

Stand out from the crowd
Advertise here



Call: 444 666 21

P6 Community
A large number of expatriates attend Katsuya by Starck's launch event last Thursday.



P16 Community
A series of performances at the Cultural Diversity Festival at Katara continue to enthral audiences from all walks of life.

Be a cut above the competition
Advertise here

Call: 444 666 21

Sunday, October 22, 2017
Safar 2, 1439 AH

GULF TIMES

COMMUNITY



DOHA  28°C—36°C TODAY

PUZZLES 12 & 13

LIFESTYLE/HOROSCOPE 14

Family secrets

Amy Tan's new memoir is penned with the help of faded documents, her father's diaries and the "sheer terror" of weekly deadlines. **P4-5**



AI-SHEFA POLYCLINIC



Home Visits

Premium Medical Services for Companies and Projects

Visit our New Branch in AL-KHARATIYAT
Phone: 44660330

-  Ophthalmology Clinic
-  Orthopedic Clinic
-  Pediatric Clinic
-  Dermatology Clinic
-  Ear, Nose & Throat Clinic
-  Internal Medicine Clinic
-  Rehabilitation & Physiotherapy Clinic
-  Orthodontic Clinic
-  Dental Clinic
-  Obstetric & Gynecology Clinic
-  General Practitioner Clinic
-  Medical Laboratories & Analysis
-  Radiology (X-Ray, M.R.I. & Ultrasound)

 D- RING ROAD - Opposite Lulu HyperMarket

 Tel - 44089888 Fax - 44567869

 Timings: 8AM TO 10PM

 AL KHARATIYAT BRANCH

 Tel - 44660330 Fax - 44660990

 Timings: 9AM-12NN & 4PM-9PM

 info@alshefapolyclinic.com

 www.alshefapolyclinic.com





PRAYER TIME

Fajr	4.19am
Shorooq (sunrise)	5.35am
Zuhr (noon)	11.18am
Asr (afternoon)	2.35pm
Maghreb (sunset)	5.03pm
Isha (night)	6.33pm

USEFUL NUMBERS



Emergency	999
Worldwide Emergency Number	112
Kahramaa - Electricity and Water	991
Local Directory	180
International Calls Enquires	150
Hamad International Airport	40106666
Labor Department	44508111, 44406537
Mowasalat Taxi	44588888
Qatar Airways	44496000
Hamad Medical Corporation	44392222, 44393333
Qatar General Electricity and Water Corporation	44845555, 44845464
Primary Health Care Corporation	44593333
	44593363
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, 40253369
Ministry of Health	40253370, 40253364
Hamad Medical Corporation	40253368, 40253365
Qatar Airways	40253374

Quote Unquote

The reward for work well done is the opportunity to do more.

- Jonas Salk

Community Editor

Kamran Rehmat

e-mail: community@gulf-times.com

Telephone: 44466405

Fax: 44350474



Geostorm

DIRECTION: Dean Devlin

CAST: Abbie Cornish, Jeremy Ray Taylor, Gerard Butler

SYNOPSIS: After an unprecedented series of natural disasters threatened the planet, the world's leaders came together to create an intricate network of satellites to control

the global climate and keep everyone safe. But now, something has gone wrong: the system built to protect Earth is attacking it, and it becomes a race against the clock to uncover the real threat before a worldwide geostorm wipes out everything and everyone along with it.

THEATRES: Landmark, The Mall, Royal Plaza



Mother!

DIRECTION: Darren Aronofsky

CAST: Jennifer Lawrence, Javier Bardem, Ed Harris

SYNOPSIS: A couple's relationship is tested when uninvited guests arrive at their home, disrupting their

tranquil existence. From filmmaker Darren Aronofsky (*Black Swan*, *Requiem for a Dream*), *Mother!* stars Jennifer Lawrence, Javier Bardem, Ed Harris and Michelle Pfeiffer in a riveting psychological thriller about love, devotion, and sacrifice.

THEATRES: The Mall, Landmark, Royal Plaza

The Mall Cinema (1): *Raja: The Great* (Telugu) 2pm; *Secret Superstar* (Hindi) 4:45pm; *The Hatton Garden Job* (2D) 7:15pm; *Golmaal Again* (Hindi) 9pm; *Mother* (2D) 11:45pm.

The Mall Cinema (2): *Monster Family* (2D) 2pm; *Monster Family* (2D) 3:45pm; *Monster Family* (2D) 5:30pm; *Geostorm* (2D) 7:15pm; *Geostorm* (2D) 9:15pm; *Golmaal Again* (Hindi) 11:15pm.

The Mall Cinema (3): *Mersal* (Tamil) 2:30pm; *Mersal* (Tamil) 5:15pm; *Secret Superstar* (Hindi) 8:15pm; *Mersal* (Tamil) 11pm.

Landmark Cinema (1): *Raja: The Great* (Telugu) 2:15pm; *Mersal* (Tamil) 5pm; *Golmaal*



Again (Hindi) 8pm; *Mersal* (Tamil) 10:45pm.

Landmark Cinema (2): *Monster Family* (2D) 2:15pm; *Monster Family* (2D) 4pm; *Monster Family* (2D) 5:45pm; *Geostorm* (2D) 7:30pm; *Geostorm* (2D) 9:30pm; *Geostorm* (2D) 11:30pm.

Landmark Cinema (3): *The Hatton Garden Job* (2D) 2:15pm; *Secret Superstar* (Hindi) 4pm; *Mother* (2D) 6:45pm; *Mersal* (Tamil) 8:45pm; *Golmaal Again* (Hindi) 11:30pm.

Royal Plaza Cinema Palace (1): *Monster Family* (2D) 2:30pm; *Monster Family* (2D) 4:30pm;

Monster Family (2D) 6:30pm; *Mersal* (Tamil) 8:30pm; *Geostorm* (2D) 11:30pm.

Royal Plaza Cinema Palace (2): *Mersal* (Tamil) 2:15pm; *The Hatton Garden Job* (2D) 5:15pm; *Geostorm* (2D) 7pm; *Geostorm* (2D) 9pm; *Mersal* (Tamil) 11pm.

Royal Plaza Cinema Palace (3): *Golmaal Again* (Hindi) 2pm; *Secret Superstar* (Hindi) 4:45pm; *Mother* (2D) 7:30pm; *Mother* (2D) 9:30pm; *Golmaal Again* (Hindi) 11:30pm.

Asian Town Cinema: *Mersal* (Tamil) 6, 6:30, 7:30, 9:45, 10:45pm & 12am; *Parava* (Malayalam) 9pm; *Golmaal Again* (Hindi) 8:45pm; *Secret Superstar* (Hindi) 6pm.



EVENTS

ABBA Revival Tribute Show

WHEN: October 26
WHERE: Radisson Blu Hotel
TIME: 7:30pm

Billed as the UK's favourite ABBA show, this tribute band will be performing live in Doha this Thursday. "Winners of the UK Agents Association best Abba Tribute Award in 2016, they will be performing all of their hits. These include *Dancing Queen*, *Waterloo*, *Take a Chance on Me* and many more. Do not miss a great evening of songs from one of the most popular bands in popular music history," said the Director of Entertainment, Raymond McRobbie. The doors open at 7:30pm and the tickets are priced at QR390, inclusive of an international gourmet buffet. The event is restricted to 21 years and above. Qatar ID is required. For tickets and reservations please call 4428-1555. Tickets can be purchased online at www.q-tickets.com

Oyster Bay Live presents Gianluca Vacchi

WHERE: St Regis, Doha
WHEN: Oct 27
TIME: 8pm - 2am

This 27th of October will see the debut of the Oyster Bay Live revamped concept with one of the biggest 2017 international social media phenomenons alongside DJ Terio. Oyster Bay Live is promising the ultimate musical journey with the innovative rhythms from Gianluca Vacchi.

Beginners Kufic for Women

WHERE: Museum of Islamic Art, Education Centre
WHEN: Until Oct 29
TIME: 5pm

The word 'Kufic' is related to the city of the same name in Iraq, Kufa, and was developed from Hijazi script. Many Qur'ans are written in Kufic calligraphy, which is characterised by its bold and vertical letters and comes in several types (for example

eastern Kufic or western Kufic). Join MIA to learn this early and beautiful script.

