Community

Hamilton International School launches its on-campus theatre with an event ‘An Afternoon at the Theatre’.

Community

Bangladeshi veteran talks about retirement and working with different social welfare organisations in Qatar.

Cover Story

Scientists finally know how big earthquakes start: With many smaller ones. P4-5

Quiz

World’s greatest spy. Page 14

Showbiz

My failures made me who I am: Hrithik. Page 15
**PRAYER TIME**

- Fajr: 3:51am
- Shoroq (sunrise): 5:13am
- Zuhr (noon): 11:37am
- Asr (afternoon): 3:07pm
- Maghreb (sunset): 6:01pm
- Isha (night): 7:31pm

**USEFUL NUMBERS**

- Emergency: 999
- Worldwide Emergency Number: 112
- Kahramaa – Electricity and Water: 991
- Local Directory: 180
- International Calls Enquires: 150
- Hamad International Airport: 40106666
- Labor Department: 44508111, 44406537
- Mowasalat Taxi: 44598888
- Qatar Airways: 44496000
- Hamad Medical Corporation: 44392222, 44393333
- Qatar General Electricity and Water Corporation: 44845555, 44845464
- Primary Health Care Corporation: 44933333, 4493363
- Qatar Assistive Technology Centre: 44904050
- Qatar News Agency: 44490205
- Q-Post – General Postal Corporation: 44464444

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

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**Quote Unquote**

“To succeed in life, you need three things: a wishbone, a backbone and a funny bone.”

— Reba McEntire

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**Community Editor**

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**Mission Mangal**

**DIRECTION:** Jagan Shakti

**CAST:** Vidya Balan, Anirban Bhattacharya, Jhuma Biswas

**SYNOPSIS:** Based on true events of the Indian Space Research Organisation (ISRO) successfully launching the Mars Orbiter Mission (Mangalyaan), making it the least expensive

**THEATRES:** The Mall, Royal Plaza

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**The Lion King**

**DIRECTION:** Jon Favreau

**CAST:** Donald Glover, Beyoncé, Seth Rogen

**SYNOPSIS:** After the murder of his father, a young lion prince flees his kingdom only to learn the true meaning of responsibility and bravery.

**THEATRES:** The Mall, Royal Plaza

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

**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: 6am – 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 Mheireb  
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.

**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.

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

**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

**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.
The quake conundrum: Small is the big trigger

New findings suggest sometimes days or even weeks before most temblors of at least magnitude 4.0 strike, smaller ones start rippling beneath the Earth’s surface, writes Rong-Gong Lin II

We are definitely moving toward forecasting that is statistical in nature

– Daniel Trugman, seismologist

The vast majority of earthquakes we feel come soon after smaller ones, according to new research that provides unprecedented insights into how seismology works.

Sometimes days or even weeks before most temblors of at least magnitude 4.0 strike, scientists have found, smaller ones start rippling beneath the Earth’s surface — activity that can be detected thanks to an advanced computing technique.

“One of the biggest questions in earthquake seismology is how earthquakes get started,” said the study’s lead author, Daniel Trugman, a seismologist at Los Alamos National Laboratory.

Previously, scientists observed that only half of all moderate quakes had smaller precursor events. This new study of earthquakes in Southern California of at least magnitude 4 between 2008 and 2017 found that at least 72% of them followed less-powerful quakes.

“Elevated foreshock activity is pervasive in Southern California,” the study concluded.

“It is surprising,” said study co-author Zachary Ross, an assistant professor of geophysics at the California Institute of Technology. “It’s important for understanding the physics of earthquakes. Are they silent until this big event? Or is there a weakening process of the fault, or some evidence that the fault is changing before this larger event?”

The study shows the answer is probably the latter explanation.

The finding doesn’t mean we should suddenly be worried about small quakes. Statistically speaking, only 5% of earthquakes are followed by something worse.
The finding doesn’t mean we should suddenly be worried about small quakes. Statistically speaking, only 5% of earthquakes are followed by something worse. But understanding how quakes get bigger can help scientists get better at aftershock forecasting. That would help the public understand when there’s a greater risk.

It also doesn’t mean researchers are any closer to predicting the exact timing and epicenters of big earthquakes.

“The vast majority of time that you have an earthquake,” Ross said, “even if you see anomalous activity start up, it’s going to die down on its own — that’s most of the time.”

But understanding how quakes get bigger can help scientists get better at aftershock forecasting. That would help the public understand when there’s a greater risk, such as when the chance of a large quake rises from a background risk of 1-in-10,000 odds to 1-in-1,000 odds, based on a previous quake.

“We are definitely moving toward forecasting that is statistical in nature,” Trugman said.

