The dread
What it was like for doctors, nurses at Everett hospital to treat first novel coronavirus patient in US. P4-5
**PRAYER TIME**

Fajr 4.49am
Shorooq (sunrise) 6.08am
Zuhr (noon) 11.48am
Asr (afternoon) 3.03pm
Maghreb (sunset) 5.28pm
Isha (night) 6.58pm

**USEFUL NUMBERS**

Emergency 999
Worldwide Emergency Number 112
Kahramaa – Electricity and Water 991
Local Directory 180
International Calls Enquiries 150
Hamad International Airport 40106666
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
Ministry of Health 40253370, 40253364
Hamad Medical Corporation 40253364, 40253365
Qatar Airways 40253374

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**Quote Unquote**

“Who lives sees, but who travels sees more”

– Ibn Battuta

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**COMMUNITY**

**ROUND & ABOUT**

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**Sonic The Hedgehog**

CAST: Jim Carrey, James Marsden, Ben Schwartz
DIRECTION: Jeff Fowler
SYNOPSIS: Sonic tries to navigate the complexities of life on Earth with his newfound best friend — Tom Wachowski. They must soon join forces to prevent the evil Dr Robotnik from capturing Sonic and using his powers for world domination.

**THEATRES**: The Mall, Landmark, Royal Plaza

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**Bad Boys For Life**

DIRECTION: Adil El Arbi, Bilall Fallah
CAST: Will Smith, Vanessa Hudgens, Alexander Ludwig
SYNOPSIS: The wife and son of a Mexican drug lord embark on a vengeful quest to kill all those involved in his trial and imprisonment – including Detective Mike Lowrey. When Mike gets wounded, he teams up with partner Marcus Burnett and AMMO – a special tactical squad – to bring the culprits to justice. But the old-school, wisecracking cops must soon learn to get along with their new elite counterparts if they are to take down the vicious cartel that threatens their lives.

**THEATRES**: Royal Plaza

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**For movie timings and further details please scan the QR code above with your mobile phone camera or visit qatarcinemas.com**
MIA Park Bazaar 2020
WHERE: MIA Park
WHEN: Ongoing till April 25
TIME: 2pm – 8pm
MIA Park Bazaar is a modern version of the Old Souq tradition with vibrant mix of around 120 stalls. You can browse and buy handicrafts, accessories, paintings, clothing, food, jewellery, photography and art.

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.

Artistic Gymnastic Classes
WHERE: Qatar Academy Msheireb
WHEN: Ongoing
TIME: 5:15pm – 6:15pm
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

Ballet Lessons
WHERE: Music and Arts Atelier
WHEN: Ongoing
TIME: 4pm – 6pm
For more info e-mail at registration@atelierqatar.com or call on 33003830.

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.

Public Speaking Classes for Adults
WHERE: Sharq Capital, C-Ring Road
WHEN: Ongoing till July
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

2020 Grand Prix – Test and Race
WHERE: Losail International Circuit
WHEN: March 6 – 8
2020 Grand Prix is set to take place from March 6 till March 8 at the Losail International Circuit. Built-in just under a year, the circuit has been a regular venue of the MotoGP calendar ever since. You can watch the races with friends or family in an open-air setting where you will be surrounded by the uproar of larger crowds.

Compiled by Nausheen Shaikh. E-mail: gtlisting@gmail.com, Events and timings subject to change.
Inside ‘The (isolation) Unit’

When the Snohomish County patient was diagnosed, little was known about the new virus or how it spreads. It had no treatment or vaccine. The man, 35, had been visiting family in Wuhan. Two hours after a call, the biohazard team had erected the isolation unit, reports Ryan Blethen.

“For Robin Addison, January 20 was like any other Monday night. She had just slipped into her pajamas after a long day of work at Providence Regional Medical Center when, around 8:30pm, she got a phone call from a fellow nurse. “Robin, I think we have to open the unit,” she recalls Sarah Wilkerson saying.

“The unit” is a pop-up biohazard chamber that can be erected to quarantine someone with an infectious disease. The hospital obtained it in 2015 with Ebola patients in mind. It had never been used.

It is only one case. It’s the first person in the world who got this medication for novel coronavirus, but it seems to have worked.”

— Dr George Diaz, Providence Regional Medical Center section chief for infectious diseases

For Robin Addison, January 20 was like any other Monday night. She had just slipped into her pajamas after a long day of work at Providence Regional Medical Center when, around 8:30pm, she got a phone call from a fellow nurse. “Robin, I think we have to open the unit,” she recalls Sarah Wilkerson saying.

