Despite high street brands making clothes for people with disabilities, the conversation around it is just beginning.

Galway, known as Europe’s last stop before America, has always boasted a thriving arts and music scene.

Started in 1968, Popeye is one of the oldest restaurants in Qatar — and the first to offer broasted chicken.

Finale of the Chinese martial series goes out with style.

Bollywood actresses look at decade past with nostalgia.
PRAYER TIME

Fajr: 4.57am
Shoroq (sunrise): 6.21am
Zuhur (noon): 11.39am
Asr (afternoon): 2.37pm
Maghreb (sunset): 4.57pm
Isha (night): 6.27pm

USEFUL NUMBERS

Emergency: 999
Worldwide Emergency Number: 112
Kahramaa – Electricity and Water: 991
Local Directory: 180
International Calls Enquiries: 150
Hamad International Airport: 40166666
Labor Department: 44508111, 44406537
Mowasalat Taxi: 44588888
Qatar Airways: 44400000
Hamad Medical Corporation: 44392222, 44393333
Qatar General Electricity and Water Corporation: 44845555, 44845464
Primary Health Care Corporation: 44593333, 44593363
Qatar Assistive Technology Centre: 44590405
Qatar News Agency: 44450205, 44450333
Q-Post – General Postal Corporation: 44464444

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

Frozen 2
DIRECTION: Chris Buck, Jennifer Lee
CAST: Kristen Bell, Jonathan Groff, Idina Menzel
SYNOPSIS: Elsa the Snow Queen has an extraordinary gift – the power to create ice and snow. But no matter how happy she is to be surrounded by the people of Arendelle, Elsa finds herself strangely unsettled. After hearing a mysterious voice call out to her, Elsa travels to the enchanted forests and dark seas beyond her kingdom – an adventure that soon turns into a journey of self-discovery.

THEATRES: Royal Plaza, The Mall, Landmark

My Santa
DIRECTION: Sugeeth
CAST: Dileep, Siddique, Sunny Wayne
SYNOPSIS: The life and challenges of a young girl and a secret Santa who comes into the little one’s life on a Christmas eve to fulfil the dreams of the child.

THEATRE: The Mall
The Colour Run 2020
WHERE: QNCC
WHEN: January 25
TIME: 7am – 10pm
Your Health First is a five-kilometre, untimed event. At each kilometre mark, Colour Runners are doused from head to toe in a different coloured powder. Participants wear white at the starting line and finish the race plastered in colour. Once the 5k is over, the fun continues at the Finish Festival, a larger-than-life party equipped with music, dancing, photo ops, activity booths, vendors, and more massive colour throws, which create millions of vivid colour combinations.

Gems and Jewels Exhibition
WHERE: Museum of Islamic Art
WHEN: Ongoing till January 18
TIME: 9am onwards
The exhibition comes in celebration of the Qatar-India 2019 Year of Culture and presents a look at magnificent gems and jewellery from India. Set in Stone: Gems and Jewels from Royal Indian Courts showcases more than 100 pieces from across Qatar Museums’ (QM) collections, including many masterpieces that have never been displayed before.

Winter Dragon Boat Festival 2020
WHERE: Museum of Islamic Art
WHEN: January 24
Row, paddle, hurry up! Qatar’s largest water sports, Winter Dragon Boat Festival is back to show us their fast rowing skills. Dragon boating is a canoe-sport and was originally a traditional festival game dating back 2,000 years throughout Southern China. It has now become a popular sport with competitions held around the world.

Metro Street Food
WHERE: DECC Metro Station
WHEN: January 2020 onwards
TIME: 12:30pm
Street Food is the ideal venue for a leisure experience for the whole family offering over 20 dine-in options and 18-hole World Mini-Golf setup.

Spring Festival 2019
WHERE: Souq Waqif
WHEN: Ongoing till January 4
TIME: 4pm – 10pm
The third edition of the Spring Festival at features an array of cultural programmes and entertainment activities. Around 60 games and rides are open. Circus shows will be also staged.

