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— PHOTO ESSAY, Page 10

Viva la Qatar!

Oreste del Rio Sandoval, former Panamanian ambassador, on his love of Qatar and opening doors with a smile. P4-5

In collaboration with ISTITUTO di MODA BURGO INTERNATIONAL FASHION AND ARTS ACADEMY QATAR, Gulf Times Community presents Qatar’s First Scholarship Campaign.

For more details: www.gultimescommunity.com/designyourdreamcareer


**PRAYER TIME**

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**Humanitarian Services Office**

(Single window facility for the repatriation of bodies)

- Ministry of Interior: 40253372, 40253372, 40253369
- Ministry of Health: 40253370, 40253364
- Hamad Medical Corporation: 40253364, 40253365
- Qatar Airways: 40253374

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**Quote Unquote**

"Change your thoughts and you change your world.”

— Norman C. Vincent Peale

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**Community Editor**

Kamran Rehmat

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Telephone: 44466405

Fax: 44350474

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**IT Chapter Two**

**DIRECTION:** Andy Muschietti

**CAST:** Bill Skarsgård, Finn Wolfhard, Jessica Chastain

**SYNOPSIS:** Twenty-seven years after the Losers Club defeated Pennywise, he has returned to terrorise the town of Derry once more. Now adults, the Losers have long since gone their separate ways. However, kids are disappearing again, so Mike, the only one of the group to remain in their hometown, calls the others home. Damaged by the experiences of their past, they must each conquer their deepest fears to destroy Pennywise once and for all…putting them directly in the path of the clown that has become deadlier than ever.

**THEATRES:** The Mall, Royal Plaza

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**Chhichhore**

**DIRECTION:** Nitesh Tiwari

**CAST:** Sushant Singh Rajput, Shraddha Kapoor, Varun Sharma

**SYNOPSIS:** Following a group of friends from university as they progress into middle-age life and go their own separate ways.

**THEATRES:** Royal Plaza, Landmark, The Mall
**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 colour 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, contact 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.

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

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

**Dance and Instrument Classes**
**WHERE:** TCA Campus, Behind Gulf Times Building  
**WHEN:** Wednesday – Monday  
Learn the movements of dance styles in Bollywood, Hip Hop and also the musical instruments such as Piano, Guitar, Keyboard for adults as well kids and move in the world of music. For details, contact 66523871/ 3132649.

**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

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**Compiled by Nausheen Shaikh. E-mail: gtlisting@gmail.com. Events and timings subject to change**
“We’re a very safe country. We don’t immigrate a lot”

– Oreste del Rio Sandoval, former ambassador of Panama to Qatar

The first good impression that we make with our smile is the first door that we open for the people to come and visit our country

By Mudassir Raja

I t was love at first sight when he landed in Qatar as the youngest ambassador about two years ago. He felt so attached that he got married in a traditional Qatari way.

Oreste del Rio Sandoval, former ambassador of Panama to Qatar, finished his tenure a few days ago. A young, dynamic and studious man, he served as the youngest ambassador of his country.

Thirty-seven-year old Oreste’s engagement with Qatar lasted only two years but the personal bond he developed may last for a long time. He not only arranged his marriage ceremony in line with the local traditions here but also wrote a book about his experience of living in Qatar.

Community recently spoke at length with the ex-Panamanian envoy, who is also the youngest ambassador to receive the Al Wajba Medal.

Oreste, a martial art black belt, has been an active politician in his country. He carries a law degree and has a passion for reading and writing books.

“I grew up living with my grandparents. They have been my real inspiration and role models. I will always remember my angelic grandmother, who passed away on May 19, this year, the saddest day of my life. I have three sisters and a brother. I am the eldest. I specialise in corporate and immigration laws. I am pursuing my master’s degree in law in Spain,” he said.

“By profession, I am a lawyer but my vocation is politics. I think we can help more people through politics. I also do philanthropic work back in Panama and was the president...
of youth's political parties in Latin America — we're talking of 26 countries! The outgoing president of Panama assigned me ambassadorial duties in Qatar when I was only 35.

That being his first appointment as ambassador — he is not a career diplomat — Oreste found it both interesting and challenging.

"The first situation that I faced was the blockade of Qatar only 10 days after I came here. The Panamanians started asking about what was going to happen next. I will appreciate the Government of Qatar for how they handled the situation. I made my compatriots calm after I received calmness from the government (smiles).

"Since then we are living peacefully here. We brought students from Panama. During my tenure, the two countries signed five agreements of bilateral cooperation, including the fields of education and air services."

According to Oreste, Panamanians often do not prefer moving to another country. "We are number one in economic growth in Central America and number two in all of Latin America. We're a very safe country. We don't immigrate a lot."

As Qatar offers good opportunities, we have a good number of Panamanians. There are 120 of us here (smiles) — living in another country, that number is a lot! For example, in another country in the region, we do not have more than 50 or 100 expatriates. Most of them are working in the airline industry here."

