Bones pulled from the La Brea Tar Pits show perils of being a picky eater. P4-5

THE LESSON: Vanderbilt University palaeontologist Larisa DeSantis says by asking how the survivors responded to the loss of the larger carnivores we can begin to understand what the effects of past impacts of climate change and human effects were in these ecosystems and extract out important cautionary tales and lessons of relevance to conservation today.

Pop Spot
Frank, a singing history book. Page 14

Back Page
QPO opens year of novelty and excitement with orchestral concert. Page 16
**PRAYER TIME**

- Fajr: 3.56am
- Shoroq (sunrise): 5.16am
- Zuhr (noon): 11.35am
- Asr (afternoon): 3.04pm
- Maghreb (sunset): 5.53pm
- Isha (night): 7.23pm

**USEFUL NUMBERS**

- Emergency: 999
- Worldwide Emergency Number: 112
- Kahramaa – Electricity and Water: 991
- Local Directory: 180
- International Calls Enquiries: 150
- Hamad International Airport: 40106666
- Labor Department: 44508111, 44406537
- Mowasalat Taxi: 44498888
- Qatar Airways: 44496000
- Hamad Medical Corporation: 44392222, 44393333
- Qatar General Electricity and Water Corporation: 44845555, 44845464
- Primary Health Care Corporation: 44590333, 44993363
- Qatar Assistive Technology Centre: 44594050
- Qatar News Agency: 44450205, 44450333
- Q-Post – General Postal Corporation: 44464444

**Humanitarian Services Office**

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

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**Quote Unquote**

"The foundation stones for a balanced success are honesty, character, integrity, faith, love and loyalty.”

— Zig Ziglar

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**Porinju Mariam Jose**

**DIRECTION:** Joshiy

**CAST:** Joju George, Chemban Vinod Jose, Nyla Usha

**SYNOPSIS:** Set against the backdrop of a church festival in Thrissur, it is a story of friendship, love and revenge that revolves around the lives of a rowdy, an aristocratic and their mutual friend.

**THEATRES:** The Mall, Landmark

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**The Final Wish**

**DIRECTION:** Timothy Woodward Jr.

**CAST:** Lin Shaye, Michael Welch, Melissa Bolona

**SYNOPSIS:** After his father’s death, a man returns home to help his grief-stricken mother. Going through his dad’s belongings, he comes across a mysterious item that is more than it seems.

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

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**Community Editor**

Kamran Rehmat

e-mail: community@gulf-times.com

Telephone: 44466405

Fax: 44350474
Painting Class
WHERE: Qatar National Library
WHEN: September 22
TIME: 11am — 12pm
Paint with a rolling ball, or a rolling car, or just stomp and drag your fingers, hands and feet! Little children will explore color and motion using different media in this fun, hands-on activity. Please dress your little ones accordingly.

The Moon and Beyond
WHERE: Qatar National Library
WHEN: September 18
TIME: 6pm — 7:30pm
Celebrate 50 years since the moon landing with a special presentation at the Library, in collaboration with the US Embassy in Doha. Dr. Mary Ellen Weber, a former NASA astronaut who flew on two Space Shuttle flights, will talk about her experiences in space and the future of exploring the final frontier. Dr. Weber 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.

Yoga Class
WHERE: Lululemon, Mall of Qatar
WHEN: Every Saturday
TIME: 8:30am – 9:30am
Join the complimentary in-store yoga classes. No registration or mat is required. The class runs on first come first served basis.

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

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.

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

Arabic Calligraphy Workshop
WHERE: Mamangam Performing Art Centre
WHEN: Saturday – Friday
Arabic Calligraphy workshop is back. Come and learn the artistic practice of Arabic handwriting and calligraphy at Music and Arts Atelier. The lessons will take place every Saturday, Monday and Wednesday at 6pm. For more information, contact registration@atelierqatar.com

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 instrumental. 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

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 66523871/31326349.
The coyote way

It’s not yet clear why the saber-toothed cats and dire wolves couldn’t adjust to the changing ecosystem as well as the coyotes did. Perhaps those larger predators had become too specialised, according to palaeontologist Larisa DeSantis. By Stephanie De Marco

Narrow rows of shallow gray bins tower to the ceiling. Resting inside are the jaw bones of saber-toothed cats and ancient coyotes that perished in the La Brea Tar Pits as many as 40,000 years ago.

“The original Angelenos,” said Aisling Farrel, a collections manager at Rancho La Brea. “Everything that we have lived and died here, or at least migrated through here and died here.”

Multiple species of saber-toothed cats went extinct about 10,000 years ago while coyotes survived — becoming the apex predators famous for terrorising family pets. The reason why, argues new research based on the La Brea fossils, was the coyote’s superior ability to adapt to a changing world.

From about 15,000 to 10,000 years ago — the end of the Pleistocene epoch — a warming climate, the increasing encroachment of humans, or some combination of both led to a massive extinction of some of North America’s largest mammals.

