Briton Nadim Naaman, co-writer of musical play *Broken Wings*, is a man of many parts, but acting is right after his heart. P4-5

Actor at heart

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USEFUL NUMBERS

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Ad Astra
DIRECTOR: James Gray
CAST: Brad Pitt, Liv Tyler, Tommy Lee Jones
SYNOPSIS: An astronaut travels to the outer edges of the solar system to find his father and unravel a mystery that threatens the survival of the planet. He uncovers secrets which challenge the nature of human existence and Earth’s place in the cosmos.

THEATRES: The Mall, Landmark, Royal Plaza

Rambo: The Last Blood
DIRECTOR: Adrian Grunberg
CAST: Sylvester Stallone, Paz Vega, Yvette Monreal
SYNOPSIS: Almost four decades after he drew first blood, Sylvester Stallone is back as one of the greatest action heroes of all time, John Rambo. Now, Rambo must confront his past and unearth his ruthless combat skills to exact revenge in a final mission.

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

**Zumba Class at The Gate Mall**  
**WHERE:** The Gate Mall  
**WHEN:** Tomorrow  
**TIME:** 7pm – 8pm  
As a participant in the World Wellness Weekend, there is free Zumba class that is open to the entire public. Wear blue and come with your family and friends!

**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 color and motion using different media in this fun, hands-on activity. Please dress your little ones accordingly.

**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.

**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.

**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. Mamangam has become the favourite centre for learning. We offer regular classes in the following disciplines like traditional classical and folk dance forms, art and craft, drawing and painting, personality development and public speaking, Bollywood dance, contemporary, hip hop styles, music both vocals and instrumentals. To develop health consciousness, we train them karate, yoga with special sessions for kids and adults. Mamangam has also come up with chess and robotics in regular batches in an attempt to give a better learning experience, as they sharpen their minds and brains too. For those who wish to register for more details, visit www.mamangamqatar.in

**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.

**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

**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.

**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.
The division in the contemporary world is more visible than cohesiveness. With communication means becoming swifter and more accessible, the world instead of becoming more inclusive seems to be falling apart.

However, there are people who continue to spotlight the similarities from time to time and endeavour to bring people closer.

Such an attempt is visible behind the concept of Broken Wings, a musical play, derived from the poet novel of the same name by Khalil Jibran, a Lebanese-American writer, poet, visual artist and philosopher.

Dana Alfardan, critically acclaimed Qatari musician, composer, songwriter and symphonic artiste, and Katara – the Cultural Village are bringing the West End musical to Qatar in November. The play is co-written and composed by Dana Alfardan and West End’s very own star actor Nadim Naaman, a British national of Lebanese origin.

Nadim along with his team was recently present in Doha to announce and promote the upcoming show of the musical. Community got hold of the talented artiste and interviewed him about his career, accomplishments so far and the concept of the musical Broken Wings.

Nadim was born and raised in London. His father is Lebanese and
"We have a Qatari orchestra which is very international. We have team members from London – actors from all over the world. It is about telling a story about acceptance and peace – the things that unite us. The whole thing is about uniting people in a time when the world is still divided."

– Nadim Naaman

“...My parents got married in the Middle East but they moved to London after my father got a work opportunity there. We are two siblings, and am married and have two daughters.”

The musical actor and writer got all his education in London. “I studied theatre and English literature in the university. I did my post-graduation in musical theatre from Royal Academy of Music in London in 2007.”

The co-writer of Broken Wings considered himself very fortunate as he got a role in a prominent musical soon after he graduated. “I was fortunate enough to land a role in The Sound of Music, performed at London Palladium. This was a perfect start for me. I played a young guy in the show and I spent a year there and learnt many things about how the industry works.

“This is a career like any other. One thing leads to another. You meet people and you make friends with people. You also find collaborations that you like. Generally, every role or every show that you work on might open the door that leads you to a new direction. So, for the first eight or nine years of my career, I worked on my acting. I was just a performer.”

For the last few years, Nadim has started experimenting with writing and producing. “I started looking at the other side of the same business. This is when I met Dana Alfardan three years ago and we started the writing process (for Broken Wings).”

Nadim however, likes to be called an actor. “Primarily, I am an actor. This is what I did most of the time. Broken Wings, nonetheless, has really been a very fulfilling experience and it has definitely inspired me to do more writings. I cannot wait to do something new. But I am still an actor (smiles). I have done a few plays but it has been musicals more than anything else. I have so far been acting only in English language plays. I have mostly performed in London. I have also been to Hong Kong, Norway, Canada, Dubai and Lebanon. It is the job that takes you to many places. I am very fortunate.”

For the British actor, musical is a kind of play that is more accessible for the people. “Music connects. Music is the one thing that everyone on the planet Earth has in common. No matter where you come from and what is your background, music is at the heart of everybody’s life. If it is just a play, you either understand it or you won’t. But if it is musical, sooner the song starts and you understand that the people are singing because they are experiencing the emotions that you cannot describe in just speaking. This is something that everybody can relate to. This is why the musical stories are very popular and millions of people around the world have seen them. I think these things are harder to achieve with just a play or a movie. The music does something that speaking on its own cannot do.”

