Community

The American West is dying: Ketcham’s new book *This Land* is a cry to save it.

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Community

New attractions in store for visitors as Summer Entertainment City returns with a bang at DECC for Eid al-Adha.

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**COVER STORY**

Diamond cut

Why couples are skipping diamond engagement rings for something more creative and cost-effective. P4-5

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I don’t take myself too seriously: Rajkummar

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**SHOWBIZ**

R Kelly pleads not guilty, denied bail.

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**PRAYER TIME**

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**Humanitarian Services Office**
(Single window facility for the repatriation of bodies)
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- Ministry of Health: 40253370, 40253364
- Hamad Medical Corporation: 40253368, 40253365
- Qatar Airways: 40253374

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**Quote Unquote**

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

— Joel Osteen

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**Community Editor**
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Fax: 44350474

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**Top Story 4**
**DIRECTION:** Josh Cooley
**CAST:** Tom Holland, Tim Allen, Annie Potts
**SYNOPSIS:** Woody, Bo Peep Lightyear and the rest of the gang embark on a road trip with Bonnie and a new toy named Forky. The adventurous journey turns into an unexpected reunion as Woody’s slight detour leads him to his long-lost friend Bo Peep. As Woody and Bo discuss the old days, they soon start to realise that they’re worlds apart when it comes to what they want from life as a toy.

**THEATRES:** Landmark, Royal Plaza

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**Toy Story 4**
**DIRECTION:** Josh Cooley
**CAST:** Tom Hanks, Tim Allen, Annie Potts
**SYNOPSIS:** Woody, Buzz Lightyear and the rest of the gang embark on a road trip with Bonnie and a new toy named Forky. The adventurous journey turns into an unexpected reunion as Woody’s slight detour leads him to his long-lost friend Bo Peep. As Woody and Bo discuss the old days, they soon start to realise that they’re worlds apart when it comes to what they want from life as a toy.

**THEATRES:** Landmark, Royal Plaza

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**Spider-Man: Far From Home**
**DIRECTION:** Jon Watts
**CAST:** Tom Holland, Samuel L Jackson, Jake Gyllenhaal
**SYNOPSIS:** Following the events of Avengers: Endgame, Spider-Man must step up to take on new threats in a world that has changed forever.

**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.

**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.

**Hobby Classes**
WHERE: Mamangam Performing Art Centre
WHEN: Saturday – Friday
Mamangam is an art and performance centre started with a vision of spreading our knowledge, interests and experience in various disciplines in arts across different countries for children and adults. Summer camp at Mamangam has become the children’s favourite centre for learning art and craft, drawing, and learning spoken English. The kids also enjoy Bollywood dance, contemporary and hip hop music. To develop health consciousness, we teach them kids yoga, karate etc. Mamangam has also come up with chess and robotics in the regular batches in an attempt to give a better learning experience.
The first batch of the summer camp began on June 26 continuing until July 25 from Sundays to Thursdays. The second batch will commence on July 28 ending on August 25. Registrations are open to kids between 5 to 16 years. For those who wish to register for more details, visit www.mamangamqatar.in

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

**Dance and Instrument Classes**
WHERE: TCA Campus, Behind Gulf Times Building
WHEN: Wednesday – Monday
Learn the movements of dance styles in Bollywood, Hip Hop and also the musical instruments such as Piano, Guitar, Keyboard for adults as well kids and move in the world of music. For details, contact 66523871/31326749.
Couples today have a better idea of what they want in a ring

People are getting married a little bit older, so they have more confidence in their own sense of style.

— Lauren Priori of Center City's L. Priori Jewellery

By Bethany Ao

When Megan Shoemaker’s boyfriend proposed to her in February 2017, he knew better than to purchase a classic engagement ring dominated by a glittering white diamond. Instead, he selected a grey marquise-cut — sometimes called a boat-shaped — diamond set in sterling silver, because he knew that Shoemaker, a Jeweller’s Row designer, would want to customise the rest.

“I’m not a very traditional person,” Shoemaker said, tilting her hand to show off tiny diamonds that flanked the grey centrepiece on her white gold band. She had gotten the extra stones from her mom. “I just never saw myself with the round, brilliant-cut white diamond, even though they’re absolutely gorgeous. It’s just not me.”

In a continuing trend of bucking tradition, a growing number of young couples are opting for “alternative” engagement rings — replacing the standard Tiffany’s fare with coloured gems, locally designed bands, or ethically sourced stones. For some, it’s a way to save money. Others want to tailor their rings to their personalities.
In all instances, it’s shaking up the jewellery industry.

