Are they game?

Can the 2020 Summer Olympics help
Fukushima rebound from N-disaster? P2-3

CUISINE
Pecan pralines are decent little sweet bites from South Carolina.

SHOWBIZ
Oyelowo talks about Don’t Let Go and being a dad.
Above, beneath the surface in Fukushima

The Japanese government has raised what it considers to be the acceptable exposure from 1 millisievert to 20 millisieverts per year. Along with this adjustment, officials have declared much of the region suitable for habitation, writes David Wharton

“Choosing to be positive and having a grateful attitude is going to determine how you’re going to live your life.”
— Joel Osteen

We are hoping that, through sports, we can give the residents new dreams. We also want to show how far we’ve come

— Takahiro Sato, director of Fukushima’s office of Olympic and Paralympic promotions

Quote Unquote

COMMUNITY

Community Editor
Kamran Rehmat
e-mail: community@gulf-times.com
Telephone: 44466405
Fax: 44350474
An hour north of Tokyo by way of bullet train, the land is lush and green, framed by thickly wooded mountains in the distance. This vast rural prefecture in northeast Japan was once renowned for its fruit orchards, but much has changed. “There has been a bad reputation here,” a local government official said.

Since the spring of 2011, the world has known Fukushima for the massive earthquake and tsunami that killed approximately 16,000 people along the coast. Flooding triggered a nuclear plant meltdown that forced hundreds of thousands more from their homes. As the recovery process continues nearly a decade later, organizers of the 2020 Summer Games say they want to help.

Under the moniker of the “Reconstruction Olympics,” they have plotted a Torch relay course that begins near the crippled Fukushima Daiichi plant and continues through adjacent prefectures — Miyagi and Iwate — impacted by the disaster. The region will host games in baseball, softball and soccer next summer. “We are hoping that, through these sports, we can give the residents new dreams,” said Takahiro Sato, director of Fukushima’s office of Olympic and Paralympic promotions. “We also want to show how far we’ve come.”

The effort has drawn mixed reactions, if only because the so-called “affected areas” are a sensitive topic in Japan. Some people worry about exposure to lingering radiation; they accuse officials of whitewashing health risks. Critics question spending millions on sports while communities are still rebuilding. “The people from that area have dealt with these issues for so long and so deeply, the Olympics are kind of a transient event,” said Kyle Cleveland, an associate professor of sociology at Temple University’s campus in Japan. “They’re going to see this as a public relations ploy.”

It was midafternoon in March 2011 when a 9.0 earthquake struck at sea, the initial crisis focused on the coastline, where thousands were swept to their deaths. Another concern soon arose as floodwaters shut down the power supply and reactor cooling systems at the Fukushima Daiichi plant.

Three of the facility’s six reactors suffered fuel meltdowns, releasing radiation into the ocean and atmosphere.

Residents within a 12-mile “exclusion zone” were forced to evacuate; others in places such as Fukushima city, about 38 miles inland, fled as radioactive particles travelled by wind and rain. The populace began to question officials of exposure to lingering radiation; a sensitive topic in Japan.

“My colleagues and I brought our families back to the area in late 2011,” Cleveland said. “In the first 10 weeks, Tepeco was downplaying the risk,” he said.

Eventually, they were dissembling and lying.” The company has been ordered to pay millions in damages, and three former executives have been charged with professional negligence. Crews have removed massive amounts of contaminated soil, washed down buildings and roads, and begun a decades-long process to extract fuel from the reactors’ cooling pools.

All of which left the area known as the “Fruit Kingdom” in limbo. It is assumed that low-level radiation increases the chances of adverse health effects such as cancer but the science can be complicated. Reliable data on radiation risks is difficult to obtain, said Jonathan Linno, a public health professor at Johns Hopkins University. And, with cosmic rays and other sources emitting natural or “background” ionizing radiation, it can be difficult to pinpoint whether an acceptable threshold for additional, low-level exposure exists at all.

In terms of athletes and coaches visiting the impacted prefectures for a week or two during the Olympics, Links said the cancer risk is proportional, growing incrementally each day.

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Their hesitancy does not surprise Cleveland. Though research has led the Temple professor to believe conditions are safe, he knows that residents have lost faith in the national government and Tepeco. The committee of 10 independent experts, commissioned by the government, also cited insufficient information gathering and poor communication among those in the government, the regulators and at the company as major factors that worsened the situation.

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Built in the late 1980s with a modernist design, blockish and concrete. Prefecture officials have begun renovations there. “We changed from grass to artificial turf,” said Sato. “We’re updating the lockers and showers.”

The work is co-ordinated from a small office in the local government headquarters, where two-dozen employees tap away at computer keyboards and talk on phones, sitting at desks that have been pushed together.

Tokyo 2020’s initial bid included preliminary soccer competition at Miyagi Stadium, in a prefecture farther north of the nuclear plant. Six baseball and softball games were relocated to Azuma during later discussions with the International Olympic Committee. “We made a presentation about the radiation situation and how to deal with it,” Sato recalled. “They understood and we think that’s why they got on board with this idea of the ‘Reconstruction Olympics.’”

Fukushima has spent $20 million on preparations in the past two years, he said, adding that his office has heard complaints from “a segment of the population” who are sceptical.

With infrastructure repairs continuing throughout the region, evacuees such as Morimatsu has a sceptical view of the Tokyo 2020 campaign. “They have called these the ‘Reconstruction Games,’ but just because you call it that it doesn’t mean the region will be recovered,” Morimatsu said.

