German falconer Laura Wrede on how she pursued her passion in Qatar and finer points of bird behaviour. P4-5
**PRAYER TIME**

Fajr 4am  
Shorooq (sunrise) 5.20am  
Zuhur (noon) 11.32am  
Asr (afternoon) 3pm  
Maghreb (sunset) 5.43pm  
Isha (night) 7.13pm

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| Ministry of Health                     | 40253368, 40253365 |
| Hamad Medical Corporation              | 40253364     |
| Qatar Airways                          | 40253374     |

**Quote Unquote**

“To make pictures big is to make them more powerful.”
— Robert Mapplethorpe

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Kamran Rehmat
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**Fax:** 44350474

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**IT Chapter Two**
**DIRECTION:** Andy Muschietti  
**CAST:** Bill Skarsgård, Finn Wolfhard, Jessica Chastain  
**SYNOPSIS:** Twenty-seven years after the Losers Club defeated Pennywise, he has returned to terrorize the town of Derry once more. Now adults, the Losers have long since gone their separate ways. However, kids are disappearing again, so Mike, the only one of the group to remain in their hometown, calls the others home. Damaged by the experiences of their past, they must each conquer their deepest fears to destroy Pennywise once and for all...putting them directly in the path of the clown that has become deadlier than ever.  
**THEATRES:** The Mall, Royal Plaza

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**Playmobil: The Movie**
**DIRECTION:** Lino DiSalvo  
**CAST:** Anya Taylor-Joy, Gabriel Bateman, Jim Gaffigan  
**SYNOPSIS:** When Marla’s younger brother disappears into the colourful and animated world of Playmobil, she is forced to abandon her organised and structured life to rescue him. Finding herself on an incredible and unpredictable adventure within this new world, Marla begins to see potential she never dreamed of.  
**THEATRES:** Landmark, Royal Plaza
EVENTS

Embroidery Techniques
WHERE: Sheikh Faisal Bin Qassim Al Thani Museum
WHEN: September 14
TIME: 11am — 2pm
Learn about Islamic patterns and explore hand embroidery techniques with a variety of colours, fabrics, and threads. All the material will be provided in the class.

HEC Paris International EMBA Info Session:
WHERE: 14th Floor, Tornado Tower, West Bay
WHEN: September 18
TIME: 4:45pm — 6:15pm
HEC Paris invites you to the next information session for its International Executive MBA. Learn more about this world-class executive programme. Discover the international diversity of participants, blended learning and international mobility options. Find out how it will help you transform yourself and your career.

Arabic Calligraphy Workshop
WHERE: Qatar Academy Msheireb
WHEN: Saturday – Friday
TIME: 3:15pm — 4:15pm
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@ateliertqatar.com

Painting Class
WHERE: Qatar National Library
WHEN: September 22
TIME: 11am — 12pm
Paint with a rolling ball, or a rolling car, or just stomp and drag your fingers, hands and feet! Little children will explore colour and motion using different media in this fun, hands-on activity. Please dress your little ones accordingly.

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

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

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

After School Activities
WHERE: Atelier
WHEN: Ongoing
Music and arts activities for students taking place after they finish their day in school includes Group Music lessons, Hip-hop, Ballet, Drawing and Painting, Drama Theatre & Taekwondo. Ages between 5 and 10 years old after school hours.

Arabic Handwriting and Calligraphy
WHERE: Music and Arts Atelier
WHEN: Saturday
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@ateliertqatar.com

Music and Arts Atelier
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“With a falcon, it’s more like a business partnership”

– Laura Wrede, German falconer

Falcons are wild birds. Even if you domesticate them, their mind remains wild. By nature they are wild. Their relationship with human is very different than the one that camels or horses have

By Mudassir Raja

Living in Qatar made her fall in love with falcons. She improved upon being a huntress and learnt falconry. Her passion also introduced her to the old Qatari traditions of how to hunt with falcons in the desert.

Laura Wrede, a German falconer, loved falcons and the Qatari traditions so much that she brought out a book on her experience in the country. Laura von Arabien (Laura of Arabia), published in 2018, is the book that talks about Qatar’s falconry tradition in the German language.

Laura lived in Qatar from 2010 to 2017 when she pursued her love for falcon and learnt much more about the local Bedouin culture. She recently visited Qatar to attend ‘S’hail – Katara International Hunting and Falcons Exhibition.’

In an interview with Community she dilated on her mastery of the art of falconry and how she came to author the book.