Qatar World Superbike Championship 2017

WHERE: Losail Circuit, Losail, Doha
WHEN: Nov 2-4
TIME: 4pm-5pm

The Losail International Circuit once again will host the final round of the WorldSBK, the Qatar Round. As previous years, the event will be held at night under the floodlight system of the circuit and the MOTUL FIM Superbike World Championship is sure to be an exciting and unpredictable last round. This year the event will be from Thursday to Saturday.

Kids Competition

WHERE: TCA Qatar
WHEN: Nov 3

TCA Qatar is back with another competition. It is open to all students and will be held on the 3rd of November. The competitions involve: Rubix Cube 3X3, Abacus, Handwriting (Calligraphy), Quick Math, Drawing and Painting. For more details, please call 6652-3871, 3132-6749, or 4437-3259.

Imperial Threads: Motifs and Artisans

WHERE: Museum of Islamic Art
WHEN: Until November 4

This exhibition focuses on the exchange of artistic and material cultures between the Ottoman, Safavid, and Mughal Empires. Highlighting MIA's masterpiece carpets, among other artworks, from Turkey, Iran and India, these objects will be contextualised within the historical circumstances of politics and artistic production of their time, primarily from the 16th to the 18th centuries.

Cultural Diversity Festival

WHEN: Until Nov 11
WHERE: Katara

TIME: 7:30 pm - 9:30 pm
Cultural Village Foundation - Katara in co-operation with UNESCO Office in Doha is hosting a Cultural Diversity Festival on its premises until November 11.

Evolution Sports Qatar

WHERE: Evolution Sports
WHEN: Ongoing

Evolution Sports will mark its anniversary by hosting a number of exciting events throughout 2017 as well as some amazing promotions, ten years on from when the club was formed on September 1, 2007. The club has been working with a panel of coaches and directors to plan the events which will be announced over the coming months. Members should look forward to a variety of different occasions, suitable for all ages so the whole family can get involved in the birthday celebrations. To kick-off things off, Evolution Sports recently launched their 10-year anniversary logo. The emblem has been designed by Toyon Greaves, the man behind the original Evolution Sports logo and will be used on all documentation, both online and offline for the next 12 months.

Train like a superhero

WHERE: Aspire Zone
WHEN: Ongoing

Kids Classes Now Open! Train like a superhero at CrossFit Doha! CrossFit holds a variety of disciplines from weightlifting to calisthenics to gymnastics. This will help your kids excel in sports & retain the healthy & fit lifestyle! Support your kids' natural urge for physical activities & train

like a superhero, at CrossFit Doha's in demand Kids Classes today! CrossFit Doha is located at Aspire Zone Sports City. For more information, call 44138484.



ISC Skipping Rope Open Championship

WHERE: ISC Doha
WHEN: Nov 3
TIME: 3:30pm - 6:30pm

Indian Sports Centre under the patronage of the Embassy of India is organising Skipping Rope Open Championship. The Speed Hop Competition and Speed Endurance Competition has the following categories: adults (Men & Women), and Under-19 and Under-13 (boys and girls). The competition is open to the Indian community and registration is free

Breakdance Classes

WHEN: Sun-Wed

Breakdancing is part of the Hip Hop culture that originated in New York and has since spread all over the world. Breakdancing is an athletic and acrobatic style of dancing, which can often appear to defy the laws of physics. This extreme dance-sport uses tremendous upper-body strength for tricks and poses and a great way to get into shape and have fun. Register now by calling 33003839 or e-mail registration@atelierqatar.com

Reggae Beachfest Doha

WHEN: Thursdays and Fridays
WHERE: Oyster Beach Bar at St. Regis Hotel

TIME: 8pm onwards
In collaboration with Reggae Beachfest in Dubai, Qatar will witness the best rasta nights around. The organisers say, "We've got the setup sorted to get you feeling the Caribbean vibe. Along with our resident band Earthkry all the way from Jamaica, we have so many big names in the Reggae scene lined up at this huge beachfest!" Entrance fee is QR50 at the door. For more information, please call 44460105.

Dance & Fitness Classes

WHERE: Music and Arts Atelier, Villa 57, Bin Omran
WHEN: Ongoing

Atelier is the newest music and arts school in Doha that offers dance and fitness classes for kids to adults such as ballet, hiphop, salsa, tango, and other Latin dances, Zumba, Tae Kwon Do, Yoga, kickboxing.

Contact at registration@atelierqatar.com or 33003839.

Reggae Nights every Sunday

WHERE: Sheraton Grand Doha
WHEN: Every Sunday
TIME: 9pm

Spend your summer nights with some good "irie" reggae music every Sunday. Doors open at 9pm at The Irish Harp. Entrance Fees is QR50 for gents. Ladies enter free. For further information, please call 44853000 or e-mail at F&Breservations.doha@sheraton.com



Katara Photography Festival

WHERE: Katara
WHEN: Until Oct 30
TIME: 10am

Katara Photography Festival is the first photo event by Katara, aiming to bring together various artistic minds to showcase talent. The festival is a step towards building stronger communities - both local and international, by speaking the language of art. In its inaugural exhibit, the festival will be looking at including a variety of aspects encompassing celebrated photographers of different nationalities, workshops and competitions.



“I wouldn’t want to change anything. It’s all me now.”

— Amy Tan, American author whose works explore mother-daughter relationships



When somebody’s writing without watching themselves from above, stuff comes out that they wouldn’t have access to otherwise

SUNDAY CONVERSATION

By Jenna Ross

In Amy Tan’s office, to the left of where she writes best-selling books, sit a dozen framed photographs. Her father looks up from one, his smile impish. In another, taken in the 1940s, her mother leans back against the hood of a car. Then there’s her grandmother, posing in a silk jacket against a painted backdrop.

The snapshots remind Tan of the stories her family members told — and these days, the ones they didn’t.

“My parents kept secrets,” said Tan, 65, smiling at the understatement.

Some secrets were big: Her mother fled an abusive husband in China, leaving behind three daughters. Some were small: Her parents told her, at age 6, that a test proved she was meant to become a doctor. A few remain fuzzy: Was her grandmother, as the outfit in that photo suggests, a courtesan?

Even little lies, discovered long after her parents’ deaths, shook her. In her intimate new memoir, *Where the Past Begins*, Tan reveals memories

CANDID: “Every day I think about the possibility I will lose my brain,” says Amy Tan.



and discoveries about her mother and grandmother — familiar figures to her readers — as well as her father, about whom she's never before written. With essays, e-mails and peeks into her journal, she explores how their lives have imprinted her own, compelling her to write.

"I want to know why I got damaged and why I'm glad," Tan said recently, sitting in her living room, sipping licorice tea. As she laughed, she tilted her head back, tousling her angular, blue-tinged bob. "I wouldn't want to change anything. It's all me now."

"But I just want to know what it is."

Tan's new book was penned with the help of faded documents, her father's diaries and the "sheer terror" of weekly deadlines.

The collection is a kind of writer's memoir, a dive into how she thinks (with great wonder), how she writes (with film scores playing) and how she struggles to write.

("This is not writer's block," she writes. "This is chaos with no way out.") Stories emerge from dreams, perhaps from spirits. (She believes in "gifts from the universe.") But most important, from memories — some her own, some inherited.

Art of remembering

"To my mother and the memory of her mother," Tan dedicated *The Joy Luck Club*, which in 1989 launched her literary career.

"You asked me once what I would remember. This, and much more."

Nearly three decades after that novel became an international bestseller, inspiring a film and a play, Tan is still writing, still making sense of her relationship with her mother, Daisy, her first reader.

Tan and her husband, Lou DeMattei, a tax lawyer, live in this city north of the Golden Gate Bridge and not far from Oakland, where Tan was born in 1952, two years after her parents emigrated from China. Their house, built in 2012, is perched on the steep hillside. Its windows face east, overlooking Richardson Bay and a few bird feeders. Hummingbirds stopped by, flitting, fighting.

