Exclusive interview with Bollywood star Yami Gautam, who was in town for a photoshoot and to explore Qatar. P4-6

Super-Hornet

Quiz
Mi casa es su casa. Page 10

Showbiz
A rock star’s confessions to Cameron Crowe. Page 15
PRAYER TIME

- Fajr: 3.37am
- Shorooq (sunrise): 5.03am
- Zuhr (noon): 11.41am
- Asr (afternoon): 3.09pm
- Maghreb (sunset): 6.19pm
- Isha (night): 7.49pm

USEFUL NUMBERS

- Emergency: 999
- Worldwide Emergency Number: 112
- Kahramaa – Electricity and Water: 991
- Local Directory: 180
- International Calls Enquirers: 150
- Hamad International Airport: 40106666
- Labor Department: 44508111, 44406537
- Mowasalat Taxi: 44588888
- Qatar Airways: 44490000
- Hamad Medical Corporation: 44392222, 44393333
- Qatar General Electricity and Water Corporation: 44455555, 44845464
- Primary Health Care Corporation: 44593333, 44593363
- Qatar Assistive Technology Centre: 44594050
- Qatar News Agency: 44490205
- Q-Post – General Postal Corporation: 44464444

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

“Quote Unquote
“The secret of getting ahead is getting started.”
— Mark Twain

Chal Mera Putt

**DIRECTION:** Janjot Singh

**CAST:** Amrinder Gill, Simi Chahal, Iftikhar Thakur

**SYNOPSIS:** Chal Mera Putt is a light-hearted comedy about a group of illegal immigrants living in the city of Birmingham. The film explores the struggles they face, the lasting friendships they make and the challenges they overcome while trying to get their Permanent Residence.

**THEATRES:** The Mall, Landmark, Royal Plaza

Fast and Furious Presents: Hobbs and Shaw

**DIRECTION:** David Leitch

**CAST:** Dwayne Johnson, Jason Statham, Idris Elba

**SYNOPSIS:** Ever since building lawman Hobbs, a loyal agent of America’s Diplomatic Security Service, and lawless outcast Shaw, a former British military elite operative, first faced off in 2015’s Furious 7, the duo have swapped smack-talk and body blows as they’ve tried to take each other down. But when cyber-genetically enhanced anarchist Brixton (Idris Elba) gains control of an insidious bio-threat that could alter humanity forever — and bests a brilliant and fearless rogue MI6 agent (The Crown’s Vanessa Kirby), who just happens to be Shaw’s sister — these two sworn enemies will have to partner up to bring down the only guy who might be badder than themselves.

**THEATRES:** The Mall, Landmark, Royal Plaza
EVENTS

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

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

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.

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.

Hobby Classes
WHERE: MAM Organising Excellence Centre
WHEN: Saturday – Friday
MAM Organising Excellence Centre 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 MAM 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. MAM has also come up with chess and robotics in the regular batches in an attempt to give a better learning experience.

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 66523871/31326490.

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.

Compiled by Nausheen Shaikh. E-mail: gtlisting@gmail.com. Events and timings subject to change.
“I’m glad to have a perspective outside film industry”

Yami Gautam, Bollywood actress

If you’re not from the star or film background then if your film does work great but doesn’t do well on the box office, then the further options of the next one project to be chosen could not be perhaps what you immediately want to do or what you wish to do.

PICTURE PERFECT: Yami Gautam with National Museum of Qatar in the background.
Yami Gautam was one of hundreds of young faces, who arrive every year to Mumbai carrying sanguine, but mostly farfetched, dream of making it big. Before Yami found her calling, she was a teenage civil services aspirant. From a relatively moderate celebrity profile as a drama serial actress to making a star turn for the silver screen, Yami has traversed some distance...

There are some people who radiate positivity and energy as they smile from within and Yami is indeed one of them. And she has all the reason to be. Not many actors make a successful cut from television to Hindi film industry.

"I went to a mall and the National Museum of Qatar, and lots of people came up to me to show their love. It's always nice to feel the love and warmth. It's a beautiful place! And there's so much more yet to be explored here in Doha"

Almost seven years in film industry, what's changed?

A lot has changed. The learning process is still going and I'm still learning with every project I do. Things have changed in the industry for good, we have more faces coming up, more genres been explored. And everything else is well on its way, just like it was before.

After Vicky Donor and a couple of other films that couldn't do huge on box office what kept you going?

That's how the industry is: you fall down, be strong, get-up, keep moving on and grab the opportunities that come your way. Better scripts and huge projects couldn't do huge on box office.

And how would you draw a parallel between South film industry and Hindi film industry?

The new cinematic awakening has been a relatively recent development, triggered by periodic bouts of deep professional introspection. What kind of scripts excite you now?

I think the only difference, professionally if I say, if you're from the star background and your film doesn't work out, you already have a backup and some sort of people or films to back you up or you can fall back to. And if you're not from the star or film background then if your film doesn't work great but doesn't do well on the box office then the further options of the next one project to be chosen could not be perhaps what you immediately want to do or what you wish to do. That's about it. Rest, there's nothing else that I would like to trade from where I come from. I'm really happy to have the kind of family I have and I'm glad I have certain perspective which is outside film industry. I'm really happy where I come from, and where I've been raised. That perspective is something I always enjoy.