Laura has been in love with falcons since she was a child growing up in Germany. “I grew up in south of Germany and I was very close to nature. I always enjoyed riding horses and hunting. For me, it is a very natural way to get your food. I am a huntress. I got my hunting gun licence when I was 16. For hunting, I had to pass an examination. I used to hunt rabbits and deer.”

She came to Qatar in late 2010 and worked with the Qatar Foundation. Laura was however, into nature and the tradition of hunting in Qatar big time. “I was already fascinated by falcons when I was in Germany but I could not get into it. Coming to Qatar provided me an opportunity to learn falconry.”

The German expatriate however found it not easy to be a hunter again. “It was difficult because I was not taken seriously in the beginning. It was very difficult for me to explain that I [hunting with falcons] was my true passion. There is a notion that a
woman may not be able to become a good hunter. However, for me it is very natural to see my prey, stalk and hunt it. I do not kill for fun but for food (smile)."

In the beginning, Laura wanted to learn the basics of falconry. ‘I needed to learn before having a falcon. The local masters of the falconry community were not ready to accept me. It was very difficult for me to find somebody to discuss and learn the art. There is no hunting school here. People told me that it is a family tradition that you learn from your father or grandfather. Finally, a Qatari woman gifted me a kestrel, a falcon, in 2012. In Qatari tradition, they use the falcon to train the children. She wanted me to start with the beginners. The falcon was a grown up one and it was hard for me to train. The bird was very stubborn and I released it.’

Laura however bought another falcon – Lanner from Egypt – from Souq Waqif. "It was after my heart. I was crazy. This time I was more determined. I came across a Bedouin with his black Shaheen at the Souq. To me, he looked like a professional falconer. He was very reluctant but I insisted. I needed a teacher. I told him that he did not need to like me but to teach me. (smile). He and his eight-year-old son then started teaching me the art in the desert. I started learning Arabic that was necessary to know more about falconry and local traditions. Quickly my teacher, his family and I became friends. We are now like a family” — Laura Wrede

"I told (the falconer) that he did not need to like me but to teach me. He and his eight-year-old son then started teaching me the art in the desert. I started learning Arabic that was necessary to know more about falconry and local traditions. Quickly my teacher, his family and I became friends. We are now like a family” — Laura Wrede
ISC felicitates National Volleyball team of India

Indian Sports Centre (ISC), an apex body of the Embassy of India, recently organised a felicitation ceremony for the National Volleyball team of India. The team was visiting Doha to play preparatory matches for 20th Senior Men Asian Volleyball Championship at Tehran. Those matches were played with Qatar, China and Australia at Qatar Volleyball Association Stadium.

Nilangshu Dey, President of ISC, welcomed the gathering and highlighted the role of ISC in promoting sports and games among the Indian community in Qatar as well as associating with Games Federations of Qatar in organising various International sports events in Qatar.

Ramavatar Singh Jhakar, Secretary General of Volleyball Federation of India, applauded P Kumaran, Ambassador of India, for his support in forming the ISC. Speaking on the occasion, Dragan, Head Coach, emphasised on the progress of Indian National team during the last three months which should reflect in their world ranking in the forthcoming Asian Championship.

Speaking on the occasion, P Kumaran, Ambassador of India, appreciated the great opportunity for the Indian community in Qatar to meet the Indian volleyball team. The ambassador then presented a felicitation plaque to Secretary General of Volleyball Federation of India and team players, including Ukkrapandian, Ranjit Singh, Ajithlal, Naveen Raja, Jacob, Prabagaran, Amit, Ashwal Rai, Manoj, Akhin, Jerome Vminth, Pankaj, Kamlesh and Vinit Kumar. Team officials, including Dragan, Head Coach; Naresh Kumar, Assistant Coach; Sridhar, Assistant Coach; Digvijay Singh, Physiotherapist; and Ognjen Markocic, Analyst, were also felicitated on the occasion. The event was compered by Habib un Nabi, General Secretary of ISC. Ashik Mohammed, Secretary, Volleyball and Basketball, proposed a vote of thanks.

JAQ bids farewell to former president

Jalalabad Association – Qatar (JAQ), one of the oldest associations of regional Bangladeshi Community in Qatar, recently organised a farewell event for its former president, Muhammed Abdul Sattar, at Grand Qatar Palace Hotel. Mohammed Kafil Uddin, President of JAQ, presided over the event.

Muhammed Abdul Sattar has left Doha for good.

Ahsud Ahmed, Ambassador of Bangladesh, was the chief guest on the occasion. The event was attended by notable personalities, including Mohd Mohibur Rahman, First Secretary Political at the Embassy of Bangladesh, Mohammad Rabiul Islam, Counsellor Labour Wing, Mohammad Nazmul Hasan, First Secretary Passport and Visa, A K M Muniruzzaman Choudhury, Third Secretary, and Md Shah Alam, Third Secretary.