Concerns about radiation prompted her to leave the Fukushima town of Koriyama, outside the mandatory evacuation zone, moving with her two young children to Osaka. Her husband, a doctor, remained; he visits the family once a month. “The reality is that the region hasn’t recovered,” said Morimatsu, who is part of a group suing the national government and Tepeco. “I feel the Olympics are being used as a part of a campaign to spread the message that Fukushima is recovered and safe.”

Balance this sentiment against other forces at work in Japanese culture, where the Olympics and baseball, in particular, are widely popular. Masane Takao, a spokesman for the Tokyo 2020 Organizing Committee, insists that “sports can play an important role in our society.”

In Fukushima, a city of fewer than 300,000, coloured banners fly beside the highway amid other signs of anticipation.

Elderly volunteers, plucking weeds from a flower bed at the train station, wear pink vests that express their support for the Games. On the eastern edge of town, a handful of workers attend to Azuma Stadium.

Dressed in white overalls, they walk slowly across the field, stopping every once in a while to bend down and pick at the pristine grass. Some are administrative. “Everyone’s circumstances are different,” he said. “Maybe there will be some people who come back to Fukushima because of this.” — Los Angeles Times/TPS
Complete guide to getting your life back on track this autumn

From heat to holidays, the summer can bring all sorts of disruption to your regular schedule. Here experts explain how to improve everything from food to sleep, writes Sirin Kale

Notebooks that smell of fresh paper, purchased in the stationery shop. Uniform laid out neatly on a chair; a rucksack packed, checked and rechecked. No matter how old you get, the memory of the start of the school year never leaves you. The butterfly nerves of a new teacher and classroom; an exhilarating jump that quickly becomes routine.

But what if we adults used September as the opportunity for a reset? Because, after the excesses of the summer – sugary cocktails knocked back by a pool and gut-busting barbecue plates loaded up night after night – September can be a time for a much-needed refresh. We asked experts for their advice on how to get your year back on track, whatever your age.

Exercise:
New year fitness resolutions are as predictable as the tides: they come and go, but rarely stick. Instead of waiting until January to purchase a gym membership that will go unused come March, set good behaviour patterns now, while the weather is better and daylight is hours longer.

"Book the time out in your diary, and treat it like a work meeting that can’t be missed," says Sarah Overall, a personal trainer. Although it is tempting to go full throttle, a measured approach is better. "Don’t try to binge on exercise and do five sessions in your first week," Overall says. "Be sensible. Put in two sessions for your first week back, with a few days break in between." Aim to build up to four workouts a week.

A good way to stay on track is to create accountability for yourself. "Rope in family or friends or go to a new class: 90% of forming a habit is about making the effort to actually get there," Overall says. Find a workout that you enjoy: if you hate going to the gym, take up hiking instead. Give yourself goals. "Think about what you want to achieve, whether it is feeling energised or losing fat," she recommends.

Food
Even if you haven’t spent the summer months gorging yourself, September is a good time to refocus your eating habits, away from the diet culture messaging that is so pervasive in the new year. "Get stuck into normality – whatever that is for you," advises Priya Tew, a dietitian. "Find a good routine for yourself – so three meals a day that are a balanced mixture of fruit, vegetables, wholegrains, proteins and healthy fats.

If you feel you have overindulged on holiday, don’t go on a fad diet. "They don’t work," says Tew. "They just lead to people falling off the wagon and feeling rubbish about themselves. Rather than falling into that trap of yo-yo dieting, make smaller, sustainable changes." This might mean increasing your fruit and vegetables by one portion a day, or reaching for healthy snacks such as carrots and hummus instead of the biscuit tin.

It is a good idea to set aside some time each week to meal plan, and bulk cooking can help a new routine to stick. "That way, you’re not standing in the kitchen figuring out what to eat," says Tew. If you are trying to save money from your weekly shop, frozen and tinned food are your friends. "They can be a lot cheaper and provide you with really good nutrition for your body," she says. Add in a tin of lentils where you would usually use meat for a healthy and cost-saving measure.

Sleep
Whereas the summer often means staying up late or toasting and turning in the sweltering heat, autumn is the ideal time to get sleep back on track. If you are concerned you’re not hitting that magic eight-hour target, remember that there is no one-size-fits-all approach. "Sleep needs are individual," says Dr Ari Manuel, a sleep and ventilation consultant at Aintree University NHS trust. Most people will need seven to nine hours a night, but each person’s needs vary. If you wake up feeling exhausted or are often tired during the day, you may be sleep deprived.

This can be remedied through good sleep hygiene. "It is about understanding the rhythms of your own sleep and your circadian rhythms," Manuel says. "When you have signals from your body that it is tired, you should respect them and not push through. Recognise that the night is for relaxation, restoration and sleep."

Go to bed at the same time on weekends and weekdays. "Wind down from technology before sleep, don’t eat too much heavy food or exercise late at night, and have a cool, dark and quiet bedroom," Manuel says. Your bedroom should be a place for rest and sex and nothing else. Make sure to disconnect from the outside world in the hour before bed. "It is about accepting that this is a time for you to relax and go to sleep – this is your time and no one else’s," which means no aimless social media scrolling in bed.

There is growing concern about the impact of blue light from screens before bedtime, but Manuel says this misses the point: all light, even from the streetlight outside your window, can disrupt sleep. It might help to invest in a black out blind or an eye mask.

Work
It is common to not want to rush back to the office after a summer break. But if the thought of returning to work fills you with panic, it may be time for a professional shakeup. The first step is to look at how you can improve your role, because it is easier to stay in a job than to look for new opportunities.