Was acting something you always wanted to do?

No, I wanted to join civil services but acting is something that just happened along the way. If I go back to my school days, my friends and I, all laugh about it that I was always that closet brand, a closet dancer, this closet singer. I used to love imitating and mimicking my teachers, whoever was around. But only my best friends knew about it. So, maybe deep down in my heart, I had a performer side in me. But I didn't know. And never had I ever thought that from Chandigarh I'll be leaving everything and shifting to Mumbai. I was very good in studies and was seriously preparing for civil services. But yeah it just happened.

Coming from a middle-class family, and not a star background. How difficult was it to make it where you are right now? Any lessons learnt the hard way?

I think the only difference, professionally if I say, if you're from the star background and your film doesn't work out, you already have a backup and some sort of people or films to back you up or you can fall back to. And if you're not from the star or film background then if your film doesn't work great but doesn't do well on the box office then the further options of the next one project to be chosen could not be perhaps what you immediately want to do or what you wish to do. That's about it. Rest, there's nothing else that I would like to trade from where I come from. I'm really happy to have the kind of family I have and I'm glad I have certain perspective which is outside film industry. I'm really happy where I come from, and where I've been raised. That perspective is something I always enjoy.

And how would you draw a parallel between South film industry and Hindi film industry?

I haven’t really been a South film actress. I did do two three films but it was just a part or phase where you’re doing work and Good work keeps coming your way. That's it. You're auditioning constantly, you're trying every possibility to keep working in Mumbai. And in that auditioning spree I had Vicky Donor also. In that phase of my life I also did regional films because I didn’t see language as a barrier. Actually it's even harder when you’re performing a language you don’t know. I saw it more as an opportunity to be a part of something that is for the big screen. Ofcourse there’s a difference in the culture, language and work atmosphere. But, it’s not that I was a very established actress out there. If I have to chalk out some...
Continued from Page 5

difference for you, they’re very particular about their timings! They have some pretty strong technicians out there. Really interesting work is also being done there with so many remakes happening.

There are some drastic beauty standards that have been set-up which are difficult for a common girl to follow? It’s considered a taboo now if an actor is promoting a fairness brand especially with the rise of social media, and you are. Your take on it?

I’d say I’m doing my work. I’m working as a professional. Having said that, the kind of fairness cream ads, or any cream ads for that matter, you see now have been drastically evolved over the years. They’re not the same anymore, thankfully. Just to bring it out factually for you, there are no more four faces used in the TVCs and put out a narrative that if you’re not fair there’s something to be sad about. And I’m so glad. I’ve been associated with the brand long before Vicky Donor even, when I was exploring my work as a model. My contract became an ambassadorship post Vicky Donor. I did have a chat with the brand, did express my concerns exactly on the same line; that to promote a brand is fine as long as you’re following a legal line. But, otherwise to show that to be unhappy about not being fair is not right.

How was your visit to Doha?

This is my first visit to Doha and there is a lot of love I’ve felt here. I went to a mall and the National Museum of Qatar, and lots of people came up to me to show their love. It’s always nice to feel the love and warmth. It’s a beautiful place! And there’s so much more yet to be explored here in Doha. And I’d just love to come again and be back soon. Until next time!

“The kind of fairness cream ads, or any cream ads for that matter, you see now have been drastically evolved over the years. They’re not the same anymore, thankfully... I did have a chat with the brand, did express my concerns exactly on the same line; that to promote a brand is fine as long as you’re following a legal line. But, otherwise to show that to be unhappy about not being fair is not right”
Two travelogues by Indian expat release

Two travelogues in Malayalam From Vadakkangara to Washington and Through The Valley Of Lakes by Dr. Amanulla Vadakkangara, Doha based Indian author, were recently released. The former gives an insight to the author's trip from his native village Vadakkangara to Washington, DC. From Vadakkangara to Washington was released in a ceremony at Skills Development Centre by P N Baburajan, President of ICBF. Dr. P M Abdul Salam, Managing Director of Star Kitchen Equipment received the first copy of the travelogue. The event was attended by notable personalities, including Dr. M S Bukhari, Dr Shukkur Kinalur, Dr. Sheela Philipose, Muthalib Kannur, Aboobacker Siddiq, T M Kabeer, Zubair Panadavath and Mohamed Rafeeq.

Through The Valley Of Lakes that focuses on the city of lakes, Udaipur was released at another occasion. A P Manikantan, President of Indian Cultural Centre, handed over the first copy to Fazil Abdul Hameed, General Manager of Al Mufta Rent a Car. K M Varghese, Chairman of Advisory Board of ICC, along with Anjan Kumar Ganguli, Joint Secretary of ICC, Dr Jenny Antony, K V Abdulla Kutty and Jeby K John spoke on the occasion.

ABP hosts orientation event for 2019-2020 students

The Academic Bridge Programme (ABP), part of Qatar Foundation’s Pre-University Education, recently hosted an orientation event for its 2019-2020 new joiners at the Learning Resource Centre in Penrose House. Welcoming 290 new students, the orientation event included a comprehensive tour of the building, housed in Education City, introducing joiners to the school’s programme, its facilities, policies, services, and activities, as well as faculty and staff.

