Dr Mary Ellen Weber, who spent 19 days in space on two Space Shuttle missions as a Nasa astronaut, tells Doha audience of the exciting new lunar mission. P4-5
PRAYER TIME

Fajr 4.05am
Shoroq (sunrise) 5.24am
Zuhr (noon) 11.28am
Asr (afternoon) 2.55pm
Maghreb (sunset) 5.32pm
Isha (night) 7.02pm

USEFUL NUMBERS

Emergency 999
Worldwide Emergency Number 112
Kahramaa – Electricity and Water 991
Local Directory 180
International Calls Enquires 150
Hamad International Airport 40106666
Labor Department 44508111, 44406537
Mowasalat Taxi 44588888
Qatar Airways 44490000
Hamad Medical Corporation 44392222, 44393333
Qatar General Electricity and Water Corporation 44845555, 44845464
Primary Health Care Corporation 44593333
Qatar Assistive Technology Centre 44594050
Qatar News Agency 44450205, 44450333
Q-Post – General Postal Corporation 44446444

Humanitarian Services Office
(Single window facility for the repatriation of bodies)
Ministry of Interior 40253373, 40253372, 40253369
Ministry of Health 40253370, 40253364
Hamad Medical Corporation 40253364, 40253365
Qatar Airways 40253374

Quote Unquote
"My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.”
— Maya Angelou

Praashthanam
DIRECTOR: Deva Katta
CAST: Ali Faral, Jackie Shroff, Sanjay Dutt
SYNOPSIS: Rural politician marries a widow with kids and gains a respectable position and trusts his stepson more than his own in political matters; thus upsetting his son beyond limits. Soon, the truth behind his reality comes forth.
THEATRES: The Mall, Landmark, The Mall, Royal Plaza

Valmiki
DIRECTOR: Harish Shankar
CAST: Pooja Hegde, Varun Tej, Atharvaa Mural
SYNOPSIS: An aspiring filmmaker seeks to make a film on a gangster as his first venture. In his research, he comes across a ruthless gangster Ganesh and manages to get close to him. However, things are not as simple as they seem and the filmmaker is caught in the chaos of finishing his film and seeing the other side of the gangster’s life. Will he be able to finish his film?
THEATRES: The Mall, Royal Plaza, Landmark
**Ezdan Zoo at Ezdan Mall**
WHERE: Ezdan Mall  
WHEN: Ongoing till October 4  
TIME: 6pm – 9pm  
Let’s Get Wild! Hop on over to Ezdan Mall Little Animal Zoo and experience adventurous Safari tours.

**Science and Myth**
WHERE: Qatar National Library  
WHEN: September 30  
TIME: 10:30am  
Evolutionary theory has been the subject of wide debates questioning the origin and evolution of several species, including humans. In this forum, we will shed light on the principles of evolution in nature and the foundations of the theory and the scientific questions it is trying to address.

**Painting Class**
WHERE: Qatar National Library  
WHEN: Today  
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: Luluemon, 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.

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

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

**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

**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 registrations@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/ 31326409.
“Dramatic changes are taking place in space”
— Dr Mary Ellen Weber, ex-Nasa astronaut

If you want to be an astronaut, keep your eyes open and do not lose any opportunity
It is the destiny of humans to explore more and more beyond Moon and Mars. There is a great need in every individual to explore.

These were the inspiring words shared by Dr Mary Ellen Weber, who spent almost 19 days in space as a Nasa astronaut, who was a gathering at the auditorium of Qatar National Library recently.

The special presentation titled 'The Moon and Beyond' was organized in collaboration with the US embassy in Doha in connection with the 50th anniversary of the moon landing. Dr Weber talked about her experiences in space and the future of exploring the final frontier.

She is a consultant in technology, innovation, strategic communications and high-risk operations, and serves on the Nasa Advisory Council Committee on Technology, Innovation and Engineering.

The former astronaut explained her experience of being in space and what it takes from individuals and Nasa to go to space. She also spoke about the International Space Station, the interest other nations are taking and they should take in going out in space.

