Community Knee replacement surgery is one of the most common orthopaedic surgeries today.

Ovais Sarmad, Deputy Executive Secretary UNFCCC, speaks about the urgency to address climate change.

Cover Story Day-Glo masterpieces are fading. A conservator and her team are racing to save them.
Rearguard action

Conservator Kamila Korbela is trying to save “Bampur,” a migrainous colour-block behemoth painted in 1965 by the influential modern artist Frank Stella, writes Sonja Sharp

Deep in a basement laboratory at the Los Angeles County Museum of Art, conservator Kamila Korbela peered at the moon-cratered image on the screen of her microscope, searching.

It was a speckle of paint that outwardly appeared no different from a half-dozen others in her portfolio. But the museum’s sophisticated laser microscope told a different story.

Instead of magnifying the sample, it measured the vibration of its chemical elements. The readings showed that this fleck of colour was unlike the others.

For the resolute conservator, this was a clue to unravelling an urgent mystery that is as much about art as it is physics and chemistry.

Korbela is trying to save “Bampur,” a migrainous colour-block behemoth painted in 1965 by the influential modern artist Frank Stella — on view for the first time since 1980 in a LACMA retrospective. Like her paint speckle, it vibrates. At least, it used to.

“The yellow has definitely faded at a faster rate than the pink or the blue,” which are still so unnaturally bright that Korbela could work on them for only a few minutes at a time before getting a headache.

“Yellow is particularly difficult,” she said. “You can't replicate it unless you replicate the constituent dyes. And it's all secret.”

This secret is called Saturn Yellow.

It is the trademarked name of a fluorescent chartreuse — think caution tape or a high-voltage sign — that conservators say is among the most photochemically complex paints ever made by the Day-Glo Colour Corp. of Cleveland.

Day-Glo still makes Saturn Yellow, although conservators say the modern formula is significantly different from the one used by trailblazing modern artists in the 1950s and '60s.

Korbela said she hoped to get the company’s help in restoring the work — to secure a copy of the formula, or samples of dry pigment for conservators to test — but after months of trying unsuccessfully to reach them, she gave up.

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Korbela said she hoped to get the company’s help in restoring the work — to secure a copy of the formula, or samples of dry pigment for conservators to test — but after months of trying unsuccessfully to reach them, she gave up.
But it didn’t quash her ambition. Rather, it set in motion a laborious effort to reverse engineer the hue’s midcentury formulation, and in the nearly two-year quest has drawn interest from prominent figures in art conservation.

“It’s not just to treat this one painting that happens to belong to LACMA... I think the outcomes will be a lot more significant,” said Margaret Holben Ellis, chair of the Conservation Institute at the New York University Institute of Arts. “There’s a lot of Day-Glo out there. It’s in every kind of artwork imaginable.”

The company said its current paints work well for restoration purposes but that it would not divulge proprietary information.

Tom DiPietro, Day-Glo’s vice president of research, put it this way: “It’d be like giving you the formula for Coke.”

But after The Times described the LACMA team’s efforts, the company agreed to provide Korbela’s team with pigment samples and a data sheet with some limited details about their composition.

The future of some well-known works of modern art could hang on Korbela’s research, experts said. If the Day-Glo shades can’t be replicated, many fear that renowned works such as “F-111,” James Rosenquist’s 80-foot-long protest piece, and Andy Warhol’s “Flowers” could literally disappear.

“Those paintings contain a glowing ghost that cannot be captured on a photograph,” said Stefanie De Winter, a Belgium-based conservator who is an expert on fluorescent art. “I think that if we wait for another 50 years, they will be milky-colored confetti, which will have lost their original effect and meaning.”

As novelist and merry prankster John Singer Sargent, Rufino Tamayo and Pablo Picasso. Now, another art conservation company, LA Art Labs, and must wait for grants and squeeze tests in a large toaster oven, and functions like a basement laboratory looks like a microscope and other elements the artist

TO THE RESCUE: Kamila Korbela stands by an art piece titled Bampur by Frank Stella from an upcoming exhibition at LACMA. Korbela has had on clearing the area by varnished latex sponges and reducing of fungus in unpainted area.

with the dry pigments the company recently agreed to supply. Even after all of that, the hunt for vintage Saturn Yellow might not be over.

“We will have to do more analysis to find those perfect matches,” Korbela said. “It’s a field that’s very much still in its baby shoes.”

The team plans to apply for a National Leadership Grant from the Institute of Museum and Library Services, which seeks projects that “address critical needs of the museum field.” But once they crack “Day-Glo’s” chemical genie, “we will have a lock-and-key principle solution for dozens of paintings in the operator’s warehouse.”