Dr. Bryan Lewallen, Director of ABP, welcomed the students. Speaking on the occasion, he said, “Our faculty and staff members work hard to ensure that everything runs smoothly on the very first day of the new academic year. I am very proud of our ABP students and the continuous accomplishments they achieve, and look forward to a very successful and rewarding year ahead.”

Asmaa R al-Qaysi, Assistant Director of Student Services, gave an insight to the school’s activities, programmes, clubs, and events designed to build various skills on the occasion. Dr. Mark Newmark, Assistant Director of Academic Affairs, emphasised on the importance of academic commitment in order to benefit from the programme, as well as the need to be diligent and to work hard. Hassan Zedan, Registrar and Admissions Coordinator, provided information on class schedules, ABP’s grading system, and tests to the students.

Jacqueline Nottingham, School Counsellor, spoke about her role at ABP to the students, which includes helping students with college admissions and facilitating communication with universities around the world, as well as raising awareness of academic courses that can improve students’ skills.
operate the robot safely and with high operational functionality. The mascot robot will both allow expressions to respond with a variety of expressions. By equipping the head, it can recognise people nearby, and once recognised, use its feedback from interactions. Via a camera mounted on the robot’s eyes to respond with/show a variety of expressions. By equipping the head, it can recognise people nearby, and once recognised, use its feedback from interactions.

Toyota Robots help people experience their dreams of attending the Olympic and Paralympic Games Tokyo 2020

Toyota Motor Corporation (Toyota), as a worldwide partner of the Olympic and Paralympic Games, aims to provide mobility solutions that go beyond providing official vehicles for the Olympic and Paralympic Games Tokyo 2020, stated a press release. One way Toyota is doing this is by participating in the ‘Tokyo 2020 Robot Project’, a project led by the Tokyo Organising Committee of the Olympic and Paralympic Games (Tokyo 2020) that brings the government, Tokyo Metropolitan government, as well as Games partners together with experts in the field of robotics. According to press release, at Tokyo 2020, the robots to be introduced by Toyota will be used to support the mobility of people at various locations and venues. By helping people feel and experience their hopes and dreams, Toyota believes it will be able to further contribute to the excitement and success of the Tokyo 2020 Games.

AACE Qatar Section signs Co-operative Agreement with NQSQ

AACE Qatar Section recently organised a technical session. AACE Qatar Section and Nigerian Quantity Surveyor Qatar (NQSQ) also signed a co-operative agreement on the occasion. The agreement is a mutual commitment to excellence in learning and strategic collaboration for the development of best practices in project/programme management, estimating, budgeting, cost management, risk management, earned value management, claims management and dispute resolution. The co-operative agreement establishes the framework for AACE and NQSQ to pursue opportunities that are mutually beneficial. AACE and NQSQ will each appoint a point of contact (POC) to explore these opportunities and propose the specific details on what each party will pursue, and how the details associated with each should be handled. The agreement was mutually signed by AACE Qatar Section 2019-2020, and Abrahim Moosay Alhassan, Chairman of NQSQ.

Details of Robots:

1. Tokyo 2020 Mascot Robot Miralowa / Someity (Mascot Robot)

To make this the most innovative and technologically advanced Games in history, the Tokyo 2020 and Toyota are working to develop a ‘mascot robot’. In addition to welcoming athletes and guests to official venues, Toyota is currently considering plans for a new way for the Games to be enjoyed by children in Japan, via the mascot robot. The mascot robot will both allow expressions of arm movements via a remote-control robot, and share force-feedback from interactions. Via a camera mounted on the robot’s head, it can recognise people nearby, and once recognised, use its eyes to respond with a variety of expressions. By equipping the robot with miniature joint units across its entire body, the robot offers flexibility when being controlled, and the users can operate the robot safely and with high operational functionality.

2. T-HR3 (Humanoid Robot)

T-HR3 is a unique way for other guests in remote/distant locations that are unable to be physically present to interact with athletes via the T-HR3 and Mascot robots. Specifically, the T-HR3 robots will be able to reproduce movement from a mascot robot in a remote location in nearly real-time. In addition to providing images and sounds from the remote locations, these robot users will also be able to experience the power of movement and force-feedback, allowing them to converse with and high-five athletes and others, feeling as if they were truly physically present.

3. T-TRI (Remote location communication Robot)

T-TRI is a virtual mobility/tele-presence robot developed by Toyota Research Institute in the United States. It is equipped with a camera atop a large, near-lifetime display. By projecting an image of a user from a remote location, the robot will help that person feel more physically present at the robot’s location. With T-TRI, Toyota will give people that are physically unable to attend the events such as the Games a chance to virtually attend, with an on-screen presence capable of conversation between the two locations.


For a portion of the accessible seating seats at the Olympic Stadium, the Toyota Human Support Robot HSR will guide guests to their seat and convey light meals, goods, and etc. for them, helping them to more freely enjoy the competition. Also, the Toyota Deliver Support Robot DSR, specially developed for Tokyo 2020, will directly deliver drinks and other goods to spectators that they have ordered from a dedicated tablet. At track and field events, with approx. 500 seats during the Olympic Games and another 500 for the Paralympic Games, the robots are anticipated to serve over 1000 spectators requiring mobility assistance (Each section is expected to have 16 rows with 32 seats).

