To rein in global warming, healthy forests and sustainable diets are key: UN. P4-5

**FOOD FOR THOUGHT:** A forester holds a salicornia plant, a saltwater-tolerant species that he hopes will eventually be used to provide food and biofuel for millions of people in places where good soil and fresh water are in short supply.

**POPSPOT**
Current hit *Ransom* proves a great leap forward for teenager Lil Tecca.

**SHOWBIZ**
Zombie Captain America in *What If...?* trailer.
**Prayer Time**

- Fajr: 3:52am
- Shoroq (sunrise): 5:14am
- Zuhr (noon): 11:37am
- Asr (afternoon): 3:06pm
- Maghreb (sunset): 6pm
- Isha (night): 7:30pm

**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: 44588888
- Qatar Airways: 44496000
- Hamad Medical Corporation: 44392222, 44393333
- Qatar General Electricity and Water Corporation: 44845555, 44845464
- Primary Health Care Corporation: 44593333
- Qatar Assistive Technology Centre: 44593363
- Qatar News Agency: 44402005
- 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**

“When it is obvious that the goals cannot be reached, don’t adjust the goals, adjust the action steps.”

— Confucius

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**Community Editor**

Kamran Rehmat

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**Evaru**

**Direction:** Vankat Ramji

**Cast:** Regina Cassandra, Naveen Chandra, Nihal Kodhaty

**Synopsis:** When a high-ranking police official is killed by his alleged harassment victim, Sub-Inspector Vikram Vasudev is entrusted with investigating what seems like an open-and-shut case. As he delves deeper, Vikram finds the case spiralling into a dark tale filled with unexpected surprises.

**Theatres:** Landmark, Royal Plaza

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**Porinju Mariam Jose**

**Direction:** Joshiy

**Cast:** Joju George, Chemban Vinod Jose, Nyla Usha

**Synopsis:** Set in 1985 against the backdrop of a church festival in Thrissur, the film revolves around the lives of a rowdy named Kattalan Porinju, the aristocratic Alappattu Mariyam and their mutual friend Puthanpally Jose.

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

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

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

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

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

**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

**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.

**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

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Needed: A fine balance between resource, use

A growing body of scientific evidence shows that rethinking how we use the landscape will be critical for preventing dangerous levels of warming, write Julia Rosen and Anna M Phillips

“The UN report tells us that land is already doing a lot of service for us, but also that we can do a lot with land,” said Louis Verchot, a forester at the International Center for Tropical Agriculture in Palmira, Colombia.

A sweeping new report from the United Nations’ Intergovernmental Panel on Climate Change highlights the myriad ways that rising temperatures have impacted agriculture, wildfire risk, soil health and biodiversity. The report also examines how land and its uses can exacerbate the effects of global warming – or help mitigate them.

“IT tells us that land is already doing a lot of service for us, but also that we can do a lot with land,” said Louis Verchot, a forester at the International Center for Tropical Agriculture in Palmira, Colombia.

A summary of the group’s assessment was released after a marathon overnight negotiating session in Geneva. It will inform upcoming United Nations climate negotiations in Santiago, Chile, later this year, when countries will revisit their pledges to reduce emissions.

One of the report’s major themes is that forests play an important role in absorbing the carbon dioxide generated by human activities, and protecting them is crucial to reining in warming.

Over the last 150 years, temperatures on land have increased by about 2.75 degrees Fahrenheit – twice as fast as they have for the planet as a whole, according to the report.

Human activities have increased the amount of carbon dioxide, methane and nitrous oxide emitted from land. Deforestation releases carbon stored in trees and soil, and agriculture accounts for about a quarter of all human-caused greenhouse gas emissions.

“Deforestation releases carbon dioxide, methane and nitrous oxide emitted from land. Deforestation releases carbon stored in trees and soil, and agriculture accounts for about a quarter of all human-caused greenhouse gas emissions.”

The report also emphasizes the need for a new approach to agriculture that balances the need to feed a growing population while using natural resources more sustainably.

“Over the last 150 years, temperatures on land have increased by about 2.75 degrees Fahrenheit – twice as fast as they have for the planet as a whole, according to the report.”

Indeed, a growing body of scientific evidence shows that rethinking how we use the landscape will be critical for preventing dangerous levels of warming.
A 2017 study concluded that land-based climate solutions could deliver a third of the greenhouse gas reductions needed by 2030 to keep the world on track to meet the goals of the Paris accord, which are to keep warming well below 2 degrees Celsius above preindustrial levels. About half those reductions could be accomplished for less than $100 per tonne of avoided CO2 emissions, and some for as little as $10 per ton.