"The ‘stop, start, continue’ method is really helpful," says Zena Everett, an executive coach and career expert. "Think: what is it that I do that isn’t helping my career? What do I need to stop doing?" This might be as simple as eating lunch at your desk or not speaking up in meetings. Then identify what you need to start doing: develop new skills? Move department? Get a promotion? Finally, think about how you can continue moving your career forward – which often means networking. "That doesn’t mean going to complicated networking events," Everett says. "It just means keeping in touch with previous colleagues, grabbing cups of coffee with people and talking to people in different departments.

If you are certain you want to move jobs, work out where you add value. "There is no point in going into the jobs market and telling people what you don’t want to do," says Everett. "That is not compelling. Think about what you’ve delivered and what your
HONESTY IS THE BEST POLICY: Be honest about what you're unhappy about.

SENSIBLE ACT: Be sensible and start with two exercise sessions a week.

skillset is? A good way to know your strengths is to think about what doesn't get done when you're out of the office – what do your colleagues wait for you to come back to do?

If you are feeling very down about work, Everett suggests considering whether there may be other factors afoot. It is easy to attach all of life's ills to a testy boss or punishing workload – but your job may not be the only thing making you miserable. "Is it a work thing, or something else? If you felt happy and motivated when you go on holiday and relax. When they come back, it's a good idea to re-energise and think about what they want from their relationships." Relationships should be viewed as something you need to work at – a piano that needs tuning – rather than something you can expect to take care of itself. "We're often guilty of taking our romantic relationships for granted," Singh says. "It's easy to fall into a pattern – once the honeymoon period is over – of forgetting to spend time together. It's a good idea to pause and say: 'Where are we?'" Singh advises having such a conversation at a time when you're both relaxed and not during an argument. If you are unhappy, explain what you would like to see change in the relationship, but don't expect miracles overnight – they take time. "Be honest about what you're unhappy about, and have the courage to engage in the idea of change," says Singh. "A lot of people may be unhappy but they go on living the way they are, and think that things will get better on their own – but they don't! It needsn't take a dramatic change to get a relationship back on track – simple things such as improving how you communicate with each other or making time for a regular date night can be just as effective.

It is not just romantic relationships that may need a reset. If you're feeling lonely, resist the urge to try to make new friends and "invest in building the relationships you already have", Singh suggests. "Family relationships can be improved with the right help and investment of time and effort," he says. "But both people have to want to improve the relationship – you can't do it alone."

Facial pain may be a symptom of headaches

Facial pain may be a symptom of headaches as researchers have found that up to 10 percent of people with headaches also suffer from facial pain. "Facial pain has not been well recognised as a symptom of headache and some people end up waiting a long time for a proper diagnosis and treatment," said study author Arne May from the University of Hamburg in Germany. "This study shows that facial pain is not uncommon, and for many people their pain occurs mainly in the face, not the head," May said. Published in the journal Neurology, the study involved 2,012 people with primary headaches – headaches not due to another condition and include migraine and cluster headaches.

Of the study participants, 201 people – 10 percent had facial pain. Only 2 percent – 44 of the 1,935 people with migraine had facial pain. Of those, 41 percent experienced pain predominantly in the face. Among people with cluster headache, 15 percent or 42 of 283 people, had facial pain. Of those, 31 percent had pain mainly in the face. Also, facial pain affected 21 per cent of the 42 people with hemiconia continua – a rare type of headache with continuous pain that varies in severity. In another rare type of headache, called short-lasting unilateral neuralgiform headache, 20 percent of the 15 people in the study had facial pain. This type of headache involves very frequent attacks on one side of the head.

The researchers also reported on six people who had constant facial pain on one side of the head only in addition to their headache attacks lasting 10 to 30 minutes and occurring several times a day. However, they found this type of pain syndrome has not been described before and they proposed calling it constant unilateral facial pain with added attacks. – IANS

Married people less likely to experience dementia

A new study has found that married people are less likely to experience dementia as they age. On the other hand, divorcees are about twice as likely as married people to develop dementia, the study indicated, with divorced men showing a greater disadvantage than divorced women.

“This research is important because the number of unmarried older adults in the US continues to grow. As people live longer and their marital histories become more complex, marital status is an important but overlooked social risk/protective factor for dementia,” said Hui Liu, Professor at Michigan State University.

For the study, published in The Journal of Gerontology, the researchers analysed nationally-representative data from the Health and Retirement Study, from 2000-2014. The researchers analysed more than 15,000 respondents aged 52 and older, and measured their cognitive function every two years.

They categorised people into four groups: divorced or separated, widowed, never married, and co-habiters. Among them, the divorced had the highest risk of dementia. The researchers also found differing economic resources only partly account for higher dementia risk among divorced, widowed and never-married respondents, but did not account for higher risk in co-habiters.

In addition, health-related factors such as behaviours and chronic conditions slightly influenced risk among the divorced and married, but did not seem to affect others. – IANS
Pecan pralines are decent little sweet bites from South Carolina

My recent visit to Hilton Head Island in South Carolina is the inspiration behind this week’s column. Hilton Head is the second largest barrier island in the southern part of South Carolina known for its beaches, Atlantic Ocean and golf courses. Being a professional chef and food enthusiast, what I look for in a new destination is the food that is associated with it and get to know how that food evolved to its present day form. One such delicacy I came across during my visit was pecan pralines.

I sampled on so many pralines that day and bought them back from one of the famous shops that has been there since 1973 and people still line up to get a piece of their favourite sweet.

Pecan pralines are sometimes called New Orleans pralines or southern pralines, these decent little sweet bites are loaded with the sweetness and make a wonderful treat any day of the year. I love these simple southern pralines because they are quite easy to make and even if you’ve been intimidated by candy recipes in the past, do give these old fashioned pralines a try and you will be glad that you did.