5. FSR: Field Support Robot (Field Event Support Robot)

Special-use robots equipped with autonomous functions as part of throwing event (i.e. javelin) operations at the Olympic Stadium. While determining the optimal route to travel, the FSR will follow operating staff on a path that avoids obstacles while retrieving and conveying throwing event items. By using the FSR, the aim is to reduce the amount of time needed to retrieve items as well as reduce the amount of staff labour for the events.Toyota and Tokyo 2020 will be working with the International Association of Athletics Federations (IAAF) in developing the FSR for the Tokyo 2020 Games.

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B oys and girls clutching colourful pieces of chalk crowd around a large blackboard. Human and monkey skulls sit on a wooden desk. “Feel free to touch them,” biology teacher Jennifer Staub urges her teenage pupils.

It’s just another science lesson at this Waldorf School in the heart of Silicon Valley, the US stronghold for new digital technologies.

Within 20 minutes’ driving distance are the headquarters of tech giants such as Apple, Google and Facebook. Yet this school barely uses technology in the classroom, instead taking the Waldorf approach to education, which focuses on building creative and social skills.

You won’t find any monitors or computers in Staub’s classroom. “We are not just learning with intellect, but also with our senses, with touching,” explains school director Pierre Laurent.

“A child in front of the screen and the teacher just behind the child, looking at the screen, that is a dangerous place to be. Teachers then only act as tutors behind their back.”

The computer scientist, originally from France, worked at software giant Microsoft for nine years before going low-tech with his new position as administrative principal at the school.

Teaching concepts with few or no digital aids have been garnering more attention for a while. But in the middle of Silicon Valley?

“Of course,” laughs the 56-year-old father of three. “Just look at our enrolment. We have several classes with a waiting list. There is a growing interest.”

Canterbury Christian School in nearby Los Altos also has the problem of more interested students than spots available. Dozens of students are standing in line in the small schoolyard – the girls in chequered dresses, the boys in red-and-blue uniforms – for the school’s morning prayer before saying in unison: “Good morning, Father Macias.”

“Almost all the parents of our kids here work at companies like eBay, Facebook, Intel or HP,” says the school’s head, Steven Macias, who is proud of the school’s traditions: The same formula of Latin, reading and arithmetic has been used since the school’s founding some 50 years ago. No computers, just discipline and the human touch.

Financial consultant Jessica Ho says it’s perfect for her 6-year-old daughter Macaria. Her husband, Michael, is an engineer and is currently working at Google after jobs at Apple and Amazon. Ho is critical of people who spend more time with their technology than with other people.

“You have people going to dinner together and they look at their cellphones and iPads and not at each other anymore,” says the 35-year-old. “We made the decision to not have our kids use a lot of screen time. We raise them to read books, to talk with people and to play outside.”

Sean Chang’s career has played out entirely in Silicon Valley: He went to Stanford University, worked at start-ups, got his first job at Apple and today, at 34 years old, is a product manager at Amazon.

However, his 6-year-old daughter Zyna goes to Canterbury – she can learn how to use a computer later, he believes. Chang knows the pitfalls of technology, having once been addicted to video games.

“High-tech devices are like digital nicotine, alcohol or cocaine. It’s so easy to get addicted to them,” he says.

Big technology companies are focusing their marketing strategies on the digitalisation of US schools, encouraging them to put away the chalkboards in favour of high-tech classrooms with monitors and Internet access. By going online, they say, students have access to information and resources that no textbook can match, and learning with computers and videos can help boost some students’ motivation in the classroom.

Search engine giant Google has made its way into schools with the help of its affordable Chromebooks, while Apple distributes iPads.

Not only is education already a billion-dollar market, but it pays to start young when trying to build brand loyalty with future customers.

Some education professionals are trying to stem the stream of digitalisation that is rapidly flowing into classrooms, supported by psychologists, politicians and some former tech fans. Tristan Harris, an ex-Google employee, is one of the loudest of this contingent in Silicon Valley.

Smartphone apps are addictive and users are manipulated, says the co-founder of the Time Well Spent initiative, which advocates for a better use of one’s free time.

Even computer industry legends like Steve Jobs and Bill Gates have been on the less-screen-time side. Jobs told the New York Times in 2010 that his children would not be using the newly released iPad.

“We limit how much technology our kids use at home,” he said.

But avoiding technology at school doesn’t come cheap: Canterbury in Silicon Valley costs about 7,000 dollars a year, depending on grade level, while the Waldorf School costs about five times as much.

However, in Ho’s view, the cost of the special schooling is worth it. Her daughter is barely interested in devices with a screen. “Our kids enjoy talking with people. There are times when my daughter gets frustrated with us and she calls us out to stop texting,” she says.

But she underlines that her family is in no way totally against technology. “It’s good to enjoy but in moderation,” she says. – DPA
Mi casa es su casa

I prayed for a coterie of wonderful people and God said, “So be it!” From the never-smiling-and-inspiring to my-alter-ego-during-my-altar-ego-during-my-tryst-with-triumphs-and-tremors and ‘bringing-life-and-smile,’ the world calls them my ‘friends.’ I call them ‘my world.’ They bring in me a sense of pride. Our claim to fame could be that we have been so much part of each other’s life.