Public Speaking Classes for Adults
WHERE: Sharq Capital, C-Ring Road
WHEN: Ongoing
TIME: 6:30pm – 9pm
Get trained by experts to be a good speaker. Smedley Toastmasters is conducting a six-month speech-craft programme that teaches new members to speak confidently and develop leadership skills. For more information, 66053485, 33232490 or visit www.SmedleyToastmasters.org

Shop Qatar 2020
WHERE: Malls in Qatar
WHEN: January 7 – January 31
TIME: Entire day
Shop Qatar has something for everyone, including beauty masterclasses, fashion shows, shopping offers, mall activities and shows, raffle draws, and Chinese New Year celebrations.

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

Hobby Classes
WHERE: Mamangam Performing Art Centre
WHEN: Saturday – Friday
Mamangam is an art and performance centre started with a vision of spreading our knowledge, interests and experience in various disciplines in arts across different countries for children and adults. Mamangam has become the favourite centre for learning. We offer regular classes in the following disciplines like traditional classical and folk dance forms, art and craft, drawing and painting, personality development and public speaking, Bollywood dance, contemporary, hip hop styles, music both vocals and instrumentals. To develop health consciousness, we train them karate, yoga with special sessions for kids and adults. Mamangam has also come up with chess and robotics in regular batches in an attempt to give a better learning experience, as they sharpen their minds and brains too.

For those who wish to register for more details, visit www.mamangamqatar.in

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We’re like a pretty woman but with no make-up

— Sebouh Berejiklian, restaurant owner

By Mudassir Raja

Delicious food cooked with love and passion by mothers is always a fond memory for grown-ups. There have been ongoing discussions that whether or not the love and passion involved in preparing food items adds a special taste.

Nonetheless, there are people who believe that food prepared with passion and love does make an impression on the eaters. To support their argument, they refer to the food cooked by mothers saying the food always makes children happy and healthy. This is the culinary philosophy of Sebouh Berejiklian, originally from Armenia, and his family who have been running one of the oldest restaurants in Qatar.

“Whatever you eat, it translates through your age. We have customers who are 80 and they have been coming to us since they were young. We offer home-like experience when it comes to the menu,” said Sebouh, who runs Popeye Restaurant in Umm Salal Mohammed. The restaurant was established in 1968 by his father and since then it has become a family business.

The restaurant owner along with one of his aunts, who is a chef, sat with Community and shared how they have been able to sustain it for so long and what plans they have for the future.

“My mother, who is 92, came to Qatar in 1952 as a nurse and retired from Hamad Hospital as head nurse after working with different hospitals in the country. My father opened the restaurant in 1968 — that is before my birth. Popeye is primarily recognised with a famous cartoon character Popeye. I am really not sure that we are the oldest restaurant but what I am sure about is that it was the first restaurant to serve broasted chicken.”

Talking about the secret of their sustainability for over half a century, Sebouh underlined the significance of serving food of good quality cooked with love and passion. “Quality is one of the things that we have been maintaining. Customers’ loyalty is another thing. Every time you eat from this restaurant, you feel comfortable in your stomach. We do not use chemicals and preservatives. Everything we do fresh on order. We do not cook and freeze. We buy our ingredients keeping in mind the
health of the customers and the price of the items.

“There is another factor that has kept us going. We are the only family-owned restaurant business in Doha where we cook and eat ourselves. We do not cook at home. We know exactly what is in the food. Kitchen hygiene is our utmost priority. We have only the supporting staff.”

For the restaurant owner, honesty in food they sell is instructive. “The honesty with which you serve food makes your profit last longer. We do not charge much but we continue to move on. We are like a pretty woman but with no make-up. We offer original food with original recipes.”

The family-run restaurant follows its own recipes. “We have developed our own recipes. We have brought in different recipes from different countries only to develop our own unique methods.”

Sebouh believes the restaurant business is an activity that demands plentiful from the owners or managers. “You can never relax. You do not have days off or weekends. Minimum working hours for us are 16 hours every day. I have seen many people collapse in the business. I think too many people cannot survive in the industry. If they do last, they have to hire people to do the job for them. When you don’t hire competent persons, the quality can go down.”