Protecting and expanding forests is at the top of the list.

“If we are interested in curbing the rise of carbon dioxide in the atmosphere, plants — and particularly trees — are a good way to do that,” said William Schlesinger, a biogeochemist and president emeritus of the Cary Institute of Ecosystem Studies, an independent environmental research organisation based in Millbrook, NY.

Halting deforestation is a pressing priority. Forests like the Amazon hold tremendous amounts of carbon. They also cool their surrounding areas and increase local rainfall. Yet they are disappearing fast.

Deforestation rates in Brazil and Colombia have increased dangerously in the last three years, and especially in the last 12 months, said Carlos Nobre, an Earth systems scientist at the University of Sao Paolo who was not involved with the report.

“That’s very worrying!”

If more than 20% or 25% of the trees are lost, large swathes of the world’s largest rainforest could transition to a degraded savanna and expel a huge burst of carbon into the atmosphere, Nobre said.

Stopping deforestation will take convincing people that forests are worth more than the land they occupy.

“Forests do a lot of things (besides) taking carbon dioxide out of the atmosphere,” Schlesinger said. They provide clean water and flood protection for free. They offer opportunities for ecotourism. And they could be used to produce sustainable timber.

The report lays out possible ways to quantify the value of forests through policies such as payments for ecosystem services, said report co-author Pam McElwee, an environmental scientist at Rutgers University.

Restoring degraded forests also has great potential to mitigate climate change, the report noted. A recent study found that Earth’s landscapes could support up to 500 billion additional trees, which would remove roughly two-thirds of the carbon that humans have pumped into the atmosphere.

“These numbers are big, and that’s something to be excited about,” said Katharine Mach, a climate change scientist at Stanford University who was involved in planning the IPCC report.

But, she cautioned, it’s important to have realistic expectations. Land has to serve many purposes in addition to absorbing carbon, she said.

“If you say climate is No 1 when it comes to land, everyone would look at you with crossed eyes,” she said.

There is already intense competition for land in some regions of the world, and that could increase in the future as population and incomes rise. Demand for food will grow, and depending on what we eat and how it’s produced, more land could be conscripted for agriculture. (Urban expansion, if unchecked, will also gobble up cropland.)

Already, the greatest driver of deforestation is agriculture. In Brazil, people cut trees to create pasture for cattle or to grow soy. In Indonesia, vast tracts of forest have been lost to palm oil plantations.

And climate change is posing new challenges for farmers, the report found. Warmer temperatures and increased-drought stress plants. Invasive pests and extreme weather damage harvests. And soil erosion and land degradation reduce soil fertility. Problems like these are already threatening food security, and their economic toll is a factor driving increased migration, the report said.

Bruce McCarl, an agricultural economist at Texas A&M who worked on the report, said researchers must pour more resources into developing new crop varieties that will help growers increase their yields in a warming world.

In addition, farmers could adopt practices that increase the amount of carbon in the soil, helping their plants and combating climate change at the same time.

Many pathways to meeting the Paris goals rely heavily on planting biofuel crops or seeding trees in historically unforested areas. But the report warned that such actions will only complicate the picture by placing yet more demands on the landscape.

Ultimately, to feed a growing population and preserve forests, we will need to produce more food without using more land. And one way to do that is for people to eat more plant-based diets, the report said.

Animal products — particularly beef — require more land to deliver the same nutritional benefits. That’s because livestock needs land for pasture on top of the land used to grow feed crops like corn and soy.

Studies show that reducing meat consumption could reduce demand for land and greenhouse gas emissions.

““This is a very positive message,” said coauthor Cynthia Rosenzweig, a researcher at Nasa’s Goddard Institute for Space Studies. “There’s a double benefit, which is that then those diets are more healthy as well.” — Los Angeles Times/TNS
Students of PISQ excel in HSSC-I examinations


Nargis Raza Otho, Principal of PISQ, congratulated all the students, parents, and teachers on the success. She said, “PISQ is thoroughly committed to get its students the best possible learning experience and it is all set to excel more academically down the road.” Syed Ahsan Raza Shah, Ambassador of Pakistan, also extended his wishes to the students, teachers, and parents. He said that education is surely the only decent means for individual and collective development; hence, it should be the foremost priority of any civilized nation anywhere all the time.
NRNA - NCC elects new office bearers