Dr Weber spoke excitedly about Nasa’s plan to take man to the moon in 2024. “This next mission will put a woman on the moon. What we are going to have is a vehicle that will be orbiting around the moon all the time. It is going to be very flexible. So, we are not just going to the moon and coming back. We are actually going to be present at the moon. So, I am looking at young people wearing space suits. You now know where you are visiting next. That is the message.”

The ex-astronaut further said: “Going to the moon teaches us a lot. The shuttle taught us how to land at the moon and return to the planet, which is the most risky part. The space station is helping us in how to live in space for 365 days of the year. We work with the things that are far from the Earth. It also teaches us how to go to the Mars. It is very exciting and amazing time. I feel so lucky to have the experience that I have. But I am not going to get the chance to go to the moon or the Mars. However, all the young people in this room have!”

After her presentation, Dr Weber said: “What do you gain from going into space? When you land on Earth. Three hours before we come home, we eat massive amount of salt and drink water. Some astronauts are in such bad shape that they would spend many days in hospital.”

A young boy asked Dr Weber: “What do you gain from going into space?” She replied: “We gain so much, knowledge is a wonderful great thing. Many new technologies have come from space programme. We got computers and phones after we went to space.

“I personally believe there is a great need in all of us to explore. I personally believe that. I believe that is our human destiny. Even if we do not get all of those great technologies, we are going to explore.”

When asked whether she was scared or excited before going to space, Dr Weber said: “You sort of put your fear or excitement aside. You focus on your job. My thing was clear. It was that what if I screwed up. That is the real fear. There is a lot of responsibility. You are excited about the experience. You also feel the weight of the responsibility.”

After the end of the presentation, Dr Weber spoke with Community about her experience being in Qatar. She said: “I have never been to Qatar before. I was not even sure what to expect. But I am just so appreciative that what an interesting place it is.

“One of the things that impresses me the most is the commitment to education and science that this country has made. I have been to universities here for the two days I am here. I can tell that Qatar is on the fast track to get better and better.”

Appreciating the interest and attention that the audience took in her presentation, she said: “There were so many questions. The thing that surprised me the most was the youngest people asking the most sophisticated, smart and intelligent questions. I see there are very special young people here.

“Interest in space travel is increasing. The space is changing so much. If you look in the last five years, dramatic changes are taking place. Things are actually becoming easier. Now we are able to use much smaller things to go to space. Everybody can now be involved. Students can design small satellites and that is happening in this country. I do think that if we are going to colonise the moon or go to Mars, it is going to take multiple nations and multiple cultures.”

“One of the things that impresses me the most is the commitment to education and science that this country has made. I have been to universities here for the two days I am here. I can tell that Qatar is on the fast track to get better and better.”

– Dr Mary Ellen Weber
Embassy of Nepal marks Constitution Day

The Embassy of Nepal recently organised an event to mark the Constitution Day of Nepal. The event was chaired by Laxman Khanal, Chargé d’Affaires at the Embassy of Nepal. The message of Bidhya Devi Bhandari, President of Nepal, was read on the occasion, which was followed by the flag hoisting ceremony and the national anthem of Nepal. The event was hosted by Prabin Bhattarai, Second Secretary at the Embassy of Nepal.

Speaking on the occasion, Laxman Khanal said that the 42 years of friendship of Qatar and Nepal has always been cordial and mutually beneficial. He also highlighted about the recent visit of Bidhya Devi Bhandari in Qatar. He highlighted the presence of Doha Bank Branch in Kathmandu and its vision to encourage Qatari investments in Nepal. He also urged Nepali community to work in accordance with the government of Nepal’s vision of ‘Prosper Nepal, happy Nepali’ for a peaceful and developed Nepal.

- Text and photo by Usha Wagle Gautam

DPS-MIS bags CBSE Qatar Cluster Table Tennis Championship title

DPS-Modern Indian School recently bagged first position in CBSE Qatar Cluster Table Tennis Championship 2019-20 in Girls Category. The tournament was held at Olive International School.

The tournament was divided into three age categories, including Under-14, Under-17 and Under-19 for both, boys and girls. DPS-MIS Girls Team won the title in Under-19 and Under-17 categories, and bagged a silver medal in Under-14 Girls. In Boys category, Under-19 team of DPS-MIS won the title and Under-17 was the runners up. Asna Nafees, Principal of DPS-MIS, commended the efforts of the participants.