Still, actually applying it to Stella’s painting presents another challenge.

The perfect mixture, if it can be achieved, would then have to be applied to the painting with a brush made from just one or two hairs.

“If it’s too dense a layer, the paint particles will cast shadows on each other and appear darker,” Korbela said.

All of which raises the question: Why layy for years to produce an effect that is fundamentally unpleasant? Couldn’t viewers still appreciate “Bampur” if it didn’t hurt when they looked?

“Absolutely not,” said De Winter, the Day-Glo scholar. “When you cancel out the Day-Glo of the paintings you would lose the self-referential quality, the often-disturbing eye-catching effect, and other elements the artist constitute for integral to his work.”

Ellis was even more pointed.

“There’s many works of art done in Day-Glo hanging in our museums that no longer glow,” the expert said. “They’re still great works of art, but they lose their power factor. If it loses the ability to hurt your eyes, it’s no longer effective.”

— Los Angeles Times/TNS
Pain after knee replacement surgery

Knee replacement surgery, also known as knee arthroplasty, is one of the most common orthopaedic surgeries performed today.

Getting Back to a Life in Motion

Your Knees. Your Choices

When you were a kid, a knee injury took you out of the game.

Knee injuries in children have increased dramatically over the past 12 years.

When you are an adult, osteoarthritis puts the brakes on your greatest adventures.

Nearly 1/2 of American adults develop knee osteoarthritis over their lifetime.

Surgery is the first step in reclaiming your mobility when medications, therapies and treatments don’t work.

By 2030, total knee replacement procedures are projected to grow 22% to 5.5 million procedures per year.

Total knee replacement surgery gets you back to work and back to being you.

Lifetime societal net benefit for knee replacement patients averaged between $9,000–$13,000 depending on the patient.

ACTIVATION: A new research suggests that BPN4770 may be capable of activating multiple biological mechanisms that protect the brain from memory deficits.

“Such observations imply that Alzheimer’s pathology can be tolerated by the brain to some extent due to compensatory mechanisms operating at the cellular and synaptic levels,” said study researcher Ying Xu, Associate Professor at University at Buffalo.

“Our new research suggests that BPN4770 may be capable of activating multiple biological mechanisms that protect the brain from memory deficits, neuronal damage and biochemical impairments,” Xu added.

The research conducted in mice, discovered that BPN4770 inhibits the activity of phosphodiesterase 4D (PDE4D), an enzyme that plays a key role in memory formation, learning, neuroinflammation and traumatic brain injury. PDE4D lowers cyclic adenosine monophosphate (cAMP) – a messenger molecule that signals physiological changes such as cell division, change, migration and death – in the body, leading to physical alterations in the brain. cAMP has numerous beneficial functions, including improved memory, by inhibiting PDE4D, BPN4770 increases cAMP signalling in the brain, which ultimately protects against the toxic effects of amyloid beta.

“The role of PDE4D in modulating brain pathways involved in memory formation and cognition, and the ability of our PDE4D inhibitor to selectively enhance this process, has been well studied,” said Mark E Gurney from Tetra Therapeutics.

“We are very excited by our colleagues’ findings, which now suggest a second protective mechanism of action for BPN4770 against the progressive neurological damage associated with Alzheimer’s disease,” Gurney said.

“Developing effective drugs for memory deficits associated with Alzheimer’s disease has been challenging,” said M O’Donnell, Professor at University at Buffalo.

“BPN4770 works by a novel mechanism to increase cyclic AMP signalling in the brain, which has been shown to improve memory. The collaborative project has led to clinical trials that will begin to test its effectiveness,” O’Donnell said.
Plants are the latest treatment for depression and anxiety

By Emine Saner

The combination of physical activity, social contact and being surrounded by nature is thought to make gardening beneficial for our mental health. Many gardeners already know the uplifting feeling you get from being maddened of hand, nurturing plants from seed to bloom, watching the seasons change. It is something the NHS is increasingly taking notice of, too, as a way to improve mental health, along with other conditions.

A GP surgery – Cornbrook medical practice in Hulme, Manchester – has started prescribing gardening to people with anxiety and depression. Patients are given plants to care for, which are later planted in the surgery’s communal garden – a place where they can join in an activity with others and strengthen social connections.

There are other similar schemes, such as Sydenham Garden in south London, which takes GP referrals for its therapeutic sessions. “Research shows that outdoor exercise or ecotherapy, such as gardening or walking, has huge benefits for well-being and can even be as effective as antidepressants in treating mild to moderate depression and anxiety,” says Aimee Gee from the mental health charity Mind. “This is thought to be due to a combination of doing more physical activity, which is known to have many physical and mental health benefits; getting more regular social contact with people, which can reduce loneliness and boost self-esteem; and being surrounded by nature, which can boost your overall mood and sense of well-being.”