Speaking on the occasion, the ambassador said, “It is a sheer benediction of Sattar’s good work that we all have gathered here to celebrate his farewell and because of his selfless contributions towards Bangladesh Community Qatar, he will be remembered by people from all walks of life in the years to come.” He also appreciated the organisers for organising events to honour long-staying community members and in recognition.

Community leaders, including Anwar Hossein, President of Bangladesh Community Qatar; Mohammed Nazrul Islam, former president of JAQ; Mohammed Kapil Uddin and Mahbubur Rahman Choudhury also spoke on the occasion.
Coping Methods:

Teen suicide: What parents and caregivers need to know

I'm your teen at risk of suicide? While no teen is immune, there are factors that can make some adolescents more vulnerable than others. Understand how to tell if your teen might be suicidal and where to turn for help and treatment.

What makes teens vulnerable to suicide? Many teens who attempt or die by suicide have a mental health condition. As a result, they have trouble coping with the stress of being a teen, such as dealing with rejection, failure, breakups and family turmoil. They might also be unable to see that they can turn their lives around — and that suicide is a permanent response, not a solution, to a temporary problem.

What are the risk factors for teen suicide? A teen might feel suicidal due to certain life circumstances such as:
- Having a psychiatric disorder, including depression
- Loss of or conflict with close friends or family members
- History of physical abuse or exposure to violence
- Problems with alcohol or drugs
- Physical or medical issues
- Being the victim of bullying
- Being uncertain of self
- Exposure to the suicide of a family member or friend
- Being adopted
- Family history of mood disorder or suicidal behaviour

What role do antidepressants play? Most antidepressants are generally safe, but the Food and Drug Administration requires that all antidepressants carry black box warnings, the strictest warnings for prescriptions. The warnings call attention to the fact that children, teenagers and young adults under 25 might have an increase in suicidal thoughts or behaviour when taking antidepressants, especially in the first few weeks after starting or when the dose is changed.

Keep in mind that antidepressants are more likely to reduce suicide risk in the long run by improving mood.

What are the warning signs that a teen might be suicidal? Warning signs of teen suicide might include:
- Talking or writing about suicide — for example, making statements such as “I’m going to kill myself,” or “I won’t be a problem for you much longer”
- Withdrawing from social contact
- Having mood swings
- Increasing use of alcohol or drugs
- Feeling trapped or hopeless about a situation or environment
- Changing normal routine, including eating or sleeping patterns
- Doing risky or self-destructive things
- Giving away belongings when there is no other logical explanation for why this is being done
- Developing personality changes or being severely anxious or agitated when experiencing some of the warning signs listed above

What should I do if I suspect my teen is suicidal? If you think your teen is in immediate danger, call 911, your local emergency number or a suicide hotline number. If you suspect that your teen might be thinking about suicide, talk to him or her immediately. Don’t be afraid to use the word “suicide.” Talking about suicide won’t plant ideas in your teen’s head. Ask your teen to talk about his or her feelings and listen. Don’t dismiss his or her problems. Instead, reassure your teen of your love.

Remind your teen that he or she can work through whatever is going on — and that you’re willing to help.

Also, seek medical help for your teen. Ask your teen’s doctor to guide you. Teens who are feeling suicidal usually need to see a psychiatrist or psychologist experienced in diagnosing and treating children with mental health problems.

The doctor will want to get an accurate picture of what’s going on from a variety of sources, such as the teen, parents or guardians, other people close to the teen, school reports, and previous medical or psychiatric evaluations.

Don’t wait for your teen to come to you. If your teen is sad, anxious or appears to be struggling — ask what’s wrong and offer your help.

What can I do to prevent teen suicide? You can take steps to help protect your teen. For example:
- Address depression or anxiety
- Don’t wait for your teen to come to you. If your teen is sad, anxious or appears to be struggling — ask what’s wrong and offer your help
- Pay attention. If your teen is thinking about suicide, he or she is likely displaying warning signs. Listen to what your child is saying and watch how he or she is acting. Never shrug off threats of suicide as teen melodrama.
- Discourage isolation. Encourage your teen to spend time with supportive friends and family.
- Encourage a healthy lifestyle. Help your teen eat well, exercise and get regular sleep.
- Support the treatment plan. If your teen is undergoing treatment for suicidal behaviour, remind him or her that it might take time to feel better. Help your teen follow his or her doctor’s recommendations. Also, encourage your teen to participate in activities that will help him or her rebuild confidence.
- Safely store firearms, alcohol and medications. Access to means can play a role if a teen is already suicidal. If you’re worried about your teen, talk to him or her and seek help right away.