The discovery could also help improve the speed of earthquake early warning systems, Ross said. If the computer has detected microquakes close to a major fault, and knows that most major quakes are preceded by smaller foreshocks, that can help speed up the decision by the system to issue a warning in the moments after an earthquake has begun rupturing along a fault.

The breakthrough in the study, published earlier this summer in the journal Geophysical Research Letters, was made possible by the discovery of a new technique to find very small earthquakes — quakes as small as magnitudes 0 and 1, and some as small as magnitude negative 2.

(Quakes can now have negative magnitudes because this new technique allows for observation of quakes so small they were previously thought to be undetectable.)

Having a higher-definition look allows scientists to detect many more foreshocks.

“This new information is coming from the tiniest magnitude events that were basically invisible before,” Ross said.

For the study, Trugman and Ross focused on 46 of the largest quakes in Southern California between 2008 and 2017 (while excluding those that were aftershocks of other larger events). They found that 33 of the 46 had a statistically significant jump in foreshocks compared with the normal rate of earthquakes for that area.

They discovered a particularly lengthy foreshock sequence preceding the magnitude 5.1 La Habra earthquake of March 2014. There were foreshocks in the magnitude 0 and 1 range as early as 17 days ahead of the mainshock.

The 2010 Easter Sunday magnitude 7.2 earthquake widely felt in Southern California was not included in the analysis, because its epicentre was in Baja California. But that earthquake was preceded by a notable foreshock sequence.

The scientists could not determine a specific pattern to the foreshocks that would lead to a magnitude 4 or greater quake. Sometimes, it would appear as a burst of quakes near what would become the mainshock epicentre days or hours later. Other times, it would appear as a widespread increase in the earthquake rate in the general area before the mainshock.

They also found that shallower mainshocks tended to have more foreshocks, as do areas with higher heat flow, such as around the Coso Volcanic Field in Inyo County and the Salton Sea, which are warmed by magma.

The results help solve a long mystery that earthquake scientists had not been able to explain. In lab experiments where scientists would simulate earthquakes with sensitive equipment, there would always be small earthquakes that came before the main quake.

“It’s never just silent until the final failure,” Ross said of the lab earthquakes.

The results suggest that it’s possible that all moderate and large quakes are preceded by something smaller, but getting to that conclusion would require more studies.

“It’s hard to imagine this huge fault that stays completely silent until a single point just happens to start failing,” Ross said. “Physically, that seems a little difficult to imagine.” — Los Angeles Times/TNS
HIS launches on-campus theatre

The Hamilton International School (HIS) recently launched its on-campus theatre with an event titled ‘An Afternoon at the Theatre’, produced by a director from London’s West End. Hamilton, part of International Schools Partnership (ISP), a UK-based owner and operator of 40 schools globally, collaborated with Gotta Sing!, led by Greg Arrowsmith, a musical director from the West End for the London Palladium pantomimes, and Joanne Corrigan, an experienced ex-BBC live programme editor and producer, to host a series of workshops throughout the day for children, teaching them about singing, mastering their vocals, and other aspects of performing arts. The workshops concluded with a performance by more than 250 children. Terry Senior, Principal at Hamilton, said, “The day was quite exciting for all of us. We are so proud to launch our school theatre on such a high note. The workshops were a success and the children enjoyed it tremendously and performed remarkably well on stage. At Hamilton, arts and cultural programmes are central to our rounded educational approach. We will continue to collaborate and partner with the best in the field to ignite the students’ passion for learning and discover their limitless potential.”

The Hamilton International School Theatre is the largest in Qatar with an auditorium that can accommodate 850 guests, with a VIP balcony, an orchestra pit, and state-of-the-art backstage facilities. During the day, school guests also enjoyed a variety of fun activities. The principal and teachers engaged with families and took them on tour of the school facilities, including an indoor sports centre with a full-sized basketball court, two swimming pools, tennis courts, dance studios, fitness centre and a seating area for large sporting events. The outdoor sports area includes a professional standard football pitch and an athletics track.

PMG organises event to honour notable Pakistani singers

The Punjab Music Group (PMG) recently organised an event to honour notable Pakistani singers. Nazakat Ali Khan, Chief Organiser of PMG, was presented with Bolan Award on the occasion. Nadeem Palwan, Chairman of Pakistan Wrestling, was the chief guest on the occasion. Nazakat Ali Khan welcomed the gathering and presented a bouquet to Dr Sughra Sadaf, Director General of Punjab Institute of Language, Art and Culture.

