Two doctors report their experiences from the Covid-19 frontlines. P4-5

**Bollywood**

Abhishek on plans to get back to work and new web series.

**Back Page**

Meditation and mindfulness ease caregivers’ stress.
**PRAYER TIME**

Fajr 3.52am  
Shorooq (sunrise) 5.14am  
Zuhur (noon) 11.37am  
 AZ (afternoon) 3.07pm  
Maghreb (sunset) 6pm  
Isha (night) 7.30pm

**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, 44500637  
Mowasalat Taxi 44588888  
Qatar Airways 44496000  
Hamad Medical Corporation 44392222, 44393333  
Qatar General Electricity and Water Corporation 44845555, 44845464  
Primary Health Care Corporation 4493333, 4493363  
Qatar Assistive Technology Centre 44594050  
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 40253371, 40253372  
Ministry of Health 40253370, 40253364  
Hamad Medical Corporation 40253368, 40253365  
Qatar Airways 40253374

**Quote Unquote**

“I don’t think of all the misery but of the beauty that still remains.”  
— Anne Frank

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**Four More Shots Please!**  
**DIRECTION:** Rangita Pritish Nandy  
**CAST:** Sayani Gupta, Maanvi Gagroo, Kirti Kulhari  
**SYNOPSIS:** Four very different women in Mumbai, the city that never sleeps, get together every week to binge talk at their favourite garage club, Truck. This could be that story, you’ve probably heard it before. But have you heard it from the points of view of Damini, Umang, Siddhi, and Anjana? Probably not. Men can’t save the day but maybe a bunch of women can. Damini’s girl squad, the women who lift her spirits up when she’s feeling beaten and bruised by the world, the women who offer the most insane conversations and really bad advice over binge gossip. They’re far from perfect and they have plenty of troubles of their own. But that’s the magic of this girl squad. They don’t yeer for perfection. They embrace their inadequacies and walk out, hand in hand, to face the world with their heads held high. No judgment. No moral lessons. No man swooping in to save the day at the very end.

**Downton Abbey**  
**DIRECTION:** Julian Fellowes  
**CAST:** Hugh Bonneville, Phyllis Logan, Elizabeth McGovern  
**SYNOPSIS:** Lord Robert Crawley, Earl of Grantham (Hugh Bonneville) sees his family heritage, especially the grand country home Downton Abbey, as his mission in life. The death of his heir aboard R.M.S. Titanic means distant cousin Matthew Crawley (Dan Stevens), a Manchester lawyer, suddenly is next in line and accepts moving onto the vast estate with his even more modernist, socially engaged mother, who clashes with his Lordship’s domineering, conservative mother, the dowager countess. Marrying off the daughters is another concern. Meanwhile, the butler presides over a staff which serves the family, but also lead most of their entire lives in the servants’ quarters, intriguing amongst themselves.
Surgery to remove the appendix

Appendicitis is an inflammation of the appendix, a finger-shaped pouch that projects from your colon on the lower right side of your abdomen.

Appendicitis causes pain in your lower right abdomen. However, in most people, pain begins around the navel and then moves. As inflammation worsens, appendicitis pain typically increases and eventually becomes severe.

Although anyone can develop appendicitis, most often it occurs in people between the ages of 10 and 30. Standard treatment is surgical removal of the appendix. To help diagnose appendicitis, your healthcare provider will likely take a history of your signs and symptoms and examine your abdomen.

Tests and procedures used to diagnose appendicitis include:

1. Physical exam to assess your pain:
   Your healthcare provider may apply gentle pressure on the painful area. When the pressure is suddenly released, appendicitis pain will often feel worse, signifying that the adjacent peritoneum is inflamed. They may also look for abdominal rigidity and a tendency for you to stiffen your abdominal muscles in response to pressure over the inflamed appendix (guarding). Your provider may use a lubricated, gloved finger to examine your lower rectum (digital rectal exam). Women of childbearing age may be given a pelvic exam to check for possible gynaecological problems that could be causing the pain.

2. Blood test:
   This allows your healthcare provider to check for a high white blood cell count, which may indicate an infection.

3. Urine test:
   They may want you to have a urinalysis to make sure that a urinary tract infection or a kidney stone isn’t causing your pain.

4. Imaging tests:
   Your provider may also recommend an abdominal X-ray, an abdominal ultrasound, computerised tomography (CT) scan or magnetic resonance imaging (MRI) to help confirm appendicitis or find other causes for your pain.

Treatment:
Appendicitis treatment usually involves surgery to remove the inflamed appendix. Before surgery you may be given a dose of antibiotics to treat infection.

Surgery to remove the appendix (appendectomy):

Appendectomy can be performed as open surgery using one abdominal incision about 2 to 4 inches (5 to 10 centimeters) long (laparotomy). Or the surgery can be done through a few small abdominal incisions (laparoscopic surgery). During a laparoscopic appendectomy, the surgeon inserts special surgical tools and a video camera into your abdomen to remove your appendix. In general, laparoscopic surgery allows you to recover faster and heal with less pain and scarring. It may be better for older adults and people with obesity.

But laparoscopic surgery isn’t appropriate for everyone. If your appendix has ruptured and infection has spread beyond the appendix or you have an abscess, you may need an open appendectomy, which allows your surgeon to clean the abdominal cavity. Expect to spend one or two days in the hospital after your appendectomy.

Draining an abscess before appendix surgery:
If your appendix has burst and an abscess has formed around it, the abscess may be drained by placing a tube through your skin into the abscess. Appendectomy can be performed several weeks later after controlling the infection.

Lifestyle and home remedies:
Expect a few weeks of recovery from an appendectomy, or longer if your appendix burst. To help your body heal:

1. Avoid strenuous activity at first:
   If your appendectomy was done laparoscopically, limit your activity for three to five days. If you had an open appendectomy, limit your activity for 10 to 14 days. Always ask your doctor about limitations on your activity and when you can resume normal activities after surgery. Support your abdomen when you cough. Place a pillow over your abdomen and apply pressure before you cough, laugh or move to help reduce pain.