The writer speaks highly of the musicals when set against the TV plays or movies. “I think what we are trying to do is that we are trying to highlight the fact that nothing substitutes a live performance. Because, when you are watching a video or listening to an album, it is very heavily produced. It can be edited in the studio. It can be polished with special effects. Bat, live music – human beings playing instruments with an orchestra, standing and singing with that passion at their heart – is something very raw and very strong. It is not something that you can fake. It is just in the moment. It is something that you can share with your audience. Everybody is in the same room together.”

Nadim is very upbeat about the subject matter and how it has been treated in Broken Wings. “It is very significant that we are telling the Middle Eastern audiences one of their own stories in this format for the first time. Arabic TV or movies is a big industry but it is self-contained. The Middle Eastern people watch a lot of Middle Eastern art. We are trying to combine the two – a Middle Eastern story but with a Western art form. So, we are giving them something familiar but in a new way.”

As far as his project in collaboration with Dana Alfardan, Nadim sees it as a demonstration of cultures coming together. “It is for the audience to come and see it. We have a Qatari orchestra which is very international. We have team members from London – actors from all over the world. It is about telling a story about acceptance and peace – the things that unite us. The whole thing is about uniting people in a time when the world is still divided. Broken Wings represents the frustration of people saying ‘I just do not understand why we all cannot get along.’ Working as a team from across the world and bringing it to a city like Doha that is very international, there is something very fitting about that.”

Nadim also has plans to collaborate with Dana Alfardan in future and they are already working on another project. “In the short term, we are focusing on Broken Wings over this winter. We are beginning this mini tour with Doha in November. We are also taking the play to other countries in the Middle East and in Asia.

“Dana and I have begun working on a project about Rumi – Jalal ad-Din Muhammad Rumi – a Persian poet and theologian. We have so far written six songs. The project is more a look at his biographical journey and his relationship with his spiritual instructor Shams-I Tabrizi. It also shows the effect of their relationship on the life of other people.”
Fuel delivery business app wins big at 7th edition of Qatar National Business Competition

Nasser al-Kaabi, a student of International Politics at Georgetown University in Qatar (GU-Q), and Jamal al-Khatib, a 2019 GU-Q graduate in International Economics, have recently bagged first place in the Challenges Category of the 7th edition of the Qatar National Business Competition, sponsored by Qatar Development Bank, for iFuel – an app-based fuel delivery service to reduce waiting time at petrol stations. As first prize winner, they’ve been awarded with an office for two-three years and almost half a million Qatari riyals in funding to turn their idea into reality.

“One of the greatest things I learnt at Georgetown is how to learn. With this skillset and the available resources, nothing is impossible to understand or to achieve,” said Jamal in a statement. While the startup competition provided valuable training support for the competing teams, Jamal says they gained an added boost by applying their research skills from the classroom to the boardroom. “We did everything from writing the business plan to negotiating with application developers to examining other on-demand fuel delivery services across the globe.” That background work also included co-ordinating with Woqod for approvals and to ensure that all safety measures are met. He added that summers spent interning in consulting, investment banking, and asset management also honed his presentation and organisation skills, critical assets in any business.

For Nasser, a dedicated student athlete and last year’s GU-Q football team captain, the student experience is as much personal development as it is academics. “With so much emphasis on classroom participation, I was forced to challenge myself and to get out of my comfort zone.” That intellectual engagement, he says, plays into “one of the most important aspects of building a successful business: developing your reputation, creating networks, and expanding on those relationships.”

Nasser adds: “In Qatar, we have great infrastructure, available funding, and more importantly, a very supportive leadership. As youth, we have a duty to use the available resources to pursue our dreams and further develop our country.”

Now fully immersed in the development phase of their startup, which has garnered great interest from local banks and investors, the budding entrepreneurs took the time to present one of the two Al-Fikra trophies they were awarded to their Dean, Dr Ahmad Dallal. “We wanted to thank the Dean and the professors who mentored us for all the support and resources that made our project possible,” said Nasser. “Technology is making the world more efficient. On-demand fuel delivery is already available in more than nine countries around the world. With the support of the relevant licensing and supervisory bodies, we aim to bring our own model of that innovative technology to the Qatari market,” he added. The team hopes to launch their business within ten months, says Jamal, but that won’t be the end of their journey. “We are young, and our biggest risk is not taking any risk. So get ready to place your iFuel order.”

