New technique
Professor teaches tiny nanoparticles to prevent heart attacks. P2-3

Cuisine
Baked potato with favourite toppings – a comfort food. Page 6

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Kids learn basics of martial arts on National Sports Day. Page 16
Breakthrough

The hope, Bryan Smith, Michigan State University associate professor, tells Neal Rubin, is that their tiny Trojan horses “can reduce the need for bypass surgery, for stents and for other drugs.” Assuming it works, it’s probably a decade away from actually saving lives.

The entire swarm of dark black nanoparticles can easily fit into a syringe, and could fit within a drop from an eyedropper if you really scrunch them together.

— Bryan Smith, MSU associate professor
A n associate professor from Michigan State University has helped invent a potential treatment for coronary artery disease — a sub-microscopic scouring process he likens to "taking out the garbage."

Bryan Smith, 40, came to MSU in late 2018 from Stanford University, where he and a few other extremely smart people figured out they could direct nanoparticles to tell cells to engulf and eat the arterial debris that can cause heart attacks.

The hope, he says, is that their tiny Trojan horses "can reduce the need for bypass surgery, for stents and for other drugs."

Assuming it works, it's probably a decade away from actually saving lives.

As Smith and his colleagues continue the arduous process of testing their creation and bringing it to market, however, it's a fine time to be astonished at just how small a nanoparticle is. Consider the human hair and the concept of a trillion.

"Classically," Smith says, "the width of a human hair is 50 microns." That changes a bit by individual and how much they spend on conditioner, but still: 50 microns, which translates to 50,000 nanometres.

One trillion, meantime, is a million trillion.

Smith's nanoparticles are two nanometres in diameter, which means a hair is 25,000 times their width. And the number of nanoparticles it took to inject 40 mice in the lab, he says, was about a quadrillion, which is a thousand trillions.

The next logical question is what kind of container holds a quadrillion nanoparticles. Do they fit in a thimble? A syringe? A medium-sized squirt gun?

Like many medications, Smith says, each mouse dose was suspended in a saline solution for proper dilution.

The entire swarm of dark black nanoparticles, however, "can easily fit into a syringe, and could fit within a drop from an eyedropper if you really scrunch them together," he says.

Scrunched or otherwise, "it's astonishing when I think about it sometimes," Smith says. "But people have been doing all kinds of fun things to molecules for years."

He joined the nanoparticle party after growing up in Cincinnati and earning a PhD. In biomedical engineering from Ohio State. In deference to his Big 10 colleagues and his health, he says, he only displays his OSU memorabilia at the East Lansing home he shares with wife Ziba, an MSU research grants administrator, and their 3-month-old daughter, Adara.

Smith had set out to be a veterinarian like his dad but discovered he loved animals too much to watch them die.

Fortunately, he also loved asking how-does-this-happen sorts of questions, to the point where "I annoyed the heck out everybody, I wanted to know how nature worked."

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The language of that area is math, which he turned out to speak fluently. That led him to a teaching position at Stanford, where he found cardiologist Nicholas Leeper, who’d published a paper that showed how immune cells called macrophages were being told not to eat the plaque dandruff within arteries that can lead to atherosclerosis.

Atherosclerosis is a specific type of arteriosclerosis, or hardening of the arteries, that can be a highway to cardiac arrest or stroke.

Smith, Leeper, postdoctoral research fellow Niloufar Hosseini Nassab, medical student Alyssa Flores and a cast of colleagues focused on selectively intercepting the signalling of receptors within the macrophages and sending out messages to get busy.

The base nanoparticles are created through what's known as a high-pressure carbon monoxide process. HiPco is the gas-phase reaction of a highly pure iron, often a gray powder, with high-pressure carbon monoxide gas.

The team can create them in a day, Smith says, but frequently buys them from a Canadian company because it's cheaper. It's a two-day effort to render them biocompatible, affix polymers to allow them to work in a syringe, and lase them with chemicals.

"They're targeting turning off the turn-off process," says physician and Wayne State professor Phillip Levy, board president of the Detroit division of the American Heart Association.

"By doing that, they can restimulate the macrophages to start consuming debris and shrink the size of the plaque from within."

"It's actually a really cool idea."

At Beaumont Health, Justin Trivox notes that he and other interventional cardiologists are "sceptical of many treatment modalities, no matter how promising they seem in the early days."

He is intrigued, however, with the nanoparticles' potential for treating high-risk patients or those who arrive in the midst of a mini-stroke or heart attack.

"Atherosclerosis is stable until it's not. We just don't know when that's going to be," Trivox says. "That's why this shows some promise."

The inventors have filed for a provisional patent, and Smith says the Stanford patent office will be looking for a partner to develop the discovery for clinical use.