2. Call your healthcare provider if your pain medications aren’t helping:
   Being in pain puts extra stress on your body and slows the healing process. If you’re still in pain despite your pain medications, call your doctor.

3. Get up and move when you’re ready:
   Start slowly and increase your activity as you feel up to it. Start with short walks.

4. Sleep when tired:
   As your body heals, you may find that you feel sleepier than usual. Take it easy and rest when you need to.

5. Discuss returning to work or school with your health care provider:
   You can return to work when you feel up to it. Children may be able to return to school less than a week after surgery. They should wait two to four weeks to resume strenuous activity, such as gym classes or sports.

Alternative medicine:
Your healthcare provider will prescribe medications to help you control your pain after your appendectomy. Some complementary and alternative treatments, when used with your medications, can help control pain. Ask your provider about safe options, such as:

- Distracting activities, such as listening to music and talking with friends, that take your mind off your pain. Distraction can be especially effective with children.
- Guided imagery, such as closing your eyes and thinking about a favourite place. — Mayo Clinic News Network/TNS
Health workers across the US looked on in horror when New York became the global epicentre of the coronavirus. Now, as physicians in cities such as Houston, Phoenix and Miami face their own Covid-19 crises, they are looking to New York, where the caseload has since abated, for guidance.

Dr Cedric Dark, Houston: When did you start worrying about how Covid-19 would impact New York?

Dr Tsion Firew, New York: Back in February, I travelled to Sweden and Ethiopia for work. There was some sort of screening for Covid-19 in both places. On February 22, I came to New York City, and nothing — no screening. At that point, I thought, “I don’t think this country’s going to handle this well.”

Dark: On February 26, at a department meeting, one of my colleagues put coronavirus on the agenda. I thought to myself, “Why do we even need to bother with this here in Houston? This is in China; maybe it’s in Europe?”

Firew: On March 1, we had our first case in New York City, which was at my hospital. Fast-forward 15 days and I get a call saying, “Hey, you were exposed to Covid-positive patients.” I was told to stay home.

Dark: My anxiety grew as I saw what was happening in Italy, a country I’ve visited several times. I remember seeing images of people dying in their homes and mass graves. I started to wonder, “Is this what we’ll see over here? Are my colleagues going to be dying? Is this something that’s going to get me or my wife, who’s also an ER doctor? Are we going to bring it home to our son?”

In March, we repurposed our urgent care pod, which has eight beds, into our coronavirus unit. And for a while, that was enough.

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My friends who work in Lower Manhattan couldn’t believe some of the things we saw.

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By Danielle Renwick

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The Guardian sat in on a conversation with two emergency room physicians — one in New York and the other in Houston — about what happened when Covid-19 arrived at their hospitals.

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Q & A with Doctors Cedric Dark and Tsion Firew on how Covid-19 took the US by storm and the close calls they endured

INSIGHT: Two emergency room doctors, Dr Tsion Firew in New York, left, and Dr Cedric Dark in Houston, discuss their cities’ coronavirus outbreaks — and responses.
anywhere — it was proof to me that we had community transmission in Houston before any officials admitted it.

You became infected, right?

Firew: In early April, I became sick, along with my husband. I never imagined that in 2020 I would be writing out a living will detailing my life insurance policy to my family. Walking from my bed to the kitchen would make my heart race; I often wondered: Is this when I drop dead like my patient the other day?

A few days before I got sick, the president had said that anybody who wanted a test could get one. But then I was on the phone with my workplace and with the department of health begging for a test.

It was also around that time that a brown-skinned physician who was about my age died from Covid-19. So I knew being in my mid-30s wouldn’t protect me. I was even more worried when my husband became ill because, as a Black man, his chances of dying from this disease were much higher than mine. We both recovered, but I still have some fatigue and shortness of breath.

When did cases pick up in Houston?

Dark: We saw a gradual increase in cases throughout April, but it stayed relatively calm because the city was shut down. The hospital was kind of a ghost town because no-one was having elective procedures. Things were quiet until Texas reopened in May.

I remember when I lost my first Covid patient. He started to crash right in front of me. We started CPR and I ran the algorithms through my mind trying to think how we could bring him back, but kept ending up at the same conclusion: This is Covid and there’s nothing I can do.

It’s like serving on the front lines of a war. We initially struggled to find our own personal protective equipment while the hospitals worked to secure the supply chain. Although that situation has stabilised, a lot of patients who come in for non-Covid reasons wind up testing positive. Covid is everywhere.

Our patient population is heavily Latino and Black and, for a time, our hospital had some of the highest numbers of Covid cases among the nearly two dozen hospitals in the Texas Medical Center network. It’s revealed the fault lines of a pre-existing issue in terms of inequities in health care. As area hospitals fill up, they reallocate additional floors to Covid patients. Who knows, if we don’t get this under control, maybe one day the whole hospital will be Covid.

Firew: Now I’m just chronically angry. The negligence came from the top all the way down. Our leaders do not lead with evidence — we knew what was going to happen when states reopened so quickly.

Dark: Yeah, this was completely avoidable, had the governor (Texas Governor Greg Abbott) decided not to open up the economy too fast.

How are things in New York now?

Firew: There have been several days where I’ve seen zero Covid cases. If I do see a case, it’s usually someone who has travelled from abroad or other states. People are coming in for non-Covid reasons. Recently, a woman in her early 40s came in with a massive lesion on her breast. She’d started experiencing some pain three months ago, during the peak of the pandemic, and was too frightened to come to the hospital. To make matters worse, she didn’t have insurance and couldn’t afford the telehealth that many had access to.

By the time she made it to our hospital, the mass had metastasized to her spine and lungs. Even with aggressive treatment, she likely only has a few months to live. This is one of the many cases we’re seeing now that we are back to “normal” — complications of chronic illnesses and delayed diagnoses of cancer. The burden of the pandemic layered with a broken healthcare system.

Dr Tzion Firew is an assistant professor of emergency medicine at Columbia University and special adviser to the minister of health of Ethiopia.

Dr Cedric Dark is an assistant professor of emergency medicine at Baylor College of Medicine and a board member for Doctors for America.

