't mean velour sweatsuits anymore. It doesn't mean bright and tacky, but it is about wearing the brighter palette. It's about being dressed, but being comfortable."

On a recent spring morning, the Moda Matters rack pops with nine pieces from the brand’s summer collection, especially the soft red windowpane jacket that reminds me of what a 1970s sitcom dad would wear, but is the definition of all that's vintage, cool and modern. There are flat-front and single-pleated chinos in such saturated neutrals as olive, rust, tobacco and cream as well as blazers in soft, jersey knits that are totally mix-and-matchable. The major standout: a twice-washed denim blazer that is so soft it feels as if it's been broken in for years. The pieces have very little structure and even some stretch.

In the last decade, the menswear market has seen the largest shift in style. But early in this millennial game, men's retailers took inspiration from buttoned-up dandies who fancied bespoke English-style suits.

That was a lot of work – and ironing. And it became expensive. In the last two years, however, menswear, like its women's wear counterpart, has started taking its cues from athletic apparel. Instead of made-to-measure suits, the focus has been on made-to-measure joggers. And the Italian American look, Reale said, fits easier into today's reality: the guy who wants to be dressed for work, craves affordability – blazers range from $388 to $488, while chino trousers are about $158 – but doesn't want to feel stiff.

And, Reale said, as more companies allow men to ditch their suit and ties, as Goldman Sachs did in March, the Italian American look will only become more relevant.

While Reale touts the Italian American style as more relaxed, Moda Matters doesn’t shirk on the details. It's those details, he says, that give this casual look grown-man credibility.

Moda Matters jackets don't have shoulder pads (that promotes stiffness) but they do feature lower inside pockets designed specifically to hide bulky wallets and cell phones. The sleeves are hand-stitched onto the jacket and have functional buttons at the bottom. It’s an added detail that shows off the ability of Italian tailors, Reale says. The double-breasted jacket opens with the same smoothness of a classic three-button. Moda Matter shirts feature French-spread collars and the buttons are affixed using the classic chicken foot stitch, the true mark of a well-made Italian shirt.

Reale started his business as a hobby back in 2014 while he was working for Agusta Westland, an aerospace company in the Northeast. He was studying for his MBA and had a hard time finding suits that suited his fancy, so he started a business making made-to-measure suits in China. But eventually he moved manufacturing and fabric sourcing to Italy as a way to pay homage to his Italian heritage. Two years ago he brought on friends Stephen Zaffuto, Jonathan Edwards and Scott Silver as partners. And last year, Reale launched a capsule collection with Men's Style Pro blogger Sabir Peele.

This year, Reale decided to bring ready-to-wear suits to his business because he says the casual elements are starting to drive his customers.

"There is always going to be a time and a place for suits, but people are starting to realise here that you don’t need a full suit to look elegant," Reale said.
Colour by choice

Maze: Help the lioness find her way to her missing cub.

Connect the dots: Join the dots in order to find out more!

Picture crossword: Wild animals. Use the pictures below as clues.
Pooch Café
By Paul Gilligan

What a beautiful full moon tonight.

Yeah! Let's cut through the park!

It's kinda scary in here.

No it's not. Say, you don't have any silver bullets, right?

Huh? Why would you ask that?

Woo woo!

Oh, no reason.
Woo woo!

Are you calling to another dog or something?

No, don't be silly.
Woo woo!

RRRR!

Ahhh!

Stop trying to get me bitten by a werewolf!

AII, come on! We'd have so much more in common!

BOUND & GAGGED

Do you swear to tell the truth, the whole truth, and nothing but the truth, so help you?

I DO.

Take the stand hold it.