“The unit” is a pop-up biohazard chamber that can be erected to quarantine someone with an infectious disease. The hospital obtained it in 2015 with Ebola patients in mind. It had never been used.

Wilkerson, the hospital’s infection prevention manager, explained that a Snohomish County man had tested positive.
Sometimes between January 31 and February 3, the patient was stealthily taken home. The isolation unit has been taken down, the area sterilised. At the hospital on the northern edge of downtown Everett, life goes on.

for a new coronavirus that broke out late last year in Wuhan, China. He was the first confirmed case in the United States, and he was on his way to Providence.

Addison pulled her scrubs on and went back to the hospital. The novel coronavirus — officially named SARS-CoV-2 or known by the illness it causes, COVID-19 — has infected more than 68,000 people globally and killed more than 1,666, most of them in China, where the outbreak began in December. It has spread to more than two dozen countries, including the United States, which has confirmed 15 cases and no deaths.

When the Snohomish County patient was diagnosed, little was known about the new virus or how it spreads. It had no treatment or vaccine.

The man, 35, had been visiting a family in Wuhan. He flew into Seattle-Tacoma International Airport on January 15, two days before flights from China’s Hubei province began being funnelled through three US airports that could screen passengers for signs of illness. (That has now been expanded to 11 airports, of which Sea-Tac is one.)

When he got home, he developed a dry cough and low fever and, having read news of the new coronavirus, promptly visited an urgent care clinic. The Snohomish Health District sent samples to the Centers for Disease Control & Prevention (CDC) in Atlanta for testing.

The results came back positive. So Addison got the call, and her team got busy.

As luck would have it, Providence staff — along with the Snohomish Health District, the state Department of Health, the Northwest Healthcare Response Network and the Everett Fire Department — had done a dry run earlier that month to practice receiving an Ebola patient. Ebola is a serious and often fatal illness. Addison and Wilkerson had led the drill with the hospital’s BEST Team — Biocontainment, Evaluation and Specialty Treatment — which was created after a man with Ebola sickened two nurses in a Dallas hospital.

The team of volunteers understood it wasn’t likely to encounter Ebola in Everett, but it’s best to prepare for the worst and be able to scale back depending on what infectious disease shows up, said Dr. George Diaz, the hospital’s section chief for infectious diseases, who led the treatment of the COVID-19 patient.

Two hours after Addison got Wilkerson’s call, the biohazard team had erected the isolation unit. They’d needed to move patients who were in the designated space and put up movable walls to create a room with negative pressure so no air could escape.

Donning protective gear, the nurses greeted the patient as he arrived in a mobile isolation unit, which Addison described as looking like a bigger version of pods used for premature babies.

Once the patient was in the unit, Diaz examined him from the next room using what is called a telehealth system, basically a video call that allows a doctor to speak to and see the patient.

From there, a lot of the work was fairly routine. A rotating staff of 20 nurses, three doctors and personnel from every corner of the hospital kept the patient as comfortable as possible. They took his vitals regularly. They gave him an IV to replenish his fluids.

But the gear the medical team had to wear made these basic tasks difficult. There was the respirator helmet, which came with a plastic faceguard. They doubled up on gloves. The whole outfit got so hot that the nurses had to swap out every four hours at the most.

“Doing things that we do every day, like starting an intravenous, when you have two pairs of gloves on, it becomes a whole different skill because you’re used to being able to feel for a vein,” Addison said.

Five days in, the man’s condition started to worsen. On the sixth day, he had to be given oxygen, and a lung X-ray showed he was developing pneumonia.

After discussions with doctors at the CDC and the patient, Diaz got approval from the Federal Drug Administration to administer an experimental antiviral drug called remdesivir.

Remdesivir has been tested in Ebola patients and proved to be safe but not effective against that virus. Researchers have reported some success using it to treat monkeys who have MERS-CoV, which is another coronavirus. China has begun enrolling COVID-19 patients into a clinical trial of the antiviral, which was developed by the pharmaceutical company Gilead.

The patient’s fever went away the day after treatment, and he began feeling better. It is too early to know how well the treatment will do in others, but the results are promising, Diaz said.

“It is only one case,” Diaz said. “It’s the first person in the world who got this medication for novel coronavirus, but it seems to have worked.”

Once the patient was doing better, it was a matter of working with the CDC and the health district to determine when he could be discharged and how he would be monitored after that. He lives alone, which made the prospect of quarantining him easier.

Sometime between January 31 and February 3, the patient was stealthily taken home. The isolation unit has been taken down, the area sterilised. At the hospital on the northern edge of downtown Everett, life goes on.