Students of CISD excel in IB 2018-19 examinations

The students of Compass International School Doha (CISD) recently excelled in International Baccalaureate (IB) 2018-19 examinations. The students achieved an average score of 32 points. Asha Serpedin, a 2019 graduate, achieved 42 points out of a potential 45, placing her in the top 2% of International Baccalaureate Diploma Programme (IBDP) students globally. Asha was a student at Gharrafa campus, having attended Years 2 to 4 before returning to the USA from 2010 to 2015. She then returned to the Madinat Khalifa campus from 2015 to 2019 for graduation. Speaking on the occasion, Paul Holyome, Executive Principal at CISD, said, “Our International Baccalaureate Diploma Programme continues to go from strength to strength, with our most recent graduates achieving exceptional results and our highest ever average score. We encourage every student to ‘Be Ambitious,’ with our recent IBDP results showcasing the impact of our ambition-based learning approach and our students’ hard work. On behalf of our Compass Community, I wish our graduates the very best for the future as they continue their education at top universities around the world.”

“Year after year, I am so proud of our Nord Anglia students who — through their dedication — achieve results that exceed global averages for the IB Diploma,” said Andy Puttock, Group Education Director at Nord Anglia Education. “This year’s results are a powerful demonstration of the positive influence of our world-leading teachers who go beyond traditional education and inspire students toward success,” he said. “I’m proud of what our IB-offering schools have achieved this academic year and wish our graduates more success in the future.”
SIS organises three-day training session

Shantiniketan Indian School (SIS) recently organised a three-day training session for teachers on different aspects of teaching learning process in adherence to the academic capacity building. Speaking on the occasion about ‘Challenges to Active Learning’, Dr. Subhash B Nair, Principal of SIS, highlighted the key issues and inspired teachers to better the learning environment for a sustainable progress in the overall performance of the students. He also discussed the various changes being introduced by the Central Board of Secondary Education for the Board Examination 2020.

Shakir Hussain introduced the concept of ‘Design Teaching’ highlighting the role of the teachers in design thinking by discovering the challenges, interpreting, ideating and experimenting to develop engaging teaching strategies to meet the 21st century challenges for the students. Sameena Hussain discussed the various strategies for how values could be imbibed among the learners to make them responsible global citizens. She also recalled how the core values of SIS are integrated and imbibed in the students through the teaching learning process.

Nihala Zainab, Counsellor at SIS, sensitised the teachers to ensure gender equality to avoid discrimination.

The programme featured activity oriented session with multimedia presentations, role plays, skits and group discussions. The panelists, included Latha Shyammohan, Teena Lancy, Celina D’Souza, Jayasree Subhash, and Shobi Stephen. The panel presented ‘Tools and Techniques of Classroom Management’ to help teachers encounter the most intriguing challenge in the teaching process. Syed Meraj Ali, Head teacher of Senior Secondary Section and the Co-ordinator of the QNSA Team, discussed the various aspects of QNSA Standards on Educational Performance and Learning Environment as well as Development and Care for Learners.

MES reopens after summer vacation

MES Indian School recently welcomed its students back after summer break. On this occasion, the school management along with the principal and staff joined hands with the parents in welcoming students for a fruitful academic session and happy learning. Earlier, a three-day orientation cum in-service programme was also conducted as a preparatory activity for teachers in equipping them with updated teaching methodology for effective learning.
There was a time when the boundaries between work and home were fairly clear. Today, however, work is likely to invade your personal life – and maintaining work-life balance is no simple task. When your work life and personal life are out of balance, your stress level is likely to soar. This might be especially true if you're concerned about losing your job due to restructuring, layoffs or other factors. Technology that enables constant connection to work can eat into time at home. Work-life balance can be especially difficult for parents of young children; almost 60% of employed first-time mothers in the United States return to work within 12 weeks after childbirth.

Still, work-life balance isn't out of reach. Start by evaluating your relationship to work. Then apply specific strategies to help you strike a healthier balance.

Married to your work? Consider the cost
It can be tempting to rack up hours at work, especially if you're trying to earn a promotion or manage an ever-increasing workload – or simply keeping your head above water. If you're spending most of your time working, though, your home life will take a hit.

Consider the consequences of poor work-life balance:
1. Fatigue: When you're tired, your ability to work productively and think clearly might suffer – which could leave you feeling left out and might harm relationships with your loved ones. It's also difficult to nurture friendships if you're always working.
2. Poor health: Stress is associated with adverse effects on the immune system and can worsen the symptoms you experience from any medical condition. Stress also puts you at risk of substance abuse.
3. Lost time with friends and loved ones: If you're working too much, you might miss important family events or milestones. This can leave you feeling left out and might harm relationships with your loved ones. It's also difficult to nurture friendships if you're always working.
4. Increased expectations: If you regularly work extra hours, you might be given more responsibility – which could lead to additional concerns and challenges.

Strike a better balance
As long as you're working, juggling the demands of career and personal life will probably be an ongoing challenge. But if you can learn both to set limits and look after yourself, you can achieve the work-life balance that's best for you.

