Bad memories of physical education can give people the lifelong impression they’re not cut out for sport.

Qatar-based climate advocate Neeshad Shafi all set to attend first UN Youth Climate Summit tomorrow.

In a new doc, David Foster reminds he’s more than a reality TV star: There are those 16 Grammys! P2-3
The many faces of David Foster

Is he cocky? Sure, he’ll admit that. “But can you really do all that I’ve done and not be confident?” he asks Amy Kaufman

My kids don’t have millions of dollars in the bank. Well, if they do, it’s not because of me. I’ve given them just enough help, and I feel good about that

“Quote Unquote

“It does not matter how slowly you go as long as you do not stop.”
— Confucius

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The notion that Foster, 69, did not have final cut on the film is kind of unbelievable, given how positively glowing it is about his life. In interviews with some of the dozens of musicians he has worked with throughout his career — Barbra Streisand, Celine Dion, Josh Groban, Lionel Richie — we hear about what a musical genius he is. Billboard called it a “90-minute testimonial exulting his excellence,” an “infomercial” permeated with Foster’s “arrogance and self-congratulatory attitude.”

Is he cocky? Sure, he’ll admit that. “But can you really do all that I’ve done and not be confident?” he asks. “When you see your peers and they’re not doing what you’re doing, you know you must be good.”

Foster does, in fact, have plenty to boast about. He’s won
He’s won 16 Grammys. He wrote hits like Whitney Houston’s “I Have Nothing” and Chicago’s “Hard to Say I’m Sorry” and produced ones like Donna Summer’s “Last Dance” and Toni Braxton’s “Un-Break My Heart. He also single-handedly discovered Dion, Groban and Michael Buble, turning them into global superstars.

**The one part of the film that was uncomfortable for him to watch, Foster admits, was the section in which his kids talked about his parenting. Many described how difficult it was to have him spend so much time working – and to see him serve as the stepparent to new children every time he remarried.**

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While he was married to Thompson, he had his first foray into reality television: “The Princes of Malibu,” a 2005 Fox show that presented him as a grumpy fed up with the antics of his stepsons and their best friend, future The Hills villain Spencer Pratt. Then, in 2012, he turned up on Bravo’s “The Real Housewives of Beverly Hills” alongside Hadid. Foster often appeared on the show, presiding over the $10-million Carbon Canyon seaside mansion where he invited the housewives to intimate cocktail parties at which Kenny “Babyface” Edmonds performed. The pair’s 2015 divorce was also chronicled on the programme, a split that Hadid blamed on her chronic Lyme disease.

“I’m starting to feel that David is unhappy with the fact that I can’t be by his side the way that I used to be,” she wrote in her 2017 memoir. “I feel as if he’s starting to get impatient with my recovery!”

**Wish I hadn’t!**

In the new documentary, Foster says their breakup had nothing to do with Lyme disease but declares to elaborate further. He does not think fondly of his time on Housewives and is upset that he is often recognised on the street as a reality TV star instead of a music legend.

“The Beverly Hills Housewives was just kind of a nightmare for me and something that I really wish I hadn’t been part of,” he says, adjusting his suit jacket. He begins to recount a story about how, while watching his son-in-law play in a professional tennis tournament in San Jose, he was approached by a television reporter who asked if he’d do an interview with her.

“First question: ‘So, what’s Lisa Vanderpump really like?’ It was all about the Housewives. I wanted to say, ‘I’ve got 16 Grammys, b—h!’ But I didn’t. … A lot of people loved that show. I can’t imagine why, but they did.”

Despite his negative experience with reality television cameras, he says he was not reluctant to open his life to a documentary crew. The film, directed by Barry Avrich, came about as a collaboration between Canada’s Walk of Fame and Bell Media.

“They had this idea that maybe past recipients of the Walk of Fame should have documentaries made about them, and I came up as the first subject,” recalls Foster, who was raised in Victoria, British Columbia. He spent about a year and a half working with the filmmaker, allowing Avrich to trail him on a trip to New York City, where he is trying to get a Broadway musical mounted. It’s about being the “mountain I still want to climb,” Foster explains. He has four theatre projects in the works but acknowledges he has trouble with the process, which requires numerous collaborators.

“If I’m not a quitter, it just feels like a logical next step for me,” he says. “In my career, I’ve always used the phrase ‘retreat and attack in another direction.’ At the end of the ’90s, all of a sudden I found myself the guy that couldn’t write a Top-40 hit record after 25 years of writing hits. The paradigm shifted. N’ Sync and the Backstreet Boys came in and I didn’t really know how to deal with that Swedish sound. So I was like, ‘I don’t know how to do that, but maybe I’ll go over here and get myself a little Josh Groban and a little Andrea Bocelli and a little Michael Buble and we’ll sell just as many records, if not more, than everybody else — we just don’t need Top 40 to do it.”

Television [talk shows] will become our radio,” Foster says.

Foster is keenly aware that pop music has moved from the power of ballads that made him famous. “Kids don’t have an appetite for it,” he says with a shrug. “It’s not that he hates today’s music. He’s a big fan of Ariana Grande and Ed Sheeran. He just knows where he belongs, and it’s no longer in Top 40 music. “It’s just a matter of age. Time move on, sounds move on,” he says. “I think there’s a little part of me that would love to get together with, like, Ariana’s guy, Tommy Brown, and the Drake camp and all these young writers that are so great. There’s a part of me that would like to spend a year dancing around their studios.”

In 2015, he joined Grande on stage at the Forum, playing piano as she belted a version of Houston’s “I Have Nothing. He loved the experience, he says, except for the fact that the audience was disappointed when the singer brought him on stage instead of co-headliner Justin Bieber. And yet for the last few years, he’s really only worked with Buble. It’s not that he’s interested in retiring. But he’s anxious at the thought of being able to replicate the success of his glory days.