On a recent afternoon, as her book release was growing close ("too close," she said, shaking her head), Tan was distracted by the birds outside the window, enchanted by the dogs at her feet.

"You're giving me that dreamy look," she cooed to Bobo, her teacup terrier.

Tan claimed to be tired. "You can note," she said, raising an eyebrow, "that 'she didn't seem as sharp as I thought she would be?'"

She had been up late the night before, drawing a bird, the shading of its intricate feathers homework for her nature journal class. The next thing she knew, it was 3:30am. Then she awoke early, to be at the gym by 9am. ("The only ugly excess fat I'd like to get rid of sits in the Oval Office," she posted on Instagram, beneath a photo of her flexing her wide biceps.)

Tan was tired, too, of news coming out of the Trump administration. Just days before, the president had announced that



BLAST FROM THE PAST: This May 1956 still shows the Tan family in front of their rented apartment in Oakland. From left, Tan's mother, Daisy; brother, John Jr.; Tan, age 4; her older brother, Peter; and father, John. Before Tan graduated from high school, she says, her family lived in 13 different houses in the San Francisco area.

he would end the programme that protects young, undocumented immigrants from deportation known as DACA.

Tan takes the issue personally. Her parents overstayed their student visas, as evidenced by a folder of increasingly urgent paperwork in her office. "I sort of knew that something had to be done and they weren't quite legal," she said. "But I did not understand what peril they were in until I took out the files."

Tan and her husband are also hosting, in their old house, an employee and friend of 10 years, a so-called "dreamer" with a young family. "It's my thing, my way of doing something personal about DACA," Tan said.

But despite being weary, Tan seemed bright, upbeat. Even when talking about death, something she thinks about each day, she smiled. Like the characters in her novels, Tan's early life was touched by tragedy. Six months after her brother Peter died of a brain tumour at age 16, her father died of one as well. Her mother regularly threatened to kill herself and once threatened to kill Tan, coming at her with a cleaver.

That last memory emerged later, while in a creative-writing class. For Tan, writing and remembering have always been closely tied.

"I kept thinking, What am I going to feel at the end of writing this?" Tan said of her new collection. "What's going to happen? Where is this going to take me?"

Disaster and death

Tan has her mother's sharp handwriting, her father's warm smile.

She inherited her mother's pragmatism, her frustration with condescension, her honesty. "She'd talk about constipation, you know," Tan said, chuckling. "She talked a lot about her agony, her sadness. ... She just took delight in revealing all kinds of things."

"I've had people in the past who have read my books and said, 'Oh, you're so brave.' And I think, I was? Am I revealing things most people would not?"

But at least one thing is off limits: her husband of 47 years. "You have to keep some things private," she said.

At first glance, the house they share is a Zen Arts and Crafts-style retreat. But its design anticipates disaster. In case of an earthquake, steel beams. In case of injury, wide doorways make room for a wheelchair. In case of more metaphysical concerns, a curved entry gate modelled after Chinese architecture wards off evil spirits.

Tan ran her fingers along the thin railings guarding floor-to-ceiling bookshelves outside the master bedroom. "I came up with this idea," she said. "If we had an earthquake, you don't want books to fall and trap you."

On those bookshelves are volumes by Minnesota author Louise Erdrich, "somebody who made me want to write," Tan said. "Her stories were so lush and beautiful and about families and ordinary people who were not so

ordinary. They had interesting lives and secrets. They were connected in improbable ways, histories."

Tan grinned as she talked about preparing for an earthquake. ("It's fun to think about — fun in a Girl Scout way.")

"I think about death every day," she said. "It's nothing I think about with a great deal of fear, although sometimes I imagine it and say to myself, that's unbelievable, that one day I won't be here in this room."

In one journal entry, at age 24, Tan wrote: "My own death seems so remote — like a faraway foreign place — separated from the here by distance of time."

Then, at age 50: "I have a sense of my life as a percentage of what has been used and what is likely left."

"Every day, I think about the fact that I will one day die," she journalled at age 60. "Every day I think about the possibility I will lose my brain."

If she were to get dementia, worries might give way to happiness, as they did for her mother, who died in 1999. "I say this absolutely sincerely that my mother had a wonderful time with

"I think about death every day. It's nothing I think about with a great deal of fear, although sometimes I imagine it and say to myself, that's unbelievable, that one day I won't be here in this room"



her dementia," Tan said. But years back, Lyme disease left Tan unable to tie two thoughts together.

That's what truly scares Tan, a writer of words, a thinker of ideas: "Not being able to write, not able to think, not able to observe things anymore."

'Pain long buried'

For a moment, the memoir was not a memoir. Instead, it was "becoming a really boring, pedantic book," Tan said. A redo of the TED Talk she gave in 2008 titled *Where Does Creativity Hide?* But as Tan sifted through old documents — her father's journals, her mother's letters, the pair's citizenship paperwork — it turned into something deeper, more personal.

Tan spent six years penning the epic *The Valley of Amazement* and five years writing the libretto for the opera based on *The Bonesetter's Daughter*. But for this book, she asked her editor, Daniel Halpern, to enforce shorter deadlines, hoping they would motivate her. Halpern suggested an essay every three weeks. One a week, she countered.

At that pace, Tan said, "you don't get to stop and have a little nervous breakdown."

The pair mixed the words "essay," "chapter" and "deadline" — "anything to suggest that she was actually going to write a book," joked Halpern, president and publisher of Ecco, an imprint of HarperCollins. Working this way "allowed her to be less self-conscious," he continued. "When somebody's writing without watching themselves from above, stuff comes out that they wouldn't have access to otherwise."

In Tan's case, that meant uncovering "big and little frights, emotional pain long buried," as she writes in one essay. Writing helped Tan process her discoveries, helped her connect the dots of her family's past — "a dot here and a little squiggle here."

The book "was couched in the form of being about writing and creativity and imagination," Tan said. The personal and family histories "came in through the side door and took centre stage."

She paused, took a sip of her tea. "By then it was too late to change directions," she continued, "because I had discovered that truly was the basis of my imagination, my associations. The metaphors that I use to encapsulate, to contain so much of my life."

"So by learning about these secrets, I feel like my voice has been amplified."

Tan compared that voice to Gabriel Garcia Marquez's novels, steeped in history. "Every sentence seemed to contain, without saying it, knowledge of a life, an individual, a community and a whole culture," she said.

She hasn't yet written fiction with that new power. Working on a new novel while doing publicity for the last "could damage it," she said. But Tan knows what the next novel will be — the setting, the story lines, the characters.

They came to her in a dream. — *Star Tribune* (Minneapolis)/TNS



Celebrating the art of Japanese sushi

The opening of Katsuya by Starck attracts a large number of expatriates



OPENING: Devyn van Niekerk cutting the ribbon.

Photos by Jayaram

By Mudassir Raja

Katsuya by Starck brings the art of Japanese cuisine to Qatar. The restaurant's recent launch event was attended by a large number of people and their tastebuds were tantalised by an assortment of traditional and modern Japanese dishes.

The special event on Thursday evening – the opening day – was a workshop showing the visitors how sushi is made. Chef Mark Sorezo was the demonstrator.

The restaurant was official opened by Devyn van Niekerk, business manager of Katsuya by Starck, with the cutting of a ribbon.

In the masterclass, the chef showed an eager audience the intricacies that go into preparing sushi. He sliced a fresh salmon and combined them with cooked rice and other ingredients to prepare an assortment of sushis.

The chef said that Katsuya prides itself on creating authentic dishes that cater to the

international palate. He said that they wanted the masterclass to give their attendees an insight into the art of Japanese sushi making, while introducing them to the tips and tricks that have made Katsuya – a prodigious pairing of master sushi chef Katsuya Uechi and world-renowned designer Philippe Starck – an award-winning restaurant.

This is Katsuya's third restaurant in the Middle East and the first in Qatar.

"We are proud to bring Katsuya by Starck to food enthusiasts in Qatar, who will appreciate the exceptional food quality, high service and international dining experience," said Devyn van Niekerk.

The business manager said that the restaurant offers a feast for the senses – the stylish 400m2 sized Japanese restaurant seats 128 guests, with speciality drinks, delectable Robata grills, unique rolls and spectacular sushi and sashimi platters.