By asking how the survivors responded to the loss of the larger carnivores, said Vanderbilt University palaeontologist Larisa DeSantis, “we can begin to understand what the effects of past impacts of climate change and human effects were in these ecosystems and extract out important cautionary tales and lessons of relevance to conservation today.”

For example, she asked, “Did the diets of cougars and wolves and coyotes change in a substantial way once extinction of these other animals occurred? And in what way did that actually happen?”

With over 3.5 million fossils representing more than 600

Everything that we have lived and died here, or at least migrated through here and died here

— Aisling Farrel, collections manager at Rancho La Brea
“Everything you eat is incorporated into your tissues. The great thing about teeth is that the signal is locked in at the time those teeth mineralise”

— Larisa DeSantis, palaeontologist

different species, the La Brea Tar Pits would likely hold the answers. "If you’re going to study Pleistocene carnivores," DeSantis said, "you go to La Brea."

An ancient tar seep in the middle of modern—day Los Angeles, the La Brea Tar Pits trapped all sorts of animals over the past 50,000 years. It’s one of the most valuable sites for palaeontologists studying both the causes and consequences of species extinctions.

Unwitting herbivores like American bison or giant ground sloths that accidentally wandered into the sticky trap would cry out for help, attracting the attention of predators — dire wolves, coyotes, saber-toothed cats, and the rare American lion — looking for an easy snack. Those predators would inevitably become stuck themselves.

To understand how these predators adapted to the changing prey availability and the loss of other predators, DeSantis and her collaborators looked for clues hidden in their teeth: both the chemical composition of the enamel and the physical scrapes left on the surface.

"Everything you eat is incorporated into your tissues," DeSantis said. "The great thing about teeth is that the signal is locked in at the time those teeth mineralise."

Tooth enamel is laid down in adolescence, so it provides a snapshot of what an animal was eating during its young-adult life.

Drilling into the tooth, the researchers removed one to two milligrams of enamel — an amount comparable to about three grains of sugar.

Team members from Vanderbilt and New York State Museum in Albany then used mass spectrometry to measure the relative abundance of different isotopes of carbon in the enamel from ancient and modern-day carnivores.

Teeth with a higher ratio of carbon-13 to carbon-12 indicate that their owner ate prey that lived in open grassy areas. Teeth with a lower ratio signal the carnivore hunted in more covered, forested areas.

The reason for this difference is that plants that grow in these environments do photosynthesis slightly differently, leading to distinctive ratios of carbon-13 and carbon-12. Herbivores that eat the plants incorporate their ratio of carbon isotopes into their bodies, as do the carnivores further up the food chain.

According to the carbon isotope ratios, saber-toothed cats preferred to hunt in sheltered groves.

"It makes sense then that an ambush predator would be catching more prey in a more covered area than in an open plain," said Julie Meachen, a palaeoecologist from Des Moines University who was not involved in the research.

Ancient coyotes, on the other hand, hunted in open areas. But after larger predators died out, coyotes began catching prey in more forested areas, their tooth enamel revealed.

This shift was even clearer when the researchers looked at the physical wear and tear on the animals’ teeth.

Using a technique called dental microwear texture analysis, "we scan that surface in three dimensions, much like a topographic map," DeSantis said.

Peter Ungar, a palaeoanthropologist at the University of Arkansas and the inventor of dental microwear texture analysis, explained that foods leave characteristic marks on the teeth.

If the predator is eating "the organs and the meat, but not the bone, then they should have microwear dominated by fine parallel scratches," he said. But if they are eating a lot of bone, they’ll have "a lot of pits on their teeth."

The researchers found that before the Pleistocene extinction, both saber-toothed cats and coyotes were chowing down on the fleshy, meaty parts of their prey.

But teeth from coyotes found in the tar pits after the Pleistocene extinction were much more pitted and complex, indicating that they had shifted to a more scavenging behaviour — a characteristic of coyotes alive today. "Sure enough, the teeth of modern—day coyotes were also quite pitted."

In other words, DeSantis said, the animals "were able to adapt."

The findings were published this month in the journal Current Biology.

"It’s a really interesting study," said Ungar, who praised the team for using multiple types of evidence to make their case. "I think that’s the future of this kind of work."

It’s not yet clear why the saber-toothed cats and dire wolves couldn’t adjust to the changing ecosystem as well as the coyotes did. Perhaps those larger predators had become too specialised, DeSantis said.

"If you are smaller, if you are a generalist, if you are opportunistic, you have a better chance at surviving," she said.

Understanding the coyotes’ response to the disappearance of large predators will guide researchers as they think about how other species might react to future extinction events.

When building models for how species could change in response to climate change and human population growth, "you have to make the assumption that what the animal does today, an animal will do tomorrow," DeSantis said.

"But as we’ve learned from the coyotes, that’s not always the case." — Los Angeles Times/TNS
CIS organises orientation programme for new faculty members

As one of the leading international schools in Qatar, and as part of premium education provider Nord Anglia Education, Compass International School Doha recently organised an extensive and in-depth orientation programme for its new faculty members of the four campuses, as an introduction to international teaching and Qatari culture. Compass International School Doha believes that an in-depth understanding of Qatar is essential for their teachers in helping their students excel in Compass’ leading academic programmes.