LIS marks Hindi Divas

Loyola International School (LIS) recently organised various competition and a special assembly to mark Hindi Divas, an annual day celebrated in India to mark Hindi as one of the official language of north India. The competitions, included Hindi poem recitation, pick and tell and crossword puzzles. The special assembly was organised by the Department of Hindi Language at LIS, and featured various dance and musical performances. The students of Grade-VI also performed at the event. Speaking on the occasion, P K V Prasad, Principal of LIS, commended the efforts of the students and teachers and distributed the certificates to the winners of various competitions.
President of HBKU talks at Harvard Business Review live event

Dr. Ahmad M. Hasnah, President of Hamad Bin Khalifa University (HBKU) – a member of Qatar Foundation (QF) – recently emphasised on the continuing relevance of liberal arts education in a rapidly-changing, tech-driven world during a Harvard Business Review live event in New York City, and explained why the true measure of success is not money, but “what you have done for humanity.” The QF-sponsored discussion, titled ‘The Liberal Arts Imperative in the Digital Age,’ saw Dr. Hasnah and Lynn Pasquerella, President of the Association of American Colleges and Universities, tackle topics, including how universities can strike a balance between meeting the current needs of employers while nurturing well-rounded, future-proofed graduates, why ethical decision-making is becoming more vital in the development and use of technology, and the skills that CEOs around the world are really looking for.

Speaking at the Harvard Club, Dr. Hasnah said, “The global problems we are facing are complex and not only related to science and technology – they relate to policy, behaviour, social aspects. To prepare students for the future, we need to give them the ability to grasp the challenges we are facing from different perspectives.”

“Climate change, for example, is not just an engineering issue, it is a behavioural issue, a policy issue, a long-term economic issue. Graduating students who understand such problems from a well-rounded perspective is the key to success in the future.”

Explaining why a liberal arts education equips people to take different pathways in life rather than simply setting their sights on one career, Dr. Hasnah said, “The role of a university is to graduate learners, and when we discuss market needs, it can be forgotten that the aim is to graduate young people who can stay relevant to the market regardless of how it changes.”

Our role is not to simply customise people for the market as it is today. We need to graduate people who, moving forward, are capable of being adaptable.”

Asked for his views on what employers now want to see in their workers, Dr. Hasnah highlighted, “critical thinking, teamwork, and communication”, saying: “It is not just about the knowledge you have – it is about how you can communicate that knowledge and work with others to achieve your goals. That is what employers are looking for.”

A human decides where they are and what they achieve. You define what your role will be in life, irrespective of where you started from, and if you have this mindset, you will find a way of achieving your goal. But success should not always be equated to economic impact – instead, look at what you have done for humanity.”

Pasquerella said there had been “a long-term progression toward skepticism” about liberal arts education, adding, “What we are trying to do is create a narrative that contests the claims of irrelevancy and illegitimacy that are levelled at the liberal arts. We need to partner with business and industry to make sure the curricula we deliver prepare students for the unscripted problems of the future. The goal is to equip students for work, citizenship, and life.”

ISC felicitates Indian national football team

Indian Sports Centre (ISC), an apex body of the Embassy of India, recently organised a felicitation ceremony for the Indian national football team at the Millennium Plaza Hotel, following their performance in Asian Champions Qatar. The final match ended with 0-0.

Habibun Nabi, General Secretary at ICC, welcomed the football team and officials. The event was attended by notable personalities, including Saleer K, ISC Head of Football, Sharaf P Hameed, Vice President of ISC, and Srinivas T S, Head of Cricket at ISC. Sunil Chhetri, Captain of the National Team, also attended the ceremony.

MEET-AND-GREET: Pakistan Professionals Forum recently hosted noted Pakistani television anchor and media person Moeed Pirzada for a meet-and-greet session with members of the Pakistani community based in Doha. The interaction saw useful exchange on wide ranging issues of interest to expatriate Pakistanis. Later, Pirzada mingled with the audience and the reception concluded with a sumptuous traditional Pakistani dishes-laden dinner.
A peck of polka dots and a sea of green dominate New York Fashion Week collections

By Adam Tschorn

A sunny sense of optimism ran through the spring and summer 2020 collections presented here during New York Fashion Week, with labels providing the seeds of hope — in some cases literally — that brighter days for the country and our planet are just around the corner.

Although part of that feeling flowed naturally from the sunny hues and floral themes that traditionally characterize spring collections, there were a number of other trends, in silhouette, theme and color that underscored the upbeat vibe. Here are five worth watching, including an optimistic appreciation of American sportswear.

Relaxed silhouettes

The strong-shouldered power suit that elbowed its way to center stage at the fall and winter 2019 runway shows is still very much in evidence (though, perhaps, softened ever so slightly), but the newness in the spring collections came by way of an abundance of super-relaxed, free-flowing and dialled-down options. Standouts here included Oscar de la Renta, where designers Fernando Garcia and Laura Kim catered to the caftan crowd with gauzy, V-necked, floor-grazing numbers trimmed in beaded fringe.

Also, there was Brandon Maxwell, who’s known for his red-carpet-worthy gowns (including Lady Gaga’s 2019 Met Gala scene-stealer) and who showed just how luxurious the classic American sportswear combo of a slouchy blazer or cardigan paired with blue jeans — ripped ones at that — can look in the combo of a slouchy blazer or cardigan paired with blue jeans — ripped ones at that — can look in the right designer’s hands. (On a side note, Maxwell surprised attendees by sending his new menswear offerings down the runway alongside the women’s.)