— Kaiser Health News
Ever-blooming and bush habit, are not two adjectives or descriptors you would ever expect to give a sunflower, but that has all changed. It’s called Suncredible Yellow and botanically speaking it is a Helianthus hybrid. I planted it about few months ago right close to a clump of Rockin salvias. Amazingly it has been blooming all summer and continues to do so giving no indication its life as an annual, will be coming to an end.

This will be a new plant product for the gardener reaching 42-inches tall and around 36-inches wide. The flowers are four inches wide and produced in abundance, bringing in bees and butterflies. Those of you with roaming deer populations will rejoice that this plant is typically not on the menu, writes Norman Winter.

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Suncredible Yellow will keep blooming whether you deadhead or not. In my garden, I have snipped them off a couple of times. Because of their bushy habit, they will excel as the thriller plant in mixed containers; or look stunning as a monoculture plant growing with no partners.

The look screams cottage garden but will be simply amazing just mixed in with perennials and other annuals. Of course, those of you working on a backyard wildlife habitat will be pleased beyond your wildest expectations. Suncredible Yellow from Proven Winners is built on a well branched bush-like habit that is perfect for the back of the bed, as an annual screen or along a fence. The blooms are about 4" across and do not need to be deadheaded to continue blooming, but can be groomed for tidiness. This plant blooms several weeks longer than similar sunflowers due to its semi indeterminate to determinate habit. It is heat and drought tolerant, attracts pollinators, and resists deer.

The Garden Guy used a layered design up a gentle slope. In the front, I have the Rockin Deep Purple salvia and the Rockin Blue Suede Shoes. Then going up the slope is the Suncredible Yellow. Next is the amazing Summerific Holy Grail hibiscus. The look is a subtle triadic harmony mixed with blue salvias, yellow sunflowers, and deep red hibiscus.

It has been scoring very well in plant trials. Most trials rate on a scale of 1 to 5 with five being the best. In the University of Georgia trials from June through August it has an average of 4.75. It has seen similar scores in the south. When you score well above 4 the consumer can rest assured they are getting a good bang for their buck.

As you can tell from the length of bloom this native is heat tolerant and I can testify it has a strong degree of drought tolerance as our summer in west Georgia has crept into the miserable category. We celebrate however with colourful flowers.

One last thing very worth touting is this plants ability to give you cut-flowers for the vase. What is better than sunflowers, salvias, and zinnias in the summer vase? It is a great time to be a gardener and the new Suncredible Yellow Sunflower will give you the green thumb and a bounty of flowers too!

— TNS

**BIG BRIGHT YELLOW:** Suncredible Yellow sunflower produces 4-inch flowers all summer.
The great seascape: from Glasgow to Skye by kayak

In 1934 two men paddled from Glasgow to the Hebrides on some inner tubes and bits of wood. Today the trip is safer but equally spectacular.

By David Gange

For a small country, Scotland is exceptionally rich in long journeys with historical significance. Old drove roads run through spectacular highland zones, where cattle were once led from islands to lowland trading towns. Or there’s the voyage of the Stuart prince whose flight, in the opposite direction, inspired the Skye Boat Song. Retracing those routes would mean passing through landscapes transformed by both urban growth and a changed ecology of the hills.

Yet there’s a more recent voyage that carries as great an air of adventure and historic purpose as these ancient, more romanticised roads. It was made by two young journalists in 1934. Seamus Adam and Alasdair Dunnett were deeply invested in the cause of reviving the struggling cultures and economies on the western seaboard. They had travelled the islands before, hitching lifts on cargo tugs and barge drifters, but now set out to kayak from Glasgow through the Hebrides. Their boats were little more than car-tube inner-tubes attached to bits of wood and canvas, their clothing was thick woollens, and their training was just a few sessions in a boxing gym and casual conversations with a mariner.

Initiating their voyage is, for the sake of safety, an undertaking to plan and train for now and then mount in 2021. The journey can be done by several means, in trips of 10 days, two weeks or more. Experienced sea kayakers can tackle the whole route by water and sleep each night beside their boat, embracing in full Adam and Dunnett’s desire “to test the test of physical living that town life denies us”. Non-kayakers can cycle between roads. It was made by two young journalists in 1934. Seamus Adam and Alasdair Dunnett were deeply invested in the cause of reviving the struggling cultures and economies on the western seaboard. They had travelled the islands before, hitching lifts on cargo tugs and barge drifters, but now set out to kayak from Glasgow through the Hebrides. Their boats were little more than car-tube inner-tubes attached to bits of wood and canvas, their clothing was thick woollens, and their training was just a few sessions in a boxing gym and casual conversations with a mariner.

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Luminary Bakery started as a way of finding women work, but it quickly became much more. Here is its story, plus four delicious recipes from its new cookbook, writes Holly O’Neill.

Luminary sharing their secret

What I love about baking is that it straddles being rules-based and creative,” says Rachel Stonehouse, head of training at Luminary Bakery. “There are lots of skills to learn – timekeeping, following instructions, working efficiently; things that can be transferred to whatever job people do.”

Stonehouse is also co-author of the Luminary cookbook, Rising Hope, which showcases recipes and stories from the more-than-50 students who have so far completed the bakery’s training programme. Though the book deals sensitively with the details, it’s clear the graduates have succeeded despite coming from the darkest edges of domestic and financial instability.

Through her volunteer and social work, founder Alice Williams met women who were living on the street or in precarious accommodation. They lacked CVs and opportunity – no one was willing to employ them, and they couldn’t move towards a new, stable life.

“These women were stuck in their circumstances,” says Williams. “Tangible employment was the starting point, but when we began a very small bakery we realised the women were a long way from being able to function in [a work] environment, so we developed the training programme to help them.”

Stonehouse joined Luminary at the start of the training programme, six years ago when she was 18. What was going to be a gap year turned into a gap life, she laughs. She trained as a pastry chef while training women in the programme, passing on her passion and newly learned skills: “The programme evolves as we do.” It’s been a rapid ascent from sharing kitchens in churches and community centres to having two London sites – Stoke Newington opened in 2016 and Camden in 2010. Students are with Luminary for six months: one day of baking a week, plus group learning in communication, time management, managing emotions and resilience. They have access to core workers for individual support, to help with areas such as housing and childcare, and it continues for at least 18 months.