The family has been working to open new outlets next year. “We are planning to open at six new locations in Qatar. The demand from the customers is very high. We have done no advertising for the last 50 years. At the same time, I do not want a customer to drive from Mesaieed or other areas to come to our restaurant for dinner or lunch.”

When asked what piece of advice he would like to share with aspiring people who want to come into the food industry, he said: “When I finished my university degree in business management, I was offered two jobs in the US; one offering high wages and other, comparatively lower. I opted for the job with lower wages. I washed dishes and mopped floors. I started from the kitchen and I would advise young people also to start from kitchen. If you want to succeed in the restaurant business, start from the kitchen. The highest rate of business failures has been in restaurants. The main reason is that most of the entrepreneurs do not know the kitchen well.”

Sebouh, the longtime restaurant manager, has also witnessed what he calls wonderful infrastructural development of Qatar. “With every passing year, Qatar seems to accumulate a growth of 10 years. For me, the development has been mind-boggling. Sometimes, I drive in certain areas and I cannot believe what I see. I use GPRS to find my way home even though I was raised here.

“Qatar is the most suitable country to do business in. At the same time, it is one of the safest countries in the world. I urge people to invest here and the time is now.”

Anna Gazariam, maternal aunt of Sebouh, is the head chef at the restaurant. When asked what makes her a successful chef, she said: “I was a very good cook at home. I know how to cook the original way. I cook with the same spirit I used to cook for my children. I cook as if I am cooking for my family.

“I would like to transfer my culinary skills to my children. I tell them that honesty and passion are very important ingredients for a successful recipe. Food is not just food. When you cook it, you put your energy in it. If you cook from your heart, it will produce a special taste. “Most of the customers tell me that the taste of my food is exceptional. It is true that we are a small restaurant but we have big a heart.”

Anna Gazariam, head chef

“I know how to cook the original way. I cook with the same spirit I used to cook for my children. I cook as if I am cooking for my family. Most of the customers tell me that the taste of my food is exceptional. It is true that we are a small restaurant but we have big a heart” — Anna Gazariam, head chef
A landmark year for fashion

Despite high street brands making clothes for people with disabilities, the conversation around it is just beginning, writes Lottie Jackson

Beyond greige orthopaedic footwear and sweatpants – a cardinal sin according to the late Karl Lagerfeld – your options as a trend-seeking fashion line, Tommy Hilfiger has brand to launch an adaptive fashion line, T ommy Hilfiger has

13.9 million disabled people, it is in mind. So, for many of the UK’s the wearer’s everyday challenges of the garment are fabricated with seated, to magnetic fastenings for which are pinch-free when discrete elasticated waistbands, This encompasses everything from an American student with

The rise in adaptive design. In fact, searches for newfound awareness of inclusive and chronic conditions – refl ects designed for those with disabilities fashion – clothing specifi cally for disability. The rise in adaptive understanding of how to design apply.

However, the last year has seen a radical rethink in our understanding of how to design for disability. The rise in adaptive fashion – clothing specifically designed for those with disabilities and chronic conditions – refl ects

Likewise, earlier this year Nike launched their Air Zoom Pegasus 35 FlyEase trainers in the UK – a model with revolutionary adaptive technology. A wraparound zip at the back of the shoe connects to cables that tighten the laces – allowing the wearer to put on the shoe with one hand. With the 2020 Paralympics on the horizon, Nike recently announced a new partnership with Handsfree Labs Inc, a pioneer in hands-free footwear technology. This whole endeavour was sparked by a letter from an American student with cerebral palsy sharing his dream of tying shoe laces independently.

Consumer demand was also the catalyst for Seasalt’s Easy On line, which launched in March after customers of the Cornish-lifestyle brand requested inclusive options. The adaptive collection features sleeve loops to help pull garments on, large zip-pulls and magnetic fastenings on their popular styles.

