Community

A new study suggests that managing diabetes can be challenging for college students.

Community

Bangladesh Community Qatar (BCQ) organises event to bid farewell to two prominent members of the community.

Gulf Times

Community

KITCHEN SCIENCE Lab for Kids

EDIBLE EDITION

52 MOUTH-WATERING RECIPES AND THE EVERYDAY SCIENCE THAT MAKES THEM TASTE AMAZING

Young cooks working their way through Liz Lee Heinecke’s book aren’t just learning how to make a dish; they’re learning how cooking works.

Cuisine

Chimichanga enjoys a cult status in Tucson.

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Showbiz

Behind the scenes, women in TV are still vastly underrepresented.

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A look at science behind the food

“Teachers can change lives with just the right mix of chalk and challenges.”
– Joyce Meyer

Cooking and baking are science. Once you understand the basics, it becomes second nature. So then you can say, ‘I know this experiment is going to work’

– Liz Lee Heinecke, author

Useful Numbers

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Applying science practically at home lets kids approach a big topic without the pressure or time constraints of school. “It gives them the opportunity to be creative and to make mistakes and no-one is judging them,” says Liz Lee Heinecke.

The timer beeped, and Liz Lee Heinecke handed her 13-year-old daughter, Sarah, two oven mitts. Her latest science experiment was ready.

Sarah opened the door of the oven and took out a silvery pan containing the result of a chemical reaction that demonstrated how heat turns water into steam: popovers.

Heinecke plucked one of the eggy rolls from a large muffin tin and tore it open so steam shot out of it. Then she slathered on a bit of butter and took a bite.

“Edible science,” Heinecke said with her mouth full.

Her popovers — airy buns that rise without a leavening agent due to the steam that forms when putting liquid batter into a hot pan — represent only one recipe in a book full of ways to teach kids about scientific principles, while also making dinner.

Heinecke is the author of *Kitchen Science Lab for Kids. Edible Edition* (Quarry, 144 pages, $22.99). It’s the Edina author’s fifth book that helps parents utilise common objects found in the home to educate kids about chemistry, biology, botany and more. While her previous books’ lessons yielded more crafts and playthings — glue-based slime and self-inflating balloons, for example — her latest book contains step-by-step instructions with edible results.

“Cooking and baking are science,” Heinecke said in her kitchen while she waited for the popovers to rise. “Once you understand the basics — you can add an acid and it makes it taste a little sour and brings out the salt — it becomes second nature. So then you can say, ‘I know this experiment is going to work.’”

A living room end table stacked with books has her favourite, *Salt, Fat, Acid, Heat* by Samin Nosrat, on top. Where that book dives deep into the principles of each of those four aspects of cooking, so does Heinecke’s, but on a pint-sized level. Every recipe includes a sidebar where Heinecke explains “the science behind the food.”

She discusses tomatoes’ chemical properties that give them their colour and flavour alongside a Marcella Hazan recipe for tomato sauce. Gluten’s elasticity is the topic in a recipe for pizza dough, and emulsions are demystified in Julia Child’s recipe for beurre blanc. Young cooks working their way through the book aren’t just learning how to make a dish; they’re learning how cooking works.

“I think it’s good for kids to do stuff like this, because then they’re not afraid of tackling recipes,” she said. “You know, ‘You can do anything.’”

Heinecke herself grew up unafraid of the kitchen. Her mother ran a cooking school in their home in Manhattan, Kansas. “We had a centre island before centre islands were cool,” Heinecke said. She also grew up around science, with a physicist dad.

She became a biologist, doing bacteriology research. She was working in a lab on the day she went into labour with her first child, Charlie. He’s now going off to college.

Heinecke pivoted to the stay-at-home mom life with Charlie and two daughters, May and Sarah. “When you’re with kids, you’re always looking for stuff to do,” she said. She began infusing science into their activities, like examining bugs and plants outside. Each kid got their own notebook to record their experiments.

Home-science education helped her in school, said May, who is 17. “They’d be like, ‘What’s a polymer?’ and I’d go, ‘Oh yeah, I know!’”

Applying science practically at home lets kids approach a big topic without the pressure or time constraints of school. “It gives them the opportunity to be creative and to make mistakes and no-one is judging them,” Heinecke explained. “I think science in school is essential and important, but it’s really a different kind of science.”

Heinecke began blogging about her experiments. “No-one else was writing about how to do science with your kids without making 20 trips to the store or having to buy an expensive kit,” she said. Her blog led to an invitation to do a science-themed spot on a local morning TV show that turned into a regular gig. In 2014, she wrote her first book in the series, *Kitchen Science Lab for Kids. The Edible Edition* came out this summer, and Heinecke is at work on her next two: one focuses on chemistry and another on biology. She’s also penning a narrative nonfiction book about Marie Curie’s friendship with a theatrical lighting designer, slated for 2020. It’s called *Radiant: The Dancer, the Scientist and a Friendship Forged in Light*.

“It’s funny,” Heinecke said. “You just do what you love doing and life takes you on these trajectories.”

After devouring the popovers, Heinecke and two neighbourhood kids got to work on more experiments from her books. First, they learned about the crystalline structure of tempered chocolate by melting candy bars, dipping balloons into it and making bowls for ice cream.