Simon Porter, Director of Quality and Staff Development at CIS, said, “We are one of the few truly international schools in Qatar; international teachers, international students and international curriculum from Early Years through Secondary. It is essential that our team have a fundamental understanding of the environment they are teaching in to fully do justice to our international programmes, whether it’s our collaborations with Massachusetts Institute of Technology (MIT), The Julliard School or Unicef. We are so grateful to our friends, Abdul Aziz and Ahmed, at the Sheikh Abdulla Bin Zaid Mahmoud Islamic Cultural Centre for their amazing work in educating our team.”

ICC to organise classical dance programme

Indian Cultural Centre, along with DPS Modern Indian School and Team Noopura, is all set to organise a cultural and classical dance programme on September 4 at Ashoka Hall ICC. Team Noopura will present classical dance forms, including Bho Shambho, Varnam and Thillana. Bho Shambho is a padam depicting the Tandava Nritta. Varnam is the most complex number and the central gem of any Bharathnatyam repertoire. Varna means colour whose musical composition brings out the structure and scope of the raga in all dimensions. Abhinaya and Nritta are fascinatingly blended to bring out the versatility of the dancers. A classical dance recital reaches its crescendo with the Thillana in which the dancers exhibit their mastery over the dance form with immaculate precision in their footwork. Students of DPS Modern Indian School (DPS-MIS) will perform a group song, a classical and a semi classical dance sequence. The group will present motivational songs, which will be followed by semi-classical fusion of popular Indian classical dances, including Bharatanatyam, Keralanadanam, Kalan and Contemporary and finally present a rich tradition of North India – Kathak, which is the Hindustani name for one of the eight major forms of Indian classical dance.

The programme is a continuation of the initiative by Indian Cultural Centre along with all ICC Associate Organisations, Indian Schools and Indian Cultural Institutions in Qatar, to have Cultural shows every week at the Ashoka Hall.

MES conducts orientation session for parents

MES Indian School recently conducted an exclusive orientation session for parents of students of Grade X. The session was organised to equip parents about the changes implemented in the pattern of question papers by the CBSE Board. Hameeda Kadar, Principal of MES, highlighted the remodelled question papers and marking system which is to be followed in the on-coming board exam in general, and precisely on the option of selecting basic or standard math for the forthcoming Board Exam. She also highlighted the responsibilities of the parents, including preserving and respecting children’s self-esteem, understanding the ever-new parental roles which encourage and foster self-confidence besides spending quality time with them and setting up realistic goals in line with the potentials of their wards.
NRNA-NCC organises oath taking ceremony for its new office bearers

An oath taking ceremony was recently organised for the newly elected working committee of Non-Resident Nepalese Association National Co-ordination Council (NRNA-NCC) at the Embassy of Nepal. Mohammed Muktada Musalman, is the newly elected Chairman of NRNA-NCC. Laxman Khanel, Charge de aff airs at the Embassy of Nepal, was the chief guest on the occasion. The event was attended by notable personalities, including Kumar Panta, Vice President of NRN ICC Germany; Kul Acharya, Vice president NRN ICC UK; Januka Gurung, NRN Secretary Belgium; Badri KC, General Secretary Moscow; D B Chhetri, Secretary Oman; Hem Raj Sharm, Former Spokesperson NRN UK; Dharma Raj Adhikari, NRN leader Asia; Yogen Chhetri from UK; Manoj Kumar Shrestha, NRN leader; Raju Sayad, NRN leader; Swatantra Pratap Shah from Australia, and Umesh Shrestha, leader of NRN from Japan.

Rekha Rai, President of Federation of Limbuwan Society, also spoke on the occasion. Speaking on the occasion, Kul Acharya, Vice president NRN ICC UK, said that the duty of NRNA committee members is not voluntary, although the organisation is voluntary. He urged all NRNA-NCC members to work for their country, and for the social cause. Likewise, Kumar Panta, Januka Gurung, Badri KC, and RK Sharma also spoke on the occasion.

– Text and photos by Usha Wagle Gautam

Woojoh hosts exclusive masterclasses

One of the leading beauty retailers in Qatar, Woojoh, recently hosted two exclusive beauty masterclasses by top beauty influencers, including Rania Ibrahim and Israa Abouchanab. With over 85 stores across 9 countries and an ever-growing online presence, Woojoh has become the leading destination for all things fragrance, makeup and skincare in the Middle East. Helping consumers to hone in and expand their makeup skills and knowledge, Woojoh’s Masterclass by Rania Ibrahim took place at its Landmark store, which was followed by its Masterclass by Israa Abouchanab at its Villaggio store. From expert techniques when applying foundation, eyeshadow and lipstick to brush skills that supercharge makeup application, all the way through to practical ways on improving and revamping looks, Woojoh’s masterclasses also featured new products with high performance formulas from upcoming and exclusive brands This Works, Viseart and Woojoh’s newly branded beauty line – Wow Beauty Forward.