“We put a strong focus on access to work because that’s the key to unlocking so many other doors,” explains Williams of the holistic approach. “But in order to get and sustain a job, maybe your first job, when you’re overcoming so many other things in your past, including trauma, other areas of life need support to give you the best help succeeding.”

Diagnosed with PTSD in late 2017, Sarah tried various anxiety relief techniques but became increasingly disheartened when they didn’t help. “Then I baked a victoria sponge, and it was the first time I’d let my mind have a break.”

Attracted by the baking and the all-women environment, she was soon in the Luminary programme. “They encouraged me so much.” Sarah is now a teaching assistant on Luminary’s employability programme, and runs a cake business that promotes positive mental health: her white chocolate and pistachio cake is included in the book.

Tanya’s banana fritters with cinnamon sugar

Serves 4 (makes about 16)

Ingredients:
- medium bananas 3 (about 330g peeled weight)
- freshly grated nutmeg 1 tsp
- ground cinnamon 1 tsp
- vanilla extract 1 tsp
- soft light brown sugar 40g
- plain flour 160g
- baking powder 1/2 tsp
- fine salt a pinch
- vegetable or sunflower oil 4 tbsp, or more as needed, for frying

For the cinnamon sugar
- caster sugar 120g
- ground cinnamon 1 tsp

To serve
- yoghurt or vanilla ice-cream dairy-free, if you like

Method:
1. In a medium bowl, mash the bananas until they are creamy with just a few small chunks remaining. Stir in the nutmeg, cinnamon, vanilla extract, light brown sugar and 4 tablespoons of water until combined. Sift the flour, baking powder and salt over the mixture and mix in until you have a thick batter.
2. Make the cinnamon sugar by stirring together the caster sugar and cinnamon in a shallow bowl and set nearby.
3. Heat the oil in a large non-stick frying pan over a medium heat. To test when it’s hot enough for frying, add a small dollop of the batter to the oil and watch for it to sizzle and brown. When it’s hot enough, carefully drop tablespoons of the banana batter into the pan, swirling the oil over them as they spread out. It’s best to try no more than 5-6 fritters at a time so you don’t overcrowd the pan. Fry for 3-4 minutes on each side until the fritters are a dark golden brown. Lift them out of the pan with a slotted spoon and drain on paper towels for 30 seconds.
4. Add a little more oil to the pan if needed, and repeat until all the batter is used up.
5. Tip the still-hot fritters into the cinnamon sugar and turn to coat on every side. Serve immediately, still warm from the pan, with a dollop of yoghurt or a scoop of vanilla ice cream.

Anna’s spinach byrek

Makes 6-8

Ingredients:
- For the pastry
  - extra-strong high protein plain flour 300g, plus extra for dusting (we use Aytac flour or Canadian high-gluten flour)
  - fine salt 1 tsp
  - sunflower or vegetable oil 1 tbsp
  - ghee 50g, melted, for brushing (or use salted butter)
- For the filling
  - ghee 25g
  - sunflower or vegetable oil 4 tsp
  - fresh spinach 300g
  - feta or crumbly sheep’s cheese 300g
  - salt and cracked black pepper to taste

Method:
1. Start with making the pastry. Mix the flour and salt together in a large bowl, then make a well in the middle and tip in the oil and 220ml warm water. Use a wooden spoon or bench scraper to bring it together into a dough, eventually kneading it together with your hands.
2. Tip the dough out on to a clean work surface and knead it for 10 minutes until it’s really stretchy and elastic. Put the dough back into the bowl, cover with clingfilm or a damp tea towel and leave to rest for 1 hour.
3. Meanwhile, make the filling. Melt the ghee and oil in a large pan over a medium heat. Add the spinach and gently cook down until wilted and most of the moisture has been cooked off. Remove the pan from the heat and stir in the crumbled cheese. Taste the mixture and season with salt and pepper to taste.
4. Preheat the oven to 170C fan/gas mark 5 and grease the base and sides of a 20cm x 25cm baking tin with melted ghee.
5. Lightly flour a clean work surface and rolling pin. Turn the dough out of the bowl and cut it into 6 equal pieces. Taking one piece at a time, roll and stretch each one out as thin as you can using the rolling pin and your hands – the dough should be thin enough to read newspaper print through it.
6. Cut the dough into rectangles the same size as your tin. Collect any scraps so you can re-roll them and make as many sheets as you can. Layer a third of the pastry rectangles in the tin, brushing each one with melted ghee before laying the next one on top. Spoon half of the spinach filling on top of the pastry stack and spread it out to make an even layer.
7. Layer the next third of the pastry rectangles on top of the spinach, again brushing with melted ghee between each layer. Top with the second half of the spinach filling and spread it out flat.
8. Layer the final third of the pastry on top, brushing melted ghee between each layer as before. Brush the very top layer with the last of the ghee and sprinkle with cracked black pepper.
9. Bake for 30-35 minutes until deep golden brown on top. Leave to cool, then remove from the tin and cut into 6-8 large squares.

Feta or chilli spinach byrek

Ingredients:
- plain flour 160g
- salt a pinch
- olive oil 3 tbsp
- sunflower oil 2 tbsp
- spinach 500g
- feta or crumbly sheep’s cheese 200g
- salt and pepper to taste

Method:
1. Sauté the well-drained spinach in a good amount of olive oil until it is soft but still retains a little of its shape. Stir in the feta and season with salt and pepper.
2. Mix the flour, salt and oil together in a bowl until the mixture resembles breadcrumbs.
3. Gently fold the spinach and feta into the flour mixture.
4. Roll out the dough on a floured work surface to about 4 mm thick and cut it into rectangles. Arrange the spinach mixture on top of the sheets of dough, leaving a border of about 1cm. Fold the edges of the dough over the filling and pinch together to seal.
5. Place the byreks on a baking tray in a single layer and brush with olive oil. Bake at 180C for 25-30 minutes, until golden brown.

