Hello honey!

Researchers spring into action to save honey bee decline. P4-5

FASHION
Made in China: Debonair sophistication wins the game. Page 8-9

HOLLYWOOD
Fox attempts another feel-good reality show with Lego Masters. Page 15
The Great Alaskan Race
CAST: Brian Presley, Treat Williams, Brad Leland
DIRECTION: Brian Presley
SYNOPSIS: A group of brave mushers travels 700 miles to save the small children of Nome, Alaska, from a deadly epidemic.
THEATRES: Royal Plaza, Landmark, The Mall

Frozen 2
DIRECTION: Chris Buck, Jennifer Lee
CAST: Kristen Bell, Jonathan Groff, Idina Menzel
SYNOPSIS: Anna, Elsa, Kristoff, Olaf and Sven leave Arendelle to travel to an ancient, autumn-bound forest of an enchanted land. They set out to find the origin of Elsa’s powers in order to save their kingdom.
THEATRES: Landmark, The Mall

Quote Unquote
“In order to carry a positive action we must develop here a positive vision.”
— Dalai Lama

Community Editor
Kamran Rehmat
e-mail: community@gulf-times.com
Telephone: 44466405
Fax: 44350474
Halal Qatar Festival
WHERE: Katara – the Cultural Village
WHEN: Ongoing till February 9
TIME: 8am onwards
The Halal Qatar Festival seeks to strengthen the Qatari and Gulf heritage with all its rich resources in an entertaining atmosphere. The theme of the festival centres on a distinct feature of Qatari heritage, one that is drawn from deep within the deserts of Qatar – sheep and goat breeding.

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.

Hobby Classes
WHERE: Mamangam Performing Art Centre
WHEN: Wednesday – Monday
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 e-mail at info@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.

Public Speaking Classes for Adults
WHERE: Sharq Capital, C-Ring Road
WHEN: Ongoing till July 1
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

Compiled by Nausheen Shaikh. E-mail: gtlisting@gmail.com, Events and timings subject to change
Buzz on bees

Bees are a key player in the food chain. During a single day, a female bee may visit several hundred flowers, depositing pollen along the way; roughly a third of our food chain is the result of pollination, writes Asher Price.

Honey bee populations have sharply declined around the world in recent years, confounding scientists and posing a grave threat to agriculture.

Now, University of Texas researchers may have discovered a way to reverse the trend.

Writing in the new issue of the journal Science, the team wrote that it had genetically engineered strains of bacteria that live in honey bee guts; there, they pump out medicines that protect the bees from Varroa mites and deformed wing virus — two chief culprits of colony collapse, a phenomenon that occurs when the majority of worker bees in a colony disappear.

The findings have “direct implications for bee health,” said Nancy Moran, a professor of integrative biology and the primary investigator on the study.

The stakes are high. Bees are a key player in the food chain. During a single day, a female bee may visit several hundred flowers, depositing pollen along the way; roughly a third of our food chain is the result of pollination. Austin alone has about 180 species of bees.

According to the American Beekeeping Federation, honey bees contribute nearly $20 billion each year to the value of US crop production, and they play an enormous role in global food production. The California almond industry, for example, requires approximately 1.8 million colonies of honey bees to pollinate nearly one million acres of orchards.

But bee colonies have been beset by disease and die-offs. According to a national survey, beekeepers lost nearly 40% of their honey bee colonies during the 2018–2019 winter, the highest rate reported since the survey began 13 years ago.

One of the suspects is the Varroa mite, a parasite spread in recent decades from East Asia to the US. The mite is “considered the biggest problem in beekeeping today,” said Mary Reed, chief apiary inspector of the Texas Apiary Inspection Service, an arm of Texas A&M University. “The reason is that they can vector viruses. If we didn’t have honey bee viruses, the Varroa mite would just be considered a nuisance. If mite levels get too high, they can weaken the immune system of a single bee and of a whole colony.”

She said virtually every bee colony in Texas has the mites. After feeding on a honey bee host, the adult female mite reproduces by crawling off her host into a cell with a bee larva. Offspring then alternate between feeding on the larva and defecating on the side of the cell. While the mites do not kill adult honey bees, they can weaken and
shorten individuals’ lifespans and ultimately will kill the colony by outcompeting their host. And the mites are vectors of numerous viruses including deformed wing virus.

While the background causes of particular instances of colony collapse disorder remain “a contentious issue under investigation,” said Sean Leonard, a graduate student and lead author of the study, “mites are an increasingly severe problem” over the past couple of decades that are contributing to high bee mortality rates.

The UT team — which involved at least eight other professors and students — engineered one strain of bacteria to target the virus and another for the mites. Engineering the bacteria to “knock down” genetic targets in bee bodies, Moran said, the researchers found that compared with control bees, the bees treated with the strain of bacteria targeting the virus were 36.5% more likely to survive to day 10. Meanwhile, Varroa mites feeding on another set of bees treated with the mite-targeting strain of bacteria were about 70% more likely to die by day 10 than mites feeding on control bees.

“With an accompanying commentary in Science, Robert J Paxton, a zoologist with the Institute for Biology at Martin Luther University Halle-Wittenberg in Germany, writes that the approach is “effective, long-term, potentially cheap, and easy to apply. The approach could “provide a solution to many of the honey bee’s woes and to dissect the molecular intricacies of honey bees and their societies,” Paxton said.