Then, they took the purple water that’s a byproduct from boiling red cabbage and used it as a pH indicator. They changed its colour with vinegar (an acid, the water turns pink), and then mixed the two solutions together to make bubbly purple volcano. Chocolate streaks, scattered sprinkles and fizzing water were all over Heinecke’s countertops. There was only one thing left to do.

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Then, they took the purple water that’s a byproduct from boiling red cabbage and used it as a pH indicator. They changed its colour by adding baking soda (a base, the water turns blue) and vinegar (an acid, the water turns pink), and then mixed the two solutions together to make bubbly purple volcano. Chocolate streaks, scattered sprinkles and fizzing water were all over Heinecke’s countertops. There was only one thing left to do.

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She became a biologist, doing bacteriology research. She was working in a lab on the day she
Diabetes stress high among college students

Managing a chronic health condition, such as diabetes, can be difficult regardless of your age. But a new study suggests that it may be especially challenging for college students, who are adjusting to all the changes that come with campus life, writes Sarah Gantz.

Athan Reilly has had Type 1 diabetes since he was a baby. And until last week, the 19-year-old always had his mother to help remind him of the litany of tasks people with diabetes must do.

Check blood sugar. Adjust insulin pump. Watch what you eat. Be careful how much you run around.

Now a freshman at Pennsylvania State University, where he is studying data science, Reilly, of Hatboro, feels confident he can manage on his own—he spent much of his senior year of high school practising the routine, preparing.

But of course he still worries a little.

A few times in high school, during hockey season, Reilly fell asleep with low blood sugar and experienced a seizure overnight. The experience was scary, but at least his mom was there to take care of him.

“I’m not, I guess, worried about it here because I’m not playing (hockey) – it’s less of a risk. But it’s just one thing that I think about,” Reilly said.

Now living in a dorm room, if his blood sugar is low when he tests before bed, Reilly plans to stay awake until it comes up.

Managing a chronic health condition, such as diabetes, can be difficult regardless of your age. But a new study suggests that it may be especially challenging for college students, who are adjusting to all the changes that come with campus life, writes Sarah Gantz.

Contributing factors:

Frustration with these self-care requirements, concern about the future and the possibility of developing complications, and perceived lack of support from family and friends can contribute to diabetes distress.

Diabetes distress is a negative emotional reaction to the experience of living with a condition that requires around-the-clock attention and lifestyle changes.

People with Type 1 diabetes, an autoimmune condition in which the body does not produce insulin, must diligently track their blood sugar levels and their carb intake, and administer insulin. People with Type 2 diabetes, where insulin production is compromised, may also need to adhere to nutrition guidelines and take medication.

Frustration with these self-care requirements, concern about the future and the possibility of developing complications, and perceived lack of support from family and friends can contribute to diabetes distress.

To better understand diabetes distress on university campuses, Ohio University researchers conducted an online survey about their experience managing diabetes in December 2017 and January 2018.

The study was funded by a grant from the American Osteopathic Association.

Of the 173 people who completed the survey, 56 were students and 117 were employees. About half of the participants had Type 1 diabetes; the remainder had Type 2.

The study had some limitations, most notably its small, homogeneous sample size, having been conducted on just one college campus where a majority of students are white and middle class.

Still, the findings support earlier research that diabetes stress is a significant issue and point to the need for more research among a broader student and faculty population, Beverly said.

About 27% of respondents with Type 1 diabetes and 10% of respondents with Type 2 reported high diabetes distress.

Previous studies have reported lower levels of diabetes distress—a broader range among patients.

Students reported higher rates of diabetes distress than faculty and staff, Beverly said.

Feelings of powerlessness, and stress about eating properly and adequately managing diabetes were the most common concerns participants reported.

Many survey respondents showed signs of severe depression.

Food is something Reilly thinks about a lot and is an aspect of college he anticipates he’ll need to approach with extra care.

“It is kind of a pain to deal with, but a lot of people that I come across are like, ‘Oh, you can’t do this; you can’t do that.’ And that’s not the case,” Reilly said. “I can do pretty much everything someone without diabetes can do; I just have to be careful.”

The Philadelphia Inquirer/TNS
What we don’t know about vaping can hurt us

**ON THE RISE:** A troubling increase of acute lung disease among e-cigarette users is making the sobering point that there is still a lot we don’t know about the health implications of vaping. For long-time smokers of Marlboros or Camels who are trying to quit, the danger of lung cancer may well outweigh the potential dangers of vaping. But even so, such a finding would not mean that users of commercial nicotine e-cigarettes can breathe easier. There are some pretty unpleasant things floating in that liquid nicotine: flavourings, solvents and toxins that may or may not be harmful to our health. One chemical found in liquid nicotine is diacetyl, a flavouring that gives microwave popcorn a buttery taste. It is also associated with ‘popcorn lung,’ a nasty condition that has afflicted workers at factories that process microwave popcorn and has similar symptoms to this new mystery ailment. Nicotine itself is an addictive chemical linked to cardiovascular disease. For long-time smokers, the investigation in mid-August of microwave popcorn and has similar symptoms to this new mystery ailment. Nicotine itself is an addictive chemical linked to cardiovascular disease. For long-time smokers, the investigation in mid-August of microwave popcorn

**How to cool down after exercise**

We are taught from childhood that warming up is a must in preparation for any exercise. It allows us to gear our muscles up for the strain we are about to place on them and prevent injury. More importantly, it steadily increases the heart rate and circulation, which loosens joints and increases blood flow to the muscles. These all help towards an effective workout. But cooling down is as important as warming up. It prevents dizziness, helps return the heart rate back to normal and prevents chronic venous insufficiency (CVI). Also known as “blood pooling”, CVI occurs when the blood in blood vessels expands during prolonged exercise, making it difficult for it to return to the heart from the legs.