Pistachio and cream cheese cake

Ingredients:
- plain flour 160g
- salt a pinch
- icing sugar 150g
- egg 1
- double cream 250ml
- finely chopped pistachios 50g
- cream cheese 200g
- lemon juice a pinch

Method:
1. Preheat the oven to 180C. Grease the base and sides of a 20cm x 25cm baking tin and cut a piece of baking paper to fit.
2. In a large bowl, mix together the flour, salt, sugar and egg. Beat in the cream and mix together until smooth.
3. Pour the mixture into the prepared tin and smooth the surface. Bake for 25 minutes.
4. Leave to cool slightly, then remove from the tin and cut into 12 slices.
5. In a bowl, mix together the cream, cheese, sugar, cream and lemon juice. Spread a quarter of the mixture over each slice and barely cover with grated pistachios.
6. Place the slices back in the tin and refrigerate for 3-4 hours before serving.
of delightful yummy offerings

Sarah's pistachio blackberry and white chocolate layer cake

Serves 10-12

Ingredients:
unsalted butter 330g, softened, plus extra for greasing
caster sugar 220g
eggs 6 medium
self-raising flour 330g, plus extra for dusting
whole milk 100ml
vanilla extract 1 tsp
unsalted pistachios 100g, finely chopped
blackberries 100g, fresh or frozen

For the buttercream
white chocolate 150g, broken into pieces
unsalted butter 150g, softened
icing sugar 250g
vanilla extract 1/2 tsp

To decorate
unsalted pistachios a mixture of whole and finely chopped
fresh blackberries some whole, some cut in half
white chocolate buttons sprigs of fresh rosemary
fresh mint leaves
pomegranate seeds
finely chopped pistachios into the middle of the cake.

Method:
1. Preheat the oven to 160°C fan/gas mark 4. Grease and line the base of 3 x 20cm tins with baking paper. Dust the greased edges of the tins with a little flour, tapping out any excess.
2. In a large bowl, cream the butter and sugar together with an electric mixer until light and fluffy. Mix in the eggs, one at a time, until fully incorporated. Mix in half of the flour, then half of the milk, then the remaining flour and milk.
3. Carefully fold the blackberries into the batter by hand, to avoid the mixture turning an unappealing blue-grey colour from the juices they can release.
4. Divide the batter evenly between the lined tins. Bake for 20-25 minutes until the sponges spring back to the touch and an inserted skewer comes out clean.
5. Leave to cool in the tins for 10 minutes before gently turning the sponges out onto a wire rack to cool completely.
6. To make the buttercream, melt the white chocolate by placing it in a bowl set over boiling water (don’t let the base of the bowl touch the water). Alternatively, gently melt it in a microwave, being careful to stop and stir it every 30 seconds to avoid burning.
7. In a large bowl, beat the butter for 1-2 minutes, then gradually add the icing sugar, a spoonful at a time, mixing it in before adding the next. Once all of the icing sugar is incorporated, mix in the vanilla and melted white chocolate.
8. When the sponges are completely cool, trim the domed tops off with a bread knife to make them flat.
9. Place a cake board or serving plate on a turntable or work surface and smear a little buttercream on the top. This buttercream will act as “glue” and stop the cake from sliding around. Peel off the baking paper from the sponge layers and place the first sponge layer, cut-side up, on the board or plate. Spread a quarter of the buttercream on the top of the sponge, pushing it just over the edge.
10. Place a bench scraper at a 90-degree angle against the side of the cake and turn the turntable (or your plate) to smooth the sides flat and create a patchy or “naked” look to the icing on the sides of the cake. (Don’t worry if you push some buttercream on to the top of the cake.)
11. Place a bench scraper at a 90-degree angle on the top, use a palette knife to neatly drag the top edge of buttercream into the middle of the cake.
12. Decorate the top of the cake with a Luminary crescent moon shape using all of the decoration ingredients. First, sprinkle the finely chopped pistachios into a moon shape, tapping off the ends – this will be your guide for the rest of the toppings. Place the blackberries in the shape, with the whole ones at the widest section of the moon and the smaller pieces towards the ends. Repeat with the whole pistachios and white chocolate buttons. Finish by placing small sprigs of rosemary and mint leaves in among the fruit and use more chocolate buttons and pomegranate seeds to fill in any gaps.

Signature cinnamon swirls with cream cheese frosting

These large, gorgeously swirled cinnamon buns are one of our most popular bakes. In our very first kitchen, we’d pile them high into large boxes and carry them on the tube across London to cafes.

Makes 6 large buns

Ingredients:
For the dough
strong white flour 675g, plus extra for dusting
caster sugar 70g
fast-action dried yeast 3 1/3 tsp
whole milk 400ml, warmed to lukewarm
unsalted butter 70g, softened
For the filling
unsalted butter 50g, softened
soft light brown sugar 75g
ground cinnamon 1 tsp
For the frosting
unsalted butter 50g, softened
cream cheese 100g, at room temperature
icing sugar 200g
vanilla extract 1/2 tsp

Method:
1. To make the dough, combine the flour and sugar in a large mixing bowl. Add the salt to one side of the bowl and the yeast to the other, making sure they don’t touch. Toss the salt in some of the flour surrounding it and do the same with the yeast, finally mixing them all together until combined. (If the yeast comes into direct contact with the salt it can retard it and stop the buns rising.)
2. Weigh out 25g of the beaten egg (about half – reserve the other half for an egg wash later) and mix into the warm milk. Make a well in the middle of the flour, pour in the milk mixture and use a butter knife or bench scraper to bring it together into a soft ball of dough. Get your hands involved, kneading it in the bowl before tipping it out on to a clean work surface.
3. Knead the dough for 10 minutes, using a bench scraper to keep the surface clean. Avoid dusting it with extra flour (this will give you hard, tough buns).

