Community
Best Buddies Qatar hold programmes in partnership with Stenden University Qatar and Michael E DeBakey High School.

Community
Tierra Mestiza, The Mexican Folk Dance Company, participates in 4th Cultural Diversity Festival at Katara.

Doha musings
Soumaya Akbib, President of Art & Culture without Borders, a Spanish non-profit organisation, has taken to Qatar with aplomb. P4-5

Reviews
Star-studded cast shines powerful light on true hero of Vietnam War. Page 14

Showbiz
Oprah promises a ‘deeper’ discussion on American Dirt amid controversy. Page 15
PRAYER TIME

Fajr 4.58am
Shorooq (sunrise) 6.20am
Zuhur (noon) 11.48am
Asr (afternoon) 2.56pm
Maghreb (sunset) 5.18pm
Isha (night) 6.48pm

USEFUL NUMBERS

<table>
<thead>
<tr>
<th>Service</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emergency</td>
<td>999</td>
</tr>
<tr>
<td>Worldwide Emergency Number</td>
<td>112</td>
</tr>
<tr>
<td>Kahramaa – Electricity and Water</td>
<td>991</td>
</tr>
<tr>
<td>Local Directory</td>
<td>180</td>
</tr>
<tr>
<td>International Calls Enquiries</td>
<td>150</td>
</tr>
<tr>
<td>Hamad International Airport</td>
<td>40106666</td>
</tr>
<tr>
<td>Labor Department</td>
<td>44508111, 44406537</td>
</tr>
<tr>
<td>Mowasalat Taxi</td>
<td>44588888</td>
</tr>
<tr>
<td>Qatar Airways</td>
<td>44496000</td>
</tr>
<tr>
<td>Hamad Medical Corporation</td>
<td>44392222, 44393333</td>
</tr>
<tr>
<td>Qatar General Electricity and Water Corporation</td>
<td>44845555, 44845464</td>
</tr>
<tr>
<td>Primary Health Care Corporation</td>
<td>44593333, 44593363</td>
</tr>
<tr>
<td>Qatar Assistive Technology Centre</td>
<td>44594050</td>
</tr>
<tr>
<td>Qatar News Agency</td>
<td>44490205</td>
</tr>
<tr>
<td>Q-Post – General Postal Corporation</td>
<td>44490333</td>
</tr>
<tr>
<td>Humanitarian Services Office</td>
<td>44464444</td>
</tr>
<tr>
<td>Ministry of Interior</td>
<td>40253373, 40253372, 40253369</td>
</tr>
<tr>
<td>Ministry of Health</td>
<td>40253370, 40253364</td>
</tr>
<tr>
<td>Hamad Medical Corporation</td>
<td>40253368, 40253365</td>
</tr>
<tr>
<td>Qatar Airways</td>
<td>40253374</td>
</tr>
</tbody>
</table>

The Great Alaskan Race
DIRECTION: Brian Presley
CAST: Brian Presley, Treat Williams, Brad Leland
SYNOPSIS: A group of brave mushers travels 700 miles to save the small children of Nome, Alaska, from a deadly epidemic.
THEATRES: Royal Plaza, The Mall, Landmark

Little Women
DIRECTION: Greta Gerwin
CAST: Saoirse Ronan, Emma Watson, Florence Pugh
SYNOPSIS: Jo March reflects back and forth on her life, telling the beloved story of the March sisters - four young women each determined to live life on their own terms.
THEATRES: Royal Plaza, Landmark, The Mall

Quote Unquote
“Climate is what we expect. Weather is what we get.”
– Mark Twain

Community Editor
Kamran Rehmat
E-mail: community@gulf-times.com
Telephone: 44466405
Fax: 44350474

For movie timings and further details please scan the QR code above with your mobile phone camera or visit qatarcinemas.com
PK MUSIC FEST - JUNOON
WHERE: Qatar National Convention Centre
WHEN: Today
TIME: 7pm onwards
The most sought-after rock band from Pakistan is coming in town on the ‘reunion tour’ bringing with them, their nostalgic and jingoistic gig. Ali Azmat, Salman Ahmad and Brian O'Connell will feed souls with their non-stop act of chants and anthems, which we all have been hearkening at for the past couple of decades.

MAHATHMA PURASKAR
SAMARPANA KALA SANDHYA
WHERE: ICC Ashoka Hall
WHEN: Today
Fun Day Club is hosting an award presentation event along with Janananma Charitable Trust to mark the death anniversary of Mohandas Karamchand Gandhi, Indian lawyer and anti-colonial nationalist. For the last five years, Janananma Charitable Trust has been organising ‘Mahatma Gandhi Cultural Forum Award. The event will honour the eminent personalities of the Indian community leaders.

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.

Metro Street Food
WHERE: DECC Metro Station
WHEN: Ongoing
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.

Shop Qatar 2020
WHERE: Malls in Qatar
WHEN: Ongoing till tomorrow
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.