The colours, sounds and smells of a garden, she says, “boost our well-being, while nurturing a garden or allotment provides the satisfaction of completing tasks and a stronger connection with the natural environment, both of which are associated with improved self-esteem and decreased levels of anxiety.”

Two studies, one in the Journal of the American College of Cardiology, prescribed classes of antibiotics. and one of the most commonly between two types of heart problems.

The opposite is true for dealing with heart problems, said study lead author Mahyar Etminan, Associate Professor at the University of British Columbia. For the study, the research team analysed data from the US Food and Drug Administration’s adverse reporting system.

They defined current fluoroquinolone exposure as an active prescription or 30 days before the adverse event, recent exposure as within days 31 to 60, and past exposure as within days 61 to 365 days prior to an incident.

They compared fluoroquinolone use with amoxicillin and azithromycin. The results showed that the risk of aortic and mitral regurgitation, blood backflow into the heart, is highest with current use, followed by recent use.

“This study highlights the need to be thoughtful when prescribing antibiotics, which can sometimes cause harm,” said Bruce Carleton from BC Children’s Hospital in Canada.

Commonly used antibiotics lead to heart problems

Researchers have found a link between two types of heart problems and one of the most commonly prescribed classes of antibiotics.

In a study published in the Journal of the American College of Cardiology, researchers found that current users of fluoroquinolone antibiotics, such as Ciprofloxacin or Cipro, face a 2.4 times greater risk of developing aortic and mitral regurgitation, where the blood backflows into the heart, compared to patients who take amoxicillin, a different type of antibiotic.

The greatest risk is within 30 days of use. “You can send patients home with a once-a-day pill; this class of antibiotics is very convenient, but for the majority of cases, especially community-related infections, they’re not really needed. The inappropriate prescribing may cause both antibiotic resistance as well as serious heart problems,” said study lead author Mahyar Etminan, Associate Professor at the University of British Columbia.

The colours, sounds and smells of a garden boost our well-being while nurturing a garden or allotment provides the satisfaction of completing tasks and a stronger connection with the natural environment.
Onam Sadya: A traditional feast from Kerala

A bachelor's degree in hotel management introduces to all the aspects of a hotel operation from the food production to the finance and front of the house to the sales and marketing. One of the major curriculums of the culinary programme is to introduce students with the classical French formal dining menu which consists of 5, 6, 8, 10, 12 or 17 courses. The courses are small and are carefully planned to complement each other gastronomically. The food is served over a period spanning three, four or five hours and follow conventions of menu planning that have been established over the years.

India’s answer to this classical menu is the 21 course sadya meal. For almost two weeks in August or September, the entire South Indian state of Kerala irrespective of different religious beliefs unites and celebrates this harvest festival. This is undoubtedly one of the India’s most delicious feast — The Onam Sadya. Onam is also said to commemorate the mythical ruler Mahabali, a beloved king. People across Kerala celebrate both the harvest and Mahabali’s return by making ornate flowered arrangements, dancing, organising cultural activities, wear traditional South Indian clothes and compete in the annual boat festival.

Onam Sadya traditionally consists of around 26 dishes served in a chronological order. The menu consists of several different kinds of pickle, fresh and fried bananas, buttermilk, poppadum, vegetable dishes, beans in coconut gravy, lentils prepared in different styles, sabdham and soup served over scoops of Kerala’s signature matina red rice.

Some communities in Kerala opt for a strict vegetarian meal while some include dishes like karimeen (shrimp curry) or beef fry. During my stay in Qatar for over four years I have been invited for several feasts and have cooked some myself too. The ritual of serving this fest is as intricate as the process of preparing it.

Guests are seated on the ground or on benches in rows and eat with their hands, the food is served on banana leaves. The food is laid out from left to right, and each dish has a specific place on the leaf. Hosts continue to spoon out steamed rice to the guests as they eat. The meal concludes with a variety of sweet, milk based payasam puddings and fragrant digestive paan (betel leaf wrapped digestives and natural mouth fresheners).

If you are lucky enough to be in Kerala during Onam, be ready for a fest of your lifetime. Numerous restaurants only serve opulent sadya spreads. Consider yourself even luckier if some of your friends invite you to a home sadya.