While he holds several patents and teaches a year-long class on medical-technical entrepreneurship, "I've never been through this whole process, taking something from bench to bedside," he says.

It should be interesting, he predicts, if potentially frustrating. The nanotherapy will be tested in rabbits, then other animals, then people. A toxicity study will need three to five years. After that would come clinical trials, assuming the treatment aces all the earlier tests.

"I'd say we're looking at eight years total," Smith says, "as a super-optimist, assuming everything goes perfectly, which I've never heard of in the history of medicine."

So likely 10 years, which feels like forever when he talks to people who need help now.

But when he speaks to other scientists who've jumped through the hoops, he says, "I feel like we're on a really good track" — a little bit one, with a line of tiny nanohurdles.
I sometimes think that winter doesn’t truly start until February. Once the final sunny moments of autumn have gone, I’m bounced along by preparations for the festive season. Even after the final New Year corks have popped, my own reforming zeal gets me through. I may not be tempted by dry Januaries, diets and punishing exercise regimes, but I’m always a sucker for a fresh start, for plans drawn up on new stationery and commitments made to improve myself.

But by early February, I’m sagging. Tired, hungry and sick of the dark, my motivation has run out, my bank account is empty and the world feels soggy underfoot. I start to skip my yoga class and social invitations feel like an imposition. The urge to pull the duvet over my head becomes very strong indeed.

Humans cannot actually hibernate, but in the coldest months of the year, many of us are drawn to something similar. We want to batten down the hatches against the treacherous weather outside, preserve our energies, lay down for 14 hours at a time in the company of the radio. Gone are the splashy novels of summer, winter urges me towards thoughtful, ambulatory reading, chewed over in lamplight. In winter, I can spend hours in silent pursuit of a half-understood concept, or a detail of history.

Winter has patience. There is something about it that feels like an imposition. The urge to hibernate until spring? After all, it feels like a natural response: winter simply demands that we slow down rather than drop out altogether – why can’t we find a way to do this?

I recently visited hibernating dormice at Wildwood Trust just outside Canterbury. Dormice are one of only three UK mammals to hibernate (alongside hedgehogs and bats) and they do so for half of each year, retreating to their nests against the treacherous weather outside, preserve our energies, lay on fat. If only we could suspend the demands of life, just until the sun comes out again, all would be well.

Is it such a bad thing, this desire to hibernate until spring? After all, it feels like a natural response: winter simply demands that we slow down rather than drop out altogether – why can’t we find a way to do this?

While summer often wakes me at 4am with dawn, in winter I can sleep for hours, surrendering to the demands of life, just until the sun comes out again, all would be well. Sleepy as I am in winter, I find that I rarely slumber right through. Instead, I often wake in the middle of the night and spend an hour or two mulling over my thoughts, sometimes getting up to read, write or meditate, before returning to my bed to sleep for hours, surrendering to the demands of life, just until the sun comes out again, all would be well.

Winter Cravings

Winter Cravings

Winter urges towards thoughtful, ambulatory reading, chewed over in lamplight. Heavenly hibernation: the restoring effects of hiding away in winter

How do you flourish through the darkest months of the year? Take a lesson from Katherine May

BATTLE: The sauna is one of the ways that Finnish people battle against the cold. It is a place of refuge and a place that brings a sense of conviviality during periods of isolation.

commitments and physical limitations than your average dormouse, are unable to do the same, but we can allow winter to modify the rhythms of our lives.

Everything about me changes in winter – and I let it happen. Winter is a time to enjoy the pleasures of solitude, to dream and contemplate. It opens up a space in which I can mass my energies, to restore and repair. I want to eat cooked food instead of raw, comforting carbs over fresh flavours. I want to revisit beloved old films and spend time pottering in the company of the radio. Gone are the splashy novels of summer; winter urges me towards thoughtful, ambulatory reading, chewed over in lamplight. In winter, I can spend hours in silent pursuit of a half-understood concept, or a detail of history. Winter has patience. There is nowhere else to be, after all.

While summer often wakes me at 4am with dawn, in winter I can sleep for hours, surrendering to the demands of life, just until the sun comes out again, all would be well.
Optimism can reduce stroke severity and inflammation

Researchers have found that stroke survivors with high levels of optimism had lower inflammation levels, reduced stroke severity and less physical disability after three months, compared to those who were less optimistic.

“Our results suggest that optimistic people have a better disease outcome, thus boosting morale may be an ideal way to improve mental health and recovery after a stroke,” said study senior author Yun-Ju Lai from University of Texas in the US.