According to many health and fitness instructors, the total cool-down period should last three to 10 minutes, or until you are ready to stop. Areas to target depend on which part of the body you trained. For example, if you have been working your legs, you will need to do lower body stretches or a slow walk. There are many helpful tutorials online. The best way to measure whether you have cooled down effectively is purely based on common sense – if you feel your heart rate has reduced, that’s enough. If you wear a heart rate monitor, that will also tell you once your heart rate has returned to normal. There is no research to prove stretching after a session will help reduce soreness, but if you feel it helps, there is no harm in it, do so – it is done to personal preference. Cooling down methods, including foam rollers, a sports massage or dry needling are worth investigating. If you experience any pain when stretching, stop, and consult your doctor or a physio if the pain is there the next day, and, more importantly, warm up more thoroughly next time. – The Guardian/TNS

**Weight-loss surgery may cut heart disease risks**

In addition to reducing weight, bariatric or metabolic surgery may significantly reduce risk of death from heart complications, says a study. The surgery also helps patients with Type-2 diabetes and obesity in controlling the condition and in treatment of cardiovascular diseases compared with people undergoing usual medical care, according to the findings.

“The striking results that we saw after metabolic surgery may be related to the patients’ substantial and sustained weight loss,” said the study’s lead author Ali Aminian, a bariatric surgeon at Cleveland Clinic, Ohio, the USA. “There is a growing body of evidence to suggest beneficial metabolic and hormonal changes after the surgical procedures that are independent of weight loss,” Aminian said.

The study compared nearly 2,300 patients who underwent metabolic surgery with 11,500 patients with similar characteristics but under usual medical care.

Patients underwent one of the four types of weight-loss surgery – gastric bypass, sleeve gastrectomy, adjustable gastric banding, or duodenal switch. The primary endpoint of the study was occurrence of death due to one of the five major complications associated with obesity and diabetes – coronary artery events, cerebrovascular issues, heart failure, atrial fibrillation and kidney disease.

Over an eight-year period, it was found that patients of metabolic surgery were 40 percent less likely to experience one of these events than those receiving usual medical care.

Patients in the surgical group were 41 per cent less likely to die from any of these causes and had 15 per cent greater weight loss and lower blood sugar levels. They used less medication, including insulin, and less heart medications, like blood pressure and cholesterol therapies, compared with the non-surgery group.

The results were presented at the European Society of Cardiology Congress in Paris, France, and also published in the Journal of the American Medical Association (JAMA). – IANS

**PREVENTION:** Cooling down prevents dizziness and helps return the heart rate back to normal and prevents chronic venous insufficiency (CVI)
FUSION: Chicken and Edamame Chimichanga. A Chimichanga is a Mexican American inspired fusion of a large burrito prepared with a choice of meat, vegetable and spices.
Photo by the author

Chimichanga enjoys a cult status in Tucson

The name might take you for a surprise but at the essence a ‘Chimichanga’ is essentially a deep fried burrito. The fillings are wrapped in a tortilla and then rolled up to secure the filling and then dropped in the deep fryer to make it crispy.

A wide range of fillings are used to make a Chimichanga depending on what chef is going for but you may not know it is the tortilla that’s the key in this dish. Special Sonoran tortillas are used traditionally to make this dish. Sonoran tortillas are larger and thinner than the flour tortillas but still sturdy enough to hold the filling inside. Sonoran tortillas are light and nearly as thin as rice paper.

They contain no baking powder, feature a flaky texture that melts on your tongue and requires the bare minimum amount of chewing. One you try the Sonoran tortillas, other flour tortillas become boring, and there will be no other tortilla you’d want to wrap your burrito or Chimichanga. Talking about Sonora, it is a state in Mexico just outside the Arizona border. So while it is a common place for the Tucsonans it is unknown to most of the other people. Citrus marinated carne asada and refried beans are the key dishes.

‘Chimichanga’ or ‘Chimi’ has achieved a cult status in Tucson. A Chimichanga is a Mexican American inspired fusion of a large burrito prepared with a choice of meat, vegetable and spices. Deep fried to a golden perfection, and served on a bed of lettuce with cheese and accompanying sauce. The Tucson residents take their Chimi’s very seriously and prefer the large overstuffed versions. Almost every eatery has its own version of this favourite dish.

The southwest is known for its delicious Mexican food and the residents of Tucson, Arizona, boldly proclaim their city as the “Mexican food capital of USA”. The city is known for its own version of Tex-Mex food, and they denote it Arizona Sonoran cuisine. Because southern Arizona was once part of the Mexican state of Sonora, their style is considered the “Soul Food” of Arizona.

Talking about Chimichanga history, there are two main contenders with their own version of the origin story.