Two of this fashion week’s most memorable exercises in laid-back luxe came, perhaps not surprisingly, from LA-based labels. The first was Tom Ford, a designer whose runways have been out of place on a Santa Claus horse. Although part of that feeling have been out of place on a Santa Claus horse. Although part of that feeling have been out of place on a Santa Claus horse. Although most labels seemed content to keep the leather belt around the waist — that wasn’t exactly where it’s always been — and, for those who can’t wait six months to start poppin’ dots, dangled unbuckled over one hip on others and seemed to play-hide-and-seek with draped fabrics at the neck on still others. Even Proenza’s handbag got a healthy belting: Many were adorned with wide, black patent leather belts with chunky buckles that wouldn’t have been out of place on a Santa suit.

A peck of polka dots

Pattern-wise, the polka dot made an unusually strong showing in the spring and summer 2020 collections, sprinkled liberally through the collections of Tory Burch, Kate Spade New York and Carolina Herrera, to name just a few. A particularly deep bench of dots could be found in the Michael Kors Collection, in which the peppy pattern helped stoke the sense of “positivity and optimism” cited in the show notes by popping up on crepe de chine wrap dresses, puff-shoulder crop tops and asymmetric ruffle dresses in a collection that also included cheery fruit prints (cherries and lemons were spotted) and a bountiful of nautical references (sailor caps and anchor motifs). For LA’s BLDWN, which presented a Marfa, Texas-inspired collection, smudgy gray polka dots cropped up on a woman's T-shirt, inspired by the hide of an appaloosa horse.

The inspirational starting point, he said in the post-show notes, was a 1965 photo of Andy Warhol and Edie Sedgwick emerging from a manhole. “This season for me is about simplicity. Which is not to be confused with simple,” he wrote in the notes. “I think that it is a time for ease and, in that way, a return to the kind of luxurious sportswear that America has become known for all over the world.”

The second was Baja East, relaunched after a three-season New York Fashion Week hiatus with co-founder and creative director Scott Studenberg, using a New Year’s road trip to Joshua Tree National Park as the jumping off point for a range of super-sloppy hoodies, slip dresses and athletic shorts in shades of sky blue and desert sunset red as well as billowy skirts and swim cover-ups printed with Joshua tree blooms.

Eye-catching belts

The wide, strappy or otherwise eye-catching belt turned out to be one of fashion week’s unexpected accessory stars. At Oscar de la Renta, wide leather belts were cinched with raffia-trimmed buckles. At Gabriela Hearst, the buckles were slabs of polished geodes, some the size of drink coasters. Although most labels seemed pattern-wise, the polka dot made an unusually strong showing in the spring and summer 2020 collections, sprinkled liberally through the collections of Tory Burch, Kate Spade New York and Carolina Herrera, to name just a few. A particularly deep bench of dots could be found in the Michael Kors Collection, in which the peppy pattern helped stoke the sense of “positivity and optimism” cited in the show notes by popping up on crepe de chine wrap dresses, puff-shoulder crop tops and asymmetric ruffle dresses in a collection that also included cheery fruit prints (cherries and lemons were spotted) and a bountiful of nautical references (sailor caps and anchor motifs). For LA’s BLDWN, which presented a Marfa, Texas-inspired collection, smudgy gray polka dots cropped up on a woman’s T-shirt, inspired by the hide of an appaloosa horse.

And, for those who can’t wait six months to start poppin’ dots, the see-now-buy-now Tommy X
Zendaya collection that Tommy Hilfiger presented at the Apollo Theatre in Harlem during New York Fashion Week has plenty of the polka pattern to go around.

A sea of green
From the Tomo Koizumi organza extravaganza early during the shows to Marc Jacobs' emotional closer at the Park Avenue Armory on Sept. 11, it was shades of green that reigned supreme this New York Fashion Week.

Among the brands hoping you'll exchange your green for theirs were Kate Spade New York, which offered forest-green skirt suits and leather shirtdresses — and, in a nice touch, show notes printed on paper that contained wildflower seeds that attendees were encouraged to plant; and Coach 1941, which served up crewneck sweaters with intarsia-knit shrimp, snap-front shirtdresses and buttery leather jackets. (In addition, a packet of flower seeds was set at each seat for attendees to take home and plant.) Also, there was Brandon Maxwell's collection with crop tops and miniskirts in mint green; and turtleneck sweaters, suits and bandeau-top dresses all in forest green.

However, the designer most enthusiastically embracing the season's verdant vibe had to be Christian Siriano whose collection served up a sea of green in shades such as sea foam (wide-leg trousers, shimmery dresses), sage (flare-legged trousers, crystal-embellished blazers), forest (pleated strapless dresses, wide-legged trousers) and a metallic aqua (shorts, shawl collar blazers and a belted tuxedo top paired with a layered tulle gown).

Meditations on America
Although the overt political statements of past New York Fashion Weeks were largely MIA (the notable exception being a “Vote or Die” T-shirt at the Pyer Moss show that included the words “for real this time”), several labels used the notion of America — and what it represents — as an inspirational starting point for their spring and summer collections. Two of the most notable to touch on the topic were Michael Kors Collection and Prabal Gurung, and although they started in the same place, they ended up in very different places.