Friends are indispensable. And I am not just saying that to make you smile (like your bestie would.) Tina Fey and Amy Poehler are so close they’re practically “sisters.” Jennifer Aniston and Courtney Cox have been BFFs since their time on Friends. And what would the world be without Harry Potter, Hermione, and Ron watching each other’s backs?

Grab your bestie, people, and hold ‘em tight. Today is International Friendship Day.

The concept of Friendship Day began as a novel marketing strategy in the early 1930s. Joyce Hall, an American businessman, started as a fresh marketing strategy in the 1930s by Joyce Hall. He came up with the idea of marketing strategy in the first Sunday of August as Friendship Day. Joyce Hall began as a novel marketing strategy in the early 1930s. Joyce Hall, an American businessman, originally promoted the first Sunday of August as Friendship Day. Joyce Hall began as a novel marketing strategy in the early 1930s.

To protect and honor the rights of animals, best friends Animal Society established an occasion known as the Best Friends Weekend. The occasion is observed every year from June 23–June 25. The first day of the weekend is known as Best Friends’ Day. Welcome to ‘Nutty’s Infotainment. YAY! Your time to kick the bestie celebration into high gear starts NOW!!!

Which cartoon character was chosen as the world’s Ambassador of Friendship at the United Nations in 1998? Winnie the Pooh

The idea of Friendship Day as called ‘D de Amigo’ which is celebrated annually on July 20, including in Uruguay and Argentina. Women’s Friendship Day is celebrated on the third Sunday of September.

Which month is touted as the International Month of Friendship? February.

Which group released the immortal song ‘With a Little Help from My Friends that deals with the theme of friendship, to mark the 10th anniversary celebrations of International Friendship Day in 1967? Beatles.

Which cult sitcom arrived at its title after being suggested names such as ‘Friends like Us,’ ‘Six of One,’ ‘Across the Hall,’ ‘Once Upon a Time in the West Village,’ ‘and ‘Insomnia Café’?

Friends

When he lived briefly in Indonesia as a child, his family owned a number of unusual pets including numerous alligators, a turtle and an ape named Tatu. He once jokingly referred to Mickey Mouse as “the world leader who has bigger ears than me”? Name this world leader who celebrates his 68th birthday today.

Barack Obama

Who bought the first Hummer manufactured for civilian use in 1992?

Arnold Schwarzenegger

After the Mona Lisa was stolen from the Louvre in 1911, which famous artist was considered a suspect? Pablo Picasso. At one point, American tycoon and art lover JP Morgan was also suspected of commissioning the theft.

A symbol of passive resistance and non-violence ideology, Flower Power movement was created because of which war?

Vietnam War

Which planet is this?

Answer next week. Answer to last week’s photo-quiz: Monopoly.

What's the Good Word?

1. Clarion: (a) subtle (b) precious (c) loud and clear (d) abandoned
2. Lacuna: (a) gap (b) masterpiece (c) pirates (d) experimental
3. Yeum: (a) bamboo (b) urge (c) contract (d) framework
4. Pugnate: (a) bite (b) command (c) contribute (d) household
5. Coin of the realm: (a) legal money of a country (b) main room (c) resolution (d) chores
6. Palimpsest: (a) anguish (b) keyhole (c) heart-wrenching (d) manuscript
7. Footie: (a) sob (b) mess about (c) express (d) frighten
8. Ephemeratal: (a) helplessness (b) complete (c) lasting for a long time (d) beam
9. Aspersity: (a) roughness of tone (b) complete (c) lasting for a long time (d) beam
10. Valetudinarism: (a) relieved (b) impecable (c) hypochondriac (d) pointing

Answers: 1 (c); 2 (a); 3 (b); 4 (c); 5 (a); 6 (c); 7 (b); 8 (c); 9 (a); 10 (c)

Poster created by Tui Wicks

Tribe Nl.yays

1. What does the Scoville Scale measure?
Spiciness or “heat” of chilli peppers and other spicy foods. (Ramis Mohamed, Ras Gas, Doha)

2. Which US president was known for saying, “The ballot is stronger than the bullet”?
Abraham Lincoln. (Lutfi Yasin, British School, Muscat)

Do you have some interesting bytes to share? And, does your vibe attract you to the Tribe Nl.yays! Every week two of your best questions will be featured here. Please do write to us at nl.yays@zoho.com.

POPULAR: Friends, the US sitcom that finished almost 15 years ago, is still the favourite TV programme for young people around the world that follows the life of five friends and how their bond transforms over the period of time.
What can we do to lose weight?

Start with these 3 steps.

1. **Keep Track**
   Understanding how many calories we take in and our activity level helps to identify changes we may need to make in those areas. To lose weight, we need to burn more calories than we eat.

   **Reduce Calories In:**
   Keeping a food diary improves awareness of what and how much we're eating and whether we're eating out of habit instead of real hunger. Once we know what we're eating, we may be able to reduce the amount without having to count every calorie. [heart.org/TrackWhatYouEat](http://heart.org/TrackWhatYouEat)

   **Increase Calories Out:**
   Keeping an activity diary helps us learn how much physical activity we currently get. Heart360.org can help track our activity and other health information online. [heart.org/Trackers](http://heart.org/Trackers)

2. **Learn Your BMI:**
   Calculating our BMI helps us identify how much weight we may need to lose to reduce our risk of heart disease and stroke and live a heart-healthy life.