The ex-ambassador advises his fellow compatriots to conduct themselves like ambassadors of their country. "I always say that we are all ambassadors and that I only have official notes. We should behave the way we actually do as the Panamanians. The first good impression that we make with our smile is the first door that we open for the people to come and visit our country. We are happy and kind people and that is why I compare Panama with Qatar."

"I am inspired by the national anthem of Qatar. I love the lines when they say ‘we are tough in time of peace and we are warriors in times of sacrifice’. As a resident of Qatar, I have been living under the unjust blockade. That is why I have given the title Warriors in Times of Sacrifice to my book”

— Oreste del Rio Sandoval

Oreste counts his contribution towards improving bilateral ties with pride. "When I came here, my dream was to see Qatar Airways landing at the Tocumen International Airport, in Panama’s capital. It happened this April! In the same month, the first vessel of Qatar Petroleum crossed the Panama Canal. We got our first school in Panama entitled State of Qatar School."

The Panamanian believes the two countries have much more to share in future. "When I first landed here, I fell in love with Qatar. We have many more similarities than dissimilarities. These similarities can help us build more bridges. The notion that we live in a far off part of the world is no more an excuse. We can work together and prosper together."

The young ex-ambassador has already written two books. He has been a very good athlete as well. "I represented my country at the international level in martial art competitions when I was young. My first book is Letters on the Wolf that I launched in Panama in August; it is a collection of articles — 66 in all — that I wrote for different Spanish newspapers."

His second book — Warriors in Times of Sacrifice — is about Qatar. "I have been delivering lectures at different universities in countries namely, Spain, Argentina, El Salvador, and Panama. I have been speaking about my experience as a young ambassador in a country like Qatar. While lecturing the young students, I realised that I needed to write down my experiences.

"I am inspired by the national anthem of Qatar. I love the lines when they say ‘we are tough in time of peace and we are warriors in times of sacrifice’. As a resident of Qatar, I have been living under the unjust blockade. That is why I have given the title Warriors in Times of Sacrifice to my book”

Del Rio, a Mexican girl, in Turkey in 2018. I got married with her because it was maktoob — meaning already ordained. It is interesting that a Panamanian meets a Mexican in Turkey and they get married in Qatar. We got married three months after we met for the first time.

"The first reason for having the marriage in Qatar was that I had some important assignments to do here at the time. My in-laws, when they came here, also liked Doha. I think it became a historic marriage in Qatar. A lot of my Qatari friends gave me beautiful gifts. We wore Qatari traditional wedding dresses and had the sword dance. It proved to be an amazing and beautiful experience.”
Students of Doha College excel in IGCSE examinations

With over half of all papers marked at A*, 73.4% at A*-A and 97.2% at A*-C, Doha College (I) GCSE students recently exceeded in IGCSE Examinations. Speaking on the occasion, Dr Sommer, Principal of Doha College, said, “Very much in the spirit of High Performance Learning, Doha College has again been true to its ethos. The examination results at IGCSE surpassed all expectations, and it is truly phenomenal for a school of quite a mixed ability intake like Doha College. At A2 Level and AS Level, we matched past performances, and our students have done exceedingly well. My thanks go to staff for the unfailing support and guidance they give to students daily, and not to forget the parents. High achievement in academic work is only possible if we work in tandem with parents to soak up the essence and the ethos of the school. Congratulations to the entire community of Doha College, our students have yet again done us all proud.”

The highest achiever in the IGCSE examination was Waleed Nasr, who recorded perfect scores in 10 subjects, A*s and 9s. The best AS performance came from Antonia Heidel, who achieved five As in biology, English Literature, German, mathematics and physics.

Sara Mohamed was the highest achieving student at A2, having managed the same feat the year before in her AS examination; a few months earlier, she was named Doha College’s ‘2019 Outstanding Student’ and received this recognition at the school’s Awards Ceremony held in June.

“Perseverance, time management and organisation are the key factors to how I approach school life,” said Sara. “The great support I received from teachers and peers at Doha College has also positively contributed to instilling myself with a robust self-confidence. From personal experience, anyone has the ability to achieve great things if they have resilience and dedication, which allow an individual to overcome setbacks and treat them as the building blocks towards achieving things they could have never imagined.”

ISC and ICAI Doha members trek from Manali to Himalayas

Indian Sports Centre (ISC), in association with The Doha Chapter of the Institute of Chartered Accountants of India (ICAI), recently undertook a 6-day trek to Hampta Pass. Hampta Pass is located on the Pir Panjal range of Himalayas at 14,035 feet and Crossover Monsoon Treks in the Himalayas from Manali to Spiti Valley. The trekkers were given a sendoff by ISC from Doha. The Institute of Chartered Accountants of India, New Delhi, welcomed the 11 delegates from Qatar Chapter of ICAI and congratulated them for taking this initiative. The summit climb at 14,035 feet was accomplished on Day 4 of the trek. The team members held the Qatari and Indian national flags on the summit to mark the Qatar-India 2019 Year of Culture at the highest point.