Kors' took the more traditional route here; the colour palette was heavy on red, white and (especially navy) blues. Stripes adorned handbags and trimmed tennis sweaters, and skirts, sweater vests and shoes were festooned with silver star embroidery. Dresses were spangled with star sequin embroidery. Combined with the naval motifs (anchor detailing, officer's coats and sailor caps galore), the finale felt a bit like a 1950s-era Fourth of July parade.

The collection from Prabal Gurung, which marked his eponymous label's 10th anniversary, came at the optimism of America from the point of view of someone born in Singapore and raised in Nepal.

“What has happened to me truly wouldn’t happen anywhere else in the world,” Gurung said backstage before his spring and summer 2020 men’s and women’s runway show. “I came to America. I wanted to work in fashion. I started my brand 10 years ago and I only became my whole complete self in America. I wanted to celebrate that optimistic spirit — especially right now when everything is so politically and culturally divisive.”

The question he asked in his show notes — “Who gets to be American?” — stemmed from a business meeting he had. “I’ve been here 20 years,” he said. “I’m an American citizen, and I’m in a meeting talking about what it means to be American, and one of the suits turns to me and says, ‘Well, how can you define America? You don’t look American.’ ... That made me want to have the conversation — and to celebrate the American spirit through my lens.”

Gurung’s runway riff on America meant the white cotton shirting fabric of classic American sportswear was used for button-front dresses, skirts and tops; denim, America’s favourite fabric, used for work jackets, overalls and dresses; and scraps of white fabric from his archives stitched together with blue thread as a nod to the patchwork origins of the US citizenry.

More subtle references came by way of a recurring rose motif — Gurung pointed out that the rose is the official flower of the United States — blooming on pieces throughout the collection as well as a range of tie-dyed dresses, T-shirts, tops and sweatpants inspired by a Nepalese childhood interacting with the American hippie contingent.

At the end of the show, when the models hit the runway for the finale, each was wearing a beauty-pageant-style sash emblazoned with “Who gets to be American?”

It’s a question well worth asking.

— Los Angeles Times
Flamingos are the most instantly recognisable wading birds in the world, but what makes them so special that they capture the hearts of birders and non-birders alike? These fun flamingo facts and trivia may surprise you!

Flamingos are found around the world from the Caribbean and South America to Africa, the Middle East, and Europe. They are also popular guests in many zoos, aviaries, aquariums, marine parks, and botanical gardens well outside their native ranges. Occasional escaped flamingos often make headlines among birders.

The word “flamingo” comes from the Spanish and Latin word “flamenco” which means fire, and refers to the bright colour of the birds’ feathers. Not all flamingos are brightly coloured, however, and some of the birds are mostly gray or white. The strength of a flamingo’s colouration comes from its diet. Younger birds also have less colouration. Flamingos are strong but rare swimmers and powerful fliers, even though they’re most often seen just wading.

Flamingos do fly very well, however, and many flamingos migrate or regularly fly between the best food sources and nesting grounds. When flying in a flock, the top speed of a flamingo can be as high as 35 miles per hour (56 kilometres per hour).

They can seem ungainly or clumsy in flight, however, because their long necks stretch out in front of their bodies and their long legs dangle past their short tails, giving them a wobbly appearance. The pink, orange, or red colour of a flamingo’s feathers is caused by carotenoid pigments in their food.

A wild flamingo’s diet includes shrimp, plankton, algae, and crustaceans skimmed from different water sources. If those food sources do not provide enough pigmentation, flamingos may seem more gray or white, but they are still healthy and strong. In zoos and aviaries, captive flamingos are often fed a specialised diet that will help preserve and enhance their unique colouration. An adult flamingo’s legs can be 30-50 inches long, which is longer than its entire body. Flamingos often stand on one leg to preserve body heat, tucking the other leg into their plumage so it is kept warm. They will alternate legs to regulate their body temperature.

—Text and photos by Binu John
Five ways you can keep in touch with grandparents

There are laundry lists of reasons why grandparents are the best. They say yes when parents say no, they tell the best stories but make even better listeners, and often they’re the first people we call with news, both good and bad.

Make a daily photo album
When family members live far away it can be difficult to stay up-to-date on what’s new in their lives. It’s easy to forget to call one another and share life’s ups and downs. To help bridge this gap, make digital scrapbooks and schedule a call once a month to exchange your albums with each other.

Schedule a weekly dinner
Sure, it’s easy to sit down to enjoy a meal together as a family if you all live nearby, but for some families, that’s not possible. Luckily, technology makes it easy to share life’s experiences without being in the same place. Take turns choosing a recipe and pick a date for everyone to make it (Mom and Dad can assist the little helpers). At the end of the meal write a review of the food—what steps were easy or hard, which part was your favourite—and send to one another to see if your experiences were similar. If Grandma and Grandpa are tech savvy, try video chatting while you create and enjoy your recipes to make it feel like you’re dining together!