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. We offer regular classes in disciplines like traditional classical dance, art and craft, Bollywood and hip-hop styles, Carnatic music, robotics, percussion instruments, keyboard, yoga, zumba and martial arts like Karate, Shaolin Kung Fu and Kalari. For those who wish to register for more details, visit www.mamangamqatar.in

Keto Diet at Elite Medical Centre
WHERE: Elite Medical Center
WHEN: February 8
TIME: 11am
To register for the seminar WhatsApp on 30771895 with your name and telephone number. It is a free seminar.

Qatar Food Fest
WHERE: Sheraton Hotel Park
WHEN: Ongoing till April 30
TIME: 4pm – 1am
The festival is currently happening at Sheraton Hotel Park. Qatar Food Fest features 77 stalls, food trucks, and trolleys, bringing culinary and cultural experiences from all corners of the globe to visitors and residents in Qatar.

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.

Makeup Masterclass
WHERE: Msheireb Downtown, M7 Building
WHEN: Tomorrow
TIME: 3pm onwards
Shop Qatar presents The Masterclass by celebrity makeup artist Mario Dedivanovic. Mario will share his trademark beauty tips and secret tricks guiding you into the making of his genius and how he applied it to his highly renowned muse Kim Kardashian West.

Compiled by Nausheen Shaikh. E-mail: gtlisting@gmail.com, Events and timings subject to change
“Art is a universal language inspired by beauty”

— Soumaya Akbib, fashion designer and art enthusiast

I have only praise for the social reforms led by Her Highness Sheikha Moza bint Nasser and her work in the fields of education, science and community development. This has paved the way for the art scene in Doha to be vibrant

— Soumaya Akbib
“We are planning to propose an exhibition of four women photographers that are adventurers and have travelled the world. They are Ana Maria Chediak (Ecuador), Esmeralda Martin (Spain), Mariacruz Sainz de Aja (Mexico) and Moudhi Hamad Abosatwa al-Hajri (Qatar) and, of course organising another exhibition of Spanish Artists in Doha for 2021”

— Soumaya Akbib

WORK BY AIXA PORTERO

How and when your interest in art started? With all your experience how do you define art?
I have always been interested in fashion and fashion is greatly influenced by art. Art is a language inspired by beauty. The beautiful thing about art is that it is a universal language that we can all understand and be touched by it.

Please share your views on how has the Spanish Artists in Doha exhibition fared?
So far, it has been very successful. The foundation is extremely grateful to Belen Alfaro, Spanish Ambassador to Qatar, and Dr Khaled bin Ibrahim al-Sulaiti, General Manager of Katara Cultural Village, for their contribution to the success of the exhibition. I am delighted to announce that the exhibition has been now prolonged to February 13. Everyone in Doha interested in art can have the opportunity of visiting the exhibition and purchasing a collection.

How would you best describe the art scene of Doha? Do you have any plans to return to Qatar with more artists?
Doha has become an extraordinary city. I have only praise for the social reforms led by Her Highness Sheikha Moza bint Nasser and her work in the fields of education, science and community development. This has paved the way for the art scene in Doha to be vibrant. Thanks to the fantastic work of HE Sheikha Al Mayassa bint Hamad bin Khalifa al-Thani and the team of Qatar Museums, Doha is a must see destination on the world art scene.

We are planning to propose an exhibition of four women photographers that are adventurers and have travelled the world. They are Ana Maria Chediak (Ecuador), Esmeralda Martin (Spain), Mariacruz Sainz de Aja (Mexico) and Moudhi Hamad Abosatwa al-Hajri (Qatar) and, of course organising another exhibition of Spanish Artists in Doha for 2021.

Truth be told, the foundation would very much like to do many projects in Qatar as, during my stay, I have fallen in love with the country, and I know that our honorary president, Princess Beatrice of Orleans, feels the same.

How vital are sponsors for the foundation’s projects as a non-profit organisation?
Art & Culture without Borders is a non-profit organisation and we, therefore, need corporate sponsorship and private donations to be able to continue our work and fulfill our mission. We are grateful to Qatar Airways and the Mondrian hotel in Doha for having helped us in this wonderful initiative. We have a programme called Friends of Art & Culture without Borders that welcomes everyone that wants to make donations to the foundation and be part of the work we do.

Globisation has not only brought people of different countries together but also magnified the differences and gaps among diverse communities. To bridge the gaps and understand different people in a better way, the role of art cannot be crucial.

In efforts to familiarise the people of Qatar with the art and culture of Spain, the exhibition entitled Spanish Artists in Doha has been going on in Katara. The exhibition contains 63 fascinating works of 13 Spanish artists put on display at Building 47.

Art & Culture without Borders, a Spanish non-profit organisation, has brought the art works to Doha. Community interviewed Soumaya Akbib, President of Art & Culture without Borders, who herself is a fashion designer and art enthusiast.