As part of their CSR activity, the hikers, in association with Green Trails of India Hikes, also conducted ‘Mountain Cleaning’ activity. The team was lead by Rukkayya Pachisa, Chairman of ICAI Doha Chapter.

IIS marks Teachers’ Day

Ideal Indian School (IIS) recently marked Teachers’ Day as a tribute to the contribution made by the teachers to the society, imparting knowledge and enlightening and shaping the career of students. The day was celebrated in the Kindergarten, Junior, Boys’ and Girls’ Section. The celebration, included entertainment and felicitation programme along with funfilled game shows.

Syed Shoukath Ali, Principal of IIS, along with the heads of the sections and heads of department attended the celebrations. Speaking on the occasion, the Principal urged the teaching fraternity to rededicate themselves in moulding the future citizens of the world. He also said that teachers need encouragement and support from the community to feel that their devotion to students is appreciated.
MES marks Teachers’ Day

MES Indian School recently organised a special ceremony and assembly to mark Teachers’ Day. On this occasion, teachers were lauded for the noble service rendered towards the betterment of the young generation. K P Abdul Azeez, Director Academic and General Secretary of MES Governing Board, felicitated the teachers and paid a tribute to the faculty members for their efforts in dispelling the darkness of ignorance from the minds of students and inspiring them through their lives.

Khaleel A P, Director of Ministry Affairs, Embassy Affairs and Public Relations at MES Governing Board, also spoke on the occasion. Speaking on the occasion, Hameeda Kadar, Principal of MES, urged the teachers to rededicate themselves and work with full potential in a way to benefit the student community and wholeheartedly wished them to continue to bestow students with wisdom and knowledge. Sheela Pauly, Teacher Representative of MES, delivered felicitations on the occasion.

The faculty members of MES whose students produced 100 marks in their respective subjects in the board examinations, teachers with 100% attendance and teachers who put in long years of service, including 10, 15, and 20 years were felicitated on the occasion. A cake-cutting ceremony sponsored by Malabar Gold, in appreciation of teachers, was also a part of the event, which was followed by cultural performances.

Sameer Panday, Teacher in the Department of Hindi, impersonated Sarvepalli Radhakrishnan to deliver Teachers’ Day message. Various fun-filled competitions were also conducted for the teachers by the Department of Physical Education. Ahamed Isham, Director of Sport Games, Hashim N M, Director of Finance; and M P Salim and A Shamsudeen, members of MES Governing Board, also attended the event.

Veena, Staff Secretary Girls’ Section, welcomed the gathering and Nishana Faizal, teacher at Junior Section, proposed a vote of thanks.

SEMINAR: Olive International School (OIS) recently organised Inter School staff seminar at the Al Thumama Campus. The session was conducted by Indrani Dutta, Headmistress of OIS Al Thumama Campus. The focus was on ‘Discovering the Leader in You.’ The facilitator highlighted the Basic Principles of Leadership and Skills of genuine leaders that include the ability to be collaborative, mindful, visionary, and inventive. The facilitator also illustrated several methods to improve the quality of work even when a leader faces numerous challenges at work.
2020 Chevrolet Camaro ZL1: The art of performance

Armed with 650 horsepower and a 6.2L supercharged V8, the 2020 Chevrolet Camaro ZL1 is the fastest and most powerful yet to bear the nameplate. However, its unprecedented performance and dynamics are no surprise given the depth of engineering that has gone into its making. Here is how Chevrolet engineers built the most potent Camaro ZL1 ever, stated a press release.

Aerodynamic efficiency
Coaxing 650 horsepower and 881Nm of torque out of a supercharged V8 was just the beginning of the Camaro ZL1 performance story. To make the car as rapid as possible on the track and yet refined on the road, Chevrolet engineers made several aerodynamic enhancements to ensure this performance car forged a path of least resistance through the air. Unique features such as the available carbon fibre rear wing, specific air deflectors and dive planes on the front fascia produce grip-generating downforce to help the car stick harder and drive faster in turns. Furthermore, to ensure better cooling of the monstrous V8, the Chevrolet bowtie on the front grille is hollow to aid airflow. Overall, the Camaro ZL1 has as many as 11 heat exchangers for optimal cooling of the powertrain on the track.

Cutting-edge suspension
To reliably deliver the massive power from the engine safely on to the road and to ensure dynamic handling, the Camaro ZL1 is equipped with racing-derived, lightweight Multimatic DSSV dampers front and rear, which offer exceptional wheel and vehicle control. The front-end ride height is adjustable, along with the camber geometry. The rear stabilizer bar also offers three-way adjustability. In fact, the 2020 Camaro ZL1 can achieve unprecedented 10g to 10.2g cornering. Additionally, the self-adjusting Magnetic Ride Control dampers can read the surface of the road up to 1,000 times per second, making automatic adjustments to the ride quality on the fly. This ensures that the Camaro ZL1 is comfortable on the road and while continuing to be poised on the race track.