‘IT CAN BE EXACTLY HOW YOU WANT IT TO BE’

The rise of Pinterest, Instagram, and Etsy has papered the Internet with glam shots of rings with black diamonds, knife-edge bands, oval sunstone rings, even coffin-shaped stones, shattering the idea of what a ring can look like. Besides standard white diamonds, diamonds come in varying shades of gray, brown, black and more — tinted by the presence of elements like nitrogen and boron. Galaxy diamonds, flecked with black and white imperfections, have a salt and pepper appearance.

Forget diamonds altogether and the selection expands: Sapphires and rubies are a good pick for durability. Opals, pearls, and morganite (a pink-coloured stone that’s a variety of beryl) have a refined look, but steer away from them if you lead an active lifestyle; they’re softer and more easily scratched.

Like online shoppers, jewellery store customers also have a better idea of what they want, according to Lauren Priori of Center City’s L. Priori Jewellery.

“People are getting married a little bit older, so they have more confidence in their own sense of style,” she said. “(They) have a broader understanding of what’s possible. It can be exactly how you want it to be.”

When she consults with clients, Priori asks questions to suss out what kind of ring they want: What does their lifestyle look like? Do they see themselves wearing the ring every day? Do they see themselves wearing an engagement ring at all a couple decades from now? (Some past clients have only planned to wear a wedding band down the road and prefer an engagement ring that’s more fun and reflective of their youth.)

Priori designed an engagement ring for her sister Christine with her now-brother-in-law, Josh Poole, who wanted to incorporate the principle of wave interference. The double-banded yellow gold ring, studded with small baguette-cut and round diamonds, has two focal points and a gap where the main stone would traditionally be.

“The idea of interference — where a wave combines with another to form a new wave — is very romantic to me,” Poole said. “It’s a beautiful metaphor for love and getting married.”

GOING AGAINST THE ‘THREE MONTH RULE’

Talk to someone about buying an engagement ring, and they’ll probably mention the “three month rule” — the idea that the partner proposing has to spend three months of gross salary on the bling.

But that rule, which stems from a 1930s marketing manoeuvre by the De Beers diamond cartel, has grown out-dated, according to Pohlod, noticed her work on social media and commissioned her to make both an engagement ring and the rings for her September 2019 wedding.

For her engagement ring, Pohlod bought a two-karat champagne topaz for around $200. Then she worked with Lattner to finalise the design of all the bands. For three rings, the total came to around $500, including the stone.

“It was kind of a no-brainer for me,” Pohlod said. “Any stones that aren’t diamonds are way less expensive, almost absurdly so. I wanted to put that money towards our life together.”

A DIFFERENT TYPE OF DIAMOND

Thanks in part to pop culture and politically active performers, today’s ring shoppers are more conscious of the origins of diamonds and metal. A growing number of couples seek out conflict-free diamonds, ethically mined, with no connection to terror or opposition groups.

There has also been a rise in awareness of the environmental effects of their extraction. Irresponsible mining practices often result in stagnant water in open pits, creating a breeding ground for diseases. Dust blasted out of mines poisons nearby water sources, and the destruction of habitats leads to decreased biodiversity.

And some couples opt out of the system entirely, buying lab-created diamonds.

That’s what 27-year-old Penn medical student Daniel Xu did when he bought an engagement ring for his now-fiancé.

“I found out that they were a thing a few years ago,” Xu said. “From what I understand, they’re indistinguishable to a jeweller. And I had always felt that the demand for diamonds is the result of market manipulation, so that left a bad taste in my mouth.”

Synthetic diamonds have been around since 1954.

Technology has improved over time, making lab-created diamonds identical to their mined counterparts. The preferred process today (chemical vapour deposition) grows carbon atoms from a tiny diamond seed that’s kept under extreme heat and pressure for several days. The resulting stone generally costs 30% less, Priori said.

For Xu, the real struggle was finding a reputable website that sold lab-created diamonds in the right quality and size. He purchased a round-cut diamond set in 14-karat white gold from Clean Origin for about half of what he would have paid in a store, he estimates.

“I don’t think I had the same sort of reticence some people have about buying lab-grown diamonds,” Xu said. “The fact that they’re more ethical and cheaper made the decision even easier.”

The Philadelphia Inquirer/TNS
The American West is dying: Ketcham’s new is a cry to save it

Tales of destruction have been going on for decades, but Christopher Ketcham’s important book, *This Land: How Cowboys, Capitalism, and Corruption are Ruining the American West*, is an urgent cry to expose the greed, stubbornness and neglect that is harming public lands, writes Jeffrey Fleishman.

Once great, wide and untramelled, the American West, where wolves roamed in gray multitudes and sage grouse puffed and plumed in splendour, is diminishing against cattle herds, gas and oil drilling, and federal agencies that have forsaken their duty to protect the nation’s magnificent and mistreated frontier.