Do not worry if you are not in Kerala and still want to enjoy this luxurious spread of south Indian delicacies. Just search for a restaurant serving sadya near you and you won’t be disappointed; almost every major city in India has plenty of sadya options during the festival days or at least on the first Onam day.

Traditional Onam Sadya dishes in their chronological order include;

- Choru: boiled rice
- Kaaya Varuthatha: crispy banana chips (This is my favourite and I often ask for bigger serving)
- —Sharkara Varatti: fried pieces of banana coated with jaggery – kids love this
- Chemma Varuthath: Yam slices, fried with spices
- Puliyachi or Inijipuli: Tamarind based chutney
- Kichadi Gourd: Okra or cucumber in a yoghurt curry
- Pachadi: Pineapple or bitter gourd in a yoghurt sauce
- Pulissery: vegetable of choice and curd
- Kottu Curry: black chickpeas curry
- Olan: Ash gourd with beans in a thick coconut milk gravy
- Stir fried vegetable with grated coconut
- Theeyal: mixed vegetable curry
- Erissery: mashed beans and pumpkin with coconut and milk
- Avial: mixed vegetables with coconut milk
- Moru: spicy buttermilk
- Sweet and sour pickles
- Popadum: urad lentil poppadum is my all-time favourite since childhood
- Banana: small Kerala banana is served, keep in mind all these are

Method:
Wash and peel all the yam, carrot, beans, drum sticks lengthwise into 2” long pieces, keep aside
Grind coconut, green chili and cumin seeds into a coarse paste with little water
Wash, cover and cook all vegetables with 1 cup water, turmeric powder and salt to taste till the vegetables are almost half cooked
Drain excess water, if any and keep the vegetables in a heavy bottom stock pot
Pour the ground coconut into the vegetables and cover the pot and cook for five minutes
Add raw mango and continue to simmer, you can substitute raw mango with sour curd
In a separate pan heat coconut oil and add the curry leaves and let them splutter, add the curry leaves and coconut oil to the vegetable pot and stir
Adjust the seasoning and keep covered until the vegetables are fully cooked
Serve hot

Note: Do not over stir the vegetables otherwise they will mash and the avial won’t look and taste that good. Coconut oil gives a unique taste to the avial, try not to substitute it with any other oil.

Chef Tarun Kapoor, Culinary Mastermind, USA. He may be contacted at tarunkapoore83@gmail.com
Nasser Al Ali Enterprises felicitates hard working employees

Nasser Al Ali Enterprises, an IOS certified company, recently awarded its 31 employees of various nationalities, including Nepali, Indian and Bangladeshi with each getting 5 gram gold coin for outstanding performance in the company. The employees work in the construction wing of the company.

- Text and photos by Usha Wagle Gautam

OIS conducts CBSE Table Tennis Cluster Championship

Olive International School (OIS) recently conducted CBSE Table Tennis Cluster Championship (2019-20). Jacob K M, Principal of OIS, declared the tournament open. Eight schools from Doha participated in the championship.

The winners, included Birla Public School, won Under 14 Boys Championship, MES Indian School, Under 17 Boys, DPS-Modern Indian School, Under 19 Boys. The overall championship title was bagged by Birla Public School.

Nando’s Qatar joins hands with Baladna to launch their new milkshakes range

Nando’s Qatar, the casual dining international restaurant brand from South Africa famous for its Flame-grilled PERi-PERi chicken, has recently joined hands with Baladna Food Industries Co W.L.L., Qatar’s largest producer of fresh dairy, to launch the milkshake range in Qatar for the very first time. Nando’s Qatar has decided to choose Baladna’s products because of their fresh, nutritious and better-quality products.

Baladna will supply Nando’s with Halloumi cheese, yogurt and laban to accommodate their various dairy products, including Halloumi fries and yoghurt dips. Morne Jones, Head of Operations – Hospitality and Business Development at Nando’s Qatar, said, “We are very proud to be associated with a leading Qatari brand Baladna, which believes in superior quality products and fresh ingredients just like Nando’s. In addition, Nando’s has always taken initiatives to work closely with the local community or the business.”

Saba al-Fadala, Communications and PR Director at Baladna Food Industries, said “Baladna takes pride in catering to the daily dairy requirements of the hospitality sector in Qatar including local and international brands. Being Qatar’s leading supplier of dairy and beverage products, we have a commitment towards providing both individuals and F&B outlets with fresh products that enhance the quality of food served at restaurants. We are excited about the collaboration and look forward to Nando’s new milkshake range.”

The new milkshakes range at Nando’s include three flavours – Rose Pistachio, Oreo Shake and Bar one at QR 22 each.
A DAY IN DATA

The exponential growth of data is undisputed, but the numbers behind this explosion - fuelled by internet of things and the use of connected devices - are hard to comprehend, particularly when looked at in the context of one day.