But there remain major hurdles to any widespread rollout of the bacteria as a vaccine-like solution. Leonard said it remains an open question how the genetically engineered bacteria will perform in an actual hive, where social behaviour among the bees could differ from inside the lab. “How they’ll perform in an actual hive we don’t know: it might be better or worse,” he said.

And because the bacteria are genetically modified, any manufacturer or distributor of the bacteria will first have to pass through regulatory hoops, Moran said.

“These species of bacteria occur only in honey bees,” said Moran. “They are not going to jump into butterflies or other insects or anything else. They’re very restricted. They aren’t going to invade the environment in some way that concerns people.”

The type of bacteria used are highly specialised to live in the bee gut, can’t survive for long outside of it and are protective for a virus that strikes only bees. Still, further research will be needed to determine the effectiveness and safety of the treatments in agricultural settings.

News about research like this is “always good to hear,” said Charles Reburn, co-owner of Bee Friendly Austin, which operates in Southwest Austin and sells bee hives, wax and honey.

Having worked with Texas A&M University researchers, “I know what it takes from initial study to getting something marketed,” he said. “It takes a lot to get out of the lab and into the field. If it comes to testing, sign me up.” — Austin American-Statesman, Texas/TNS
Students of DPS-MIS perform at 71st Republic Day of India celebrations

The students of DPS-Modern Indian School (DPS-MIS) recently took part in the 71st Republic Day of India celebrations organised by the Embassy of India at Sheraton Grand Doha Resort and Convention Hotel. The event was attended by notable personalities and dignitaries, including HE Yousef bin Mohamed al-Othman Fakhro, Minister of Administrative Development, Labour and Social Affairs; HE Dr Mohamed Abdul Wahed Ali al-Hammadi, Minister of Education and Higher Education; P Kumaran, Ambassador of India; Ibrahim Yousef Abdullah Fakhroo, Director of the Department of Protocol, Ministry of Foreign Affairs; and Ali Ibrahim Ahmed, Ambassador of Eritrea.

The event kicked off with the national anthem of Qatar and India, which was followed by a musical performance featuring folk dances of different states of India. The students of DPS-MIS shared the stage with the students of Shantiniketan Indian School.

GET-TOGETHER: MES Ponnani College Alumni Association of Qatar recently organised a get-together at Garden Village restaurant. New office bearers of the association were elected on the occasion. The new office bearers include Aslam Chandana, President; Rajesh Kuzhippattu and Shainy Kabeer, Vice President; Ashraf Kadavandu, Secretary; Muhammed Sajeer, Shameer T K, and Sajna Mansour, Joint Secretaries; Abdul Kalam and Mansour, Treasurers; Shameer T K, Saleem Kamikara and Shashikala Gajar, Co-ordinators; and Ashraf Perumbadappu, Navas M, Abdul Majeed, Usman K V, Advisers.
Amwaj organises blood donation drive

Amwaj, in partnership with Hamad Medical Corporation, recently organised a blood donation drive at Amwaj Mesaieed Global Village 1. The mobile blood donation unit was set up in front of the main entrance of the Amwaj HO (Ali Aqaria Tower) and in front of Amwaj MGV Camp Clinic in Mesaieed Industrial City. The drive aimed to contribute and support the Blood Bank in Qatar and to raise awareness of the importance of donating blood and continuing efforts in building a healthy society. Speaking on the occasion, Ahmed Abdul Rahman Ali al-Mulla, CEO of Amwaj, said “The campaign was very successful, and employees were enthusiastic to participate and donate blood. We are extremely proud of the great response from our staff. The humanitarian awareness campaign is part of the Amwaj commitment within the community and in line with the Company Corporate Social Responsibility. I would like to thank Hamad Medical Corporation for their continued support to this campaign, which aims to support the blood rank reserve in Qatar hospitals, and for promoting employee awareness on the importance of blood donation.”

SHOWCASE: Rami Kadi, internationally recognised Lebanese American fashion designer, recently presented his latest creations and uniquely crafted pieces in an exclusive event at Mondrian Doha. The two-day event witnessed a stream of high-profile guests that engaged with the distinctive designs as they indulged in Mondrian’s five-star experience.

SKMWA elects new office bearers

South Kanara Muslim Welfare Association (SKMWA), an organisation of people hailing from Southern part of Karnataka State, India, recently held its 27th Annual General Body Meeting. Abdul Majeed Mudabidri, President of SKMWA, presided over the event and briefed the members about the committee’s activities during the year 2018-19. The meeting kicked off with the recitation of the Holy Qur’an by Adnan Amir Hamza. Kasuri Udupi welcomed the gathering and Nasir Ullal and Sathar Montepadav presented the annual and financial reports, respectively. Razzak Puttur proposed a vote of thanks. The new office bearers, including Abdul Kaisim Udupi, Razzak Puttur, and Ismail Jokatte, Vice Presidents; Abdul Sathar Montepadav, General Secretary; Afzal Jameel and Khader Sagar, Joint Secretaries; Abdul Nasir Ullal and Mohamed Kondana, Treasurers; Mohamed Shameem, Firoz Kundapura, Ibrahim Beary, Abdul Majeed Halevyangadi, Abdulla Monu, Suhail, Arara Kunhi, and Tzikar, Advisers; Imthiyaz and Ameer Hamza, Sports and Cultural Secretaries; and Abbu Jokatte, Ismail MN Jokatte, Abdul Kader Jeelani, Abdul Rashheed, Elias Beary, Mohamed Inayat, Riyaz Ullal, Salwan Santhosh Nagar, Musheer Nawaz, and Abdul Hameed, event co-ordinators.
Made in China: Debonair so

Lan Yu’s closing show of Shop Qatar 2020 was loaded with talent, covering a broad scope that felt somewhat akin to London or New York proving her mettle as an avant-garde experimentalist, commercial designer, streetwear enthusiast, minimalist, and ultra-feminine dressmaker, writes Muhammad Asad Ullah

The last day of Shop Qatar 2020, organised by Qatar National Tourism Council, was about luxurious, pretty clothes — of ripping off the ‘Made in China’ label and replacing it with ‘Created in China.’ It was a night of dazzling couture, sumptuous luxury pret and funky oriental wears ... just the right designer on the lineup to represent the myriad fashion aesthetics that are represented by the QNTC. Lan Yu had the final say on how the term ‘high fashion’ can confidently be attached to the Made in China label.