Quick-shifting transmission
While the standard six-speed manual transmission with Active Rev Match feature offers engaging dynamics, the available 10-speed automatic transmission has been calibrated for lightning-quick shifts and optimised for speed. With unique Track Mode settings and 10 ratios, the 2020 Camaro ZL1 is always in the perfect gear, when rolling on or off the throttle. The paddle shifter behind the steering wheel, meanwhile, makes manual gear changes easier than ever.

True to its racing heritage, the Camaro ZL1 delivers incredible performance on-track, however, the extra ratios in the transmission mean that while cruising on the road, engine revs can be kept low to reduce fuel consumption. In essence, the 10-speed automatic delivers the best of both worlds – performance and fuel efficiency.

The heart of the beast
Sitting at the core of the Camaro ZL1's performance lies the 6.2L supercharged V-8 engine developing 650 horsepower and a prodigious 881Nm of torque, enabling a benchmark run of 496km/h in just over 3.5 seconds. The quarter-mile is dispatched in just 11.4 seconds, making it one of the fastest cars in its class. Chevrolet engineers also paid extra attention to ensure that the Camaro ZL1's immense power could be reined in as effectively when required. The Camaro ZL1 can go from 96-0 Km/H in just 35 metres (107 feet), ensuring both remarkable track time and safety, thanks to its Brembo performance brakes.

Overall, the Chevrolet Camaro ZL1's mind-boggling performance is the end result of carefully considered engineering decisions that have resulted in a vehicle that redefines what a sports car can do on-track, without compromising its on-road manners.

Students of PSSC excel in HSSC-I exams

Students of Grade-XI of Pak Shamsa School and Collage (PSSC) recently excelled in HSSC-I examinations, held by Federal Board of Intermediate and Secondary Education (FBISE), Islamabad with 100% pass result. In Pre-Medical group, the position holders of the school, included Baynita Khalid, first position, with 441 marks, Javeria Saeed, second, 429, and Maryam Ashfaq, third, 355 marks. In Pre-Engineering group, the position holders of the school, included Aqsa Saleem, first position, with 447 marks, Nouman Imran, second, 440 marks, and Anas Mustafa, third position, 387 marks. In Commerce group Yousaf Gul secured first position with 413 marks, which was followed by Haroon Bismillah Jan with second position with 357 marks and Kristain Hagen, third position with 356 marks. Nabila Kaukab, Principal of PSS, congratulated the teachers, parents, and students for the excellent performance. M A Shahid, President of Management Committee of PSS, applauded all the members of the staff for showing remarkable progress. He also appreciated the Management Committee.
Mondrian Doha announces appointment of new general manager

Mondrian Doha, Qatar’s luxurious and award-winning hotel, has recently announced Wael Maatouk’s appointment as the hotel’s new general manager. Maatouk joins Mondrian Doha from his previous posts as general manager for hotels, including Shangri Village & Spa and The Ritz-Carlton Hotel in Qatar, stated a press release. With more than 20 years’ experience, and an astonishing record of success, Maatouk has demonstrated that he is an accomplished and knowledgeable leading figure in the hospitality industry regionally. Celebrating this occasion, Chadi Farhat, Chief Operating Officer Middle East and Europe at sbe Group, said, “I am delighted to announce the appointment of Wael Maatouk as the general manager of Mondrian Doha. Wael has decades of experience in the hospitality sector and we are confident that he will continue to ensure that Mondrian Doha is one of Qatar’s must visit destinations. On behalf of sbe, we continuously look forward to the growth of our community and adding valuable experiences towards our operations. We are pleased to have him as part of our team and look forward to having his expertise create a positive impact on our guests’ experience.”

Commenting on his appointment, Wael Maatouk, General Manager at Mondrian Doha, said, “I am honoured to have the opportunity to continue leading Mondrian Doha on its path to providing locals and travellers with the ultimate ‘One Thousand-and-One-Nights’ experience, an ancient story of tables where the limits of escapism is only in the imagination. My experience has equipped me with a holistic approach towards providing a renowned lifestyle experience to hotel guests. I am excited to join the sbe family and manage its first hotel in the Middle East. With sbe holding a pioneering position in the lifestyle hospitality realm, I will ensure that our service continues to be at the highest level of international standards. I am dedicated to leading by example and bringing Mondrian Doha the latest innovation in hospitality.”

In his new role, Maatouk brings extensive experience in developing policy, strategic implementation, and the co-ordination of staff in all departments to guarantee a harmonious working system while adhering strictly to regulatory requirements. He has a focus on quality and ensuring the best guest experience. In his most recent appointment, Maatouk managed an important transition of rebranding and re-positioning a hotel to become the first LXR hotel in the world for the new Luxury Collection under the Hilton Corporation. A Canadian national with Lebanese roots, Maatouk is fluent in French, English and Arabic. He began his early career as a food and beverage professional in the hospitality industry in Beirut and moved to Montreal where he pursued his higher education. He holds a Master of Business Administration in Management and Culinary Art.