Students of MES visit KidZania

Students of Kindergarten Section of MES Indian School recently visited KidZania, a unique and interactive indoor theme park featuring role-playing activities. KidZania offers more than 60 exciting hands-on activities designed for children. A total of 150 students visited KidZania.

The students explored child-sized city with the role play of firefighters, doctors, chefs or artists and enthusiastically performed real-life tasks, including skills of acquiring first-hand exposure to field-related knowledge and self-confidence.

Speaking on the occasion, Hameeda Kadar, Principal of MES, said, “The hands-on experience, which the students get from such fun-filled visit at the tender age will not only enrich and induce their lateral thinking but also influence their quintessential skills and attributes in the long run.”

The students were accompanied by a team of faculty members along with Nabani Bhattacharya, Headmistress at MES.
When South African multi-millionaire Mark Shuttleworth flew to the International Space Station in 2002 on his own dime as a space tourist, he was the first to earn the title of ‘afronaut.’

But while no one else from Africa has yet followed in his footsteps, countries across the continent are nevertheless looking to the stars and joining the space race at considerable speed.

Nearly 20 nations have launched space programmes, eight of which have already sent nearly three dozen satellites into orbit. And almost half of the satellites started their journey to space only within the last couple of years.

The newest member of the African space nations is Ethiopia: The East African country is launching its own weather satellite in September with Chinese support and is thus establishing the Ethiopian Space Science and Technology Institute in the capital, Addis Ababa, which in the future will be in charge of evaluating the satellite data.

“Africa’s space industry is still very young, but it has enormous potential,” says James Barrington-Brown, head of NewSpace Systems in Cape Town. The 22-employee firm exports satellite components abroad.

While many African countries rely on support from China, Europe or Japan, Barrington-Brown sees South Africa and Morocco as pioneer countries. “South Africa is one of the few African countries that can build its own satellites,” he says, referring to a space programme created during apartheid. The universities in the country with a low cost of living also produce well-educated engineers.

Airbus has also discovered the continent as a business market, supplying North African countries especially, and it has established a sort of pipeline programme for young talent for the industry.

In addition to South Africa, Algeria, Angola, Egypt, Ghana, Kenya, Nigeria and Morocco have been in the ranks of African satellite operators. Most of them focus on Earth observation and communications satellites - a trend that other regions in the world also follow, according to a market study conducted by researchers Market Forecast.

“The space industry is emerging as one of the most lucrative industries globally,” said the report. Satellites are growing ever smaller, and thus more affordable, and the need for reliable data is increasing: for keeping tabs on climate change, monitoring water reserves, urban planning and predicting weather. Africa’s digital sector is also booming and requires the corresponding communication channels.

Germany has also taken notice of Africa’s efforts to reach space: “Africa is the fastest-growing market for information and communication technology in the world,” said Development Minister Gerd Mueller during a recent trip to the continent. “The use of satellites for building a digital infrastructure is essential.”

Satellite-supported access and exchange of data is the foundation of a digital economy, as without enough data, future technologies such as artificial intelligence and big data will not be able to function.

“In that, Africa must, and will be, an important player,” he adds. However, reliable figures on Africa’s space industry aren’t readily available, as many nations only share information from the aerospace sector. It’s estimated that less than 10,000 people work in the industry, the majority of whom work for state-sponsored programmes.

Commercial attempts by the space industry to enter the market in the past have been largely inconsequential. The German company OTRAG tried to test rockets in the jungle of south-east Congo, which at the time was Zaire, in the late 1970s and early 80s. After the lease contract was terminated, the launch base was quickly forgotten. – DPA
Along the narrow country lane, rolling waves of autumn colour covered the hills. I was cutting through bluff country on my way from the National Eagle Centre, in Wabasha, to Whitewater State Park, in Altura, about 30 miles apart. But I didn’t take the straightest route. It was autumn, after all, and the sun was shining.

I wish I could recall the exact route so you – or I – could replicate it. The best I can offer, though, is this advice: Fill your gas tank, turn off your navigational devices and don’t be afraid to get lost in the woods when fall blazes across the land. If a dirt road looks appealing, take it. It’s the back roads that lend a trip its adventure. Where will you land? What unexpected beauty will you find?