New start-ups off ering adaptive fashion market. Its name

ADAPTIVE FASHION: The brands must think along the lines that a garment must be accessible when dressing, medically safe, and all-importantly look fashionable when thinking of catering people with disabilities.

What’s next for adaptive fashion?

In the last year, activists such as Selma Blair and Sinéad Burke have proved that disability and style are not mutually exclusive. But when it comes to designing for a wide range of disabilities, this simple question is still considered a Herculean task. The design process is multifaceted and often demands medical input. According to Stephanie Thomas, disability stylist and founder of CurSible, there are three vital requirements – a garment must be accessible when dressing, medically safe, and all-importantly look fashionable. Ten years in the making, her trademarked Disability Fashion Styling System has become the definitive guide for adaptive fashion design. “As a woman with a disability I want to shop brands that are in line with my aesthetic ... I like adaptive clothing that’s beautifully designed with disability in mind.”

Cur8able, there are three vital disability stylist and founder of the defi nitive guide for adaptive

Fashion Styling System has become the definitive guide for adaptive

newspaper. – The Guardian

draws on the Japanese art form of repairing broken pottery with gold lacquer—reflecting the brand’s philosophy that all individualism is beautiful. The founder Emma McClelland believes we cannot underestimate the importance of chic yet accessible clothes: “The brand is about empowerment – it’s a middle finger to the fashion industry’s reluctance to represent people who fall outside its narrow limits.”

This idea of design bias is also the driving force of FFORA, a new accessory line for wheelchair users. Since July, FFORA has launched leather bags, lifestyle products and minimalist attachments for mobility aids. Created by Welsh-born Lucy Jones, whose thesis collection for disabled people landed her on the Forbes 30 Under 30 list – it is a masterclass in modern, inclusive fashion.

Likewise, a new London-based lingerie brand Elba – “Able” spelt backwards – focuses on front-fastening bras for individuals with limited mobility or diffi  culty dressing. Their patented magnetic closure is concealed at the front to balance the need for functionality with sleek styling.

So, for many of the UK’s 13.0 million disabled people, it is welcome progress.

The pioneers of adaptive fashion

As the first mainstream brand to launch an adaptive fashion line, Tommy Hilfiger has illustrated – with aplomb – the power of creating stylish clothing for consumers who have been historically overlooked. Unveiled at New York fashion week in September, the latest Tommy Hilfiger X Zendaya collection features 10 adaptive styles. Think 70s-style metallic gold turtleneck with hidden zipper and houndstooth blazer featuring magnetic closures.

In February, a Manchester-based start-up Kintsugi joined the adaptive fashion market. Its name draws on the Japanese art form of repairing broken pottery with gold lacquer—reflecting the brand’s philosophy that all individualism is beautiful. The founder Emma McClelland believes we cannot underestimate the importance of chic yet accessible clothes: “The brand is about empowerment – it’s a middle finger to the fashion industry’s reluctance to represent people who fall outside its narrow limits.”

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Women ruled the decade in books

There are many lenses through which to look at books in the decade just past. But one thing is certain: Women writers were a powerful force, writes Colette Bancroft


Women aren’t just writing more; they read more. According to the Pew Research Centre, 78% of women report having read one or more books in the last year, while only 68% of men have.

The surge of women’s writing shows no sign of slowing. Among the most anticipated books of 2020: Zora Neale Hurston’s Hitting a Straight Luck With a Crooked Stick, Hilary Mantel’s The Mirror and the Light, Louise Erdrich’s The Night Watchman and Emily St. John Mandel’s The Glass Hotel. And that’s just between January and March. Looks like a promising decade.

— Tampa Bay Times/TNS
Trouble in skiing paradise: Alps resorts struggle to find employees

While there may be no shortage of snow in the Alps, it’s becoming harder and harder for hotels and restaurants in the region to find enough qualified staff due to demographic and societal changes. By Fabian Nitschmann
More Americans than ever – 115.6 million – will travel this holiday season, from Saturday, Dec. 21 through Wednesday, Jan. 1. That is the most in nearly 20 years and represents an increase of 3.9% over last year, or 4.3 million.