Please give us a brief introduction of yourself, including your childhood, education, and professional experience.
I was born in Tangier (Morocco) and moved to Spain in 2005. I have always loved fashion, and after being the CEO of my textile company in Morocco that exported its products to Europe, I had a terrible car accident and had to take over a year off. I then started my fashion brand Somaya Novias that has been very successful, and I have loyal clients in Spain and the Middle East. I am now introducing the brand in Qatar.

When and how Art & Culture without Borders was born? What is the most important objective of the organisation?
The foundation was created three years ago, It is a Spanish foundation registered as a civil society organisation with the United Nations. Our mission is the celebration of common humanity through art and culture as a link between people of different ethnic backgrounds and religions.

When were you got connected with the organisation? What have been the salient activities of the organisation so far?
I started with a project in 2018 that was a commercial event called Spanish-Arab Fashion that I organised at the Santiago Bernabeu Stadium, Madrid. The idea was a fashion festival of Arab designers and Spanish designers – to unite two different cultures through fashion – and it was a great success. There, I met Charles Marksaton-Mundy, and he offered to join forces with me if I started a non-profit organisation, and that is how Art & Culture without Borders was born. He became a goodwill ambassador and asked many of his friends around the world to be a part of the foundation. Princess Beatrice of Orleans was invited to be our honorary president.

We now have a fantastic list of Princess Ana Maria al-Senussi of Libya, Prince Paden Namgyal of Sikkim, Princess Amal Alayamini al-Sabah from Kuwait, Princess Mina Lehari, Yungchen Lhamo, Dr Alice Kandell and Countess Yelitza Karoly amongst others.

I have organised another very successful Spanish-Arab Fashion with the Kingdom of Morocco as the guest country last year in Madrid, an art workshop with underprivileged children of Tangier, an art workshop with women saved from slavery and sexual exploitation in Madrid last summer and now the Spanish Artists in Doha exhibition.

On the 3rd of April we have our third award ceremony in Tangier. This year’s honourees are namely; Prince Ermias of Ethiopia, Prince Idris of Libya, Prince Alfaro, Spanish Ambassador to Qatar, and Dr Khaled bin Ibrahim al-Sulaiti, General Manager of Katara Cultural Village, for their contribution to the success of the exhibition. I am delighted to announce that the exhibition has been now prolonged to February 13. Everyone in Doha interested in art can have the opportunity of visiting the exhibition and purchasing a collection.

Thanks to the fantastic work of HE Sheikha Al Mayassa bint Hamad bin Khalifa al-Thani and the team of Qatar Museums, Doha is a must see destination on the world art scene.

We are planning to propose an exhibition of four women photographers that are adventurers and have travelled the world. They are Ana Maria Chediak (Ecuador), Esmeralda Martin (Spain), Mariacruz Sainz de Aja (Mexico) and Moudhi Hamad Abosatwa al-Hajri (Qatar) and, of course organising another exhibition of Spanish Artists in Doha for 2021.

Our third award ceremony in Tangier is extremely grateful to Belen Alfaro, Spanish Ambassador to Qatar, and Dr Khaled bin Ibrahim al-Sulaiti, General Manager of Katara Cultural Village, for their contribution to the success of the exhibition. I am delighted to announce that the exhibition has been now prolonged to February 13. Everyone in Doha interested in art can have the opportunity of visiting the exhibition and purchasing a collection.

How would you best describe the art scene of Doha? Do you have any plans to return to Qatar with more artists?
Doha has become an extraordinary city. I have only praise for the social reforms led by Her Highness Sheikha Moza bint Nasser and her work in the fields of education, science and community development. This has paved the way for the art scene in Doha to be vibrant. Thanks to the fantastic work of HE Sheikha Al Mayassa bint Hamad bin Khalifa al-Thani and the team of Qatar Museums, Doha is a must see destination on the world art scene.

We are planning to propose an exhibition of four women photographers that are adventurers and have travelled the world. They are Ana Maria Chediak (Ecuador), Esmeralda Martin (Spain), Mariacruz Sainz de Aja (Mexico) and Moudhi Hamad Abosatwa al-Hajri (Qatar) and, of course organising another exhibition of Spanish Artists in Doha for 2021.

Truth be told, the foundation would very much like to do many projects in Qatar as, during my stay, I have fallen in love with the country, and I know that our honorary president, Princess Beatrice of Orleans, feels the same.

