

Aim for the Top



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P6 Community
A new artificial intelligence tool could possibly use data to prevent sepsis in hospital patients.



P16 Community
Popular Arab singer Kadim al-Saher all set to perform on August 16-17 at Qatar National Convention Centre (QNCC).

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GULF TIMES

Monday, August 12, 2019
Dhul-Hijja 11, 1440 AH

COMMUNITY

Doha today: 32° - 42°




The rising phoenix

Bilal Ashraf, talks about picking up the roles to take Pakistan film industry a step forward. **P4-5**



PRAYER TIME

Fajr	3.43am
Shorooq (sunrise)	5.07am
Zuhr (noon)	11.40am
Asr (afternoon)	3.09pm
Maghreb (sunset)	6.13pm
Isha (night)	7.43pm

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



The Angry Birds Movie 2

DIRECTION: Thurop Van Orman

CAST: Jason Sudeikis, Josh Gad, Leslie Jones

SYNOPSIS: Red, Chuck, Bomb and the rest of their feathered friends are surprised when a green pig suggests that they put aside their differences and unite to fight a common threat. Aggressive birds from an island covered in ice are

planning to use an elaborate weapon to destroy the fowl and swine way of life. After picking their best and brightest, the birds and pigs come up with a scheme to infiltrate the island, deactivate the device and return to their respective paradises intact.

THEATRES: Landmark, Royal Plaza, The Mall



The Lion King

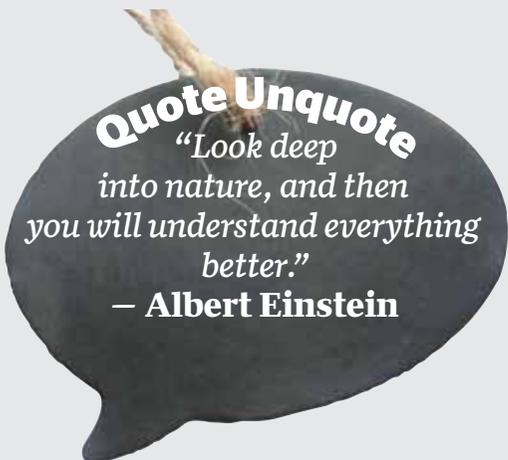
DIRECTION: Jon Favreau

CAST: Donald Glover, Beyoncé, Seth Rogen

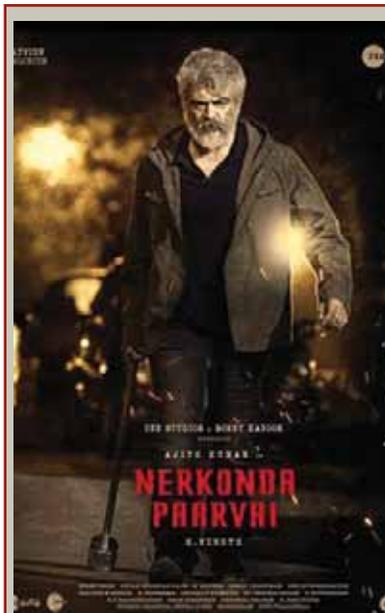
SYNOPSIS: After the murder of his father, a young lion

prince flees his kingdom only to learn the true meaning of responsibility and bravery.

THEATRES: Landmark, The Mall, Royal Plaza



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Fax: 44350474



For movie timings and further details please scan the QR code above with your mobile phone camera or visit qatarcinemas.com





EVENTS

Charlie Chaplin Act

WHERE: Al Khor Mall
WHEN: Today
TIME: 6pm – 8pm

Al Khor Mall is hosting a bunch of activities and events for kids and adults like the magic show, bubble show, henna, face painting. In addition, there will be Charley Chaplin Act and Meet and Greet with different characters.

The Perfect Little Planet

WHERE: Katara Planetarium
WHEN: Tomorrow
TIME: 5pm – 7pm

Discover our solar system through a different set of eyes – a family from another star system seeking the perfect holiday spot.



Dawn of the Space Age 3D

WHERE: Katara, Building 41
WHEN: Today
TIME: 5pm – 7pm

Enjoy watching the wonderful 3D show "Dawn of the Space Age at the Katara, AL-Thuraya Planetarium, Building 41. Be there on the auspicious occasion of Eid.

Art Lessons

WHERE: Mathaf Manara Qatar Museums
WHEN: August 16 till August 28
TIME: 4pm – 7pm

Join artist Ismael Azzam for Art Lessons at Mathaf and learn drawing techniques called portraiture using pencil, charcoal and paint. Lessons are offered to people with basic to

intermediate sketching and drawing skills. For more information, mathaf_education@qm.org.qa



The Comedy of Tango

WHERE: Katara – the Cultural Village
WHEN: August 28
TIME: 8pm-9pm

With the support of Katara – the Cultural Village and embassy of Argentina in Doha Tango Pasión Doha presents Los Guardiola – "The Comedy of Tango" on August 28. A show consisting of seven scenes is inspired by famous tangos. Dancers, mimes and actors, Marcelo Guardiola and Giorgia Marchiori, known artistically as Los Guardiola, will project the audience into the fantastic world of their danced pantomime where comedy and tragedy merge into the rhythm of tango.



Yoga Class

WHERE: Lululemon, Mall of Qatar
WHEN: Every Saturday
TIME: 8:30am – 9:30am

Join the complimentary in-store yoga classes. No registration or mat is required. The class runs on first come first served basis.



Ballet Lessons

WHERE: Music and Arts Atelier
WHEN: Ongoing
TIME: 4pm – 8pm

For more info e-mail at registration@atelierqatar.com or call on 33003839.



Career Guidance

WHERE: Right Track Consultants, Al Sadd
WHEN: Sunday – Thursday
TIME: 6pm – 8pm

Career guidance for course, country, college and entrance for students of Grade IX-XII, of all curriculum. Career assessments administered for stream preference, career test, branch preference, personality, multiple intelligence and learning styles and productivity. For more information, 55448835.

Artistic Gymnastic Classes

WHERE: Qatar Academy Msheireb
WHEN: Ongoing
TIME: 3:15pm – 4:15pm

The olympic sport using horizontal bar, rings and floor exercises on mats for the children from age 4 till 16.

After School Activities

WHERE: Atelier
WHEN: Ongoing
Music and arts activities for students taking place after they finish their day in school includes Group Music lessons, Hip-hop, Ballet, Drawing and Painting, Drama Theatre & Taekwondo. Ages between 5 and 10 years old after school hours.