Mental Health

Community

Coping Methods: Many teens who attempt or die by suicide have a mental health condition. As a result, they have trouble coping with the stress of being a teen.
Musical roots run deep in Nashville —

The Musicians Hall of Fame and Museum – the Grammy Museum Gallery is also housed at the museum – is but one tiny sliver of Nashville's heritage that tells the storied history of country music here in this capital of Tennessee, writes Mary Ann Anderson
- city that dominates ‘Country Music’

richest in Nashville filled with the ghosts of the early entertainers Roy Acuff, Eddy Arnold, and Minnie Pearl. It’s still open and active, and on the agenda for the next few weeks are LeAnn Rimes and Sheryl Crowe.

Roy and I also visited the Country Music Hall of Fame. At times my former DJ husband was filled with waves of nostalgia as he harkened back to the halcyon days of country music and remembered that he had met many of the greats featured in the museum, among them Dolly Parton (“She had the most beautiful skin,” he remembers), Charley Pride, Tammy Wynette and George Jones.

We also took in a midweek performance at the Grand Ole Opry, even springing for a backstage guided tour so that we could have a chance to stand on stage as the show was in progress. We passed by Ricky Skaggs as we made our way to the stage, where we stood next to Aaron Lewis as he waited his turn to sing. Don’t ask me to explain why, because I just don’t know, but attending the Opry is a very sweet, very familiar experience and you’re somehow mystically connected to its performers as if they’re old homefolks or long-lost cousins.

If you’re planning a sojourn to Nashville and the Opry, factor in time for a tour or visit to other landmarks, including the Historic RCA Studio B where the likes of Willie Nelson and Elvis (no last name required) cut a few hit songs. If you didn’t get enough of Johnny Cash, George Jones or Patsy Cline at the Musicians Hall of Fame or Country Music Hall of Fame, these three country stars are each honoured with their own museum. And, if it’s still not enough, until early 2020, you can also see The State of Sound: Tennessee’s Musical Heritage at the Tennessee State Museum.

Live music is everywhere in the city. Just throw a guitar pick and you’ll hit a lounge to while away a few hours. Of special note, you may want to check out the iconic Bluebird Cafe or Tootsie’s Orchid Lounge or any number of venues along the Honky Tonk Highway of Lower Broadway. Let your ears be your guide. If it sounds good, then walk on in.

and around Nashville. When you get thirsty, let your palate be your guide, for within a 90-minute drive of Nashville are a number of restaurants. Nashville is a hotbed of great restaurants. The Oak Steakhouse restaurant’s prime ribeye is outstanding, and even on a Monday night the place was crowded with locals, always a good sign when it comes to restaurants. For lunch we liked Acme Feed and Seed overlooking the Cumberland River and where Roy declared his ribs tasty, sweet and tender. The pimento cheese beignets are a must-try at the Farm House, a restaurant known for its seasonal fare. We also enjoyed Josephine on 12th, where I savoured the scallops, and on the night of the Opry, we enjoyed an early dinner at Tansuo for traditional Chinese food of General Tso’s chicken. We also spent one afternoon in nearby Columbia, taking in a cooking class at Columbia’s Culinary Arts Centre under Chef Lisa Luchesi, where we learned to turn a simple dish of spaghetti and meatballs into an “ItaliSouth” work of art and met chefs Meredith Johnston of the Healing Plate, Seth Kaspy, Nathan Anderson and Abe Ruiz of What the Fajita, all of whom teach at the school. Afterward, we had lunch at Vanh Dy’s Asian Restaurant in Columbia for Chinese and Thai as we listened to the soft strains of live piano music.

Tennessee’s musical heritage is like no place else, especially in Nashville. And as much as the city is about country music, it also has the ability to welcome its visitors and make them feel at home.

– TNS
Camel racing then and now

Camel racing in Qatar has been an integral part of the Qatari lifestyle from centuries. It started in the early 1970s in the form of entertainment but it is now a million dollar business as well as a major tourist attraction. People from all over the world come to participate in such tournaments and for view it live for enjoyment.

Qatar’s camel race track is situated in the Al Shahaniya area. Around the racetrack, there is a virtual camel city and visitors are welcome to visit nearby camel stables.

Camel racing in the country is in full swing from November till February, during which period, domestic and international tournaments are held.

But throughout the year, training sessions and practicing for races continues, typically at the time of sunrise and sunset, when the weather is comparatively cold in desert.