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

**Sudoku**

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

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**Super Cryptic Clues**

**Across**

1 Christmas visitors can include one conjuror (8)
2 Some extra money provided for a form of transport (4)
3 Hair treatment provided by barber in Seville (5)
4 Jewish teacher on back street finding animals (7)
5 Poor Alex, he’d expelled air (7)
6 Wild glee when trapping a bird of prey (5)
7 Huge cost of soil? (5)
8 Foremost metal in front of gate (7)
9 Trees seen in middle of Seattle initially (2,5)
10 One side of paper clericymen does not finish (5)
11 Missing lieutenant takes in old soldiers initially (4)
12 Notice present provided by National Trust supporter (8)

**Down**

1 Code for a TV detective (5)
2 Going without Oscar, bad actor needed material (7)
3 Native American has left basket for fisherman (5)
4 Scrape a beard off (6)
5 Regretting destruction by leader of Goths (5)
6 Flower in my control (7)
7 Clothes line in high road to palace (3,4)
8 She is entertained by the queen somewhere in Surrey (5)
9 First breaks, then splits! (5)
10 Dim British king on stage (5)
11 Oscar, going to church, tucked into cheese roll (7)
12 Over the moon as family members run away (6)
13 Clothes line in high road to palace (3,4)
14 She is entertained by the queen somewhere in Surrey (5)
15 Old coin Rex found in butter! (5)

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**Wordwatch**

**teknonymy or tecnonymy** (tek-NON-uh-mee)

**MEANING:** noun: The custom of naming a parent after their child.

**USAGE:**

“Indeed, the taboo against using personal names is so strong, and the urge to teknonymy so strong, that the child in question can be imaginary. Sim cites with disapproval the example of a young housewife on a TV gameshow being asked to introduce the audience the gentleman standing besides her. Her reply [meant] ‘This is my husband (the father of our as-yet-unconceived child).’

Ho-min Sohn; Korean Language in Culture and Society; University of Hawaii Press; 2006.

**filiation** (fil-ee-AY-shuhn)

**MEANING:** noun: 1. The fact of being descended or derived from someone or something. 2. The act of determining such relationship. 3. Forming of a new branch.

**USAGE:**

“French Foreign Minister Bernard Kouchner recently asked the German government to grant citizenship to French war babies who seek it after tracing their filiation.”

**hypocoristic** (hy-puh-kuh-RIS-tik, hip-uh-

**MEANING:** adjective: Relating to a pet name or diminutive form of a name.

**USAGE:**

“Malena is the hypocoristic form of Madalena, but there is nothing diminutive about supermodel-actress Monica Bellucci.”
Active girls have better lung function in adolescence: Study

Parents, please take note. Researchers have demonstrated an association between regular physical activity during childhood and higher lung function in adolescent girls compared to boys.

The study, published in the International Journal of Epidemiology, examined the relationship between physical activity, from childhood to young days and lung function in adolescence in 2,300 boys and girls participating in the Avon Longitudinal Study of Parents and Children (ALSPAC).

“The high prevalence of physical inactivity observed in children is worrying. Extrapolated to the population as a whole, this is a factor that could have a considerable impact on lung function,” said Judith García Aymerich from Barcelona Institute for Global Health (ISGlobal).

“The strategies for promoting physical activity in childhood could be highly beneficial for the respiratory health of the population,” she added. According to the researchers, the children’s physical activity was recorded using an Actigraph sensor over seven-day periods at 11, 13 and 15 years of age and their lung function was analysed by spirometry at 8 and 15 years of age. The children’s parents also completed questionnaires on socio-demographic, psychological and lifestyle-related factors.

The researchers defined low, moderate and high physical activity trajectories. “Girls in the moderate and high physical activity trajectories had a higher exhalation capacity — that is, greater forced expiratory volume — than girls in the low physical activity trajectory,” said study lead author Celina Roda from ISGlobal.

In contrast, no such association was observed in boys. One possible explanation, according to researchers, is that “growth spurts occur earlier in girls than in boys, so any effect of physical activity on lung function can be more easily observed at an earlier age in girls.”

The findings showed that less than 7 per cent of the children achieved the level of physical activity recommended by the World Health Organisation — a minimum of 60 minutes each day. – IANS

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**ARIES**  March 21 — April 19

You could receive some sort of windfall today, Aries. Use it wisely. Consider buying some time to figure out what you want to do with your life. It’s likely that your career isn’t exactly ringing your bells these days. You’re ready for new challenges and opportunities. Meditate on what would make you happy and then take a systematic approach to achieving it.

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**TAURUS**  April 20 — May 20

It’s likely that you will succeed at whatever you set out to accomplish today, Taurus. If you’ve been held back by worries over the integrity of a relationship or the long-term prospects of a partnership, you can dispel concerns by confronting the person directly. You may find he or she has the same feelings about you! Honesty is important today.