will be very sticky so try slapping it on the work surface and folding it over repeatedly, to keep it from covering every inch of the surface. Alternatively, use an electric mixer fitted with a dough hook to do all the messy kneading for you.
4. Add the butter to the dough and knead for a further 5 minutes until glossy and still slightly sticky to the touch. Try the “windowpane” test to be sure it’s ready. Return the dough to the mixing bowl, cover with a damp tea towel or clingfilm and leave somewhere warm to prove until doubled in size (1 1/2 - 2 hours).
5. Meanwhile, make the filling. In a bowl mix the butter, sugar, syrup and cinnamon into a smooth paste using a wooden spoon or spatula. Spread about 2 tablespoons of the mixture over the base of a 30cm x 24cm x 5cm baking tin and set aside.
6. Once the dough has proved, knock out the excess air by squashing and punching it back into the bowl a few times. Scrape the dough out on to a very well-floured work surface and use a floured rolling pin to roll the dough out into a 60cm x 30cm rectangle, about 2cm thick. Evenly spread the remaining filling mixture across the dough, right to the very edges.
7. Find the shortest edge of dough and fold over 1cm of it, then continue to gently roll the dough up into a tight swirll, using your fingers and thumbs to work from one side to the other. Roll it as tightly as possible. You should be left with a dough sausage about 30cm in length.
8. Mark out, then use a very sharp knife to cut the sausage of dough into 8 even slices. Place the slices, swirl-side facing up, on the cinnamon-smeared baking tin, spacing them about 2-3cm apart. Leave somewhere warm for 40-60 minutes to prove a second time, covered with a damp tea towel or clingfilm. They should have doubled in size and started to touch one another.
9. Meanwhile, preheat the oven to 180°C fan/gas mark 6.
10. Brush the top of each swirl with the remaining beaten egg, just before baking for 20-25 minutes until golden brown. Once baked, transfer the tin to a wire rack and let them cool completely in the tin.
11. To make the frosting, beat together the softened butter and cream cheese with an electric mixer or spatula until smooth. Add the icing sugar in 3 stages, mixing in each third before adding the next. Once it’s smooth and creamy, mix in the vanilla extract. Spoon the frosting into a piping bag and pipe zigzags over the top of each cooled bun. If you don’t have a piping bag, don’t worry – you can use a spoon to drizzle or smear the frosting over the tops of the buns instead. Enjoy!

— The Guardian
Weapons against a wildfire

Here’s what a fully equipped forest or brush firefighter carries:

**Firefighting tools**

- **Drip torch**
  For lighting controlled backfires, burning off brush ahead of advancing fire

- **Fire rake**
  For clearing leaves, grass, small limbs
  **Helmet**
  **Respirator**
  **Goggles**

- **Pulaski**
  Sharp ax-like brush cutter

- **Fire rake**
  For clearing leaves, grass, small limbs
  **Helmet**
  **Respirator**
  **Goggles**

- **Fire resistant gloves**

**Protection and survival**

- **Shroud**
  Protects head, neck

- **Emergency shelter**
  Small flame-resistant tent; used if firefighter is trapped by fire, must take cover

- **Canteen**
  Must drink water constantly to prevent dehydration

- **Fire-resistant clothing**

**May also carry**

- **Radio**
- **GPS location finder**

**Heavy labor**

To qualify for “arduous” fireline work, a Forest Service firefighter must be able to carry, without running or jogging:

- **45-lb. (21 kg) pack**
- **3 mi. (5 km) over level ground**
- **In 45 minutes***

Equivalent to fast hiking pace with heavy camping gear

*90 seconds extra allowed at altitude above 9,000 ft.

Source: U.S. Forest Service, TNS Photo Service, Graphic, Staff, TNS
Here’s how to keep hair, scalp of your baby healthy

The scalp and hair of a newborn are just as delicate as their skin and need equal attention too, according to ayurvedic experts who have shared key tips to keep the hair and scalp of your baby healthy.

The right amount of care and choosing a specific hair care routine for babies in the growing days will help in getting significantly thick, soft, and healthy hair. “Oiling is the first step to ensure healthy hair growth. Most babies are prone to dry scalp, dandruff, and scanty growth, which can be managed by a daily oil massage,” Dr Prathibba Babshet, Ayurveda Expert, R&D, The Himalaya Drug Company, said in a statement.

“It is always advisable to opt for products which contain natural ingredients and are known to be safe and gentle for baby’s hair,” Babshet added.

While selecting the right hair oil, use a product that is gentle, safe, and scientifically researched, and is free from mineral oil, alcohol, parabens, synthetic colour and phthalates.

“A baby hair oil with herbs like Amla, Gotu Kola, Methi, Bhringarajya, and oils like coconut, almond, olive and sesame helps moisturise scalp, prevent dryness, nourish hair, and make it soft and healthy,” Babshet advised.

Amla in the hair oil helps strengthen hair and promote hair growth, gotu kola helps improve hair density, bhringaraja helps strengthen and darkens hair, and Methi helps prevent hair loss and strengthen and moisturise hair.

“The goodness of coconut oil helps moisturise scalp, prevent dryness, and promote healthy hair growth, almond oil helps condition, nourish, and soften hair, olive oil helps keep hair silky and lustrous, and sesame oil helps in nourishing hair.

Massage your baby’s scalp regularly to improve blood circulation and promote hair growth and use a soft towel and gently pat to dry hair; this will prevent breakage.

“Your baby’s hair and scalp are sensitive during the initial months, making it vulnerable to allergies and irritation. So, try and avoid using the same oil for body and hair,” Babshet said. – IANS
Wordsearch

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

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<th>BLINDS</th>
<th>FIGURINE</th>
<th>BOOKS</th>
<th>LAMP</th>
<th>SHELF</th>
<th>CANDLESTICK</th>
<th>MIRROR</th>
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Codeword

Puzzles courtesy: Puzzlechoice.com

Sudoku

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine 3x3 boxes. You are given a selection of values and to complete the grid, you must fill the grid so that each value appears exactly once in each row, each column, and each 3x3 box.

Bound And Gagged

Sudoku Book

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine 3x3 boxes. You are given a selection of values and to complete the grid, you must fill the grid so that each value appears exactly once in each row, each column, and each 3x3 box.