— Text and photos by Manjri Saxena
Researchers have found that shorter people are at greater risk of developing type-2 diabetes.

The study published in the journal Diabetologia, also found the risk of future type-2 diabetes was 41 per cent lower for men and 33 per cent lower for women, for each 10 centimetres taller in height they were.

According to the researchers, the increased risk in shorter individuals may be due to higher liver fat content and a less favourable profile of cardio-metabolic risk factors.

“Our findings suggest that short people might present with higher cardio-metabolic risk factor levels and have higher diabetes risk compared with tall people,” said study researcher from the German Institute of Human Nutrition, Germany.

For this study, the research team looked at more than 2,500 middle-aged men and women in Germany from a pool of about 26,000 people, after adjusting for age, lifestyle, education and waist circumference.

The study found that the risk of future type 2 diabetes was lower by 41 per cent for men and 33 per cent for women for each 10cm larger height, when adjusted for age, potential lifestyle confounders, education and waist circumference.

The association of height with diabetes risk appeared to be stronger among normal-weight individuals, with an 86 per cent lower risk per 10cm larger height in men, and 67 per cent lower risk per 10cm larger height in women.

In overweight/obese individuals, each 10cm larger height was associated with diabetes risk being 36 per cent lower for men and 30 per cent lower for women.

This may indicate that a higher diabetes risk with larger waist circumference counteracts beneficial effects related to height, irrespective of whether larger waist circumference is due to growth or due to consuming too many calories, according to the researchers.

“Our study also suggests that early interventions to reduce height-related metabolic risk throughout life likely need to focus on determinants of growth in sensitive periods during pregnancy, early childhood, puberty and early adulthood, and should take potential sex-differences into account,” they added.

“We found an inverse association between height and risk of type-2 diabetes among men and women, which was largely related to leg length among men,” the researchers concluded. – IANS
Wordsearch

AUGER  BURIN  CLEAVER
FLAIL   HAMMER  LATHE
PLANE  RASP    SPUD
BORDER CHEESE  DRILL
GIMLET  HATCHET MALLET
PUNCH  SANDER  WRENCH
BRACE  CLAMP   FILE
GOUGE  KNIFE   PICK
RAKE   SPANNER

Codeword

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.

Sudoku

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Sudoku is a puzzle based on a grid. You place numbers 1-9 in each row, column and 3x3 box so that each row, column and 3x3 box contains each number 1-9 exactly once.

Adam

OKAY! DANCE RULE NUMBER ONE: LOOSEN UP. LET’S SHAKE IT OUT.

REAL Y LET GO. SHAKE THE D A Y O U T.

DO I DO THIS PART ON THE DANCE FLOOR?

NO NO. I DID ONCE AND SOMEONE CALLED AN AMBULANCE.

Pooch Cafe

YOU CAN’T SEE YOUR CAT-LOVING WIFE FOR THE MONSTER SHE REALLY IS.

BUT IF I’VE LEARNED ANY-THINGS FROM HORROR MOVIES, CLOSING A VANITY MIRROR OFTEN REVEALS THE TERROR.

JUST STAND THERE WHILE I GIVE THIS A LITTLE...

Garfield

“DEAR ASK A DOG…”

“JINGLE, JINGLE, JINGLE”

“SIGNED, THE CAR KEYS”

Bound And Gagged

TURN ON THE HEADLIGHTS, WE WERE FLYING INTO A BLACK HOLE.
Super Cryptic Clues

Across
1 British sailors in American vessels (4)
3 Dismissal repeated quickly (4-4)
9 Very cold northern bird (7)
10 Wood shot away from army base (5)
11 Reference book eventually incomplete (5)
14 Get in a mess having a meal (6)
16 Get to grips with equipment (6)
19 Fight with energy in awkward situation (6)
21 Trainee acted oddly (5)
24 Sloth disturbed a composer (5)
25 Tonic going backwards and forwards (7)
26 Playful remarks may be injurious in time (8)
27 Captured soldier with Resistance leader in front of boat (4)

Down
1 As champion may be avoiding corporal punishment? (8)
2 Neat trail, oddly enough, in part of South Africa (5)
4 Ace has left the country, being in need of food (6)
5 Flat land is not beautiful (5)
6 Fish tricked by weed (7)
7 Old man right for the role (4)
8 More off for instruction? (6)
13 He has a project for an airport (8)
15 Parasite was first to be amused (7)
17 Conservative embraced by a sweetheart in the recess (6)
18 Her Majesty turned up with something boring or something infuriating (3,3)
20 Continue performing somewhere in London (5)
22 Many left port (5)
23 City centre providing fish (4)

Answers

Wordsearch

Codeword
A potent, mind-expanding reminder of Linda Ronstadt

By Kenneth Turan

M emories in popular music are notoriously short, and if you’ve forgotten how extraordinary a singer Linda Ronstadt is, how wide a range of material she’s explored and how deep her commitment to the art and craft of music is, Linda Ronstadt: The Sound of My Voice is a potent, mind-expanding reminder.