Pralines is a confection with a rich history as its flavour and is made with sugar, corn syrup, milk, butter, cream and pecan halves. The pralines origin dates back to 17th century in France and is believed to be created by Chef Clement Lassagne who worked for the French diplomat Praslin. Chef’s original recipe used almonds instead of the pecans and a caramelised coating. It was called ‘Pralin’ in the honour of the diplomat. Through the centuries the Praslin evolved into something different from the southern praline we know and love today. This candy in both France and neighbouring Belgium often featured cocoa and ground nuts instead of the halved nut.

The current day’s pralines of south may have arrived in New Orleans with the French Ursuline nuns. These nuns were tasked with teaching young girls in their charge the domestic arts, which included cooking and how to make confections like the praline. As these girls got married and moved throughout Louisiana and the rest of the south, the praline became a popular regional treat.

While the original French praline recipe used almonds, that wasn’t as easily attainable in the south during the mid-1700. Pecan trees native to Louisiana, Georgia and Texas and other neighbouring states offered a delicious alternate. The pecan praline quickly gained popularity and today is still one of the most loved confections from this part of the country.

Texas pralines often use milk instead of the cream as used in the New Orleans pralines. Some recipes call for a ratio of brown sugar and white sugar, some call for either one of them and corn syrup. Whatever may be the recipe, the result is a melt in the mouth delicacy that is difficult to forget.

New Orleans now signature pecan studded candy was one of the first street foods in America and a means for emancipated black women to make a living during the time when civil rights were nonexistent.

Despite the candy’s popularity in the early 1900’s the praline often got overlooked a one of the New Orleans most storied foods. This candy is a symbol of rich culinary heritage and city’s tradition. Pralines can be easily stored in airtight containers for up to 5 days after it was cooled down. It is better not to over stack them and use butter paper to separate them.

You can freeze them for longer shelf life and thaw them overnight at room temperature before consumption.

Ingredients
- Brown sugar 1/2 cup
- Sugar 1 cup
- Heavy cream 1/2 cup
- Milk 1/2 cup
- Unsalted butter 5 tbsp
- Pecans 2 cups
- Salt 1/2 tsp
- Vanilla extracts 1 tsp

Method:
- Line a large baking sheet with parchment paper.
- In a medium size pot, combine sugar, brown sugar, heavy cream, milk and butter.
- Cook over medium heat stirring constantly until the mixture reaches 115°C (soft ball stage).
- Add in chopped pecans, the mixture will drop in temperature to about 115°C, add vanilla and salt, constantly stir the mixture.
- Heat up the mixture back to 115°C, the mixture will bubble up, remove the pot from heat and stir constantly for 3-4 minutes.
- Continue to stir the mixture while using a scoop to drop pralines onto the prepared baking sheets.
- The best was to do this is to get someone help you stir the mixture while you scoop.
- You need to complete this step fast enough before the temperature drops and the mixture hardens.
- Once the mixture cools down it will become crumbly and you won’t get nice pralines.
- Allow the pralines to fully crystallise before removing them from the baking sheet, this will take about 30 minutes to an hour depending on the temperature of the room.
- Once set store the chocolate pralines in an airtight container at room temperature.

Note: Humid days are not preferred to make pralines as the pralines do not turn out good. When boiling the praline mixture do not use a thin walled pot, as it will overheat too quickly and will cause the candy mix to cook too quickly and will burn the mixture. Be careful while placing the candy mixture on the parchment paper as the mixture is hot.

Chef Tarun Kapoor, Culinary Mastermind, USA. He may be contacted at tarunkapoor83@gmail.com
**Indian artiste performs at ICC**

One of India’s finest young Sarod Player, Debasmita Bhattacharya, recently performed at Indian Cultural Centre (ICC) along with her troupe members, including Sangita Bhattacharya, Tanpura Player, and Debajit Patitundi, Tabla Player. The event was organised by ICC, in collaboration with the Embassy of India as part of Qatar-India Year of Culture. The show by the three-member troupe visiting from India, representing the Indian Council for Cultural Relations (ICCR), featured interactive narrations, through innovative rhythmic dialogue on the percussion instruments. Hemant Kumar Dwivedi, First Secretary of Information, Culture and Education at the Embassy of India, was the chief guest at the event. He felicitated the visiting artistes and addressed the gathering. Manikantan AP, President of ICC, welcomed the gathering. Seenu Pillai, General Secretary of ICC, was the master of ceremony and Arjan Ganguly, Joint Secretary of ICC, proposed a vote of thanks.

**Majlis-e-Frogh-e-Urdu Adab expresses grief over demise of notable writer**

Majlis-e-Frogh-e-Urdu Adab and other local Urdu literary figures (TS) have recently expressed their profound grief over the death of reputed Indian Urdu, Hindi and Punjabi writer, Nand Kishore Vikram, who was the recipient of its 17th Aalmi Frogh-e-Urdu Adab Award in 2013. Vikram was born on September 17, 1929 in Rawalpindi district. After 1947, his family migrated to India and settled in Ambala. He is survived by a son and two daughters. He started writing poetry in school days but later concentrated on short stories and prose. He had written or edited about 100 books. In 1949, he joined daily Qaumi Akhbar and Amrit. He also published progressive magazine Irtiqa and a Hindi magazine Nai Kahani. Vikram’s writings manifest a strong sense of polarization of history. Vikram’s first story, Niral, was published in New Delhi soon after partition. In 1967, his novel, Yaadon ke khandaar was published in Hindi and its Urdu version was published in 1981. His stories, Aadha sach (half truth) and Kaabli Wale ki Wapsi (The return of Kaabliwala), unleashed biting sarcasm on the feigned righteousness in the name of nationalism. The protagonist is seemingly piqued at all pervading decline and he ruefully recognizes that universal truths have ceased to exist. Vikram’s unique distinction, as a writer, was that he was the only writer who had been inter-translating his works in Urdu, Hindi and Punjabi.