Hobby Classes

WHERE: Mamangam Performing Art Centre
WHEN: Saturday – Friday

Mamangam is an art and performance centre started with a vision of spreading our knowledge, interests and experience in various disciplines in arts across different countries for children and adults.

Summer camp at Mamangam has become the children's favourite centre for learning art and craft, drawing, and learning spoken English. The kids also enjoy Bollywood dance, contemporary and hip hop music. To develop health consciousness, we teach them kids yoga, karate etc. Mamangam has also come up with chess and robotics in the regular batches in an attempt to give a better learning experience.

The first batch of the summer camp began on June 26 continuing until July 25 from Sundays to Thursdays. The second batch will commence on July 28 ending on August 25. Registrations are open to kids between 5 to 16 years. For those who wish to register for more details, visit www.mamangamqatar.in



Arabic Calligraphy Workshop

WHEN: Saturday – Wednesday
TIME: 6pm

Arabic Calligraphy workshop is back. Come and learn the artistic practice of Arabic handwriting and calligraphy at Music and Arts Atelier.

The lessons will take place every Saturday, Monday and Wednesday at 6pm. For more information, contact registration@atelierqatar.com

Dance and Instrument Classes

WHERE: TCA Campus, Behind Gulf Times Building
WHEN: Wednesday – Monday

Learn the movements of dance styles in Bollywood, Hip Hop and also the musical instruments such as Piano, Guitar, Keyboard for adults as well kids and move in the world of music. For details, contact 66523871/31326749.





“When your films are up – you are competing with global cinema”

– Bilal Ashraf, Pakistani actor



My late sister was someone who was into film-making and wanted to make films in Pakistan. But unfortunately, that didn't happen, so for me it was more about carrying her dream forward and contributing to Pakistan in any way or form I can... I just want to try and do justice to her (my sister) in some form



By Muhammad Asad Ullah

Bilal Ashraf is punctual for the appointment, meeting me in the lobby of a picturesque hotel in Islamabad. As temperatures rises, so, too, does Bilal's profile. He's still busy promoting his film *Superstar* with Mahira Khan that releases today in Pakistan and has already been released worldwide. I've seen some clips from the upcoming release and it won't be erroneous to say that it is none less than an award-tipped performance, that is going to win Bilal even more ecstatic following, and not because of his looks – but acting, all the way.

His acting gig for Shan Shahid's film, *021* (2014), is only half the story of his success. Although the film didn't do well with cinegoers, but there was one face that was hugely recognised by the Pakistan entertainment fraternity: Bilal Ashraf. Post *021*, he went on to play a romantic hero in *Janaan* (2016), a rockstar in *Rangreza* (2017) and an army personnel in *Yalghaar* (2014). All these years, Bilal, particularly, has weathered some very cruel reviews in the past, having even been coined a non-actor. But he intends to change that perception of him with *Superstar*. And it definitely seems to, this very time! Bilal Ashraf enrolled himself in the biggest acting academy in Pakistan this time



where he took classes all over again to perfect the craft before returning to the big screen with also half a dozen abs, which he flaunts like any 'Film Hero' in the world.

Becoming a famous actor was never something he ever thought of growing up — he was set on having creative VFX and animation aesthetics while working for the hedge fund in New York, with double major in finance and art when *021* came along his way.

Ashraf's capacity for expression is mesmerising. On his pleasingly fairly symmetrical face, his fierce eyes and smile compete to articulate most loudly. We discuss how he practices in between scenes, his first pairing with Mahira or with any star of that stature for that matter, and cautiously picking up the roles to take Pakistan film industry a step forward.

You've been living abroad throughout your life. So how did everything fall into place for you returning to your home-country and working in Pakistan film industry? Was acting something you always wanted to do?

I never wanted to be an actor. I was telling Mahira the other day, during the dubbing of the film, that I don't know who that person is on the screen, it's not me. My late sister was someone who was into film-making and wanted to make films in Pakistan. But unfortunately, that didn't happen, so for me it was more about carrying her dream forward and contributing to Pakistan in any way or form I can. I couldn't care less about competing with someone or something, because I'm not competing with someone, I just want to try and do justice to her (my sister) in some form. Now that I've gotten into it, I believe if you do something, do it with all your heart.

You have been weathered with some very cruel reviews in the past, having even been coined a non-actor, so how you think you have evolved as an actor for *Superstar*?

I'll be very honest, I have not done theatre and haven't done a drama — I had no desire to become an actor, so obviously for me the craft of learning is and was there, and that's what I've done. I've tried to work on myself, on my skills. Did a few acting courses in England and for this film, Momina Duraid got me enrolled in National Academy of Performing Arts for theatre acting. So, we actually performed *Superstar* theatrically even before we had started shooting. So I'm always willing to learn you know. A lot of people ask me 'Oh you're dancing in the film?' and I respond that I've been dancing throughout my life — it's just that you didn't know. I kept on telling different art directors and film makers to use me in the real sense for the camera. I feel an actor needs to be used properly because it is director's medium. Like television, visions are the director's medium; stage is an actor's medium. And if someone doesn't get the best out of you or use you properly, you can give the best shot but the world would never know.



IN BETWEEN SHOTS: Bilal Ashraf co-stars with Mahira Khan in *Superstar*.