Best known for more political documentaries like The Times of Harvey Milk and Common Threads: Stories From the Quilt, Oscar winners and co-directors Rob Epstein and Jeffrey Friedman are not likely candidates to take on the story of a singer. But this is no ordinary performer we’re talking about.

Ronstadt won 10 Grammys, regularly sold out massive arenas and had 11 platinum-selling albums. She was the first artiste to top the pop, country and R&B charts simultaneously, and when she recorded Canciones de Mi Padre, songs she remembered from her childhood, it became this country’s best-selling Spanish-language album ever.

“What Beyoncé is now is what she was, the first female rock star,” says Ronnie Raitt, who, echoing many women singers, says Ronstadt feels like a sister to her.

One of the pleasures of The Sound of My Voice is sampling moments from Ronstadt’s decades of hits, hearing excerpts from classics like Rescue Me, Different Drum Heart Like a Wheel, You’re No Good and When Will I Be Loved. Truly, the hits just keep on coming.

The documentary is also a reminder that when she was singing, a singer she is, everything from those Mexican canciones to jazz standards to American Songbook classics to Gilbert & Sullivan’s The Pirates of Penzance for New York Shakespeare Festival maestro Joe Papp. There’s even a clip of her singing rock anthem The Shoo, Shoo Song (It’s in His Kiss) with the Muppets.

As the singer herself says, many of her choices “didn’t fit anywhere but my heart.”

Though Epstein and Friedman have fashioned their film as more of a portrait of an artiste than a conventional biopic, Ronstadt is heard in voice-over—over talking about key aspects of her life.

These include two of her most publicized romantic relationships. One was with fellow singer J.D. Souther—he said, “you should cook me dinner” and she responded with a peanut butter sandwich—and the other with California Gov. Jerry Brown, for whom she sings My Boyfriend’s Back during a concert when he returns from a campaign swing.

The portrait we get overall is of a remarkably level-headed individual, a perfectionist with a sense of personal integrity whom fellow singer Don Henley aptly characterizes as having “a solid core, a very determined woman.”

We also hear from executives like David Geffen and fellow singers such as Jackson Browne and Emmylou Harris about the musical influences that moulded Ronstadt, and witness her complete professionalism and unerring instincts about what she should be doing and when she should be doing it.

Even though Ronstadt’s songs were frequesntly cover versions of other artistes’ material, her gift was so extraordinary that once she sang it she owned it. When she collaborated with Harris and Dolly Parton on Trio, the resulting harmonies were so spectacular that Parton calls hearing them “like a high you’ve never had.”

Ronstadt grew up in Tucson and got her wide-ranging taste from a musical family that loved to sing. In fact, she formed her first group, the New Union Ramblers, with her siblings when she was 14.

Ronstadt moved to Los Angeles when she was 18, shared a house on the beach in Santa Monica for $80 a month and made a prophet out of Johnny Cash when he introduced her on a Midnight Special TV broadcast by saying, “she has what it takes to be around for a very long time.”

The singer also is heard talking candidly about the difficulties of being a woman in charge of a rock tour and has no visible regrets about being single: “My mom told me early on, ‘Go out and have a life. You don’t have to get married. There are alternatives.’”

Ronstadt’s last public concert was in 2009, when the effects of Parkinson’s disease made it impossible for her to sing up to her own standards.

So one of The Sound of My Voice’s most poignant moments comes near the close, when she’s heard singing sweetly with members of her family. “She cares about the music, not the career,” says singer Ry Cooder, and this strongly emotional film makes that point crystal clear. - Los Angeles Times/TNS

A very gory sequel to a very gory horror movie

By Chris Hewitt

“Should we be running?” asks Jessica Chastain in It Chapter Two. Um, yeah. You’re in a very gory sequel to a very gory horror movie. You should be running instead of: dropping in on a spooky, abandoned theatre. Sticking a hand down the sewer drain where your baby brother was snatched by a monster. Or paying a visit to the decrepit childhood home where you were repeatedly assaulted. And, yet, the characters in It Chapter Two—who are supposed to be veterans of Stephen King-style childhood horrors—do those dumb things and more.