Jaguar Land Rover develops 3D in-car experience with head-up display research

Jaguar Land Rover is developing next-generation head-up display technology that could beam real-time safety information in front of the driver, and allow passengers to stream 3D movies direct from their seats as part of a shared, autonomous future, stated a press release. Engineers are working on a powerful new 3D head-up display to project safety alerts, such as lane departure, hazard detection, sat nav directions, and to reduce the effect of poor visibility in poor weather or light conditions. Augmented reality would add the perception of depth to the image by mapping the messages directly onto the road ahead. Studies conducted in Germany show that the use of Stereoscopic 3D displays in an automotive setting can improve reaction times on ‘popping-out’ instructions and increases depth judgments while driving. In the future, the innovative technology could be used by passengers to watch 3D movies. Head and eye tracking technology would follow the user’s position to ensure they can see 3D pictures without the need for individual screens or shutter glasses worn at the cinema. In a fully autonomous future, the 3D displays would offer users a personalised experience and allow ride-sharers to independently select their own infotainment. Several passengers sharing a journey would be able to enjoy their own choice of media – including journey details, points of interest or movies – and optimised for where they are sat. The research – undertaken in partnership with the Centre for Advanced Photonics and Electronics (CAPE) at University of Cambridge – is focused on developing an immersive head-up display which will closely match real-life experience allowing drivers to react more naturally to hazards and prompts.

Valerian Meijering, Human Machine Interface and Head-Up Display Researcher for Jaguar Land Rover, said, “Development in virtual and augmented reality is moving really quickly. This consortium takes some of the best technology available and helps us to develop applications suited to the automotive sector. Not only does it provide a much richer experience for customers, but it also forms part of our Destination Zero roadmap, helping us to move towards a safer, more intuitive and smarter future, for everybody.”

Professor Daping Chu, Director of Centre for Photonic Devices and Sensors and Director of the Centre for Advanced Photonics and Electronics, said: “This programme is at the forefront of development in the virtual reality space – we’re looking at concepts and components which will set the scene for the connected, shared and autonomous cars of the future. CAPE Partners are world-leading players strategically positioned in the value chain network. Their engagement provides a unique opportunity to make a greater impact on society and further enhance the business value of our enterprises.”

The next-generation head-up display research forms part of the development into Jaguar Land Rover’s ‘Smart Cabin’ vision applying technologies which combine to create a personalised space inside the vehicle for driver and passengers with enhanced safety, entertainment and convenience features as part of an autonomous, shared future.
The beauty of Souq Al Wakrah

There are very few weekend ideas that can compare to a relaxing day spent with your family. If you are looking for a place where you can relax and enjoy some quality time with family then Souq Al Wakrah is the right place for you. There are many factors that make the experience of visiting Souq Al Wakrah unique, but the reason we love it because of its beautiful atmosphere that is steeped in culture and tradition thanks to its architecture that reflects Qatar’s rich heritage.

The souq and its many shops are built in a fashion reminiscent of Qatar’s old markets where you can walk in the open air and shop at the same time. Add on to it the fact that you can enjoy good food here along with a walk next to the sea. The souq has a 3km coastline with a corniche that is perfect for evening walks and a kids playground on the other side.

– Text by Azmat Haroon, photos by Shabna Shanid
Post-gym muscle pain? Protein shakes may not be the answer

Protein shakes have long been touted as a gym bag essential, consumed by gym-goers in an effort to boost muscle recovery and minimize post-workout muscle soreness, but they may not be the most effective way to relieve aching muscles, a new study suggests.

The researchers have found that neither whey-protein based shakes nor milk-based formulas enhanced the rate of muscle recovery following resistance training when compared to a carbohydrate only drink.

"While proteins and carbohydrates are essential for the effective repair of muscle fibres following intensive strength training, our research suggests that varying the form of protein immediately following training does not strongly influence the recovery response or reduce muscle pain," said study lead by author Thomas Gee from the University of Lincoln in the UK.

The experiment involved 30 male participants, all of whom had at least a year’s resistance training experience. Researchers asked participants to rate their levels of muscle soreness on a visual scale from ‘no muscle soreness’ (0) through to ‘muscle soreness as bad as it could be’ (200). Participants also completed a series of strength and power assessments to test their muscle function. The results showed a significant rise in the levels of muscle soreness across the three groups 24 hours and 48 hours after the initial resistance training session, with ratings for all groups rising to over 90, significantly higher than the groups baseline ratings, which ranged from 19–26.

The study also showed reductions in muscle power and function.

The findings published in the journal Human Kinetics, suggest there was no difference in recovery response between the different formulas and no additional benefit of protein consumption on muscle recovery.