Kesariya Sweets and Restaurant opens its doors at Musheireb

Kesariya Sweets and Restaurant, one of the only authentic Rajasthani restaurants in Qatar that serves Rajasthani and north Indian delicacies, has recently opened its doors at Musheireb Doha, stated a press release. The restaurant offers unique thalis, including Jumbo thali (a plate with 96 types of food). Kesariya signature thali, Speciality thali and others. Apart from thalis, the restaurant has surprised its guest with lips smacking tandoori items and main courses. Some of its signature dishes include Dal Bati Churma, Laal Maas, Jumbo Thali, Signature Thali, Johdpuri chicken and Shahi Tukda.
7 Florida boat tours: The classic

On a floating getaway, you can reach places where there are no roads and glimpse views you can’t see any other way, writes Bonnie Gross.

When tourists came to Florida back in the days before Disney, they still went on ‘rides.’ But in Old Florida, those rides were boat tours, not roller coasters. Seeing Florida by boat is still one of the best ways to enjoy all it offers. On a floating getaway, you can reach places where there are no roads and glimpse views you can’t see any other way. Some of the boats themselves are one-of-a-kind attractions. Others are such classic Florida experiences that they have been carrying visitors on these routes for more than 100 years.

There are dozens of boat tours in Florida, but here are seven that stand out for their history or the special experience they offer.

Silver Springs: Florida’s oldest Glass-Bottom Boat Tour: It started in the 1870s when an entrepreneur fixed a piece of glass in the bottom of a rowboat. Tourists flocked here to see what was then the largest artesian spring in the world, and Silver Springs became a big money-making attraction. By 2013, however, Silver Springs’ success as a tourist attraction had faded. The state took it over and opened the new Silver Springs State Park. Fortunately, the traditional glass-bottom boat tours continue. While the spring no longer pumps enough water to be first in the world, it is still a stunning sight. You can still see the bottom through 20 or 30 feet of water the colour of a swimming pool. Visitors often see wildlife — alligators, turtles, anhingas, herons plus large fish in and near the clear water. The glass-bottom boats have been powered by electricity since the 1930s, and because the trip is short — 30 to 45 minutes — they’re also inexpensive ($11 for adults; $10 for seniors and children; 5 and under free).

The Silver River and its spring are worth more than a half-hour tour, however, so I recommend you consider the 90-minute River Boat Tour, which is offered on Fridays, Saturdays and Sundays. (Tickets are $25 adults; $20 seniors and children; 5 and under free.) My favourite way to see Silver Springs, though, is by kayak, which you can rent at the park. It is, without question, one of the prettiest rivers to kayak in Florida.

St. Augustine: 100 years touring with one family A hundred years ago, Henry Flagler was bringing Florida’s first tourists to St. Augustine on his train and hosting them at his grand Ponce De Leon Hotel, which is now Flagler College. To amuse his guests, Flagler arranged for some locals, Capt. Frank Usina and his wife, to offer oyster roasts. Pretty soon, Usina was transporting visitors by boat around St. Augustine’s waters. A century later, his descendants are still doing that. A 75-minute scenic cruise, operated by the fourth generation of the Usina family, sails under St Augustine’s much photographed Bridge of Lions and in front of the Castillo De San Marcos, past salt marches with wading birds and out to the lighthouse. Sightings of dolphins are common. (Adults, $19; seniors $16; children 4-12 $10.) The cruises do not operate Sept. 3 to Oct. 3.

Winter Park: 80 years and counting Long before Mickey Mouse came to Orlando, folks were enjoying ‘jungle cruises’ in Orlando. The Winter Park Scenic Boat Tours started taking visitors through the lakes and canals of the Winter Park chain in 1938. On the tour, you see lushly landscaped lakefront estates and ride through narrow canals. You’ll see boaters, wading birds and the occasional alligator. Tour guides offer lots of stories about local history and the people who lived in the mansions, plus a few corny jokes. The 18-passenger, open-air pontoon boats provide a friendly, intimate one-hour tour. Be sure to bring hats and sunscreen. Tours leave hourly and accept only cash or checks. ($14 adults; $7 children.)

Wakulla Springs: make like Tarzan and explore ‘the black lagoon’ One of the largest springs in the world and the deepest in Florida, Wakulla Springs near Tallahassee has a rich history. There are mastodon bones in the bottom of the river, archaeological sites along its shores and it was also the setting for several early Tarzan movies starring Johnny Weissmuller, as well as ‘The Creature from the Black Lagoon.’ The guide on the boat tour in Edward Ball Wakulla State Park tells you stories of the mysterious spring (its source has never been located) while pointing out wildlife, which is plentiful. Ancient bald cypress trees line the river. The boat tour is a two-mile loop that takes 45 minutes to an hour and it’s a bargain ($8 for adults and $5 for children). The water rarely achieves the aquamarine clarity it once had, but when it does – usually in late winter or early spring – Wakulla Spring brings out its glass bottom boat for special tours.