500m

tweets are sent every day

Twitter

4PB

of data created by Facebook, including

350m photos

100m hours of video watch time

Facebook Research

320bn

emails to be sent each day by 2021

Radiant Group

294bn

billion emails are sent

306bn

emails to be sent each day by 2020

3.9bn

people use emails

4TB

data produced by a connected car total

ACCUMULATED DIGITAL UNIVERSE OF DATA

4.4ZB

2013

44ZB

2020

PwC
DEMYSTIFYING DATA UNITS

From the more familiar ‘bit’ or ‘megabyte’, larger units of measurement are more frequently being used to explain the masses of data.

<table>
<thead>
<tr>
<th>Unit</th>
<th>Value</th>
<th>Size</th>
</tr>
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<tbody>
<tr>
<td>bit</td>
<td>0 or 1</td>
<td>1/8 of a byte</td>
</tr>
<tr>
<td>byte</td>
<td>8 bits</td>
<td>1 byte</td>
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<tr>
<td>KB</td>
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</tbody>
</table>

*lowercase “b” is used as an abbreviation for bits, while an uppercase “B” represents bytes.

463EB

of data will be created every day by 2025

95m

photos and videos are shared on Instagram

28PB

to be generated from wearable devices by 2020

65bn

messages sent over WhatsApp and two billion minutes of voice and video calls made

facebook

5bn

Searches made a day

3.5bn

Searches made a day from Google

Smart Insights
Combining exercise and dieting may not be a good idea as it may impact your bone health, according to a new study.

“This is important for women because as we age our bone health starts to decline. Your calorie intake and exercise routine can have a big impact on the strength of your bones and your risk for fracture,” said senior author of the study Maya Styner, Associate Professor at University of North Carolina School of Medicine in the US. The study, published in the Journal of Bone and Mineral Research, looked at what happens to bone marrow fat and overall bone health when restricting calories.

The research involved four groups of mice in all – a group on a regular diet (RD), a group on a calorie-restricted (CR) diet, a regular diet group that exercised, and a calorie-restricted group that exercised. Mice in the calorie-restricted group ate 30 per cent less than what regular diet mice ate. For context in humans, according to the United States Department of Agriculture, a ‘moderately active’ woman around the age of 30 should consume 2,000 calories per day. A 30 per cent reduction would equal a diet of 1,400 calories per day, which is around the amount suggested to most women trying to lose weight at a rate of one pound a week.

Styner found mice in the calorie-restricted group lost weight, but also had an increase in bone marrow fat. “This was mild caloric restriction, and we found a significant increase of fat in the bone marrow,” Styner said. “This group also had a decrease in bone quantity – they had less bone overall due to cut in calories.” Although fat in the bone is poorly understood, to date it is thought to be harmful to bones of mammals, including humans, because it makes bone weaker. Less fat is usually an indication of better bone health.

“Looking at this from a human perspective, even a lower calorie diet that’s nutritionally sound can have negative effects on bone health, especially paired with exercise,” said Styner. – IANS

Mixing dieting, exercise may not be good for bone health

LIFESTYLE/HOROSCOPE

April 20 – May 20

You may not know which way to turn, Taurus. You may be emotionally weighed down by sentimental feelings and memories that bind you to the past. You may also feel restricted by authority figures who’ve been around the block more times than you, and therefore feel they have the right to tell you how to run your life. Try not to let your thoughts get tied up in either of these scenarios.

June 21 – July 22

In a philosophical or political conversation, you don’t hesitate to offer your thoughts. Cancer. Your examples may be extreme, but your principles are sound. You may get in over your head before you know it and suddenly need an escape route. Your first reaction may be to change the subject. It’s better to admit you don’t know the answer or don’t understand the question.

March 21 – April 19

You may be shy when it comes to expressing your emotions today, Aries. This could be a rare thing for you. Other people may wonder if something is wrong. The truth is, you may feel like you need to calm down and focus more of your attention inward instead of directing it outward. Don’t look to others to resolve your problems. Deal with them yourself. You’re just going through an introspective period.

TAURUS

CANCER

APOLOGIES TO ARYAN JAGGI. A JUSTICE OF THE SUPREME COURT OF INDIA, HAS IN A RECENT SCENARIO OF THE SUGAR TAX CASE, QUESTIONED THE APPROPRIATNESS OF THE SUGAR TAX, WHICH WAS INTRODUCED TO REORDER THE INCOME OF THE GOVERNMENT. THE COURT IS OF THE OPINION THAT THE SUGAR TAX IS BADLY MISDIRECTED AND THAT IT WOULD BE BETTER IF IT WERE ABOLISHED.