Setting limits
You can't manufacture time. If you don't set limits, then work or other obligations can leave you with no time for the activities and relationships you enjoy. Consider these ideas:
1. Manage your time: Cut or delegate activities you don't enjoy or can't handle – or share your concerns and possible solutions with your employer or others. Organise household tasks efficiently, such as running errands in batches or doing a load of laundry every day; don't save all the laundry for your day off. Do what needs to be done and let the rest go.
2. Make a list: Put family events on a weekly calendar, and keep a daily to-do list at home and at work. Having a plan helps you maintain focus. When you don't have a plan, it's easy to be sucked into the plans and priorities of others.
3. Learn to say no: Whether it's a co-worker asking you to spearhead an extra project or your child's teacher asking you to organise a class party, remember that it's OK to respectfully say no. When you quit accepting tasks out of guilt or a false sense of obligation, you'll have more time for activities that are meaningful to you.
4. Leave work at work: With the technology to connect to anyone at any time from virtually anywhere, there might be no boundary between work and home – unless you create it. Make a conscious decision to separate work time from personal time.
5. Reduce e-mail access: Check e-mails no more than three times a day – late morning, early afternoon and late in the day. If you access e-mail first thing in the morning, you tend to focus on and respond to other people's issues rather than being proactive about your own needs.
6. Take advantage of your options: Ask your employer about flex hours, a compressed workweek, job sharing, telecommuting or other scheduling flexibility. The more control you have over your hours,
ool in your work-life balance

the less stressed you’re likely to be.

7. Try to shorten commitments and minimise interruptions: Most people can sustain a maximum level of concentration for no more than 90 minutes. After that, the ability to retain information decreases dramatically. When interrupted during a task, you need double or triple the time of the interruption to regain full concentration on your task.

Caring for yourself
A healthy lifestyle is essential to coping with stress and to achieving work-life balance. Try to:

1. Eat a healthy diet: The Mediterranean diet – which emphasises fresh fruits and vegetables and lean protein – enhances the ability to retain knowledge as well as stamina and well-being.

2. Get enough sleep: Lack of sleep increases stress. It’s also important to avoid using personal electronic devices, such as tablets, just before bedtime. The blue light emitted by these devices decreases your level of melatonin, the hormone associated with sleep.

3. Make time for fun and relaxation: Set aside time each day for an activity that you enjoy, such as practising yoga or reading. Better yet, discover activities you can do with your partner, family or friends – such as hiking, dancing or taking cooking classes.

4. Volunteer: It’s important not to overschedule yourself. But research indicates that volunteering can contribute to a greater sense of work-life balance. Selective volunteering might lower your levels of burnout and stress and boost your emotional and social well-being.

5. Bolster your support system: At work, join forces with co-workers who can cover for you – and vice versa – when family conflicts arise. At home, enlist trusted friends and loved ones to pitch in with child care or household responsibilities when you need to work overtime or travel.

Know when to seek professional help
Everyone needs help from time to time. If your life feels too chaotic to manage and you’re spinning your wheels worrying about it, talk with a professional – such as a counsellor or other mental health provider. If your employer offers an employee assistance programme, take advantage of available services. Remember, striking a healthy work-life balance isn’t a one-shot deal. Creating work-life balance is a continuous process as your family, interests and work life change. Periodically examine your priorities – and make changes, if necessary – to make sure you’re keeping on track.

– Mayo Clinic News Network

FOCUS: Put family events on a weekly calendar, and keep a daily to-do list at home and at work. Having a plan helps you maintain focus.

WELL-BEING: The Mediterranean diet – which emphasises fresh fruits and vegetables and lean protein – enhances the ability to retain knowledge as well as stamina and well-being.

‘NO’ GAME: Whether it’s a co-worker asking you to spearhead an extra project or your child’s teacher asking you to organise a class party, remember that it’s OK to respectfully say no. When you quit accepting tasks out of guilt or a false sense of obligation, you’ll have more time for activities that are meaningful to you.
The King Trilobite

Fossils of a giant long-extinct group of sea creatures called trilobites – the largest known – have been found in South Australia and were named in honor of the giant dinosaur *Tyrannosaurus rex*.

A wildly successful animal family

Trilobites survived for about 270 million years – longer than the length of time from early dinosaurs to the present.