In a small study of 40 stroke survivors, researchers examined the relationship among optimism, inflammation, stroke severity and physical disability for three months after an attack.

Researchers said that understanding how these elements relate to, or impact one another, may provide a scientific framework to develop new strategies for stroke recovery.

Post-stroke inflammation is detrimental to the brain and impairs recovery, the researchers said.

Optimism has been associated with lower inflammation levels and improved health outcomes among people with medical conditions. However, no prior studies have assessed if this association exists among stroke patients.

This pilot study is a secondary analysis of data collected from a repository of neurological diseases.

Outcomes included optimism levels from the revised Life Orientation Test, a standard psychological tool for measuring optimism; stroke severity; evaluation through the National Institutes of Health Stroke Scale, and levels of inflammatory markers – interleukin-6 (IL-6), tumour necrosis factor alpha (TNFα) and C-reactive protein (CRP).

As optimism levels increased, stroke severity and inflammatory markers IL-6 and CRP decreased even after controlling for other possible variables. However, this was not true of TNFα.

“Patients and their families should know the importance of a positive environment that could benefit the patient, mental health does affect recovery after a stroke,” Lai said.

The study is scheduled to be presented at the American Stroke Association’s International Stroke Conference slated from February 18 to 21 in the US.

LINK: Optimism has been associated with lower inflammation levels and improved health outcomes among people with medical conditions.

Taller men may have lower dementia risk in old age

Men who are taller in young adulthood may have a lower risk of dementia in old age, according to a new research.

Previous studies have suggested that height may be a risk factor for dementia, but much of this research was not able to take into account genetic, environmental, or other early-life factors that may be linked to both height and dementia.

“We wanted to see if body height in young men is associated with diagnosis of dementia, while exploring whether intelligence test scores, educational level, and underlying environmental and genetic factors shared by brothers explain the relationship,” said lead author Terese Sara Hoj Jorgensen from University of Copenhagen in Denmark.

For the findings, published in the journal eLife, researchers analysed data on 662,333 Danish men born between 1939 and 1959, including 70,608 brothers and 7,588 twins, from Danish national registries.

They found a total of 10,590 men who developed dementia later in life.

Their adjusted analysis of this group showed that there was about a 10 percent reduction in the risk of developing dementia for about every 6cm of height in individuals above the average height.

When the team took into account the potential role of intelligence or education, the unadjusted relationship between height and dementia risk was only slightly reduced.

They found that the relationship between height and dementia also existed when they looked at brothers with different heights, suggesting that genetics and family characteristics alone do not explain why shorter men have a greater dementia risk.

“A key strength of our study is that it adjusted for the potential role of education and intelligence in young men’s dementia risk, both of which may build up cognitive reserve and make this group less vulnerable to developing dementia,” said study senior author Merete Osler.

‘Cognitive reserve’ refers to the brain’s ability to improvise and solve problems that come up in everyday life.

Adjusting for education and intelligence reduces the likelihood that the relationship between height and dementia is really explained by cognitive reserve, the researchers said.

Together, our results point to an association between taller body height in young men and a lower risk of dementia diagnosis later in life, which persists even when adjusted for educational level and intelligence test scores,” Osler said.

“Our analysis of the data concerning brothers confirms these findings, and suggests the association may have common roots in early-life environmental exposures that are not related to family factors shared by brothers,” she added. – IANS
Today’s food ingredient is potato. It is found everywhere and need no introduction. Potatoes are used in innumerable recipes around us but are one of the most neglected food items too. They are humble, widely available, adapt themselves easily and grow easily and even do not require much attention while growing and storage.

Potatoes have an incredible rich history. For thousands of years, they were cultivated by the Inca civilisations in ancient Peru. The earliest evidence exists on the shores of Peruvian lake from roughly around 400 BCE. Among many edible crops that emerged at the dawn of modern human civilisation and managed to spread across entire world, few managed to distinguish themselves by their ruggedness, storage quality and their nutritional value.

Potato managed to prove its usefulness to our ancestors, who cultivated it, nurtured and ensured its survival during the last 10,000 years of history. Centuries after they were introduced to Europe and North America, potatoes represent one of the most important parts of world’s cuisine and the fourth largest food crop in the entire world following maize, rice and wheat. Today extensive research and the centuries of selective breeding, we have access to over thousand different types of potato that are grown all around the world.

The Peruvian civilisation learned how to preserve this durable vegetable for storage by dehydrating and mashing them. They could store it up to 10 years and it provided great insurance against crop failures. It was near the mid of 16th century that potatoes would venture across the seas to Europe when Spanish conquerors of Mexico travelled to Europe and brought the potato along with them. They found these mysterious looking tubers and had no idea that these innocuous looking vegetables were far more valuable than gold and jewels and took these back home with them. The 1600’s saw the spread of potatoes, and because of their resemblance to plants in the nightshade family. Eventually, explorers, merchants and people prone to taking long sea voyages noticed how long they stayed fresh and tasty, and began using them as basic rations aboard their ships.