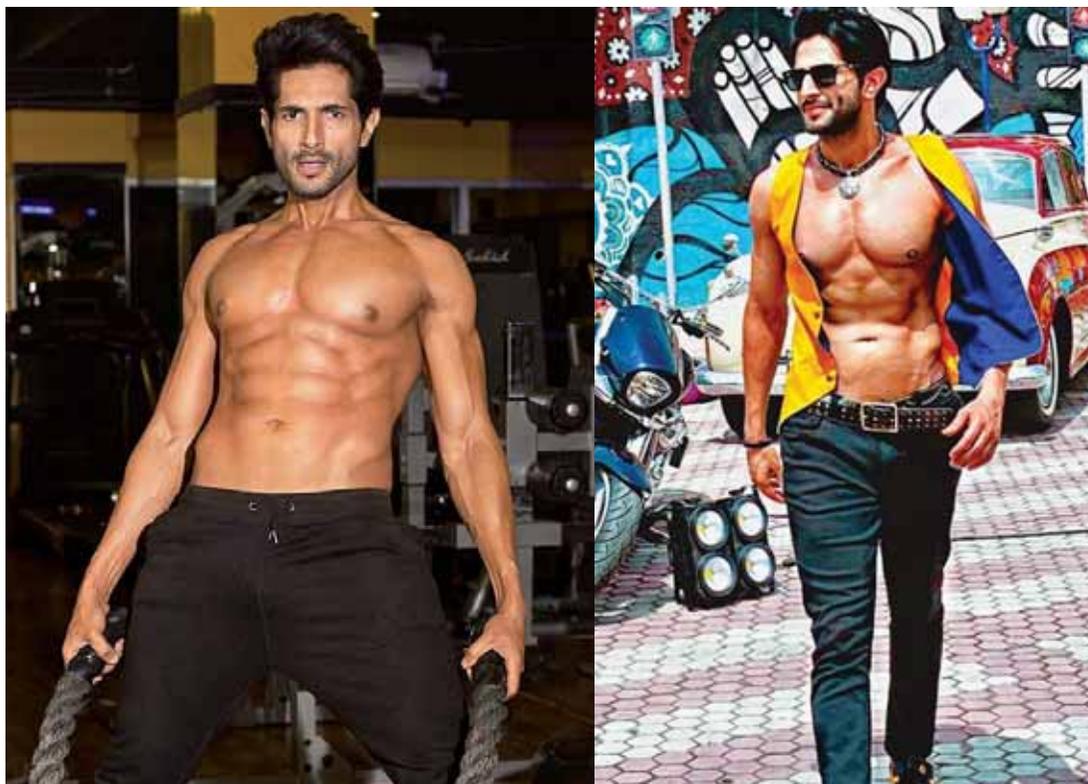
How important is it for a film industry like Pakistan to have a packaged actor, an actor who's an aplomb of acting talent and physique?

I feel Pakistan film industry is still fledgling. I wouldn't call ourselves an industry as yet, we can say that when we're churning out three to four films a month. When your films are up

internationally — you are competing with Hollywood, Bollywood or Turkish cinema probably. And with the age of social media everything has gone accessible and global. My physical transformation for *Superstar* was something I came up with. I requested my producer Momina Duraid who had the belief in me. I think it added that extra

dimension to the character I'm playing in the film. It took me an year for the transformation. At the end of the day, once that transformation was done, I realised it wasn't just for the *Superstar*, it was much more than that: mental clarity and approach. I think youth looks at Hollywood and Bollywood and gets inspired by their physique and stuff all the

“I believe there's no concept of physique in our industry yet. I went through this physical transformation and did a shirtless song, not to gain appreciation for the abs I've made, but to set a trend and to benchmark what Pakistani hero should look like, physically”



time — and I felt why not if youth can look up to their own and get inspired. It's just not me but there are other boys in Pakistan entertainment fraternity as well who works out a lot, but I believe there's no concept of physique in our industry yet. I went through this physical transformation and did a shirtless song, not to gain appreciation for the boxes (abs) I've made, but to set a trend and to benchmark what Pakistani hero should look like, physically.

People might would've questioned Momina Duraid on why did she sign a comparatively new comer opposite Mahira Khan. I would like to ask you, why *Superstar*?

Because of several reasons. First and foremost, the script was fabulous. The music was out class and along with Momina Duraid Productions, everybody on-board was a maestro in their own field. From the director to the music. Second the angle of theatre and obviously then Marina Khan, Nadeem Baig, Ali Kazmi, Javed Sheikh and Mahira Khan — all acting legends. I signed also because I wanted to learn and it was a learning experience for me.

This was your first pairing with Mahira or with any star of that stature for that matter. So were you intimidated at some point of time during the shooting process or a victim of unnecessary star tantrums?

No, not at all. The energy and attitude she brings on set — was phenomenal. I've worked with other people in the industry as well, but would you believe it that she used to be on the set even before the call time and would be the last person to leave the set. No food tantrums — not buzzing unnecessary attitude. And she gives space to the other person to just grow. We didn't know each other before, just some social meeting, but when we were doing theatre we got to know each other and get comfortable with each other and that is one of the reasons why you see such a chemistry on screen. I wasn't intimidated by her because of who she is and till when we started shooting for the film, we knew each other.

So, post films, can we expect to see you in theatre or dramas?

I would love to do theatre. I have been offered many dramas for the past 4-5 years, although I feel that dramas are wonderful, but I just want to focus on films. Films are challenging to work more.

Since you've studied animation, Pakistan doesn't have to offer much when it comes to animated films. What or how do you think can be done to step into the paradigm of original animated films from Pakistan?

We have small studios in Pakistan but unfortunately animation is a very time-consuming and expensive thing. Because of the budgets we have a set-back. But even films like *Donkey King* and *Allah Yaar* did well on Box Office. So there is market, people are working towards it, it's just going to take a little time.



Can artificial intelligence prevent sepsis in hospital patients?

By Katherine Hafner

During your stay in a hospital, computer systems are collecting and analysing all sorts of data about you.

In the background of all the beeping and gadgetry, an electronic medical record contains thousands of bits of information about your medical history, vital signs and laboratory results.

Sentara Healthcare is now deploying artificial intelligence to use that data to stop patients from contracting life-threatening sepsis. Earlier this year the system launched a sepsis prediction tool that alerts doctors and nurses when a patient is at risk of developing the deadly infection.

The tool “looks at relationships in order to predict what might happen in the future,” said Dr David Mohr, Sentara’s vice president of clinical informatics and transformation.

Sepsis kills about a third of all patients who die in a US hospital. It happens when a severe infection develops somewhere in the body – often by bacteria, or a fungal pathogen – and gets out of control, prompting a toxic response. The immune system can turn on itself.

Sepsis is common and therefore “something that most physicians who work in a hospital are familiar with,” said Dr Michael Hooper, vice president of medical affairs at Sentara Norfolk General Hospital. “But despite that familiarity, it can be somewhat hard to detect. And that can sometimes lead to delays in diagnosis, which have been shown over and over again to severely impact the outcome of the patient.”

Unlike other conditions that lab work might present tell-tale symptoms, septic patients can show a series of physiological or changes “that require a physician to put together the pattern and recognise that this could be sepsis,” Hooper said.

And sepsis acquired during a hospital stay is deadlier than sepsis obtained elsewhere. For example, nearly a third of patients who acquired sepsis at a Sentara hospital died in the first half of this year, according to hospital data, as opposed to a 9.5% mortality rate among the hospital system’s total sepsis cases. That’s likely because hospital patients are sicker in general, Hooper said.