"The dependence on protein shakes is one of the fads that need to be dispelled, especially when one uses it as a post-workout concoction to combat muscle pain," Ashutosh Jha, Consultant Orthopaedics, Columbia Asia Hospital in Ghaziabad, told IANS. – IANS.

LIFESTYLE/HOROSCOPE

ARIES

March 21 – April 19

You could be in the spotlight in the next few days, Aries. Try to resist succumbing to the applause of the audience, as you may encounter some unexpected obstacles. After being recognised by the public, you may need to confront the question. "Now what?" The answer lies in taking a modest approach from the outset.

CANCER

June 21 – July 22

Why do so many relationships seem to come with built-in booby traps, Cancer? Today you may get a particularly pressing demand from someone in your family to give of your time or money. You’re unwilling to part with either at the moment. You aren’t going to let your emotions choose for you for once. Hold onto your convictions and don’t let others influence your decisions!

LIBRA

September 23 – October 22

You may find today a bit upsetting, Libra. Your nurturing instincts genuinely want to assist the many people who ask for your help and advice, yet you can’t shake the feeling that they’re taking advantage of you or trying to make you do things you don’t want to do. Yes, it’s hard to be a good parent to others and yourself at the same time.

CAPRICORN

December 22 – January 19

For a few months now, you’ve felt that things are accelerating in your professional life. Capricorn. Perhaps some projects have developed more quickly than you anticipated. They may have even gotten a bit out of control. Today you should let yourself distinguish more clearly what you’ve done so far. You may be in for a surprise.

TAURUS

April 20 – May 20

If you have ties to any therapeutic profession, Taurus, you may make a strange discovery related to the health field today. You won’t find this discovery in any book or methodology that you normally follow. Emotions aren’t so blind as rational society would have us believe! Sometimes they lead us down the road toward knowledge. That’s the case today.

LEO

July 23 – August 22

This is going to be a day to protect your sense of space and privacy, Leo. You may be forced into some kind of partnership with some unscrupulous people. They’re going to make you feel like your territory is being invaded. What they don’t know is that you’re prepared. This isn’t a time for people to be bothering you!

SCORPIO

October 23 – November 21

How irritating to realise that those pesky problems from the past haven’t been resolved, Scorpio? Today you will have the strength and awareness to put these problems to rest simply by talking about them. Ironically, the reproaches made by your partner are what spark the change in attitude that you need.

GEMINI

May 21 – June 20

It’s like you have to do everything at the same time right now, Gemini. What you really need is an extra pair of hands and some additional hours in the day! It’s your nerves that may pay the price for this fast-paced existence. You can’t go on like this. Rather than give up on your goals, why not give yourself more time to reach them?

VIRGO

August 23 – September 22

Expect to have to make some adjustments in your love life, Virgo. You may be in a different frame of mind than your partner. Why not use the day to step back from the relationship? Spend time apart for a change. After all, there’s nothing dramatic about the fact that your needs and desires aren’t in sync. It’s only temporary.

SAGITTARIUS

November 22 – December 21

Continue slowly and steadily, Sagittarius. You may get all worked up over nothing because you want everything done at once! It would be a good time to prioritise what you really want to do. Be cautious of anything that distracts you. You have such a great desire to live through extraordinary experiences. Give yourself the time to completely experience them!

AQUARIUS

January 20 – February 18

If by chance you have to speak in public soon, Aquarius, trust that people will enjoy listening to you. Words come effortlessly to you, and you exude confidence. You willingly accept the compliments of others. Your energy level is high and you will be unstoppable. This is only fair after all of the work you’ve put in these last few months!

PISCES

February 19 – March 20

Here is just the kind of day artists dream about, Pisces. After yet another lukewarm reception of your artwork, an influential agent shows up and offers to place your paintings in one of the most prestigious museums in the world! This is just an example of the kind of extraordinary event that could be in store for you today. Whatever your pursuits, you have a very good chance of success!
**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.

**Codeword**

**Sudoku**

Sudoku is a puzzle based on a 9x9 grid. The grid is divided into nine 3x3 boxes. You are given a selection of numbers and your task is to fill in the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9. No number is repeated.
Super Cryptic Clues

Across
1 Deep professional discovered (8)
6 Second book for Mafiosi (3)
9 Land at the end of a passage? (5)
10 Work yet to be done with second record (7)
11 Unauthorised entry upset bear’s family (5-2)
12 Odd bits missing in rift valley country (5)
13 Rebellion caused by one skinhead in band (6)
15 Go and get married again? (6)
19 Backing European missile business (5)
21 A military leader is not specific (7)
23 Leader of pack with lots of dogs (7)
24 Some antagonism, some of which is intended (5)
25 Thirsty doctor coming to end of surgery (3)
26 Superficial variety in ooze (4-4)

Down
2 Put right about costume (7)
3 Side dish set before king (5)
4 Smooth outlaw in Yorkshire river (6)
5 Refuse to drop off (7)
6 Island producing whisky first of all (5)
7 Vehicle that’s infested? (5)
8 River skirting the end of Birnam Wood (6)
14 Pointers mostly superfluous (7)
16 Amount of land? A hundred agree to differ (7)
17 Tell Rex to cheer up (6)
18 Is story about tennis star? (6)
19 It’s bound to be recorded! (5)
20 Try to stop any extreme suffering (5)
22 Not any nuts for Land Rover? (5)

Answers

Wordsearch

Codeword
Spears’ dad steps down as conservator

By Nancy Dillon

Britney Spears’ dad is temporarily stepping down as her conservator after more than a decade, citing an unidentified health issue amid claims he got physical with her son.