   Body Mass Index (BMI) is a numerical value of weight in relation to height. BMIs are good indicators of healthy or unhealthy weights for adult men and women, regardless of body frame size. [heart.org/BMI](http://heart.org/BMI)

3. **Tips For Success:**
   Setting realistic goals and making slow changes over time are the best ways to set ourselves up for success, feel our best and live a healthy life.

   - Learn about portion sizes and how much you might really be eating. [heart.org/PortionDistortion](http://heart.org/PortionDistortion)
   - Try these top 10 tips to get more physical activity without taking more of your time. [heart.org/Take10](http://heart.org/Take10)
   - Learn healthier ways to prepare food at home and how to dine out smart. [heart.org/HealthyCooking](http://heart.org/HealthyCooking), [heart.org/DiningOut](http://heart.org/DiningOut)
   - Make smart substitutions when cooking and snacking. [heart.org/Substitutions](http://heart.org/Substitutions), [heart.org/HealthySnacking](http://heart.org/HealthySnacking)
   - Learn to love exercise ... or at least not hate it by finding activity that you enjoy. [heart.org/LovingActivity](http://heart.org/LovingActivity)
Wordsearch

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

Codeword

Sudoku

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 in the grid so that every column, every row, and every 3x3 box contains the numbers 1 through 9.

Bound And Gagged

Adam

Pooch Cafe

Garfield
**Super Cryptic Clues**

**Across**
1. Outlaws in gangs carrying equipment (6)
2. Free to get another tenant (7)
3. Origins of garage and parking space (3)
4. Child about to embrace crazy wanderers (6)
5. Youth in south multiplying by three (9)
6. Penniless family seen in street (5)
7. Irritable jury’s conclusion after trail (5)
8. Workforces where Burton is (6)
9. They are married in Spain for varied reasons (7)
10. God accepting drink in Borders (7)
11. Had plenty of food - but about a quarter had no food! (7)
12. It’s the last for four months (9)
13. Trifling - like a naval officer? (5)
14. Wonder if it’s Eve in disguise? (6)
15. Attempt to grab a small cigarette end? That’s not fair! (6)
16. They are married in Spain for varied reasons (7)
17. It’s the last for four months (9)
18. They are married in Spain for varied reasons (7)
19. A trainee soldier acted strangely (5)
20. Continue pleading - getting one a flower (7)
21. Chap with key - a renowned African leader (7)
22. Old film star seen in dress circle (5)
23. Shelter for backward swimmer (3)
24. Peninsula could be lit up (5)
25. Pleasure-seeker, curiously, might have done this (8)

**Down**
1. Fixed place (3)
2. To get another tenant (7)
3. Origins of garage and parking space (3)
4. Child about to embrace crazy wanderers (6)
5. Youth in south multiplying by three (9)
6. Penniless family seen in street (5)
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14. Wonder if it’s Eve in disguise? (6)
15. Attempt to grab a small cigarette end? That’s not fair! (6)
16. They are married in Spain for varied reasons (7)
17. It’s the last for four months (9)
18. A group of directors on a ship (6)
19. Cud-chewing mammal showed up by lake (5)
20. European holding cold ball (5)
21. Continue pleading - getting one a flower (7)
22. Chap with key - a renowned African leader (7)
23. Old film star seen in dress circle (5)
24. Shelter for backward swimmer (3)
25. Peninsula could be lit up (5)

**Solution**

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**Wordsearch**

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**Codeword**

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Five menswear trends for 2020

By Marques Harper

What appeared to be noticeable, at least in the photos of the men’s spring/summer 2020 collections shown in Paris and the Italian cities of Florence and Milan recently, is that designers and brands took a big stab at redefining menswear. And, for the record, anything goes. (After all, in this gender-fluid world, who makes the rules about who gets to wear a dress or the colour pink or carry a handbag?)

The big takeaway – both on the runways and the reaction on social media – appeared to be that exploring one’s identity is the way to live in 2020. Check out the heavy mix of bold colours and prints at Valentino and Louis Vuitton; the refreshing head-to-toe looks at Thom Browne, Loewe and others; and numerous labels’ takes on men’s suits, including Versace, Berluti and Emporio Armani, to name a few.

These seen-on-the-runway collections do manage to address a long-standing complaint about menswear being boring. (Yes, colour matters!) And they also appear to explore the cultural shifts happening now globally as everyday people – not just celebrities – define themselves on their own terms, particularly when it comes to subjects such as gender.

And with that, here are the five major men’s fashion trends that could end up reshaping your 2020 wardrobe – and you in the process.

STANDOUT SUITS

Colour and prints screamed loudly in the men’s spring/summer 2020 collections of Louis Vuitton, Comme des Garçons, Loewe and Thom Browne – along with plenty of other designers and brands – questioned what are traditionally considered masculine and feminine silhouettes and styles.

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LOOSE LEGS

The staying power of skinny might be to over. Consider some of next spring and summer’s likely offerings from Emporio Armani, Celine, Vetements and Arthur Arbello as proof.

DESIGNER BAGS AND CARRYING CASES

Based on the runways, it appears as though guys will flock to bolder designer bags or stylish carrying cases as status symbols next spring. Louis Vuitton, Givenchy, the Dior X Rimowa collaboration and Fendi offered a fresh selection for 2020.