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**GEMINI**  May 21 — June 20

Your energy may flag a bit today, Gemini. There’s nothing to worry about, though you could take better care of your health. What happened to that exercise regimen you vowed to start? It’s never too late to improve your eating habits and begin working out. Even if you only walk three times a week, you will notice a dramatic difference in your appearance and outlook.

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**CANCER**  June 21 — July 22

Today is meant for socialising and connecting, Cancer. Your creativity is at an all-time high, so also try to work in some quiet time where you can do some writing or painting. If friends invite you out in the evening, by all means, take them up on the offer. You may meet someone who could be pivotal to your career. Be open to all possibilities.

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**LEO**  July 23 — August 22

You can’t help but notice that your home looks a bit drab, Leo. Today you could plan to do something about it. It won’t take much money, just time and a little creativity. Paint some samples on the walls. Your spirits will improve. You can make big changes to the mood of the place simply by introducing more colour.

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**VIRGO**  August 23 — September 22

You have a to-do list a mile long today, Virgo. You may spend a lot of your day running errands. It certainly takes a lot to run a household, as you do not doubt realise. Try not to get overwhelmed with all that you feel needs to be done. Most of the deadlines are self-imposed. No one will know if you don’t meet them.

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**LIBRA**  September 23 — October 22

You’re ready for a career change, Libra, or at least a change of venue. Have you considered telecommuting one day per week? That might give you the variety you seek without needing to find a new job. You may meet someone today or in the near future who will have a dramatic influence on your career decisions. Listen carefully.

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**SCORPIO**  October 23 — November 21

What is your dream, Scorpio? Answer that question as specifically as possible today, then set about attaining that goal. All signs indicate that whatever you begin today will pay off big time. Even though you may feel that your dreams are too ambitious, there’s no need to feel overwhelmed. You will take things one step at a time. Keep in mind the old adage, “Once begun is half done.”

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**SAGITTARIUS**  November 22 — December 21

This may seem odd, Sagittarius, but you may not be the person you think you are. There are indications that you have hidden talents. If they come out today, no one will be more shocked than you! This could take your career in an entirely new direction. Strategise ways to incorporate this talent into your career. Your work will take on a new dynamic, and you will take a major leap forward.

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**CAPRICORN**  December 22 — January 19

You’re about to experience a major change in your life’s direction, Capricorn, and it may occur today. Keep your mind open to all sorts of possibilities. You’re likely to receive some important information. Of course, you may not realise its importance right away. It’s only with the passage of time that you will look back on this event as pivotal. Make sure you don’t miss it.

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**AQUARIUS**  January 20 — February 18

You’re unstoppable today, Aquarius. It seems you can do anything. Your confidence and energy are high. There’s no question that you’re ready to take the world by storm. Is the world ready for you? Think carefully as you formulate plans for your new project. Whatever you do will succeed, but be sure you’re doing what you really want to do rather than what others expect of you.

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**PISTES**  February 19 — March 20

It’s likely that you’re being held back by certain traumatic past events. Before you can make further progress in your life, Pisces, you must address these painful memories for the last time. If it feels too frightening to do alone, seek professional help. You will find that mustering the courage to do this difficult, emotional housecleaning is more than half the battle.
Writer-producer Twinkle Khanna has shared a hilarious post note about “a middle-aged model’s stellar tip” to “keep pesky kids at bay.”

The 45-year-old shared a picture from one of her photoshoots on Instagram and wrote: “A middle-aged model’s stellar tip – Return from a shoot to find 3 small kids lolling on your bed – Threaten to rip out your eyeballs first and then theirs – Remove your lenses and fake eyelashes, place onto their palms and watch them scream and run.

“A scream A Day Keeps Pesky Kids At Bay,” Twinkle, who was a big star in the nineties and the 2000s, retired at her prime to marry superstar Akshay Kumar. She is the daughter of Rajesh Khanna and Dimple Kapadia, and has featured in films such as Barsaat, Love Ke Liye Kuch Bhi Karega, Melu and Rudshuk among others.

She has produced movies like Pad Man, Tees Maar Khan and Holiday: A Soldier Is Never Off Duty, starring husband Akshay.