Play games together online
Don’t let distance put a damper on game night—grandkids and grandparents can play virtually! Downloading and playing is simple with today’s smartphones and affordable phone plans.

Send postcards as you travel
There’s still something uniquely special about receiving a handwritten note from someone you love. Grandparents and grandchildren can share that experience by making a “pinkie promise” to send one another postcards from their travels. Grandparents and grandchildren will look forward to checking the mailbox daily for it to arrive, and a phone call to discuss all of the trip’s adventures will soon follow. – TNS

ARIES
March 21 – April 19

Your actions might be a bit strained today, Aries. People aren’t going to co-operate in the way you might like them to. It could be one of those days in which it’s difficult to get things done simply because other people seem to get in the way. Try not to get angry. Perhaps you need to take a break and relax. The harder you push, the more resistance you will encounter.

CANCER
June 21 – July 22

You may find it hard to sit still today, Cancer. People may pull your chain right and left in order to get a rise out of you. Whatever seems grounded and solid may end up being flimsy and detached. Beware of where you step. The ground is apt to give way with little warning. Your appetite may be ravenous, but it’s likely there won’t be nearly enough nourishment to satisfy you.

LIBRA
September 23 – October 22

You may have your head in the clouds today, Libra. At the same time, there’s a need for you to keep your feet on the ground. This contraction of energies might make it difficult to find peace, but you should find comfort knowing that this will soon end. Deal with conflicting issues the best you can. They will help you find the balance and perspective you need.

CAPRICORN
December 22 – January 19

This should be a pretty good day, Capricorn. You will find a greater than usual sensitivity to your needs. One thing to be aware of is fast talkers who might make elaborate promises that they have no intention of keeping. Slow and steady wins the race, and you’re the master of this technique. Your patience and sensitivity are invaluable on a day like this.

TAURUS
April 20 – May 20

If you’re prepared and well organised, Taurus, today should go smoothly and pleasantly. Feel free to indulge in fanciful daydreams and things of a whimsical nature. You’ve earned the right to break from the normal routine. If you’ve been slacking off your tasks, however, you will now need to spend some time catching up and planning ahead.

LEO
July 23 – August 22

Be careful who you trust today, Leo. Instead of venturing out, you might prefer to stick close to home and enjoy the comforts you’ve worked so hard to attain. Don’t enthrust just anyone with your secrets. Information is likely to be misinterpreted and what you say might not be taken as seriously as you’d like it to be.

SCORPIO
October 23 – November 21

Your emotions may be playing tricks on you, Scorpio. You may find it hard to deal with reality. Take the day to relax and unwind. Don’t worry about the details. Concentrate more on your general state of mind. Things will go smoothly when you focus on radiating positive energy to others. Don’t worry so much about the consequences. Focus more on the process.

SAGITTARIUS
November 22 – December 21

You might find it hard to make progress with your projects today, Sagittarius, especially if you need others’ help. There’s a stubborn quality to the day that’s causing things to get jammed up. When neither party budgets, the result is chaos. You might have to give a little in order to get a little. Be the first one to release your grip and things will run more smoothly.

GEMINI
May 21 – June 20

Don’t feel badly about things you have no control over. Gemini, tonight it would be good for you to go out and have a nice time. Put aside your responsibilities and concentrate on fun. It might be difficult to jump-start others to action, but don’t let that concern you. If people don’t want to budge, don’t force them. They will move when they’re ready.

VIRGO
August 23 – September 22

What looks like solid ground may be quicksand, Virgo. Be careful where you step. There’s an element of misunderstanding to the day that might make it difficult to get through to people. The good news is that your emotions are quite solid. Your innate stability should help you keep a healthy frame of mind, regardless of the events that transpire.

AQUARIUS
January 20 – February 18

Aquarius, you may have recently built fanciful scenarios in your head regarding how you think things should be, in either business or family situation. It’s likely these images will conflict with reality as you discover that you need to take a much more analytical approach to what you have going.

PISCES
February 19 – March 20

The place you arrive at today may not be quite what you expected, Pisces. Once you get there, you will find that there is sudden opposition in your camp. Things may not always be exactly what they seem, so check your facts before you make any major decisions. It’s better to get the information right from the source rather than depend on what you hear through the grapevine.
### Puzzles

#### 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.

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#### Sudoku

Sudoku is a puzzle based on a 9x9 grid. The goal is to fill the grid so that every column, every row, and every 3x3 box contains the digits 1 through 9 without repetition.

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#### Codeword

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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.

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#### Adam

“Clayton, I told you to ignore Dad’s dance moves.”

“I know!”

Well, it’s time for me to rebuild him to his full potential, using the power of hair!

“I’ve been lax in my duties as ‘man’s best friend.’ All this time my master’s had a repressing baldness complex, and I’ve done nothing to help!”

“Come on, every body, shake harder!”

“You didn’t smack to the beat, did you?”

“Maybe like three or four times!”

“Doodles move to the rear! You’re of no use to me!”