Select loose potatoes that are ideal for baking. ‘New’ potatoes, the small ones that are dug early and use. The long brownish ones are good for a variety of uses but are best for baking. Rounded or long whites are preferred for boiling. ‘New’ potatoes, the small ones that are dug early before the skins have set, and are best boiled or steamed.

How to prepare potato
Bake, boil or steam them in their skins. Some nutrients close to the skins are lost when potatoes are peeled before cooking. If you must peel them, use a vegetable peeler and peel as thinly as possible. Do not soak peeled potatoes in cold water to crisp them, since some nutrient will dissolve in the water.

How to store potato
Do not wash potatoes before storing. Washing speeds the decay process. Potatoes can be safely stored in a dark place for up to three months at 7 degrees Celsius to 10 degrees Celsius.

How to select potatoes
Select loose potatoes that are well formed, smooth, firm with eyes and no discolouration, cracks, bruises or soft spots. Red potatoes and some whites are sometimes treated with coloured or clear wax to make them appear fresher than they are. Also avoid green potatoes, as they have a bitter taste. Potatoes are classified by shape, skin colour and use. The long brownish ones are good for a variety of uses but are best for baking. Rounded or long whites are preferred for boiling and baking, and the small red ones are ideal for boiling. ‘New’ potatoes, the small ones that are dug early before the skins have set, and are best boiled or steamed.

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Baked potato and topping station
Baked potato station is a buffet of baked potatoes and toppings. It is a really easy way to impress your guests, while entertaining them on a budget. This is one of the most popular stations that I have planned for my guests and I have yet to meet someone who doesn’t love good baked potato station with toppings. It is a bit of fun and plus a hot filling dinner. We all love our comfort food and there’s nothing better than a warm baked potato covered with your favourite toppings.

Baked potato with toppings

Ingredients
- Baking potatoes 8-10 nos
- Onion, diced 1 cup
- Tomato, diced 1 cup
- Salsa 1 cup
- Chives, chopped ½ cup
- Black beans 2 cup
- Broccoli, steamed 1 bunch
- Sour cream 1 cup
- Unsalted butter ¼ cup
- Cheddar cheese, shredded 1 cup

Method:
Rub medium sized potato to remove any debris and sand. Pierce the potato with a fork and arrange them in a baking tray. Bake in a preheated oven at 180 degrees Fahrenheit for 40-45 minutes or until potatoes are soft and a fork goes through easily. Arrange all the other ingredients in their own dish so guests can serve themselves. Remove potato from oven and cut them down in middle, leaving the sides and bottom intact. Serve potatoes and toppings in one spot, allow guests to dress their own potatoes as they like.

Note: You can also serve your choice of diced meat as a topping if you’d like to add meat to your baked potato station.
A contemporary novel – **Celestial Bodies** – by internationally-celebrated Omani writer Jokha al-Harthi has recently been selected by Northwestern University in Qatar (NU-Q) for its 2020 One Book programme. *Celestial Bodies* is the first novel in Arabic to be awarded the Man Booker International Prize. The book was translated into English by Marilyn Booth.

The NU-Q One Book programme invites students, faculty, and staff to read a novel and participate in a series of related programmes and activities that include book clubs, classroom discussions, and a visit and reading from the author.

“**This year’s novel sheds light on several issues that will resonate with members of our community. In her book, Alharthi explores the implications of modernisation and development on a personal level – taking a global phenomenon and bringing it very close to home**,” said Kathleen Hewett-Smith, Professor and Director of the Liberal Arts Programme, and Chairperson of the One Book committee.

Alharthi’s novel is a family saga that explores relationships influenced by local traditions in an Omani household. It spans several generations in the late 1900s and early 2000s – a time in Oman when the discovery of natural resources triggered drastic economic, political, and societal changes in Oman and its neighbouring Gulf countries.

The *New York Times* described the novel as: *An innovative reimagining of the family saga... there is no doubt that this is a contemporary novel, insistent and alive* . *Celestial Bodies* is itself a treasure house: an intricately calibrated chaos of familial orbits and conjunctions, of the gravitational pull of secrets.

Jokha is an associate professor in the College of Arts and Social Sciences at Sultan Qaboos University in Muscat. She has published two other novels, several collections of short fiction stories and poems, and a children’s book. She is also the recipient of the Sultan Qaboos Award for Culture, Arts and Literature in 2016. Alharthi earned her PhD in Classical Arabic Literature from the University of Edinburgh, UK in 2010. The One Book programme is designed to engage the Northwestern University in Qatar community in a shared experience that promotes critical thinking and interdisciplinary learning.