My trip in bluff country roughly traced the path of the Whitewater River. While it flowed toward the Mississippi, I headed against the current. I passed ponds sprouting cattails, farm fields whose golden stubs suggested a season of rest, and the town of Elba, where a fire tower is one of 10 National Historic Outlooks in Minnesota and is its own worthy autumn stop for its views from the top.

The North Shore
On the drive up Scenic Hwy. 61, along Minnesota’s North Shore, Lake Superior commands much of the attention, its dark blue waters shining between towering evergreens. But turn off the iconic roadway onto dirt roads that climb away from the great lake, and you’ll quickly be engulfed in hardwoods, the kind that turn brilliant red in autumn. Chances are good that you’ll happen upon the Superior Hiking Trail. That 310-mile footpath runs from south of Duluth to the Canadian border roughly following Superior’s shoreline. Many trailheads, noted by small gravel parking lots, are tucked off a number of those dirt roads from Duluth on up. If you see one during your back-roads wanders, stop. There’s no better place to crunch freshly fallen leaves than on a hiking path.

Where to stay: Grand Marais is a classic overnight stop, with its art galleries, the five-and-dime and World’s Best Donuts, which is open through October 19. Cobblestone Cove Villas overlook the town’s harbour. East Bay Suites looks out onto a bay. Hip newcomer the Mayhew Inn has a rooftop patio and just outside of town, the Hungry Hippie Farm and Hostel offers private rooms on a farm with sweeping views.

Don’t miss: Along Hwy. 61, Gooseberry Falls grabs much of the attention, perhaps because it is the first of eight state parks tucked along the highway. Of course, its spectacular and accessible falls likely have much to do with its appeal, too. But farther up the road, beyond Grand Marais, Judge C.R. Magney State Park gets my vote for best fall hike. A park trail leads to Devil’s Kettle Falls, where swirling waters plunge into the earth to reappear downstream.

Minnesota River Valley
Other rivers grab more attention from weekend travellers: The Mississippi, for its grandeur; the Root, for its winding path through bluff country. But the placid Minnesota River runs through countryside filled with history and pastoral beauty on its more than 300-mile course from its source at Big Stone Lake in Ortonville to its confluence with the Mississippi near Fort Snelling. A driving route that shadows its course, the Minnesota River Valley National Scenic Byway, passes near many significant sites. In New Ulm, Schell’s Brewery, the oldest in the state, is open for tours. Peacocks on the grounds add their own brilliance to fall colour displays. Nearby, the Harkin Store acts as a time capsule of an 1861 general store. Down the road, Fort Ridgley State Park and the Lower Sioux Agency, managed by the
Great autumn drives in Minnesota

Running Across Miles: The placid Minnesota River runs through countryside filled with history and pastoral beauty on its more than 300-mile course from its source at Big Stone Lake in Ortonville to its confluence with the Mississippi near Fort Snelling.

Picturesque: A beautiful array of fall colors near Lutsen, Minn. Turn off Scenic Hwy 61 and you’ll be engulfed in hardwoods, and likely happen upon the Superior Hiking Trail.

Down the Road: The road through Itasca State Park near Park Rapids, Minn.

Lower Sioux Indian community, both give witness to the tensions between Dakota and new settlers as Minnesota became a state.

Where to stay: In the quaint college town of St. Peter, Konsbruck Hotel upstaged the standard lodging options when it opened in 2013. The boutique inn, in a historic building downtown, has well-designed rooms with exposed brick walls, marble countertops, antique pieces – and a restaurant on the main level.

Don’t miss: For a bird’s-eye view of the Minnesota River Valley – and to see fall colors in a blur as you whiz by trees – stop in Henderson, Minn. at Kerfoot Canopy Tour. The 14-line tour hopscooches over a mile into the valley, and includes a 170-foot suspension bridge.