The new AI tool grabs about 4,500 pieces of data about a patient that live in the electronic record – body temperature, heart rate, blood tests, past medical history, gender, where they live and so on – and runs it all through an algorithm that assesses risk for developing sepsis.

If a patient is deemed high risk,



The new AI tool grabs about 4,500 pieces of data about a patient that live in the electronic record – body temperature, heart rate, blood tests, past medical history, gender, where they live and so on – and runs it all through an algorithm that assesses risk for developing sepsis

the tool spits out an alert that notifies a doctor or nurse the next time they open the medical chart. The alert also links to clinical guidance to help the provider determine what to do next.

Possible interventions include putting the patient in different physical positions to prevent aspiration, cleaning bronchial pathways to prevent pneumonia, monitoring vital signs more frequently or moving a patient to an isolated area with lower risk of picking up germs from the environment, Mohr said.

Meanwhile, Hooper and other local doctors are also part of a clinical trial, watched closely

internationally, researching whether a simple Vitamin C cocktail is an effective treatment for sepsis.

Sentara had already developed what it called a “sepsis sniffer” to detect when a patient was “just starting to have sepsis,” Mohr said. That system used nine data points. The new one, partnered with the analytics company Jvion, “goes way beyond” the sniffer and does not wait until a patient has already developed the disease.

The health system isn’t the first to roll out such a tool. North Carolina’s Duke University, for example, last year launched what it calls Sepsis Watch, a similar AI

system that identifies potential sepsis cases and alerts clinicians. Hospitals in Alabama and Baltimore have also joined the trend, with varying degrees of success.

Back in 2016, the Hospital of the University of Pennsylvania put a similar system in place but shut it off within a year in part because it identified patients who medical staff were already watching, according to the Institute of Electrical and Electronics Engineers’ magazine.

Hooper said the tool has gotten mixed feedback from doctors so far. Many have recognised the benefit when an alert brought their attention to a patient who

might’ve been at risk. Others, already bombarded with pages and alerts and computer work, see it as another interruption identifying patients who may already be on their radar.

Hooper still makes rounds in the intensive care unit, and has seen the alert pop up. For some patients it was helpful, for others it didn’t seem applicable. Screening tools are not designed to be perfect, he said, but to help physicians “not to miss things.” That’s where artificial intelligence can fill a gap.

“There’s thousands of data points generated every day on patients in (the hospital) environment,” he said. “Missing single data points can lead to patient errors. Making single inappropriate decisions can lead to true harm. And anytime you have a human being trying to process all that information on an entire ICU full of patients, making all those decisions, there’s an opportunity for error.”

Sepsis cases have been increasing gradually over the years, Hooper said, “as our population’s gotten older and we’ve gotten better at managing chronic illness” and keeping people alive.

It’s too early to tell if the new algorithm is having a statistically significant effect, and it will also always be difficult to draw a direct connection between any positive results and a tool whose very design is to stop cases before they show up as statistics at all, he said. But overall, the number of cases is trending downward. – *The Virginian-Pilot (Norfolk, Va.)*/ TNS





BACKDROP: Holy Grail hardy hibiscus is being used in this location as a backdrop to a pollinator garden.



BLOOMING: Once a bloom has fallen on the Holy Grail hibiscus a chartreuse star-shaped calyx remains.

Holy Grail hibiscus a 'wow' plant

Typically, a tropical hibiscus, *Hibiscus rosa-sinensis*, has glossy leaves and the perennial types, rose mallow hybrids are flat. 'Holy Grail' has dark green foliage that has been ageing to purple, writes **Norman Winter**

This has been the year of the hibiscus at The Garden Guy's house. The tropical selections like South Pacific

Sipper, Monsoon Mixer, Hawaiian Big Kahuna, and Fiesta. The past few weeks it is the Holy Grail a hardy hibiscus that you simply can't take your eyes off. Holy Grail is part of Proven Winner's Summerific series. There are a total of 8 colours in the series with Berry Awesome also acclaimed.

Typically, a tropical hibiscus, *Hibiscus rosa-sinensis*, has glossy leaves and the perennial types, rose mallow hybrids are flat. 'Holy Grail' has dark green foliage that has been ageing to purple. In promotional photos, the images show very deep or dark purple leaves. My area is a little sunlight challenged so I'm not sure if mine will reach that level of purple or not.

The blooms are deep red, darker in the centre and reach 8- to 9- inches across. As true with other hibiscus blooms only last a day. On day two, however, you are left with a bright chartreuse star-shaped calyx. Expect your plants to reach 4- to 5-foot tall, and as wide. It is a profuse bloomer as every flush growth gives dozens of more bloom. I have three, and in all



LENGTH: Holy Grail hibiscus flowers measure 8 to 9 inches in width.

locations, they are dynamic; doing great in any soil type.

The last few years, there has been a multitude of new, hardy hibiscus, not only hitting the market but winning awards, too. When you look at a tropical hibiscus blooming on your deck or patio, it is easy to conjure up visions of the Caribbean and the sounds of a steel band. Today's perennial hibiscus varieties will do the same.

Think about how you can use perennial hibiscus in the tropical landscape. Create an exotic look with large bananas growing behind one of these shrubs, or plant a yellow bush form allamanda as a perfect companion. Hibiscuses belong in the landscape whether combined with bananas, cannas, or another tropical plant.

In my garden, I am using them as the backdrop to a habitat of pollinators. Perennial hibiscus will bring in bees, butterflies, and hummingbirds and one of the best traits is, they are resistant to deer. So, my companions are various salvias, Agastache or anise hyssop, coreopsis, and rudbeckias.

Their requirements are much like those of other annuals. Whether you choose the perennial or tropical types, plant in well-drained, well-prepared beds and

use a good layer of mulch to keep the soil evenly moist through the season. Drying out during bloom season leads to unhappy results.

When I say hardy hibiscus, I mean they will be perennial from zones 4-9 which means most of the country can relish in their beauty. Choose a site with plenty of sunlight. Morning sun and filtered afternoon light are just about perfect. The hibiscus blooms on new growth, so it is important to keep it growing vigorously throughout the season. Keep them well-fed and watered during droughty periods.

You will not need a super-bloom fertilizer however, just use a slow-release, balanced fertilizer applied in regular small monthly applications. Water daily during the summer if you are growing Holy Grail or any other perennial hibiscus in containers. Nutrients will quickly leach from the soil, so apply a dilute, water-soluble fertilizer weekly or add controlled release granules per label recommendation.