Vikram had been honourd with a number of awards, which included award from Ministry of Agriculture, Government of India in 1970 for his novel Co-operative Dairy, awards from U P Urdu Academy, West Bengal Urdu Academy and Urdu Academy-Delhi, Ghalib Institute Award, Anuwad Parishad Award, honorary shield from Writers’ Foundation, Pakistan and Mohammad Hasan Askari and many others. He also worked as Assistant Editor of monthly Aaj kal. Vikram had been honoured with a number of awards, which included award from Ministry of Agriculture, Government of India in 1970 for his novel Co-operative Dairy, awards from U P Urdu Academy, West Bengal Urdu Academy and Urdu Academy-Delhi, Ghalib Institute Award, Anuwad Parishad Award, honorary shield from Writers’ Foundation, Pakistan and Mohammad Hasan Askari and many others. He also worked as Assistant Editor of monthly Aaj kal.

Vikram’s death is a tremendous loss to Urdu language and literature and the sub-continent”, said Mohammad Atiq, Majlis’ Chairman. “I had the privilege of visiting him at his home in New Delhi during February, 2014 during my last visit to India. He warmly welcomed me and gave me a lot of his books as gift. I will greatly miss him,” he added.

**SIFQ organises educational tour**

Science India Forum – Qatar recently organised a special educational tour for Shastra Pratibhas by visiting premier research institutions in India. Finalists of Shastra Pratibhas Contest 2019 participated in this tour and explored various research Institutions, including National Physical Laboratory (NPL), Indian Agricultural Research Institute (IARI), Indian Institute of Technology (IIT-Delhi), BrahMos Aerospace Centre and Advanced Instrumentation Research Facility (AIF-JNU). President and Secretary of SIFQ accompanied the students and guided the tour. The educational tour gave an opportunity to the students to meet the directors of the Institutions who briefed them about the centre’s activities.
THE WORLD OF SALES TECH

From social selling to predictive lead scoring, technology is transforming the sales function, and is increasingly vital to closing deals and improving customer understanding.
73% people use sales technology to close more deals.

72% spend up to an hour a day on data entry and connecting records from different sales tools.

89% say data quality is important to guiding their sales and marketing decisions, up from 80 per cent in 2015 and 75 per cent in 2016.

49% are not confident in the current quality of sales and marketing data.

Sales professionals who consider the following tools the most important or very important:

- Social media: 89% (Top), 79% (Other)
- CRM software: 94% (Top), 91% (Other)
- Email marketing: 98% (Top), 94% (Other)
- Video and webinars: 92% (Top), 91% (Other)

LinkedIn 2019

Types of AI applications that marketing/sales professionals are evaluating, implementing or using:

- Improve reach and efficiency of digital advertising: 72%
- Identify the right accounts or individuals to target: 66%
- Automated sales assistants: 38%
- Capture intent signals from accounts or individuals: 42%
- Personalize the website in real time: 51%

Salesforce 2019

Global survey of B2B marketing and sales professionals:

- Higher quality leads/opportunities: 67%
- Better engagement with prospects & customers: 56%
- Better understanding of buyer intent: 52%
- Higher conversion rates: 50%
- Higher quantity leads/opportunities: 50%
- More efficient ad spend: 40%
- Pipeline acceleration: 38%
- Better omni-channel attribution: 27%

Salesforce 2019
Six sizzling paperbacks

Moira Macdonald lists down her topic summer picks for a good read

A little bit of everything for late-summer paperback reading: novels, short stories, book-length journalism and two splendid biographies.

Arthur Ashe: A Life by Raymond Arsenault: Arsenault, the historian author of Freedom Riders: 1961 and the Struggle for Racial Justice, examines the too-brief life of tennis great Ashe, a champion player who also embraced social activism. "Arsenault moves seamlessly between sports and social history, marking time with tennis competitions and civil-rights milestones," wrote Seattle Times reviewer David Takami. "The juxtaposition of the genteel game of tennis played on country-club grass and the turmoil of sit-ins, marches and the brute violence of current events is striking if, at times, surreal."

He by John Connolly: If you liked the movie Stan & Ollie, this melancholy book might be just the thing: a deeply researched historical novel about the life and work of Stan Laurel, of the duo Laurel & Hardy. "Connolly’s staccato prose leans on short sentences and chapters ... that at their best evoke the style of Samuel Beckett, an admirer of Laurel and Hardy," wrote a New York Times reviewer. "The novel nicely brings Laurel down to earth, zeroing in on mundane concerns like salary, petty professional jealousies and challenges of the end of the silent era that you may not have considered, like the fact that film crews were suddenly told to be quiet on set. How were comics now supposed to know what was funny?"

How Are You Going to Save Yourself by JM Holmes: Holmes, an Iowa Writers Workshop graduate and Pushcart Prize winner, made a splash with his first book, which "asks questions about race and sex, about families and about what happens to us when communications break down," wrote a reviewer for NPR, calling it "a shockingly powerful debut collection from a writer whose talent seems almost limitless ... It’s hard to overstate what an incredible writer Holmes is. He has a real gift for phrasing – one character is described as ‘a world-class instigator, could turn peanut butter against jelly.’"