“Maybe what’s stopping me is the potential of failure,” he says. “And also, quite honestly, a lot of those guys, they have a style that is hard for me to wrap my head around. The songs get passed from room to room, and there are seven or eight writers on them. That’s not really my style.”

Music and marriage McPhee would inspire him to go back into the studio. But because the American Idol runner-up has spent so much of the last few years acting — first on NBC’s Smash, most recently in Broadway’s “Waitress” — she’s “not motivated as a singer,” Foster says. The 35-year-old was a part of the documentary, though by her own admission she was reluctant to participate because it was “David’s thing.” In one shot, the couple sit by a piano in their home and acknowledge the “unorthodox” nature of their relationship.

“But in a relationship, there’s 10 things that can bring you down or pull you apart and break you up,” Foster says as his car nears its destination. “You don’t show it, and together, the in-laws are terrible or whatever. Having an age gap — which we have a significant one — is just one of the 10. If we don’t have the other nine — if that’s our only obstacle — we’re gonna make it.”

Foster’s black SUV has arrived at the Four Seasons, where, upstairs, Avrich is throwing a private dinner for the musician. McPhee is waiting in the ballroom, as are some of Foster’s five biological children. The one part of the film that was uncomfortable for him to watch, Foster admits, was the section in which his kids talked about his parenting. Many described how difficult it was to have him spend so much time working — and to see him serve as the step parent to new children every time he remarried.

“And forget everything else, being the child of a successful person is probably difficult, which is something I’ve never given a thought to,” he says. He notes that his offspring are all “doing great” now: Two of his daughters, Sara and Erin, just landed a TV deal at 20th Century Fox, and another, Amy, has written all of Buble’s hit songs.

“My kids, they don’t have trust funds,” he says. “They don’t have millions of dollars in the bank. Well, if they do, it’s not because of me. I’ve given them just enough help, and I feel good about that.”

He gets out of the car and searches for a hotel representative, who points out where the entrance to the staircase is. Dinner is on the sixth floor, but Foster will be walking. “You know I don’t take elevators, right?” he says. “I’m claustrophobic. Fosterphobic.”

— Los Angeles Times/TNS

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COMMUNITY COVER STORY
Embracing exercise as an adult if you disliked it as a child

Bad memories of PE can give people the lifelong impression they’re not cut out for sport. But plenty of adults have left behind sedentary lifestyles - you just have to find the right approach, writes Emine Saner

When Sarah Overall was a child, a PE teacher held the entire class back. Overall would not do the high jump. She was tiny – as an adult, she is under 5ft (1.5m) tall – and was scared of hurting herself on the metal bar. “I was too short to get over it,” she says. “I remember the whole class watching.” Netball was “pure hell”. She enjoyed hockey, which suited her body better, but she felt written off by her PE teacher. “I was like: ‘Do you not get that I actually work really hard at the things I can do?’”

Now, years later, Overall is a personal trainer and sees the damage that bad PE lessons have had on her clients. “It’s pretty much everybody who comes to me,” she says. “I don’t think I’ve got anybody, especially a woman, who has said: ‘I was good at sport at school’.”

It is something other trainers see, too. “Kids at school are not like babies and toddlers who try to crawl, fall, try to crawl, fall,” says Joslyn Thompson Rule, a personal trainer. “They sense embarrassment and shame, and it’s easier not to try than to try but fail. Unfortunately, it becomes a bit of a self-fulfilling prophecy and leads to them not being able to do it.”

Teenage experience, she says, “can affect your perception of your ability”.

The things we are told as children and teenagers stay with us. I was not particularly sporty at school, although I clearly remember being praised by my PE teacher one day after a volleyball class. The idea that I am good at that one particular sport has, weirdly, become a small part of my identity – even though I have never played a game of volleyball since. Likewise, I hated cross-country running with a passion and, for years, told myself it wasn’t for me, only to discover a love of running – especially over fields and hills – more than two decades later.

“Kids pick up all kinds of stuff, whether or not anybody actually labels them – they make comparisons with their peers and draw conclusions,” says Wendy Johnson, a professor of psychology at the University of Edinburgh. “There’s nothing intrinsic to say these kinds of labels have to get wired into our identities, but sometimes they do – when kids are often last to be picked for teams or laughed at for being slow or clumsy. Things can happen along the way to reverse impressions like this, but for some kids, these identities can last a lifetime.”

All of this is not to bash PE teachers, although many adults who still hate exercise blame the teaching methods of decades ago. There is a lot of good practice out there, says Stuart Kay, schools director of the Youth Sport Trust. Schools are under immense pressure, and PE is suffering (according to research last year by the trust, 38% of secondary schools in England have cut the time dedicated to PE for 14- to 16-year-olds since 2012).

The stereotype of the sadistic games teacher is probably largely unfair, but, says Kay, there is “room for improvement in some areas”. Historically, PE lessons were “largely about physical ability”, he argues, but for older children it is equally important for the lessons to cover social and emotional wellbeing.

“If you think about some of the things that turn people off sport, they’re probably the same things that turn people off competition,” he says. Competition can be made more inclusive beyond physical ability. “We’re not trying to get rid of competition; instead, we’re saying what can you do about the rules, the environment, and how are you going to decide on a winner?” By reframing competition, you can make it more inclusive, and make sure that things other than sporting prowess are celebrated.

These could include allowing everyone to play, rather than only a select few making a team, or changing the scoring so it is not only about goals or runs – the outcome of a game – but also giving scores for behaviour or skill.