In new court documents filed in Los Angeles, Jamie Spears said he wants to “temporarily relinquish” his guardianship powers over the pop star “due to personal health reasons.”

He asked that licensed caretaker Jodi Montgomery be appointed as his temporary replacement, saying she’s been Spears’ “care manager” for about a year and has the right “ability, experience and support resources” to keep the singer on track.

The handover of power should take place Monday and extend until January 10, Jamie said.

The paperwork was filed amid an independent evaluation of the conservatorship ordered by a judge in May after the Toxic singer, 37, testified behind closed doors for about an hour. The review is set to be the subject of a September 18 hearing.

In his latest filings, Jamie Spears said his replacement should retain his power to “restrict and limit visitors by any means,” retain caretakers on a 24-hour basis, hire security guards and access all records for the Grammy winner’s medical and psychiatric treatment.

Montgomery signed her own paperwork consenting to the handover of power.

Jamie Spears stepped in as his daughter’s conservator back in 2008 after some highly publicised turmoil in the singer’s life and her involuntary hospitalisation at a psychiatric facility.

He was in charge as she returned to the stage for a successful Las Vegas residency, regained visitation with her sons and started a long-term relationship with boyfriend Sam Asghari.

But the pop star checked herself into a mental health facility earlier this year due to problems with her medications, TMZ reported, and her father sought to register the conservatorship in other states amid an apparent threat to his authority.

He recently was accused of physically abusing Spears’ 13-year-old son, and authorities are investigating the matter, a law enforcement source confirmed to the New York Daily News this week.

The alleged incident happened August 24 while Spears’ two sons were visiting their grandfather at his Ventura County residence, the source said. The singer’s oldest son “got into an argument” with Jamie, and the grandfather allegedly became angry, busted through a door and put his hands on the child, the source said.

“This resulted in the child being afraid,” the source said. Spears quickly took her kids out of the house and back to their father, Kevin Federline, according to the source. Federline reported the incident to the Ventura County Sheriff, and a law enforcement restraining order was issued, the source said.

Federline and his Los Angeles divorce attorney Mark Vincent Kaplan later reached an agreement with Jamie Spears’ camp that he would keep his distance.

A sealed order was issued Tuesday that “restricts” Jamie’s presence around the kids and gives Federline sole legal custody and primary physical custody that’s “more than 90%,” sources confirmed to The News. “Kevin wants to assure that Britney has the most reasonable custody with the kids that is consistent with their best interests,” Kaplan told The News. “The kids love their mother, and Kevin doesn’t want to do anything that would be inconsistent with that.” – New York Daily News/TNS

Mumbai court asks police to probe assault charge against Salman

A Mumbai court has asked the police to probe assault charges levelled against Bollywood superstar Salman Khan by a journalist.

According to reports, the journalist has sought registration of an FIR against Salman and his bodyguards for allegedly assaulting him when he tried clicking some pictures of the actor on a bicycle. This, despite the fact that the journalist had taken sought Salman’s permission to click the photographs.

A magistrate in the Andheri court asked the police to investigate the matter on Friday.

“The police did not file FIR so he went to court asking for FIR to be filed. The Court did not permit that, but asked the police to investigate and submit a report,” said a source.

The journalist has been quoted by a Mumbai-based English daily as saying that if the court had not stepped in, the cops would not have registered his complaint.

CONTROVERSY: Britney Spears at the Once Upon a Time in Hollywood premiere at the TCL Chinese Theater IMAX in Los Angeles, California.

GUESSING GAME: Actress Karisma Kapoor has shared a throwback film still on Instagram and asked her fans to guess the name of the movie.

Karisma has fans guessing with a throwback pic

Karisma Kapoor has shared a throwback film still on Instagram and asked her fans to guess the name of the movie.

The actress took to Instagram on Friday and posted a photo from her younger days. In the picture, she poses with her hair let loose.

“#flashbackfriday Any guesses which film this pic is from? #guessinggame,” Karisma captioned the image.

Soon, fans started responding to her post with names of her early hits, including Jeet, Raja Hindustani, Chal Meri Bhati, Hum Saath–Saath Hain, and Hero No. 1 among others.

Requesting her to make a comeback, a fan wrote: “Queen please return to movies, dying to see you on screen.”