Dopesick: Dealers, Doctors, and the Drug Company That Addicted America by Beth Macy: "A Roanoke-based reporter, Macy had a front-row seat for the pain pill epidemic’s march through rural and small-town western Virginia, moving south to north on a path roughly parallel to US Highway 81," wrote a Washington Post reviewer of Macy’s bestselling work of investigative journalism. "This exhaustively reported book includes many heart-breaking examples of young lives lost to drugs, sometimes so suddenly that parents had been unaware of the problem, sometimes after repeated efforts to help a child get clean in rehabilitation facilities or treatment programmes. Although Macy’s stories are set in Virginia, they could happen anywhere in the United States."

The Lost Vintage by Ann Mah: Should you be in need of a sun-drenched novel in these waning days of August, consider this one from Mah, a food and travel writer. It sounds like a movie already, The Hollywood Reporter called the hardcover edition “this season's essential female–centred adventure.”

Agatha Christie: A Mysterious Life by Laura Thompson: I devoured this thick biography on a plane ride last fall; Thompson, author of The Six: The Lives of the Mitford Sisters, knows her territory well and brings delicious suspense to Christie’s life story, particularly her curious disappearance for 11 days in 1926, at the height of her fame. When finished, all I wanted to do was read some Agatha Christie novels – the ultimate compliment to a biographer.

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The Seattle Times/TNS
**LEISURE**

**Colour by choice**

1. RED
2. YELLOW
3. BLUE
4. GREEN
5. ORANGE
6. BROWN
7. BLACK
8. GRAY

**Maze**

Help the sailor find his way to the island.

**Connect the dots**

Join the dots in order to find out more!

**Picture crossword**

Use the pictures below as clues.
Pooch Cafe

By Kim Gilligan

Ahead flank, proceeding at the knot.

Crammed quarters, extreme pressures, the risk that the hull could collapse and crush us at any moment.

But it's all worth it just to serve alongside you other courageous Carmates.

Target sighted, sir!

All hands! We're rising!

Let's do what we came here to do!

Gang! Gang! Gang!

Bound & gagged

Autopsy room

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

**Sudoku**

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**Solution**

```
  1 2 3 4 5 6 7 8 9
1 C O M B I N E
2 N O R S E N E A M
3 M A R I E
4 I S F A M I L Y
5 E G G
6 R I S E
7 T A B L E
8 O L L E R
9 B L O T T O
```

**Wordwatch**

**aladdinize**

_verb tr._: To magically transport or transform someone or something.


**ere**

_conjunction_: Before (earlier in time).

ETYMOLOGY: From Old English aer (earlier). Ultimately from the Indo-European root ayer- (day, morning), which is also the source of early and erst (as in erstwhile). Earliest documented use: 1598.

**ecce**

_interjection_: Behold! (used to call attention to someone or something).


**minim**

_noun_: The least amount of anything.


**tirrit**

_noun_: An instance of panic, temper, upset, etc.