Since 2006, when the brand was launched in Los Angeles, Katsuya by Starck has developed a reputation for its superior design, ambiance, experience and cuisine. The menu features

more than 180 selections and can be enjoyed at the newly extended area of Villaggio Mall. The mall's Venetian styled interiors combined with an astonishing range of shopping, dining and entertainment venues make it a unique and unforgettable attraction in Qatar, the manager said.

The dishes that were served on the opening day included Salmon Trio Nigari Sashimi, Ceviche, Tuna – Regular And Toro, four different maki rolls, the Hollywood, Salmon Lemon Roll, Sunset Roll, Crispy Onion Albacore, Crispy Chicken Salad, Crispy Brussel Sprouts, Rock Shrimp, Crispy Rice with Duck, Crispy Rice With Spicy Tuna, Robata selection, Short Rib and Black Cod, Mushroom Bop and dessert canapes.

Muhammad Nasir, a Sri Lankan expat and a digital marketer, said, "I generally do not like sushi. But the experience at Katsuya has changed my mind. I enjoyed the master class for making sushi. Amazing staff and atmosphere at the restaurant."

He added, "I actually am looking forward to coming here again. I think a lot of people are

going to like the place."

Affan Ali, an Indian expat with a microblog, said, "As a foodie, I must say that the sushi is very nice here. They have fatty and spicy fish here. I liked their shrimp the most. I would actually like to explore their entire menu."

"I work as an HR manager and go around looking for a variety of foods. I think the restaurant is a very good addition to Qatar."

Chezyr Clare, an expatriate from the US, said, "It was great to be here. Qatar is wonderful for being multi-cultural and diverse. The food items served at the restaurant were awesome. The dishes were delicious. I have already enjoyed Katsuya in the US and I am happy to have it in Qatar."

Garneva Yao, another invited visitor at the restaurant, said, "I am from the Philippines and have been living in Qatar for eight years. I enjoy the diversity of food available in Qatar."

She added, "I love Japanese food. There are many other restaurants in the country specialising in Japanese food. But I think this is going to be the best as the brand have been doing well across the world."



APPETISING: One of the many dishes that were prepared live at the launch event.



CAREFUL: In the masterclass, the chef showed an eager audience the intricacies that go into preparing sushi.

Education City deans meet with US embassy charge d'affaires

William Grant, the chargé d'affaires, ad interim of the US embassy in Doha, Qatar, visited Northwestern University in Qatar (NU-Q) as part of a visit to all American universities in Education City. In addition to attending a meeting with Education City deans, he also took a tour of the university's new state-of-the-art media and communication building. The purpose of the visit was to introduce Grant, who was recently appointed to Qatar, to the American campuses in Education City, showcasing institutional achievements and academic offerings, as well as discussing opportunities between the universities and the embassy. Dean Ahmad S Dallal from Georgetown University in Qatar and Dean Akel I Kahera from Virginia Commonwealth University School of the Arts in Qatar joined NU-Q Dean Everette E Dennis for

the meeting. "We were honoured to host Grant's visit to the American universities in Education City, and to have the opportunity to showcase our new building and to share some of NU-Q's most significant achievements," said Dennis. "The US embassy has supported our mission from the very beginning and we always welcome the opportunity to explore areas of mutual collaboration." After the meeting, Grant took a tour of NU-Q's building, which houses the most advanced technology in broadcast and production technology, including a fully-automated modular newsroom. During his tour, Grant spoke with faculty and students about their academic and personal experiences at NU-Q.



MES conducts stuttering awareness programme for children

The MES Indian School organised an awareness programme for the students of classes KG to VIII about speech and communication challenges that children face in their early stage of life. The session was conducted with the objective of creating awareness regarding speech disorders among children. The resource person, Merlin Thankam Thoms, Speech & Language Pathologist at Qatar Institute of

Speech & Hearing, elaborated on various types of speech disorders, symptoms, ways and means to identify such articulatory disorders, early intervention and strategies to overcome as well as the types of treatment available to cure stuttering, which is the most serious disorder prevailing among young children. Members of the Department of Guidance & Counselling co-ordinated the programme.





BK Sports launches sports programmes for youngsters

Bricklyn Sports Academy (BK Sports) and partners successfully held a Community Open House Event recently at the English Modern School, Doha. The event, which welcomed over 600 visitors, aimed at bringing people from all backgrounds together to try an array of sports in a safe and fun environment.

The entire BK Sports Team were on hand to deliver tryouts in a variety of sports activities, including football, basketball, cricket, rollerblading, taekwondo, Brazilian jiu-jitsu, and swimming. There were setups for Monkeynastix, and Bricklyn lego and robotics workshops, aside from family entertainments with inflatables, face-painting, and carnival-style games and treats. All of it was offered free-of-charge to

the event's enthusiastic attendees.

BK Sports is a newly formed sports-provider "determined to do things a little differently." Each sport and education project has been specifically designed to ensure that there is something on offer for the whole family, says the company, adding that it covers everything, ranging from playing in a competitive league, to sampling a sport to create new friends to exploring a budding interest.

Its unique offers include the launch of Doha's first-ever female-only sports academy and the offer of no-strings-attached, free admission for children with Special Educational Needs (SEN).

Jamie Blood, Managing Director of BK Sports Academy, said: "We are extremely proud of both the staff and the participants for making our first Open House event

such a huge success. We aimed at bringing people together from all over Doha to sample what we offer and meet our staff. We are extremely fortunate to have an owner, Sheikha Meriam Khalid Mohamed Thani al-Thani, who shares our vision in creating a tighter community through the power of sport and education."

Shifana Sherifdeen, Head of Operations of BK Sports Academy, said: "It is amazing to be part of such a forward-thinking company, and I am very excited to be involved in the first-ever female academy to offer young girls the opportunities that never existed in my time. Even more, through creating free provision for children with Special Educational Needs and the rest of our incredible community initiatives, it is certainly an exciting time to be a member of the BK Sports Team."



OPEN HOUSE: The entire BK Sports Team were on hand to deliver tryouts in a variety of sports activities, including football, basketball, cricket, rollerblading, taekwondo, Brazilian jiu-jitsu, and swimming.

Toyota launches 'Start Your Impossible' global corporate initiative

Toyota Motor Corporation has launched 'Start Your Impossible' – a global corporate initiative that aims to inspire Toyota employees, partners, and customers and connect them with the company's core beliefs. In an age of accelerating technological and environmental developments, 'Start Your Impossible' marks Toyota's commitment to supporting the creation of a more inclusive and sustainable society in which everyone can challenge their impossible.

To celebrate the launch of the initiative and its partnership with the Olympic Games and the Paralympic Games, Toyota recently held its first-ever Toyota Mobility Summit in Athens, Greece, the host city of the first modern Olympic Games. The event featured a live conversation with Akio Toyoda, as well as a series of discussions led by Toyota Executive Vice President Didier Leroy, with global thought leaders and Olympic and Paralympic athletes. The event covered topics of mobility from a social, physical well-being, and sports perspectives, as well as the future of mobility via technology advancements and research.

Toyota says that it believes that mobility goes beyond cars; it is about overcoming challenges and making dreams come true. The 'Start Your Impossible' initiative reflects



GOING FURTHER: Toyota says that it believes that mobility goes beyond cars; it is about overcoming challenges and making dreams come true.

these values and highlights the company's goal to provide freedom of mobility for all. "We want to share this thinking with all stakeholders, including consumers, so that we can approach this challenge together," said Toyota President Akio Toyoda.

"Throughout our history, Toyota has made the impossible possible through innovation and passion, and by continuously challenging the definition of impossible. Today, the automobile industry is clearly amidst its most dramatic period of change – and during this time Toyota remains committed to making ever-better cars. Just as important, we are developing mobility solutions to help everyone enjoy their lives, and we are doing our part of creating an ever-better society for the next 100 years and

beyond. For this to happen, we must dream beyond conventional vehicles and create new forms of mobility that overcome the limits of today and solve the problems of tomorrow. We share this dream and this spirit of continuous improvement with Olympic and Paralympic athletes, who challenge their own limits every day. I hope that the Olympic Games and the Paralympic Games will create an opportunity for everyone affiliated with Toyota to challenge their impossible and defy their limitations," added Toyoda.