How are you getting there?

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Average gas prices for New Year’s Day

- **2020**: $2.56
- **2019**: $2.39
- **2018**: $2.45
- **2017**: $2.00
- **2016**: $2.24

Source: AAA

Graphic: Staff, Tribune News Service
people who regularly sleep for more than 11 hours or less than four hours are 2-3 times more likely to have the incurable lung disease, pulmonary fibrosis, compared to those that sleep for seven hours in a day, researchers have found. They attribute this association to the body clock. The study, published in the journal Proceedings of the National Academy of Sciences, also reveals that targeting the body clock reduces fibrosis in vitro, revealing a potential target for this incurable disease that kills about 5,000 people, a year in the UK, the same number as leukaemia. “Pulmonary fibrosis is a devastating condition which is incurable at present. Therefore, the discovery that the body clock reduces fibrosis was possible to disrupt the fibrotic process making the animals more likely to develop pulmonary fibrosis. The researchers then showed, that pulmonary fibrosis is associated with short and long sleep duration using human data from the UK Biobank. The link between sleep duration and lung fibrosis is similar in strength to other known risk factors for this disease. People who report they regularly sleep four hours or less in a day doubled their chance of having pulmonary fibrosis while those sleeping 11 hours or longer in a day tripled their chance of having the disease, compared to those sleeping seven hours per day. Smaller, but still elevated, risks were also seen in people who like to stay up late at night or those who do shift work. The discovery that the clock plays a role in fibrosis suggests that altering these oscillations could become an important therapeutic approach, the researchers said. – IANS

Too short, long sleep linked to incurable lung disease

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The study, published in the journal Proceedings of the National Academy of Sciences, also reveals that targeting the body clock reduces fibrosis in vitro, revealing a potential target for this incurable disease that kills about 5,000 people, a year in the UK, the same number as leukaemia. “Pulmonary fibrosis is a devastating condition which is incurable at present. Therefore, the discovery that the body clock reduces fibrosis...”

John Blakley from The University of Manchester in UK.

“More work need to be done around studying the association between pulmonary fibrosis and sleep duration to establish both causation and reproducibility,” Blakley said.

“If these results are confirmed, then sleeping for the optimum time may reduce the impact of this devastating disease,” he added.

Our internal body clocks regulate nearly every cell in the human body, driving 24-hour cycles in many processes such as sleeping, hormone secretion and metabolism. In the lungs, the clock is mainly located in the main air carrying passages – the airways. However, the team discovered that in people with lung fibrosis, these clock oscillations extend out to the small air spaces, called alveoli. Studies in mice revealed that by altering the clock mechanism it was possible to disrupt the fibrotic process making the animals more likely to develop pulmonary fibrosis. The researchers then showed, that pulmonary fibrosis is associated with short and long sleep duration using human data from the UK Biobank. The link between sleep duration and lung fibrosis is similar in strength to other known risk factors for this disease. People who report they regularly sleep four hours or less in a day doubled their chance of having pulmonary fibrosis while those sleeping 11 hours or longer in a day tripled their chance of having the disease, compared to those sleeping seven hours per day. Smaller, but still elevated, risks were also seen in people who like to stay up late at night or those who do shift work. The discovery that the clock plays a role in fibrosis suggests that altering these oscillations could become an important therapeutic approach, the researchers said. – IANS

LIFESTYLE/HOROSCOPE

ARIES
March 21 – April 19

You may find yourself overwhelmed with information today, Aries. By midday both your voice mailbox and your e-mail box could be full up. It seems everyone needs a piece of you today. Don’t try and accomplish everything that people expect of you today; it simply isn’t possible. Instead, make your own decisions about what is important and what isn’t.

TAURUS
April 20 – May 20

Even though you might have to work today, Taurus, you should still try and take things fairly easy. You’re not just ready to embrace your workload with your usual vigour. Be sure to eat a healthy breakfast and lunch, as your body may be rebelling from some recent indulgences. Soup and a salad are advisable for lunch, along with plenty of water.