#### Pooch Cafe

“I’ve been lax in my duties as ‘man’s best friend.’ All this time my master’s had a repressing baldness complex, and I’ve done nothing to help!”

“Come on, every body, shake harder!”

“You didn’t smack to the beat, did you?”

“Maybe like three or four times!”

“Doodles move to the rear! You’re of no use to me!”

#### Garfield

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#### Bound And Gagged

“I’m not saying I have drama in my life, but Netflix wants my story.”
Super Cryptic Clues

Across
1 Fruit cracker (5)
4 Puzzled birds in part of garden (7)
8 Interim changes for the ends of lines (7)
9 Tool that’s not elaborate, we hear (5)
10 Means of communicating with a daughter in port (5)
13 Correct only after bit of publicity (6)
15 Friend given card in royal residence (6)
18 Mother holds black snake (5)
20 Whip-round? It may be implied (5)
23 Give the go-ahead for patent (5)
24 Get to hear a group of singers (7)
25 Particular honour (7)
26 A girl always seen in wellies (5)

Down
1 Learn tap dancing, like pop (8)
2 Broadcast I read about (5)
3 Atrocious house in ruins (7)
4 Underwear made from artificial fibres? (6)
5 Some could help a man to climb a tree (5)
6 Birds - leaders in East Anglian port (7)
7 Legal document unaffected by revolution (4)
12 Tease the silly art lover (8)
14 Clothes for athletes (7)
16 Old article, quite battered (7)
17 Sailor turns up with another rock (6)
19 Girl taking horse round island (5)
21 A slight cold contributing to much illness (5)
22 Small vehicle showing sign of damage (4)

Solution

Codeword

Wordsearch
A horror movie offering some fun twists

**By Rick Bentley**

Dan Berk (The Stabblers) and Robert Olsen (Body), the writers and directors of Villains, could have made a standard horror movie with creatures that go bump in the night. It does follow two young people being terrorised by a strange older couple in an isolated location. They also could have taken the supernatural path, as there is a strange vibe to the characters that gives them an untimely and unworldly quality. If all else had failed, it could have been a simple tale of bad vs. good. Instead, the writing and directing team blended elements from all three genres to make Villains stand out. Not sticking with one does water down all three in some spots, but four solid acting jobs and a story that dances closely enough to reality to be truly scary makes the low-budget offering work.

Bill Skarsgard (II) and Maika Monroe (II) follow play Mickey and Jules, in-love criminals looking to move to the honest life in Florida sunshine. Their plan gets stalled when Mickey forgets to fill up the gas tank of the getaway car and they get stranded on a highway. Their solution is to steal a car from the only house within miles.

It’s a decision they soon regret as the couple who own the home—the seemingly upper class George (Jeffrey Donovan) and Gloria (Kyra Sedgwick)—have a villainous streak that comes out when they capture the crooks. All that’s left is to decide their fate.

Berk and Olsen go from that starting point to keep changing the film’s direction. There are big horror elements as the prim and proper George and Gloria seem to dance close to the line between sanity and insanity. George’s approach to horror is a gentlemanly philosophy regarding life and death, while Gloria is coping with all-consuming demons that have to do with her need for a child. Her struggle is played out with great darkness by Sedgwick.

The way the couple emotionally and physically torture Mickey and Jules follows standard horror lines. But just when the movie seems to want to nestle into the genre, the writers/directors toss in bits and pieces that create an uncertainty about George’s and Gloria’s origins. There are no definitive elements, just flashes, such as the couple seeming to be locked in a distant past.

All this happens while asking the audience to determine who is good and who is bad. Mickey and Jules are ready to go straight but so far have lived a larcenous life. George and Gloria are the victims of a home invasion, but they have a dark secret in the basement.

This all works because Berk and Olsen were smart enough to know if the actors are talented enough, they will keep the characters from becoming one-dimensional.

The directors/writers don’t try to muddle the story with a lot of horror scenes or action moments. Most of the film takes place with the four actors within the set of one house. The tendency to let scenes play long coupled with the minimal settings and players makes Villains come across more like a stage production than a standard feature film. It’s just another way the team opted for a more original approach to their story. – TNS
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. Each contains 25 marks.
1. Concept
2. Creativity
3. Design Details
4. Product Feasibility

Choosing a career path in Fashion

The largest misconception about the fashion industry is that success is destined for those with the most creativity. While this may be true for certain career paths, it isn’t exactly a one-size-fits-all description of what all careers in fashion are really like.

Most people who work in fashion have a collective interest and appreciation for creativity within the industry, but there’s also a large scope of sub-interests and strengths that lead people to success in their career choices. If this isn’t something you’ve considered before, keep reading to find out how different personality types pair well with careers choices in the fashion industry.

The Creative

Many people with an interest in fashion fit this type. Creatives love to show personality through style, whether they are trendy or play with vintage elements in their work or wardrobe. They are always a step ahead of the game and have a strong and distinguished presence.


The Analytical Mind

The math lovers and the logical individuals. Analytical minds love fashion, but they also consider themselves left-brain thinkers. There’s not a college class they didn’t pass as keeping up with grades and classes comes easy, and yes, even math.