— The Seattle Times/TNS
MES wins award at Artificial Intelligence and Robotic Olympiad

MES Indian School was adjudged as the best participating team internationally for its remarkable performance in the Artificial Intelligence and Robotic Olympiad conducted recently. Adiba Ansari, student of Grade VI, and Fadil Mohamed, student of Grade VII, won the best performing students of the contest. A total of 21 students from classes 6, 7, 8, and 9 representing MES participated in this contest and Class 6 emerged as the best performing class. All the candidates were given participation certificates and teachers, who trained the students for the contest, received certificates of appreciation.

12-year-old coder designs new game

Tharuka Herath, a 12-year-old student from Doha College, started his coding journey with GoCode Gulf in April 2019. From being a simple coding enthusiast, who knew very little about text-based programming, he has now transformed into a coding specialist. Tharuka’s latest achievement is creating his very own game with more than a thousand lines of codes using Python.

Olan Santos, Tharuka’s coding mentor in GoCode, is very proud of his student’s improvement and accomplishments. He said, “Tharuka was tasked to create his very own Python game – from brainstorming the concept, designing the core gameplay, and pilot testing the whole game. Eventually, he created Jumanji, his very own strategy game inspired by the latest Jumanji movie.”

He added, “Aside from the impeccable concept and design, Tharuka’s Python game consisted of more than 2000 lines of code.”

Tharuka admits that it is not that easy to be a young coder, hence, he needed a reliable support system. He is thankful to GoCode Gulf not only for providing a platform for young coders like himself but also for the constant help and support of its mentors.

“GoCode does not only help me in coding but also in presenting myself and my ideas in front of others. After Python, I am very excited to move on to the next web development course with GoCode,” said Tharuka.

GoCode Gulf is a multi-award-winning coding academy from the UK whose mission is to inspire the next generation of digital creators. The centre offers after-school programmes and holiday tech camps for kids and teens (6-16).

IIS holds convocation ceremony for Class-XII

Ideal Indian School (IIS) recently organised the convocation for its outgoing batch of Class-XII. Dr Hassan Kunhji, IIS President, and Syed Shoukath Ali, IIS Principal, spoke on the occasion. The president appreciated the principal for his initiative to organise such an event to boost morale of the students. The principal provided tips and guidelines to be followed in the upcoming CBSE Board Examination.

Imalco celebrates Sport Day

Ibrahim Mohd Al-Khulaifi Trading Co (Imalco) recently conducted their 7th annual sport day in line with Qatar National Sport Day. The event was a success with the entire staff of Imalco – grouped into 4 teams – got engaged in various sporting activities such as soccer, basketball, volleyball and athletics.

Aboo Backer Bavu, CEO of Imalco, stated that sport is part of their organisational culture which helps keep their staff fit, healthy along with physical and psychological well-being. The event closed with the ceremony giving away gifts for all the winners and titling of the best team of the year followed by a group lunch. Around 200 employees participated in the event.
Majlis-e-Frogh-e-Urdu Adab expresses grief over demise of noted novelist Nisar Aziz Butt

Majlis-e-Frogh-e-Urdu Adab and other local literary figures have expressed profound grief over the death of eminent novelist, Nisar Aziz Butt who was the recipient of Majlis’ 17th Alim Frogh-e-Urdu Adab Award in 2013. Nisar passed away last week in Lahore. She was 93. She had suffered a stroke a few days earlier. Born in 1927 in Mardan, Nisar belonged to the same generation of some other widely acclaimed women writers, like Qurratulain Hyder, Allau Fatima, Khadija Mastur, Jamila Hashmi, as well as short story writers - Mumtaz Shrin and Hajra Masroor. Nisar's academic career included - Matric exam; in 1943, MA; in 1950 and Diploma in French language and civilisation (Sorbonne, Paris) in 1970. Nisar's mother tongue was Pushto, though she always chose to write in Urdu and English but she spoke in Persian at home. She also knew French. She used to write short stories in 1948/1949 and then she wrote four novels, namely Nagri Nagri Phira Musafir (1955), Nae Chiraghay Nae Gulay (1975), Karwan-e-Wujood (1981) and Darya ke Sang (1987). She published her autobiography – Gaye Dino ka Suragh in 2004, which also gives a detailed account of her intellectual development. She also wrote columns for The Pakistan Times and Dawn that were published in the book form under the title of Prelude. Nisar's novels have a characteristic metaphysical element in them, which are said to be the influence of her growth under German philosopher Oswald Spengler at Harvard. She also echoes Proust and Tolstoy in her work and has used existentialist and postmodern themes familiar from Camus and Nabokov.