Summerific Holy Grail will steal the show in your summer garden, but you won't need the law enforcement. Just know that your friends and visitors may stay a little longer gawking at the beauty of the flowers. - TNS



Five great Interrail itin



The Bosphorus and Süleymaniye Mosque, Istanbul.

By Daniel Elkan

Inter-railing is an easy way to see the continent. We plot itineraries that cover the Med, the Alps and an affordable version of the Orient Express

Lakes and mountains

Suggested duration 15 days

Stops Lausanne, Annecy, Chamonix, Zermatt, Lucerne, St Anton, Zell am See, Innsbruck, Bern

Shortcut Head straight to Zermatt to make it an 11-day trip

Best Interrail pass 15 days within two months (£337 youth/£439 adult/£395 senior/under 12s free) or the tighter 10 days within two months (£274/£357/£321/free). Plus train reservations

The sight of a gleaming railway snaking over an Alpine pass or hugging a lake has long inspired travellers, and both are well served by rail routes. This itinerary weaves from France through Switzerland to Austria, with spectacular views that will glue you to the train windows.

At Lausanne, be sure to take an early morning dip at Plage de Pully, watching the sun rise over the Alps as you swim. Heading onwards, skirt Lake Geneva to the beautiful town of Annecy, and take the chance to paddle a canoe to La Cuillère à Omble, a restaurant at the lake's southern end, serving local freshwater fish.

Eastwards, at Chamonix, take the cable car to the top of the Aiguille du Midi for lunch at the self-service cafeteria of Le 3842 Restaurant, named for its lofty altitude. The

journey onwards to Zermatt takes in magnificent scenery as the train hugs the mountainside. The stylish Swiss resort has wonderful hiking terrain, overlooked by the Matterhorn.

At Lucerne, explore the cobbled alleys of the Kornmarkt and dine at the intimate, candlelit Grottino 1313 restaurant. From there, plunge onwards through the Arlberg valley to St Anton, home to some exhilarating ebike routes, after which you can take a deserved dip at the Arlberg Well spa. Continue east to lakeside Zell am See, where activities include paddleboarding, wakeboarding and waterskiing. Three times a week the free Magic Lake Show lights up the water.

The route home stops at Innsbruck, with its space-age funicular and gondola to the top of the Nordkette, at 2,256 metres, with a jaw-dropping view. Explore the historic old town and the Imperial Palace, with its opulence of the Habsburg dynasty.

Next, travel to Bern, whose old town was declared a Unesco world heritage site in 1983. The city is also home to the Einstein Museum. Thun makes for a scenic 20-minute side trip. Fast TGV and Eurostar trains will then speed you home.

South to the Med

Suggested duration 14 days

Stops Toulouse, Barcelona, Sète, Nice, Genoa, Rome, Stresa, Zurich, Cologne

Shortcut Head straight to Nice to make it a 10-day trip

Best Interrail pass Same as for the Lakes and Mountains itinerary.

Rail pilgrimages to the Côte d'Azur

began many years ago, when affluent Brits would venture south on the Train Bleu. This itinerary widens the route, spanning Barcelona and on through scenic French and Italian Riviera coastline to Rome, and then home via Switzerland.

On your first evening, in Toulouse, admire the grand architecture of the Place du Capitole before starting nightlife in the Carnes neighbourhood, starting at Chez Vincente bodega. From here there's a choice of routes to Barcelona: a fast train via Perpignan or Narbonne, or the longer but much more scenic regional train via Latour-de-Carol (with a change at the Spanish border (no reservations needed or available, three connecting trains each day). Between Latour-de-Carol and Toulouse, sit on the left to get the best views. Once in the Catalan capital, check out the Museu d'Història de Barcelona. Sète is a bustling port town crisscrossed by canals, close to eight miles of unsung beaches. Give your legs a workout in Nice on the climb up Colline du Château, past waterfalls to a panorama over the city.

The sumptuous eastward journey takes you to Genoa, where the Unesco-listed, cobbled Via Garibaldi is home to the stunning Palazzo Bianco and Palazzo Rosso. From there, a Frecciarossa train will speed you south along the Ligurian coast to Rome, where the atmospheric Palatine Hill combines towering pine trees, majestic ruins and impressive views. Unrivalled granita di caffè can be found nearby at the Tazza d'Oro cafe.

Travel north via Milan to the

enchanting town of Stresa, above Lake Maggiore. The train route onward to Zurich runs through incredible landscapes, and the Swiss city is dotted with more than 30 river and lakeside badis – outdoor pools – for swimming by day and lounging at night. In Cologne, celebrate your endeavours with a visit to the Chocolate Museum, and its three-metre-high chocolate fountain, before catching a homebound ICE train.

Scandinavian adventure

Suggested duration 17 days

Stops: Amsterdam, Lübeck, Copenhagen, Gothenburg, Oslo, Bergen, Lillehammer, Trondheim, Östersund, Stockholm, Copenhagen, Hamburg, Antwerp

Shortcut Miss out Norway to make it an 11-day trip

Best Interrail pass 15 days within two months (see South to the Med itinerary) or the 22-day continuous pass (£354 youth/£461 adult/£415 senior/under 12s free). Plus train reservations

Scandinavia's expanses just beg to be explored by train, and this route offers a ringside seat for some of its spectacular scenery. Before the fjords of Norway come the canals of Amsterdam, now linked easily by Eurostar from London. Hire a bike to explore highlights such as the masterpiece-filled Rijksmuseum and then lounge in the leafy Vondelpark, home to innovative cafes such as the saucer-shaped Blue Tea House (Blauwe Theehuis).

Next stop, at the historic port of Lübeck, climb the 50-metre spire of Petrikirche to gaze over the Baltic,

before lunch at Cafe Niederegger: it does good sandwiches but its speciality is marzipan, which it even puts in the cappuccinos.

On the journey north, the train runs on to a ferry for the 50-minute crossing to Rødbyhavn in Denmark. Then it's on to design and foodie heaven in Copenhagen, home to Designmuseum Danmark, with cutting-edge art, furniture, ceramic and digital design inspiration. In the evening, visit magical, fairy-lit Tivoli Gardens.

Next day, in Gothenburg, the Museum of Art has a huge collection of Nordic paintings and sculpture and, south of the centre, Slottsskogen park has meadows and forests, and a cafe.