Non-Resident Nepalese Association - National Coordination Council Qatar (NRNA - NCC) recently elected its new office bearers. The newly elected members of Non-Resident Nepali Association - International Coordination Committee (NRNA - ICC), includes: Yubaraj Sharma, Ramesh Bhatta, Homnath Sharma and KB Hamal. Newly elected office bearers of NRNA - NCC, include: Mohamed Muktada, President; Uttam Gurung, First Vice Chairman; Kumar Khadka, Second Chairman; Santa Bhadur Roudel, Female Vice President; Ambika Khatri, Female Co-ordinator; Padam Giri, General Secretary; Netra Bhujel, Secretary; Binod Basyal, Treasurer; Mohammed Tanbir Roja, Co-Treasurer; Abasar Ali Khan, Secretary; and Rabin Magar, Youth Coordinator. Other members, include: Gajendra Rai, Sunil Kumar Ghimire, Om Bhadur Chhetri, Keshab Prasad Khanal, Gopal Khatiwada, Naresh Shrestha, Raju Rai, Jawala Shahi, Jabintra Acharya, Ghanshyam Gaitsi, Bai Krishna Neupane, Abadesh Kumar Mandal, Abdul Khalik Sheikh, Sebak BK, Sarpaya Rajak, Sheikh Abdul Rajak, Keshab Raj Kariki and Mohd Sakil Ahamed.

IIEE organises conferment ceremony

Integrated International Electrical Engineers (IIEE) Qatar Chapter, in collaboration with the ASEAN Federation of Engineering Organisations (AFEO) through the Philippine Technological Council (PTC), recently organized conferment ceremony for 59 Filipino electrical practitioners as ASEAN Engineers, Engineering Technologists and Technicians listed in the ASEAN Engineering Registry at Westin Doha Hotel and Spa. The confertees received tokens and AER credentials from the Dato Ir Andy Seo Kian Hay, AER Head Commissioner, who represents the AFEO based in Kuala Lumpur, Malaysia, along with Federico A Monsada, PTC President, and Romulo R Agatip, PTC Country Registrar. The event was attended by notable personalities, including Dr Cirilo C Calibjo, 2019 IIEE President; and Dr Florigo C Varona, Committee Chairman of IIEE AAPER, along with the members, including Larry C Cruz, Florencio D Berenguel and Robert U Mabulay. Benjamin A Celedio Jr, Vice Counsellor at the embassy of the Philippines, and David Des Dicang, POLO-OWWA Labour Attaché, also attended the ceremony. The event was organised under the leadership of Mario B Morales, President of IIEE Qatar Chapter, along with Dioniso N Bacudio Jr, Activity Chairman; Lauren M Olivos, Co-Chairman; and Enwin S Peniones.
GAZOO Racing (GR) World Rally Team (WRT) reached a new milestone recently with the Toyota Yaris WRC winning the fastest event on the FIA World Rally Championship calendar, Rally Finland, for the third year in a row, stated a press release. Ott Tänak, in the No 8 Toyota Yaris WRC, repeated his victory from one year ago to increase his championship lead. Jari-Matti Latvala, driving the No 10 Toyota Yaris WRC, finished third on his home event. With these achievements, the Finland-based GR WRT maintained its record of getting two cars onto the podium on the event every year since its debut in 2017. Tänak moved into the lead on the third day following an intense battle with his competitors, and took a lead of 16.4 seconds into the fourth and final day. He instantly increased that to 20 seconds in the first of the final four stages, when he claimed his 200th WRC stage win. It is also his 120th in the Toyota Yaris WRC and 50th so far this season. Guided by co-driver Martin Järveoja, Tänak went on to set another fastest time in the rally-ending Power Stage as he clinched his victory, outpacing his nearest rival by 0.7 seconds to take the maximum 30 points away from the rally. With this, his championship lead increased to 22 points. Latvala and co-driver Mikkia Anttila took their eighth podium finish of the season. The double stage win of the event on SS21 on their way to sealing Latvala and Anttila, who stood on the third step, and all the team members. I strongly believe the hard and enjoyable drives from our drivers and co-drivers will make the Yaris an ever-better car! The team will keep fighting to secure the Manufacturers' Championship and to make our driver and co-driver become the World Rally Champions. To all the fans, I wish for your continuous support for GAZOO Racing WRT.”