China might be known for its unparalleled hold in the manufacturing industry on a global scale, but a recent influx of young, independent fashion auteurs are making their presence known as up-and-coming designers to watch out for within the world of fashion. The contemporary design scene in China is at an exciting stage. In the space of just a season or two, the momentum has really picked up. Yes, China’s fashion appetite is reflected in the sector’s massive growth, but contrary to popular belief, it isn’t just in the luxury space. Yes, Gucci is huge in China and so is Louis Vuitton and Balenciaga. If you’ve been to London you’ll know what I mean when I say this — because Regent Street is always swarming up with people from China holding a Gucci bag or two wearing a Moncler down jacket.

However, it won’t be erroneous to say that there’s a surge of interest in the local talents, as well, and the general sense is that millennials and Gen Z-ers are willing to embrace (and experiment with) their Chinese roots and mesh it with new age fashion and design. Investors are eager to support such new brands too.

Lan Yu’s closing show was loaded with talent, covering a broad scope that felt somewhat akin to London or New York proving her mettle as an avant-garde experimentalist, commercial designer, streetwear enthusiast, minimalist, and ultra-feminine dressmaker. With many highs and low lows, the day witnessed fashion drama and a couple of pieces that should never have been made — or should’ve never been made that complicated to understand.

We live in an Instagram world where our eyes shaft from one thing to another without need for a unifying narrative. If you’re going to make the idea that you’re talking to women as individuals a mainstay of your label, why only present them with a single vision? And if you can do so with the same spirited and playful attitude of Lan Yu, then so much the better.

Lan Yu gave a wild touch to the sophisticated look, making it difficult to slot the collection into any one particular style, even in terms of colour theme. The show started with a model in Kimono Kaftan in bursting green with oriental embroidery — the embroidery caterwauled how effortless Lan is embracing her cultural heritage and combining it with modern silhouettes, modern in terms of structure. Her collection featured structured silhouettes, nothing too fussy, before she sent down models with layering that kept on increasing and so did the techniques she employed.

The show had bows and 3D embroideries and jaccuard flowers, too, like the one tied with a dramatic flourish at the small of the back of a silk blouse. There were also plenty of bells and whistles, with beading, bejewelling, and seenly intense colours galore. Constructed in chiffon, organza, tissue, silk and velvet, the collection oscillated between couture-couture and demi-couture, which basically means pieces produced in relatively limited quantities and sold by the likes of Net-a-Porter. The former might mean a bronze plissé gown, all giving-face, giving-shoulders vampiness, or the painted and jewelled while evening dress with oriental powder pink embroideries in silk. The embroideries in silk had gold foil in detailing which added on to the popping colour were pleasing to the eyes and for fashion business people for sure.

There’s a fine line between being edgy and stepping into kitsch and that’s where her designs did fell short. The pieces showcased during the climax, there was a lot happening: layering, flowing silhouettes, crop tops, embroideries, pearls, lace, ruffles and volume — all in one. Some pieces that were styled together to form one look could’ve made a better statement if treated as separates. She could have dispensed with some wedding wear constructed in lace at the end, but there were only a few of those outfits.

However, as cohesiveness, the showcase was a joy to watch. What a collection, what cut, and veture and finishing. Nothing was too revealing even with deep necklines and back — Lan Yu covered the spaces so well with lace here and tassels there. A win afterall!
phistication wins the game
MORINGA BASED NUTRITIONAL REBALANCING IS NOT A DIET

Fat is created to protect the body from toxins & impurities, creating unwanted weight

DIETING:
Calorie cutting and/or exercising results in fat loss, increasing toxic density. This results in REBOUNDING.
As toxic overload triggers the body’s need to create fat, weight is regained.

CELLULAR CLEANSING
removes toxins from the body, creates lean muscle, and melts away excess fat.
MAINTAINING nutritional balance keeps the body naturally lean, while cleansing manages toxins.

HEALTHY LOOKS GREAT!
Music are best suited to enhancing certain specific properties of music that affect melody contributing to the experience. Various aspects such as rhythm, lyrics and on individuals. Music is multifaceted with personal preferences influencing its effects.

The researchers set out to investigate the effect of the tempo of a piece of music on a small group of female volunteers performing either an endurance exercise (walking on a treadmill) or a high-intensity exercise (using a leg press).

Listening to music at a higher tempo is more beneficial for endurance exercises, such as walking on a treadmill, than for high-intensity exercises, according to the study published in the journal Frontiers in Psychology. Many people listen to music while exercising and previous studies have documented some of the benefits. For instance, music can distract from fatigue and discomfort and increase participation in exercise.