Chapter Two picks up 27 years after the events of it, in which seven adolescent friends were terrorized by the evil clown Pennywise, who fed on their secret fears. Ultimately, they vanquished him, but they’ve gone their separate ways, blanking out their memories of each other, until a friend summons them home to take on Pennywise again.

The setup is potent because King is so good at exploiting primal emotions. Much more than a horror movie, Chapter Two is an unsettling stew of grief, insecurity and guilt—not exactly the tastiest of stews, but one we can all relate to. Some of the most moving moments are not about Pennywise at all but the scenes because we know for sure that they’re going to survive. Not only survive, but they’re going to survive. Not only survive, but they’re going to survive. Not only survive, but they’re going to survive. Not only survive, but they’re going to survive.

That feels very like an old-style video game, rather than a narrative. Instead of building and building, the movie keeps resetting at zero as a new character takes on a new “level.”

A bigger issue is that one-third of Chapter Two consists of flashbacks to the time frame of It, with the kids from that movie doing battle in new situations. Muschietti clearly had a much bigger special effects budget this time out, but it’s hard to care about the fates of the kids in those scenes because we know for sure that they’re going to survive. Not only survive, but grow into an Oscar-nominated actor, an Emmy-winning sketch comic genius and a guy who apparently smells really good all the time. As a result, the flashbacks feel like they’re marking time.

Hader is the MVP of Chapter Two along with King, who pops up in a polished cameo), and he gets to do some of the most unexpected work towards the end, when the stakes are finally raised as the team battles Pennywise.

The last 45 minutes of It feel like a completely different movie, veering toward sci-fi fantasy, and Muschietti has trouble controlling the action, which seems to have about five different finales. In the end, that’s the legacy of Chapter Two: There’s some good stuff here, but they had no idea how to end it. - Star Tribune (Minneapolis)/TNS
What is prêt-à-porter fashion design?

In the past, designer clothing was way beyond the reach of the masses — it was considered haute couture, and designer collections were only seen on catwalks and clothing made-to-order for only a select few. The general public could only view these pieces in fashion magazines or on TV when worn by movie stars on the red carpet.

Ready-to-wear clothing is intended to be worn without significant alteration, and made in standard sizes that fit most people. Designers use standard patterns, factory equipment, and certain construction techniques that keep costs lower when compared to custom-sewn versions of the same item. Prêt-à-porter collections are usually presented by fashion designers and fashion houses twice a year during Fashion Week. These shows anticipate runway trends that are going to be. Collections are typically grouped in spring/summer, fall/winter, resort, swim, and bridal. Prêt-à-porter clothing is fast fashion, haute couture? Whatever it may be. This competition might be your calling to pursue fashion and design as a career.

What is haute couture fashion design?

An haute couture fashion designer is responsible for designing individualised, custom clothing for elite clientele. Clients are taken one at a time, and are given undivided attention. Designs are conceptualised and constructed according to a client’s exact measurements, style, preferences, and personality. Each piece is made by hand from start to finish from expensive and high-quality fabric, and sewn with extreme attention to detail by the best seamstresses and embroiderers in the world. Considering the amount of time, money, and skill needed to complete each piece, haute couture garments typically have no price tag.

Many haute couture fashion houses are in Paris, France. More rigorous criteria for haute couture was established in 1945. To earn the right to call itself a couture house and to use the term haute couture in its advertising and any other way, members of the Chambre Syndicale de la Haute Couture must follow specific rules:

1. Design made-to-order for private clients, with one or more fittings.
2. Have a workshop (atelier) in Paris that employs at least fifteen staff members full-time.
3. Have at least twenty full-time technical people, in at least one workshop (atelier)
4. Present a collection of at least fifty original designs to the public every fashion season (twice, in January and July of each year), of both day and evening garments.
5. No digital designs would be accepted.

In the 1960s, a group of young designers left these established couture houses, opened their own establishments, and established their own lines. The most successful of these young designers were Yves Saint Laurent, Pierre Cardin, André Courrèges, Ted Lapidus, and Emanuel Ungaro.

Although individualised, custom clothing for elite clientele is still going strong, today’s haute couture fashion designs that are seen on runways are not particularly made to be sold or a main source of income. What interests you, prêt-à-porter — fast fashion, haute couture? Whatever it may be. This competition might be your calling to pursue fashion and design as a career.
A lot of food goes into the fridge to die, says study

Researchers hope that you think twice when you put food in your refrigerator.

Why?
Because much of that food goes there to die. As much as 43% eventually goes in the trash due to in-home practices. Consumers are the biggest contributors to food waste, said Brian Roe, one of the study’s authors and a professor of agricultural, environmental and development economics at Ohio State University.