**The Westin Doha Hotel and Spa appoints new GM**

The Westin Doha Hotel and Spa has recently announced the appointment of Ammar Samad as General Manager, stated a press release. In his new role, Ammar will oversee the management and operations of the five-star property bringing 19 years of international experience from several Marriott International brands including Sheraton, St Regis and The Westin. Ammar graduated with a degree in Marketing, Business Studies and Finance from La Roche College, Pennsylvania, USA, and continued his studies at Georgetown University in Washington DC, in International Politics and Economics. He is Six Sigma qualified and has worked on key projects across departments to improve productivity, cost management, and overall operating efficiency. With over two decades of experience in the hospitality industry in various fields including Front Office, Food and Beverage, Human Resources, Sales, Revenue and Housekeeping Management, Ammar will focus on maintaining high standards of quality and service at the property and look into ways to enhance overall guest experience.

“**It is a great honour to be appointed as General Manager of The Westin Doha Hotel and Spa. I have worked at the property since its pre-opening and I am excited to be part of the passionate and dynamic team. We are all motivated to take the hotel to the next level and deliver outstanding guest experiences**,” said Ammar.

**Obituary**

Long time Doha resident, Koyiloth Moossa Haji, 62, died yesterday in his native place, Parakkadavu (Nadapuram) in the southern Indian state of Kerala.

Moossa Haji was a businessman in Qatar for more than 30 years before he left the country for good in 2018. He is survived by his wife Sara, sons Salman and Siddique (both Doha residents), and Murshad and Mubarak. The burial took place at Parakkadavu Juma Masjid yesterday.

A funeral prayer was held in Doha yesterday after the prayer at Al Qayed Masjid, Asmakh Street.

**SPORT DAY CELEBRATIONS:** Dawoodi Bohra Community recently organised various sporting activities, including slow cycling, lemon and spoon race and sack race for children, cricket and football for men and badminton and Kho Kho, ethnic Indian sport, for women, as part of Qatar National Sport Day celebrations.
HOW TO SET & ACCOMPLISH GOALS

01. MAKE IT SMARTER
Your goals need to be:
S - specific
M - measurable
A - attainable
R - relevant
T - time-bound
E - evaluative
R - revisable

02. WRITE IT DOWN
Write down your goals to clarify and strengthen your intentions.

03. BREAK IT DOWN
Break down your goals into small and manageable steps to overcome overwhelm.

04. HOLD YOURSELF ACCOUNTABLE
Hold yourself accountable by maintaining focus and discipline throughout your process.

05. REWARD YOURSELF
Rewarding yourself will help reinforce the positive actions you’ve taken so you can continue doing it.
4 TIPS FOR A SUCCESSFUL PROJECT MANAGEMENT PLAN

Highlight the key elements of your project plan in an executive summary

An executive summary is a brief description of the key contents of a project plan. It might touch on a project’s value proposition, goals, deliverables, and important milestones, but it has to be concise.

Plot your project schedule visually with a Gantt chart

Project planning tools like Gantt charts and project timelines make creating your project schedule easy. You can visually plot each project task, add major milestones, then look for any dependencies or conflicts that you haven’t accounted for.

Clarify the structure of your project team with a team org chart

In an organizational chart, you should include some basic information like team hierarchy and team member contact information. That way your stakeholders have all of the information they need at their fingertips.

Organize project risk factors in a risk breakdown structure

A big part of project planning is identifying the factors that are likely to derail your project, and coming up with plans and process to deal with those factors. This is generally referred to as risk management.
BUQ releases fifth poetry collection of local poet Iftekhar Raghib

Bazm-e-Urdu Qatar (BUQ), ONE the oldest Urdu Literary organisation in Qatar, recently released Iftekhar Raghib’s fifth poetry collection *Kuchh Aur* (Something Different) and held its regular poetic symposium at the Skills Development Centre. The book features 101 melodious, thoughtful ghazals penned by Raghib.

Dr Faisal Hanif, Chairman of BUQ and a literary critic, presided over the event. Sani Aslam, a visiting Indian poet and a lyricist of Bollywood songs, and Syed Abdul Hye, Patron of BUQ, were the chief guests and Iftekhar Raghib, General Secretary of BUQ, the guest of honour.

Mohammed Rafique Shad Akolvi, President of BUQ, compered the event and welcomed the audience.