In Oslo, visit the Vigeland Sculpture Park, with its 212 bronze and granite sculptures documenting the human condition. En route to Bergen, on the west coast, the train climbs to over 1,200 metres: you cross a mountain plateau called Hardangervidda and see waterfalls, cliffs and chasms. A sleeper takes you to Lillehammer, a pleasant lakeside town, and then it's on to compact, wonderful Trondheim, founded in 977 AD. Take a boat trip to the island of Munkholmen – formerly a fort, monastery and second world war anti-aircraft gun station.

Back into Sweden, pause for lakeside relaxation in Östersund and visit Jamtli, its historic open-air museum. A must-visit in Stockholm is the Vasa Museum, home of a ship salvaged in 1628 and majestically preserved. For hipster vibes, scoot over to Södermalm, an island within the city.

Speed back to Copenhagen and

Merarries across Europe

then on to Hamburg. Get up early for Altona fish market, which sells everything from sea creatures to fifth-hand junk – it's a wholesome recovery after a big night out in the Reeperbahn district, perhaps. Break your journey home in charming Antwerp, whose central railway station is often voted the most beautiful in the world.

East to Istanbul

Suggested duration 19 days

Route stops Paris, Munich, Ljubljana, Zagreb, Belgrade, Ni, Plovdiv, Istanbul, Veliko Târnovo, Bucharest, Vienna, Venice, Milan

Best Interrail pass Same as the Scandinavia adventure itinerary

The legendary Orient Express route, all the way to Istanbul, is the stuff rail dreams are made of – a journey peppered with some of Europe's most interesting cities

The trip begins with a night in Paris – with time to visit the romantic Palais-Royal gardens – before speeding by ICE train to Munich, with its vibrant, open-air Victuals Market. European sleeper trains can cover vast distances overnight, so sleep to Ljubljana and wake up in a city whose grand central streets are beautifully car-free. Head up Ljubljana castle and then dine out at the Cankarjevo nabrežje, a riverside walkway lined with eateries.

Your next train eastward is to Zagreb, with its beautiful Gornji Grad quarter, and Museum of Broken Relationships. Then sleep your way to Belgrade, a city brimming with culture and pedestrianised districts. Once in Niš, in southern Serbia, be sure to spend time at Holy Trinity cathedral, a curious mix of Byzantine, Islamic, Renaissance and baroque styles, replete with intricate frescoes.

Onwards overnight into Bulgaria, via Sofia, you'll alight at Plovdiv, the oldest continually inhabited city in Europe. Eight thousand years after being founded, the city is 2019 European capital of culture. Don't miss one of the best-preserved amphitheatres in the world. Seven hours by sleeper later, you'll arrive in Istanbul. The historic centre, Sultanahmet, is a fabulous stew of wonders, such as the glorious Blue Mosque, with its 260 stained-glass windows.

On the return journey westwards, Veliko Târnovo in northern Bulgaria makes a good stop, not least for its wonderful handicraft market, Samovodska Charshiya. The train then heads north to Bucharest, home of the vast Palace of Parliament, the world's largest legislative building. From there, it's a long sleeper train journey to stunning Vienna, epicentre of cafe culture. Explore museums such as Haus der Musik with rooms dedicated to the Viennese composers, including Mozart, Beethoven and Strauss, and the sumptuous Schönbrunn Palace, where Mozart performed aged six.

Travel overnight to Venice, and seek out Gelateria Nico in Dorsoduro, which has been serving homemade ice-cream and its famous gianduiotto

sundae since 1935. Just over two hours west by rail is Milan, whose magnificent Gothic Duomo took 500 years to build. See Da Vinci's The Last Supper, a fitting end before the EuroNight sleeper carries you home.

Great European cities

Suggested duration 20 days

Stops Bordeaux, San Sebastián, Madrid, Barcelona, Lyon, Turin, Florence, Salzburg, Prague, Kraków, Warsaw, Berlin, Brussels

Shortcut Head straight to Lyon to make it a 14-day trip

Best Interrail pass Same as the Scandinavia adventure itinerary

A combination of high-speed daytime routes and sleeper trains makes a whirlwind rail tour of some of Europe's finest cities eminently doable. This trip spans eight countries – a massive dollop of European culture in one tour. Set out to reach Bordeaux before the sun sets, to celebrate the start of your trip with a glass and some charcuterie at wine bar La Ligne Rouge, overlooking the Garonne river, before an evening stroll along the Pont de Pierre, which was commissioned by Napoleon.

Then it's over the Spanish border to San Sebastián in the Basque country, for pintxos and the splendid seafront walk between La Concha and Ondarreta beaches. Next, venture south to Madrid, where restaurant Mercado de la Reina is the spot for generous portions of elaborate tapas. A fast AVE train will whisk you to Barcelona, to explore La Boqueria, the epic food market, and the architecture of the Gothic Quarter.

Travel back over the border to Lyon, to stroll around the fountained Place des Jacobins and visit the Musée Miniature et Cinéma, a must for film lovers.

In Turin, less than four hours away, cobbled Via Borga Dora has vintage clothes boutiques and a weekend flea market. Florence, spiritual – and physical – home of so much Renaissance art, needs no introduction. Tour wonders like the Duomo cathedral, and enjoy wine, pasta and other regional specialities at the Coquinarius restaurant.

The comfortable NightJet sleeper train network connects Florence with pretty Salzburg. A network of ice caves 50km away in Werfen is a worthwhile jaunt.

Prague, six hours' ride to the north, is something of a Gothic fairytale. Check out picturesque park Petínské Sady, Old Town Square and Prague Castle, which dates back to 870 AD.

Travel overnight to Kraków, a city that – as well as epic historical sites – has a buzzing bar scene and hip hangouts such as Forum Przystrzenie on the banks of the Vistula. Further north, in Warsaw, admire the view over the city from the 30th floor of the Palace of Culture and Science.

Time your overnight journey to Berlin to arrive on a Sunday, and head straight to Mauerpark for the bonkers outdoor karaoke – which attracts an audience of thousands from 3pm.

– *The Guardian*



Sète is perfectly placed as a stop-over between Barcelona and Nice.



Old Town Square Prague



high heels

QUICK FACTS

- 1** High heels push the center of gravity forward, taking the hips and spine out of alignment.
- 2** Knee joint pressure can increase by as much as 26 percent when a woman wears high heels.
- 3** Calf muscles contract and adjust to the angle of the high heels. Muscles may shorten and tighten.
- 4** The position of the ankle in a high heel causes the Achilles tendon to shorten and tighten and can cause heel pain.
- 5** High heels force your body weight to redistribute on the ball of the foot, which can lead to joint pain.