On the work front, the 45-year-old actress was last seen in the Shah Rukh Khan movie, Zero, where she did a cameo as herself. Even though Karisma is not actively doing films for the past seven years, the actress will be making her digital debut this year with the web series, Mentalhood. – IANS


Smith to do film adaptation of Brilliance

Hollywood star Will Smith and screenwriter Akiva Goldsman, who worked together on projects such as I Am Legend and I, Robot, are teaming up again for another sci-fi property, which will be an adaptation of the novel Brilliance.

The duo are in early stages of adaptation of Marcus Sakey’s book Brilliance published in 2013, which is about a world in which one per cent of the population has been born with special powers since 1980, the hollywoodreporter.com reported.

Smith would play federal agent Nick Cooper, who is tasked with keeping tab on individuals with special powers, known as Brilliants. Cooper has special powers himself: The ability to read body language so well that he can predict people’s moves.

Smith recently starred in Aladdin and has worked in Ang Lee’s Gemini Man, which is due on October 11, and Bud Boys for Life opening January 17. – IANS
Guidelines of the Contest:

Following the given mood board/theme board, participants need to design any two unisex sample of a T-shirt for a sporting event.

Eligibility to Apply:
1. Grade XII pass students.
2. Each participant is only allowed a submission of two designs.
3. Designs should be strictly hand sketched and coloured.
4. Strict plagiarism rules apply. Any inspired/plagiarised design can lead to the disqualification of the contestant.
5. No digital designs would be accepted.
6. Each sketch should be submitted in standard A4 size, should be drawn with standard HB pencil/black marker and can be coloured in any medium. The sketch should include other details, including fabric options, colour options, trims options etc.
7. Any embroidery or other surface technique on T-shirt should be sketched separately along with the T-shirt design in order to understand the participant’s concept.

Judging criteria:
The final judgement will be based on the following criteria. Each contains 25 marks.
1. Concept
2. Creativity
3. Design Details
4. Product Feasibility

About the Mood Board:
From historic era to the present day fashion trends, the visuals in the theme board highlights Qatar’s architecture to its glitz-glam ever changing fashion trends and colours. What’s new? What’s classic? And is everything collaborating and coming back together? We leave it to you, to your perception and view of fashion in Qatar.

For further details, and submissions, please scan the QR code above with your mobile phone camera or visit https://gulftimescommunity.com/designyourdreamcareer/
One of the most striking features of Qatar is the diversity of residents in the country, and many expatriates among them come from South Asian countries. The expatriates from countries such as Indian, Pakistan, Bangladesh and Sri Lanka bring their love for different sports to Qatar – a country that is known for its support for all sorts of sports. But cricket is easily the most popular and loved sport among people from South Asian countries.

Different community organisations organise cricket tournaments here from time to time. Cric Qatar Champions League is one of the biggest community cricket tournaments in the country. The opening ceremony of the 5th edition of the league was recently organised along with a music gala.

As many as 48 teams will vie for the coveted trophy this year. The opening ceremony was attended by around 200 players and spectators. The chief guest of the event was M S Bukhari, an eminent Indian businessman and philanthropist. Mohd Nabi, Vice President of Indian Sports Centre, was a guest of honour on the occasion. The guests were felicitated with a memento and shawl by the organisers.

He further shared: “I am also planning to start the shortest form of the game – T10 League – on a bigger scale in Doha in coming months, to showcase and enhance the local talent. My intention is to take T10 to another level. For this purpose I am in talks with different sponsors and supporters. The large Asian expatriate population can potentially look ahead to showcase their talent in these kind of tournaments.”

Speaking on the occasion, M S Bukhari said: “Cric Qatar Champions League is a unique tournament with numerous teams of expatriates from the sub-continent participating in it. The most exciting feature of the tournament is that its semi-finals and the final will be live streamed and all cricket lover will be able to watch the matches sitting at home.”

Congratulating Syed Rafi for his dedication and commitment in promoting cricket in Qatar, Bukhari said: “We hope that the tournament will expand to include more teams in the future.”

Mohd Habeebun Nabi said: “The excitement and energy are palpable and unimaginable. These kinds of tournaments are known for the strength of the players and their selection of shots. Cric Qatar is indeed one of the most popular cricket tournaments in Doha. All the matches will be scored live on Cric Qatar App.”

He added: “The efforts undertaken by Syed Rafi in promoting cricket in a professional manner are laudable and I wished all the best to the participating teams.”

“All the matches to be played on Fridays with the tournament being held at various grounds located in and around Doha”

Cric Qatar is excited with the response to this competition and we are very happy to bring in a structured tournament to Doha’s local talent with great prizes to play for. The standard of cricket has surpassed our expectations, the earlier tournaments showcased the passion for this game in,” said Mukarram Hussain, member of Cric Qatar organising committee. This year, the tournament is sponsored by Dana World Contracting Company, Henkel, Polybit, Indian Spices Hyderabadi Restaurant, Laundry me.