Johnson says she always told her children: “Exercise is good for our bodies, and everyone can find some exercise they can enjoy: it doesn’t matter if you’re particularly good at it.” As an adult, you can shift your identity around whether or not you are “sporty” by simply doing it, she says. “Pick up any issue of Runner’s World – it’s full of people who have come to running in their 40s or 50s and ended up getting into it and running marathons. I don’t mean winning, but they see the benefits not just of the exercise, but joining a club, where the focus is on the community rather than being the best.”

Labels such as “sporty” have particular connotations, she says, and it is not necessarily useful to think of yourself in those terms. “Not just about exercise and health, but about fashion, values, lifestyles, athleticism and sexual identity. Physical exercise that boosts physical health and psychological wellbeing comes in many forms that aren’t sporty – dancing is exercise, as is gardening, carpentry and housework. If the goal is physical exercise for health, one doesn’t have to have a sporty identity. Think broadly about anything that involves getting yourself moving.”

Overall rediscovered sport after enjoying aerobics classes. Hannah Lewin, a personal trainer, says many people seek out a lack of confidence around sport and exercise, usually instilled in them as teenagers. Instead of something to be enjoyed, sport

Continued on Page 5
Lack of sleep does alter fat metabolism

Lack of sleep can be harmful as it can make participants feel less full after eating and metabolise the fat in food differently, says a study, adding to the mounting evidence that how harmful lack of sleep can be.

The study, published in the journal of Lipid Research, by Pennsylvania State University found that sleep disruption has been known to be have harmful effects on metabolism for some time.

Orfeu Buxton, a professor at Penn State, added that long-term sleep restriction puts people at a higher risk of obesity and diabetes.

Kelly Ness, now a postdoctoral fellow at the University of Washington, ran the study when she was a graduate student in Buxton's lab.

She and other researchers not only collected data but also spent time, “interacting with the subjects, playing games with them, talking with them – helping to keep them awake and engaged and positive.” To find out how the uncomfortable schedule affected metabolism, the researchers gave participants a standardised high-fat dinner, a bowl of chili mac, after four nights of sleep restriction.

“It was very palatable – none of our subjects had trouble finishing it – but very calorically dense,” Ness said, adding that most participants felt less satisfied after eating the same rich meal while sleep deprived than, when they had eaten it well-rested.

Researchers then compared blood samples from the study participants. They found that sleep restriction affected the postprandial lipid response, leading to faster clearance of lipids from the blood after a meal. That could predispose people to put on weight.

“The lipids weren’t evaporating – they were being stored,” Buxton explained.

This study was highly controlled, which makes it an imperfect model for the real world, Ness said.

It focused on healthy young people, who are usually at a lower risk of cardiovascular disease, and all of the participants were men.

The researchers also wondered whether giving more recovery time would change the magnitude of recovery they observed.

Nonetheless, according to Buxton, the study gives worthwhile insight into how we handle fat digestion.

~ IANS

Early signs of type 2 diabetes can be seen in kids

Researchers have found that early signs of adulthood type 2 diabetes can be seen in children as young as 8 years old.

Type 2 diabetes is most often diagnosed in middle age or later, with its symptoms slowly developing over many years.

“Early signs of type 2 diabetes is most often diagnosed in middle age or later, with its symptoms slowly developing over many years. This is not a clinical study; nearly all participants were free of diabetes and most will not go on to develop it.”

According to the findings, the research team analysed 162 pieces of genetic information and combined this with 200 measures of many small molecules in a blood sample, known as metabolics, to identify signs of type 2 diabetes.

Data was taken once in childhood – at 8 years old, twice in adolescence aged 16 and 18 years and once in young adulthood aged 25 years.

They found levels of HDL cholesterol were reduced at age 8, while inflammatory glycoprotein acetyl and amino acids were elevated in 16 and 18 year old teenagers.

These metabolic features could be targeted to prevent young people from going on to develop type 2 diabetes in the future, the researchers said.

The findings were presented at the European Association for the Study of Diabetes (EASD) Annual Meeting in Barcelona.

~ IANS

Continued from Page 4

became “a stressful experience. An early negative experience around being shamed, or being forced to do something you weren’t naturally very good at – and then belittled for not being very good at it – is something I see every day. It really does carry through into adulthood.”

Adults tend to find their way to her – and exercise – once their confidence has improved. “They may have had other successes in work or relationships,” says Lewis. Overall adds: “You’re now doing this for yourself. You don’t have the pressure of teammates, and nobody is judging you. Don’t compare yourself with anybody else. Once you find the activity that is right for you, and a situation you are comfortable in, you can be surprised at what you can do.” She has had clients who have gone from sedentary lifestyles to running marathons.

All the personal trainers I speak to say you should choose something you enjoy – this isn’t about compulsory rounders any more. “Gyms can be daunting places and you can feel the same as an adult as you did as a child – not being good enough, fit enough, strong enough,” says Thompson Rule. If being shouted at in a HIIT class isn’t working for you – or brings back bad memories – do something else.

“If you keep forcing yourself to do something you’re really not enjoying, it’s going to become another source of stress,” says Lewis. “You’ll give up and come back to that old idea of: ‘I’m not sporty.’ That’s not the case. You just haven’t found what’s right for you.”

~ The Guardian

Friday, September 20, 2019

GULF TIMES I 5

COMMUNITY

BODY & MIND

AT RISK: Long-term sleep restriction puts people at a higher risk of obesity and diabetes.

DIAGNOSIS: Type 2 diabetes is most often diagnosed in middle age or later, with its symptoms slowly developing over many years.

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Lack of sleep does alter fat metabolism

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The study, published in the journal of Lipid Research, by Pennsylvania State University found that sleep disruption has been known to be have harmful effects on metabolism for some time.