Tales of destruction have been going on for decades, but Christopher Ketcham’s important book, *This Land: How Cowboys, Capitalism, and Corruption are Ruining the American West*, is an urgent cry to expose the greed, stubbornness and neglect that is harming public lands. Journalist and wanderer, Ketcham has written a psalm to nature and a manifesto to stop the forces that are threatening a territory that stretches from Colorado to the Pacific Coast.

The West is a saga and commerce, homesteaders and cowboys, politicians and opportunists, wagon trains and slaughtered natives, grizzlies and coyotes, and mesas, buttes and gorges.

Its vistas, forests and canyons are branded in the nation’s imagination, an expanse where the soul is unbound across 450 million acres of public lands. But grazing, fracking, logging, mining and permits for other private interests are imperilling wildlife, soil and vegetation already under siege by global warming.

The intentional of *This Land* is clear: “We are not safeguarding our public domain. The government agencies overseeing it are failing us. The private interests that want the land for profit have planted their teeth in the government. The national trend is against the preservation of the commons. Huge stretches are effectively privatized, public in name only. I went west to see what we were losing as a people.”

Ketcham takes particular aim at cattle barons and what conservationists call the cheap frontier. Cattle grazing herds poison water and ravage the land through desertification. (A cow can deposit 1 ton of waste on the soil every month.) But the legend of the cowboy is enshrined in movies and books, and these days in the resistance of men such as Cliven Bundy, whose band of anti-government followers held a standoff in Nevada with federal authorities over unpaid grazing fees in 2014.

One of the book’s many paradoxes is that President Teddy Roosevelt perpetuated cowboy lore even as he safeguarded public lands: “The irony is that the beloved Teddy, who as president expanded our national forests, defended our national parks, signed the 1906 Antiquities Act, and said of the Grand Canyon, ‘Leave it as it is … man can only mar it! Is the same Teddy who worshipped the cattle culture that produced the likes of Cliven Bundy?”

Environmental laws passed in the 1960s and ’70s helped protect public lands and endangered species. But the US Forest Service and the Bureau of Land Management have, through Democrat and Republican administrations, often not enforced regulations while allowing loggers, ranchers and drillers to degrade millions of acres of forests, grasslands and mountains at the expense of future generations.

Capitalism does not mix with environmentalism; it is like compromising with an insatiable army. Ketcham is a passionate guide. He can be polemical and overheated. But he is righteous and poetic when he writes about places like the Grand Staircase–Escalante National Monument in Utah, where the walls in Paradise Gulch “rise sheer, cream pink, tall as sky.” The Trump administration plans to shrink the monument’s protected lands by nearly half. That outrages Ketcham as do the fates of sage grouse, grizzlies, bison and a wolf named Echo who roamed hundreds of miles to the Grand Canyon before being shot.

This Land lays out measures, a few of them drastic, to reclaim what’s been taken: evict all cattle and “welfare-chiseler ranchers” from public lands.

-- Los Angeles Times/TNS
Feel lonely and ashamed that you don’t have any friends?

To make friends you need to be ready to display your vulnerabilities, says Mariella Frostrup

Question: The dilemma I’m 40 and a full-time working mother of two teenagers. I have zero friends and few acquaintances. Spending time with my husband and children used to quell any feelings of loneliness, but that’s no longer enough. My lack of friendships is making me feel inadequate. I want enough. My lack of friendships is of loneliness, but that’s no longer children used to quell any feelings

Answer: First, congratulations you don’t have any friends? You’ve negotiated your way through some of the trickiest stages of adult life without back up. To have maintained your marriage all these years without friends to off load your frustrations on; to have raised teenagers without mates to empathise, sympathise and offer counselling, and to be a full-time worker without pals to moan to means you should be feeling very proud. My instinct is that “zero friends and few acquaintances” could be more of a skewed perception of your situation than the harsh reality. It may be that the terrain you’re occupying isn’t quite as bleak as you imagine it to be, but let’s come to that a little later.

In a society in which for many of us friends are in pole position and who at times are valued even more highly than spouses is, as you identify, certainly something to mourn. I don’t want to make you feel worse, but when I consider the low points of my life to date, without the kindness, care and devotion of a small cluster of female friends to give me ballast, I wonder if I would have survived without seriously falling apart.

If you’ve managed all of the above, you are certainly a survivor and an extremely capable person with much to offer those who manage to get close to you. It beg the question of why you are keeping others at arm’s length. At some point it has to have been a conscious decision to hunker down and go nuclear in terms of family life. Husband, two kids and a closed shop is what you seem to have constricted yourself to and I can’t help speculating about whether there’s more to this than your short letter describes.