In recognition of her literary work, the Government of Pakistan awarded her with the Pride of Performance on 14 August, 1999.

Gulf Exchange celebrates National Sport Day with staff and family members

Gulf Exchange Celebrated National Sport Day with a series of fun and sports activities at Winter Wonderland, City Center. Speaking on the occasion, Ahmad Ali, Al-Sarraf Deputy General Manager of Gulf Exchange said, “we are pleased to organise such sports activities for our staff and their families when the entire nation is celebrating National Sport Day. Practising sports must be maintained on a daily basis to improve the health of all individuals.” Mohammad al-Zabbi, HR and Admin manager, emphasised the importance of the Sport Day, which supports health awareness of the mind and body. He also added that Gulf Exchange has recently partnered with Smart Gym, where the staff can avail gym services and take care of their mental and body fitness and this demonstrates Gulf Exchange's commitment to promote a healthy community.

The event was attended by the employees and families of Gulf Exchange who enjoyed various sports activities including bowling and billiards. Gulf Exchange, an ISO certified company in Quality Management and Information Security Management, is popular for their instant bank account credit to 31 Banks in India and many other banks in Sri Lanka, Bangladesh, Nepal, Philippines, and Indonesia with many more countries in the pipeline. Customers enjoy the money transfer and other services at Gulf Exchange across its ten branches located in Doha (Ali Bin Abdullah Street), Al Rayyan, Al Ruwais, Al Shehaniya, Al Wakrah (Barwa Village), Asian Town, Dukhan, Industrial Area, Mesaieed and Ras Laffan in addition to Qooredoo Mobile Money with best rates and most competitive services. For more details, visit www.gulfexchange.com.qa
As part of the ongoing ‘Qatar Beautification and Our Kids Planting Trees’ campaign to plant a million trees, students from Audio Education Complex for Boys joined hands with the Public Works Authority (Ashghal) to plant saplings at Arab League Street Development Project phase 1. The event was attended by Ali Khalaf al-Kubaisi, CMC Member, Constituency 3 and Salman Nasser al-Naggar, Public Relations Department manager at Qatar Voluntary Centre.

The Supervisory Committee of Beautification of Roads and Public Places in Qatar is implementing the campaign, which will continue until the end of 2021. The committee works under the Ministry of Municipality and Environment (MM&E), in co-ordination with several ministries and other entities such as the Ministry of Transport and Communications, Ministry of Culture and Sports, Qatar Museums Authority, Qatar Railway Company, Private Engineering Bureau among others.

This committee is responsible for five major tasks including the construction of central public parks, provision of dedicated lanes for pedestrians and bicycles, development of the Doha Corniche, development of Central Doha and increasing afforestation and greenery areas.

While attending the event, al-Kubaisi said that he is happy to participate in planting trees with students. “I wish to increase the green areas in the third constituency,” he said.

Al-Naggar pointed out that it’s important for the children to participate in these activities to educate them about the importance of preserving the environment and beautifying Qatar. The students expressed there happiness in participating in the campaign.

Arab League Street Development Project phase 1, being implemented by Ashghal, includes planting 31,750 sq m of green areas, in addition to about 11 km of pedestrian and cycle paths and 50 bike racks.

The supervisory committee’s work will enhance sustainability through minimised consumption and conservation of energy resources. It focuses on the provision of more public transport options aiming at reduced use of private cars and improved lifestyle through clean and safe transportation.

The project also works for ensuring a healthy environment within residential neighbourhoods and places of public gathering through increased afforestation and landscaping, which will greatly help in reducing the temperature in cities.
Cultural Forum’s two-day sports extravaganza, ‘Expats SportEv 2020’, concluded with a colourful cultural fiesta followed by a prize distribution ceremony at Qatar Sports Club (QSC).

It was attended by prominent Qatari dignitaries including: Nasser Fadl al-Salahi, Aswin A, Massimiliano Montanari, Executive Director of Save the Dream Foundation; Jishna Mohan, prominent Indian high jumper; Sahfeeq Kabeer, founder and CEO of Azym Technologies; Hari Subrahmani, General Manager ISUZU Jaidah Group; Shanib Shamsudeen, Operations Manager of City Exchange; Mohamed Ali Salthukunji, Managing Director of Al Dana Switchgear; Niyas T A, General Manager of Auto Fast Track Trading; officials and representatives of different sponsors of the event and Cultural Forum office-bearers gave away trophies and medals to winners of the different competitions.

WINNERS: SAK – Qatar receive their cup from dignitaries.