Orfeu Buxton, a professor at Penn State, added that long-term sleep restriction puts people at a higher risk of obesity and diabetes.

Kelly Ness, now a postdoctoral fellow at the University of Washington, ran the study when she was a graduate student in Buxton’s lab.

She and other researchers not only collected data but also spent time, “interacting with the subjects, playing games with them, talking with them – helping to keep them awake and engaged and positive.” To find out how the uncomfortable schedule affected metabolism, the researchers gave participants a standardised high-fat dinner, a bowl of chili mac, after four nights of sleep restriction.

“It was very palatable – none of our subjects had trouble finishing it – but very calorically dense,” Ness said, adding that most participants felt less satisfied after eating the same rich meal while sleep deprived than, when they had eaten it well-rested.

Researchers then compared blood samples from the study participants. They found that sleep restriction affected the postprandial lipid response, leading to faster clearance of lipids from the blood after a meal. That could predispose people to put on weight.

“The lipids weren’t evaporating – they were being stored,” Buxton explained.

This study was highly controlled, which makes it an imperfect model for the real world, Ness said.

It focused on healthy young people, who are usually at a lower risk of cardiovascular disease, and all of the participants were men.

The researchers also wondered whether giving more recovery time would change the magnitude of recovery they observed.

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Humane veganism, an evergreen trend

“Vegan any one” this is what we hear more and more at dinner parties, event planning meetings, office lunches and every single time we invite others or get invited for food. Oxford dictionary defines “Vegan” as a person who does not consume meat, fish and its related products due to moral, health or religious reasons. While this is a good broad definition of this humane diet, the actual practice of vegetarianism is somewhat less clear cut. There are several subcategories of vegetarianism, some eat dairy products and eggs but abstain from meat. Lactarians are the ones who eat dairy products but abstain from meat and eggs. Some people include fish in their diet but still consider themselves vegetarians, a new dimension for this lifestyle and are known as pescatarians. Vegans are the strictest subcategory of vegetarians and they abstain from all animal originating products. Strict followers of vegan cuisine even consider honey, cheese, avoid wearing leather, pearls and wool. Over the years the numbers of vegans have increased tremendously and the number is still ticking rapidly.

The term veganism was coined in 1944 and the concept of flesh avoidance can be easily traced back to ancient Indian subcontinent which still boasts of a large vegetarian population. Vegetarianism was first mentioned by the Greek philosopher and mathematician Pythagoras around 500 BC. In addition to his theory about right triangles, Pythagoras promoted benevolence among all species, including humans. Followers of Buddhism, Hinduism and Jainism also advocated vegetarianism. Believing humans also advocated vegetarians feed, believing humans should not inflict pain to others because of their diet. The meatless movement never really became that popular in the world and never included so many trendsetting peoples. The list of celebrities following a vegan diet is way too long enough to feature in this column. The first vegetarian society was founded in 1847 in England. Three years later Graham, the inventor of graham crackers co-founded the American vegetarian society. Graham was a Presbyterian minister and his followers were called Grahamites, and obeyed his instruction for a virtuous life and vegetarians. In November 1944, British woodworker named Donald Watson announced that because vegetarian ate dairy and eggs, he was going to create a new term called vegans to describe a group of people who did not. Tuberculosis had been found in 40% of Britain's dairy cows and Watson used this statistic to his advantage and claimed that the vegan lifestyle protected people from tainted food. Three months after coining the term, he issued a formal explanation of the way the word should be pronounced – vegan not veejan – as he wrote in his Vegan society newsletter which had 25 subscribers. By the time Watson died at age 95 in 2005, there were 250,000 self-identifying vegans in Britain and more than 2 million in the United States.

Strict veganism not only prevents the consumption of animal food products and by products but also prohibits the use of animal products even if it is not food. Vegans now are free of the philosophical and religious roots, becoming an accepted health choice. Many restaurants offer vegetarian options and most dinner party planners now ask is anyone vegetarian or vegan before planning the menu so that they can take these into consideration. Many successful food outlets are only vegan and they outsell their counterpart restaurant selling meat based foods. Vegan can be as strict or as relax in their approach depending on their food choices, the international vegetarian’s union website includes vegan friendly reminders about baking pans greased with animal fats, grain cereals that include animal based glicerin and sugar refined with bone charcoal. There is another extreme form of veganism called raw veganism, in which none of the food to be consumed is cooked, and is based on the idea that stomach will only digest one type of food at a time. Basically if you eat some type of food, there is probably someone else out there who won’t eat it.

The below recipe is based on one of my favourite vegetable – cauliflower. It cooks faster. It is healthy and easily available almost all year round. The serving size of cauliflower is way too less in calories. The cauliflower bites are low in fat, higher in fibre and are cholesterol free as compared to their chicken version. I have always served buffalo cauliflower to my guests and they have always admired the recipe. Today I will be sharing the same recipe so that you can try this and delight your guests with it. It is one of the recipes that is a delight for the one who cooks it and the one who eats it.

**Cauliflower wings**

**Ingredients**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
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<tbody>
<tr>
<td>Cauliflower heads</td>
<td>1 each</td>
</tr>
<tr>
<td>OIl</td>
<td>1 tbsp.</td>
</tr>
<tr>
<td>All-purpose flour</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Garlic powder</td>
<td>1/2 tsp</td>
</tr>
<tr>
<td>Bread crumbs</td>
<td>1/3 cup</td>
</tr>
<tr>
<td>Buffalo sauce (vegan)</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Salt to taste</td>
<td></td>
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<tr>
<td>Black pepper to taste</td>
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</tr>
<tr>
<td>Scallions, chopped</td>
<td>2 tbsp</td>
</tr>
</tbody>
</table>

**Method:**

Preheat the oven at 200 degree Celsius and line and baking tray with parchment paper.