However, "how" we experience music is highly subjective, with cultural factors and personal preferences influencing its effects on individuals. Music is multifaceted with various aspects such as rhythm, lyrics and melody contributing to the experience.

Until now, researchers did not understand the specific properties of music that affect us during exercise, including which types of music are best suited to enhancing certain types of exercise.

The researchers recorded a variety of parameters, including the volunteers' opinions about the effort required to complete the exercises and their heart rate while exercising, as a higher heart rate would mean that the exercise was more beneficial for physical fitness.

"We found that listening to high-tempo music while exercising resulted in the highest heart rate and lowest perceived exertion compared with not listening to music," explained Luca Ardigo, Professor at the University of Verona in Italy.

"This means that the exercise seemed like less effort, but it was more beneficial in terms of enhancing physical fitness," Ardigo said.

These effects were more noticeable in volunteers completing the endurance exercise sessions, compared with those performing high-intensity exercises, suggesting that people performing endurance activities such as walking or running may receive the greatest benefit from listening to high-tempo music. – IANS

The next time you hit the gym, do not forget to put on the music as researchers have confirmed that high-tempo songs may enhance the benefits of exercise, besides making physical activities a lot more easier.

Listening to music at a higher tempo is more beneficial for endurance exercises, such as walking or a treadmill, than for high-intensity exercises, according to the study published in the journal Frontiers in Psychology.

Many people listen to music while exercising and previous studies have documented some of the benefits. For instance, music can distract from fatigue and discomfort and increase participation in exercise. However, “how” we experience music is highly subjective, with cultural factors and personal preferences influencing its effects on individuals. Music is multifaceted with various aspects such as rhythm, lyrics and melody contributing to the experience.

Until now, researchers did not understand the specific properties of music that affect us during exercise, including which types of music are best suited to enhancing certain types of exercise.

The researchers set out to investigate the effect of the tempo of a piece of music on a small group of female volunteers performing either an endurance exercise (walking on a treadmill) or a high-intensity exercise (using a leg press).

The researchers recorded a variety of parameters, including the volunteers’ opinions about the effort required to complete the exercises and their heart rate while exercising, as a higher heart rate would mean that the exercise was more beneficial for physical fitness.

“We found that listening to high-tempo music while exercising resulted in the highest heart rate and lowest perceived exertion compared with not listening to music,” explained Luca Ardigo, Professor at the University of Verona in Italy.

“This means that the exercise seemed like less effort, but it was more beneficial in terms of enhancing physical fitness,” Ardigo said.

These effects were more noticeable in volunteers completing the endurance exercise sessions, compared with those performing high-intensity exercises, suggesting that you can experience exercise in a different way.

The researchers conducted a study with female volunteers. They were divided into two groups: one group listened to high-tempo music while exercising, and the other group did not listen to music.

The results showed that the group that listened to high-tempo music had a higher heart rate and lower perceived exertion compared to the group that did not listen to music. This suggests that listening to music at a higher tempo can make physical activities more enjoyable and lead to better performance.

In conclusion, music can enhance the experience of exercise by reducing perceived exertion and increasing enjoyment. Therefore, incorporating music into your workouts can make them more enjoyable and help you achieve better results.

The researchers set out to investigate the effect of the tempo of a piece of music on a small group of female volunteers performing either an endurance exercise (walking on a treadmill) or a high-intensity exercise (using a leg press).

The researchers conducted a study with female volunteers. They were divided into two groups: one group listened to high-tempo music while exercising, and the other group did not listen to music.

The results showed that the group that listened to high-tempo music had a higher heart rate and lower perceived exertion compared to the group that did not listen to music. This suggests that listening to music at a higher tempo can make physical activities more enjoyable and lead to better performance.

In conclusion, music can enhance the experience of exercise by reducing perceived exertion and increasing enjoyment. Therefore, incorporating music into your workouts can make them more enjoyable and help you achieve better results.

The researchers conducted a study with female volunteers. They were divided into two groups: one group listened to high-tempo music while exercising, and the other group did not listen to music.

The results showed that the group that listened to high-tempo music had a higher heart rate and lower perceived exertion compared to the group that did not listen to music. This suggests that listening to music at a higher tempo can make physical activities more enjoyable and lead to better performance.

In conclusion, music can enhance the experience of exercise by reducing perceived exertion and increasing enjoyment. Therefore, incorporating music into your workouts can make them more enjoyable and help you achieve better results.

The researchers conducted a study with female volunteers. They were divided into two groups: one group listened to high-tempo music while exercising, and the other group did not listen to music.

The results showed that the group that listened to high-tempo music had a higher heart rate and lower perceived exertion compared to the group that did not listen to music. This suggests that listening to music at a higher tempo can make physical activities more enjoyable and lead to better performance.

In conclusion, music can enhance the experience of exercise by reducing perceived exertion and increasing enjoyment. Therefore, incorporating music into your workouts can make them more enjoyable and help you achieve better results.

The researchers conducted a study with female volunteers. They were divided into two groups: one group listened to high-tempo music while exercising, and the other group did not listen to music.

The results showed that the group that listened to high-tempo music had a higher heart rate and lower perceived exertion compared to the group that did not listen to music. This suggests that listening to music at a higher tempo can make physical activities more enjoyable and lead to better performance.

In conclusion, music can enhance the experience of exercise by reducing perceived exertion and increasing enjoyment. Therefore, incorporating music into your workouts can make them more enjoyable and help you achieve better results.

The researchers conducted a study with female volunteers. They were divided into two groups: one group listened to high-tempo music while exercising, and the other group did not listen to music.