Race Notes:
No 8 Toyota Yaris WRC (Ott Tänak & Martin Järveoja)
Position: 1st
Time: 2h30m 40.3s
No 10 Toyota Yaris WRC (Jari-Matti Latvala & Mikkia Anttila)
Position: 3rd
Time: 2h 31m 13.5s

Toyota supports Tokyo 2020 with specially-designed ‘APM’ mobility vehicle

Toyota Motor Corporation (Toyota), worldwide partner of the Olympic and Paralympic Games, has recently announced that to support the Olympic and Paralympic Games Tokyo 2020, it is developing a special new product, the APM (Accessible People Mover), a mobility vehicle designed expressly for use at the Games, stated a press release. Through the Games, Toyota aims to help transport as many people as possible to events and venues, including athletes and staff related to the Games, as well as all types of visitors with accessibility needs such as the elderly, people with impairments, pregnant women, and families with small children. It is also anticipated that part of the fleet of APMs will be used to support relief activities at events/venues during summer. During the Games, Toyota will employ approximately 200 APMs to support the transportation of visitors and staff around various facilities, including places where events or competitions are held and non-event official sites such as the Olympic Village.

Primary Features:
‘Basic Model’: To support more event attendance, provide ‘last one mile’ transportation
1. A low-speed, short-distance battery electric vehicle (BEV) suitable for the transportation of visitors and staff around large event/venue grounds.
2. Used by all types of attendees to the Games, including staff and athletes, as well as others, such as visitors including the elderly, people with impairments, pregnant women, and families with small children.
3. The APM will feature three-row seating. In the first row will be the drivers seat, the second row provides seating for three, and the third row will offer seating for two, allowing total seating for six people, five passengers and one driver. When used for passengers in wheelchairs, the configuration can be modified by folding the seats to allow the wheelchair rider in the second row.
4. With safety in mind, the position of the driver’s seat has been elevated and centrally located in order to allow the driver to see passengers and support their individual needs as they enter/exit the vehicle.
5. Passenger seats are accessible from both sides of the vehicle, and the overall design considers varying customers’ needs, with safety bars on both sides to help passengers while entering and exiting the vehicle, and fitted with wheelchair anchor plates and ramps to enable the optional access and transportation of wheelchair passengers.

‘Relief’ Specifications: Providing relief activities during the Games
1. While using the basic model as the foundation, half of the second and third row space has been preserved for a stretcher. In addition, to help convey people needing relief in a stable, safe way, a stretcher that can be attached/secured in the vehicle will also be equipped.
2. The vehicle has also been designed with space to allow two relief staff workers to sit immediately adjacent to the stretcher.
Good life after childhood

In his 2017 memoir, *Sting-Ray Afternoons*, the *Sports Illustrated* writer and author, Steve Rushin, reminisces about growing up in 1970s Bloomington, Minnesota, writes Casey Common

There's life after childhood after all. And for Steve Rushin, life is good.

In his 2017 memoir, *Sting-Ray Afternoons*, the *Sports Illustrated* writer and author reminisced about growing up in 1970s Bloomington, Minnesota. The book ended as the '80s dawned, and a way of life seemed to have faded out with the previous decade, along with the shuttering of nearby Met Stadium.

Now, Rushin says, he's returned to answer the question, “Whatever happened to that kid?” Volume 2, *Nights in White Castle*, picks up in 1983 as he begins his senior year at Kennedy High School. And in some ways, the sequel is better than the original.

The White Castle is the one at 96th Street and Lyndale Avenue S. (still extant), the preferred hangout for Rushin and his friends. And the first half of the book has enough '80s Twin Cities touchstones to again send locals into a nostalgic dream state: Red Owl, Wally McCarthy's Lindahl Olds, the Carlton Celebrity Room.

*Nights* benefits from more of a built-in narrative this time, as Rushin moves from Bloomington to Marquette University in Milwaukee and then, about as fast you can say “you're hired,” to a job at *Sports Illustrated* in New York. There are still a few digressions, such as an obsession with the Minneapolis Star and Tribune's cable TV listings, but fewer than in *Sting-Ray*.

Sports fans won’t find a lot of big-time behind-the-scenes sports anecdotes, other than the Kennedy Eagles' 1984 run to the state boys' basketball tournament with 6-foot-4 Rushin at forward.

But his basketball career didn’t end there, thanks to a nearby resident in Bloomington's South Brook neighbourhood: Flip Saunders, the future Timberwolves coach, then working as an assistant coach at the University of Minnesota. Soon Rushin and his buddies are playing three-on-three summer hoops in Saunders’ backyard, contesting for an aluminum-foll trophy in the Saunders Hoop Invitational Tournament. (Supply your own acronym.) That sets in motion a sequence of events that lands Rushin at SI after college in 1988.