Cut the cauliflower head into smaller florets and keep them aside. Roll each floret into the baking tray.

Bake in the oven till light brown and are crispy. Remove from oven, sprinkle chopped scallions and serve hot with choice of dipping sauce on the side.

Chef Tarun Kapoor, Culinary Mastermind, USA. He may be contacted at tarunkapoor83@gmail.com
NYT’s best selling author delves into a woman’s traumatic past

The first two chapters of Lisa Unger’s riveting new novel, The Stranger Inside, almost seem to belong to different books, writes Colette Bancroft

The first, a prologue titled Lost Night, is deeply creepy, narrated in first person by a nameless voice, intimately addressing a likewise nameless “you.” That narrator enters a stranger’s darkened house and, explaining all the while, methodically commits a murder.

Turn the page and you’re in a different world: the exhausting, exhilarating, warm world of new motherhood. A young woman named Rain Winter is awakened by the coos of her year-old daughter, Lily: “A perfect cherub floated on a cloud next to a white stuffed bear. A little burrito in her loose fleece swaddle.”

Rain adores her little girl, and her relationship with her husband, Greg, is strong despite the stresses that caring for a baby can bring. They agreed, when she was expecting, that she would leave her job as a producer for a radio news programme to be a stay-at-home parent.

Then, Rain made the choice happily. Although she was ambitious and loved the adrenaline charge of her work, she was burned out by covering a brutal murder case – the stabbing deaths of an expecting mother and her unborn baby – and the acquittal of the woman’s husband. Rain was sure Steve Markham was guilty, and when he was freed she was overwhelmed by a sense of futility. “It was the case that caring for a baby can bring, Greg, is strong despite the stresses that caring for a baby can bring. They agreed, when she was expecting, that she would leave her job as a producer for a radio news programme to be a stay-at-home parent.

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But now, after more than a year at home, Rain is beginning to miss her job and to wonder if it’s time to dip a toe into freelancing. She’s jogging to the park with Lily in her stroller, happily. Although she was ambitious and loved the adrenaline charge of her work, she was burned out by covering a brutal murder case – the stabbing deaths of an expecting woman and her unborn baby – and the acquittal of the woman’s husband. Rain was sure Steve Markham was guilty, and when he was freed she was overwhelmed by a sense of futility. “It was the case that did her in,” Unger writes. “The ugliness of it, she was sick with it, like a flu she couldn’t shake.”

But now, after more than a year at home, Rain is beginning to miss her job and to wonder if it’s time to dip a toe into freelancing. She’s jogging to the park with Lily in her stroller, the picture of cheerful domesticity, when she hears her best friend Henry, a true-crime blogger and hacker who is not especially dainty about journalistic ethics. Every one of them tells her that Markham’s death is being investigated by federal agents, who are closely guarding any information about it.

One source does give her a handhold: The Markham case might be related to the death of someone known as the Boston Boogeyman, another killer who was not convicted, but then was murdered in the same way he had killed others. And there could be at least one other connected murder: that of a man named Eugene Kresky. That name doesn’t just trigger Rain’s investigative instincts. It catapults her emotionally into her past, a past she has no desire to relive.

Rain was not always her name. At age 12, she was a free-range suburban kid, spending whole days roaming their safe little neighbourhood with her friends Tess and Hank. One day, taking a shortcut through the woods, they met a big man with a big dog.

What happened next, which Unger reveals slowly and suspensefully, intercutting it with the book’s present-day story, left one child dead and the other two scarred for life. They’re grown now, but Rain’s journalism career and her friend’s profession as a criminal psychologist clearly both grew out of their childhood trauma. And now it seems, more than ever, that they haven’t left that day behind.

As Rain’s story unfolds in unexpected directions, that anonymous voice keeps insinuating itself, becoming more disturbing each time.

This is the 17th novel by Unger, who lives in Pinellas County. Her best-selling psychological thrillers have been published in 26 languages; she was nominated for two Edgar Awards this year by the Mystery Writers of America.

In The Stranger Inside, as in her other novels, Unger builds believable characters whose lives seem ordinary until they are plummeted into some extreme situation that changes how they see the world, and themselves.
American Airlines is retiring the McDonnell Douglas MD-80 fleet. The MD-80, also known as the Super 80, was the workhorse of the airline’s fleet throughout the 1980s and beyond. American will ferry the last 23 of its MD-80 jets to a desert parking lot in Roswell, N.M., with one staying at Dallas Fort Worth International Airport to be used for future de-icing practice. Two more will be donated to flight-training schools.

- The MD-80 is the most-produced derivative of the Douglas DC-9 family.
- It was one of the most fuel-efficient aircraft in the skies when it was introduced, burning 37% less fuel per seat mile than a Boeing 727-10.

Aircraft facts

- Twin-engine Originally made by McDonnell Douglas; no longer in production
- Quiet, fuel-efficient
- Enters airline service in 1980
- Low operating costs
- Delta Air Lines Inc. continues flying some MD-88s and MD-90s, later vintages of the model.

- Models MD-81, MD-82, MD-83, MD-87, MD-88, MD 90

Nonstop range
1,500-2,700 mi.

- The plane is powered by two Pratt & Whitney JT8D rear fuselage-mounted engines. All other mainline American planes have wing-mounted engines.
American Airlines to retire the ‘Super 80’

- McDonnell Douglas headquarters was in Berkeley, Missouri, outside St. Louis. The company merged with Boeing in 1997.
- At its 2002 peak, 362 of the MD-80 aircraft made up 44% of the carrier’s fleet.
- The Super 80 era began at American in May 1983 with three aircraft serving six cities.