Since its founding as a loom manufacturer, Toyota "has been driven by a commitment to contributing to society. Over its long history, the company has grown into an innovative leader that has enabled

vehicle electrification on a mass scale with the development of the Prius hybrid electric car 20 years ago and more recently, the Mirai hydrogen fuel cell electric vehicle. Toyota sees alternative powertrains, automated cars, mobility-as-a-service, and robotics as significant opportunities to move people and transform the company."

As a worldwide partner of the Olympic Games and the Paralympic Games, Toyota says that it aims to encourage creating a peaceful society without discrimination through sports and a commitment to building a sustainable society through mobility. Toyota's values of continuous improvement and respect for people are shared by the Olympic Games, which brings together the entire world in

friendship and solidarity to celebrate the highest realisation of human potential.

Toyota also aims to offer mobility services and logistics expertise as the first mobility partner of the Olympic Games and Paralympic Games. The first 'Start Your Impossible' film, 'Mobility for All,' introduces transportation solutions, next-generation mobility, and advanced technologies. Going forward, 'Start Your Impossible' will also include a variety of additional programmes focused on employees, dealers, and consumers, as well as seeking collaboration with the Toyota Mobility Foundation, which was established to address urban transportation challenges and expand personal mobility for all people, inspiring the next-generation mobility solutions.

Toyota is also launching a new website – www.MobilityForAll.com. In consultation with the National Center for Accessible Media (NCAM) in the United States, the website (which will be rolled out in phases) is built to be accessible for users with various impairments and to allow all users to experience the site and all its content. Whether set to default, visually impaired, hearing impaired, mobility impaired, or cognitively impaired, all coding and design features work to make the experience equally enjoyable for all users, says the company.



LANDMARK: The 57,500 m2 Heydar Aliyev Center's flowing curved form and distinctive sharp angles, have ensured that since opening in 2012 it has become one of Baku's signature architectural landmarks.

Baku - revving up for tourism

Maggie McKenzie takes a look at Baku - a centre of antiquity... with some Formula One cars thrown in for good measure

With over 500 million reviews, more than 390 million unique visitors and above 136,000 destinations, Tripadvisor members know a thing or two about travel! Last year Baku, the capital city of Azerbaijan, was included within the top five 'Top Destinations in the World on the Rise' in the 2016 Tripadvisor Travellers' Choice awards. So if you are looking for a path less travelled by hordes of tourists (so far) head to Baku!

Since hosting the Eurovision Song Contest in 2012, the unveiling of its recent Shopping Festival and the welcoming of international guests to the 2017 Azerbaijan Grand Prix, Baku is emerging from its reputation as a leading Caspian Sea oil and gas exporter to be regarded as a city steeped in cultural heritage and a modern travel destination. Located less than three hours from Doha, what can an intrepid traveller pack into a weekend in this relatively undiscovered destination?

The Maiden Tower

Symbolising the city's long history,

the legendary Maiden Tower is built in a cylindrical form on a great rock, sloping towards the sea in the old city of Baku.

While historians cannot agree on a confirmed date when the Maiden Stone was built, recently researchers have suggest that the tower was built in two sections with the bottom section, reaching to almost 14 metres. Possibly dating back to the 6th century and may have been used as an observatory or a watch tower. The second section was added several centuries later in the 12th century. At just under 30 metres total height, the observatory theory could easily be validated with the spectacular views from the top of the tower. Views that stretch over the neighbouring ancient rooftops, tiny alleyways and minarets of the old city. Today, this Unesco World Heritage monument houses a museum presenting the history and progression of Baku.

While in the area, pay a visit to the Palace of the Shirvanshahs. This 15th century site, another Unesco World Heritage site, is so revered in Azerbaijan the palace is depicted on the past and present - day banknotes. It is located at the highest point of

the ancient part of Baku, within the walled city, the palace complex houses many items including the main palace building, burial vaults, a mosque and remnants of a bath house.

This popular area for visitors is also well served by many close-by restaurants serving traditional and international cuisine.

The Old City

No visit to an ancient city would be complete without a walking tour of the Old Town, locally known as "Icharishahar". Within the old town walls is the historical core of Baku with over 50 historical and architectural monuments. Knowledgeable tour guides bring the city to life with tales of everyday life throughout the ancient empire, sharing the city's rich legacy of historic mosques, palaces and markets. Get your comfy shoes on and explore!

Heydar Aliyev Center

Devised as part of the redevelopment of Baku, the 57,500 m2 Heydar Aliyev Center's flowing curved form and distinctive sharp



HERITAGE: No visit to an ancient city would be complete without a walking tour of the Old Town, locally known as "Icharishahar".

angles, have ensured that since opening in 2012 it has become one of Baku's signature architectural landmarks.

Designed by the late Iraqi-British architect Zaha Hadid and built over eight floors the centre includes a 1000-seat auditorium, conference centre facilities, workshops, a museum and exhibition spaces. The centre was presented with the Design Museum's Design of the Year Award 2014 making Dame Zaha Hadid the first woman to win the top prize in the competition's history.

In addition to the centre's architectural significance, it has become a hub for local events and entertainment activities. Check out their website and time your visit. This year some key highlights in their entertainment calendar have included: the Azerbaijan Automobile

Federation Vintage Car Rally where over 150 cars produced before 1980 were on show; The 'Dance of the Wind' International Kite Festival, held for the first time in Baku, featured 10 artists whose painted kites adorned the skies of Baku, also known as the 'windy city', and; The Modernism and Fashion exhibition featuring garments and gems of the 1960s.

Baku has one foot in the past and the other is firmly stepping on the gas revving up to the future... now is the time is now to visit Baku.

● *Book your next holiday with Dana Travel - your local travel consultancy - specialists in arranging your tailor-made package of flights, accommodation and car hire. Call the Dana Travel team on +974 4491 6111, +974 5076 7978 or visit www.danaqatar.com*



Have mushroom-rich breakfast to maintain healthy weight

Eating a mushroom-rich breakfast may result in less hunger and a greater feeling of fullness, thereby helping you avoid consuming extra calories later, new research suggests.

The findings, published in the journal *Appetite*, suggest that meat can be replaced by mushroom in some meals.

“As with previous published research, this study indicates there may be both a nutritional and satiating benefit to either substituting mushrooms for meat in some meals or replacing some of the meat with mushrooms,” said study author Joanne Slavin, Professor at the University of Minnesota in the US.

Because protein appears to be the most satiating macronutrient according to the scientific literature, researchers wanted to match the amount of protein in the mushroom and meat interventions to essentially control for the influence of protein on satiety.

After matching the mushroom and meat by protein content, both ended up containing comparable amounts of calories as well.

The objective of the study was to assess the differences with satiety and a 10-day food intake between *Agaricus bisporus* mushrooms (commonly known as white button mushrooms) (226g) and meat (28g).

The participants consumed two servings of mushrooms or meat for 10 days.

Results showed a significant difference on satiety ratings between the mushroom and meat consumption.

Participants reported significantly less hunger, greater fullness and decreased prospective consumption after consuming a mushroom breakfast compared to a meat breakfast. – IANS



HEALTHIER: Protein-rich mushrooms can replace meat to satiate appetite for longer times.

Coffee can reduce diabetes risk

The medicine that can delay your diabetes is right on your coffee table.

Cafestol, a bioactive substance found in coffee, could help delay the onset of Type-2 diabetes; improve cell function and insulin sensitivity in laboratory mice, according to a study carried out by a team of scientists in Denmark.

This is yet another research finding that has driven coffee from its universal role as a breakfast beverage into the list of items that can be recommended for a healthy diet and lifestyle. For instance, recently researchers at the University of Southern California in the US – in a study of more than 180,000 participants – found that drinking coffee could lead to a longer life.

Researchers have also earlier identified substances in coffee that could help reduce the risk of developing diabetes but ‘cafestol’ is one substance that has so far been untested.