Itasca State Park
Itasca, Minnesota’s first state park, is a rare jewel. It fuelled the state park system when it was created in 1891, and it contains the headwaters of the Mississippi as well as a 10-mile Wilderness Drive lined with autumn beauty and offers an abundance of recreational opportunities, from boating to biking. But one of the aspects I like most about the park is the approach. In the Heartland Lakes region near Park Rapids, the landscape is dotted with lowering pines and sweet lakes, and looks like a nature park even before you enter the park boundaries. Inside the park’s 32,000 acres, though, you’ll find more than 100 lakes, and stands of old-growth forests. Quaking aspen, birch, red pine, white pine and a mix of northern hardwoods all rise into the skyline from the park, making for a kaleidoscope of autumn color.

Where to stay: The park’s venerable and affordable Douglas Lodge, a rustic-style log building that dates to 1905, offers single and family rooms. It is open through the first Sunday in October. The park also has year-round cabins for rent.

Don’t miss: A short hike through the woods and a steep climb up stairs at the Alton Heights Fire Tower inside Itasca State Park provides a gorgeous view of trees blazing with fall colors. The 100-foot structure is nestled in a maple and basswood forest. A half-mile trail begins at the fire tower parking lot. Hikers can also make a stop at the tower part of a 3-mile loop from Douglas Lodge. – Star Tribune (Minneapolis)/TNS
Mangroves of Qatar

Mangroves are trees and shrubs that have adapted to life in water environments. They are usually found in the intertidal zone of a coastal area. The halophyte characteristic of a mangrove tree allows it to grow in saline environments where no other tree can grow, thereby making significant contributions to the local ecosystem.

Mangroves play a vital part in helping to reduce climate change by acting as a carbon sink, they absorb up to 50 times more carbon than a similar area of tropical forest. They are also an important ecosystem, offering a safe breeding place for many varieties of fish. Qatar is home to at least eight major mangrove sites.

The mangrove in these photos are located at the south of Al Wakra beach. It is a very popular tourist spot and happy place to visit and enjoy the weekend with your family as you are surrounded by greenery around the sea.

—Text and photos by Shabna Shanid, shabnashani@hotmail.com
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<th>LIFESTYLE/HOROSCOPE</th>
<th>COMMUNITY</th>
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Your personality can reveal how often do you exercise

If you have not been able to meet your gym goals despite persistent efforts to wake up early or hitting that running session on a hot summer afternoon, blame it on your personality.

According to researchers from University of Oregon, some people seem to be able to more consistently meet their goals than others, but it remained unclear if personality traits encourage individuals to achieve long-term goals in their day-to-day lives. Conscientiousness has long been tied with healthy behaviours. Narrowing their focus to “planfulness” – lead researcher Rita M Ludwig and colleagues Sanjay Srivastava and Elliot T Berkman, they zeroed in on psychological processes — such as mental flexibility, and a person’s ability to make short-term sacrifices in pursuit of future success that contribute directly to achieving long-term goals.

“There indeed appears to be a certain way of thinking about goals that correlates with long-term progress,” said Ludwig.

“What’s new in this study is that we used an objective measure of goal progress that could be recorded as participants naturally went about their lives; their check-ins at a local gym”. The findings, published in the journal Psychological Science, suggest that self-reported levels of the trait called ‘planfulness’ may translate into real world differences in behaviour. The team assessed gym attendance of 282 participants over a 20-week period.

The participants, many of whom were students, provided a written description of their exercise plans and completed measures of self-control and grit. While all participants experienced a similar decline in gym attendance over the course of each semester, individuals who rated themselves high on “planfulness” items such as “developing a clear plan when I have a goal is important to me” went to the gym more throughout both semesters compared to those who ranked themselves lower on “planfulness”.

“Planfulness” was only significantly associated with the frequency of participants’ gym attendance during the winter semester, possibly due to participants completing their physical activity plan later in the year, the researchers noted.

While there was a small, but significant relationship between participant planfulness and the level of detail in their physical activity plans, descriptiveness was unexpectedly found to have no relationship with gym attendance, Ludwig and colleagues noted.

“It seems logical that people who are successful with their goals would be able to write in detail about their planning process,” said Ludwig.

“We were surprised, then, to find no relationship between people’s goal pursuit behaviour and how they wrote about their goals.” – IANS

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<tr>
<th>ARIES</th>
<th>March 21 – April 19</th>
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| Concerns about your home or mother may mean you have to deal with some rather unpleasant or untrustworthy people. Lack of knowledge could have you in a quandary about how to address the situation. It would be a good idea to prepare by gathering all the facts you might need. Stay centered and focused, Aries, and use your inner strength to hold out for the best for all concerned.