Rushin affects a sort of Midwestern “Gosh, how did this happen to me?” about much of this. But give him credit for more pluck than that. Knock on a door, and Flip Saunders opens it. (His wife, Debbie, actually.) Write a letter to the editor.
Wandering clouds

Clouds don’t simply exist as an important feature of the weather, but they also have a strong influence on poetry. They are not simply meteorological phenomena, but have a strong metaphorical presence in our psyches.

When you think of the term “weather,” what do you think of? Where do you look to determine what are the atmospheric conditions?

I look at the sky. In fact, I look at the sky often to determine what kind of weather is shaping the day when I look out the window. Is the sky blue or are there clouds and what kind of clouds are those? Looking at the sky to determine conditions by assessing clouds is something we all do. It’s the most basic way of appraising immediate weather conditions.

So when do we start wondering what is a cloud? I’m sure our questions about clouds and our romance with them starts early in our lives.

In the beautiful words of Persian mathematician, astronomer, and poet. “Clouds rolled in and wept tears on the field. Without wine, purple flowers cannot grow. The greenery provides pleasant scenery for me today. For whose delight will my remains nurture grass tomorrow?”

— Photos and text by Mohamed Samad
Imran M, (@Imran_ismarbaan)
Seasoning tips to help you savour a great grilling season

Flowers are blooming, days are getting longer and temperatures are warmer — you can probably recognise all the signs that grilling season has arrived! But do you know how to best season all the fresh foods you’ll grill this summer? Sure, a dash of salt and pepper may be all you need for some premium cuts of meat, but creative seasoning with organic spices and herbs can enhance the taste of virtually everything you grill. What’s more, the clean simplicity of organic seasonings perfectly complements the natural healthiness of grilling. The organic seasoning experts at Frontier Co-op offer some tips for using seasonings to achieve greater grilling this spring and summer:

Dry or wet? That’s the rub

Two of the most common ways to add seasonings to grilled food is through the use of a rub or marinade. What’s the difference between the two? It’s not just that one is dry and the other wet, because some rubs are wet, too. Generally, rubs are mixtures of dry spices that you rub on food to add flavour before cooking. They’re good for high-fat foods like meat, and often contain salt and sugar, which also promotes the formation of a crust on the food when you grill it. Usually, after applying a rub you’ll want to let the food sit an hour or two before grilling it.

Other ways to spice things up

Of course, seasonings can add flavour to food in multiple ways. For example, if you’re soaking vegetables or fruit before grilling, you can add herbs and spices to the soaking water. In addition to absorbing liquid, the food will also soak up the great flavour of the seasonings. Some foods benefit from basting during the grilling process. You can enhance the flavour of the food by adding seasonings to the butter or liquid you use for basting. If you use foil packets to steam fish, veggies or fruit on the grill, you can add seasonings directly atop the food before folding the foil, or add them to a bit of liquid at the base of the packet.

Pairing seasonings with food

Some food-seasoning pairings are obvious, like apples and cinnamon or fish and lemon pepper. However, a wide range of seasonings can elevate the flavour of a variety of foods. Here are a few creative pairings to try this summer grilling season:

- Cardamom – apples, pears, citrus fruits, cabbage and carrots
- Cloves – Beef, sweet potatoes, onions, apples, pears, citrus fruits and peaches
- Cumin – Hamburgers, chicken (marinades), tofu, tempeh and cabbage
- Ginger – Steak, chicken, fish, seafood and fruits
- Marjoram – Burgers, chicken, fish, lamp, poultry and vegetables
- Poppy seed – Potatoes, cabbage, carrots, onions and zucchini
- Saffron – Chicken and fish
- Turmeric – Lamb, beans and zucchini
- Zucchini
- Saffron – Chicken and fish
- Turmeric – Lamb, beans and zucchini
- Zucchini

Lifestyle/Horoscope

Aries

March 21 – April 19

An unexpected invitation to a social event could put you in touch with unusual, fascinating people. Aries. Some of them may be involved in professions that interest you. Some may become your friends and others might prove to be valuable business contacts. New opportunities could come your way as a result. Whatever invitations come your way, don’t turn them down. You might miss something wonderful.

Taurus

April 20 – May 20

Have you been thinking about adopting a pet? Even if you haven’t, a lovely little dog or cat could come into your life now and show signs of wanting to stay with you, Taurus. Don’t let mundane considerations get in your way. An animal could bring a lot of joy into your life now. Your health should continue to thrive, though your energy might come and go in spurts.