Key West: see sunset from the water As early the 1960s, hippies in Key West had turned watching the daily sunset into a celebration on Mallory Square. Sunset cruises weren’t far behind.
A classic way to see the scenery

The Historic Key West Seaport has about a dozen sunset cruises available at varying prices and styles. You'll want to search reviews on TripAdvisor to see which one matches your style and pocketbook. Some are priced for people celebrating special occasions; others are doing a higher volume/lower price business.

The yacht called the Party Cat promotes itself as the least expensive sunset cruise at $40 per person. Beer and soft drinks are included plus music and dancing. sunsetwatersports.info

The pirate-themed Jolly II Rover, an 80-foot schooner with jaunty red sails, is $65 and is BYOB. It's a two-hour tour. schoonerjollyrover.com

The Key West Cocktail Cruise offers a cruise with cocktails for $80 per person, with champagne for $70 per person and craft beer and wine for $42 per person as a low-season special. keywestcocktailcruise.com

Argo Navis, a newer addition to Key West, is a luxury catamaran with a smaller capacity. It offers beer, wine plus charcuterie items and cheese for $91 per person. sailargonavis.com

Schooner America 2.0 is a tall ship that serves champagne, wine, beer and hors d’oeuvres for $96 per person. sail-keywest.com

Tarpon Springs: historic cruise plus a dazzling island

Greeks came to Tarpon Springs to dive for sponges, but by the 1920s, some sponging boats began taking visitors out for tours. The sponges are long gone, but the Greek heritage and boat tours live on.

One of the best things to do from the Tarpon Springs Sponge Docks is take a boat tour, and it offers several delights. First you tour the Anclote River and hear a little Tarpon Springs history. Then you head into Gulf waters and spot dolphins. On some cruises, you head a few miles out and stop on Anclote Key, a pristine white-sand barrier island reachable only by boat. Anclote Key is a state park with an 1887 lighthouse. The tours give visitors a brief time to enjoy Anclote’s perfect sandy beaches – you’ll wish you could stay. Visiting the lighthouse is not part of the tour.

There are several types of cruises, ranging in price from $16 for a two-hour dolphin cruise to $38 lunch or dinner cruise with a beach option.

Key Largo: Be like bogie on the African queen

You can’t do this anywhere else: The African Queen boat, the actual steamboat used in the 1951 movie starring Humphrey Bogart and Katharine Hepburn, has been beautifully restored to take visitors on Key Largo cruises. Cruises are pricey – best for true fans yearning to sit exactly where Hepburn and Bogart did – but intimate. The boat is licensed to take just six passengers at a time and the canal cruise, at $90 adults, is about 90 minutes long. – Sun Sentinel/TNS
RELAX AND BREATHE

Photo by Shammas TK

If we take a moment to hold our breath, perhaps we could realise how we are totally surrounded by mirrors which we never notice. Just as the water reflects our riches in material, our closest ones reflect our riches of life in their souls. The kindness we show, the love we can share, the gratitude in our hearts, it’s all there in the nature if you have time to look for it.

— Text and photo by Antony Johnson
Researchers have found that a low-cost text messaging programme improves blood sugar control in patients with diabetes and coronary heart disease.

“The effect in this study was not only statistically significant but also has the potential to be clinically relevant by reducing risk of diabetic complications and death,” said study researcher Xiqian Huo from Fuwai Hospital in China.

“Capitalising on the exponential growth in mobile phone usage over the past decade, a simple text messaging programme could increase the reach of diabetes self-management support,” she added. It may provide a means to better address the burgeoning healthcare demand-capacity imbalance.

For the study presented at the ESC Congress 2019 in France, the researchers enrolled 502 patients from 34 clinics in China and the patients were randomly assigned to the text messaging intervention or a control group for six months. The intervention group received six messages per week, at random times of the day, from an automated system set up by the researchers. The messages were designed to provide information and motivation and help patients set goals and manage stress.

The control group received two thank you text messages per month. At six months, blood glycated haemoglobin (HbA1c) was significantly lower in the intervention group compared to the control group (6.7 per cent versus 7.2 per cent).

On an average, HbA1c fell by 0.2 per cent in the intervention group and rose by 0.1 per cent in the control group – a difference of 0.3 per cent between groups.

The change in fasting blood glucose was larger in the intervention, compared to control, group (-0.5 versus 0.1 mmol/l, respectively).

The intervention was acceptable to participants, 97 per cent found the text messages useful, readable and an appropriate method of contact.

— IANS
Wordsearch

Every letter of the alphabet is used at least once. Squares with the same number in have the same letter in. Work out which number represents which letter.