July 23 – August 22

You should be in a good mood, Leo, although you might have a hard time fully expressing yourself. Perhaps you feel like there is someone keeping an eye on your every move. You may feel like a kid in class being watched by the teacher. Don’t be intimidated by those with a self-righteous air. You have just as much right to speak your mind as anyone else.

August 23 – September 22

You may get the feeling that despite all the hard work you’ve accomplished, something is still missing, Virgo. There’s still a long road ahead, regardless of the goals you’ve attained so far. Perhaps the thing you’re searching for is a tender moment with a loved one, something that’s much closer than you think. Stop searching far and wide for the thing that’s right under your nose.

September 23 – October 22

Freedom may be a theme for you today, Libra. You’re beginning to question what it is you’re trying to free yourself from. A person? Job? Commitment? These may be the very things you start to search for as soon as you’re free of them. Trying to figure out what you want and need in life is sometimes easier said than done. Don’t get stuck on one concept. Do your best to take things gradually.

October 23 – November 21

You’re the liquid that takes the shape of its container, Scorpio. Even though this may seem like the most non-confrontational way to do things, you may find that it’s actually a cause of great frustration for you and others. People may be annoyed that you’re always following someone else’s lead instead of taking the initiative. Try to be more assertive while continuing to be easygoing.

November 22 – December 21

You may feel like a puppy that has been let outside for the first time, Sagittarius. The air is warm and you’re full of energy. You’re ready to run over the fields and hills. Unfortunately, you’re tied to a stake and you can’t move beyond a ten-foot radius. Your heart is ready to fly, but something beyond your control keeps you where you are. Start chewing the rope.

December 22 – January 19

You may feel a strange tension. It seems that nothing you say or do is quite right, Capricorn. As much as you may try to do the correct thing, you can’t make things click the way you’d like. Try not to raise your expectations too high. Let go of the idea that things are going to work out exactly the way you want. You may not even know what’s best for you in the end.

January 20 – February 18

It may be hard for you to maintain your self-discipline, Aquarius. Your childlike nature wants to go out and play. Emotionally, you’re anxious to let loose and follow your playful, instinctual nature, yet your sense of responsibility is holding you back. This difficult internal tension may be the cause of irritation in many different areas of your life. Do your best to come to a place of balance and harmony.

February 19 – March 20

If you’re unclear about the topic of discussion, say so, Pisces. Asking questions is an important part of learning. You shouldn’t be afraid to ask. Communication may take on a serious tone, and intellectual discussions are likely to get heated. Bring up political topics at the dinner table and give everyone a chance to speak on the matter. Don’t try to change the subject in order to avoid the conversation.
Colour by choice

Maze
Help a group of fish find their way to the coral reefs.

Connect the dots
Join the dots in order to find out more!

Picture crossword
Under the Sea
Use the pictures below as clues

Puzzle courtesy: hellokids.com
Pooch Café
By Paul Gilligan

What are you guys chained up for?

I dug in the garden.

I got into the trash.

I stole a pair of bolt cutters.

Bound & Gagged
By Dana Summers

Ahhhh!

Screech!

She's listening to a Stephen King novel.
Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine (3x3) boxes. You are given a selection of values and to complete the puzzle, you must fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9 and none is repeated.

Across
1 Reflecting? Not Henry VIII (8)
5 Some antiquated Danish or Icelandic poems (4)
8 Maybe Iraq provides port in Mozambique (5)
9 Ring has odd embellishment (7)
11 Moving version of Tristan (7)
12 Rubbish in dirty water (5)
13 Minor earthquake set capital right back (6)
15 Split stick (6)
18 Singers in a special Tosca production (5)
20 Tie up postman back in bar (7)
23 Heartless fool, say, making bet (7)
24 Material used by celebrities at interviews (5)
25 Actors squint (4)
26 Bad weather constraining a bird (8)

Down
1 Be in bird country (5)
2 This setter’s gallery includes one copy (7)
3 Poet found in lake at sunset (5)
4 Times when things appear obscure? (6)
6 GP not fit for practice (5)
7 A sportsman gets the tale wrong (7)
10 Dissenter’s dance entertaining bishop (5)
13 Deal with jam maker (7)
14 Start working with gel (5)
16 Missionary replacing old plates (7)
17 Stifferer used by most architects (6)
19 Excursions from French city (5)
21 Old man’s first to try a dish from Italy (5)
22 Short New Zealander accepts new patch (5)

Go to wordsmith.org for movie timings and further details please scan the QR code above with your mobile phone camera or visit qatarcinemas.com.