KEEP IN MIND



Long term high heel use compromises muscle strength and increases injury.



High heels impair balance. Women are at a greater risk of falling and injury.

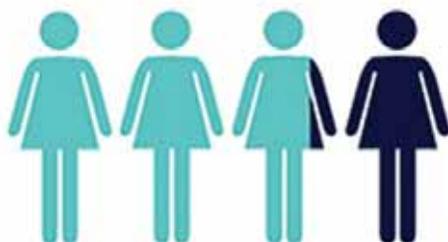
DID YOU KNOW?



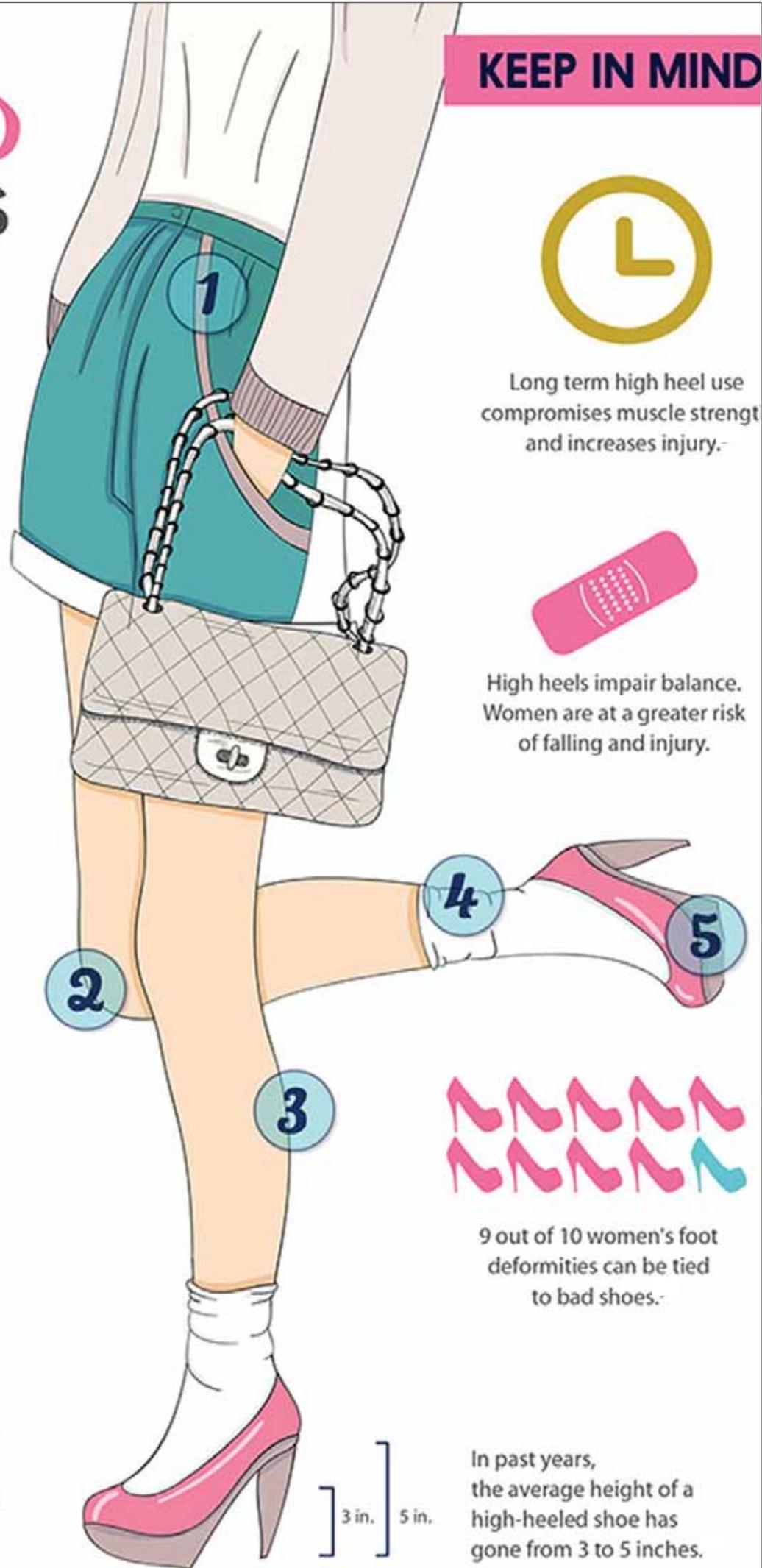
37 percent of women surveyed said they would continue to wear high heels, even though they did not find them comfortable.



\$3.5 billion is spent annually in the United States for women's foot surgeries; this accounts for the loss of 15 million work days yearly.



72 percent of women wear high heeled shoes, and 33 percent wear heels daily.



9 out of 10 women's foot deformities can be tied to bad shoes.

In past years, the average height of a high-heeled shoe has gone from 3 to 5 inches.

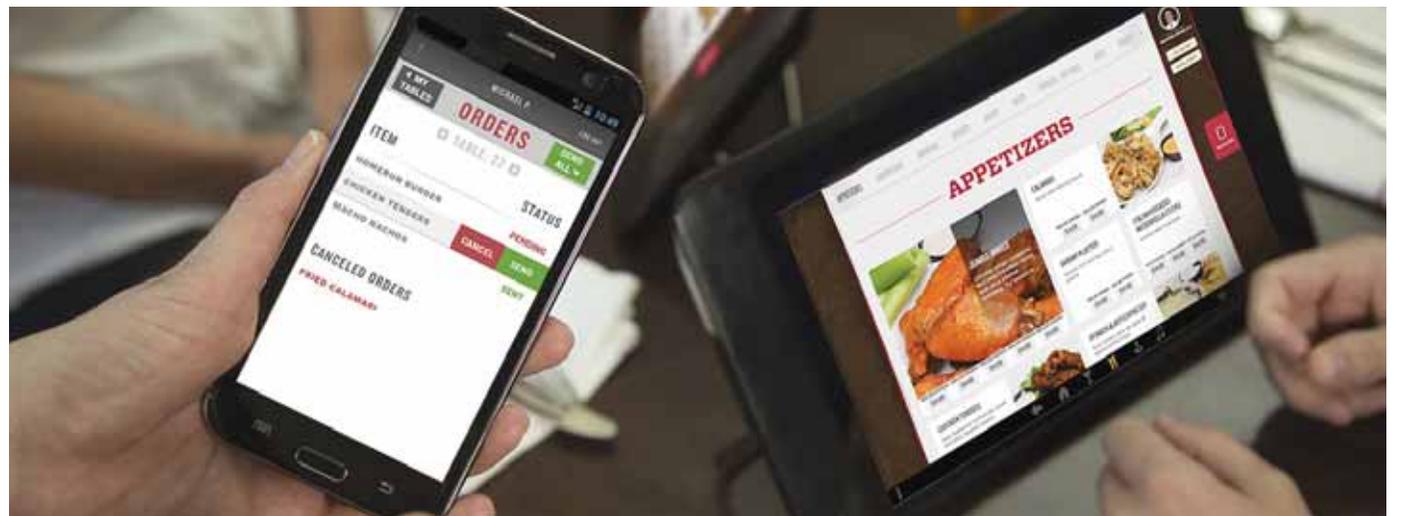
New technology to improve restaurant services