In their study, the researchers wanted to see if ‘cafestol’ would help prevent or delay the



HEALING EFFECT: The study notes that drinking coffee could lead to a longer life.

onset of Type-2 diabetes in mice. The findings have been reported in the *American Chemical Society Journal of Natural Products*.

According to the authors, “the finding could spur the development of new drugs to treat or even prevent the disease”.

For their study, the scientists chose a model of mice – called KK_Y mice – that are prone to develop diabetes. Forty-seven male mice were randomly divided into two groups – treatment and control groups.

While all the mice consumed normal diet, the mice in the treatment group were fed daily with ‘cafestol’ for 10 weeks. The animals in the control group were not given ‘cafestol’.

At the end, blood samples for fasting glucose, glucagon and insulin as well as liver, muscle and fat tissues for gene expression analysis were collected.

The researchers isolated islets of Langerhans – which produce insulin – and measured their insulin secretory capacity.

“After 10 weeks of intervention, fasting plasma glucose was 28-30% lower in ‘cafestol’ group compared with the control group,” the researchers report.

“Fasting glucagon was 20% lower and insulin sensitivity improved by 42% in the high-cafestol group. Cafestol increased insulin secretion from isolated islets by 75-87% compared to the control group.”

The researchers conclude their results show that cafestol possesses anti-diabetic properties in mice.

“Consequently, cafestol may contribute to the reduced risk of developing Type-2 diabetes in coffee consumers and is a good candidate for drug development to treat or prevent the disease in humans.” – IANS

Living near woods may cut stress, make brain healthy

People who build their homes in the lap of mother-nature may have a healthier brain and may be at lower risk of developing stress-related depression and anxiety disorders than those living near the urban green or wasteland, a research says.

The findings showed that city dwellers are at a higher risk of psychiatric illnesses such as depression, anxiety disorders and schizophrenia than countryside dwellers.

This is because life in a city is full of noise and pollution, and many people scramble in a confined space, increasing the risk for chronic stress.

In the study, appearing in the journal *Scientific Reports*, city dwellers’ showed higher activity levels of amygdala – a central nucleus in the brain that plays an important role in stress processing and reactions to danger.

On the other hand, people living close to a forest showed indications

of a physiologically healthy amygdala structure and were therefore presumably better able to cope with stress compared to those living the urban green, water or wasteland, the researchers observed.

“Research on brain plasticity supports the assumption that the environment can shape brain structure and function.

“That is why we are interested in the environmental conditions that may have positive effects on brain development,” said lead author Simone Kuhn, psychologist at the University Medical Center Hamburg-Eppendorf (UKE) Hospital in Germany.

“Studies of people in the countryside have already shown that living close to nature is good for their mental health and well-being. We therefore decided to examine city dwellers,” Kuhn added.

By 2050, almost 70 per cent of the world population is expected to be living in cities, the researchers said, adding that these results could therefore be very important for urban planning. – IANS



NATURAL: The study reveals people living closer to forests are presumably better able to cope with stress.

Healthy Foods AND Healthy Hair

WASHING YOUR HAIR THE RIGHT WAY:



FOODS TO HELP YOU GET YOUR DESIRED HAIR:

Salmon

Salmon is loaded with omega-3 fatty acids that are important for a healthy scalp.

OYSTERS

Oysters have the powerful antioxidant Zinc, essential for healthy hair and scalp.

DARK GREEN VEGGIES

Spinach, broccoli and swiss chard are all healthy options and are an excellent source of vitamins A and C.

BEANS

Legumes like kidney beans and lentils provide great protein as well as zinc and iron.

POULTRY

Chickens and turkeys may have feathers, but the high-quality protein which will help give you the healthy hair you crave.

NUTS

Brazil nuts are one of nature's best sources of selenium, and important mineral for the health of your scalp.

WHOLE GRAINS

Whole wheat breads and whole grain cereals are loaded with zinc, iron and B-Vitamins.

EGGS

Eggs are the best protein source around. They contain biotin and vitamin B-12.

CARROTS

Carrots are an excellent source of vitamin A, which promotes a healthy scalp along with good vision.

TRIVIA: Hairs on the scalp grow about 1/100 of an inch per day, or one inch every three months.



Wordsearch

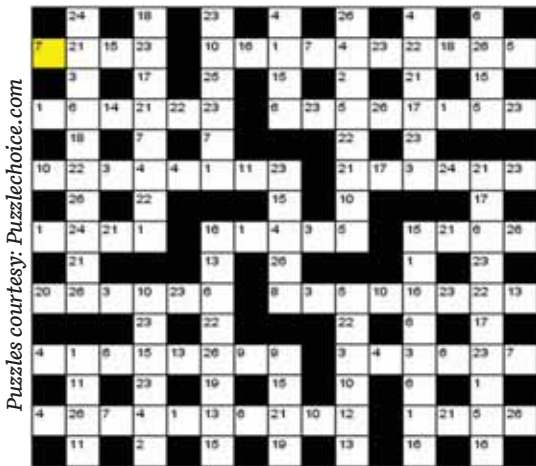


Man in the Middle

- | | | |
|-----------|-------------|-------------|
| ALMANAC | EGOMANIAC | ROMANCE |
| COMMANDER | GERMANIUM | SALAMANDERS |
| COMMANDOS | HUMANLY | UNDEMANDING |
| DEMANDS | KILIMANJARO | |
| DISMANTLE | PERMANENT | |

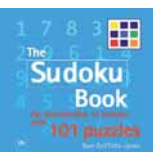
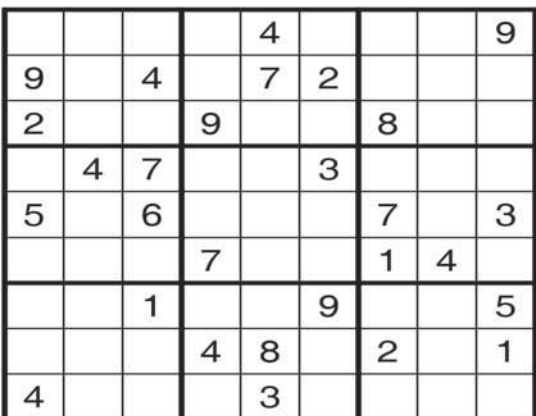
Codeword

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.



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 puzzle, you must fill the grid so that every column, every row and every 3x3 box contains the numbers 1-9.



Adam



Pooch Cafe



Garfield



Bound And Gagged

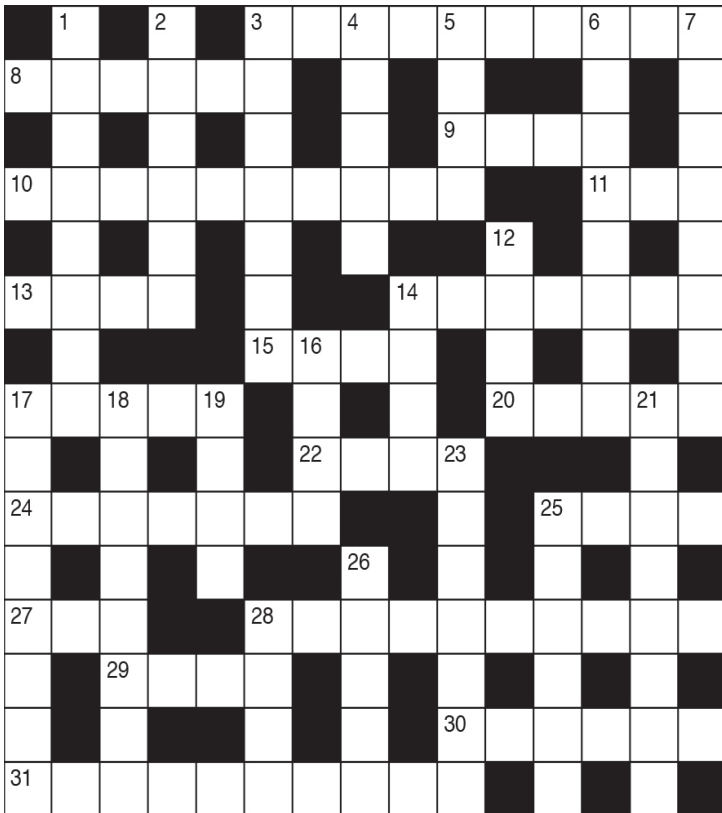


PUZZLES

COMMUNITY



Super Cryptic Clues



ACROSS

3. Night-attire (10)
8. The punter's cap (6)
9. Asterisks don't need the skies, anyhow, but this does! (4)
10. Did he get a very good first in economics? (10)
11. Turn across the swim (3)
13. Without writhing round (4)
14. Ignore the girl with the weapon (7)
15. It may make one itch to be foolhardy (4)
17. Be curious when the peace-offering gets no admission (5)
20. Shot Across and helped with the gardening (5)
22. On the one hand, inclined to be interested (4)
24. Later altered one figure in the writing (7)
25. Tripe put on a table (4)
27. Miss the point (3)
28. Game the tired dog can amuse itself with? (6-4)
29. Jumped up girl! (4)
30. Oddly rough? (6)
31. "Leaving," as the foreigner said, "one section of the store" (10)