1922 – El Charro Café – Tucson, Arizona: Family member’s claim that Monica Flin, who started the restaurant in 1922, cursed in kitchen when a burrito flipped into a deep fryer. Because her young nieces and nephews were in the kitchen she swear “Chimichanga”.

Chimichanga vs Burrito vs Enchilada

A burrito involves a flour tortilla wrapped around fillings, which varies quite a lot. Enchiladas involve corn tortillas that wrap around meat and are served with lots of sauce. Chimichanga is deep fried burritos, although they are often served in a way that’s more reminiscent of enchiladas than burrito. You can usually eat burrito with your hands, while you

Method

Marinate the chicken with oil, salt and pepper and cumin powder. Cook in a preheated oven till the internal temperature is 165 degrees Fahrenheit.

Allow to cool down for 5 minutes and shred the chicken and keep aside.

Mix chicken, salsa, edamame, cumin, oregano, cheese and onions.

Place about 1/3 cup of chicken mixture in the centre of each tortilla.

Fold the opposite sides over filling and roll up from bottom and place seam side down on a baking tray.

Brush with melted butter and bake at 200 degrees Celsius for 20-25 minutes or until the tortilla is golden crispy.

Remove from oven and serve hot with desired toppings and serve with salsa on the side.

Note: If you want the authentic style of Chimichanga then you can always deep fry them crispy and serve them hot. Also to make a vegan version of the dish substitute chicken with tofu.

Chef’s Special

Chef Tarun Kapoor, Culinary Mastermind, USA. He may be contacted at tarunkapoor83@gmail.com

Ingredients

- Chicken, breast 200 gm
- Edamame beans 1/2 cup
- Black beans 1 cup
- Cumin ground 1 tsp
- Oregano leaves 1/2 tsp
- Cheddar cheese, shredded 1 cup
- Onion, chopped 1/2 cup
- Flour tortilla 6” 8 nos.
- Butter 2 tbsp.
- Toppings as required

Toppings

- Diced Tomato, guacamole, sour cream, shredded cheese

Method

Brush with melted butter and bake at 200 degrees Celsius for 20-25 minutes or until the tortilla is golden crispy.

Remove from oven and serve hot with desired toppings and serve with salsa on the side.

Note: If you want the authentic style of Chimichanga then you can always deep fry them crispy and serve them hot. Also to make a vegan version of the dish substitute chicken with tofu.

Chef Tarun Kapoor, Culinary Mastermind, USA. He may be contacted at tarunkapoor83@gmail.com
DPS-MIS conducts Dental Workshop

DPS-Modern Indian School (DPS-MIS) recently conducted Dental Workshop for the students of Preparatory Grade. The workshop was conducted by Dr Anand Sajnani, Dr Jawaher Murad and their team from KIMS Medical Centre. Students were encouraged to brush twice a day, eat healthy food and avoid junk food. The doctors enacted to convey the message in a fun way. Apart from oral hygiene, the team gave tips on how to maintain personal hygiene and remain healthy. Personal hygiene was explained in simple ways like the boys must keep their hair short, girls must tie their hair, trim the nails regularly and clean the tongue along with the teeth. Short videos were also presented during the workshop. The dental team also conducted dental check-up of all students. Oral hygiene of each student was recorded in a form and was given to the child for the parent's information along with a puzzle game for the child's co-operation during a check-up.

TEACHER'S DAY: Olive International School (OIS) recently organised a special assembly to mark Teacher's Day. The students presented handmade cards to the teachers as an appreciation of their efforts and dedication. The assembly featured various dance and musical performances which was followed by a cake cutting ceremony.

EXPO TRIP: The students of Grade IX-XII Noor Alkhaleej International School recently attended Qatar Travel and Holiday Expo at Radisson Blu Hotel.
STEVIA The natural origin of zero-calorie sweeteners

1 FARMING
The stevia plant is native to South America, where it was first consumed centuries ago. Today stevia is grown on four continents. Stevia is a non-GMO crop. Its farming, extraction and purification require less water, land and energy to produce the same amount of sweetness found in other natural sweeteners.

2 HARVESTING
Stevia is a sustainable crop. Stevia farming requires little land and provides an opportunity to diversify crops, an important component of environmental sustainability and healthy ecosystems.

3 EXTRACTION
The sweet tasting molecules of stevia are called steviol glycosides. These sweet molecules of the stevia plant are extracted by steeping its dried leaves in water, like tea.

4 PURIFICATION
The liquid is filtered with water and other plant material. The mixture is boiled with water and other plant material, followed by drying stevia leaf extract. This process removes impurities and helps improve the purity stevia leaf extract. This allows stevia to have less taste than crude stevia leaves, which are required to meet high standards for food and beverage applications.
High-purity stevia leaf extract is a plant extract that has been used as a natural sugar substitute and flavoring ingredient around the globe for centuries. This naturally sourced, zero-calorie sweetener can be used by the whole family to help manage calories and added sugars without sacrificing taste.

**6 PRODUCT**

Stevia is the only global, commercially available, naturally sourced, zero-calorie sweetener that can help reduce calories as part of a more healthful dietary approach.

**5 FINISHED INGREDIENT**

Following extraction and purification, the sweet steviol glycosides are the same steviol glycoside molecules found in the stevia leaf. High purity stevia can be up to 350 times sweeter than sugar.