The results showed that the group that listened to high-tempo music had a higher heart rate and lower perceived exertion compared to the group that did not listen to music. This suggests that listening to music at a higher tempo can make physical activities more enjoyable and lead to better performance.

In conclusion, music can enhance the experience of exercise by reducing perceived exertion and increasing enjoyment. Therefore, incorporating music into your workouts can make them more enjoyable and help you achieve better results.

The researchers conducted a study with female volunteers. They were divided into two groups: one group listened to high-tempo music while exercising, and the other group did not listen to music.

The results showed that the group that listened to high-tempo music had a higher heart rate and lower perceived exertion compared to the group that did not listen to music. This suggests that listening to music at a higher tempo can make physical activities more enjoyable and lead to better performance.

In conclusion, music can enhance the experience of exercise by reducing perceived exertion and increasing enjoyment. Therefore, incorporating music into your workouts can make them more enjoyable and help you achieve better results.

The researchers conducted a study with female volunteers. They were divided into two groups: one group listened to high-tempo music while exercising, and the other group did not listen to music.

The results showed that the group that listened to high-tempo music had a higher heart rate and lower perceived exertion compared to the group that did not listen to music. This suggests that listening to music at a higher tempo can make physical activities more enjoyable and lead to better performance.

In conclusion, music can enhance the experience of exercise by reducing perceived exertion and increasing enjoyment. Therefore, incorporating music into your workouts can make them more enjoyable and help you achieve better results.

The researchers conducted a study with female volunteers. They were divided into two groups: one group listened to high-tempo music while exercising, and the other group did not listen to music.

The results showed that the group that listened to high-tempo music had a higher heart rate and lower perceived exertion compared to the group that did not listen to music. This suggests that listening to music at a higher tempo can make physical activities more enjoyable and lead to better performance.

In conclusion, music can enhance the experience of exercise by reducing perceived exertion and increasing enjoyment. Therefore, incorporating music into your workouts can make them more enjoyable and help you achieve better results.

The researchers conducted a study with female volunteers. They were divided into two groups: one group listened to high-tempo music while exercising, and the other group did not listen to music.

The results showed that the group that listened to high-tempo music had a higher heart rate and lower perceived exertion compared to the group that did not listen to music. This suggests that listening to music at a higher tempo can make physical activities more enjoyable and lead to better performance.

In conclusion, music can enhance the experience of exercise by reducing perceived exertion and increasing enjoyment. Therefore, incorporating music into your workouts can make them more enjoyable and help you achieve better results.

The researchers conducted a study with female volunteers. They were divided into two groups: one group listened to high-tempo music while exercising, and the other group did not listen to music.

The results showed that the group that listened to high-tempo music had a higher heart rate and lower perceived exertion compared to the group that did not listen to music. This suggests that listening to music at a higher tempo can make physical activities more enjoyable and lead to better performance.

In conclusion, music can enhance the experience of exercise by reducing perceived exertion and increasing enjoyment. Therefore, incorporating music into your workouts can make them more enjoyable and help you achieve better results.

The researchers conducted a study with female volunteers. They were divided into two groups: one group listened to high-tempo music while exercising, and the other group did not listen to music.

The results showed that the group that listened to high-tempo music had a higher heart rate and lower perceived exertion compared to the group that did not listen to music. This suggests that listening to music at a higher tempo can make physical activities more enjoyable and lead to better performance.

In conclusion, music can enhance the experience of exercise by reducing perceived exertion and increasing enjoyment. Therefore, incorporating music into your workouts can make them more enjoyable and help you achieve better results.

The researchers conducted a study with female volunteers. They were divided into two groups: one group listened to high-tempo music while exercising, and the other group did not listen to music.

The results showed that the group that listened to high-tempo music had a higher heart rate and lower perceived exertion compared to the group that did not listen to music. This suggests that l
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.

Wordsearch

GULF TIMES

Monday, February 3, 2020

COMMUNITY

CARTOONS/PUZZLES

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 you must fill the grid so that every column, every row and every 3x3 box contains all the digits 1 to 9.

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.

BELLOW
LEWIS
TWAIN
DOS PASSOS
LONDON
UPDIKE
DREISER
MAILER

VIDAL
FAULKNER
MELVILLE
VONNEGUT
FITZGERALD
OATES
WALKER

ROTH
WELTY
JAMES
SALINGER
WOLFE
WHARTON

Wordsearch

Codeword

Puzzles courtesy: Puzzlebox.com

Mystery word: C一项

Wordsearch

Codeword

Sudoku

Bound And Gagged

Adam

Pooch Cafe

Garfield

Sudoku

Bound And Gagged
Super Cryptic Clues

Across
1 Stone encountered in hasty scramble (8)
6 Scrooge's comment before a holiday starts? (3)
9 Musical heroine joining Laurie in a song (5)
10 Old murderer holding suitable officer (7)
11 Present flower (7)
12 Roman date to take in Caesar's second thoughts (5)
13 Worthless attempt to hug tree (6)
15 Sex object in Germany briefly (6)
19 Expert in garden centre didn't linger (5)
21 Right animals? Wrong 'uns! (7)
23 Escape trouble during fight (4,5)
24 No crazy wanderer (5)
25 Boat from Portugal (3)
26 Prize in college for flowers (8)

Down
2 Child caught on a Spanish island (7)
3 Subject of article - Simeon's heart (5)
4 Cathy's new boats (6)
5 Deposit collected for a cut of meat (7)
6 Support for a couple (5)
7 Crew members from Yarmouth and Sheringham (5)
8 Lucky charm Mark found on racecourse (6)
14 Fish a theologian steeped in wine (7)
16 Conceive, having new pram due (5,2)
17 Journey to get quarters in lodge (6)
18 Nectar ordered for islander (6)
19 Artist's club in African capital (5)
20 Many fish hold on (5)
22 Garment cut in pieces (5)

Solution

Colouring

Answers

Wordsearch

Codeword
ew in Bollywood can match Mallika Sherawat’s positivity, and looking at the Murder girl after all these years, you realise age is just a number! "The secret to that envious body, Mallika reveals, is a healthy diet and Iyengar Yoga. The II-Town hottie has been regularly sharing her Iyengar Yoga photos and videos on Instagram for a while now.