**Trilobites first arose**

521 million years ago in the Cambrian Explosion of new species and families

**Hard, calcified, armor-like external skeletons**

**Slow decline** over more than 50 million years

**Finally disappeared** 252 million years ago in the Great Dying mass extinction that ended the Permian period

Related to modern crustaceans and insects

Source: University of Adelaide, South Australian Museum, University of New England; Journal of Systematic Palaeontology

Graphic: Helen Lee McComas, Tribune News Service
I said Dr Lee Hooper, from UEA’s “This review shows that they do not not protect against conditions such as diabetes. According to the team from University of East Anglia (UEA), omega 3 supplements offer no benefit. “Our previous research has shown that long-chain omega 3 supplements, including fish oils, do not protect against conditions such as heart disease, stroke or death. This review shows that they do not prevent or treat diabetes either,” said Dr Lee Hooper, from UEA’s Norwich Medical School. “Omega-3 supplements should not be encouraged for diabetes prevention or treatment,” he added. If people do choose to take supplementary fish oil capsules to treat or prevent diabetes, or to reduce levels of triglycerides in their blood, then they should use doses of less than 4.4 grams per day to avoid possible negative outcomes. “The most trustworthy studies consistently showed little or no effect of long-chain omega-3 fats on diabetes,” said the paper. Omega 3 is a type of fat. Small amounts are essential for good health and can be found in the food that we eat. Omega 3 fats are also readily available as over-the-counter supplements and they are widely bought and used. The research team assessed the effects of long-chain omega-3 fats, ALA, omega-6 and polyunsaturated fatty acids (PUFAs) – taken as supplementary capsules, or via food. Omega 3 fats are essential for good health and are therefore important for preventing and/or treating diabetes, “said the paper. Although there have been several studies looking at the effects of long-chain omega-3 fats on diabetes, there was clearly no effect of long-chain omega-3 fats on diabetes, but there was insufficient information from trials of ALA, omega-6 or total polyunsaturated fats to assess either protective or harmful effects. The results show that increasing long-chain omega-3 fats had little or no effect on diabetes diagnosis or glucose metabolism, but high doses, at levels found in some supplements, could worsen glucose metabolism,” said Dr Julii Brainard from Norwich Medical School. “Future trials need to measure and assess baseline omega-3 intakes, and assess effects of eating more oily fish – not just supplements,” she added. – IANS
Wordsearch

Every letter of the alphabet is used at least once. Squares with the same number in have the same letter in. Work out which number represents which letter.

Codeword

Sudoku

Bound And Gagged

Adam

Pooch Cafe

Garfield

Sudoku is a puzzle based on a 9x9 grid. The goal is to fill the grid so that every row, every column and every 3x3 box contains the digits 1 to 9 only once.
Super Cryptic Clues

Across
1. A daughter’s choice – one way to create a family (8)
2. Repeat what is said in the newspaper? (4)
3. Search messily for a firearm (5)
4. Homeless person happy to occupy a recess (3,4)
5. Very old African party that is not without love (7)
6. Mushy peas entertaining old story-teller (5)
7. Top cow (6)
8. Spies coming back for items in canteen? (6)
9. Bones one associated with fish (5)
10. Get high at first with father in capital (7)
11. Leader in priesthood, say (7)
12. Child starts to behave and is rarely naughty (5)
13. A job to do – to ask if nothing’s missing (4)
14. One runs out of clothes (8)

Down
1. Vessel seen in Zambia or Tanzania (5)
2. One gets caught, hugged by tender policeman (7)
3. Paths of planets or particles? (6)
4. Garments ordered for Ascot (5)
5. A Greek mountain could be so lumpy! (7)
6. Get hold of good tool (5)
7. Knave gets trophy and big winnings (7)
8. Some American girl (5)
9. Devil seen in former police station? (3,4)
10. Missing suspect’s first to stop a criminal (6)
11. Birds share nuts (5)
12. Clark up on the roof? (5)
13. Half-hearted meal served here? (5)

CODING PUZZLES

Colouring Answers

Wordsearch

Codeword
Sean Connery will forever be synonymous with the world’s greatest spy, and one of the most successful movie franchises ever, James Bond.

Sir Sean Connery is the kind of rags-to-riches story that would inspire any young artist. Born on August 25, 1930 in Fountainbridge, Scotland to a cleaning woman and a lorry driver, Thomas Sean Connery worked his way up from his first gig as a milkman in Edinburgh to become one of the world’s most accomplished film icons.

Connery left school at thirteen and joined the British Royal Navy in 1946. A long bout as a stomach ulcer shortened his “naval career”. He returned to Edinburgh and seemed to settle into a life of hard work: lorry driver, a lifeguard at Portobello swimming baths, a labourer, an artist’s model for the Edinburgh College of Art and a coffin polisher.

Connery attained a height of 188 centimetres at the age of 18 and was called as “Big Tam”. He began bodybuilding and entered a Mr Universe competition held in London in 1950 where he placed third.

Connery was a very good football player as well and played for Bunnyrigg Rose in his younger days. Manchester United’s manager, Matt Busby was so impressed by Connery’s play that he offered him a contract for 25 pounds a week. About the offer he said, “I realised that a top-class footballer could be over the hill by the age of 30, and I was already 23. I decided to become an actor and it turned out to be one of my more intelligent moves.”