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

Solution
Crazy Rich Asians director supports female screenwriter in pay dispute

By Chuck Barney

Crazy Rich Asians director Jon M Chu has expressed his support for Adele Lim, the screenwriter who co-authored the blockbuster film and then departed its sequel after a pay parity dispute.

In a lengthy statement posted to Twitter, Chu, a Palo Alto native, wrote, “For those of you who are asking, you bet your a – I stand with Adele! I believed in her before we ever shot the movie and believe in her beyond. As many of you can imagine, negotiations are tough and more often than not messy – no matter who you are in this industry.”

The Hollywood Reporter broke the story last week that Lim had exited the sequel project due to a pay gap between herself and co-writer Peter Chiarelli. Although Lim declined to reveal any numbers, sources told THR that Chiarelli was initially offered $400,000 to $1 million and Lim $110,000 plus. The studio told Lim’s representatives that the figures were based on industry standards and each writer’s past experience.

Studio chairman Toby Emmerich supported the position of his business department in negotiations, according to THR. In his Twitter statement, Chu went on to say, “The studio always comes in at a low offer and the talent always comes in at a high one then everyone enters the process knowing there’ll be lots of back and forth to find where we meet. But because I am close with Adele, when I discovered she was unhappy with the initial offer, the producers, myself and studio executives leapt into action to ensure we got to a place of parity between the two writers at a significant number.”

The director claims that after he and Warner Bros. execs came up with several different solutions — including Chiarelli’s offer to share some of his fee, “a lot of time had passed” and Lim declined to participate. “These things happen in negotiations, and I’m proud that she was able to stand up for her own measure of worth and walk away when she felt like she was being undervalued,” Chu said.

Released in the summer of 2018, Chu’s film was a watershed moment for Asian-Americans in Hollywood. The first mainstream studio film since 1993’s Joy Luck Club to feature a nearly all-Asian cast, it went on to net $474.5 million domestically and $235.8 million worldwide, making it the highest-grossing studio romantic comedy in nine years.

Despite the breakup, Chu said he looked forward to working with Lim “in the future and (I) respect the hell out of her.”

“I agree with Adele that parity for women and people of colour is crucial to the continued enlightenment of our industry and we still have a long way to go,” — Jon M Chu

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Suri wants his next film Jhalki to be declared tax-free

Actor-filmmaker Sanjay Suri says his upcoming film Jhalki is important because it aims at creating awareness on child labour, and keeping this in mind the government should give the film a tax-free status on release nationwide.

“I think the government should utilise the film for sensitisation and advocacy, and declare it tax-free. A film like Jhalki can be instrumental to create awareness on the issue of child labour. The government should make the film tax-free on their own so that more people can watch it. That step should come from authorities, and the onus should not be on the filmmaker, especially indie filmmakers like us,” Sanjay said.

Because the film has the potential to sensitise kids as well as parents, the actor believes screenings should take places in schools, too.

Citing an example, the actor said: “Initially when the multiplexes were built, to give impetus to the development all films released in multiplexes were tax-free for five years. Al I say is why not, at the CBFC level, shouldn’t authorities consider this kinds of films (for a tax-free status) that can create awareness in the society?”

One of the reasons he mentions that such a step should be taken at the authority level, instead of coming as a request from the filmmaker, is because then it “becomes a longer process, since it has to be approved by every state authority separately”, adding that he wished to “get a tax-free release nationwide”. Jhalki revolves around a nine-year-old girl named Jhalki, who is searching for her brother, who has been kidnapped and is being exploited by child traffickers.

The film directed by Brahmanand S Singh features Tannishtha Chatterjee, Divya Dutta, and Boman Irani among others.

The trailer was released earlier this year at Cannes Film Festival, and the film has also been screened at Boston International Film Festival. “It is a global issue, and when we travelled with the film internationally we noted a huge impact on the audience. There were film critics who came up to us and said that, ‘we do not want to criticise the film because by looking for technical perfection, because its intention and impact is so large!’ The little technical imperfection is irrelevant considering its vision. We did not want to intellectualise the story, but intended to maintain the simplicity of the narration, so that the film can impact children as well,” Suri said, about the September 27 release. — IANS

ADVOCATE: Sanjay Suri says his upcoming film is important because it aims at creating awareness on child labour.
Guidelines of the Contest:

Following the given mood board/theme board, participants need to design any two unisex sample of a T-shirt for a sporting event.