Self-esteem is not something a pityful response from me will alleviate and if it’s at such low levels that it’s impacting on your ability to interact with your contemporaries then professional help should be taken. A visit to your GP is a good first step. Also consider cognitive behavioural therapy, which has been proved to have a beneficial effect on everything from menopause to stress. You’ll find a practitioner with the help of your GP.

I’m surprised that your husband, who of all people must be well aware of how much the issue causes you concern, would think it productive to raise it as a criticism. I don’t want to pour oil on troubled waters, but it could be seen as slightly bullying and I just want to point it out in case his behaviour is exacerbating the situation. I’m sure he’s a great guy and all is well, but if you’re feeling isolated and the person you live with seems to rejoice in pointing it out there’s something wrong.

You are clearly capable of making friends, as your school experience illustrates. Having let them go I illustrate. Having let them go I wonder if part of the problem has been that you’ve failed to recognise their value until recently. I wasn’t exaggerating when I expressed my awe at your ability to survive without mates; now I’d like to see you do something about it. Making new friends does, for some reason, become harder as we grow older, perhaps because we don’t wander far from the boundaries of our daily lives. Like making friends involves kissing some frogs and you need to be ready to make mistakes and display vulnerabilities. You have nothing to be ashamed of and everything to gain by stepping out of your domestic life to scout for buddies. Whether you try a book group or a gym class, a dinner or lunch with a colleague who catches your eye, or make a rendezvous as an act of kindness with someone who looks like they need a shoulder to cry on, proactive behaviour will eventually earn you the results you’re after. The world is full of people hoping and praying for connection with others, not just likes on social media.

It’s as if you’ve neglected your own needs and over-inflated the dependency of your family. You have a job, kids and a husband, all of whom offer you an open door to making friends. You have nothing to lose and everything to gain, so stop letting your erroneous sense of shame prevent you from reaching out for that loveliest of blessings, someone who gets you. I’d say good luck but it’s determination you need and the desire to change your situation, both of which I’d credit you with along with so much more.

~ The Guardian
Discovering the merits of solo travel through Portland

Get past this imaginary stigma and you'll find that while travelling with friends and family is always fun, there's something about being able to experience a city at your own pace and on your own terms that can be particularly invigorating, writes Taylor Blatchford.

Solo travel is something everyone should try at least once. It doesn’t have to be an elaborate backpacking trip up the Pacific Crest Trail a la Cheryl Strayed, or a whirlwind monthlong European extravaganza.

Even taking a weekend trip by yourself can be enriching and refreshing, and that’s precisely what I did this spring on a spontaneous trip to Portland, Ore.

I’d wanted to visit Portland since moving to Seattle last fall, but the timing to go with friends had never quite worked, thanks to the strange hours and abnormal weekends of a newsroom schedule. But after spending a relaxing Memorial Day in Seattle, the inundation of vacation photos on social media gave me a travel itch. I checked my calendar for the following weekend and in an uncharacteristically spontaneous decision, I booked an Airbnb for one.

A few days later, I woke up, tossed a duffel bag in my car and drove down Interstate 5 with a few recommendations from friends but no set agenda. I had no shame about doing “touristy” things because I’d never been to Portland but I hoped to make the most of a short time without waiting in long lines.

I moved to Seattle from Missouri alone for my first job out of college. I live by myself and I’ve travelled alone before while interning or studying abroad. Through all that, I’ve found that the main thing you have to conquer is the self-consciousness that comes with doing things alone. Get past this imaginary stigma and you’ll find that while travelling with friends and family is always fun, there’s something about being able to experience a city at your own pace and on your own terms that can be particularly invigorating.

After arriving in Portland in late morning, I grabbed a quick breakfast before heading to the top of my list: Powell’s Books. I looked for local bookstores in any city I visit, and Powell’s had been on my radar for years. While I knew it was renowned for its size and catalogue, I wasn’t expecting to be as overwhelmed as I was. Exploring a beautiful bookstore feels reverent: the ache in your neck from turning to read titles sideways, the polite shuffle around other readers looking at the same shelf, the peaceful quiet and flipping of pages. For a few hours, Powell’s felt like a peaceful haven, just a bit insulated from the outside world.

Being alone meant I could leisurely venture through the connected rooms without worrying about frustrating travel companions. I got a little lost, I got distracted by new and familiar titles, and I eventually got three books, with a lot of self-restraint. I was especially impressed by the selection of used and discounted books, which made the decision to support a local establishment even easier.

Bookstores are ideal for solo travel, but restaurants and bars can be less so, there’s a certain self-consciousness about asking a hostess for a table for one. But it’s only awkward if you make it awkward, and at every food stop, eating without companionship felt just right with left more room for getting to know the new ones around you.