How vital are sponsors for the foundation’s projects as a non-profit organisation?
Art & Culture without Borders is a non-profit organisation and we, therefore, need corporate sponsorship and private donations to be able to continue our work and fulfill our mission. We are grateful to Qatar Airways and the Mondrian hotel in Doha for having helped us in this wonderful initiative. We have a programme called Friends of Art & Culture without Borders that welcomes everyone that wants to make donations to the foundation and be part of the work we do.
Best Buddies Qatar hold programmes in partnership with
Stenden University Qatar and Michael E DeBakey High School

Members of Best Buddies Qatar recently participated in ‘Glow in the Dark’ project organised by Stenden University students with the support of Technical Solutions for Events Qatar, Gasal Qatar and Qatar Stock Exchange. ‘Glow in the Dark’ featured number of art activities which aimed to show that art is accessible for every person with and without intellectual and developmental disability and to raise awareness about their integration. Dr Ivan Ninov, Executive Dean of Stenden University of Applied Sciences, said, “We are very happy to be involved in this wonderful initiative and support Best Buddies Qatar programme for the persons with disabilities. One of our main goals is to educate and prepare socially responsible individuals, who can positively impact the overall development of society.”

Within its Promoters Programme, Best Buddies Qatar held sports activities for 35 members with intellectual and developmental disabilities from Al-Qadissiya Model School for Boys, Al-Quds School for Boys, Kamal Naji Model School and Newton British Academy in co-operation with Michael E DeBakey High School. The members actively played various games and sports, including building cups pyramids with obstacles, jumping ropes, small tennis, basketball, musical chairs and parachute. Majida Timimi, Upper School Assistant Principal of Michael E DeBakey High School said, “We are privileged to participate in Best Buddies Qatar Promoters Programme and to help enhance life of persons with disabilities via organising and hosting various activities throughout the year. The opportunity to integrate and makes friendships with them brings gladness to our students.”

Laalei Abu Alfain thanked Stenden University and Michael E DeBakey High School for their support in enhancing life of persons with and without intellectual and developmental disabilities through social integration and one-to-one long lasting meaningful friendships.

NIS marks 71st Republic Day of India

Noble International School (NIS) recently organised an event to mark 71st Republic Day of India. Hussain Mohammed U, Chairman of NIS, unfurled the national flag, which was followed by a pledge by the audience in upholding the honour, integrity, diversity and uniqueness of the country. The audience repeated the preamble of the Indian constitution. The event featured various dance and musical performances. Shibu Abdul Rasheed, Principal of NIS, welcomed the gathering with a short briefing about the constitution and urged the students to follow unity in diversity. Speaking on the occasion, Hussain Mohammed highlighted the principle of ‘Unity in diversity’. Muneer, Academic Director of NIS, spoke about the constitution and how the students of today hold the future of their country in their hands. Robin K Jose, Vice Principal (CCA) of NIS, proposed a vote of thanks. The event was initiated by Jaymon Joy, Vice Principal Academics, Nizar K, Shihabudeen, Indira Ajeesh, Reshma Kapdi, Asma, K G Academic Co-ordinator, and Mohammed Hassan, CCA Co-ordinator.
Birla Public School (BPS) recently organised 16th Annual Athletic Meet at Al Wakrah Stadium. Mutaz Essa Barshim, High jump specialist and star of Qatar sports, was the chief guest on the occasion. Speaking on the occasion, he said, “Sports is a way of life which encourages the participants to lead a healthy life.”

The event kicked off with the prayer, followed by the National Anthem of Qatar and India. Ashlyn Montero, Sports Captain of BPS, welcomed the gathering, which was followed by a Symbolic Run with the lighted torch in the hands of senior athletes. The sports meet was declared open by Maria Thomas, Director of BPS. The oath taking ceremony was led by Anwin Thomas, School Sports Captain. Speaking on the occasion, Maria Thomas highlighted the fact that the world admires great sports personalities. Naming a few she added that she hopes that the athletes of BPS surpasses them all by learning the art of sportsmanship from a personality like Mutaz Essa Barshim.

A P Sharma, Principal of BPS, said that winning or losing is immaterial, participation is all that mattered. The meet also featured various dance performances, house wise display and a march past. The meet was concluded with a prize distribution ceremony. Mars house, led by Prajesh, Housemaster, bagged the first position in Display and March Past. Rajesh Pillai, Vice Principal of Co-Scholastics at BPS, declared the meet close. The meet was guided by Anam Sheik, Ramprasad and Shijo Pullel.

Talabat goes sustainable with Elite Paper Recycling

Talabat and Elite Paper Recycling have recently partnered to promote environmental sustainability and recycling across all their programmes and activities. This agreement with EPR reflects Talabat’s commitment to align and strengthen its vision to support Qatar National Vision 2030 in transforming the country into an advanced society capable of achieving sustainable development by 2030.