Eligibility to Apply:
1. Grade-XII pass students.
2. Each participant is only allowed a submission of two designs.
3. Designs should be strictly hand sketched and coloured.
4. Strict plagiarism rules apply. Any inspired/plagiarised design can lead to the disqualification of the contestant.
5. No digital designs would be accepted.

6. Each sketch should be submitted in standard A4 size, should be drawn with standard HB pencil/black marker and can be coloured in any medium. The sketch should include other details, including fabric options, colour options, trims options etc.
7. Any embroidery or other surface technique on T-shirt should be sketched separately along with the T-shirt design in order to understand the participant’s concept.

Judging criteria:
The final judgement will be based on the following criteria.
1. Concept
2. Creativity
3. Design Details
4. Product Feasibility

For further details, and submissions, please scan the QR code above with your mobile phone camera or visit https://gulftimescommunity.com/designyourdreamcareer/
‘World’s youth is an essential voice on climate change’

Ovais Sarmad, Deputy Executive Secretary UNFCCC, speaks about urgency to address climate change at QNL auditorium

By Mudassir Raja

When it comes to climate change, people have the knowledge, know what needs to be done, have the tools and agreements ratified, but what the world needs to ensure is implementation of the agreements.

This was the crux of the lecture delivered by Ovais Sarmad, Deputy Executive Secretary United Nations Framework Convention on Climate Change (UNFCCC), at the auditorium of Qatar National Library (QNL) recently.

He was addressing Earth Talks, a series of lectures organised by Qatar chapter of Arab Youth Climate Movement (AYCM) that is a non-profit group of young people striving to raise awareness about climate change and its impacts among young people. The lecture was named as ‘Why Are We Waiting? – The Urgency for Tackling the Climate Crisis’.

Sarmad, who earlier served as chief of staff to the director general of the International Organization for Migration (IOM), carries nearly 27 years of experience with IOM member-states. He was instrumental in the establishment of the organization’s Ethics and Conduct Office and was a key team member negotiating the agreement which brought the IOM into the United Nations System.

Following an early career in financial management, both in public and private sectors in the United Kingdom, Sarmad, who hails from India, joined IOM in 1990, in Geneva.

Sharing his perspective with a large audience, majority consisting of young people, Sarmad highlighted the topics such as climate emergency, need to reduce the emissions, the international response, role of the youth, economic growth, and what we can all collectively do.

In terms of climate emergency, the UN official said: “Every negative word has been attached to the climate because of the urgency. Scientific evidence is at our disposal that tells us that we are in great trouble. Simply and really we are in great trouble because the IPCC [Intergovernmental Panel on Climate Change] report, published last year, very clearly plays out that at the current rate of global carbon emissions, we will not be in line with the target of the Paris Agreement to limit the temperature rise to 1.5 degree up to the mid of the century.

“We can see the impact of the global warming every where in terms of both economic and emotional impacts on human beings – especially in low-lying countries. We also refer to climate change as threat multiplier. The time between 2005 and 2009 has been the hottest five years on the record. The carbon emission in this period has also been the highest in human life, the highest since our species began. If this is not an emergency then what is it? So, we must re-double our efforts at all levels of the society. Falling short would lock in climate change impacts so catastrophic that we will not be able to recognise the world that we used to.”

Regarding reducing the global emission of carbon, Sarmad said: “We must reduce global temperature and gas emissions 0.5 percent below the 2010 level. There is excellent monitoring mechanism for the target. We need to achieve carbon neutrality by 2050. To do that, it is a huge challenge. It would require all our ingenuity, expertise, and determination that humanity can collectively muster. It requires deep transformation in the policy, in the measures, in the way we can produce and reduce the energy. We have significant work to do.”

The UN official expressed his hopefulness as far as efforts at the global and political levels are concerned. “Governments are very much engaged at different levels. They have agreed to the rule book last year. This year they are coming together to set the stage to reduce the emissions. Efforts are now on climate action. 2020 is important. Next year the National Determined Contributions (NDCs) will be submitted.”

The role of the youth and opportunities of engagement are very important in addressing the challenge. “We all need to come together, especially, the youth. We, the older generation, did not inherit the situation. We actually borrowed from the future generations. We have huge moral and ethical responsibility to ensure that we give back the environment safe, resilient and sound manner to the younger generation. The world’s youth is an essential voice at the table. They are heard at the UN. Take the example of AYCM, started in Doha.”

Towards the end of the lecture, the audience asked multiple questions from the UN official regarding climate change and what they can do as individuals.

In the beginning, Neeshad Shafi, AYCM executive director, delivered the welcome address and introduced the speaker and the topic to the audience.