At my lunch stop, Pok Pok, the waitress and I chatted and I learned that she’d moved to Portland from Denver, where I’d grown up. The restaurant had come recommended by multiple friends, and for good reason. The Vietnamese fish sauce wings were crispy and full of flavour, and a light margarita complemented the wings.

The early summer heat was perfect for sitting outside to sample Portland’s abundant factories, and I enjoyed an afternoon while diving into one of the books from Powell’s. (I even liked some of Deschutes’ IPAs; does that mean I’m assimilating to the Northwest?) This summer heat was perfect for sitting outside to sample Portland’s abundant factories, and I enjoyed an afternoon while diving into one of the books from Powell’s. (I even liked some of Deschutes’ IPAs; does that mean I’m assimilating to the Northwest?)

After a night at my quiet Airbnb, I was ready to spend the day exploring the Columbia River Gorge, fuelled by an incredible buttermilk old-fashioned donut from Blue Star. The Pacific Northwest’s natural beauty has captivated me since moving here, and I’d chosen the gorge over another day in the city because, being from Colorado, the outdoors is where I feel most myself, fitting for a solo trip. It’s my favourite way to contemplate what’s going on in my life in peaceful quiet, without even conversation as a distraction.

I drove up the Historic Columbia River Highway with detours to Latourell Falls and Horsetail Falls, both surrounded by luscious greenery. Multnomah Falls was a true highlight, I couldn’t help but gasp when I reached the stunning double-waterfall view. Seeing the falls alone didn’t take away from their beauty; if anything, I had more mental space to reflect and soak it all in.

Further up the highway I stopped at the Bridge of the Gods, thinking of Wild, one of the first portrayals I’d seen of the Pacific Northwest’s natural beauty. I was no Cheryl Strayed, and a two-day trip was no hike up the Pacific Crest Trail. But the theme of our trips was similar: I knew spending time with myself helped me learn, reflect and become comfortable in my own skin.

As I drove from Hood River back to Seattle, I realised how much I’d fit into a quick 36-hour trip, largely because travelling alone means you’re able to be shamelessly selfish. You can spend hours in a bookstore without worrying about frustrating your friends. You can go to sleep early without feeling obligated to stay out. You can choose whatever restaurant catches your attention without the polite, non-confrontational “anything sounds good to me!” conversations.

At the same time, there are safety considerations to travelling solo, especially as a young woman. I would’ve stayed out on trails later and ventured out into more remote areas if I’d been with friends or family. I explored during daylight, was careful about how much I eat and drink fluids and booked a quiet residential Airbnb with a “superhost” and great reviews.

What I got in return was time and space for flexibility and self-reflection. The next time I’m back in Portland with friends or family, I’ll be content knowing I got to first explore the city on my own terms.

— The Seattle Times/TNS
through one-woman exploration of Portland

BLOOMING COLOURS: The Peninsula Park Rose Garden.

FROM AFAR: The view of downtown Portland from the Pittock Mansion.

GEEK: Books on display at Powell’s Books in Portland.

T Arboretum.
**Papaya Health Benefits**

**Medicinal Properties**

**Cardioprotective, Digestive**

**Main Applications**
- Promoting digestion
- Improving cardiovascular health

**Supportive Compounds**
- Papain
- Benzyl isothiocyanate
- Antioxidants (mainly beta carotene)

**Medicinal Actions**

**Papain** is an enzyme that aids the digestion of protein. It works by cleaving proteins at the bonds between certain amino acids, making meat softer and easier to digest. The **antioxidants** in papaya prevent the cellular damage caused by free radicals and promote cardiovascular health. In combination with papain, **benzyl isothiocyanate** is thought to contribute to the antiparasitic activity of papaya seeds.

**How to Use Papaya**

- **RAW**
- **JUICE**
- **CAPSULES**

**Did you know?**

Papayas are a great source of vitamin C (ascorbic acid), which improves immune response and aids iron absorption, as well as promoting cardiovascular health.
Being socially active linked to lower dementia risk

Being more socially active in 50s and 60s is associated with a lower risk of developing dementia later on, a new research has found.

People who are socially engaged are exercising cognitive skills such as memory and language, which may help them to develop cognitive reserve – while it may not stop their brains from changing, cognitive reserve could help people cope better with the effects of age and delay any symptoms of dementia, said senior author Gill Livingston, Professor at University College London.

The research, published in the journal PLOS Medicine, used data from the Whitehall II study, tracking 10,228 participants who had been asked on six occasions between 1985 and 2013 about their frequency of social contact with friends and relatives.

The same participants also completed cognitive testing from 1997 onwards, and researchers referred to the study participants’ electronic health records up until 2017 to see if they were ever diagnosed with dementia.