P B D H O C Y M B E L I N E T
G O A A B E A A E M P H P C S
S H V M M C E F A E W N D H N
C C O L B T F M R D R V E F O
G E D E I U A I C E E N O T S
R W T T D C C L A R A H D Y
I H M R E L T B A Y U E V E M
O P A U E G A T V N L M L V L
L T S S H G E R S L D E F T L
A U T O A N S L O U C I G F A
N V S D O E V Y A T A S D A V
U T D S N W O T R U O F C A D
S E D U H Y N A P R E T E P P
H A N T I G O N E N O P L O V
K I N G L E A R L I U M R D C

Codeword

Sudoku

Sudoku is a puzzle based on a 9x9 grid. You are given a selection of clues and you must fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9. Every number is used exactly once. Sudoku Puzzles courtesy: Puzzlechoice.com

Bound And Gagged

Adam

Pooch Cafe

Garfield

Sudoku

Sudoku is a puzzle based on a 9x9 grid. You are given a selection of clues and you must fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9. Every number is used exactly once. Sudoku Puzzles courtesy: Puzzlechoice.com

Bound And Gagged

Locks like Simmons has flat-out given up.
Super Cryptic Clues

Across
1. Once more making a profit (5)
4. Jump when surprised in launch? (5)
7. Presiding officer taking flier behind church (8)
8. A country one has entered before (4)
9. Winter transport, we hear, for butcher (4)
10. Error discovered by end of term, I wager (7)
12. Playing Lydia, Gienda is a star (7)
14. Rum making saint wander (7)
16. Serenity, in classical mythology (4)
19. Fabric that may be touched (4)
20. Stubborn old boy expected to hold rodent (8)
21. Shoot small beast crossing river (5)
22. Complaint from mothers about parking (5)

Down
1. What’s left after burning trees? (5)
2. Great boxer associated with graduates or one associated with thieves (3,4)
3. Mean to turn handle (4)
4. Sea dog in abandoned US naval base (3,5)
5. A male representative (5)
6. Old jailer from country imprisoning knight (7)
7. Tell sounds for fight (4-4)
12. Mail for landlords? (7)
13. Word play that may make grandee enraged (7)
15. Modify some contractual terms (5)
17. Pals running out of steam? (5)
18. A mother? He didn’t have one! (4)

Solution

Colouring

Wordsearch

Codeword
Frank, asing history book

Frank Turner has been described as a singing history book. But not for him are the tales of battles or individual heroics. Instead, Frank concentrates on mostly lesser known people whose lives have provided him with interesting stories to tell. The fact that every subject featured in the songs on his UK smash hit eighth studio album, No Man’s Land, happens to be female is purely a coincidence.

“I certainly didn’t set out to write an entire album of songs about women,” remarked 37-year-old Frank. “I just wanted to create songs which told stories, the traditional approach of folk music.

“I was toying with various stories which I thought were interesting and realised the subjects were all women. I really wanted to share these stories. After a time, I thought the whole album should be about women. It seemed pretty pointless to include a song or two about men just for the sake of something different.”

Very few of the women will be known to the general public. Those old enough to remember the Space Shuttle Challenger disaster will know Christa McAuliffe while the fact that every subject happens to be female is described as a singing history book.

Frank refers to the Camden Town witch, Nannie Doss, the serial killer, or Rosemary Jane, Frank’s mother, as examples.

“She was an apothecary. In those days, about 300 years ago, someone who dealt with substances affecting the body was in danger of being accused of witchcraft. But she was also kind to those who had fallen ill. It’s a place for people who don’t fit.”

Frank referred to the Camden Town area of London as his spiritual home.

“It’s my favourite place on Earth. I first visited there when I was 14. I felt like I’d come home for the first time in my life because I’d always felt I was socially ostracised. It’s a place for people who don’t fit.”

He had essentially been a social misfit since birth. His father was a wealthy investment banker. Born in Bahrain where his father was working at the time, Frank was raised in a manor house set among rolling hills at Meonstoke, not far from Winchester. After prep school, he was educated at Eton. Prince William was a fellow pupil. But Frank was not interested in the opportunities afforded to him by this privileged background.

“I was rebelling against everything. I thought William was rather dull and most of the other students were pathetically, I formed a punk band, Kneeljerk, and we were booted off stage when we played at the school assembly. I shouted and spat all over the front row. We wanted them to hate us, which they did, so it worked.

“Getting into punk rock was my way of putting two fingers up to Eton, the establishment and the posh, pillar-of-society, do-the-right-thing world my parents represented.

“I later discovered my father was not the model of conscientiousness, traditional family man he always claimed to be. I’d been rebelling against everything he supposedly stood for. This gave me the freedom and security to be who I was. But learning of his infidelity made me re-evaluate everything in my own life.”

Frank learned of his father’s indiscretions in 2005 at around the time that Million Dead, the post-hardcore punk band he had joined four years earlier, were breaking up. This, combined with receiving a gift of Bruce Springsteen’s Nebraska album, changed his music.

“I basically only knew him from Born in the USA, but listening to Nebraska left me with a completely different impression of Springsteen. I’d never heard him sound like that and sing like that. I realised this was the kind of thing I wanted to do in my own career. I felt like I didn’t need to be a punk rock rebel. I wanted to become an entertainer.”