PURELY PINK

Consider wearing pops of pink, which were also part of the new spring/summer 2020 offerings from 1017 ALYX 9SM, Louis Vuitton, Paul Smith and Ermengildo Zegna.

– Los Angeles Times/ TNS

ARIES

March 21 – April 19

Dreams and visions might come and go today, Aries, as unconscious images surface. Some of these impressions could represent old traumas and phobias that have outlived their usefulness and need to be released. You could draw creative inspiration from these perceptions and use them as a basis for artistic projects. By day’s end you may feel emotionally lighter.

TAURUS

April 20 – May 20

Social events or group activities could put you in touch with many people, Taurus, both close friends and casual acquaintances. A new person may come into your life who makes a difference. Issues may come up that you feel strongly about. You aren’t likely to refrain from expressing your opinions. This is fine if you’re tactful. Others will appreciate your honesty.

CANCER

June 21 – July 22

Romantic desire tempers spiritual passion today, and you may want to pursue both. Cancer, perhaps your romantic partner is as spiritually inclined as you, and you aspire toward the same ends. Much of the passion you feel will come from deep within. So if you’re creatively inclined in any way, you may want to memorialise these feelings through writing, painting, or music.

LIBRA

September 23 – October 22

A previously untapped talent may emerge today, Libra. You could decide to train this talent and create a new skill that can help you with just about any type of work you’ll be doing. This is the day to do this. You should be full of energy and enthusiasm, capable of assuming any formidable task. You should be feeling physically strong and well. This is a day of challenges and new enterprises.

SCORPIO

October 23 – November 21

Romantic passion might motivate you to improve your physical appearance, Scorpio. You might decide to exercise, change your diet, and experiment with new clothes or haircut. You’re likely to produce the results you want. With the vast amounts of energy and enthusiasm churning within you today, you might surprise yourself – with this task or anything else you decide to do.

GEMINI

May 21 – June 20

Physically, Gemini, you should feel strong and energetic and ready to take on just about anything that comes your way today. This is good, as some powerful challenges may come up that bring new purpose to your life. Enthusiasm perks your being right now. You’re likely to face with determination anything that comes your way, undeterred by the enormity of the task.

VIRGO

August 23 – September 22

An invitation to an important social event could come today, Virgo. This may be a chance to meet important people who could advance your career in some way or who might be involved in a field that interests you. Your own energy and enthusiasm won’t be lost on them. You will obviously be speaking from the heart when you discuss what’s on your mind.

SAGITTARIUS

November 22 – December 21

You might take on the world, Sagittarius. Excitement, enthusiasm, and purpose could fill your soul, yet you may wonder where it comes from, as nothing has really changed since yesterday. Don’t waste time wondering – just harness it. Tackle a class or exercise programme. Start a project. This energy comes from deep in the unconscious. It should be channelled into the conscious world!

CAPRICORN

December 22 – January 19

Information gleaned from friends could find you focusing on a new goal, Capricorn. You may have a lot of ideas about projects you want to take care of, and today you may realise which one has top priority. Start moving! Whatever you do, find out what you need before you start. There’s a chance you might waste time running from place to place looking for necessary materials.

AQUARIUS

January 20 – February 18

A possible change in direction might arise today. You could meet someone new or run into someone you haven’t seen in a while who offers you a chance to change careers. Or it could become clear that you need to pursue your art or hobby full time. Whichever it is, Aquarius, this is a great day to pursue it, even if you have doubts. Your past accomplishments afford you an advantage.

PISCES

February 19 – March 20

You may feel especially emotional today, Pisces, reacting strongly to just about every image you see, whether it’s a war photo or a kitten on a doorstep. Spiritually, you’re highly motivated and longing to know more about the world. You might find yourself thinking of making a pilgrimage. If you’re serious, make your plans now.
A rock star’s confessions to Cameron Crowe

Cameron Crowe was a teenage music journalist for Rolling Stone who grew up to become the hit movie director of 1996’s Jerry Maguire. His connections in music and movies landed him unexpectedly as co-producer of David Crosby: Remember My Name, one of the most revealing, candid and best rock documentaries ever.

Crowe’s involvement was by happenstance. He was in the offices of J.J. Abrams, who was producing the Crowe-directed Showtime series Roadies in 2016, when Crosby and his rookie director, A.J. Eaton, were pitching their doc-in-progress to Abrams in another room.

Crowe got introduced to Eaton and agreed to film an interview for the movie with Crosby, whom he’d known for 45 years. It turned into multiple interviews that give Remember My Name its emotional resonance and, frankly, transform it into Crowe’s film. The documentary is another high point in Crowe’s long career, which includes writing the novel and screenplay for 1982’s Fast Times at Ridgemont High and writing and directing Singles, Jerry Maguire, Almost Famous (he won an Oscar for his screenplay), Vanilla Sky and the 2011 doc Pearl Jam Twenty.

Crowe called from his Hollywood office this week. The interview has been lightly edited.

Q: Why do you think Crosby was open?

A: He was ready to talk. That’s three-quarters of the job. When they don’t want to talk to you, it’s like pulling teeth. So I showed up with a thick notebook of every possible question and quotes from his friends about him and photos, which were really great. He’d go: “That’s the Byrds,” I’d go: “What is it?” He said: “They hated me at that point.” Now you’re off and running.