Sean Connery’s pastime eventually started his acting career. Connery helped out backstage at the King’s Theatre in late 1951 and eventually started his acting career.

Connery portrayed the character that made him also the world’s most successful movie icon. Sean Connery’s pastime eventually started his acting career. Connery helped out backstage at the King’s Theatre in late 1951 and eventually started his acting career.

In 1962, Connery was cast in the role of James Bond, Agent 007 of the role of James Bond, Agent 007 of the role. Connery owes his suave secret agent success to director Terence Young who taught him how to use his physical grace and presence for action. He took him to dinner and taught him how to walk, talk and even to eat.

In 1962, Connery was cast in the role of James Bond, Agent 007 of the role of James Bond, Agent 007 of the role. Connery owes his suave secret agent success to director Terence Young who taught him how to use his physical grace and presence for action. He took him to dinner and taught him how to walk, talk and even to eat.

Four years later, however, he was persuaded to return to the role for Diamonds Are Forever, which he declared was his last movie as Bond. Never Say Never Again was his seventh bond movie after a gap of twelve years. The title “Never Say Never Again” is the conversation between Connery and his wife. Connery had decided never to act in another Bond movie and his wife persuaded him to.

Sean Connery portrayed the character of James Bond in seven movies. Name the only other actor who portrayed this character in seven other movies.

Roger Moore.

‘Scotland forever’ and ‘Mum and Dad’ have special significance in Sean Connery’s life. What are these?

These are the two tattoos on his right arm. He got them when he enlisted in the Royal Navy at the age of 18.

In 1969, which magazine named Sean Connery “The Sexiest Man Alive” at almost 60 years of his age?

People.

Sean Connery was once pulled over for speeding. The apprehending officer had a very interesting name. What was it?

Sergeant James Bond.

In the early 1980s, while filming Never Say Never Again, Sean Connery was taking karate lessons, and he did something that apparently annoyed the instructor. The confrontation ended with Connery breaking his wrist, although he wouldn’t know it had been broken until enduring the throbbing pain for several years. Name the karate instructor, a soon-to-be film star himself.

Steven Seagal.

Name the world’s largest food fight held on the last Wednesday of August in the Spanish town of Bunol.

La Tomatina. Participants throw tomatoes and gel involved in a tomato fight purely for entertainment purposes.

He predicted, “Tomorrow, at sunrise, I shall no longer be here.” He was right. Yes, these were his last words. Identify him.

Nostradamus.

According to a childhood story, who lives in a rubbish bin on Sesame Street?

Oscar.

If you were biting into a ‘Granny Smith’ what would you be eating?

Green Apple.

Identify the “Gronzy” below. He was born on 23rd August, 1530 AD and “acquired” the throne 3 years later.

James I of Scotland.

What’s the Good Word?

Ethereal: (a) heavenly (b) aftermath (c) supplementary (d) perished.

Freedo: (a) craftsmanship (b) confession (c) passionless (d) privately-owned.

Chizzy: (a) profitable (b) haggard (c) indication (d) significant.

Miser (a) client (b) counterfeit (c) desirability (d) misnaming.

Brandish: (a) penetrate (b) ostentatious exhibition (c) addiction (d) respond.

Hiatus: (a) small group (b) interruption (c) identity (d) independent.

Tortuous: (a) circuitous (b) expected (c) skullcrusher (d) global satiate (c) overpower (b) suspend (c) satisfy (d) innovate.

Garniture: (a) espargeon (b) profound (c) aesthetics (d) embellishment.

Excultate: (a) strengthen (b) exacerbate (c) confuse (d) consider.

Answers: (a) 2 (c) 1 (b) 4 (d) 5.

(b) 6, 7, 8 (c) 9 (d) 10 (b)

(Answer next week. Answer to last week’s photo quiz: Pringles.)
Azmi roots for handloom revival

Veteran actress Shabana Azmi has said she is a huge admirer of handloom work, adding that we should support the handloom industry so that we can save the dying art.

Azmi was interacting with the media while inaugurating fashion designer Shraddha Sawant’s exhibition named “The Magic of Looms – Massakali” recently.

“The exhibition, Indian handloom sarees like Chanderi, Benares, Zari, Khadi-Jamdani, Ikat, Kanjivaram, Gharwals, among others, and over 500 hand-woven creations by weavers from across India are on display, to keep alive the dying art,” said Azmi.

Azmi recalled that she had shot a film called Susman, which highlighted plight of handloom weavers. “Many years ago, I did Shyam Benegal’s film called Susman (1987) in which Om Puri played the role of a weaver and I played his wife. It highlighted the struggle of rural handloom weavers in the wake of rapid industrialisation. In that era, only men used to weave but now when I see women also weave, I feel really happy,” she said.