Centre for Indian Community (CIC) Rayyan Zone recently arranged a reception for newly elected central committee members of CIC, Cultural Forum Qatar, Women India, Youth Forum, other community organisations, at its premises recently. K T Abdul Rahman, CIC President, Habeeb Rahman Keezhisery and Qasim T K, vice presidents; Abdul Jaleel R S, General Secretary; Dr Tai Aluva, Cultural Forum President, Nahya Beevi, Women India President, Mustafa, Youth Forum President, and Sajna Karuvattil, Women India Rayyan Zone President, attended the function.

Abdul Hameed Edavanna, CIC Rayyan Zonal President, chaired the event. K T Abdul Rahman delivered the keynote speech. Suneer P, Zonal Secretary, welcomed the audience. Fahad Abdul Majed, Vice President, proposed the vote of thanks.
The Sodium and Water Experiment

Sodium (Na) is a highly unstable alkali metal, and needs to give up an electron.

When dropped into water (H₂O), sodium reacts with the hydrogen and lots of energy gets released.

This type of reaction is called ‘Exothermic’.

So much energy gets released, the reaction can sometimes create fire!

The result is sodium hydroxide and hydrogen gas.

\[ 2\text{Na(s)} + 2\text{H}_2\text{O} \rightarrow 2\text{NaOH(aq)} + \text{H}_2(\text{g}) \]
Green tea plus exercise may reduce fatty liver disease

People suffering from non-alcoholic fatty liver disease may benefit from regular exercise and replacing high-calorie beverages with decaffeinated, diet green tea, suggests new research.

The researchers found that a combination of green tea extract and exercise reduced the severity of obesity-related fatty liver disease by 75% in mice fed a high-fat diet. Although untested in human trials, the results suggest a potential health strategy.

“Our study shows the potential benefits of a combination of green tea and exercise in preventing obesity-related fatty liver disease,” said Joshua Lambert, Associate Professor of Food Science at The Pennsylvania State University in the US.

Non-alcoholic fatty liver disease is a significant global health problem that is expected to worsen, Lambert said.

Because of the high prevalence of risk factors such as obesity and Type-2 diabetes, fatty liver disease is forecast to affect more than 100 million people by 2030. And there are currently no validated therapies for the disease.

In the study, mice fed a high-fat diet for 16 weeks that consumed green tea extract and exercised regularly by running on a wheel were found to have just a quarter of the lipid deposits in their livers compared to those seen in the livers of a control group of mice.

Mice that were treated with green tea extract alone or exercise alone had roughly half as much fat in their livers as the control group.

In addition to analysing the liver tissues of mice in the study, which was published recently in the Journal of Nutritional Biochemistry, the researchers also measured the protein and fat content in their faeces.

“They found that the mice that consumed green tea extract and exercised had higher fecal lipid and protein levels. By examining the livers of these mice after the study concluded and by screening their faeces during the research, we saw that the mice that consumed green tea extract and exercised actually were processing nutrients differently - their bodies were handling food differently,” Lambert said.

“We think the polyphenols in green tea interact with digestive enzymes secreted in the small intestine and partially inhibit the breakdowns of carbohydrates, fat and protein in food,” he added.

“So, if a mouse doesn’t digest the fat in its diet, that fat and the calories associated with it pass through the mouse’s digestive system, and a certain amount of it ends up coming out in its faeces,” he said. – IANS

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**COMMUNITY/LIFESTYLE/HOROSCOPE**

### **ARIES**

March 21 – April 19

You generally enjoy your dreams, Aries, both the dreaming process and analysing them later. But tonight you might have too many to keep track of. While you will probably recall the most significant ones, it may be frustrating if you forget any of them. This might be the day to start a dream diary, if you don’t have one. Have fun!

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### **TAURUS**

April 20 – May 20

Too many invitations to social events may come today, Taurus. This might be one evening when you want to relax at home, but you won’t want to say no to anyone. Analyse each invitation. Consider the location, host, other guests - whatever seems most significant to you. Attend only the ones you think you will really enjoy. Follow your heart.

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### **CANCER**

June 21 – July 22

Physical activities may be at the top of your priority list today, Cancer. You might want to go to your favourite restaurant and have a great meal, appetisers, and dessert. Or you might want to take your partner for a complete spa treatment. Whatever your desires, exercise some restraint. You can get too much of a good thing!

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### **LEO**

July 23 – August 22

Family matters may prove too intense today, Leo. You may be having a rough week. Your family may be especially demanding of your time. This might be a good day to schedule some time alone. Go for a massage, sauna, or hot tub - by yourself - and simply relax. That way you will be more refreshed when you meet with your loved ones in the evening.