Actress Shilpa Shetty will be making a comeback after 13 years with Sabbir Khan’s action film Nikamma.

“It feels great. I am ready to take that plunge again and looking forward to working with Sabbir. I loved my role, and it’s something I’ve never done before … I can’t wait for my audiences to see me in a new avatar,” Shilpa said.

The actress, who was last seen on the big screen in 2007 in Life In A… Metro and Apne, also took to Instagram to share her excitement about the project.

“My sabbatical of 13 long years comes to an end. I am so excited to announce that the film you will see me next in is Nikamma… Need all your blessings,” she posted.

On working with Shilpa, Sabbir Khan said: “Shilpa is a much loved name in every household and she was very clear right at the onset that her comeback would have to be with a worthy role. It’s a dynamic part and I am glad to be working with Shilpa and bringing her back for the fans that miss her.”

Nikamma will also star Abhimanyu Dassani and social media star Shirley Setia. Jointly produced by Sony Pictures International Productions and Sabbir Khan Films, the film is slated to release in the summer of 2020.

Actress Twinkle Khanna has shared a humorous post note about “a middle-aged model’s stellar tip” to “keep pesky kids at bay.”

Hal Prince, a trailblazing Broadway impresario who shaped some of the greatest musicals of the 20th century, died on Wednesday at the age of 91. He was one of the most honored theatre artists of all time.

Prince, born in New York City, was the director behind iconic Broadway hits including West Side Story (1957), Cabaret (1966), Company (1970), Evita (1970) and The Phantom of the Opera (1988).

Throughout a career that began as an assistant stage manager after two years in the army during the Korean War, Prince won 21 Tony Awards, more than any other individual, including best musical for The Pajama Game in 1954, Damn Yankees in 1955 and Fiddler on the Roof in 1965.

Prince’s Fiddler, which he produced alongside director Jerome Robbins and star Zero Mostel, was, for a time, the longest-running show in Broadway history with more than 3,000 performances between 1964 and 1972.

“I became a producer because fate took me there, and I was delighted,” Prince wrote in his 1974 memoir. “I used producing to become what I wanted to be, a director. (Ultimately, I hired myself, which is more than anyone else would do.)"

Along with his own work, Prince also lined up a who’s who of collaborators, including Bob Fosse, Leonard Bernstein, Stephen Sondheim and Andrew Lloyd Webber, for various projects.

“Theatrical legends, for me, were the crowned head who directed two of the greatest productions of my career, Evita and Phantom,” Webber said in a statement. “This wonderful man taught me so much and his mastery of musical theatre was without equal.”

Tony Award winner Chuck Cooper who worked with Prince on his final Broadway production, the 2017 musical career retrospective aptly titled Prince of Broadway, told the Daily News: “I don’t know if it was his insightful intuition, his thoughtful wisdom, his uncanny luck or some powerful combination of all of these that made his choices sparkle with relevance and audience pleasing brilliance.”

He added Wednesday: “He’s given the American musical theatre some of its brightest jewels. I doubt if there will ever be another theatre artist who will create such a colossal and enduring legacy.”

In 2006, Prince was given a Lifetime Achievement Award at the Tony Awards for his contribution to the stage. Prince is survived by his wife, Judy and two children, Daisy and Charles.

“It’s the greatest theatrical legacy of all time that will never be matched,” tweeted actor Neel Mukherjee.

“You will ALW AY S inspire. ”

Chita Rivera. “There are some people you feel we will never be without. Hal is one of them. I owe so much to him. He knows my love for him.”

“Hal, you taught me so much,” Tony Award winner Tony Yazbeck tweeted. “You inspired and encouraged me on a daily basis. Thank you for showing me what a real leader can be like. So kind, so gracious, and a real visionary for the theatre. Your heart was seen in everything you created and imagined. I will miss you greatly!”

“Another hero moves on and I can only imagine the welcome he’s getting in heaven,” wrote producer Neil Meron. “It’s the greatest theatrical legacy of all time that will never be matched.”

“We will always remember Hal Prince, a true champion of the American Theatre,” the American Theatre Wing said in a statement.

“Pushed a brilliant, generous soul & he changed my life (and so many lives) with his genius,” wrote Donna Lynne Champlin. “He will live forever in our lives and deeply in my heart.”