For the analysis, the research team focused on the relationships between social contact at age 50, 60 and 70, and subsequent incidence of dementia, and whether social contact was linked to cognitive decline, after accounting for other factors such as education, employment, marital status and socioeconomic status.

The researchers found that increased social contact at age 60 is associated with a significantly lower risk of developing dementia later in life.

The analysis showed that someone who saw friends almost daily at age 60 was 12 per cent less likely to develop dementia than someone who only saw one or two friends every few months.

They found similarly strong associations between social contact at ages 50 and 70 and subsequent dementia.

Spending more time with friends could also be good for mental well-being, and may correlate with being physically active, both of which can also reduce the risk of developing dementia, added Livingston.

- IANS
Wordsearch

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

Codeword

Sudoku

Bound And Gagged

Adam

Pooch Cafe

Garfield

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine 3x3 boxes. You are given a selection of numbers and to complete the puzzle, you must fill the grid so that every column, every row, and every 3x3 box contains each number exactly once.
Super Cryptic Clues

Across
1 Flawed, being tense (9)
8 Making a stew may be a profitless activity (5)
9 One true turning on the way (2,5)
10 Yearn for quite a while? (4)
11 Struggle awkwardly with fish (8)
13 A city in Ohio, content from midday to nightfall (6)
14 Mandela's naval hero (6)
17 Society esteems a great philosopher (8)
19 Social worker one opposed (4)
21 Stretchy material that may come from Castile (7)
22 Forked out about a pound for tartan cloth (5)
23 Old soldier re-reading novel (9)

Down
2 Stonework showing Madonna holding child (7)
3 Sir Anthony's garden (4)
4 Cook fish within, without compulsion (6)
5 Girl getting employment in musical (6)
6 Regretted sounding coarse (4)
7 Don't forget imaginary teddy (4,2,4)
8 Lady in west resolved to get film producer (4,6)
12 Never mind vacuum? (2,6)
15 Christmas visitor with iron for city in New Mexico (5,2)
16 Be a prisoner or a guiding light (6)
17 Some fleecy animals in the shade (4)
20 Potato, small and sweet (4)

Solution

1 IMPERFECT
2 ADRAR
3 B
4 WASTE
5 ENROUTE
6 AONEOEA
7 LONG
8 FLOUNDER
9 T
10 NY
11 SI
12 DAYTON
13 NELSON
14 I
15 MBLAM
16 Socrates
17 Antino
18 YTASTEN
19 ELASTIC
20 PLAIN
21 YE
22 EF
23 GRENADIER

Colouring

Answers

Wordsearch

Codeword
I don’t take myself too seriously: Rajkummar

By Natalia Ningthoujam

Rajkummar Rao has been impressing all with his natural acting skills ever since he made his Bollywood debut in 2010. From playing a small role in Rann to leading the cast of critically acclaimed films like Shahid and Newton, he has done it all. His talent has also fetched him numerous awards, including the prestigious National Award, but he still does all the normal things. He says the day he stops acting normal, he will take a break and step back.

“I do all the normal things. I am a really normal guy. I don’t take myself too seriously. The day I start feeling that I am changing, I think that will be the day I will tell myself, ‘Okay, take a break and step back.’”

Rajkummar Rao

The audience has also showered him with love by making him a part of critically acclaimed films like CityLights, Bareilly Ki Barfi, Queen and Kai po che! – are the films I really felt excited about,” said the actor, whose film Judgementall Hai Kya released last month.

“In the (case of) natural birth, mother and child connect through the umbilical cord but in adoption, the mother and child are connected by this higher power, a connection that you cannot cut off. I have had the privilege of experiencing it twice. To become a mother who has given birth from the heart. I have not missed a day of feeling the joy of motherhood,” she said.

According to Sushmita, motherhood has stabilised her life. “The wisest decision I made at the age of 24 was to become a mother. It stabilised my life. People think it was a great act of charity and wonderful action but it was self-preservation. It was me protecting myself,” she added.

Sushmita adopted Renee in 2000 and 10 years later, she adopted Alisah. – IANS

Adoption was not an act of charity for me: Sushmita

Gulf Times Exclusive

MOTHERHOOD: Sushmita Sen is the mother of two adopted daughters – Renee and Alisah

Actress Sushmita Sen, who is the mother of two adopted daughters, Renee and Alisah, says adoption was one of the wisest decisions of her life.

At an event, the Main Hoon Na actress recently opened up about becoming a mother at the age of 24 and what motivated her to adopt two girls.

“I am going to be a star now.’ That’s something people give you. They can make you a star or superstar. You can’t decide what you want to be,” said the LSD: Love, Sex Aur Dhokha actor.