Azmi said that people should support the handloom industry in their own capacity. “When we talk about work force in India, then I feel that people who do handwork are really important, but the handloom industry has been restricted to a very few parts of the country. It’s a huge part of our culture, history and tradition, and because of this industry, many weavers are getting employment opportunities. So, I feel we should support them in our own capacity!”

Shabana Azmi is the most honoured actor at the National Film Awards, having won in the Best Actress category a record five times. – IANS

Emily VanCamp, Wyatt Russell join The Falcon And The Winter Soldier

Actor Wyatt Russell will be bringing character of Russell’s son Wyatt Russell in a way that is cool, “Feige said.

Russell will be bringing character of Winter Soldier film Captain America: The Winter Soldier) in the upcoming action drama series Sharon Carter in the upcoming action drama series Carter in the upcoming action drama series.

The mini-series will stream on Disney+ and will take the audience on new adventures featuring characters played by Anthony Mackie (Falcon) and Sebastian Stan (Winter Soldier) in the Captain America and Avengers movies.

VanCamp played the role of Sharon Carter in the feature film Captain America: The Winter Soldier.

Hollywood legend Kurt Russell’s son Wyatt Russell will be bringing character of John Walker to life. It is the first time that the character is making a transition from the comics to the screen.

Created in 1966, in comics Walker started out as buffoonish villain Super Patriot, a fanatical determined to replace Captain America. He becomes a government sanctioned superhero and is appointed as the new Captain America for some time. He later becomes US Agent.

Marvel head Kevin Feige made the announcement at D23 Expo here recently. He feels privileged to be associated with the show.

“It’s an unmeasurable privilege to be able to continue to work with these two (Mackie and Stan) year after year and now coming to Disney+. We do a much deeper dive into both their pasts and present post Avengers: Endgame in a way that is cool,” Feige said.

It will premiere at Disney+ soon. – IANS

My failures made me who I am: Hrithik

Actor Hrithik Roshan made a blockbuster Bollywood debut 19 years ago with Kaho Naa... Pyaar Hai, and since then he has been featured in several films that ran the gamut of genres from love story to patriotism. His movies like Fiza, Kabhi Khushi Kabhi Gham, Koi...Mil Gaya, Dhoom 2 and Zindagi Nu Milegi Dobara turned out to be hits though he failed to impress with a string of projects such as Yuva, Naa Tum Jaano, Raaz, Chak De! India, Kites and Mohenjo Daro. Time and again, however, Hrithik has tried to prove his versatility as an artiste and, according to him, it was “failure” which helped him scale greater heights.

“Today, when I look back, it feels like I have come a long way. There have been successes and there have been failures. The most important are the lessons I learnt from my failures. My failures have made me who I am today and now my choices come from a place of having learnt from those failures,” said Hrithik.

Talking about his film choices, the 45-year-old star, who is currently being lauded for his performance in his latest release Super 30, says he looks for “entertaining scripts” while signing on a film only because it is a biopic of a great man. I am going to do a film if it’s an entertaining script, that’s it! Those are the kind of stories I am looking forward to,” he said.

With Super 30, Hrithik continues maintaining his charm at the box-office. The film raked in over Rs146 cr in India. Bollywood’s star, however, claims that does not give much heed to box-office numbers.

“Box-office numbers do hold some level of importance as it is a direct indication of people watching your film, but I don’t choose my scripts keeping in mind whether or not it will cross Rs100 crore or not. It is important that the film connects with the masses and entertains them. Crossing the 100-crore mark is only the cherry on top of the cake,”

For Hrithik, it is experimentation that matters the most. “I have always tried experimenting with characters I play. Whether it is Rohit in Koi Mil Gaya, Rohan in Kaabil, Ethan in GUARDIAN OR ANAND KUMAR IN SUPER 30, I have been drawn to different characters. I feel more encouraged and empowered as an actor now. I am thoroughly enjoying the process. I have to work hard to achieve what I want to, even today. There is a constant effort from my side to become better at what I do and to deliver what is expected out of me,” he added.

After portraying a de-glam look in the biopic of Patna based maths teacher Anand Kumar in Super 30, Hrithik will be seen in an high-octane action avatar in War, which is scheduled to release in October.

– IANS

Scarlett Johansson is highest-paid actress in Forbes list

Lucy star Scarlett Johansson has topped the Forbes list of the highest-paid actresses for the second time, beating names like Sofia Vergara, Reese Witherspoon and Nicole Kidman among others.

According to forbes.com, Johansson earned top spot with an earnings of $56 million.

According to the portal, the actress, who is popular for her character Black Widow in the Avengers universe, raked in a lot of “Marvel money, like an eight-figure check for her upcoming Black Widow film and an impressive back-end payment of about $35 million for the $2.8 billion-grossing Avengers: Endgame.