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<th>CANCER</th>
<th>June 21 – July 22</th>
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| Troubles in the family may have you toying with the idea of moving or at least making some changes in your household. Someone close to you hasn’t been honest with you, Cancer, and that also has you feeling a bit down. Kick around as many ideas as you can, but don’t make any decisions today. It isn’t the time. Wait until you’re in a more positive and optimistic state of mind.

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<tr>
<th>TAURUS</th>
<th>April 20 – May 20</th>
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| Juicy but perhaps unkind gossip might reach you today. You may doubt the motives of a close friend. Examine any tips you receive and ascertain the true facts before you accept it as truth. Much of the information is likely to be wrong. Your imagination is flying high, so you might want to try writing or drawing.

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<th>LEO</th>
<th>July 23 – August 22</th>
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| Your intuition and imagination are operating at a very high level today, and you may be inspired to write. However, you aren’t likely to have enough ideas or information to actually put pen to paper. There’s no rush, though. Take some time to allow the ideas to crystallise and set them down later. Someone in a bad mood may draw you into a quarrel. Brush it off and say you’re busy!

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<tr>
<th>GEMINI</th>
<th>May 21 – June 20</th>
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| Money matters may seem vague today, Gemini. Uncertainty about how to manage your affairs might plague you throughout the day. Planning for the immediate future could also be difficult. You may be expecting some funds that may not come yet, or you might not be certain if you need to make a specific purchase. Keep occupied. You can’t rush it, and obsessing does no good.

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<tr>
<th>CANCER</th>
<th>November 22 — December 21</th>
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| Sudden demands on your resources by others may have you feeling used. You may be asked for a loan. Your doubts about the person’s ability to repay might conflict with your sympathy for his or her situation. Your intuition is good today, Sagittarius, so use it to read the true motives of those asking for favours. Grant only the ones you feel are appropriate.

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<th>ARIES</th>
<th>December 22 – January 19</th>
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| Melancholy that doesn’t seem to have any basis in reality may plague you today, causing friends, family, and your partner to worry. On days like this, Capricorn, it’s best not to give in to gloom, but rather to throw yourself into work and projects you love. Even though you may not feel like socialising, the company of others can get your mind back on track.

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<th>TAURUS</th>
<th>January 20 – February 18</th>
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| Today, Aquarius, you may feel out of sorts. You probably aren’t ill, but you may be tired. You could also suffer from vague aches and pains that are most likely related to stress. Take the day off and relax. Soak in a tub and read a book. Your imagination is working overtime and you need to get your mind off your malaise. Fantasy novels may be your best bet!

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<th>PISCES</th>
<th>February 19 – March 20</th>
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<td>Strange, exciting, and vivid dreams may inspire your creativity today. You might want to try a new art form or study the works of innovators. Love especially important to you, Pisces, though insecurities about a partner may restrain you from expressing your feelings. Take a chance – let the person know what you need right now. Your friend may be pleasantly surprised.</td>
<td></td>
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Wordsearch

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UFYRESRUNALFBEY
ADYRTNAPCLOSETL
YROTAVRESNOCDDDO
GAFMFTULCTSRUB
OYMRALEECPRFOHB
KMOORGNINIDNOCY
IBOBUOCSSLWLPMLL
TARASTDCUPBOARD
CLTTBCVIYHAPDEN
HCISHOAHTRCDBCR
EOEREIFTURRDL
NNUOPDDAATOTOU
UYGOELOUNGECSPR
IYOMBNYSTAIRSFA
CLANDINGOSURREL
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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.

```
ATTIC  BEDROOM  CONSERVATORY
DEN  KITCHEN  LOBBY
NURSERY  PORCH  STUDY
BALCONY  CELLAR  CORRIDOR
DINING ROOM  LANDING  LOFT
PANTRY  STAIRS  YARD
GUESTROOM  LARDER  LOUNGE
POOL  STUDIO
```

Sudoku

```
1  4  2  7  3
9  5  3  8  1
3  9  4  7  8
2  9  1  6  7
6  5  3  4  1
```