Gemini

May 21 – June 20

A friend could propose that you participate in a new project together. This may be something you’ve never done before, Gemini, and you’re likely to have doubts. If you have any interest at all, don’t let your doubts get in your way. Whatever your friend offers may involve the investment of a lot of time, but all signs say that in the end it will be worth it.

Cancer

June 21 – July 22

A sudden feeling of love for your home could catapult you into redecorating, Cancer. News could come your way of sudden good fortune involving a family member. This is likely to affect the entire family in some way, so while you’re happy for your relative, be glad for yourself, too. Don’t be surprised if you feel a touch of envy. You’re human, after all.

Leo

July 23 – August 22

New channels of communication may open up for you today. A female author whose work you enjoy could release a new book, Leo. You could meet some new neighbours who share your interests or you could come into contact with like-minded people online. This promises to open new territory for you regarding your intellectual and social lives. Your mind is going to be working overtime!

Virgo

August 23 – September 22

Your adventurous side could show itself. Virgo. You might have a talent for an activity you never considered before, such as rafting, flying, mountain climbing, or skydiving! Or it could be a less risky pastime that’s still new to you. This is a good time to tackle new projects of any kind. Just make sure you know all the ins and outs before getting started.

Libra

September 23 – October 22

Lucky you! An unexpected break could come your way that gets you started in just the direction you’ve wanted to follow. This could involve love, career aspirations, or simply a new way of living that you’ve been longing to experience. Friends might play a major role in this process. Move ahead cautiously, but move ahead. Breaks like this don’t come very often!

Scorpio

October 23 – November 21

Your imagination is always fertile, but today it’s especially productive, perhaps surprisingly so, Scorpio. You could come up with ideas for all kinds of new projects. Friends could want to work with you, and they should have a lot to contribute. Make sure you write down some of your ideas so you can go back to them later. You won’t be able to get everything done today!

Sagittarius

November 22 – December 21

A goal that you and some friends have been trying to reach may take a sudden turn and show signs of manifesting sooner than you expected. This could be a real break for you and you might be baffled as to how to make the most of it. Don’t worry about that now. Celebrate with your friends. Within a few days you’ll be in the frame of mind to move ahead!

Capricorn

December 22 – January 19

Acknowledgement for work well done could come your way, Capricorn, as those around you suddenly seem to see you in a new light. In some cases, a touch of fame could result. This could concern either to your career, personal life, or both. Either way it boosts your enthusiasm and self-esteem, which should enable you to continue pushing ahead. Enjoy your fame and then aim higher!

Aquarius

January 20 – February 18

Your desire to advance your education and learn new skills could be promoted by a sudden event that points you in the right direction, Aquarius. You could start training in an artistic talent or learn to use new technology or find out about the latest advances in scientific knowledge. Your mind is sharp and curious about the opportunity to learn will appear.

Pisces

February 19 – March 20

Today you might feel an overwhelming physical attraction to a new person even if you’re already involved, Pisces. Also, an unusual stroke of luck could bring some extra money your way. It could be an unexpected bonus, a sale of some kind, or a gift. The temptation to spend it all at once could arise. If you don’t need the money for routine expenses, go for it! You deserve a reward.
**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.

**Puzzles courtesy: Puzzlechoice.com**

**Sudoku**

Sudoku is a puzzle based on a 9x9 grid. The grid is 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 each of the digits 1 to 9 exactly once.

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**Codeword**

**Sudoku**

**Codeword**

**Codeword**

**Codeword**
Super Cryptic Clues

Across
1 Models talk with Poles (8)
6 Have food in the attic (3)
9 Dance playfully with something for Batman and Robin initially (5)
10 City sound for Wodehouse character (7)
11 Continue to cause a fuss (5,2)
12 Fireplace that’s tremendous, so we hear (5)
13 English woman almost makes cake (6)
15 Heartless Italian certain to take cover (6)
19 Swear nothing is taken from path (5)
21 Used teeth on lightly-cooked snack (7)
23 Melissa is resolved to be irresolute (7)
24 A large branch providing wake-up call (5)
25 Part of the next layer? (3)
26 Awful grime around WC getting darker (8)

Down
2 Dismay about right eastern costume (7)
3 Linger with sailor on railway (5)
4 Atkinson’s trees? (6)
5 Nought’s amiss with weapon (7)
6 Spare one of the crowd (5)
7 Pithy part for Peter Sellers (5)
8 Frozen dripping? (6)
14 I caught a bird that’s pulled up the lettuce (7)
16 Missing leader speechless with anger and resentment (7)
17 Unruly mob – ten put in grave situation (6)
18 Quickly taking break in river (6)
19 Train – or part of one (5)
20 Computer memory found by an Italian (5)
22 Kingdom not fancied by leader of monarchists (5)

Solution

Wordsearch

Codeword
Current hit Ransom proves a great leap forward for teenage Lil Tecca

By - Justin Anthony Sharpe has just celebrated his 17th birthday. The same is true of many young people he knows around the world. But what makes Tyler's birthday that little bit more notable is the name by which he is far better known. He has a US and UK smash hit single which is credited to Lil Tecca.