GEMINI
May 21 – June 20

You can’t force creativity. Not even you, Gemini. As much as you want to produce something fantastic right this minute, you will find that mere mortals such as us need the help of a creative muse. And alas, the muse is a fickle being. You can’t just snap your finger and summon it. You must coax it out, slowly, gently. This all takes time, alas, the muse is a fickle being. You can’t just snap your finger and summon it. You must coax it out, slowly, gently. This all takes time, you can’t just snap your finger and summon it. You must coax it out, slowly, gently. This all takes time. You can’t just snap your finger and summon it. You must coax it out, slowly, gently. This all takes time. You can’t just snap your finger and summon it. You must coax it out, slowly, gently. This all takes time. You can’t just snap your finger and summon it. You must coax it out, slowly, gently. This all takes time. You can’t just snap your finger and summon it. You must coax it out, slowly, gently. This all takes time. You can’t just snap your finger and summon it. You must coax it out, slowly, gently. This all takes time. You can’t just snap your finger and summon it. You must coax it out, slowly, gently. This all takes time. You can’t just snap your finger and summon it. You must coerc...
Codeword

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

Would you be ready for your big dance party tonight? Here’s my advice: take all the tips dad gave you, then do the opposite.

That just might work. I call it the ‘Katy Prison’ worked for me in ballet.

Go ahead! I’m holding the ball for you. Run and kick it!

I was led to believe that was going to work out worse for you.

Wordsearch

BARKER  HOSKINS  WELCH
GIBSON  SMITH  FOSSE
NEWHART  DOLE  MARLEY
CROSBY  KNEPPER  GELDOF
HOPE  WEIR  MATHIAS
SEGER  DYLAN
CUMMINGS  LILLY

Puzzles courtesy: Puzzlechoice.com

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 in the grid so that every column, every row, and every 3x3 box contains each of the digits 1 through 9. Once you have filled in the grid, any remaining squares are black.

Sudoku Book

Bound And Gagged

I want to exchange these socks for a ping!
Super Cryptic Clues

Across
1 Being there, have a ball a couple of hours before midnight? (10)
2 Mormon’s end by salt lake (4)
7 Braille translation for a politician (7)
8 Name of man responsible for seaside structures (5)
10 Short dog with a little tail (4)
11 Two instruments for sailors’ dance (8)
13 Poor sample of trees (6)
15 Clergyman moved diagonally (6)
17 After restraint certain to get cover again (8)
18 Chief supporter (4)
21 Stroll round Minehead, having the power (5)
22 Disturbance resolved in court (7)
23 The dogs ran wild, being wilful (10)

Down
1 The colour of fresh bream (5)
2 Mormon’s end by salt lake (4)
3 The naval hero is in the hold (6)
4 Part of book taken out in theatre! (8)
5 Care for teachers is head’s part (7)
6 Girl going by jet or prison van (5,5)
9 Knot for fastening a leg of mutton? (10)
10 After bad scare finish climb again (8)
14 Page bound to be easily bent (7)
15 Conservative upset by doctor’s decay (3-3)
19 Being sorry, destroy force (5)
20 Repeat what is said in the newspaper? (4)

Solutions

Colouring

Answers

Wordsearch

Codeword
Finale of the Chinese martial series goes out with style

By Kenneth Turan

The year is 1964, the event a karate tournament in San Francisco, and all eyes are on Bruce Lee as he gives a demonstration of Chinese martial arts. All eyes except those of Bruce Lee himself.

The future international sensation is instead looking reverently toward a slight figure in the stands, a quiet man in a traditional long black Chinese robe, someone sure of himself but composed. Could it be? Yes, it is. Ip Man is in the house.

A master of the Wing Chun school of fighting, the actual Ip Man was a revered figure who served as Bruce Lee’s teacher when the actor was growing up in Hong Kong. But for the last decade this real individual, who died in 1972, has been the subject of a series of action movies starring Donnie Yen that interwove the story of his life with fictional adventures.