Careers to consider: Retail Buyer, Production, Inventory Planner, Garment Technologist, Law/Licensing, Accounting

The People-Person

Best described as the social butterflies of the group. The people-person types are the go-getters who aren’t afraid to put their names out there and make new connections. They love face-to-face conversations and also have a strong social-media and online influence.

Careers to consider: Fashion Public Relations, Personal Stylist, Management, Event Planner/Host, Human Resources, Instructor, Fashion Writer/Journalist

It goes without saying that many people are a mix of different personality types, and this only serves as a general guideline. A great way to explore your options is through experience, trial and networking!

About the Mood Board:

From historic era to the present day fashion trends, the visuals in the theme board highlight Qatar’s architecture to its glitter-glam ever changing fashion trends and colours. What’s new? What’s classic? And is everything collaborating and coming back together? We leave it to you, to your perception and view of fashion in Qatar.
Why won’t my hydrangeas bloom

If your plant had been pruned late last year – or this past spring – buds would have been removed, explaining the lack of flowers, writes Jessica Damiano

Question: My hydrangea has plenty of healthy leaves, but no flowers. It was pruned two Septembers ago. Should I cut it back now or let it be?
Answer: Your plant is a Hydrangea macrophylla. Pruning isn’t necessary as a matter of maintenance, but when the plant grows too large or becomes misshapen, you can prune it.

Timing is critical because these plants produce flower buds during summers for the next season. Removing them in autumn or the next spring will result in diminished or non-existent blooming, so take care never to prune immediately after flowers fade, and never past September.

When you do prune, remove weaker stems from the base of the plant, being careful to retain several stems of old wood, which will produce buds for next year’s flowers.

If your plant had been pruned late last year – or this past spring – buds would have been removed, explaining the lack of flowers. But you say the plant was pruned two years ago, timing that would have potentially affected last year’s blooming, not this year’s. Cold snaps this past winter, however, not only outright killed many plants on Long Island, but zapped flower buds. That very well could have happened to your plant.

In addition, some hydrangeas were killed to the ground, and new growth came from the roots in spring. If that happened, the stems would not have had any buds on them.

I also wonder whether your hydrangea is planted near a lawn that receives fertiliser. Nitrogen lawn fertiliser, which can easily leach to nearby plants, forces plants to direct energy toward growth instead of flowering.

Your plant looks healthy and doesn’t appear crowded, so don’t prune it this year. In spring, when it begins to emerge from dormancy, apply a slow-release fertiliser product that’s higher in phosphorus than other nutrients (look for a higher middle number in the three-number ratio on the package, ideally something like 5-10-5). That should prime the plant to bloom well next year.

Help! Tomato plant’s wilting

Question: My tomato plants seemed to be healthy, then suddenly began wilting from the top down. They have turned brown at their bottoms. Do you have any advice?
Answer: That’s blossom-end rot, a condition caused by a calcium deficiency, which in turn is usually caused by uneven watering. It manifests as dark, mushy spots on the bottoms of tomatoes.

To prevent the disease next year, incorporate about 2 cups of dolomitic lime for each plant, worked 8 to 12 inches into the soil before planting. If you happen to have done this in the past two years, you should have your soil’s pH tested before amending with lime – and instead apply it at the rate indicated by test results to avoid overdoing it.

Because uneven watering interferes with calcium uptake, it’s important to provide 1 to 1 (inches) of water in total, accounting for rainfall, per week. For now, if you can find a liquid calcium product, which unfortunately often is difficult to find past early summer, spray plants until leaves are drenched. It won’t cure affected fruit, but if any new ones form, they’ll be fine. – Newsday/TNS

What tree is it?

Question: Can you tell me what kind of tree this is? They seem to be ubiquitous in the neighbourhood this year.
Answer: That’s a crepe myrtle. I fell in love with these trees and shrubs, often called the “illicit of the South,” in the early 2000s, when I spied what seemed to be a conspiracy of them along I-95 during a road trip to Florida with my family. I also noticed their eye-catching, colourful canopies and mottled brown, orange and cream bark while travelling in Texas. At the time, however, they were an anomaly to me, and, like you, I set out to investigate.

Then, around 2005, while shopping at Costco in Melville, I stumbled upon an army of white-flowered ones near the entrance, and I grabbed one for my garden. I would have preferred pink or purple, but white was all they had – and I hadn’t seen them anywhere else.

Cold-tolerant varieties, like the ‘Natchez’ I bought that day, bloom reliably. They require little care and offer season-long colour. Mine, nearly 15 years old now, has tripled in size and is still going strong, thriving on benign neglect.

Once established, crepe myrtles are drought tolerant and low-maintenance, requiring only six to eight hours of full sunlight daily to bloom well.

Although many varieties of crepe myrtle do perfectly well when planted in the ground, they are not hardy enough to be left outdoors in a container over winter. You might pass that along to your neighbour.

LEACH
Nitrogen lawn fertiliser can easily leach to nearby plants and forces plants to direct energy toward growth instead of flowering.