Frank’s transition to folk-rock solo artiste did not bring immediate rewards. His debut album, 2015’s Sleeps Well With The Week, struggled to number 200 on the UK chart.

But the benefits of an extensive touring schedule saw 2006’s Love, Ire & Song peak at number 72. Poetry of the Deed reached number 16 in 2009 while 2011’s England Keep My Bones established Frank as a chart star. The album hit number 12 in Britain and was his first to find international chart success.

Since then, Tape Deck Heart, Positive Songs For Negative People, Be More Kind and now No Man’s Land have all gone top three on the UK chart.

Frank is so determined to fully tell the stories of the women featured on No Man’s Land that he has even created a series of half-hour podcasts to accompany each song. They can be accessed from a link at (no www.) frank-turner.com/podcast.

“I think it’s important that these stories should be told. I even have historians on the podcasts to confirm the accuracy.

“Some people have criticised me for making the album because I’m a man. But it’s not as if female artistes were telling the stories of these women.

“I accept my efforts might sometimes be a little clumsy or I might get something wrong. But I welcome any correction and if other artists take those stories and tell them in a better way then I’ll shout about it with great joy. In the meantime, I’ll just do the best that I can.”

Successful as Frank may be in his solo work, the punk rock still lies within him. In 2012, Frank and two other former members of Million Dead formed the hardcore punk trio Mongol Horde.

“We released a self-titled album in 2014 but we don’t play together very often. We did four shows in 2018 and these were our first performances for three and a half years. It’s a fun project, very different from my solo stuff.

If anyone wants to see us, we’re playing five shows across North America in December. I know we’re going to have a great time.”

Oasis / Foo Fighters

American rockers Foo Fighters used the occasion of their sold-out headline appearance at the Reading Music Festival to urge fans to sign a petition to get Oasis back together. The band told the crowd they were trying everything they could to reunite Noel and Liam Gallagher in the hope that they would re-form Oasis.

It is now just over 10 years since yet another confrontational argument between the warring Gallagher brothers led to Noel walking out of the band minutes before a scheduled concert in Paris. In a statement issued at the time, Noel said: “It’s with some sadness and great relief that I quit Oasis tonight. People will write and say what they like, but I simply could not go on working with Liam a day longer.”

Despite Foo Fighters insisting their efforts will one day see Oasis reunite, the chances of this happening must be rated somewhere between slim and none. Liam has expressed his desire for Oasis to re-form but the intervening years have seen no softening in his relationship with Noel. The brothers regularly trade insults during interviews or on social media.

The best Oasis fans might hope for is a stage musical based on the band’s rise to fame. Noel recently revealed he has been approached by a number of producers over the years who wanted to create a stage show. Nothing has come to pass as yet but Noel says he believes an Oasis musical is almost inevitable and will certainly happen one day.

Liam Gallagher

Oasis may never perform together again but Liam Gallagher is moving on with his own career. His second solo album, Why Me? Why Not?, is scheduled for release on September 20. The album title directly relates to a pair of drawings by John Lennon which Liam owns. Why Me? was bought from an exhibition of John’s art at a gallery in Munich in 1997. Why Not? was given to Liam as a gift by John’s widow, Yoko Ono. The pictures were created by John in 1978 and originally formed part of a series of 12 drawings called This is My Story Both Humble and True. Four singles have so far been released from Liam’s new album. Only the lead single, Shockwave, which reached number 22 in Britain, has breached the top 40. The official video for his latest single, One of Us, can be seen at www.youtube.com/ watch?v=V3mhHT3c7oY

The song and video clearly refer to Liam and his older brothers, Noel and Paul Gallagher. It also references the 10th anniversary of Oasis splitting up. Indeed, the video was released 10 years to the day. Despite all the insults, the song obviously suggests Liam would like to have a far better relationship with Noel.
Even star kids proved their worth to rule: Nushrat

By Arundhuti Banerjee

Bollywood buffs are being introduced to new star kids every year and the conversation on nepotism never seems to end. Actress Nushrat Bharucha, an outsider who has made it big without banking on a film’s bloodline, however, defends the star kid brigade saying even star kids have to prove their worth with acting skills and commercial value to get to the top of the entertainment business.

“Even star kids have had to prove their worth to be at the top of the game. Star kids might get great launch-pads, but all of them have proved their worth commercially and creatively,” said Nushrat, who will soon be seen in the film Dream Girl.

“We are in the business of entertainment where we have to make sure that we are either highly skilled with our acting, or we build such a connection with the audience that it can add commercial value to a film. That is why, though I am an outsider, I never felt victimised,” she added.

Over the past couple of years star kids such as Sara Ali Khan, Janhvi Kapoor, Ishaan Khatter, Ananya Pandey, Meezan, Sharmin Sehgal, Pranutan and Abhimanyu Dassani being launched, and soon Karan Deol, son of Sunny Deol, will make his debut.

Nushrat cites examples of Alia Bhatt and Varun Dhawan to explain how these young actors, despite belonging to illustrious Bollywood clans, are successful in their own right after proving their worth commercially and creatively.