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### **LIBRA**

September 23 – October 22

Were you planning to go shopping today, Libra? If you can, put it off until tomorrow. You could be tempted by too many items that seem wonderful in the store but are nothing but a bother once you get them home. If you must go, make the effort to bypass shops where you might fall into this trap. You don’t want to have to make a second trip to bring back returns.

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### **SCORPIO**

October 23 – November 21

You look especially attractive today, Scorpio, and it’s doing wonders for your self-esteem. Even members of your household notice. But you probably feel more like staying in than going out. If you want a partner to notice how you look, it might be a good idea to extend an invitation to visit your home. You will get to stay in and still be admired by the one you love the most!

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### **CAPRICORN**

December 22 – January 19

A friend may offer you a gift today, Capricorn. It could involve money, favours, time, items you need, or something else. Be discriminating about what you accept, and make sure you offer to reciprocate. Insist, if you must. As generous as your friend may be, later he or she could feel used or else call in some favours that you aren’t willing to perform. Accept gracefully, within limitations.

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### **AQUARIUS**

January 20 – February 18

The temptation to take centre stage might be too strong to resist. Aquarius. Someone may ask you to tell a story. Your gift with words and vivid imagination should serve you well. Keep it brief. If you go on too long, your friends could fidget. Time your performance by watching their expressions. Do it right and you will be asked to do it again.

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### **GEMINI**

May 21 – June 20

Today you might work on your spiritual practice or studies, Gemini. You could read a book on the subject, attend a lecture, or practice some kind of discipline such as yoga or meditation. The only caveat is don’t try to do too much at once. You could tire yourself out. Concentrate on one thing at a time. The information will still be there tomorrow!

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### **VIRGO**

August 23 – September 22

You’ve been hoping for a quiet day on the job, Virgo, but too many calls could come your way. You might have to juggle several at once. Don’t try to deal with every problem. Exercise your triage abilities and take care of the most pressing first. Let the others go, if necessary. You aren’t doing anyone any favours by getting too distracted. Even you can be less than thorough when overwhelmed.

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### **SAGITTARIUS**

November 22 – December 21

Today, Sagittarius, you might want to make an unqualified declaration of love. That’s fine if you’ve been involved for a while, although you could overwhelm your partner. If the relationship is new, beware! This could feel like too much too soon. Your friend could respond by backing away or even disappearing. Use restraint or you might have the opposite effect to the one you want.

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### **PISCES**

February 19 – March 20

A gathering could bring you lots of good news and useful information, Pisces. The problem is that there might be too much. You will want to remember it all, but your memory may not be as sharp as usual. Before you attend a gathering, grab a notebook and pen. That way you can write down whatever you want to look into later.
Wordsearch

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

Codeword

Sudoku

Sudoku is a puzzle based on a small grid. The grid is also divided into rows and columns. 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 each of the digits 1 to 9 exactly once.

Bound And Gagged
Super Cryptic Clues

Across
1 Grate a little fruit (4)
3 Attempt by Heather to get accommodation for horses (8)
9 Believe a bird (7)  
10 Saw how old notice is? (5)
11 Items collected for poor little children (5)
12 This country sounds like one in a hurry (6)
14 Reformed - after kicking over the traces? (6)
16 Boat in which to start off? (6)
19 Scottish children I found in food stores (6)
21 Pot plant (5)
24 A team apart (5)
25 Room containing ancient bag (7)
26 Joy making Sue paler (8)
27 Raise back (4)

Down
1 Herb's girl (8)
2 Set off a sudden involuntary movement (5)
4 Do they pull tall buildings? (6)
5 Pigs or snakes crossing river (5)
6 Language - one with a Latin derivation (7)
7 Some meagre winnings may be increased (4)
8 They secure 150 snakes (6)
13 A famous artist - one making music (8)
15 Cup from church seen by Wonderland girl (7)
17 Financial carders in good spirits (6)
18 A girl who takes the right part (6)
20 Some dancing bobbins (5)
22 A king, held in reverence, is vigilant (5)

Answers

Wordsearch

CODER
HEA
LEI
LOM
MON
SAM
WEG

Codeword

E A R
B E R
D A R
A D A
A A A
E A A
A R A
A A A
Adaa says she could do crazy stunts only because of Rohit

Actress Adaa Khan is one of the contestants of the action-adventure reality show Khatron Ke Khiladi 10. She says filmmaker and the show’s host Rohit Shetty was the only person because of whom she could do such “crazy stunts”.

The show tests its contestants’ limit by making them do dangerous tasks and forces them to face their fears.

“Rohit sir was the only person because of whom I could do such crazy stunts. He is the one who motivates and pushes you, who tells you to do it. And the moment he said ‘5, 2, I go’, it meant ‘Go’ for me. I just listened to him and did the tasks blindly,” she said.