The event kicked off with the recitation of the Holy Quran, which was followed by Iftekhar Raghib’s ghazal recited by Qazi Abdul Malik, a well-known vocalist. Waseem Ahmad and Sirajul Haque narrated their essays on the occasion in which they explained the fine qualities of poetry and personality of Raghib. Muzaffar Nayab and Faiyaz Bukhari Kamal, notable local poets, paid a tribute to Raghib on the occasion.

The poets, apart from Raghib and Sani Aslam, who presented their works at the event, included Rafique Shad Akolvi, Yusuf Kamal, Muzaffar Nayab, Vaizir Ahmed Vaizir, Wasi Bastawi, Mushilique Raza Nazwi, Faiyaz Bukhari Kamal, Irfaqe Ahmed and Zawef Mehr Baokoch.

Speaking on the occasion, the chief guest Abdul Hye spoke about the poetry of Raghib and added that it is very difficult to find any weak verse in his poetry. While the visiting poet from India, Sani Aslam, thanked BUQ for bestowing upon him the chief guest title for the evening and highlighted that such programmes were a dire need of the society to promote Urdu language and literature. He also appreciated the poetic work of Raghib and congratulated him on his new book.

Dr Faisal Hanif highlighted several specific qualities of Raghib’s poetic diction. He added that the development in Raghib’s poetry can be recognised very easily by reading his all books in order. He stressed upon that a good poet who pursues excellence in his work goes through the process of development where he acquires skills and develops a greater sense of poetry. Irshad Ahmed, Media Secretary of BUQ, proposed a vote of thanks.

BPS organises Hall Ticket Distribution Ceremony

Birla Public School recently organised Hall Ticket Distribution Ceremony for the students of Grade-X. Hussain Ahmed, Fiction Editor at Katara Publishing House, was the chief guest on the occasion. Gope Sahani, Vice Chairman of BPS, along with CV Rappai, Board of Director, attended the event.

Speaking on the occasion, A P Sharma, Principal of BPS, advised and suggested tips for a better performance of the students in the exam Neha Ella Thomas and Jineshwar N, student representative, thanked the senior leadership team and the teachers for constant guidance and support. Mateen Khan, Co-ordinator of Grade-X, proposed a vote of thanks.

SPORT DAY CELEBRATIONS: The Punjab Music Group (PMG) recently organised a musical event to mark Qatar National Sport Day celebrations. Gullu Dada, a singer from Hyderabad, India, performed at the event along with M Mujeeb, Jamshaid Bajwa and Hassan Shah Ejaz, local singers associated to PMG. The event was attended by notable community leaders, including Gulraiz Khan, Amjad Khan and Jabib Nabi. The event was organised by Nazakat Ali Khan, Chief Organiser of PMG. The event was sponsored by QPL and supported by Yawer Hussain.
**LEISURE**

**Colour by choice**


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**Maze**

Help the gorilla find its way to the fruit basket.

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**Connect the dots**

Join the dots in order to find out more!

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**Picture crossword**

Safari

Use the pictures below as clues:

**Across**

1. Gorilla  2. Lion  3. Elephant

**Down**

1.  2.  3.  4.  5.  6.  7.  8.  9.  10.
POOCH CAFE
By Paul Gilligan

GET OFF MY LAWN.

BOUND & GAGGED

WEIGHT CLINIC

WHATEVER YOU DO, DON'T ROLL DOWN A HILL. YOU'LL GAIN 10 LBS.
**Sudoku**

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

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**Super Cryptic Clues**

Across
1 Stick with a Scottish island (6)
4 Voice of wisdom making nothing clear, perhaps? (6)
8 Amateurish pro in Yorkshire city (5)
9 Jewish teacher on back street finding animals (7)
10 Nuns’ rig designed for looking after the sick (7)
11 Permission to quit? (5)
12 Dark horse disturbing one’s sleep? (9)
17 Short fibre, possibly (5)
19 Orchestra leader to write tune out of doors (4:3)
21 Speech that may be written on an envelope (7)
22 Exercise is a bore (5)
23 Asleep, but prepared to slip away (6)
24 Die in the attempt, like dedicated followers of fashion? (6)

Down
1 Recoil from a psychiatrist (6)
2 Drug distributed in Paris (7)
3 Mushrooms giving amusement to American soldier (6)
5 Rugby Union girl gets German measles (7)
6 Cockney’s mate in a distant country (5)
7 Endless oriental holiday in spring (6)
9 Rough site being redeveloped? That’s good (9)
13 Foremen making blunders? That’s about right (7)
14 Great joy when kinsman loses his head? (7)
15 Rub away a bread roll (6)
16 Attempt to carry one pound in hat (6)
18 Land at the end of a passage? (5)
20 It doesn’t matter if it’s dis or dat duck? (5)

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**Wordwatch**

**gainpain**  
(GAYN-payn)  
MEANING:  
noun:  
1. A long thick glove: gauntlet.  
ETYMOLOGY:  
From Old French gaignepain (literally, wins the bread), from gagner (to win or earn) + pain (bread). Earliest documented use: 1430.  
USAGE:  
“Could MazeHunter be used by US companies to sabotage the attacker’s computer?”