In fact, he and his girlfriend, actress Patralekhaa, recently recreated one of their favourite scenes from Shah Rukh-starrer Dilwale Dulhania Le Jayenge (DDLJ).

“That was just fun in London. I don’t think we should touch that film. Some classics should not be touched,” he said, about the idea of remaking DDLJ.

A remake of Raj and Simran’s epic love story may not be on the cards for Rajkummar, but a look at his filmography clearly indicates he has been busy with a good number of films.

“If I accept whatever comes my way, I would end up doing so many more films in a year, which I don’t want to and I can’t. I am being picky and choosy. I choose my scripts carefully. Whichever films I am doing – like Made In China or Turram Khan – are the films I really felt excited about,” shared the actor, whose film Judgementall Hai Kya released last month.

Producer Dinesh Vijan of Stree fame is working on a horror comedy universe. How many films is Rajkummar going to be part of?

“I hope all of them. Dinesh is family, We love working with each other,” he said.

He has teamed up with directors and producers such as Hansal Mehta, Rakeysh Omprakash Mehra and Ekta Kapoor, but he hopes to work with filmmaker Karan Johar someday.

“I respect him a lot. I think he is a phenomenal filmmaker. I would love to work with him. We keep chatting about things,” said Rajkummar. – IANS

Mahira Khan is best known for portraying the role of Khirad Ehsan in Momina Duraid’s Humsafar for which she received numerous accolades including Lux Style Awards for Best Television Actress. Read Mahira exclusive interview with Community - Gulf Times on Thursday, August 8.
25 years on, The Shawshank Redemption to re-release in Sept

On release in 1994, Frank Darabont’s The Shawshank Redemption did not set the box-office alight. Today, 25 years later, the film has gained cult status, and is widely considered one of the best-made fiction features on the subject of prison break.

The Shawshank Redemption had opened on September 22 in 1994, and the film will be theatrically re-released to mark its 25th anniversary on that date this year. The anniversary screenings will be held in selected theatres across the US on September 22, 24, and 25, reports ew.com, and the event will also include exclusive insight from Turner Classic Movies.

Darabont’s film, widely considered a classic now, is No 1 on IMDB’s user list of the most popular films of all time, although it was a dud on release, earning just over $16 million in its initial run.

The film is based on Stephen King’s 1982 novella, Rita Hayworth And Shawshank Redemption, and it tells the story of two prisoners who forge a lifelong friendship. These are Andy Dufrene (Tim Robbins), a man wrongly convicted for the murder of his wife and her lover, and Red (Morgan Freeman), who is serving out a life sentence.

The movie was nominated for seven Oscars, including Best Picture and Best Actor (for Freeman). It co-stars Gil Bellows, Clancy Brown, Bob Gunton, Paul McCrane, William Sadler, James Whitmore. – IANS

Bruce Springsteen’s youngest child becoming Jersey City firefighter

Sam Springsteen, the youngest son of rockers Bruce and Patti Scialfa Springsteen, is becoming a Jersey City firefighter, his mother proudly announced on Instagram.

“CONGRATULATIONS ... You followed your dreams ... JC firefighter ... Stay safe ... Love your brave heart??” Scialfa Springsteen posted next to a photo of 25-year-old Sam.

Sam is the youngest of the couple’s three children. His brother, Evan James, 29, is a musician who has performed with his father, and his sister, Jessica Rae, 27, is a champion show jumper.

Sam is graduate of the Monmouth County Fire Academy and a member of the all-volunteer fire company in Colts Neck, where the family lives.

In an interview published in June by Closer Weekly, Bruce Springsteen said he and his wife supported their children in the pursuit of their dreams.

“If I can wish for anything for my children it’s that they can pursue their dreams and know that if things don’t work out, it’s OK,” he said. Patti and I will always be there for them.”

The starting salary for a Jersey City firefighter is $42,250, according to salary.com. – The Philadelphia Inquirer/TNS

R Kelly pleads not guilty, denied bail

After allegedly locking up victims ordered to call him “Daddy” R Kelly was ordered held without bail during his first appearance in Brooklyn federal court on Friday.

Looking tired and puffy in his blue-and-orange jail uniform, Kelly said little during the short hearing and pleaded not guilty to his five-count sex trafficking indictment through his lawyer.

The Grammy winner turned two times to scan the courtroom and smile at co-girlfriends Jocelyn Savage and Arriel Clary, who travelled to New York from Chicago in a show of support.

In the superseding indictment filed July 10, a Brooklyn grand jury indicted Kelly, 52, on charges he ran a racketeering enterprise for two decades that exploited underage girls and young women engaged in coercion, kidnapping and forced labour.