"It’s been five to six years that I have been doing Iyengar Yoga. I love it because it is based on alignment of the body and is very good for your mental health, too. It is like meditation; it is a great stress reliever and good for your mental health, too. It is like a woman, a role essayed by Taapsee, who fights for justice after a domestic violence attack by her husband. – IANS

"Today there is one form of yoga which I call the fashion yoga. They play loud music and do yoga. That is not the real practice. The real practice is going within yourself. So, you should not do yoga with loud music and mirrors around, because that distracts to your senses. For me, Iyengar Yoga works the best," she said.

Along with yoga, Mallika is also serious about a healthy diet, which normally comprises home-cooked food. The actress revealed that she strictly tries to follow a no-eating–outside rule most of the times and is fond of “ghar ka khana”.

"I was always a vegetarian and for the last 10 years, I am a vegan. I don’t even take dairy products. I follow a very simple diet, mostly ‘ghar ka khana’. I feel it is the healthiest thing. I think what our grandparents used to eat was real food full of nutrition. Now there is so much pollution and pesticides, and the quality of food has gone down. So, we have to be careful about what we consume, nutrition-wise," Mallika said.

"I eat a lot of fresh fruits, vegetables, green juices and nuts. I prefer nuts for snacks. I strictly avoid gluten. People think wheat is very healthy but it is not. Gluten is very acidic for the body!"

Before signing off, Mallika shared a message for her fans. She said it’s never too late to start working out for a healthy body and a healthier mind, so if you are planning to start from tomorrow, do it today! – IANS

**By Ahana Bhattacharya**

**By Vidhu Vinod Chopra**

**NEW PROJECT:** Vidhu Vinod Chopra says he wants to make some fun films now.

"It is my endeavour to be a part of human stories that reflect the truth and compel us to think and possibly even bring positive change. Thappad is one such film, a very powerful one," said Dia.

Praising Taapsee, she said: "Taapsee is a fierce lioness and I have always been an ardent admirer of her work. It is a pleasure to be a part of such an incredible cast that stands for something so important collectively." After Dus and Cash, this is Dia’s third movie with director Anubhav Sinha.

The trailer of Thappad was unveiled recently. It captures the journey of a woman, a role essayed by Taapsee, who fights for justice after a domestic violence attack by her husband. – IANS

**Munna Bhai 3 up next for producer Chopra**

Filmmaker Vidhu Vinod Chopra says his latest film Shikaru, based on the exodus of Kashmiri Hindus from the Kashmir Valley, was an intense experience, and adds that he will now focus on a new Munna Bhai project because he wants to make a fun film.

"I really want to make Munna Bhai. It (Shikaru) was a very tiring film because it was very close to my heart. I want to make some fun films now. I have been wanting to do Munna Bhai from a long time. Now finally, we have something that I would want to do," said Chopra, at a promotional event for Shikaru.

The Munna Bhai franchise comprises the blockbusters, Munna Bhai MBB (2003) and Lage Raho Munna Bhai (2006). Both films were directed by Rajkumar Hirani, and starred Sanjay Dutt and Arshad Warsi as Munna Bhai and Circuit respectively.

As producer, would he bring back the same cast and crew after all nearly a decade and a half? "It (Munna Bhai 3) will be with Sanjay (Dutt) and yes, hopefully, all of them will be there," he replied.

Asked if he had a tentative date in mind for his new Munna Bhai project, Chopra replied: "How can I say that? I am going to work on it from 10th (February). We have got the right idea but we have to work on that. I can’t say how much time it will take to make but I really want to make it, because wherever I go people ask me about it. Even at the airport, people keep asking me, ‘when will Munna Bhai come? ’ (laughs). So, we have to make it before people get upset with us!" – IANS

**CANDID:** Dia Mirza says Thappad is a story that compels us to think and bring positive change.
HOLLYWOOD

Fonda is bringing climate protests to Los Angeles

Jane Fonda is back in Los Angeles to film Netflix’s Grace and Frankie, and she has brought Fire Drill Fridays back from Washington, D.C., with her. Fonda has temporarily relocated to the nation’s capital last fall to participate in the recurring protests. The first of the Pacific time zone protests, still aimed at raising awareness of a range of climate change issues, will take place at City Hall in downtown Los Angeles on Feb 7.

It looks as if everything is more laid-back here on the Left Coast: Fire Drill Fridays tweeted Thursday that the SoCal protests will happen just once a month at various locations. Back East, it was once a week. “During this key period where action is essential and inaction is criminal, we’re going to massively scale up to take on the climate crisis,” Fonda, 82, told Los Angeles Magazine. “We know this is one of the last possible moments we have to change course and save lives and species on an unimaginable scale.”