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 in the grid so that every column, every row, and every 3x3 box contains the digits 1 to 9 exactly once.
Super Cryptic Clues

Across
1 After reform I am unable to be a beggar (9)
8 Bankrupt following black bear (5)
9 Dressed for a foray, we hear (7)
10 Be ahead with heavy metal (4)
11 Musical state (8)
13 Little Benjamin holds large fish (6)
14 Grievance of one in factory (6)
17 Where lawyers drink? (2,3,3)
19 Sticks around looking complacent (4)
21 This old novel is stupid (7)
22 Golf course connections (5)
23 Starshine somehow loses its shine (9)

Down
2 Strive to equal bird that’s not on time (7)
3 National leaders in Denmark are never elected (4)
4 Eccentrics beginning to cause rows (6)
5 As a rule, no marines join forces (8)
6 Beginner occupying empty room (4)
7 Playing at Vegas and getting benefits (10)
8 Fagin’s associate gets on in advertising (10)
12 Herb troubled a nice gal (8)
15 Huge people in rebuilt semi (7)
16 Soreness in a north German city (6)
18 Chat in hospital kitchen (4)
20 A girl’s incomplete expression of regret (4).

Solution

Wordsearch

Codeword
Actor Suniel Shetty has seen ups and downs in his showbiz career. He says failure has taught him a lot.

"When I started my career as an actor, I had no guidance from anyone. I have learnt everything from my failures. I was very happy when my first movie was successful. That success paired with my trained body allowed me to believe and dream that I would be the next Amitabh Bachchan in the industry. Unfortunately, it remained a distant dream," said Suniel, who made his Bollywood debut with the 1992 movie Balwaan.

"For thirteen years she confronted cancer with courage, humour, determination and optimism. She was immensely encouraged by the love of her family, friends and those she had yet to meet. Your kind, loving messages and learning with the budding actors participating on the show. Further talking about his journey as an actor, Suniel said: "There was a phase when I cried for days and doubted my decision to be an actor when my films were not doing well."

"But soon I stood up and decided to do something that could set me apart. I decided to excel in what others didn’t have, I focused on my actions and my fitness. I used to perform stunts that made me stand distinctly among my peers. My experience and my failure, both, have taught me to be a better performer and that is my journey so far," said the “Border” actor. – IANS

DETERMINED: Suniel Shetty says he decided to excel in what others didn’t have.

MULTIFACETED: Suzanne Whang attends the 20th Anniversary of V-Day at The Broad Stage in Santa Monica, California.
A JOINT COLLABORATION OF
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DESIGN YOUR DREAM CAREER

Other viable fashion career paths

There are several layers to explore within a fashion career. It’s a lot more than just having good style, and it poses several opportunities for one to exploit. You could have a strong love for fashion and wish to make a career out of it, but not be sure you want to go down the path of fashion designer. Because that’s so mainstream? Well, there are several other viable career options to explore.

Fashion Stylist

This is a very lucrative path for one who is prepared to take it on. Despite how glamorous it sounds, it’s a lot of hard work that requires a good eye for detail and an understanding of your client’s needs. You’ll be working with designers, music producers and magazines. The life of a fashion stylist is crazy hectic, just ask Ifeoma Odogwu of Hyperfashun. Crazy schedules, tight deadlines, a cut-throat industry; so if you’re not built for pressure, ditch the thought.

You can either work freelance or as an attached. Starting out as a freelancer, you can’t expect to charge up a storm for your services. However, as you build your clientele and reputation you are able to gradually increase your fees.

Fashion Illustrator

There are much fewer fashion illustrators in the industry but it is a path that holds great promise. This is a path that requires specific skill with pencil and with the brush, with colour and with imagery. As a fashion illustrator, you get to work with fashion houses and magazines to create drawings and paintings bringing the client’s vision to life.

If you’ve got the artistic skill and comprehensive ability to become a fashion illustrator, you’ll certainly be in high demand any time soon.

Fashion Editor

Are you thinking Anna Wintour? The title of fashion editor is no small feat. You must be able to write, obviously and you must also be able to wear the hat of fashion director.

Predicting fashion trends come with the territory so it goes without saying that you must be super stylish and understand fashion to a T. You’ll be supervising photo shoots, writing and editing fashion articles, selecting high-quality photos for publications.