Now comes Ip Man 4: The Finale, which moves the story largely to San Francisco and focuses on the sure hand of Yuen Woo-Ping, first among equals among action choreographers, whose work includes Crouching Tiger, Hidden Dragon and the Matrix films as well as dozens of Hong Kong efforts.

Directed, as were the previous three films, by Wilson Yip Wai Shun, and written by Edmond Wong, who’s also had a hand in all of them, the Ip Man movies are basically genre exercises, the martial arts equivalent of B westerns, albeit with bigger budgets. In this particular film, the bad guys, instead of wearing black hats, are all white Americans, not just random citizens but xenophobic racists of the most unapologetic sort.

“Go back to Asia” is pretty much the mildest thing they say.

Feeling that being sent to a school in San Francisco might straighten his son out, Ip decides to visit, but aside from meeting up with former student Lee (Kwok-Kwan Chan), America is a sour experience.

Even Ip’s fellow countrymen are not a welcoming bunch.

Taking a meeting with the Chinese Consolidated Benevolent Assn., led by Wan Zong Hua (Wu Yue), Ip is confronted by a group of fellow martial arts masters who are angry because Bruce Lee is breaking with tradition by taking American students.

This leads to one of Ip Man 4’s signature scenes, a face-off involving a single cup of tea, a revolving circular glass table and two very powerful wills.

Visiting a trendy private school, Ip is shocked to find Wan’s teenage daughter Yonah (Vanda Margraf), having to fight off some thugs/gang fellow students. Yonah lives for cheerleading (much to her father’s disapproval) and her skill has sparked some prejudiced resentment.

Though other martial artists have their moments, especially Bruce Lee, this, as the title indicates, is very much Ip’s show, and he ends up battling not one but two beefy and muscle-bound Americans who share a contempt for all things Chinese.

Fought first is Colin Frater (Chris Collins) a karate instructor for the US Marine Corps who believes “Chinese kung fu is only good for folding laundry.” He will learn otherwise.

Egged on by Gunnery Sgt. Barton Geddes (Scott Adkins), who encourages Frater to “shut these kung fu charlatans up for good,” Frater and then Geddes himself take on the deceptively mild-mannered Ip.

Jo March, a wilful tomboy with writerly dreams, and a clear stand-in for Alcott. With her brash personality and insistence on being called “siz,” Jo is a feminist icon and perhaps an early queer one; today, she might qualify as trans. (“Poor Jo,” one sister says of her gender, “it can’t be helped.”)

Here she’s played with glittering eyes and jumpy intensity by Saoirse Ronan, who fittingly dominates the film. With father away at war, Jo is essentially the man of the house. Compared to her, the other March sisters seem almost pitiable normal: Meg (Emma Watson), the quintessential flighty teen; Amy (Florence Pugh), the fine-art dilettante; and Beth (Eliza Scanlen), the good-hearted baby of the bunch. Laura Dern sparkles as Marmee, the patient March matriarch, while Meryl Streep cakewalks through her performance as crotchety Aunt March, whose attempts to hammer the girls into good marriages meet with mixed success.

Little Women gets off to a rocky start, alternating between past and present somewhat confusingly. Pugh is the only actress who remembers to play her younger character as a foot-stomping child, helping us distinguish between the early and later periods. Once the film finds its rhythm, though, it draws us in. The scenes of sisterly love and bickering are nicely rendered; Timothee Chalamet, playing the wealthy Theodore Laurence, is perfect as the boy who throws a monkey wrench into a family of close-knit females.

The film’s masterstroke comes when Jo finally finds her soul mate, a flight of romantic fancy that is both brilliant and daring, a meta-maneuver that stays faithful to the novel yet allows Jo to retain her independent spirit. In that moment, this Little Women feels like a much more modern story, and the one that Alcott truly wanted to tell.

— Newsday/TNS
**Bollywood actresses look back at decade past with nostalgia**

Many Bollywood stars have been in a nostalgic mood over the past decade, reminiscing about the decade that was. Several actors took to social media to recall experiences of the past decade and express how they are looking forward to the new one.