I got my stage name from a friend of mine on Instagram,” he explained. “She was using the name Tecca and she just called me Lil Tecca as a fun thing. I really liked the name so decided to run with it.”

Lil Tecca began rapping at the age of nine. “I started rapping with friends during Xbox Live parties. They were diss tracks. We’d roast each other but I had one particular friend who I decided to diss on a proper rap song just for a laugh.”

“I actually put the track on SoundCloud but I had no thoughts about making a career for myself in music at that time. Like a lot of kids, I had my sights set on a basketball career. I saw myself as a star player in the NBA. But it wasn’t too much longer before I realised that wasn’t going to happen. I knew I was a pretty good rapper so started taking my music seriously.”

Despite posting his early songs online, Lil Tecca now describes these tracks as “trash” and has long since deleted them. “No More” is the first song of which he is still proud. Produced by, and featuring, his friend Prod, he is the first song of which he is far better known. He has a US and UK chart hit, his current hit, Ransom.

Lil Tecca says he is not trying to be like other rappers. Wearing glasses and with braces on his teeth, Lil Tecca has found himself labelled as a nerd.

“This is something that only started happening recently. I don’t really take it as an insult. Some people might intend it to hurt but I think most are just having fun. “I’ve learned not to take things too seriously. You can’t be liked by everybody. I’m just having fun with what I do.”

“I’m not trying to be like any other rapper. I just stay in my own lane. My songs seem to be liked by a lot of people. I have a lot of new fans.”

Bebe Rexha

Born to Jamaican immigrant parents living in the Springfield Gardens area of Queens, New York, Lil Tecca does not fit the stereotype image of a rapper. Not for him is the life of guns, drugs, street gangs, violence and prison which, sadly, is all too often associated with hip hop stars. His upwardly mobile parents even moved to the affluent Nassau County area of New York’s Long Island.

Parental support enabled Lil Tecca to spend months in the recording studio perfecting his craft. But his schooling was not ignored. His music activities were confined to weekends.

“T got work from school which I do at home now. But this is only since my music has really blown up. Before that, I was going to school like any other kid. I wasn’t treated any differently. When I dropped a track, somebody might say they liked my song but I wasn’t regarded as a celebrity or anything like that.”

Although his rise to fame has been relatively rapid, Lil Tecca’s career has been a steady climb to success. Each new song has seen him gain an increased following. But his current hit, Ransom, could certainly be described in terms of mainstream charts as the great leap forward.

“My track, Molly Girl was number one across all genres for three weeks on SoundCloud. I’ve had millions of streams for numerous songs but I’d never had a big chart hit before Ransom.”

“I got a lot of support from Cole Bennett and his Lyrical Lemonade multi-media company. He’d heard some of my stuff online and reached out to me with the offer of working together. Cole directed the video for Ransom and posted it on the Lyric Lemonade YouTube channel.”

Bebe’s account but also bombarded her followers took exception to Instagram account. Unfortunately, flattering comments on her post her dad’s rather less than his daughter’s recent single what he thought of the video for her father, Flamur. So much so that he is far better known. He has a US and UK chart hit, his current hit, Ransom.

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Bebe Rexha

Bebe Rexha enjoys a strong relationship with her father, Flamar. So much so that Rexha was not afraid to say exactly what she thought of the video for her daughter’s recent single, Last Hurrah.

Bebe was equally unafraid to post her dad’s rather less than flattering comments on her Instagram account. Unfortunately, her followers took exception to Mr. Rexha’s remarks. They not only made their feelings known on Bebe’s account but also bombarded her dad’s Instagram.

After discovering what was taking place, Bebe deleted her father’s post and defended his right to make the comments in replies to some of her most aggrieved followers.

“My dad really cares about me,” Bebe stated. “I may disagree with what he said about my video for Last Hurrah but he had every right to express his opinion. I didn’t realise his comments would become such a massive issue with my followers. The effect of this has made me more wary about what I share with my fans online.”