After her performance in Pyaar Ka Punchnama 2 (2011) brought praise and popularity, she was seen in films like Abhishek Varni, Darr @ The Mall, Mee Raishma and Meesha, released and both worked for me. In between, I got a lot of character role offers but I was sure I only wanted to play the female lead. Instead of blaming the situation on why people are not writing roles for me, I grabbed the opportunity to prove the fact that even if I have five scenes, I will nail them with my performance,” said Nushrat.

She also believes that it is in the hands of the performer to treat a character in a certain way.

Recalling her popular character Sweety Sharma in Sonu Ke Titu Ki Sweety, Nushrat said: “In the film, I had a dialogue that said, ‘main heroine nahi, villain hoon!’ But in the end the audience liked my character because through my performance I did not play it black. It was grey.”

In her upcoming film Dream Girl, the actress plays the love interest of the male protagonist.

She continued: “I take up such challenges as an actress and make it real. It was a challenge for me to play a part in a film like Dream Girl because the central character in the film is of Lokesh played by Ayushmann. People will come to the theatre to watch his story. My challenge is, in the end, when they leave the theatre, they should go back with my performance also in mind – like the way people couldn’t forget MC Sher in Gully Boys although the film was about on Ranveer Singh and Alia (Bhatt),” she shared.

Directed by Raaj Shaandilyaa, Dream Girl also features Annu Kapoor, Vijay Raaz and Manoj Singh among others. The film is scheduled to release on September 13. – IANS
Qatar Philharmonic Orchestra (QPO) is all set to initiate its 2019-20 season called ‘The QPO’s Season of Visibility’ from next week with the opening concert taking place on September 7.

“The Qatar Philharmonic welcomes all to the opening night of the new concert season. It marks the start of the 12th year since the orchestra’s inauguration in 2007 and brings with it a mature musical family. With it also comes a promise: a year of novelty, excitement and enrichment for the most important part of any orchestra, the concert-goers,” noted a statement from QPO.

“We have a great deal planned for you in all the regular ways; and in some irregular ones, too. The season of concerts is innovative and broad, a continuance of our commitment to bridge Arabic and Western music; but we are reaching out still further this year. It will be up to the music lovers to keep an eye peeled – and perhaps it will fall on some familiar faces where you do not expect them. We feel that Qatar is a place ripe for music, and that we are here to make it sound.

“There is something in it for those of who are with children here in Doha, too – look toward their schools. It may so happen that you will see the QPO there, integrating music with education this school year; for we have decided that it is time to look towards the important things in life.”

The first concert ‘Dvoák symphony no. 8’ will be held at Qatar National Convention Centre (QNCC) Auditorium 3 on September 7 at 7:30pm.

Aziz Shokhakimov will conduct the concert and Hans H. Suh will play piano with the orchestra. The programme includes performances of Sergei Rachmaninoff’s Concerto No.2 in C minor for Piano and Orchestra, op. 18 and Antonín Dvořák’s Symphony No. 8 in G major, op. 88.

Music has the power to heal. It helped cure the Russian composer Sergei Rachmaninoff from a creative crisis in 1901, when he composed the Concerto No. 2 in C Minor for Piano & Orchestra Op. 18. Today, it stands as one of the most popular and demanding piano concertos of the romantic era, with melodies so striking that pop stars like Frank Sinatra and Celine Dion were moved to incorporate them into their own work.

During the concert, they will sound through the interpretation of Hans H. Suh, the Korean virtuoso and laureate of the prestigious Queen Elizabeth Intl. Competition. Suh has performed as a soloist in many of the world’s distinguished venues, such as Avery Fisher Hall (renamed David Geffen Hall) and Alice Tully Hall at the Lincoln Center, Carnegie Hall, Merkin Hall at the Kaufman Center, Hitachi Systems Hall Sendai, and the Concert Hall of Seoul Arts Center.

Born in Seoul, Korea on May 22, 1990, Hans began playing piano at age four, and started composing at age five. At age seven, he won first prize in The Korea Times Music Competition, and also held his first piano solo recital.

The evening will continue under the guidance of the exceptionally talented conductor Aziz Shokhakimov of Uzbekistan, with Antonín Dvořák’s optimistic Symphony No. 8 in G Major, Op. 88; the pastoral character of which was inspired by the folk music of this famous Czech composer’s homeland.

Aziz was born in Tashkent in 1988 and began studying at the Uspensky Music School for musically gifted children at the age of six. He first studied the violin and the viola, followed by conducting with Vladimir Neymer.

In addition to his concert schedule, Aziz is an active opera conductor.

Antonín Leopold Dvořák (September 8, 1841 – May 1, 1904) was a Czech composer, one of the first to achieve worldwide recognition. Following the Romantic-era nationalist example of his predecessor Bedřich Smetana, Dvořák frequently employed rhythms and other aspects of the folk music of Moravia and his native Bohemia. Dvořák’s own style has been described as “the fullest recreation of a national idiom with that of the symphonic tradition, absorbing folk influences and finding effective ways of using them.”