- Wingspan: 107 ft. (33 m)
- Passengers: 130-172
- Length: 130-147 ft. (40-45 m)

Source: American Airlines
Graphic: Staff, TNS
Switch up your routine and save

Summer is coming to an end, and that means revisiting your bank account before heading into fall. Whether it was vacations, get-togethers or concerts that did you in, summer always seems to come full of activities but doesn’t come cheap. As you head into the next season, it’s a great time to tighten your budget and see where you can potentially save. Many people don’t know where to start when it comes to saving – everything you spend on a daily basis can seem like a financial drain. These seemingly small purchases add up in the end, but switching up your routine can help save you some money. Here are four simple ways to switch and save.

**Switch to public transportation**
A lot of us rely on our own cars or popular rideshare apps to get from place to place, but one of the quickest ways to start saving is by taking advantage of public transportation. Instead of spending more here and there on gas and parking or rideshares, consider switching up your routine and relying on public transportation instead. Just be sure to buffer in some extra time in case of delays, but you’ll be able to get around for a fraction of the cost.

**Switch to your local library**
Instead of spending your precious, hard-earned money on new books, visit your local library instead. Library cards are free to local residents, and many libraries even offer the luxury of reserving everything online – saving you time and money! That means free access to everything the library has to offer, including hard-copy books, e-books, magazines, podcasts, movies, music and more. Don’t spend your money on a book you’ll read once when you can borrow it for free.

**Switch to eating in**
This might be one of the hardest habits to change for most people. Having food show up at your doorstep (thank you, delivery!) is a blessing when you’re exhausted from work. However, it also racks up a hefty bill if it becomes a daily habit. Try giving yourself a limit to how many times you order in or dine out each week. Who says cooking is boring? – TNS

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**Aries**
March 21 – April 19
You’re likely to enjoy a change in the rhythm and quality of life, beginning right now, Aries. Do you feel a need to take your friendships beyond superficiality? Perhaps you should re-establish contact with some past friends. After a hiatus, you may have some bonds to repair. You can expect another period devoted to sweeping the cobwebs out of your emotional life and letting in light and promise.

**Taurus**
April 20 – May 20
Today you can expect to be more enterprising in your human relationships, Taurus. You may find new friends or enjoy quality time with old ones. It’s likely that your love life will intensify. The next few weeks provide excellent resources for improving your emotional well-being. Take advantage of it.

**Cancer**
June 21 – July 22
Today heralds the beginning of a very agreeable period. You will be especially happy, Cancer! You will project confidence, clarity, and charisma wherever you go. You used up a lot of your reserves during the last few months. You’ve made it to this stage just in time. Certainly you’ll agree that this is something to be celebrated!

**Leo**
July 23 – August 22
Leo, this would be a good moment to get rid of anything that still stands between you and achieving your goals. A certain obstacle might be sparking the impulse you have to blend into the background. Don’t forget that you’re an individual. This isn’t something to be overcome. It should be celebrated!

**Virgo**
August 23 – September 22
The signs say that you can expect a very profitable few weeks ahead, Virgo. You’ve worked hard lately, and it’s only natural that you have finally arrived at this stage. You’re going to be able to measure the distance you’ve come and evaluate your power. Whatever you do, don’t think small!

**Libra**
September 23 – October 22
The cosmos will ask you to make more of an effort, Libra. To do so means you will have to come back down to Earth and join the rest of us mere mortals. You may be cultivating your independence a bit too much. You seem to be pulling away from people. You should try to mix more and get involved in a cause that’s bigger than you. Accept working with others as a necessary component of your life.

**Scorpio**
October 23 – November 21
A quest is in store for you, Scorpio. You’re likely to engage in a search for physical or intellectual space. You may be asking yourself philosophical questions. Or perhaps you’re thinking of taking a long trip. Which will it be? Will you read philosophy or go to China? At this point, only the stars know.

**Sagittarius**
November 22 – December 21
In navigating your emotional life, Sagittarius, you may feel you’ve made a great effort in the past month. You’ve been available and conciliatory, and done your best to maintain harmony. Your efforts have paid off. Now you feel a yen for more spontaneity. It seems that the enterprising and reckless you has returned! Go ahead – you have paid off. Now you feel a yen for more spontaneity. It seems that the enterprising and reckless you has returned! Go ahead – you have paid off. Now you feel a yen for more spontaneity. It seems that the enterprising and reckless you has returned! Go ahead – you have paid off.

**Capricorn**
December 22 – January 19
Capricorn, the cosmic signs indicate that your emotional universe will once again glow with positive energy. You will meet more people, and your encounters are likely to be profoundly gratifying, emotionally and intellectually. All told, the coming month is wonderfully promising for you. Two key things to anticipate are pleasure and sensuality.

**Aquarius**
January 20 – February 18
For you, Aquarius, the next few weeks portend a period of timidity. You will probably go out less, introduce yourself to fewer new people, and be less prone to showing off. But any relationships you do form will be much more intense than usual. The month ahead is quite promising, though you may have to readjust some of your attitudes.

**Pisces**
February 19 – March 20
You may have spent the past few weeks exploring other horizons, Pisces, meeting new people, going out more frequently, or taking short trips. But there’s a significant change of rhythm in the air. You will settle down and bask in the comfort of your home. You will find that you have just the incentive you need to stabilise yourself for a while. Expect some pleasurable moments in the domestic realm.
Pooch Cafe

I always wonder if there's some kind of higher power influencing our lives.

I guess we'll never know.

Squitz

Of course, the amount of times grapefruit squirts us in the eye is statistically impossible without otherworldly intervention.