**7 STEVIA & THE DIET**

Stevia is now available as an ingredient in thousands of foods and beverages around the world.
Dancing With the Stars: Who’s in the wild, weird 2019 cast

By Christi Carras

A Queer Eye host, a Bachelorette and a former White House press secretary walk into a dance studio ... Only Dancing With the Stars could round up a cast that is simultaneously as star-studded and as random as its 2019 lineup, which includes Karamo Brown, Hannah Brown and Sean Spicer as well as supermodel Christie Brinkley, Fifth Harmony alum Ally Brooke and two-time NBA champion Lamar Odom.

The competition programme seems to have pulled out all the stops for its Season 28 cast, which was announced Wednesday. Since ABC decided to buck its typical twice-yearly format and didn’t greenlight a spring edition, this will be the lone DWTS to air this year.

Twelve celebrities make up this year’s star squad, set to hit the dance floor Sept. 16. More quirky and varied than a Saturday Night Live parody of “Celebrity Family Feud,” here’s the who’s who of Season 28, in order of their “Wait ... what?” factor.

Sean Spicer

During his eight-month stint as White House press secretary, Spicer earned a reputation for spreading what President Trump’s counsellor Kellyanne Conway called “alternative facts.” Before his resignation in July 2017, he was routinely scrutinised in the media, even spurring multiple SNL spoofs of White House press briefings, led by Melissa McCarthy. Following the Dancing With the Stars 2019 casting announcement, longtime host Tom Bergeron took to Twitter to express his disappointment at the show’s inclusion of political figures, as he had hoped the programme would “be a joyful respite from our exhausting political climate and free of inevitably divisive bookings from ANY party affiliations” — though he didn’t name Spicer directly.

Hannah Brown

As Brown has been riding her newfound reality TV superstardom, some had already speculated that the Bachelor breakout-turned-Bachelorette would trade roses for dancing shoes on ABC’s sister programme. Now that the news is officially confirmed, one question remains: Will she finally find true love? Guess we’ll have to tune in to Dancing With the Stars to (probably not) find out.

Christie Brinkley

In case anyone had any doubts, the veteran supermodel is here to prove she’s still got it. Over the course of her long and fruitful career, the forever cover girl has graced more than 500 magazines, including Sports Illustrated, Glamour and Cosmopolitan, and she’s sure to make more headlines should she strut circles around her younger competition on the Dancing With the Stars stage.

Karamo Brown

Brown and the rest of Queer Eye’s Fab Five certainly know how to make entertaining reality TV, as evidenced by the hit Netflix series’ three Emmy wins since its splashy debut in 2018. Who knows if the host’s cultural expertise will translate to the dance floor, but one thing is certain: The rest of the 2019 Dancing With the Stars contestants will have a steady shoulder to cry on for as long as he remains in the competition.

Lamar Odom

Odom has a rich history with Los Angeles, playing twice for the Clippers and winning two NBA championships with the Lakers. But Dancing With the Stars will not be Odom’s first brush with reality TV. The hoops veteran previously appeared on Keeping Up With the Kardashians during his brief marriage to Khloe Kardashian.

Ally Brooke

Another contestant who is no stranger to reality programming, Brooke first came to fame on the American X Factor as one-fifth of the girl group Fifth Harmony. Since the collective’s split in March 2018, Brooke has released some solo work and made some dance-y performances — perhaps it was all leading to this?

JAMES VAN DER BEEK

Van Der Beek most recently starred as a slimy executive on Ryan Murphy’s hit FX drama Pose, but audiences still remember him as the dreamboat title character on Dawson’s Creek. Some superfans are still holding out hope for a reboot of the coming-of-age drama, but they’ll have to settle first for Van Der Beek’s new moves on Dancing With the Stars.

Mary Wilson

If anyone knows how to bring a crowd to its feet, it’s a Motown legend. A founding member of the Supremes, Wilson has performed for countless fans around the world, later continuing her success with her solo music and bestselling books. Should Season 28 bring back Motown Week, Wilson’s competition better watch out.

Ray Lewis

NFL Hall of Famer and two-time Super Bowl champion Lewis has proved his dominance on the football field during his long career with the Baltimore Ravens. Lewis and Odom are the only professional athletes on the list this year, following in the footsteps of previous jocks-turned-DWTS contestants such as NBA legend Kareem Abdul-Jabbar and Olympic gymnast Laurie Hernandez.

Lauren Alaina

After coming up just short of the title on Season 10 of American Idol, Alaina now has another chance to snag a reality TV trophy. Since her “Idol” fame, the singer has built up a fanbase in the country music world with two studio albums.

Kel Mitchell

Nickelodeon and Disney Channel alum Mitchell joins a long lineage of former child stars to appear on Dancing With the Stars. Previous examples include Cheetah Girls singer—actress Sabrina Bryan and Full House family member Candace Cameron-Bure. Mitchell first came to fame making young audiences laugh in Nickelodeon’s All That and Kenan and Kel, starring alongside SNL’s Kenan Thompson.

Kate Flannery

Best known for her quirky one-liners on NBC’s hit sitcom The Office, Flannery has maintained a steady TV acting career, appearing most recently in Hulu’s All Night and CBS’ Young Sheldon. You’re not drunk, the former Office drunk Tweeted along with the DWTS news Wednesday. Cheers! — Los Angeles Times
LEISURE

Colour by choice

1. gray  5. green
2. brown  6. blue
3. red

Maze
Help the bear find its way to the berries.