**roughshod**  
(RUF-shod)  
MEANING:  
adjective: 1. Domineering, bullying, brutal.  
2. Having horseshoes with projecting nails or calks to prevent slipping. In a domineering or harsh manner.  
USAGE:  
“Since coming to power in 2010, the government of Hungary’s prime minister, Viktor Orban, has consistently disdained judicial independence, academic and media freedoms, and the rights of migrants. It has, in the view of many people, run roughshod over some of the core values of the European Union.”

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**Solution**

For movie timings and further details please scan the QR code above with your mobile phone camera or visit qatarcinemas.com
Visit natural spaces for better physical and mental health

Individuals who visit natural spaces weekly, and feel psychologically connected to them, report better physical and mental wellbeing, according to a new study. Alongside the benefits to public health, those who make weekly nature visits, or feel connected to nature, are also more likely to behave in ways which promote environmental health, such as recycling and conservation activities, it added.

The findings, published in the Journal of Environmental Psychology, indicate that reconnecting with nature could be key to achieving synergistic improvements to human and planetary health.

“Our results suggest that physically and psychologically reconnecting with nature can be beneficial for human health and wellbeing, and at the same time encourages individuals to act in ways which protect the health of the planet,” said study lead author Leanne Martin from the University of Plymouth in the UK.

The findings are based on responses to the Monitor of Engagement with the Natural Environment (MENE) survey, commissioned by Natural England as part of DEFRA’s social science research programme. The research team looked at

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- people’s engagement with nature through access to greenspace, nature visits and the extent to which they felt psychologically connected to the natural world.

- “In the context of increasing urbanisation, it is important to understand how engagement with our planet’s natural resources relate to human health and behaviour,” Martin said.

- “These findings give vital new insights of the need to not just increase contact with nature, but about the sorts of experience that really help people build an emotional connection, which is key to unlocking health benefits as well as inspiring people to taking action to help their environment.”

- “We look forward to using the research as we work with our many partners to support more people from all walks of life to benefit from thriving nature,” Martin concluded. – IANS
Ben Schwartz talks starring role in new Sonic the Hedgehog movie

By Peter Sblendorio

Ben Schwartz was up to speed on Sonic the Hedgehog long before he voiced the lightning-quick character in a new movie.

The comedian grew up playing the Sonic video games on SEGA Genesis with friends from Public School 24 in the Bronx during the early 1990s, so it was a dream come true when the chance to star in the upcoming Sonic the Hedgehog flick presented itself.

“We would go after school, we would watch Disney Afternoon, and then when that was over, we would play Genesis,” Schwartz, 38, recalled recently. “We would play Sonic! We would play Sonic 2! I remember the thing that made it so exciting is that you could play a board at a certain speed, and then you could play the same board trying to go as fast as you can, and you could have a totally different experience… I have incredibly fond memories of it.”

Fast-forward to present day, and Schwartz is still making fond memories with the rapid-running Sonic.

The actor, who played Jean-Ralphio on Parks and Recreation, immediately jumped at the chance to voice Sonic in a test reading as they pitched the movie to studios.

“It was the quickest ‘yes’ in the universe,” Schwartz said. “Then I got lucky enough that they loved my voice so much that I guess it didn’t matter that there were probably more famous people out there that wanted to play the role.

They just liked my performance so much that they let me keep doing it.” Sonic the Hedgehog, which features Schwartz as the voice of the lightning-quick character arriving on Earth from a faraway planet and attempting to evade the evil Dr Robotnik, played by Jim Carrey, who wishes to capture the spunky blue hedgehog and use his unmatched powers to dominate the planet.

The movie features a live-action cast other than Sonic, who was created using computer animation. The film’s release was pushed back a few months after Fowler opted to redesign Sonic’s appearance, following feedback from fans. The film’s release was pushed back a few months after Fowler opted to redesign Sonic’s appearance, following feedback from fans.

The trailer, be kind to each other, watch the film. And yes, wait for me.”