Oh, that's ridiculous.

It never stops being funny.

I hear his podcast is quite good.
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.
Netflix acquires the global streaming rights to Seinfeld

By Stephen Battaglio

etflix has fired back in the battle for popular network sitcoms by landing the global streaming rights to Seinfeld.

The deal struck with Sony Pictures Television, which controls the distribution of Seinfeld, was announced Monday, according to the companies.

Netflix will offer all 180 episodes of Seinfeld in the US and to its 151 million subscribers throughout the world when the five-year pact takes effect in 2021.

“Seinfeld is one of a-kind, iconic, culture-defining show,” Sony Pictures Television Chairman Mike Hopkins said in a statement to the Los Angeles Times. “Now, 30 years after its premiere, Seinfeld remains centre stage. We’re thrilled to be partnering with Netflix to bring this beloved series to current fans and new audiences around the globe.”

Landing Seinfeld is a major comeback statement for Netflix, which recently lost the streaming rights to The Office and Friends to the media conglomerates that own those shows. The Office will be part of NBCUniversal’s new streaming service, while Friends will be offered on Warner Media’s upcoming HBOMax platform.

Terms of the transaction were not disclosed, but since the rights are for worldwide distribution, Netflix paid far more than the $500 million NBCUniversal paid for The Office, and the $425 million WarnerMedia shelled out for Friends, people familiar with the deal said. Both of those five-year deals were for streaming rights in the US only.

Hulu, which is majority owned by Walt Disney Co., has the current domestic streaming rights to Seinfeld, paying $150 million annually in a five-year deal that expires in 2023. Amazon had the streaming rights in most of the foreign territories that will be picked up by Netflix.

Seinfeld is the television comedy that all television comedy is measured against,” Ted Sarandos, Netflix’s chief content officer, said in a statement. “It is as fresh and funny as ever and will be available to the world in 4K for the first time.”

The $400-million-plus reason your favourite TV shows are exiting Netfl ix according to people familiar with the deal said. Both of those five-year deals were for streaming rights in the US only.

The Los Gatos-based company has said it would have to eventually wean itself from outside program suppliers – a major reason why it invested $12 billion on content in 2018 to pursue the rights for their own shows and essentially paying themselves.

The ownership of Seinfeld, produced by the defunct studio Castle Rock, is spread among several entities, including WarnerMedia, CBS, Seinfeld and its co-creator, Larry David. All will share in the revenue from the Netflix deal after Sony receives a significant percentage as the show’s distributor.

Even 20 years after Seinfeld left NBC, the show’s repeats remain a popular attraction on local TV stations and cable network TBS and have generated billions of dollars in revenue worldwide.

Netflix is already the streaming home for Seinfeld’s current series, Comedians in Cars Getting Coffee, and its stand-up comedy specials. The relationship was not a determining factor in Seinfeld going to the service, sources said.

In its recent earnings call for investors, Netflix executives downplayed the significance of losing Friends and The Office. The Los Gatos-based company has said it would have to eventually wean itself from outside program suppliers – a major reason why it invested $12 billion on content in 2018 and is investing $15 billion this year.

The Seinfeld deal should not be seen as a departure from that strategy, according to an executive familiar with the matter. But the company will continue to license shows from outside suppliers when it’s seen as making sense for its business. – Los Angeles Times/ TNS

Hazel Keech to act in Euripides’ Medea

Actress Hazel Keech will essay a role in the English play Euripides’ Medea, which marks the directorial debut of Aamir Khan’s daughter Ira Khan.

Ira on Monday had took to Instagram and uploaded a photograph of herself with Hazel. In the image, Aamir’s daughter is on her knees, offering the play’s script to Hazel, who is seen accepting it.

“She said yes! It’s amazing to get to work with you, as a friend but more importantly as an actor, Hazel Keech. I can’t wait to see what we make.”

The play’s Instagram bio reads: Euripides’ Medea is one of the most popular Greek tragedies.

“Join us as we journey back to the 4th century BC and partake in this classic tale.”

Veteran actress Sarika, who has turned a theatre producer, will back the play. – IANS

Abhishhek’s next film titled The Big Bull

A day after Abhishek Bachchan shared that he has started shooting for his next film directed by Kookie Gulati, the actor has revealed the name of the film as The Big Bull.

Abhishhek on Tuesday shared the film’s first poster on Twitter and captioned it: “The Big Bull. Now filming.”

The poster reads: “Abhishek Bachchan in and as The Big Bull. An unreal story.”

Other details related to the film are still under wraps, except that it is produced by Ajay Devgn films.

The film marks the reunion of Ajay and Abhishkek seven years after Bol Bachchan.

Gulati has previously helmed aggressive in pursuing Seinfeld, which is one of a handful of durable, long-running comedy series that appeal to several generations of viewers. Seinfeld, which stars comedian Jerry Seinfeld as himself going through single life in Manhattan with his sophsisticated pals, ran from 1989 to 1998 on NBC and ended its original run while still ranking as the No. 1 show in prime time, according to Nielsen.

The other broad-appeal sitcoms available on the streaming market – Warner Bros. Television’s The Big Bang Theory and Two and a Half Men – are both expected to go to parent company WarnerMedia’s HBO Max. Some TV producers believe it has become futile for Netflix to bid against companies that are pursuing the rights for their own shows and essentially paying themselves.

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NEW PROJECT: Abhishek Bachchan shared the film’s first poster on Twitter

GREEK TRAGEDY: Hazel Keech will essay a role in the English play, which marks the directorial debut of Aamir Khan’s daughter Ira Khan.
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

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 glitz-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.