Bhumi Pednekar expressed that the bygone decade has turned her into a stronger person, but at the same time has created a vacuum by taking away a lot of people close to her. She wrote: “Cause life is the same time has created a vacuum by taking away a lot of people I love and that the bygone decade has turned her into a stronger person, but at the same time has created a vacuum by taking away a lot of people close to her. She wrote: “Cause life is the same time has created a vacuum by taking away a lot of people I love and that the bygone decade has turned her into a stronger person, but at the same time has created a vacuum by taking away a lot of people close to her. She wrote: “Cause life is the same time has created a vacuum by taking away a lot of people I love and that...
lots of rain, folk music and plenty of clubs. It doesn’t get much more Irish than Galway. “It is right on the edge of Europe, looking out on the Atlantic, America next stop. It’s wild, it’s really exciting,” Helen Marriage says of the city. She is creative director of the cultural programme with which Galway will celebrate its status as a European Capital of Culture in 2020, alongside Rijeka in Croatia.

It is hoped that making Galway as a city of culture will affirm the bonds within “local, national and European communities of which we are all part,” says Michael Higgins, Ireland’s president. This is a pro-Europe move for the university town, which is 160 kilometres from the border with Northern Ireland.

As Brexit beckons, Galway 2020 could not be more timely, according to Adrian O’Neill, Ireland’s ambassador in London. “We think we need culture more than ever.”

Many fear Brexit will exacerbate tensions between Northern Ireland, a UK territory, and the Republic of Ireland, an EU member state. For decades, Catholic nationalists have sought a union with their neighbours to the north, while Protestant unionists want to stay part of the United Kingdom. Thousands of people were killed in Ireland’s civil war, and tens of thousands injured. During the year as European City of Culture, the focus in Galway will be on language, landscape and migration.

Marriage’s cultural programme contains 30 projects in the Irish language, of the 154 that are planned. Art projects addressing migration will explore Ireland’s turbulent history as well as Europe’s cultural diversity, Marriage says. The aim is to show what it means to be a modern European country in difficult times.

Art projects and installations are taking shape across the city in preparation. An installation called Borderline involved inhabitants on both sides of the Irish border. Finnish lights artist Kari Kola will light the Connemara mountain green on St Patrick’s Day, March 17. Homer’s Odyssey will be read aloud on the wind-swept beach.

Margaret Atwood, the Canadian winner of the Booker prize, is also part of the programme. The 800,000-strong city was no stranger to culture before receiving the European title. Each year, from Easter to autumn, festivals rock the city in celebration of art, music or literature.

Mick Crehan, the proprietor of the Crane Bar which dates back to 1894, organises the annual Galway Sessions music festival and next year, his focus will be Europe and all the places that Irish music has set down roots.

He is excited about the opportunities being Europe’s cultural capital will bring. “We are proud of what we do and we want to show it off,” Crehan said, holding his flute. He started playing music as a child and recalls that music was a big part of everyday life in his family. Nowadays, Galway is known as a hub of traditional music and old and young play side by side, enjoying songs that date back centuries.

It’s an open, friendly city that’s used to visitors, according to Orla Egredor, a food tour guide. She leads people exploring Galway’s culinary offerings: from doughnuts to lamb salami, dark chocolate, tea, and biscuits. There are the Michelin-star restaurants, too.

With so much to discover, “Galway is the right choice as city of culture,” Egredor says. Galway 2020 shows “we are and we’re staying part of Europe.”

The stories she tells are as fun as the food, as a picture of the people of Galway takes shape through the goodies. Griffin’s Bakery, for example, has an ousized loaf snaking along the counter. Baker Jimmy Griffin was almost killed by an eel and started baking the bread to get over the trauma. After the surgery, he decided to bake a daily sourdough the shape and size of the giant Conger. Other loaves too tell of the sea, incorporating seaweed flakes.

Galway might be lashed by storms and wind, 240 days each year, but for Marriage, the town is just “like Barcelona in the rain.”

— DPA