She of the red coat was arrested five times in DC for civil disobedience related to Fire Drill Fridays. On her fourth time through the system, Fonda spent a night in jail.

Mendes responds to troll who said she is ‘getting old’

Actor Eva Mendes is feeling anything but “bad” after a netizen said she is “getting old.” The 45-year-old actress and entrepreneur showed off her new haircut on Instagram on Saturday. However, she ended up defending herself after a troll wrote “she’s getting old” on her post, reports etonline.com.

She replied to the user saying: “Yes your [sic] right. Thank God I’m getting old. That means I’m still here. I’m gonna be 46 soon and grateful everyday [sic] that I’m aging. Was your comment suppose [sic] to make me feel bad? It didn’t. It makes me feel grateful. So thank you for the reminder that I’m still here.”

Another fan also called out the previous comment, writing: “Old? ‘Old’ is woman on woman negativity. This one isn’t out there offending anyone or in some scandal. She’s out here LIVING HER DREAM. I’m saying when she probably doesn’t even need to! Bringing us good looks. If Eva’s old, put me in all the senior communities! Be better.”

Mendes replied: “I hear ya on the woman on woman negativity sisi. Let’s make it’s (sic) all about love for 2020. So thanks for the reminder that I’m still here. Was your comment suppose (sic) to make me feel bad? It didn’t. It makes me feel everyday [sic] that I’m aging. I’m gonna be 46 soon and grateful everyday [sic] that I’m aging. Was your comment suppose [sic] to make me feel bad? It didn’t. It makes me feel grateful. So thank you for the reminder that I’m still here.”

UPSET: Eva Mendes is feeling anything but bad after a netizen said she is ‘getting old’

Fox attempts another feel-good reality show with Lego Masters

By Rob Owen

ew reality show hits have been tough to come by on broadcast television in recent years. For every Survivor there’s a dud like Fox’s 2017 reality entry Kicking & Screaming. But Fox struck gold in 2019 with The Masked Singer, which debuts its third season at approximately 10:30pm Sunday after Super Bowl LIV. Fox execs aim to see if lightning can strike twice in two years with the premiere of Lego Masters (9pm Wednesday), which follows Masked Singer in its regular 9pm Wednesday time slot next week.

Whether back-to-back reality shows is overkill for viewers remains to be seen, but Lego Masters has all the elements of a hit by the community and that’s who our builders are," Mr Dominici said. "We really want to celebrate that."

Tommy on CBS

Welcome back to TV, Edie Falco. We just wish it was in a better series.

Instead, it’s CBS’s Tommy (10pm Feb. 6), a thoroughly pedestrian drama starring Falco as a New York cop who becomes the first female police chief of Los Angeles. And she doesn’t get along with her adult daughter. And the deputy mayor has it in for her. And it’s all a little too on-the-nose and predictable.

Falco is fantastic as always, but the writing is weak. Whether this non-linear storytelling actually works or just feels like a gimmick will be up to viewers to decide. – GULF TIMES

Interrogation

It’s Choose Your Own Adventure, TV edition, with CBS All Access’ Interrogation, streaming Feb. 6.

A drama based on a true-crime story that spans decades, viewers are encouraged to watch a specific episode first (Eric Fisher) and last (Trey Corrino) but in between they can pick any order they want. Each episode is told from the perspective of a different character. Kyle Gallner, who played Hasil on 2016-17 shot-in-Pittsburgh WGN America drama Outsiders, stars as Eric Fisher, who is a suspect in the murder of his mother (Joanna Going). Eric’s father (David Strathairn) hires a lawyer for his son, but dogged police detective David Russell (Peter Sarsgaard) settles on a theory and is unwilling to waver.

Did Eric do it? Or was it Chris Keller (Kodi Smit-McPhee), who’s mentioned in the first episode? Viewers can choose to watch that episode next or pick something different.

Whether this non-linear storytelling actually works or just feels like a gimmick will be up to viewers to decide. – Pittsburgh Post-Gazette/TNS

After 5 DC arrests, Fonda is bringing climate protests to Los Angeles

Fox’s 2017 reality entry Kicking & Screaming. But Fox struck gold in 2019 with The Masked Singer, which debuts its third season at approximately 10:30pm Sunday after Super Bowl LIV. Fox execs aim to see if lightning can strike twice in two years with the premiere of Lego Masters (9pm Wednesday), which follows Masked Singer in its regular 9pm Wednesday time slot next week.

Whether back-to-back reality shows is overkill for viewers remains to be seen, but Lego Masters has all the elements of a hit by the community and that’s who our builders are," Mr Dominici said. "We really want to celebrate that."

Tommy on CBS

Welcome back to TV, Edie Falco. We just wish it was in a better series.

Instead, it’s CBS’s Tommy (10pm Feb. 6), a thoroughly pedestrian drama starring Falco as a New York cop who becomes the first female police chief of Los Angeles. And she doesn’t get along with her adult daughter. And the deputy mayor has it in for her. And it’s all a little too on-the-nose and predictable.

Falco is fantastic as always, but the writing is weak. Whether this non-linear storytelling actually works or just feels like a gimmick will be up to viewers to decide. – GULF TIMES

Interrogation

It’s Choose Your Own Adventure, TV edition, with CBS All Access’ Interrogation, streaming Feb. 6.