“The trailer of Angrezi Medium was out on February 13 (yesterday). The film has been directed by Homi Adajania and boasts of a stellar ensemble cast comprising Irrfan, Kareena Kapoor Khan, Dimple Kapadia, Pankaj Tripathi, Deepak Dobriyal, Ramvir Shorey and others. Angrezi Medium is slated to hit theatres on March 20. – IANS

When Neena was outwitted by an airline staff member

Veteran actress Neena Gupta does not like middle seats on flights. Recently, she shared a funny airport anecdote revealing her prejudice.

“When I was travelling by flight, I was allotted a middle seat. I went to the customer support staff to request for a window seat or an aisle seat,” Neena said. However, the actress couldn’t get a seat of her choice, so she decided to take resort to her celebrity status. She tried telling the staff member that she is a Bollywood actress.

“I told her I had acted in Badhaai Ho but she didn’t recognise me. I questioned her why she hasn’t watched such a great film. She countered the asking if I watched Tamil movies,” recalled Neena on The Kapil Sharma Show, about her encounter with the support staff lady, who was a Tamilian.

Neena will be next seen in Shubh Mangal Zyada Saavdhan, with her Badhaai Ho co-stars Ayushmann Khurrana and Gajraj Rao. – IANS

VETERAN: Neena Gupta shared a funny airport anecdote.

In the video, Irrfan says: “Hello Brothers and Sisters! I am Irrfan. Today I am there with you as well as not there. My film Angrezi Medium is extremely special to me. I genuinely wanted to promote this film as much as possible. But there are some unwanted guests sitting inside my body and I am having a conversation with them. Whatever their status is, I will keep you posted. There is a saying, when life gives you lemons, you make a lemonade. It is a saying, when life gives you lemons, you make a lemonade. I have incredibly fond memories with the rapid-running Sonic. Making fond memories with the rapid-running Sonic was a dream come true when the character was created. This fan base, which is so passionate, came forward and told us that they loved my performance so much that they let me keep doing it. That’s like this little kid that’s filled with energy and positivity and wants to get out and just, like, do everything he couldn’t do for all these years, “ Schwartz said. “It’s like, ‘I want to live life for the first time and not be in the shadows’ It’s this great story of an outsider, that finally gets to live his life.” — New York Daily News / TNS

Kids learn basics of martial arts on National Sport Day

By Mudassir Raja

The National Sport Day in Qatar is a time for residents to reset their priorities towards physical health and fitness. Many people often take special interest in the physical growth and fitness of their kids more than themselves.

As the recent Sport Day saw a volley of different sport and physical activities, the programmes were more focused on entertainment and training for young children. Katara was the place where school students and young children took part in sport activities in large numbers.

The most attractive and busy part of Katara was the activity camp organised by Doha Sports & Arts, a sport academy that specialises in training people in martial arts. They provide basic training in martial arts, kickboxing, boxing, other forms of martial art. They provide basic training in martial arts, kickboxing, boxing, taekwondo with the academy team at Katara.

On the occasion of the sport day, we always organise the event at Katara for kids. The training session started at 8am with warm-up sessions. After the warm-up exercises, we provided some training to the children about kickboxing. I saw a lot of enthusiasm both in children and grow-ups for the martial arts.

Rami, who has represented Qatar in different international kickboxing events, appreciated the spirit of the sport day. “It is really wonderful to have a national holiday to celebrate a sport day. It is a day when people need to get involved in different kinds of sport activities. I really appreciate the Government of Qatar for providing such kind of opportunity to the people. There are best facilities available in Qatar, if someone wants to get involved in any kind of sport. “The sport day reminds us all that we need to have some kind of physical activity every day. We need to have one or two hours for our bodies every day. We need to have a break from our routine work. This day shows how important it is to be physically active and how much importance the government gives to the sports.”

Speaking about general benefits of being physically active, the master of martial arts said: “We need to train our kids in some sort of sport from early days. We should inculcate love and craze for sports among our children. Physical activities not only keep you healthy but also charge your mind every day. You feel a different kind of person after an hour-long work-out. It is a kind of stress-releaser. It re-energises one both physically and mentally. The sport activities also bring happiness and sportsman spirit in one’s life.”

Speaking about his academy, Rami said: “It is Doha Sports & Arts’ vision to be the leading influence in professional martial arts training in Qatar. To be recognised as a source of high-quality martial arts training and development techniques combined with universally accepted life skill values and programmes that help strengthen the mind and body.

“It is our vision to help students develop their full potential, providing them with well-founded programmes to succeed in other areas in their lives, to achieve goals and enhance personal development that can be useful now and in the future.”

TRAINING: Master Rami al-Banna, second from right, general manager of Doha Sports & Arts, led the physical and sport activities along with his trained colleagues from the academy.

TEAM: Trainers of the academy seen in a group photo at Katara.

GROUP: Participants seen during a training session at Beverly Hills International School.