**Solution**

```
4 3 1 9 2 8 5 7 6
2 5 8 6 7 1 9 4 3
3 1 9 2 8 6 4 5 7
8 4 5 2 6 3 7 1 9
7 6 2 1 4 8 3 9 5
6 9 7 3 5 1 2 8 4
5 7 3 4 1 9 8 6 2
1 2 8 7 9 5 6 3 4
9 8 4 5 6 2 1 7 3
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Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine (3x3) boxes. You are given a selection of values and to complete the puzzle, you must fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9 and none is repeated.
Four things you can do to protect your drinking water

Water is something many of us tend to devote little time thinking about, not because it is unimportant but because we take our clean, safe drinking water for granted. That is, until something occurs that shifts our focus and shows us how potentially fragile our water infrastructure really is. The importance of preserving safe drinking water is something that can be left to chance. To protect yourself and your family and to ensure the water running in your home is safe to drink, expert offers these tips.

– Know where water contamination can occur. Water impurities are not just limited to the water source. They can also occur in the distribution system. While many naturally occurring chemicals and impurities can be filtered at the source, it’s still possible for unsafe amounts of lead to enter your water.

– Educate yourself on the filtration system currently in place at your home. Water treatment solutions, including water softeners, reverse osmosis systems and specialty filters, can eliminate specific impurities in your water. However, charcoal pitchers and refrigerator cartridges cannot.

– Pay attention to the warning signs. Unpleasant odours, disagreeable taste, discoloured water and even shortened appliance lifespan are all signs that something is wrong with your water. If you notice any or all of these occurring in your home, it’s time to get your water tested.

– Schedule a test to identify impurities in your water. Because water contamination can happen unexpectedly, through a municipality, your own well or your own pipes, it’s important to have your water tested by a water expert who can determine what harmful impurities – if any – are present and how to eliminate them. While testing can be done at any time, expert recommends scheduling a water test after you move into a new house, if you have appliances that are burning out or if you notice a change in the taste, odour or appearance of your water. If you have well water you should also have it tested whenever the water becomes cloudy or changes in taste or smell.

Aries

March 21 – April 19

Aries, you may have had some confused emotions about your relationship or family over the past few weeks. You may not have been able to fully express your worries to others. But today these emotions will find a way to come out. Look around you. There might be someone right next to you who can help with your problems.

Taurus

April 20 – May 20

If every day were like today, life would be heaven, Taurus! This is potentially a wonderful time for you. You may find the answers to problems that have been bothering you for a few weeks. Keep your eyes and ears open in all conversations. You could come across the piece you’ve been waiting for.

Gemini

May 21 – June 20

Gemini, you don’t have to be at everyone’s beck and call at all the time. This is exhausting, and you lose contact with yourself. You should try to take some time out today. Take a good look at your life to see where you’re going. Go for a walk or take a long bubble bath. Things will be much clearer after a relaxing day of reflection.

Cancer

June 21 – July 22

Is it possible you’re too demanding, Cancer? Today’s planetary aspects may be asking you this question. You’re choosy about the people you spend time with, and you have a tendency to ask them to go too far for you. Sometimes you have trouble knowing your limits where other people are concerned. You might want to think about this.

Leo

July 23 – August 22

Today’s a day to daydream, although this may not be an activity you usually do. You may even feel as if you’re on vacation. Let’s just hope people don’t ask you a lot of difficult questions, because your answers will be anything but clear. But you shouldn’t have to carry the weight of the world on your shoulders every day, Leo.

Virgo

August 23 – September 22

If you have someone special in your life, Virgo, today is a perfect day to stop playing at being your partner’s parent, as you sometimes seem to do. Reverse roles, and let other people take care of you. The world won’t fall apart if you let go for a while. No matter what happens, a day like today should open your eyes.

Libra

September 23 – October 22

You won’t be able to fix your indecisiveness, Libra. You just need to give yourself some time. The direction your life is taking isn’t clear at the moment. There are great changes going on inside you. So, even though it may sound like strange advice, don’t do a thing about it! Let the situation get clearer before you act.

Scorpio

October 23 – November 21

You have a strange and wonderful day ahead, Scorpio. Once you’ve finished your work, you may want to either draw or write something that will help you remember today for a long time. You’re beginning to see the results of recent changes in you, and you’re looking for a way to express them. It may be difficult to find just the right words. But aren’t you a natural-born writer?

Sagittarius

November 22 – December 21

You have a nice day in store, Sagittarius. People may seem more attentive to your needs and generally very pleasant. You may not be used to this kind of treatment! You feel more outgoing and sociable than ever. You could take advantage of the day’s tolerant atmosphere to meet people you may have been too afraid to introduce yourself to. They will surely have some new things to teach you.

Capricorn

December 22 – January 19

Today is a day for healing and reconciliation. You may have been feeling abused and mistreated lately by someone (or a few people) in your family over the past few weeks. You’re now ready for a new start, because you were able to work things out and you’ve learned something from what happened. Take the time to savour the moment, and spend some time with the people you love.

Aquarius

January 20 – February 18

You may feel living your life is like crossing a desert, but fortunately, Aquarius, today brings your oasis. Take advantage of it! Some people you’ve met over the past few weeks could turn out to be more interesting than you originally thought. It’s up to you to change those parts of your personality that have been holding you back.

Pisces

February 19 – March 20

Certain questions about your family life aren’t as cut and dried as you might think, Pisces. This can be the case when emotions are involved. Yet more than anyone else, you need to be careful not to hurt anyone’s feelings. Today something could happen that will let you control the situation while controlling your emotions.
Oyelowo talks about Don’t Let Go, and being a dad

By Joseph V Amodio

David Oyelowo’s new thriller Don’t Let Go delivers plot twists, turns and one unusual distinction—it may actually have audiences hoping and praying that a teenager WON’T hang up her phone. We’re talking an alternate reality, clearly.

Writer-director Jacob Estes’ film, which hits theatres Friday (today), tracks a Los Angeles police detective (Oyelowo) who is shocked to receive a cell-phone call from his beloved—and recently murdered—niece (Storm Reid). The teen, you see, is somehow calling from the past (just imagine the roaming charges) and the two must work together to solve the crime and prevent it from ever happening.

Born in England to Nigerian parents, Oyelowo (this name is pronounced “oh-YELL-oh-wohl”) garnered acclaim as the Rev. Martin Luther King Jr. in Selma (2014). He also co-starred as Javert in the BBC mini-series Les Misérables, which will be seen on PBS this spring. Fans can catch him in the upcoming Come Away with Angelina Jolie and The Water Man, his directorial debut.

The actor, 43, spoke recently by phone with Newsday contributor Joseph V Amodio.

Q: As I watched Don’t Let Go, I couldn’t help but think of Memento, Sliding Doors, even Groundhog Day. All films with quirky takes on time.