A drama based on a true-crime story that spans decades, viewers are encouraged to watch a specific episode first (Eric Fisher) and last (Trey Corrino) but in between they can pick any order they want. Each episode is told from the perspective of a different character. Kyle Gallner, who played Hasil on 2016-17 shot-in-Pittsburgh WGN America drama Outsiders, stars as Eric Fisher, who is a suspect in the murder of his mother (Joanna Going). Eric’s father (David Strathairn) hires a lawyer for his son, but dogged police detective David Russell (Peter Sarsgaard) settles on a theory and is unwilling to waver.

Did Eric do it? Or was it Chris Keller (Kodi Smit-McPhee), who’s mentioned in the first episode? Viewers can choose to watch that episode next or pick something different.

Whether this non-linear storytelling actually works or just feels like a gimmick will be up to viewers to decide. – Pittsburgh Post-Gazette/TNS

Fonda is bringing climate protests to Los Angeles

Jane Fonda is back in Los Angeles to film Netflix’s Grace and Frankie, and she has brought Fire Drill Fridays back from Washington, D.C., with her. Fonda has temporarily relocated to the nation’s capital last fall to participate in the recurring protests. The first of the Pacific time zone protests, still aimed at raising awareness of a range of climate change issues, will take place at City Hall in downtown Los Angeles on Feb 7.

It looks as if everything is more laid-back here on the Left Coast: Fire Drill Fridays tweeted Thursday that the SoCal protests will happen just once a month at various locations. Back East, it was once a week. “During this key period where action is essential and inaction is criminal, we’re going to massively scale up to take on the climate crisis,” Fonda, 82, told Los Angeles Magazine. “We know this is one of the last possible moments we have to change course and save lives and species on an unimaginable scale.”

She of the red coat was arrested five times in DC for civil disobedience related to Fire Drill Fridays. On her fourth time through the system, Fonda spent a night in jail.
Live video games orchestral music sends audience into frenzy at QNCC

By Mudassir Raja

The exciting and energetic music simply dazzled the buzzing audience during the recent video games music concert that was organised at Qatar National Convention Centre (QNCC). ‘Video Games Live’ – an immersive concert event – featured music from the most popular video games of all time for the fifth consecutive year in Doha.

The concert offered the energy and excitement of a rock concert. The power and emotion of the symphony orchestra, and choir combined with the technology, interactivity, incredible visuals and fun sent the large audience into a kind of frenzy.

Completely synchronised cutting-edge video screen visuals, state-of-the-art lighting and special on-stage interactive segments, aptly anchored by Tommy Tallarico (American video game music composer), dazzled audiences of all ages – gamers and non-gamers alike.

The two-hour-long phenomenal video game concert offered well-loved music from the most popular video games of all time.

In the first hour, music of 10 video games of all time for the fifth consecutive year in Doha. The concert offered the energy and excitement of a rock concert. The power and emotion of the symphony orchestra, and choir combined with the technology, interactivity, incredible visuals and fun sent the large audience into a kind of frenzy.

In the second half of the concert, the audience was entertained with the music of video games such as Kingdom Hearts, DOTA2, AC Syndicate, Monkey Island, Tomb Raider, Silent Hill II, Street Fighter II, Halo Trilogy, and FF7 One Winged Angel.

Outside Al Mayassa theatre at QNCC, the organisers and gamers set up multiple stalls displaying different gadgets and equipment associated with video games besides having the video games CDs.

The orchestra music was arranged by Qatar Philharmonic Orchestra and the concert was aptly conducted by seasoned maestro Eimear Noone, the Oscar winning Irish conductor and composer living in Malibu, California. The energy and mastery of the female conductor won special accolades from the audience.

Eimear, who won an Oscar in 2014, splits her time between Malta and California. She also composed the score for the feature film, The Donner Party (2009) starring Crispin Glover, among others.

The orchestra music was arranged by Qatar Philharmonic Orchestra and the concert was aptly conducted by seasoned maestro Eimear Noone, the Oscar winning Irish conductor and composer living in Malibu, California. The energy and mastery of the female conductor won special accolades from the audience.

Eimear, who won an Oscar in 2014, splits her time between Malta and California. She also composed the score for the feature film, The Donner Party (2009) starring Crispin Glover, among others.

As a conductor she has led many of the world’s great ensembles such as The Philadelphia Orchestra (The Mann Center), The Dallas Symphony (Myerson Hall), The Royal Philharmonic (Hammersmith Apollo Theatre), The Sydney Symphony (Sydney Opera House), and The National Symphony (Wolf Trap), just to name a few.

Tommy Tallarico, who anchored the music show, is an American video game music composer, musician, sound designer, television personality and live show creative director and producer.

He has worked on over 300 video game titles since the 1990s. He is actually the creator of the concert series – Video Games Live – a multi-award-winning symphony orchestra that has played video game music across the world since 2002.

Tommy made the concert more lively with his informative and explanatory chats and amusing chats about how and when certain video games were made and how much popular they got all around the world. An interesting episode took place when Tommy invited a teenage boy from the audience and asked him play a video game at the stage.

Yet another highlight of the event was the music for a video game played by Qatar’s junior choir.

“I am very excited to attend the concert. It is lovely to watch the musicians play live as the games run a big video screen in the background. I got a chance to revisit the world. An interesting episode took place when Tommy invited a teenage boy from the audience and asked him play a video game at the stage. Yet another highlight of the event was the music for a video game played by Qatar’s junior choir.”

The promotion activity for the video games outside the main auditorium was exciting. People with different backgrounds were seen taking interest in different sorts of games. It was really nice to be here,” said Jabira Abde, an Arab expatriate living in Doha.