DOWN

1. Calming across when the date is changed over (8)
2. Doing one's best to remove the four central pearls (6)
3. Wave from a smasher! (7)
4. Figure you'll enjoy the article (5)
5. The latest model (4)
6. Book written by a tough footballer? (4-4)
7. Imagined the dope's somehow to be added to the drink (8)
12. Splash from the jug (4)
14. Crack off with a short iron shot (4)
16. A time back, caught a cold, in Israel (4)
17. Paper darts folded and put inside (8)
18. Do better than the other fan-dancers? (8)
19. The dogs you take with you on holiday (4)
21. Rang the praises of, as one once had rung? (8)
23. Removed from the newspaper and left hurriedly? (4,3)
25. Teased for having let loose the bird to be caged (6)
26. Apart from the sea-swimming I had gone in for (5)
28. Attend and come out on top against (4)

Yesterday's Solutions

ACROSS: 1 Gun dog 5 Damsel 8 Range 9 Verona 10 Flagon 11 Clove 14 Primrose 16 Trains 18 Acquisitiveness 20 Bellow 22 Abnormal 25 Large 27 Annual 28 Take in 29 Exact 30 Sonnet 31 Arrest.

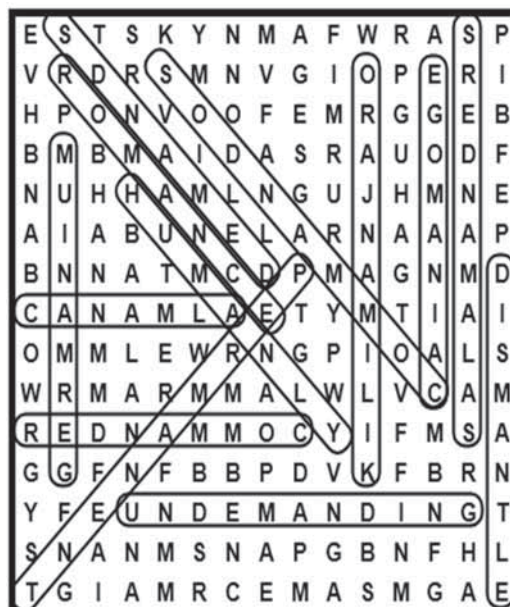
DOWN: 1 Give up 2 Norm 3 Gracious 4 Innocents abroad 5 Defeat 6 Sage 7 Liners 12 Ampulla 13 Manners 15 Ruche 17 Nests 19 Vendetta 20 Broads 21 Wallet 23 Linnet 24 Anon 26 Gene.

Colouring



Answers

Wordsearch



Codeword





Winning routines for warding off winter weight gain

With cold weather and short days, it's easy to fall off healthy eating and exercise routines.

Here are tips on how to eat right and stay motivated to exercise during the winter months from a leading nutritionist and a top celebrity trainer.

EAT RIGHT

It's easy to fall into eating calorie-loaded or nutrient-empty comfort foods in the winter, but take time and plan ahead. The optimum winter foods for weight loss and maintenance are packed with nutrients and filling fibre, so we feel full longer and eat less. Here are five suggestions for your shopping list according to an expert:

Pistachios

The fibre-rich green nut makes the perfect wintertime snack for many reasons. Research shows that pistachios promote healthy, stable blood-sugar levels and can help improve various risk factors

for heart disease when snacked on regularly.

Winter squash

In season, butternut squash delivers a sweet, nutty flavour for fewer carbs and more fibre than you would expect. It is rich in beta-carotene and vitamin C, both antioxidants that will help keep your immune system in top shape. Add into soup and give your body what it craves: cold weather comfort.

Mushrooms

Mushrooms are a great cold-weather food that is in season all winter long. They are not only a unique source of a potent antioxidant called ergothioneine, but they are also a low-calorie, appetite-filling food that can be roasted, braised or sauteed.

Cabbage

Cruciferous vegetables like cabbage are fibrous low-calorie foods that are perfect for the winter. They also contain powerful antioxidants like glucosinolates that help reinforce your body's cellular detoxification pathways.

Green tea

Green tea is one of the few truly fat-burning foods. The antioxidants in green tea work to increase the amount of calories that your body burns as heat while also stimulating the liberation of stored fat in your body.

STAY FIT

Every year as the weather gets colder, people say the same thing: It's too hard to get motivated to exercise on cold, dark mornings, and by nighttime I just want to get home and eat something warm. But there are tricks to staying motivated to move during the winter months.

Set a new goal and reward yourself. Whether you want to lose weight, get stronger or move faster, set reasonable and specific goals that involve numbers or tangible accomplishments. Once you've attained your goal, treat yourself with a massage, new outfit or whatever tickles your fancy.

Find a workout buddy

Accountability is a great way to stay on track. Make a commitment



with a friend or personal trainer for set times. This not only forces you to show up, but it can also make you push harder when you have someone cheering you on – and it's fun!

Think outside the box

Do something different like a dance class, HIIT (high-intensity interval training) class, join a running group, or grab friends and go ice-skating.

Dress the part

Invest in some new gear. It's a known fact we all feel better and

perform better in the appropriate attire. Invest in a couple of great pieces.

Amp up your playlist

Music motivates. Create a bunch of playlists that get you up and going. Play songs as you get ready.

Focus on nutrition

Food is fuel to get moving. Every week, set yourself up by preparing healthy snacks that you can just grab and go if needed, such as portable pistachios, hard-boiled eggs or chopped vegetables.

©Brandpoint



ARIES

March 21 – April 19

You could feel a great deal of pressure from the people around you to join in their festivities. Perhaps you're being lured into the frenzy of activity. Don't feel like you have to be a part of the party if you don't want to be. The worst thing for you to do would be to pretend that you're interested when you aren't.



CANCER

June 21 – July 22

There's a trajectory of truth to maintain today. If you try to go against the flow, you'll have a difficult time achieving your goals. You're much better off setting your sights on something downstream so that you can utilise the incredible force that already has a great deal of momentum behind it. There's no need to reinvent the wheel on a day like this.



LIBRA

September 23 – October 22

Don't blow things out of proportion today. You're apt to have a tendency to exaggerate everything to such a degree that you completely lose touch with the true reality of the situation. You could be painting a terrible scene in order to elicit pity from others. Be honest about the situation before you create more enemies than friends.



CAPRICORN

December 22 – January 19

In many respects, the energy of the day can't get much better for you. It's up to you to direct this energy into action that will nourish your soul. There's a great deal of power and strength behind your emotions. You should make sure that you carry this good feeling with you into every situation from now on.



TAURUS

April 20 – May 20

You may have so much fun today that you forget to check on the happiness of the people around you. You should feel quite a surge of strength because of the energy of today, but realise that other people may have a hard time keeping up with your fantastic pace. Stop and take a break in order to allow other people to catch up.



LEO

July 23 – August 22

You're competing with someone today as you fight for dominance in a situation. The unspoken battle has begun, and the war won't end until you've successfully claimed your victorious position as ruler of the mountain. Defend your territory if you feel that someone is stepping on it. If you don't make it known that you're the boss, someone else surely will claim that spot.