The second spot is taken by Sophia Veragaza, who has $44.1 million, at the third position is Reese Witherspoon with $35 million.

Nicole Kidman and Jennifer Aniston have secured the fourth and fifth position in the list with $34 million and $25 million.

Kaley Cuoco, Elisabeth Moss, Margot Robbie, Charlize Theron and Ellen Pompeo have been named in the list too.

Here’s the list of the world’s highest-paid actresses of 2019:

1. Scarlett Johansson: Earnings: $56 million
2. Sofia Vergara: Earnings: $44.1 million
3. Reese Witherspoon: Earnings: $35 million
4. Nicole Kidman: Earnings: $34 million
5. Jennifer Aniston: Earnings: $34 million
7. Elisabeth Moss: Earnings: $24 million
8. Margot Robbie: Earnings: $23.5 million
9. Charlize Theron: Earnings: $23 million
Bangladeshi veteran dedicates life to social work in Qatar

Muhammad Abdus Sattar reminisces about life and retirement after 40 years of service for community

By Mudassir Raja

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ver 40 years of social and welfare work for the Bangladeshi community has made him a humble and wise man.

As he retires and leaves Qatar for good, he eyes writing a book on social works.

Muhammad Abdus Sattar, who landed in Doha in 1978, leaves his second home with a heavy heart. “It is like leaving your beloved family and your home after over 40 years,” he tells Community.

Sattar had a government job in Bangladesh when he decided to come to Qatar.

“One fine day, my father told me that he has arranged a visa and I am going to Qatar. My first job was in the field of sales and marketing. I have worked with different organisations. As I leave after 40 years, I have no regrets in my life. My only daughter is getting university education in accounting.”

An ardent and committed social worker, Sattar started taking part in different activities for the welfare of his compatriots.

“I was the founder-president of Durbar Juboshanga. I also served as the president of Bangladesh Education Society, Sports Wing. I joined the Jalalabad Association of Bangladesh (JAB) as the vice president in 1998. I served JAB as the president for six years. I am the outgoing president of the association. JAB was established in Dhaka in 1948 and it was started in Doha in 1984.”

The committed worker has been taking part in various social welfare activities such as providing financial support to the deserving and poor students, arranging medicines for low-income patients besides providing clothes and food for those who cannot afford them at a certain point in time in association with many organisations in Qatar.

“Regularly been organising events to express supports to the needy expatriates, we have Besides arranging financial and logistical supports to the needy expatriates, we have regularly been organising events to express solidarity with Qatar celebrating different achievements of the country.

“The main service we used to offer from the platform of the JAB was to provide financial support to transport the dead bodies of Bangladeshi expatriates back to their native places. We have also been organising different cultural activities as well for the expatriates where we invite Bangladeshi artistes based in Qatar?”

The unassuming community worker has inculcated discipline and value of coordination while working with different social welfare organisations.

“The most important thing that I have learnt through my community work in all these years is how to respect your elders or seniors and how to take care of the youngsters. That is why I always have cordial relationship with every ambassador of Bangladesh to Qatar. I enjoy working with Ashud Ahmed, the current Bangladesh ambassador. He has been very friendly and co-operative when it comes to community service. He extends very useful pieces of advice to different community organisations.”

He added: “I have just been trying to help the Bangladeshi expatriates. I love doing something myself instead of telling others to do it. I have been providing financial support to a school for girls in Bangladesh.”

The unassuming man is all praise for Qatar. “I have found the Qatari people very friendly and co-operative. I also owe a lot to the country that has given me so much. I will carry very sweet and lovely memories of Qatar.”

Sattar tells his fellow compatriots in Qatar that their good character can build good reputation for their country.

“As we live in Qatar, we need follow the rule and regulations of the country. As an expatriate community, we need to develop strong bonds with the local people and within ourselves. I always advise the young Bangladeshis that we should expect nothing from a social welfare organisation. We should rather give our time and services to the community organisations to help others. We need to contribute financially as well.”

Sattar, on the other hand, stresses that he is not going to sit idle in Bangladesh.

“I just want to enjoy the retirement life. However, I have plans to write a book on social welfare works.”

“I am definitely going to miss my family – the Bangladeshi expatriate community in Qatar. I will miss my Qatari friends. I leave the country with a heavy heart. It is very painful to part with the beloved country and colleagues.”

““The most important thing that I have learnt through my community work in all these years is how to respect your elders or seniors and how to take care of the youngsters”

— Muhammad Abdus Sattar

COMPASSIONATE: Sattar took part in various social welfare activities such as providing financial support to the deserving and poor students, arranging medicines for low-income patients besides providing clothes and food for those who cannot afford them at a certain point in time in association with many organisations in Qatar.