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

Picture crossword
BEAR
USE THE PICTURES BELOW AS CLUES

ACROSS
1. (bear)
2. (bear)
3. (bear)
4. (bear)
5. (bear)
6. (bear)
7. (bear)
8. (bear)
9. (bear)
10. (bear)
11. (bear)
12. (bear)
13. (bear)
14. (bear)

DOWN
1. (bear)
2. (bear)
3. (bear)
4. (bear)
5. (bear)
6. (bear)
7. (bear)
8. (bear)
9. (bear)
10. (bear)
11. (bear)
12. (bear)
13. (bear)
14. (bear)

Answers:
1. (bear)
2. (bear)
3. (bear)
4. (bear)
5. (bear)
6. (bear)
7. (bear)
8. (bear)
9. (bear)
10. (bear)
11. (bear)
12. (bear)
13. (bear)
14. (bear)
**Pooch Café**

By Paul Gilligan

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**COMMUNITY**

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**CARTOON**

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**I INVENTED THE WHEEL, WHAT DO YOU SAY TO THAT?**

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**I’D LIKE TO BUY A VOWEL.**
Super Cryptic Clues

**Across**
1  Stiff young man hoarding diamonds (4)
2  In the morning wild boar is heavenly food (8)
3  Joint in road caused annoyance (7)
4  Rotten requiring small drink (5)
5  A boxing match, more or less (5)
6  Comprehend six feet (6)
7  Companion introduced to right sort of plant (6)
8  Outlaw taking shelter in mountain kingdom (6)
9  Cave reached when going over river (6)
10  French city scroll, illegible in part (5)
11  Completely vertical (5)
12  Spot new clerk clad in iron (7)
13  Neglected matters go by this governing body (3,5)
14  Prepare to publish current returns (4)

**Down**
1  Marine crustacean, a sort of lean crab (8)
2  Wild dog hiding out? Not entirely (5)
3  Fielder I’m about to remove (3-3)
4  Some ignore site for further examination (5)
5  Extend trip away from home (4,3)
6  An accomplice in Lincoln, ending in court (4)
7  Gay bishop, supple and graceful (6)
8  Does this take the boredom out of saving? (8)
9  Many stir drink excessively (7)
10  He hugs tree — time for protection on top (6)
11  Child’s beginning to get tender chest (6)
12  Expressions of gratitude and disapproval are forbidden (5)
13  Second postman in a row (4)

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**Wordwatch**

**murdrum** (MUR-drum)
**MEANING:**
noun:
1. A murder, especially in secret.
2. A fine paid for a murder.
**ETYMOLOGY:** From Latin murdrum (murder). From Old French murdre (murder). Earliest documented use: 1290.
**USAGE:** “The coroner knew that the smith was doing what he could to avoid the murdrum fine.”

**unbirthday** (uhn-BUHRTH-day)
**MEANING:**
noun: A day other than one’s birthday.
**USAGE:** “Steve Irwin won’t be at his son’s 14th birthday, or his unbirthday.”

**runcible** (RUHN-suh-buhl)
**MEANING:**
noun: A utensil that is a combination of a fork and spoon. Also known as a spork.
adjective: Shaped like a combination fork and spoon.
**ETYMOLOGY:** From Latin runcibilia (runcible). Earliest documented use: 1368.
**USAGE:** “Hello, we said, to the beautiful dark starlit bar and the luxury therein: the runcible spoons with their slippery cargo: the snarled silk of tinned bean sprout, the wrinkled flame of the dried lily.”

**chirality** (ky-RAL-i-tee)
**MEANING:**
noun: The property of not being superimposable on its mirror image: dissymmetry.
**USAGE:** “Hands, feet, and shoes, [Richard Dawkins] explains, have chirality, i.e., ‘there’s a left one and a right one and you can’t rotate either to make the other’. Socks, on the other hand, are interchangeable. So, he suggests, embrace the diversity and wear your odd socks with pride.”

**esemplastic** (es-em-PLAS-tik)
**MEANING:**
adjective: Having the capability of molding diverse ideas or things into unity.
**ETYMOLOGY:** Coined by poet Samuel Taylor Coleridge (1772-1834), apparently inspired by German Ineinsbildung (forming into one). From Greek es- (into) + en, neuter of eis (one) + plastic, from Latin plasticus (related to molding), from Greek plastikos, from plastikos, from plastikos, from plastikos. Earliest documented use: 1817.
**USAGE:** “I once told Giselle she was the essence of the esemplastic act, for as she was giving me the curl of her tongue at that moment, she would pause to speak love words to me in three languages.”

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**Sudoku**

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

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**Solution**

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**For movie timings and further details please scan the QR code above with your mobile phone camera or visit qatarcinemas.com**
Researchers have found that the blood pressure-lowering effect of exercise is significantly reduced when people rinse their mouths with antibacterial mouthwash, rather than water — showing the importance of oral bacteria in cardiovascular health.

“Scientists already know that blood vessels open up during exercise, as the production of nitric oxide increases the diameter of the blood vessels (known as vasodilatation), increasing blood flow circulation to active muscles,” said study lead author Raul Bescos, Professor at the University of Plymouth.