By Kate Feldman and Karu F Daniels

Broadway producer Hal Prince dies at 91

BY KATE FELDMAN AND KARU F DANIELS

By Kate Feldman and Karu F Daniels

By Kate Feldman and Karu F Daniels
There is nothing in the world so irresitibly contagious as laughter and good humour,” declared Charles Dickens in his novel *A Christmas Carol*. Good humour not only brings laughter, it also cools down high temperatures. This is the right time to have some good comedy to laugh off the hot and humid weather in Qatar. The on-going Doha Comedy Festival is an attractive part of the Summer in Qatar campaign launched by Qatar National Tourism Council (QNTC). Being the most exciting side of the campaign, the festival promises to bring top international comedians to Qatar this summer as the multicultural audience gets a chance to taste highest quality of comedy.

The next event of the festival promises to bring not only huge quantity of laughter but also a rich variety comedy. Omid Djalili, Nemr Abou Nassar and Hamad al-Amari – the three talented stand-up comedians with diverse backgrounds – are all set to make the Doha audience cachinnate at Qatar National Convention Centre’s Hall 9 on August 15.

According to the organisers, the comedy show will start at 8pm and will continue till 11pm. The three comedy stars will finish off the laughter season – Doha Comedy Festival – that earlier saw thrilling performances by Zakir Khan, an Indian stand-up comedian, and Trevor Noah, a celebrated South African comedian.

Omid Djalili is an English stand-up comedian, actor, television producer, voice actor and writer.

Born to Iranian parents, Omid’s first significant success of in his stand-up comedy career was at the Edinburgh Festival Fringe in 1995 with *Short, Fat Kebab Shop Owner’s Son*, followed by *The Arab and the Jew* with Jewish comedian Ivor Dembina in 1996.

He has performed in numerous countries, including Australia, Ireland, Sweden, Belgium, Canada and the United States, where he had his own HBO Special and did 22 episodes of the NBC sitcom *Whoopi* with Whoopi Goldberg.

He did his part for Comic Relief after the 2004 Indian Ocean earthquake and tsunami and also in 2005 he appeared on the British TV show *Top Gear* as a celebrity driver. The same year he broke Edinburgh Festival box office records with over 16,500 ticket sales. In 2006, Sky Television picked him to be the face of their Saturday night film premieres, and he also announced a new tour of the UK called ‘No Agenda’ from January 2007 until March 2007, covering 23 different dates. The No Agenda tour DVD was released in late 2007.

On 18 March 2007, he was voted by the British public as the 60th best stand-up comedian in a Channel 4 programme *The 100 Greatest Stand-Ups*. On 26 October 2007, he guest-presented the BBC political quiz show *Have I Got News for You*. The *Omid Djalili Show* started on BBC1 on 17 November 2007. The series was a mix of sketches and stand-up material. A second series was recorded in late 2008 and began broadcast on BBC 1 on 20 April 2009. He performed on *We Are Most Amused* on ITV1 to mark Prince Charles’s 60th birthday in 2008.

Nemr Abou Nassar is a Lebanese-American stand-up comic who now performs globally using only his first name, Nemr. He has always performed in English, and now performs regularly in the United States, Europe, and the Middle East.

On October 7, 2017 Nemr premiered his brand new hour comedy special, *No Bombing in Beirut*, across the United States on Showtime, and across Canada on CraveTV and The Movie Network. It is currently available on demand and streaming as well as regular play across these networks.

Filmed in both Beirut and Los Angeles, *No Bombing in Beirut* was made to show that we are much more similar than we have been led to believe. Nemr believed that if you showed two crowds on opposite sides of the planet laughing together at the same material, and as he cut back and forth between the two, that if it felt like one show, there would be no better proof that we have so much more in common.

Nemr has written and performed seven full feature shows, the latest of which was a world tour that took Nemr to many major US cities, Europe, and across the Middle East.

Hamad al-Amari is a Qatari-Irish stand-up comedian. His diverse background is a rare sight in this region. Having grown up in Qatar, Southern Ireland and the US, he has had unusual exposure to many experiences and diversity, which have helped form his identity and approach to comedy.