“When he is standing, you know he is there and he motivates you and most importantly he guides you about how to do it and what to do, He pushes you, even if you are tired, you give up. He is someone I really look up to and really respect. Because of him, I managed to complete all the tasks,” added Adaa.

She shot for the show in Bulgaria.

“Luckily, I didn’t get any injury but a cockroach went inside my ear and I couldn’t figure out whether it was a cockroach or my illusion. I couldn’t sleep the whole night because the cockroach was flickering in my ear and the next morning they had to take me to a doctor. Finally, the cockroach came out,” she said.

“That was the scariest moment of KKK for me. I also got some allergies from scorpion bites. Physically, it is very challenging as you never know what you are allergic to and what happens to you. The cockroaches again gave me rashes. So, it was really crazy,” added the Naagin actress.

— IANS

Sidharth lands Bigg Boss 13 crown

After spending almost five months in the Bigg Boss 13 house, actor Sidharth Shukla has been declared winner of the show. He has defeated co-contestant and model Asim Riaz. Sidharth won the trophy and a cash prize of Rs40 lakh. After announcing Sidharth as the winner, host Salman Khan congratulated him, and also clicked a selfie with him, and first runner-up, Asim.

During his stint on the show, Sidharth wooed the audience a lot — whether it was his violent fights with Asim or his romantic connection with Shehnaaz Gill or “aisi ladki” spat with Rashami Desai.

While staying in the house, Sidharth even caught typhoid and was under medication for a few weeks. But he didn’t give up. He came back as a warrior, and has now emerged as the winner.

Other contestants who reached the finale were Asim, Shehnaaz Gill, Rashami Desai, Arti Singh and Paras Chhabra. Paras quit the show by taking away the cash prize of Rs10 lakh.

Also, apart from Sidharth and Paras, other finalists won a trip to Abu Dhabi with their loved ones.

In the finale episode, the audience got a chance to witness some stellar performances by the top six contestants. Sidharth too performed. His sensuous dance with Rashami on Ang laga de song left netizens in awe of them. Not only this, he also gave a sweet ‘nonk-jhok’ performance with Shehnaaz. Salman Khan also danced, and that too on the tunes of his song Marma Bodhnam Hua.

Former contestants, including Shefali Bagga, Vishal Aditya Singh, Madhurima Tuli and Himansh Kohrana, were also present in the finale episode to cheer up the mood of the finalists.

The 13th season of Bigg Boss, which was finally wrapped up after 149 days on Saturday, turned out to be one of the most popular and entertaining seasons in the history of the show. Due to high TRPs and huge craze among people, the show was even extended by five weeks.

— IANS

Disha eyes action film someday

Actress Disha Patani is currently enjoying the success of her latest film Malang, and is also thinking of her future. She says she loves to experiment with roles and would like to do an action film someday.

On Sunday, the Baaghi 2 actress had a chat session with her fans on Twitter. She spoke about various things, including the kind of roles she would like to do.

A fan asked her: “What are your next projects? Can we see you in never seen before avatar?” To which she responded saying: “I look forward to doing an action film someday! Overall, I love experimenting with my roles and looking forward to play some interesting characters.”

Disha already has two projects — KTina and Radhe — in her kitty. Another fan asked her about her favourite Avengers characters, and she shared that Hulk and Ironman topped the list.

Meanwhile, Malang, also starring Anil Kapoor, Aditya Roy Kapoor, and Kumail Kemmu, had a great start when it opened on February 7. The Mohit Suri directorial collected Rs25.36 crore in its first three days.

— IANS
Prosecution closes in trial: ‘Abusive rapist’ relied on ‘power and manipulation’

By Laura Newberry and James Queally

In her closing arguments on Friday, the lead prosecutor in Harvey Weinstein’s rape trial proclaimed that power, manipulation and abuse — as well as a “lack of human empathy” — are what led the producer to the charges he now faces in Manhattan criminal court.

Assistant District Attorney Joan Illuzzi–Orbon told the jury of seven men and five women that Weinstein had underestimated his accusers.

“He made sure he had contact with the people he was worried about as a little check to make sure that one day, they wouldn’t walk out from the shadows and call him exactly what he was: an abusive out from the shadows and call him about as a little check to make sure with the people he was worried had underestimated his accusers.

Mann kept in contact with Weinstein, as well as “Sopranos” actress Annabella Sciorra.

In all, more than 90 women have come forward with sexual assault allegations against Weinstein.