For the study, published in the journal Free Radical Biology and Medicine, 23 healthy adults were asked to run on a treadmill for a total of 30 minutes on two separate occasions, after which they were monitored for two hours.

On each occasion at one, 30, 60 and 90 minutes after exercise they were asked to rinse their mouths with a liquid — either antibacterial mouthwash (0.2 per cent chlorhexidine) or a placebo of mint-flavoured water.

Their blood pressure was measured and saliva and blood samples were taken before exercise and at 120 minutes after exercise.

The study found that when participants rinsed with the placebo, the average reduction in systolic blood pressure was -5.2 mmHg at one hour after exercise. However when participants rinsed with the antibacterial mouthwash, the average systolic blood pressure was -2.0 mmHg at the same time point.

Systolic blood pressure refers to the highest blood pressure level when the heart is squeezing and pushing the blood round the body. The results show that the blood pressure-lowering effect of exercise was diminished by more than 60 per cent over the first hour of recovery and totally abolished two hours after exercise when participants were given the antibacterial mouthwash.

“These findings show that nitrite synthesis by oral bacteria is hugely important in kick-starting how our bodies react to exercise over the first period of recovery, promoting lower blood pressure and greater muscle oxygenation,” said study co-author Craig Cutler from the University of Plymouth.

“In effect, it’s like oral bacteria are the ‘key’ to opening up the blood vessels. If they are removed, nitrite can’t be produced and the vessels remain in their current state,” Cutler said.

“Existing studies show that, exercise aside, antibacterial mouthwash can actually raise blood pressure under resting conditions, so this study followed up and showed the mouthwash impact on the effects of exercise,” Cutler added. – IANS

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**LIFESTYLE/HOROSCOPE**

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**ARIES**
March 21 – April 19

The fantasy world that you’ve built for yourself is a pleasure, Aries.
People frolic in it and have a grand time. Your presence delights people.
Today, however, this world may be threatened by harsh realities that are coming in the form of electronic information. This force is powerful and not to be erratic and spontaneous. Be prepared to stand your ground.

---

**TAURUS**
April 20 – May 20

It may be difficult to stay grounded today with all the information flying around and all the emotion rolling in your heart. Try not to take things too seriously, Taurus. This is the key to maintaining a level head today. Approach the day with passion and take care of any investigative work that needs doing. There are important facts coming from unexpected sources.

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**CANCER**
June 21 – July 22

You’re apt to feel a bit wilder today, Cancer. There’s a wave of powerful energy working to strengthen your ego and self-confidence. Use this boost to the best of your ability.
You will need it.

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**LEO**
July 23 – August 22

A good tactic today would be to convert your fears to motivation for positive action. You have a great deal of energy at your disposal. Leo.
Don’t waste it. Be aware that it’s one of those situations when the smallest comment or insult may set off a chain reaction of misinformation. People are emotionally charged, so be careful where you step.

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**LIBRA**
September 23 – October 22

You may be impressed by fantastic promises that offer wonderful rewards. Beware of lots of bells and whistles, Libra.
People may be extra passionate, and most aren’t going to be impressed with unrealistic plans.
You can try your normal approach although there is a great deal of emotional power working to stir up the pot. Things may not be as clear as they seem at first glance.

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**SCORPIO**
October 23 – November 21

People are apt to be quite emotional when it comes to the image they wish to project today, Scorpio.
Be careful where you step. It’s your job to see through the trendy makeup and fashion that hide the true personalities of the people who insist on wearing these masks.
The key is to not be fooled by those who hide behind a facade built of false personalities of the people who insist on wearing these masks.

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**SAGITTARIUS**
November 22 – December 21

Sagittarius, don’t be surprised if some of your fantasies and dreams are put on trial by a harsh force that cuts right to the truth of the matter.
People may be extra passionate, and most aren’t going to be impressed with unrealistic plans. You can try your normal approach of simply ramming straight ahead with your plans, but a better approach might be to think first and be more strategic.

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**AQUARIUS**
January 20 – February 18

You have the sensitivity to pick up on what’s going on in every situation today, Pisces.
Powerful emotions may conflict with extremely strong opinions.
Welcome to the battle between the head and the heart! On this day you may be more apt to side with the heart.

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**PISCES**
February 19 – March 20

You are at an emotionally climactic point now, Capricorn, and you might find that harsh opposition is coming at you for no clear reason.
There’s a stubborn, strong force surrounding you, and you should be aware that the more rigid your viewpoint, the harder it will be for any resolution.
Compromise is an essential element of the day.
Behind the scenes, women in TV are still vastly underrepresented

For the 2018-19 season, 96% of TV programmes had no women directors of photography; 79% had no women directors; 77% had no women editors; and 77% had no women creators.

As a number of female-fronted TV shows, including Veep and The Marvelous Mrs. Maisel, TV shows, including The Marvelous Mrs. Maisel, have been praised for their diverse casts and crews, there are still vast underrepresentations in key behind-the-scenes roles.

Women composed 49% of all major characters in comedies, dramas and reality programmes across TV (broadcast, cable and streaming platforms) in 2018-19 – an increase of 5 percentage points from the previous year, according to the annual “Boarded In” study conducted by San Diego State University’s Center for the Study of Women in Television and Film.