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

**Across**
1. A club for the motorist (6)
2. A survey has nothing on a Greek god (6)
3. Crackpot, going back, is getting capital in Africa (5)
4. Rearranges holiday locations (7)
5. Wandered off, wasting rest day (7)
6. Regions taking off on a cause (5)
7. Those who seek rare chess moves? (9)
8. Eye make-up from a ship? (5)
9. Spanish princess in Spain - fantastic! (7)
10. Sure to have new crate at home (7)
11. Providing some collateral afterwards (5)
12. Fish have them and musicians play them (6)
13. Don’t go out with marine (6)

**Down**
1. Dislike of French examination (6)
2. Takes no notice of new regions (7)
3. It’s awfully easy to hold a pole. Try! (5)
4. Father’s wise, in a way (7)
5. Great Elgar composition (5)
6. Haunt wicked bosses? (6)
7. Introduce change - money off! (9)
8. Extent of land, or a cage re-entered? (7)
9. A star turn in a star turn (7)
10. Bend, we hear, to find spots (6)
11. Sponsor two little boys (6)
12. Strange man or woman (5)
13. It’s not true about fleas (5)

**Solution**

**Colouring**

**Wordsearch**

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

**Codeword**

- W I D I S T S T O C K A D E E I W R C S L L W
- I C S W O O L H A D L E T R W
- A R S T O O S B O D E T N
- E E T A O
- S P I C E R Y
- R I G H T
- B A L L Y
- F U C K
- G O L D Y
- R U N
- G E T
- S T R D A D
- A N D
Actor Abhishek Bachchan, who is on the cusp of resuming work and new web series, talks about his experiences, work and love for family in a candid interview with The Gulf Times. Abhishek Bachchan is intrigued by the dual role in his debut web series, Bobbi Coach's Kaalakandi.

CANDID: Abhishek says a web series gives you the ability and liberty to move away from the usual tropes of story-telling and characterisations we tend to use in India. But, I feel the biggest challenge was to make it believable that he was capable of doing all the things he is made to do during the show. Also, (it was) a challenge how to incorporate very faint shades of J in certain mannerisms of J, he added.

Abhishek researched a lot to get the nuances of the things associated with the disorder right. “Thankfully, since they were different personalities there weren’t any conflicts to deal with. The director, writers and I researched the disorder as much as possible to be as accurate as we could. Apart from extensive reading up on the subject we viewed many videos of patients and also has a consultant on board,” he said.

What themes would he like to explore through the character if the story was carried forward? “I would love to explore J. He intrigues me — the way he thinks, behaves and responds to situations,” Abhishek replied.

Abhishek says the character was able to explore his dual role in his debut web series, Bobbi Coach's Kaalakandi. He wanted the viewers to feel that We tried our best to make him as relatable as possible. We wanted the viewers to feel that he was capable of doing all the things he is made to do during the show. Also, (it was) a challenge how to incorporate very faint shades of J in certain mannerisms of J, he added.

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Abhishek on plans to get back to work and new web series

By Sugandha Rawal

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AMC Theatres reopens: Did people get their 15 cents’ worth?

By Michael Phillips and Wendy Fox Weber

Safe and clean: “Those are the bywords AMC Entertainment Group hopes can reassure moviegoers straight back into theatres that, until Thursday, had been closed since March because of Covid-19. The AMC signage greets the customer on the doors and walls, next to the hand sanitizer next to the parking validation. Safe and clean. “Enhanced cleaning procedures.” Because we care about your health, masks are REQUIRED for all guests & crew. “Because we care and clean.” Enhanced cleaning procedures. "Because we care about your health, masks are REQUIRED for all guests & crew."

Kevin Hart says he battled Covid-19 around same time as Tom Hanks

Actor-comedian Kevin Hart has revealed that he battled Covid-19 around the same time as Hollywood superstar Tom Hanks. Hart made the revelation during a stand-up set, while performing at the iteration of Dave Chappelle's An Intimate Socially Distanced Affair show in Ohio, reports pausers.com.

“The problem is that I had it around the same time as Tom Hanks, and I couldn’t say anything because he’s more famous than I am,” Hart said of his diagnosis. Hart and his wife Enika Wilson revealed their coronavirus diagnosis on March 11. Hart was quite active on social media and other operations, also have the reopening of the Regal theatre chain and such. AMC audiences, Back before that.

For now audiences are making do with what they’ve been seeing for fi ve months. At many of the AMC theatre locations, evidence of 2020’s colossal retail struggles is everywhere, in the too-quiet streets where not much is open for business. But the world’s largest multiplex chain reopened for business Thursday at 113 US locations, with a throwback, century-old 15-cent admission fee. New movies are coming, slowly, soon: Near Mutants on Aug. 28, Tenet on Sept. 3, with sneak previews starting Aug. 31.

For now audiences are making do with what they’ve been seeing all summer, and half their lives before that. The Empire Strikes Back and such. AMC audiences, joined Friday by the “soft launch” reopening of the Regal theatre chain and other operations, also have the option of Vin Diesel in Bloodshot, the last movie they might’ve seen in a theatre in March, just before the US decided the pandemic was a disaster movie worth taking seriously.

“I told my friend: ‘You sure you want to do this?'” On the sunny sidewalk outside the AMC River East 21, a few minutes before noon Thursday, Balezka Ramos of Chicago talked about re-entering the theatre experience, coronavirus edition.

“She was like, ‘Yeah, so I was like, ‘OK, as long as we’re safe, social distancing being careful. I think we’ll be good.’ They were about to see Grease, and Ramos’ attitude, in tune with the 1978 musical, was somewhere between Had me a blast and There Are Worse Things I Could Do.

Eddie Delgado hadn’t seen a movie in a theatre since Joker last year. “I just love doing this,” he said. “I really don’t want to see the movie theatres die out.” Another midday customer identifying himself as Damian O’ came down Illinois Street. He and his girlfriend, who declined to give her name, were heading into Grease.

“It’s been a minute,” Delgado said, “and I wasn’t going to see the movies. He noted that AMC’s 30% seating capacity, responding to current and varying state and local Covid-19 reopening regulations, helped ease his doubts.