Elite Paper Recycling is the only paper manufacturing company in Qatar that can recycle all types of waste paper. In the coming days, Talabat will switch all deliveries to be sustainable packaging including boxes and paper bags with higher efficiency and reasonable cost. Francisco De Sousa, Managing Director of Talabat, said, “There are many paths to sustainability as the population is growing and to expand potential for future generations. This is just the beginning of it.” Talabat is one of the largest food ordering and delivery platforms in the Middle East, operating in seven countries.
Starfish Lane Kids marks Australia Day

Starfish Lane Kids recently organised an event to mark Australia Day. Jonathan Muir, Ambassador of Australia, attended the event. The event featured various musical performances by the students, including a rendition of 'Waltzing Matilda' and a performance by Nikki Djerde, singer. Speaking on the occasion, the Ambassador spoke about the current devastating bushfire situation in Australia. The ambassador also read Celeste the Giraffe Loves to Laugh, an Australian story written by Celeste Barber, to the children. Kimberley Sheedy, CEO of Starfish Lane Kids, said, “Celebrating our nationality exposes these young children to different cultures, traditions, games and cuisines. We want them to grow and learn in a fun, playful setting. We are grateful to the ambassador for taking time out in his busy schedule to celebrate this day with us. Considering the situation currently in Australia with the bushfires, Australia Day really does seem a lot more emotional this year.”

PEF recognises Bolan Award 2019 recipients

Pakistan Engineering Forum Qatar (PEF) recently organised an event in the recognition of achievement of Bolan Award 2019 by Pakistani expats in Qatar. The event kicked off with the recitation of the Holy Qur'an by Mohamed Tahir Jamil. Mohamed Javed Iqbal, President of PEF, welcomed the gathering. Speaking on the occasion, Javed shared the details about the upcoming events of PEF on technical topics. Rana Anwar Ali, one of the recipients of Bolan Award, briefed the audience about Bolan Cultural Society (BCS). He said that BCS has been managing cultural and social activities for last 39 years continuously. This is for first time that Pakistani expats from Qatar were nominated for the award. Rana Anwar dedicated award to the entire Pakistani community in Qatar. Bolan Excellence award 2019 recipients, include Ch. Mohamed Ajmal, Rana Anwar Ali, Farzana Safdar, Shahida Atiq Khan, Shahid Rofiq Naz, Nazakat Ali Khan, Shereen Khalid Khan and Uzma Ansari. PEF felicitated with award recipients on the occasion. Amir Saeed Khan, CEO of Pakistan Souq, presented Life Time Achievement Award to Ch. Mohamed Ajmal for his services towards community on the occasion. Ch Ajmal proposed a vote of thanks.
VITAMIN C FOODS THAT AREN’T ORANGES

- RED PEPPER: 209 mg
- YELLOW PEPPER: 341 mg
- BROCCOLI: 81 mg/cup, chopped
- KALE: 40 mg/2 cups, raw
- STRAWBERRIES: 85 mg/cup, whole
- KIWI: 64 mg
- CAULIFLOWER: 26 mg/½ cup, raw
- CLEMENTINE: 36 mg
- GRAPEFRUIT: 38 mg/half fruit
- BRUSSELS SPROUTS: 48 mg/½ cup, cooked
- PERSIMMON: 16 mg
- SPINACH: 17 mg/2 cups, raw
- TOMATO JUICE: 128 mg/6 ounces
- CANTALOUPE: 59 mg/cup, cubed
Exercise addiction is nearly four times more common among people with an eating disorder, researchers have found.

Exercise addiction was defined as having an obsessive approach to fitness that could have a negative impact on someone’s health and social life.

“It is known that those with eating disorders are more likely to display addictive personality and obsessive-compulsive behaviours,” said study lead author Mike Trott of Anglia Ruskin University in the UK.

“We are also aware that having an unhealthy relationship with food often means an increased amount of exercising, but this is the first time that a risk factor has been calculated,” Trott added.

The study, published in Eating and Weight Disorders, drew on data from nine studies covering a total of 2,140 people with a mean age of 25.

The researchers found that people displaying characteristics of an eating disorder are 3.7 times more likely to suffer from addiction to exercise than people displaying no indication of an eating disorder. “It is not uncommon to want to improve our lifestyles by eating healthier and doing more exercise, particularly at the start of the year. However, it is important to moderate this behaviour and not fall victim to ‘crash diets’ or anything that eliminates certain foods entirely, as these can easily lead to eating disorders,” Trott said.

According to the researchers, the study shows that displaying signs of an eating disorder significantly increases the chance of an unhealthy relationship with exercise, and this can have negative consequences, including mental health issues and injury. “Health professionals working with people with eating disorders should consider monitoring exercise levels as a priority, as this group have been shown to suffer from serious medical conditions as a result of excessive exercise, such as fractures, increased rates of cardiovascular disease in younger patients, and increased overall mortality,” Trott concluded. – IANS
**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.

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

**Sudoku**

Sudoku is a puzzle based on a 9x9 grid. The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 to 9.