Prosecutors claim the raunchy R&B singer, who’s pleaded not guilty in the case, paid big bucks to create child pornography, forced them to wear baggy clothing in public, hid the fact he had a disease and told them to call him “Daddy”

If convicted on all counts, Kelly faces the possibility of decades in prison.

“They’re not minor charges,” US Magistrate Judge Steven L Tiscione said on Friday. “He has significant incentive to flee given the long prison term.”

The judge also acknowledged a different federal judge in Chicago previously ruled Kelly should remain locked up ahead of trial on a separate indictment filed in the Windy City earlier this month.

“Even if I released him on bail in this case, he’s not going anywhere,” Tiscione said.

In letters filed in the Brooklyn-based case this week, Kelly’s lawyer Douglas Anton slammed the Jane Does as “disgruntled groupies” who shouldn’t be allowed to remain anonymous.

“There is no reason that the identity of all of these, now adult, alleged victims should not be made public so that the defense can prepare a proper defense,” Anton wrote in one letter to the court late Thursday.

“The government alleges that Jane Does #1-5 travelled on planes, drove in cars, stayed at hotels, etc ... of their own free will ... all pretty public and adult type activities, and all to see their musical hero, but now paints them as needing of anonymity. It shouldn’t be both ways,” he argued.

In his separate 13-count federal indictment in Chicago, Kelly is accused of working with cohorts to fix his 2008 child pornography trial by bribing and intimidating witnesses and victims.

The Chicago indictment also alleges Kelly, who has pleaded not guilty in the case, paid big bucks to recover child sex tapes before they fell into the hands of prosecutors.

By Molly Crane-Newman and Nancy Dillon
It goes beyond saying that the recently concluded Summer Entertainment City (SEC) at Doha Exhibition and Convention Centre (DECC) proved to be a crowd pulling indoor festivity for families and kids. Over 55,000 people visited DECC where the 3rd edition of SEC was held for over six weeks. According to the organisers about 75 percent of the visitors were Qatari nationals and their families.

The all-entertaining event, organised by QSports in collaboration with Qatar National Tourism Council (QNTC), is all set to reopen on August 9 on the eve of Eid al-Adha. The facility that will run until August 23 will include many new attractions for the visitors especially for the children. In an interaction with Community, Aya Kassab, Head of Business Development Unit at QSports, said: “The Entertainment City has been a very successful summer festival in the sense that it provides entertainment, recreation, edutainment, education, infotainment, cultural, cuisine and a lot of other activities for the visitors under one roof.

“Keeping in view the keen interest shown by the visitors in the City, we along with QNTC have decided to reopen the facility at DECC for Eid al-Adha. We are hopeful that the Eid this year will witness a large number of residents, especially families and children, enjoying the various offerings at the Entertainment City.

The 29,000sq m facility, which has been dubbed as the Summer in Qatar campaign’s centrepiece, will again feature an array of rides, skill games, virtual reality (VR) and video games, live entertainment shows, food court, and pop-up shops.

According to the organisers, the facility that will get going on next Friday will offer inflatable castle, inflata park, jumbo sized inflatable slide, inflatable maze, different rides, video and virtual reality games, amusement rides, education activities and live shows. The new SEC will have 107 attractions of different kinds for the families and children.

The city further includes a Kids’ Driving School, and a Mobile Trampoline Park, a mini golf course, a 1,200sq m skate park, synthetic ice skating, and a child-friendly bull ride, among others.

She noted that the 6,000sq m area that is dedicated for VR and video games is expected to attract more game enthusiasts from August 9 to 23.

This section of the City hosts some of the world’s most-advanced VR simulators, gaming stations and themed gaming areas, including Pac-Man, Beat Sabers, and FIFA.

As far as the attractions for the adults go, the organisers said that they would have about 57 retail shops selling items of daily use and cosmetics from different countries around the world. Further, there will be 20 food kiosks and 25 food carts for the visitors to satiate their hunger.

Ticket prices range varies. QR15 is entry fee to the new phase of the SEC 2019, or the visitors can purchase a Gold Pass for the entry for QR165. One Gold Pass includes entry to the City coupled with freedom of using 40 different rides plus five VR games. After getting entry, the visitors would have the choice to pay for their selected rides or games for their children.

The adults can pay and have their favourite food. They will also have the facility to purchase high quality items from the retail shops that will offer perfumes, carpets, handicrafts, clothes, toys, and other daily use items.

The Entertainment city is the part of the ongoing Summer in Qatar campaign that will end on August 16. The campaign initiated by QNTC offers different in and outdoor activities for the residents during the summer. The programmes include musical shows, comedy events, film awards, sale promotions at prominent outlets in major shopping malls. Different shopping malls have also been organising different activities for kids and families to keep them entertained during the summer days.