I think it helped that I’d been interviewing him since I was 16, and he trusted that I wasn’t looking to do anything that was “gotcha” unless we’re looking at the whole documentary as “gotcha.” He’s at a point in his life where he’s found a state of grace with himself. You can talk about anything with him. There’s some bravery there.

Q: Crosby was aware of the camera but acted like he wasn’t aware of being filmed.

A: He’s kind of an ingénue – he’s coquettish with the camera. You really can’t take your eyes off him. Halfway through the film you start to know him so much that every little twinkle, every little grimace, you go, “I know what he’s thinking.” That’s a dream when making a movie or doing an interview – when you feel you know the character so well that their silences are communicating.

Q: What is his fatal flaw?

A: Selfish. He tells you, selfishly, that he’s selfish. He is epically selfish. But he’s also so charming about it. You can see how he’s been a rascal his entire life. You can see it at Monterey Pop (the 1967 festival where he annoyed bandmates with his political rants on stage). He’s like, “I don’t care that the Byrds don’t want me to be political. I feel like being political.”

Crosby feels he’s largely responsible for 10 years of unheard music from Crosby, Stills, Nash & Young because he just wasn’t there for them. He was a junkie.

Q: Why didn’t you get Stephen Stills, Graham Nash and Neil Young to talk about him?

A: We had kind of an open door, and they didn’t follow through the door. When I came on board, I thought the worst version of this movie would be us trying to get CSNY back together. It would be entertaining, but it would feel like a reality TV quest.

I thought it was much more interesting with a guy who doesn’t know why they hate him, a guy who can’t fix the problem, and we leave him on the precipice.

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Colours of Desert exhibition concludes on a high note

By Mudassir Raja

Colours of Deserts, a big group exhibition, recently concluded at Building 19 of Katara on a high note as over 50 young and experienced artists took part in the show that highlighted Qatar National Vision (QNV) 2030.

The organisers – MAPS International, staff of Katara and all the participating artists gathered for the conclusion ceremony of the exhibition that ran from July 18 to August 1.

All the artists and the organisers were excited over the successful end of the exhibition. They cut the cake and reiterated their resolve to bring more colours of Qatar to fore in their next year exhibition.

Colours of Desert was the sixth in the annual series of exhibitions organised by the MAPS International.

The theme of this year’s exhibition was to portray the futuristic vision of Qatar and flamboyancy of the assorted artists.

The exhibition had on display as many as 102 art pieces contributed by 51 artists. The exhibition earlier had a crowded opening ceremony as the art lovers, artists’ friends and families continued to throng the exhibition as it remained open for public from 10am to 10pm.

The exhibition provided a real attraction for the visitors who remained engrossed in the unique creativity that highlighted four aspects of QNV 2030.

The show saw participating artists hailing from countries namely; Qatar, Kuwait, Russia, India, France, UK, Ethiopia, Uzbekistan, Korea, Pakistan, Morocco, Iran, South Africa, Philippines, Trinidad and Tobago.

There were as many as 22 Qatari artists both seasoned and budding ones.

Rashmi Agarwal, an Indian artist and president of MAPS International, said: “We at MAPS always give our member-artists a chance to shine before they step into the real world as practising artists and this was very evident at the exhibition. I am happy to see the overwhelming response from the art enthusiasts and artists’ community to our sixth exhibition in the series. I am deeply thankful to the management of Katara for their extraordinary support as usual.

“With this exhibition every year, we try to highlight the true colours of Qatar basing on different themes. The Colours of Desert is the exhibition that refers to the desert sand as it contains vibrant colours. The talented artists with diverse backgrounds highlighted the theme of QNV. The artists tried to highlight four pillars of the vision – economic development, human development, social development and environmental development. The artists used different techniques to highlight different features of the QNV in their own way. The artists used oil colours, coffee powder, digital photography etc. The art works include surrealism, realism and abstract techniques.”

Tesema Temtime, an Ethiopian expatriate artist, said: “In my painting that I exhibited showed the map of Qatar as a door of a tunnel/cave highlighting the unjust siege of the country. From the door of the tunnel, we can see all the buildings, green trees, and high flying flag of Qatar showing the unstopped development of the country. I tried to show that despite the blockade, Qatar is going forward and making progress by leaps and bounds. I used acrylic colours to make my painting beautiful.

“I have been living in Qatar for 11 years. I have been my pleasure working with people of different countries. I would like to extend my special thanks to the MAPS International for promoting and encouraging the expatriate artists. They continue to provide different platforms to the artists to express their creative talents.”

Sayeeda Habib, a young Pakistani artist born and raised in Qatar, said: “I had shown two paintings. One piece showed the traditional and modern urban Souq Waqif. The other painting showed Qatari women wearing their traditional clothes at home. I used different oil colours to highlight the past and future of the country in my paintings.

“I have been drawing and painting since I was in the fourth class. Later, I got registered with Qatar Art Society and learned different art techniques. The exhibition was a very good opportunity for the young artists to show their talent to the art lovers. I will continue taking part in such exhibitions in future as well.”

EXHIBITION: Colours of Desert was the sixth in the annual series of exhibitions organised by the MAPS International.