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

**Wordsearch**

<table>
<thead>
<tr>
<th>BELL</th>
<th>CHAIN</th>
<th>COAST</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXERCISE</td>
<td>GEARS</td>
<td>JERSEY</td>
</tr>
<tr>
<td>MIRROR</td>
<td>RACE</td>
<td>SPOKES</td>
</tr>
<tr>
<td>BIKE</td>
<td>CLIMB</td>
<td>DERRAILLEUR</td>
</tr>
<tr>
<td>FAST</td>
<td>HANDLEBARS</td>
<td>LIGHT</td>
</tr>
<tr>
<td>PEDAL</td>
<td>REFLECTOR</td>
<td>WHEEL</td>
</tr>
<tr>
<td>CABLE</td>
<td>CLIPS</td>
<td>DOWNHILL</td>
</tr>
<tr>
<td>FORK</td>
<td>HELMET</td>
<td>LOCK</td>
</tr>
<tr>
<td>PUNCTURE</td>
<td>SADDLE</td>
<td></td>
</tr>
</tbody>
</table>

**Puzzles courtesy:** Puzzlechoice.com
**Super Cryptic Clues**

**Across**

1. Bills are revised by some politicians (8)
2. Attempt - to use a dagger (4)
3. Capturing some Italian city (5)
4. God accepting drink in Borders (7)
5. Arrested, having committed a theft (7)
6. A large number study in fear (5)
7. Tax cut (6)
8. Sounds made by hooters about one (6)
9. Term of endearment, like “honey” (5)
10. Comments about stains (7)
11. The vowel sounds we make? (3,3,1)
12. Working or departing (5)
13. Drug for a fool (4)
14. School staff trained cats here (8)

**Down**

1. Rest from dispute, leading retreat (3,2)
2. Like a certain poet composing in Corby (7)
3. Western farm operated by church (5)
4. Innocent creature getting attorney to reveal Greek letter (6)
5. Journey to the east? Nonsense! (5)
6. Be joining teams in addition (7)
7. Ode or composition in western show (5)
8. Tried, for example, scattering seed around (7)
9. Laurel traps a devil (5)
10. Rubies, if not set properly, can result in injury (6)
11. Furnish egghead with clever remark (5)
12. Enchanted soldier in raincoat (5)
13. Wise men taking a long time on Sunday (5)

**Answers**

![Crossword Answers](image)

**Wordsearch**

![Wordsearch](image)

**Codeword**

![Codeword](image)
Star-studded cast shines powerful light on true hero of Vietnam War

By Katie Walsh

In the Gettysburg address, President Abraham Lincoln paid tribute to those who fought and died for their cause, to which they “gave the last full measure of devotion.” Lincoln’s description of the ultimate sacrifice provides the title for Todd Robinson’s The Last Full Measure, which depicts the long quest to award Air Force pararescue medic William Pitsenbarger the Medal of Honor 34 years after he perished in the Vietnam War.

The Medal of Honor, the military’s highest distinction, has been awarded to just over 3,500 service members who have distinguished themselves with extraordinary acts of valor in combat since the Civil War. The Last Full Measure is about the significance of the decoration, but as the story unfolds, it’s clear it’s as much about the journey as the destination.

It’s so important to his surviving Air Force buddies and the Army soldiers he saved to just over 3,500 service members who have distinguished themselves with the Medal of Honor, the military’s highest distinction, has been awarded years after he perished in the Vietnam War.

The process of putting together the Medal of Honor file becomes a way to clean out the emotional wounds, as Scott bears witness to the men reeling with their past. At the behest of Tulley (William Hurt), Scott sets off to interview Army vets Billy (Samuel L. Jackson), Jimmie (the late Peter Fonda), Ray (Ed Harris) and Kepper (John Savage), whom Pitsenbarger helped to save in Vietnam during the bloody Operation Abilene.

In a series of messy and chaotic flashbacks, which are unfiltered from any specific person or memory, the story of Pitsenbarger’s heroism unfolds: sent to rescue a battalion of Army soldiers pinned down in the jungle by the Viet Cong, the 21-year-old Air Force medic lowered himself to the ground to treat the wounded and fight off the enemy, waving away the helicopter as it tried to pick him up, fighting alongside soldiers he didn’t know before he was killed in the night.

It’s a shame the flashbacks are so hurried, as the gravity of Pitsenbarger’s actions landed morally with the audience. It’s also sidetracked by an underdeveloped storyline about the misguided nature of Operation Abilene and the reasons for that. But fundamentally, The Last Full Measure is about the healing process for the veterans and Pitsenbarger’s parents as they pursue recognition for their son and hero. Although the script and aesthetic are rather melodramatic and oftentimes overly studied, the film’s power comes from the material’s quiet nuance performances.

What one walks away with from The Last Full Measure isn’t necessarily the heroism of Pitsenbarger, though his personal sacrifice was immense. What the story is about is the deep shame and trauma vets contend with, as survivors who made it out alive, as men who are fallible and flawed who did their best under extreme violence and duress and have to live with those choices for the rest of their lives. What The Last Full Measure demonstrates is how powerful it can be to shed light on the emotional wounds, through testimony, bearing witness and yes, ceremonial recognition. - TNS

A new adaptation of Henry James novella is less about answers, more about gothic horror

By Katie Walsh

At the end of Floria Sigismondi’s The Turning, after all the credits had rolled, male members of the audience at a press screening were visibly and vocally upset. They were seemingly enraged at the film’s unwillingness to offer up a simple definitive answer about the possessed haunting in its center. Henry James’ 1898 novella The Turn of the Screw, joining a century’s worth of questioners who have puzzled over the story of a young governess bedevilled by ghosts at her new job. Are these ghosts real, or is she just crazy? It’s an age-old question, but Sigismondi is confident simply not answering it, as frustrating as that may be.