Meanwhile, women constituted 31% of all creators, writers, directors, executive producers, producers, editors and directors of photography, besting the previous high of 28% in 2016-17.

Now in its 22nd year, the study examines employment of women in forefront and behind the camera on prime-time TV, while also surveying the depictions of women on screen and the racial breakdown of those depictions. The study tracked more than 7,000 characters and 5,000 behind-the-scenes credits from September 2018 through May 2019.

Martha Lauzen, executive director of the centre, lauded the progress made but stressed that Hollywood’s gender gap is far from solved. She emphasized the importance of women serving in gatekeeping roles, such as creators and executive producers, in driving inclusion in front of and behind the camera.

For example, the study found that for programmes with at least one female creator, women made up 40% of protagonists and 33% of directors. For programmes with exclusively male creators, women accounted for 43% of protagonists and 23% of directors.

“Employing women in these roles boosts women’s representation in other behind-the-scenes roles, and the numbers of female characters on screen,” Lauzen said in a statement.

When examining race and ethnicity, the study found that 70% of female characters in speaking roles were white, up 3 percentage points from the previous year. However, the percentage of black females in speaking roles decreased 2 percentage points from last year to 17% in 2018-19; Latinas with speaking roles made nearly $240 million worldwide on a budget of $30 million, according to Box Office Mojo.

Lim, who was hired by director Jon Chu, joined GMA after Chiarelli had already penned what Lim told THR last year was “a great script” based on author Kevin Kwan’s book.

“Chiarelli had already penned what Lim told THR last year was “a great script” based on author Kevin Kwan’s book. When asked which of her previous projects was the best, Lim said that was the proposal script for The Proposal, which had been through a pay disparity, according to a story out Wednesday. Lim, a veteran TV writer who had not written for film before Crazy Rich Asians, last fall was offered a small fraction of the money that had been offered to her co-writer, veteran screenwriter Peter Chiarelli, according to the Hollywood Reporter. She didn’t make the deal.

After five months of looking for another Asian writer, the studio came back to Lim in February with a higher offer, closer to her co-writer’s, but she passed on the job, sources told the trade. The Proposal scripter Chiarelli had even offered to split his fee with her, THR said.

“Pete has been nothing but incredibly gracious, but what I make shouldn’t be dependent on the generosity of the white-guy writer,” Lim told THR. “If I couldn’t get pay equity after CRA, I can’t imagine what it would be like for anyone else, given that the standard for how much you’re worth is having established quotes from previous movies.”

Crazy Rich Asians made nearly $240 million worldwide on a budget of $30 million, according to Box Office Mojo.

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Bangladeshi community bids farewell to veteran members

By Mudassir Raja

“Without community service, we would not have a strong quality of life. It’s important to the person who serves as well as the recipient. It’s the way in which we ourselves grow and develop.” This was once said by Dorothy Height, a revolutionary leader during the US civil rights movement.

Community service involves two kinds of people — those who provide the service and those that are taken care of by it. The purpose becomes more important when it comes to look after fellow compatriots in a foreign country in the hour of need.

There are many people from different parts of the world living in Qatar. Bangladeshis are one of the major expatriate communities living here. They are said to be over 400,000 working in different fields. There is a strong sense of community welfare among the Bangladeshi expatriates.

Following the spirit of community service, Bangladesh Community Qatar (BCQ), a large community organisation, held an event to bid farewell to two of its prominent members, who are leaving Qatar for good after serving the community for a long time.

Mohammed Abdus Sattar and Mohammed Salauddin were duly recognised for their altruistic and selfless spirit for the community service. Abdus Sattar landed in Doha in 1978 and remained vastly involved in the community welfare throughout his stay in Qatar for over four decades. Qatar has been a home away from home for him. Likewise, Mohammed Salauddin came to Qatar in 2008 and had worked for Qatar Petroleum as a chemical engineer. Both of them remained involved with various social and welfare associations in Qatar.

A large number of prominent Bangladeshi community members were present at the farewell reception. All the speakers recalled the sweet memories of working with both departing expatriates.

Talking to Community, Anwar Hossein, BCQ president, said: “It was a great honour to say goodbye to the two stalwarts of our expatriate community. Both will be remembered for a long time for their selfless commitment towards the community service.”

– Anwar Hossein, BCQ president

Abdus Sattar has been in Qatar since 1978 and remained vastly involved in the community welfare throughout his stay in Qatar. Sattar since 1995, I have always found him a humble and selfless person. He has been devoted to community service as a young man. Lately, he has been a sane adviser to different groups of the community at various occasions. He has headed different community groups and has earned nothing else but respect and love due to his devotion and dedication. He has been a fatherly figure for most of the Bangladesh expatriates.

“We became very close five years ago when I founded BCQ. I have learnt a lot from his experiences. One of the best qualities that he has is that he has always been a very attentive listener and receiver.

He has been very good at resolving disputes between individuals. Over the period of time, he developed very good relations with the Bangladeshi government’s high officials and had used them for the welfare of the community in Qatar. We are definitely going to miss him.”

On the sidelines of the event, Abdullah al-Shammari and Faisal al-Hudawi from the Ministry of Interior, presented an awareness programme on drugs prevention and urged the community leaders to cascade the information among their compatriots. A memento was presented by BCQ to each of the guests as a mark of remembrance.