Hopping off his bicycle and masking up for the movies, another noontime River East moviegoer, Will Simmons, concurred. “Thirty percent capacity, I mean, you get an outside patio at a restaurant and that’s potentially a lot more crowded,” he said.

At the AMC Naperville 16, Bloodshot played some auditoriums while the Christian drama I Still Believe played others, alongside Back to the Future and other so-called legacy titles.

“As you grow old, you understand and appreciate... You have a different understanding of what you had before. It makes you (stay) more present with the ones you love, the ones who mean the most to friends... You understand that nothing in life is guaranteed. It doesn’t have to be like that... To take every second in,” he added. – IANS

The AMC signage greets the customer on the doors and walls, next to the hand sanitizer next to the parking validation. Safe and clean. “Enhanced cleaning procedures.” Because we care about your health, masks are REQUIRED for all guests & crew. “Because we care and clean.” Enhanced cleaning procedures. "Because we care about your health, masks are REQUIRED for all guests & crew."

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“It’s been a minute,” Delgado said, “and I wasn’t going to see the movies. He noted that AMC’s 30% seating capacity, responding to current and varying state and local Covid-19 reopening regulations, helped ease his doubts.

Hopping off his bicycle and masking up for the movies, another noontime River East moviegoer, Will Simmons, concurred. “Thirty percent capacity, I mean, you get an outside patio at a restaurant and that’s potentially a lot more crowded,” he said.

At the AMC Naperville 16, Bloodshot played some auditoriums while the Christian drama I Still Believe played others, alongside Back to the Future and other so-called legacy titles.

“As you grow old, you understand and appreciate... You have a different understanding of what you had before. It makes you (stay) more present with the ones you love, the ones who mean the most to friends... You understand that nothing in life is guaranteed. It doesn’t have to be like that... To take every second in,” he added. – IANS
Meditation and mindfulness ease caregivers’ stress

By Sheryl Jean

Some evening, neighbours might see Richard Giltner gracefully moving his arms in his Fort Worth front yard. He’s practising a form of meditation called qi gong (pronounced chee guhng) to help him relax. Giltner has been caring for his wife, Beverly Wood, 72, who has endometrial cancer.

“It sounds hocus-pocus,” Giltner, 72, says. “But if it was not for qi gong, I would have been a pile of stress with all that’s gone on in the last year.”

Caring for loved ones can be rewarding, but it also can take a toll on your physical and mental health. Mindfulness and meditation practices like qi gong can help caregivers avoid burnout and boost their resilience. Think of it as rebooting your brain.

“There’s a lot of anger, resentment, sadness and grief,” says Dallas mindfulness coach Farahana Kassam. “We tend to suppress what’s happening in our inner world. Mindfulness and meditation can create a safe space to get in touch with your emotions.”

Kassam helped care for her father-in-law until he died in 2015. “If I knew then what I know now about mindfulness, my experience would have been very different,” she says.

Mindfulness emerged from ancient spiritual practices as a way to observe the present through self-awareness. Meditation is a way to be mindful through inner reflection. Studies show mindfulness and meditation can reduce stress, anxiety, depression, insomnia and blood pressure as well as enhance overall well-being.

The number of Americans who meditate more than tripled from 2012 to 2017, according to the Centers for Disease Control and Prevention.

Bea Brown of Dallas is the primary caregiver of her sister Beth, 53, who suffered a stroke in 2017. She does breathing exercises and stretches at home and at her full-time job.

“It taught me how to relieve stress,” says Brown, 58. “It’s so healthy for me and allows me to refresh, refocus and take care of other people better.”

She’s among the more than 43 million unpaid caregivers nationwide, including over 3.4 million people in Texas. The typical family caregiver is 52 and provides care an average of 24 hours a week. More than half also work full time, according to the AARP and the National Alliance for Caregiving.

Such schedules make family caregivers prone to “compassion fatiguel the physical and emotional exhaustion that over time can increase their susceptibility to illness, such as high blood pressure, anxiety and depression, says Sharyn Fein, executive director of Dallas-based Educare Inc., which provides caregiver support and training.

“Caregivers often become so engrossed in their roles that they can’t see their own health declining,” she says. “To take care of others, we first need to take care of ourselves.”

How to start meditating

You don’t need to buy special gear or to carve out a lot of time to meditate.

“Meditation isn’t necessarily sitting quietly but whatever shuts your brain down,” says Martha Fiddes, executive director of Rehabilitation and wellness for Christian Care Communities and Services in Mesquite. “People don’t need to do it every day, (just) whenever they can.”

Meditation can take many forms. Here are five short, simple ways to start meditating:

1. Deep breathing

Take five deep breaths to calm yourself in the morning or throughout the day. Another technique is to follow a 10-breath cycle (an inhale followed by an exhale).

“Breathing is the cheapest, easiest, most gratifying tool,” says Sharyn Fein, who trains caregivers and took care of her mother until she died in May. “I call it a back pocket tool because you can do it anytime anywhere.”

2. Visualisation

Use your senses to visualise a place that makes you happy, such as the beach or mountains, to relax. Another technique is to visualise a boat on a river: Load all your worries onto that boat and watch it float away.

3. Centring word

Think of a word that makes you feel good. Repeat it until your mind is free of thoughts. You also can focus on an object, such as a candle flame or a tree. If your mind wanders or you’re distracted by outside noise, such as a garbage truck, refocus on the word or object.

4. Simple movement

Activities like tai chi or walking help clear the mind. “Your brain concentrates on the movements of your hands and body, not on worries or what’s for dinner,” Fiddes says.

5. Affirmations

List all the good aspects of your life. Focus on those for a few minutes to mute your mind’s negative voices and reinforce positive feelings.

Some caregivers may want meditations guided by a person, video or mobile app, such as the free Stop, Breathe & Think. — The Dallas Morning News/ TNS

MEDITATIVE EXERCISES: Richard Giltner practices qi gong outside his Fort Worth home. He credits the meditative exercise with reducing the stress of caring for his wife, a cancer patient.

REFOCUS: Bea Brown says breathing exercises and stretches allow her to refresh and refocus.