SCORPIO

October 23 – November 21

Your emotions are dynamic and extreme today. They're apt to control every action you take whether you realise it or not. Be aware that it's best to realise it so you can then control these volatile feelings instead of being controlled by them. This doesn't mean you should try to ignore them by pretending they don't exist.



AQUARIUS

January 20 – February 18

Consider cooking dinner for a large group tonight. Ask everyone to pitch in some money and you'll be surprised at the fantastic masterpiece you can create with just a small amount of effort on your part. Set the table with candles and add good music in the background. Even if a dinner party doesn't sound like a fun idea now, take a leadership role in whatever events come your way.



GEMINI

May 21 – June 20

You may not be terribly impressed with the activity going on around you, but that doesn't mean you have to be miserable because of it. This isn't the time to sit back and let others take the lead. If you see something you don't agree with, step up and make it known. Do what you can to change the course of events by letting your powerful voice be heard.



VIRGO

August 23 – September 22

Don't hesitate to dive into whatever project or situation suits your fancy today. Your luck will make you victorious in whatever game you choose. Happiness is almost inevitable. Don't be afraid to share your enthusiasm with others. Your confidence is incredibly inspiring. Others are lucky to be on your team.



SAGITTARIUS

November 22 – December 21

There's an inspirational quality about you today that you should make more public. Instead of shrinking into your imagination, you should expand your energy outward to the people around you. Your heart is caring and sensitive. It's time to earn some public recognition for its loyalty and loving nature. Stand up and take a bow for all the incredible things you do for others.



PISCES

February 19 – March 20

Once you take the first step today, the rest of the way will be a piece of cake. Before you know it, you'll have completed the entire marathon with very little sweat on your brow. The one thing to watch out for is that you don't run over anyone in your dash to the finish line. Be careful of the runners beside you and treat them as friends and supporters instead of opponents.

Not sure if I will become a full-time actress: Zaira Wasim

By Arundhuti Banerjee

All of 16, the star of *Secret Superstar* Zaira Wasim says she isn't sure if she wants to become a full-time actress when she grows up.

After her *Dangal* act, Zaira has won praises galore for her role in her latest movie *Secret Superstar*, in which she is seen as an aspiring singer.

Zaira, who comes from Kashmir, says she did not grow up watching Hindi films much and had no desire to become an actress.

"I still do not know if I am going to become an actress in future as a serious full-timer, but every time when I act, I try to deliver my best... Both the films that I have done offer beautiful stories," Zaira told IANS.

Both *Dangal* and *Secret Superstar* have one more person in common – superstar Aamir Khan. But Zaira's performance was not overshadowed in any way.

Recalling her audition for *Dangal*, she said: "I did not go there with any expectation, but with a curious mind to explore and know what is acting and how they audition. The rest was a process and I think I am one of the luckiest children who got the best opportunity. And then working with AK (Aamir Khan) twice... I am blessed."

So how well does she handle her new celebrity status and recognition, especially when people walk up to her with selfie requests?

"Oh yes, I want to share this. So, we all know that my hair was cut for *Dangal* and my look was different, right? One day, a fellow came to me with a mobile phone, saying, 'Arrey bhaiya, aap woh Aamir Khan waale picture me thhe na? Ek photo le le?' I mean because of my short hair, that guy calls me



YOUNGSTER: The performance of the young star in *Secret Superstar* has not been overshadowed by Amir Khan.

brother? I mean my first fan... and bhaiya?"

However, according to her, the feeling of recognition is always overwhelming.

"They look at me with so much love and affection and appreciate me for my work! What could be more overwhelming than this?"

Yet, the glamour and glitter of Bollywood and her newly-achieved celebrity status has not changed anything in Zaira as the youngster still finds her comfort in her room, lazing around on her bed and playing with her pet cats.

She says she's an introvert who still finds it difficult to talk to the media for her films' promotion.

"Nothing has changed in me, trust me... I can spend the whole day in a room with some good food, and play with my cats. I have three cats – one is black, one white and a brown kitten. I love them... I keep playing with them."

Zaira has travelled across the country with her parents, but her heart lies in Srinagar. She grew up with a brother, and says she has always been the "good girl".

"Seriously, you can ask my mom, I was such a good, silent kid who was never curious to touch the fire to see what happens. No, I was not cranky or irritating who was crying every now and then... I remained a good girl as a baby.

"But yes, I think now I trouble her (mother) a little. I am a little clumsy and a little lazy, and my mother does not like that. I do not dress up, and I'm always tripping and falling over things... Little messy, you know," she said, breaking into innocent laughter. – IANS

The Florida Project, a poignant tale of childhood

By Moira Macdonald

A poignant movie about childhood that's definitely not for children, *The Florida Project* depicts a 6-year-old (the enchanting Brooklynn Kimberly Prince) growing up in the shadow of the Happiest Place on Earth.

Moonee lives in a lavender castle with her mother, Halley (Bria Vinaite), and merrily runs around with her friends Jancey (Valeria Cotto) and Sooty (Christopher Rivera), eating ice cream and giggling and imagining the sort of things that little kids imagine. ("If I had a pet alligator," she announces at one point, apropos of nothing, "I would name it Anne.")

But, though Moonee doesn't really know it, this is no fairy tale:



FANTASTIC: A scene from the film, which is a fusion of fantasy and reality.

That castle, just outside Disney World, is a rundown budget motel, and Halley, who's in her early 20s, is unemployed and struggles to pay the meagre rent. Scrounging free food is a game for Moonee, but it's a necessity; soon, Halley has to resort

to more dangerous ways of making a living.

Writer/director Sean Baker (*Tangerine*) tells us this story from Moonee's point of view; we run in the Florida sunshine with her, seeing the motel and its surroundings as

her grubby but inviting playground, finding the wonder in a Creamsicle-coloured sunset and a magical night of fireworks. Fantasy and reality mingle everywhere here; note the street sign pointing toward *Seven Dwarves Lane*, and

the way a grandmother asks her granddaughter, "Do you want to play with the kids from the purple palace?" And there's even a kind prince/guardian at the gates: Bobby (Willem Dafoe, beautifully subtle), the hardworking motel manager, keeps a watchful eye out for Moonee and her friends, even when you can see he'd like to swat them away like flies.

The beauty of *The Florida Project* is how Baker uses a cast of mostly inexperienced actors to tell a story that feels completely, utterly real: You feel as if you've slipped inside of Moonee's enchanted world, while at the same time seeing the harsh reality of Halley's. That contrast is devastating, right up to a final sequence that's sure to break your heart in two. There's no fairy godmother ready to save this mother-daughter duo; just dreams of, somewhere, a happier place. – *The Seattle Times/TNS*



FASCINATING: Soweto Thabisong Performers entertain the crowd.

South African, Hungarian troupes enthral audience at Katara

The performances were part of the Cultural Diversity Festival at Katara, which will last until November 11

A series of performances at the Cultural Diversity Festival continue to enthral audiences from all walks of life. The event, organised by

Katara – the Cultural Village in co-operation with the Unesco office in Doha, provides an opportunity for residents and visitors to witness varied cultures. Renowned South African and Hungarian

performers took the centre stage recently, providing spectators with traditional demonstrations at Katara's Amphitheatre.

The South African group, which symbolises the fierce determination of youths to escape poverty, showcased their unique dance talent with their portrayal of Soweto Thabisong Performers, originally coming from the township Soweto. The performance told the story of building a school to provide children with proper education and learn about their past, collecting traditional songs and bringing together choirs.

The troupe learned and mastered the dances of their ancestors aimed at presenting them

to the world. Their performance fascinated the crowd with authentic African songs and dances using traditional musical instruments.

Following the South African performance, the Szabadka Dance Group from Hungary also wowed the crowd with their vivid costumes, traditional moves and captivating tones.

Despite their young age, the Hungarian band members have participated in various festivals, competitions and thematic performances. The troupe aims to cultivate authentic folk dance at an advanced level, but the creation of dance theatre productions and performances is equally important for these young dancers.



COLOURFUL: Szabadka Dance Group on stage.