How Milan became Italy’s fashion capital
Believe it or not, Milan was not always Italy’s fashion capital. Although each city in Italy has its unique style and many are known to have street style inspiration year-round, but it wasn’t until the late 1960’s that Milan really became the renowned fashion hub that it is today.

Italian fashion dates back to the Renaissance, where fashion icons of the time included Catherine Medici. Following a period of decline, it wasn’t until the 1950’s when Florence emerged as the fashion capital and the birth of modern day Italian style was born. Years later, American actresses heavily influenced the fashion scene in Rome, marking it the new fashion capital in Italy.

The late 1960’s and into the 70’s was when Milan really began to capture the heart of designers and professionals of the industry. Milan became the centre of trend-setting styles, such as women’s jeans, as well as a major centre for textile industries. Designers, including Giorgio Armani and Gianni Versace first began their careers designing for other businesses located in Milan.

The city’s location offered an excellent point for business development and was also the home to some of the most highly regarded fashion periodicals. The Italian Camera della Moda presented the first official calendar of fashion events presenting 51 collections in 6 days including Fendi, Missoni, and Mario Valentino. This marked a new era in Milan’s fashion scene that proved to be a success.

Decades later, Milan continues to be the heart of emerging styles every season and home to fashion houses regarded with high prestige all over the world.

For further details and submissions, please scan the QR code above with your mobile phone camera or visit https://gulftimescommunity.com/designyourdreamcareer/
Qatar-based activist to attend first UN Youth Climate Summit tomorrow

By Mudassir Raja

Climate change has become a hot topic with planet Earth getting hotter. Experts believe that a lot needs to be done to first slow down global warming and then to undo the impacts of the damage caused by humans to the environment.

While awareness is key in such a campaign, we all have to do our parts on micro and macro levels. Therefore, more and more young people are taking it upon themselves to create awareness of the severity of the issue and analyse the volume of work that needs to be done:

The enthusiastic young leader Neeshad Shafi, a Doha-based Indian expatriate, will attend the event for Qatar. He is the executive director of Arab Youth Climate Movement Qatar and curator of Global Shapers’ Doha Hub. He has quickly established himself as a climate change advocate in Qatar raising awareness among the youth by means of organising seminars, workshops and lectures. He has invited different local and international expert speakers for the lectures called Earth Talks.

The climate advocate, highlighting the summit’s significance, said: “The UN Youth Climate Summit is a platform for young leaders who are driving climate action to showcase their solutions at the United Nations, and to meaningfully engage with decision-makers on the defining issue of our time” – Neeshad Shafi

“Over the years, I gained extensive experience in analysing global environmental and climate politics, with a special focus on the Middle East. Further, this leads me to be a part of several global environmental youth groups and have contributed to international summits related to climate policy and youth’s role in development. Since 2015, I have been actively part of the UNFCCC climate negotiation process.”

Neeshad quoted Luis Alfonso de Alba, Special Envoy for the 2019 Climate Action Summit, and said: “Youth are showing us the way on climate action. I am eager for young climate leaders from all over the world to take their rightful place on the global stage and participate in this historic moment.”

I feel proud that I was selected based on my immense work with the Global Shapers’ Doha hub and as well as for my initiative of Arab Youth Climate Movement Qatar. I will be able to give young people – (especially from Arab World) a voice at the gathering, where youth from across the world would converge for the issue of our existence.”

When asked to explain what he has been doing in Qatar so far, Neeshad said: “Ever since I move to Qatar some five years ago, I have been known to be an climate change activist, educator, speaker and a social change advocate for my extensive campaigns to raise the awareness about climate change and sustainable development goals both offline and online channels of communications.

“I hold a master’s degree in Environmental Engineering. Further, I carry immense work in the UNFCCC climate negotiation process.”

The UN Youth Climate Summit is going to be held in New York on September 21 (tomorrow). As many as 500 selected young leaders, working for the cause of climate change, have been invited to the one-day-long summit to discuss the issue at length and to come up with practical solutions.

Qatar will not be unrepresented at the UN summit. Neeshad Shafi, a Dove-based Indian expatriate, will attend the event for Qatar. He is the executive director of Arab Youth Climate Movement Qatar and curator of Global Shapers’ Doha Hub. He has quickly established himself as a climate change advocate in Qatar raising awareness among the youth by means of organising seminars, workshops and lectures. He has invited different local and international expert speakers for the lectures called Earth Talks.

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“This historic event will take place at the United Nations Headquarters in New York, as part of a weekend of events leading up to the UN secretary-general’s Climate Action Summit on September 23.”

Sharing further details, Neeshad said: “The Youth Climate Summit will feature a full-day of programming that brings together young activists, innovators, entrepreneurs, and changemakers who are committed to combating climate change at the pace and scale needed to meet the challenge. It will be action-oriented, intergenerational, and inclusive, with equal representation of young leaders from all walks of life.”

The enthusiastic young leader further said: “Over 7,000 young people between the ages of 18 to 30 applied to attend the Youth Climate Summit. I was one of 500 young people from around the world selected to attend the summit after demonstrating their commitment to addressing the climate crisis and displaying leadership in advancing solutions.”

Highlighting the youth summit, Neeshad said: “The Y outh Climate Summit is a platform for young leaders who are driving climate action to showcase their solutions at the United Nations, and to meaningfully engage with decision-makers on the defining issue of our time.”

UN advice to youth

Take Action: Develop an innovative, technology-based solution to climate change, and submit your idea to the UN’s Summer of Solutions.

Nominate yourself or a friend to be considered as a 2019 SDG Pioneer by the UN Global Compact.

Commit to individual actions that reduce your environmental footprint with the UN’s ActNow Climate Campaign or the Lazy Person’s Guide to Saving the World.

COMMUNITY