A: Those films were definitely inspirations. But the thing I love about Don’t Let Go is the way it’s steeped in a kind of unconventional love story—a familial love story between this uncle and his niece.

Q: It’s true, we don’t often see that relationship on screen.
A: I’m always looking for material that has something to say. I enjoy a piece of fluffy entertainment as much as the next person, but sometimes with genre films like this it’s all popcorn and no meat.

Q: Being able to go back in time—or at least phone there—begs the question: If you could go back in time and get a do-over, where would you go?
A: Well, in secondary school—I guess we call it high school here—there were some fashion choices I’d definitely like to go back and rectify, umm, for sure. (He laughs.) No, the thing that really struck me making the film lost my mom two years ago.

Q: Oh, I’m sorry.
A: Thank you. It was the first time I’d lost someone that close to me. And you do find yourself thinking, “Gosh, if I had the time again, what would I say? What would I do differently?” My mom and I had a wonderful relationship and not too much was left unsaid, but it definitely made me be able to relate to this idea that if I could do anything to bring back a loved one, I’d do it.

By and large, I am a believer that things happen for a reason, and going back to try to change things is kind of futile and probably not what we’re designed to do. I think we should leave the past alone. But, and this is the contradiction for me, as a father, if I could do anything to prevent anything detrimental happening to my children, I would do it. I’d totally be trying to reach back through time.

Q: So the fact that you’re a dad with four kids, it sounds like that had an impact on why you took this role.
A: It was a huge factor. This emotional drive through the script of save her, save her, save her, save her—that was the thing that really gripped me. I’m also always looking for roles that are a challenge and defy expectation. And this was one that definetly helped with keeping your nose clean. – Newsday/TNS

COMMERCIAL: Richa Chadha felt box-office pressure for commercial films.

Box-office pressure depends on the film: Richa

Actress Richa Chadha says that box-office pressure entirely depends on the project.

Asked if she feels pressurised over box-office numbers, Richa said: “Well, it depends on the film. For Fukrey I was feeling pressure for box-office numbers because it was a commercial film. It was a comedy and a youth film. But when I have Masaan releasing, I don’t take box-office pressure because the ecosystem is not designed for a film at that scale to touch a (Rs100 crore) benchmark. Rather, what it does stays memorable, relevant and it just becomes a piece of art. It is just a gift that keeps giving. So, it entirely depends on the project.”

On the acting front, the 32-year-old actress will next be seen in Don’t Let Go. The film is based on Section 375 of the Indian Penal Code and Richa plays a public prosecutor fighting to get justice for a character in court. – IANS

DUNCONVENTIONAL: David Oyelowo says Don’t Let Go is steeped in a kind of unconventional love story.

Sai is the most amazing sense of humour: Tabu

Actress Tabu, who will soon be seen sharing screen space with Saif Ali Khan in the upcoming film Jawaani Jaaneman, says the actor has the most amazing sense of humour.

“Sai is amazing. He has the most amazing sense of humour. There are very few people who have a great sense of humour and Sai is one of them,” Tabu said.

The two actors have previously worked in films such as Tu Chor Main Sipahi and Hum South-South Hain. “I knew the whole collaboration will be great. For somebody I have know for almost 30 years. Since our first films. We know each other as friends and we have worked with each other,” she added.

Jawani Jaaneman also marks the debut of Pooja Bedi’s daughter, Alaia F. Directed by Nikkh Kakkar, the film is a romantic-comedy drama.

The film will release on November 29. – IANS

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On the acting front, the 32-year-old actress will next be seen in Section 375. The film is based on Section 375 of the Indian Penal Code and Richa plays a public prosecutor fighting to get justice for her client, who claims she was raped by a filmmaker (played by Rahul Bhatt), who is defended by Akshaye Khanna’s character in court. – IANS

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Mimes, tango bring human comedy to life at Katara

By Mudassir Raja

The stunned audience remained glued to their seats for over an hour as they followed a dance duo creating a tragicomic atmosphere replete with poetry at Katara’s drama theatre on Wednesday evening.

Dancers, mimes and actors – Marcelo Guardiola and Giorgia Marchiori – known artistically as ‘Los Guardiola,’ projected the audience into the fantastic world of their dance pantomime where comedy and tragedy merge into the rhythm of tango.

The tango show named as ‘Los Guardiola – The Comedy of Tango’ was organised by Doha Tango Passion, a group of tango lovers, with support of Katara Cultural Village and the Embassy of Argentina in Doha. The 75-minute-long show consisted of seven scenes inspired by famous tango routines.

The seven performances were; The Barrel Organ, The Emigrant, The Fall, The Fall (part II), The Milonga, The Betrayal, and Paper Heart.

Talking to Community, Giorgia, an Italian national, said: “I have studied philosophy in Italy. I met Marcelo in 2003 when I was a classical dancer. He was in Italy for a workshop. I really liked his way of working – not only to dance but to tell a story through tango. Since then, we have been together working as a duo.

“With the passage of time, I discovered that tango has a wonderful poetry. We follow the old and classical songs and poetic renditions for our tango performances. Our performances are always without a word. We have performed in many countries around the world such as Russia, Canada, Oman, all over in Europe, Argentina and this is our third performance in Doha. We are settled in Paris, France.”

As a student of philosophy, Giorgia loves tango as a way to express the philosophy of life through dance and mime. That is what makes me really satisfied.

Tonight we performed seven little stories all about tango with different characters and ambience. The show included tragedy and comedy – just like real life. We make the audience understand the story through mimes.”

The tango dancer experiences wonderful feelings in Qatar. “It has always been a wonderful experience in Doha. It is very lovely because there are people of many different countries at one place.”

Giorgia is very upbeat about the future of tango. “Now is a very good moment for tango. I think the future really depends on the musicians and new music being produced. There should be more contemporary tango music.”

Marcelo, an Argentinian national, is also very happy to perform in Doha for the third time. “There are always new surprises for me whenever I come to Doha. There are new buildings and things to see. For example, this time there is National Museum of Qatar. Doha is actually close to my thinking. I like to have newer and renovated things and Doha keeps bringing new things!”

About the performance, he said: “We presented human comedy. The performance was about whatever human beings do in their lives.”

Noelia Paola Romero, wife of the ambassador of Argentina to Qatar, was very exciting after watching the tango show. “Having the privilege of being from Buenos Aires, the birthplace and capital of tango, it is difficult to find a tango performance with characteristics you have not seen before, but this show, mixing dance and mime, was a first for me.

“I want to thank Anil Kumar, a Doha-based tango enthusiast and organiser of the show, because he is the one responsible for this, and for everything he does to promote tango here in Qatar, including the milongas every week with Tango Club Qatar. I also like the festival that every year takes place in Doha with maestros from Buenos Aires. I am looking forward to its 7th edition this October. Sadly my husband is in Buenos Aires nowadays and missed the show.”