The top reasons that food gets tossed involve food safety, such as odor, appearance, and dates on labels.

“No one knows what ‘use by’ and ‘best by’ labels mean, and people think they are a safety indicator when they are generally a quality indicator,” Roe said.

A proposal before Congress would change labeling rules for food expiration dates. Introduced in July, it suggests that food companies use the phrase “Best if used by” instead of “Use by,” in the hope that consumers will base their decisions about discarding food more on odor and appearance.

“They’ve got date labels that are confusing, typically. Portion sizes are often times too large. There are great bargains for buying lots of food in bulk,” Roe said. “And then, you know, we’ve got busy lifestyles, as well, that make it very difficult for us.”

One-third of the food produced worldwide, about 1.3 billion tons, is wasted, according to the Food and Agriculture Organization of the United Nations.

The Solid Waste Authority of Central Ohio has noticed the problem at the landfill, where 12.8% of material buried there is from residential and commercial food waste. That equates to nearly a million pounds of food going to the landfill every day in Franklin County, said Hanna Greer-Brown, a SWACO spokeswoman.

“It’s one of the highest materials in the landfill. It’s right behind paper and plastics,” she said.

A Central Food Waste Initiative was formed to help tackle the problem by encouraging composting and smarter food use. The goal is to cut food waste in the area in half by 2030. In Franklin County, residents and businesses send an estimated 102 million meals to the landfill while hungry residents miss an estimated 69 million meals each year.

“There are so many things that are better than simply landfilling” food, Greer-Brown said. The food-waste study, which relied on 907 initial surveys and 169 follow-up surveys, found that those who clean out their refrigerators more often are more likely to waste food.

Households with younger people were less likely to use all their food than were those with people 65 and older.

Of those surveyed, only about 12% had access to composting, and 16% said they had fed pets unwanted food.

Participants were asked about how much meat, fruits and vegetables they had and how much they planned to eat. A week later, follow-up surveys were conducted showing that they actually ate only about 40% to 50% of the food.

Historically, the phrase for cleaning out the fridge has been, “When in doubt, throw it out.”

“I’m suggesting, ‘When in doubt, use your nose’ to smell the food and see if it’s still OK to eat,” Roe said.

To fridge or not to fridge?

One of the tougher questions is figuring out if something goes in the fridge in the first place. Certain foods don’t belong in the fridge. Tomatoes will turn mealy and odorless in the fridge—keep them comfy at room temperature. Onions, squash, and potatoes do best in a cooler environment with low moisture, so store them in a dark cupboard or other place outside of the fridge. Avocados and many fruits are just fine being left on the counter to ripen, but also can go in the fridge to slow the process down if needed. Herbs can be kept in the fridge or in a vase on the countertop if they’ll be used with a few days.

Then there’s the gray zone: foods that can be refrigerated to maintain maximum freshness and quality but don’t have to be refrigerated if you use them up relatively quickly. For example, nuts, nut flours, and many nut butters are just fine to store in the cupboard but refrigeration will help to maintain the natural oils and keep nut butters from separating. Refrigerate these items if your house is warm or if you won’t be using these products up within a few weeks (or both). Likewise, whole-grain flours (which contain healthy oils and nutrients) and oils low in saturated fat such as canola oil, safflower oil, and olive oil will last longer if stored in the fridge away from warm temperatures.

But again, if you’re making almond-milk muffins every week, storing that flour at room temp is just fine. Bottom line: if these products are laying around your kitchen for a long time, putting them in the centre or upper shelves of your fridge (or even freezing flours) will help prevent off flavours that can develop over time.—TNS

YOUR FRIDGE + FOOD SAFETY

Keeping your refrigerator clean and organized helps to minimize food spoilage and reduces your risk of foodborne illness.

COOKED LEFTOVERS
Prevent juices from leaking by storing on a wrapped plate or in a sealed container.

RAW MEAT

Sealed Drawers: Drawers are the best storage option for fruits and vegetables.

TEMPERATURE
An appliance thermometer lets you know your fridge is set to 40°F or below.

DOORS
Temperature changes frequently—avoid storing perishable foods here.

SEALING DRWERS

FREZER
Keep your freezer full.

The freezer compartment should be kept about 70 to 80 percent full. Placing blocks of ice in the freezer to fill empty space can ensure that the freezer stays cold in the event of a power outage. It can also help to preserve energy. The same is true of storing liquids in the fridge. If the power goes out, these liquids can act as a temporary cooling mechanism to provide some cooling to the unit.