In her closing arguments Thursday, lead defense attorney Donna Rotunno implored the jury to focus on the evidence presented at trial rather than the media stream of negative press Weinstein has received between the start of the #MeToo movement and his trial.

As the trial enters its final weeks of testimony, defense attorney Jose Baez has repeatedly seized on the fact that some accusers had come forward with their crimes were either too old to prosecute or happened outside the jurisdiction of the Manhattan district attorney’s office.

The charges stem from accusations by Annabella Sciorra, a former protégée of Weinstein’s who says he raped her in a New York hotel room in 2013.

To earn a conviction on the predatory sexual assault charge, prosecutors must convince jurors that Weinstein assaulted Annabella Sciorra, as well as “Sopranos” actress Annabella Sciorra.

Three other women also testified that Weinstein assaulted them, but their crimes were either too old to prosecute or happened outside the jurisdiction of the Manhattan district attorney’s office.

To win convictions on the predatory sexual assault charge, prosecutors must convince jurors that Weinstein attacked pale, water, or committed conduct in New York.

For his film, Boss backs up his argument that the iconic rapper could still be alive by saying that a Native American tribe would offer perfect protection, because FBI agents can’t go on tribal lands without permission. And yes, Boss knows that people will dismiss his argument, but Boss said he received his information from people in the rapper’s family and close circle.

“You can write a fiction,” Boss said. “You can write a fiction story but this is not a fiction. This is facts through certain people I know.”

Boss said he wants Shakur’s fans to see the movie, due for release in 2021, and decide for themselves what’s fiction and what’s not.

— The Mercury News (San Jose, California)
Rainer Hersch entertains audience with hilarious music and moves

By Mudassir Raja

Western orchestra music is deemed very classical, traditional and formal. It is treated like the music of and for cultured people all around the world. The music is taken seriously because of the sophisticated manner in which it is produced and presented. There is, however, a conductor who is primarily known for his comical take on the classical western music. His comical way of presenting music is not any less popular with the audience and they do take it seriously.

Rainer Hersch, a British conductor, actor, writer and comedian, brought his classical comedy to Doha on Saturday night when he created a sort of hysteria among the audience with his hilarious music and moves. The audience at Abdul Aziz Nasser Theater at Souq Waqif witnessed a memorable performance which was safe from the comic maestro’s influence. Rainer hit at different human behaviours with hilarious musical tunes. He displayed some acrobatics accompanied with funny tunes to make people laugh, and made the instrumentalists generate sounds of sneeze, coughing, and spitting among other sounds.

Born in 1962, Rainer has toured in more than 30 countries and has broadcast extensively, principally for the BBC. His radio series include All Classical Music Explained (BBC Radio 4, 1997), Rainer Hersch’s 20th Century Retrospective (BBC Radio 3, 1999) and All the Right Notes, Not Necessarily in the Right Order (BBC Radio 4, 2003 and 2006). Rainer studied Economics at Lancaster University. A Monty Python fan in his youth, he joined the Revue Group, the university’s student comedy troupe, and began his writing career. In July 2015, he was presented with an Alumni Award by Lancaster University for graduates who have made a substantial contribution to their field and developed an outstanding international reputation.

In December 1987, Rainer made his debut on the London stand-up circuit as part of a comic double act The Tebbits with fellow student Peter Wylie. In 1992 he gave up his job as touring manager of the London Festival Orchestra to become a professional comedian and since that time has performed exclusively as a solo artiste. In 1996 Rainer wrote and presented his stand-up show All Classical Music Explained at Edinburgh Festival Fringe, one of 13 such Edinburgh appearances. Billed as a simple and stupid guide to questions like ‘why is organ music so boring?’; ‘what does a conductor actually do?’ and ‘how to clap in the wrong place and mean it?’ All Classical Music Explained has since been performed over 300 times in four continents. It established him as an original comic voice and the classical music theme, which has dominated all his subsequent activities.

Rainer continues to tour the world presenting his one-man shows or as guest conductor in comedy concerts with orchestra. Among his many other commitments, he is currently conductor/host of the annual Johann Strauss Gala – an extensive, UK-wide tour and artistic director of the April Fools Day Concert at the Royal Festival Hall, an event he instigated in 2009.

As a musician, Rainer studied piano as a private pupil of Norma Fisher. He studied conducting for three years at The Conservatoire in London and in master classes at the Royal Academy of Music. He has conducted many orchestras around the world including; The Philharmonia Orchestra, City of Birmingham Symphony Orchestra, Queensland Symphony Orchestra, Tasmanian Symphony Orchestra, Saint Petersburg Philharmonic Orchestra, and Qatar Philharmonic Orchestra.