If you are wondering what all the fuss was about, Bebe’s Last Hurrah video can be seen at www.youtube.com/watch?v=rrNwh2zrVdg
Mahesh Bhatt ignited in us the fire to work: Pooja Sanjay Dutt.

The sequel stars Alia Bhatt, Aditya Roy Kapur, Pooja Bhatt and Dutt and was one of the highest-grossing Hindi movies of 1991. Sadak, a sequel of his 1991 hit Sadak.

ignited in all of us continues to blaze with fervour, passion and a last tempo sent on its way home, the fire Mahesh Bhatt has Each day pushed our limits, each day revealed something more in Mysore! Can’t wait to be back on set!

Bhansali and Salman after two decades.

Insha-Allah!” Leela Bhansali is pushed but I will still see you all on Eid, 2020.

release delayed

Martin’s former Chicago apartment is for sale

House Targaryen and House Lannister have nothing on House (er, condo?) Martin. An Uptown condo near the intersection of Sheridan Road and Argyle Street that Game of Thrones author George R R Martin lived in from 1971 to 1975 is on the market for $354,900.

According to listing details, the 1,800-square-foot condo features three bedrooms, two bathrooms, original woodwork, new windows, hardwood floors throughout, an updated kitchen and in-unit laundry.

On his website, Martin said he shared the then-apartment with an “ever-changing cast of roomies” after getting his master’s degree from Northwestern, putting beds in the dining room and back porch, essentially creating a five-bedroom unit. “The rent was $150 a month, after all,” he wrote.

Listing agent Michael Samm said he has several private showings the morning of Aug. 24, before a Game of Thrones themed open house from noon to 3pm.

“I have no idea what to expect,” he said about who he thinks will be a GOT superfan. It feels like the gift that keeps on giving. The fans, they love Peggy, they’ve brought her back,” Atwell said on stage.

The actors who will be lending their voices include names like Michael B Jordan, Sebastian Stan, Josh Brolin, Mark Ruffalo, Tom Hiddleston, Samuel L Jackson, Chris Hemsworth, Karen Gillan and Jeremy Renner among others. What If…? will premiere on Disney+ in 2021.
Transforming dreams and passion into stunning cake art

By Mudassir Raja

“Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.”

The words of Albert Schweitzer, a French philosopher, come to life with the passion of Nukhet Dora, a Doha-based Turkish expatriate. She loves baking and decorating cakes, cupcakes and cookies. For her, it all started as a hobby and has become a passion and a source of happiness.

“One day I baked a cake and decorated with sugar paste for the birthday of my daughter in 2009. I was so excited and enjoyed the experience that I have been baking and decorating cakes since that day.”

With her passion started the journey of further learning and mastering the skill of not only baking delectable cakes but also decorating them with colourful sugar pastes.

“A few years later I noticed that all I could think about was baking. I started gathering recipes and books on the art of making and decorating cakes. I am a self-taught baker and designer, but I also attend different cake-making events and classes even today to keep brushing up my skills.”

As the fun started with baking a cake for a birthday party and decorating it for the gathering, Nukhet continues to enjoy preparing cakes for birthday parties. She has started organising workshops and classes teaching how to bake and decorate cakes to the women from different countries living here. “I read everything I can find, tried several recipes, joined classes and called my work ‘Nuku’s Cakes & Cookies’ at the end. I have also started sharing what I have learnt. Basically, I have three different classes. Each of my classes runs for six hours. Mostly moms come to my classes. They cannot spend six hours with me on a single day so I teach them for two to three hours a day.”

“The cake decoration class is very special one. The course does not include baking. It is all about making fillings and frosting the cakes. After the class, all participants get chance to take the decorated cakes to their homes and as well as the recipes along with their training notes.

“I also organise cupcakes decoration classes. We bake altogether three different cupcakes recipes at kitchen and then we start to decorate them with sugar paste and butter cream.

“The third one is cookies decoration class. We bake two different kinds of cookie recipes at the kitchen and then we learn how to decorate them with sugar paste.”

The Turkish cake designer has been organising classes at her home. She is going to have her next session this October. “There is a lot of interest in the art of cake decoration among women of different nationalities living in Qatar. I have come across some very good cake makers who are keen to learn more and more about cake decorations. The trend is getting a lot of momentum.”

“The delicate designer says she does not intend to make it her business. “I am a house wife and take care of two children. I cannot do this on a commercial scale. However, people pay me when they ask for special birthday cakes. I do not charge much. I always keep cakes ready at my home for the guests. I started it as a hobby and carry it on as my passion.”

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— Nukhet Dora