Fashion Photographer

In Nigeria, most people think the only money-maker for photographers is wedding shoots or coverage. Besides having top-notch photography skills, the aspiring fashion photographer must be organised and deeply creative. It is your job to set the tone, create the best lighting and texture that will breathe life to the fashion or art pieces on a shoot.

You should also be fashion-savvy and have the ability to think on your feet. Photographers have their work feature on fashion and lifestyle websites, blogs, print magazines and digital campaigns.

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-X 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

For further details and submissions, please scan the QR code above with your mobile phone camera or visit https://gulftimescommunity.com/designyourdreamcareer/
An informative, interactive session on diamonds held at QNL

By Mudassir Raja

It was a session on the marvels of nature and the interest human beings take in them. One such marvel of nature is diamonds, which are like dreams for most people.

A lecture by a Qatar-based diamond jewellery designer at Qatar National Library (QNL) highlighted different aspects of diamonds and shared informative guidelines that customers need to take into consideration while buying diamonds.

The session about diamonds titled “A Journey through the World of Diamonds” was headed by Jewellery Designer Einas Mohammed tomorrow. The interactive session also provided an opportunity to different jewellery industry specialists to share their knowledge and expertise in diamonds and provided audience a chance to ask interesting and probing questions.

The talk was also attended by Dr Sohair Wastawy, Executive Director of the Library, Ammar Al Kurdi, President of the Arab League for Measurement and Calibration of the GCC Countries, Yousuf Saad al-Suwaidi, Director of the Department of Consumer Protection and Commercial Fraud.

Einas shared her passion for precious stones and the knowledge she has gained through her professional experience. The lecture helped participants learn more about the origin of natural diamonds, beginning with the process of extracting the stones from the ground. In addition, Einas also spoke about countries most famous for diamonds, including Russia, the world’s leading producer of gem-quality diamonds, Angola, South Africa, Canada and Australia, famous for its yellow diamonds.

The lecture offered jewellery enthusiasts expert advice on how to add to their collections while buying or selecting high-quality diamonds, and it was followed by an informative discussion with the specialists in the field.

Women were the major part of the audience who took keen interest in the lecture and then asked relevant questions. Einas mainly highlighted four aspects related to the precious stones. She said: “When you are buying more than one carat of diamonds as a complete piece, try to apply for a certificate of Diamonds from HRD Belgium or GIA America.”

She further said: “Remember when buying any diamond (ring or bracelet), the cut of pieces will reflect light so that diamonds do not appear pale.”

She also advised the participants by saying: “Define your budget. You can make your shopping easier because prices of diamonds depend on the size and extent of their brightness for a positive and comfortable buying experience.”

She added: “Follow your senses and previous tips also help you to understand – the price you offer to buy but in the end you should choose the closest to your heart.”

The expert further highlighted the difference between natural diamonds and industrial diamonds. Einas said: “We should have an understanding to differentiate between the two stones. It is better for the customers to buy heavier diamonds.”

In response to a question about from where most of the diamonds come nowadays, she said: “An overwhelming volume of the diamonds in the world are made ready in India. The reason is that India has cheaper labour. The industry is also growing in China. Earlier, the major production of diamonds used to be done in Belgium but now India has the modern technologies to cut and polish the precious stones with cheap labour. The labour in Belgium is five times costlier when compared to India.”

In response to a question about how diamonds are formed, the expert said that a natural diamond is made from carbon and is the hardest natural known substance on earth. Natural diamonds are created over a period of millions of years and miles below the earth’s mantle under natural conditions of very high pressure and high temperature. Once a diamond has been created in these underground conditions, it travels via molten rock to the earth’s surface, where it is mined, refined, and turned into beautiful jewellery or used for industrial purposes.

In response to a question about how the quality of diamonds can be verified in Qatar during different exhibitions, Yousuf Saad al-Suwaidi said that every company taking part in different exhibitions has to have a local representative from Qatar. In case of a claim, the local representative of the company is responsible to address the grievances of the buyers.”

“Remember when buying any diamond (ring or bracelet), the cut of pieces will reflect light so that diamonds do not appear pale”

— Einas Mohammed, Jewellery Designer