Jack Clayton adapted the novella into 1961’s The Innocents, starring Deborah Kerr, and now The Runaways’ heimer and music video director Sigismondi updates the tale to a more modern era, all the moody gothic vibes enhanced by the film’s grunge-era Washington state setting. Mackenzie Davis stars as the young governess, Kate, who leaves behind her life in Seattle out of a desire to help a wealthy young girl, orphaned and abandoned by her last teacher.

Flora (Brooklynn Prince) is indeed a charming and delightful child, though the stern British housekeeper Mrs. Grose (Barbara Marten) is anything but, and Flora’s older brother, Miles (Finn Wolfhard), is entering his teen years angrily and violently. The crisp script, by The Conjuring screenwriters Carey W. Hayes and Chad Hayes, does not hold the viewer’s hand. Explanation and speculation around the mysterious events is jettisoned for tone and atmosphere, which The Turning has in spades, thanks to the lush production design by Paki Smith and spectral cinematography by David Ungaro. Smith and Ungaro also worked on the feminist biopic Mary Shelley, about the godmother of goth herself. Stylistically, Sigismondi and the creative team nod to 1960s Hammer horror productions, with lush close-ups of an ice-blond Davis against set brocade jewel tones, a ghostly camera following as she traverses dark hallways in her nightie, investigating things that go bump in the night. Even in the ultra campy line readings from Marten and the precocious Prince are a nod to the low-budget British horror ficks.

Davis conveys Kate’s contention between her intuition and the duties she’s promised to fulfill as things start to swerve toward the surreal in the emotional heliace, which she can’t discern as internal or external. The suspense builds up like a slow-burning, queasy sense of dread, a sickening feeling of invisible imprisonment rather than a high-strung high-wire tension act derived from jump scares or the supernatural.

The Turning builds to a deeply disturbing crescendo, then pulls the rug right out from under the audience in a way that seemingly undercuts what came before, an uncovering of dark, violent secrets that offer a new spin on The Turn of the Screw. The enigmatic ending doubles down on the ambiguity with which the film has already toyed. It’s less about answers and more about evoking a richly rendered gothic horror vibe while intuition bitterly battles reason. It may not work for everyone, but those for whom it works will find much to savour and puzzle over in The Turning. - TNS
Oprah promises a ‘deeper’ discussion of American Dirt amid controversy

By Christi Carras

Nearly a week after she announced Jeanine Cummins’ buzzy novel American Dirt as her latest book club pick, Oprah Winfrey has broken her silence on the mounting backlash the title has sparked.

In a video shared to her book club Instagram last Sunday, Winfrey commented on the brewing controversy surrounding Cummins’ migrant tale and acknowledged the concerns many in the Latinx community have voiced about the selection. Though hailed by some — including Winfrey — as a moving story of a mother-son duo’s daring journey to the United States, the book has amassed a growing chorus of dissenters who are slamming it as an offensive act of cultural appropriation.

“There’s been a lot of talk about this book, lately, and I just wanted you all to hear, directly from me, that I read an advance copy of American Dirt last summer, before it even was an official book,” Winfrey said in the video. “It was a visceral experience for me — a migrant story being told from a mother’s perspective about the lengths that she would go to protect her child to get to freedom in America. I was deeply moved. I had no idea how harrowing the first sentence, and I could hardly wait, really, to share it with all of you.”

Then came the “but.”

“Now, it has become clear to me, from the outpouring — may I say — of very passionate opinions, that this selection has struck an emotional chord and created a need for a deeper, more substantive discussion,” the TV mogul continued.

“When I first started to hear your comments opposing the selection, I was asking the question in earnest: ‘What is offensive?’ I’ve spent the past few days listening to members of the Latinx community to seek understanding of their concerns, and I hear them. I do.”

Written by Cummins — who was born in Spain, raised in Maryland and identifies as both white and Latina — American Dirt follows Lydia as she flees Mexico with her 8-year-old son, Luca, after a drug cartel murders several of their family members at a quinceañera. Several Latinx critics have argued that the pages, filled with italicised Spanish words and references to Mexican culture, are littered with damaging stereotypes and inaccurate portrayals of the people it claims to represent. In a recent commentary, Times staff writer Esmeralda Bermudez traced the representation issues back to the US publishing industry, which she noted is 80% white and often fails to extend opportunities to authors of colour.

“What made me cringe was immediately realising that this book was not written for people like me, for immigrants,” Bermudez wrote.

“It was written for everyone else — to enchant them, take them on a wild border-crossing ride, make them feel all fuzzy inside about the immigrant plight. It’s strange that a novel so many are praising for its humanity seems so far from all the real-life immigrant experiences I’ve covered.”

Already, a book signing with Cummins was scheduled to take place Tuesday at Vroman’s Bookstore in Pasadena had been cancelled, and Warwick’s, a bookstore in La Jolla, also mixed its Monday book signing and discussion with Cummins due to “safety concerns.”

As a sort of solution to the firestorm her choice helped fuel, Winfrey proposed a new plan for a forthcoming American Dirt episode of her new Apple TV+ series, Oprah’s Book Club.

“What I want to do is bring people together from all sides to talk about this book and who gets to publish what stories,” she said. “And I’m hoping that is going to resonate with many of you and your concerns. I think it’s going to allow us to open up the conversation in unexpected and — I really hope — meaningful ways.”

The American Dirt edition of Oprah’s Book Club launches on Apple TV+ in March. – Los Angeles Times/TNS
Mexico participates in the 4th Cultural Diversity Festival at Katara

Tierra Mestiza, The Mexican Folk Dance Company, recently performed at the Katara Amphitheatre as a part of the 4th Cultural Diversity Festival. The participation of Mexico was on the sidelines of the 6th Global Public Diplomacy Network General Assembly held from January 20 till January 22. In tune with the diversity spirit of the festival, the 13 dancers and Soledad Huerta, one senior singer, embodied dances and rhythms of four different regions of Mexico, including Jalisco, Nuevo Leon, Sinaloa and Veracruz. The combination of religious myths and scenes of everyday life, love and tragedy, were transmitted via excellent choreography and movement.

New book from GU-Q alumna and WISE CEO brings future of education to life

In a newly released book titled Ed Futures: A Collection of Short Stories on the Future of Education, co-authors Stavros Yiannouka, CEO of The World Innovation Summit for Education (WISE), Deena Newaz, a graduate of Georgetown University in Qatar (GU-Q), and Vesta Gheibi, a Digital and Communications specialist at WISE, explore the role of emerging educational technologies in an imagined future, bringing to life the possibilities and potential pitfalls of edtech via science fiction.

In the book, the reader is invited to enter a futuristic world where genetic engineering has created super students, computer systems are interfaced with the human brain, and artificial intelligence has made education accessible in new, and often complex ways. While these ideas may sound far-fetched, explains Deena, who contributed to the book, they aren’t as impossible as they may seem. “A big part of the work we do at WISE is identifying and landscaping innovative technologies that can transform education. So we based our exploration of the future on the technologies we are already seeing in development and its impact on human relationships,” she said.

The authors project an imagined future to look at the impact of new technologies, but that doesn’t mean the future is already written, says co-author Stavros Yiannouka. “In the book, we don’t confirm whether a technological innovation is good or bad. Instead, we focused on the advantages and disadvantages. The final outcome will require everyone’s involvement, from students, to educators, to policymakers.”

The goal of writing a book about the future of education through fiction, explains Deena, was to make the conversation on edtech more accessible to all audiences, not only education specialists. “The truth is that we don’t know what the future holds. Speculative fiction presents a risk-free way to forecast what that future might look like, so we can try and work towards the future that we want,” Deena first used speculative fiction as a way to explore the politics of voicing women’s war-time experiences in her honours thesis, while a Culture and Politics major at GU-Q. “I have always been interested in how fiction can enable women to voice their trauma in an ethical way, and serve as a powerful medium for sharing multiple truths,” she said. Following graduation, she managed youth development programmes at WISE and designed content for three global forums, and she is currently completing a Masters in Education and International Development at the University of Cambridge.

The book, which is now available on Amazon, had a pre-launch at an event held in San Jose, California, at a closed roundtable gathering of specialists who work at the intersection of technology, education, creative writing, and film.

Students of DPS-MIS watch live telecast of Pariksha Pe Charcha-2020

The students of DPS Modern Indian School (DPS-MIS) recently watched the live telecast of the third edition of Pariksha Pe Charcha-2020, a programme by Narendra Modi, Prime Minister of India. The programme, organised by the Ministry of Human Resource Development of Government of India, was aimed at providing some useful stress-busting and confidence-boosting tips to the students to ease their pressure of the examinations. At the outset the prime minister wished a prosperous new year and a new decade to all the students and mentioned that the hopes and aspirations of the current decade rest on those kids who are in their final years of schooling. He encouraged a#withoutfitter discussion with thousands of school children. From talking about how to lift the mood while preparing for boards to the pros and cons of technology, PM Modi explained the students on how to win over challenging situations.

Replying to a student’s question, prime minister urged the students not to be a slave to technology and utilising it, in enhancing one’s capabilities. He stated that technology should lead to the expansion of the mind and act as a tool not a master.