We've all been there...you're out to eat and in need of a refill or the check and the wait staff is nowhere to be found. Now, a recent study shows that adding a tabletop device can improve restaurant services and increase revenues.

Published in the journal *Management Science*, the findings reveal that restaurants should introduce tabletop technology in a demonstrated way to improve service and satisfaction.

Tabletop technology allows customers to view menu items, re-order beverages, pay for the meal, play games and browse news content. The technology is meant to assist waiters, not replace them.

"We estimate one per cent sales lift per check which translates into \$2 million extra sales or \$1 million profit per month in the short-run, and that's a conservative estimate," said Tom Fangyun Tan, Associate Professor at Southern Methodist University in the US. The research reveals tabletop technology is likely to improve sales by 1 per cent per check and reduce meal duration by



10 per cent. The combination of these two effects increase the sales per minute or sales productivity by 11 per cent.

The data was collected from a restaurant chain here in the US that owns 66

establishments. It looked at transaction data from 2012-2014 or 2.6 million transactions.

"A good, attentive waiter already does what the tabletop device does...a less attentive or forgetful waiter does not, but relies more on

the device, which makes up for the lacking ability resulting in faster service," Tan said.

The data suggest that restaurants re-evaluate their operations to fully reap the benefits of tabletop technology. — IANS

ARIES March 21 – April 19

Someone or something may intimidate you and make you want to retreat, Aries. But this person or situation is the very thing you need now in order to do what you have to do. Opportunities are there for you even though they may be disguised. Once you find them you will know. Have confidence that you're ready for the next step in your journey.

CANCER June 21 – July 22

Your emotions are likely to be pulled to extremes, Cancer. A key aspect of today is communication, and it wields a great deal of power. People are fighting for knowledge today so be sure of your facts before you start tossing them out there. You'll command respect from others, thanks to your solid commitment to the truth.

LIBRA September 23 – October 22

Engage in lively activities with friends who keep you abreast of the latest in culture, Libra. See a movie, go to a bookstore, or visit a museum. This should be a fun time in which you can bounce ideas around and explore your thoughts and feelings. Be careful that your conversation doesn't lapse into gossip. Don't let everyone else's affairs suddenly become more important than yours.

CAPRICORN December 22 – January 19

Try not to spend too much time on one issue today, Capricorn. It's possible that you'll get so wrapped up in it that you'll find it hard to deal with anything else. Take care of one issue the best you can and move to the next without dwelling on the first. Your focus is strong, and you can tackle many issues efficiently.

TAURUS April 20 – May 20

There may be power struggles brewing beneath the surface that become evident in your interactions, Taurus. Your first reaction may be to get upset and make your viewpoint even more rigid. It's important that you be more laid back. Accept that other people have different perspectives on the situation. Work with instead of against them. Walk away if others are unreasonable.

LEO July 23 – August 22

Don't underestimate people's sensitivity to certain situations, Leo. You may work with a detachment that's healthy on a day like this. You can deal with issues in a levelheaded way without getting caught up in emotional drama. Meanwhile, others might take things very personally. Be aware of their needs. These people are some of your most valuable resources. Treat them with respect.

SCORPIO October 23 – November 21

You may think few people understand you, Scorpio. Even if you try to explain your thought process and where you are emotionally, it still seems like others are more concerned with themselves. Only you can really understand how you feel. Be your own cheerleader. It isn't necessary for everyone to understand everything about you. An air of mystery is part of what makes you intriguing.

AQUARIUS January 20 – February 18

Things should be going well for you, Aquarius. Stay on track and you'll have a clear runway. If you deviate from where you need to be, you might get a harsh reminder from something or someone. There are powerful forces at work. You'll benefit if you work with instead of against them. Maintain your focus on the truth and those aspects that align with your soul.

GEMINI May 21 – June 20

You may find yourself running in a million different directions, Gemini. This is a good day to do errands. You can juggle many things at once, so continue with confidence. Make sure that you do each task thoroughly instead of skimming over them. Others are likely to notice your work. Do work that makes you proud.

VIRGO August 23 – September 22

Talking things over with friends is likely to be a nourishing exercise for you, Virgo. Instead of trying to work things out in your head, say them aloud and ask others for their perspectives. A tremendous amount of healing can take place when you confess what's bothering you. Find the relief that comes from having a willing listener.

SAGITTARIUS November 22 – December 21

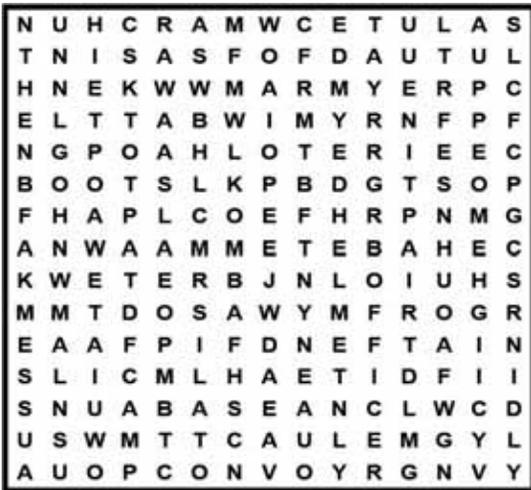
Your mood is likely to be malleable, Sagittarius, depending on the people you're with and situation you're in. One minute you may be high as a kite and the next you're down in the dumps. There's likely to be very little middle ground. The key for you now is to align yourself with those with a positive attitude who can bring helpful working solutions to the issues.

PISCES February 19 – March 20

You may feel like you're walking a tightrope, Pisces. One wrong step will cause you to tumble to the ground. Don't put so much pressure on yourself. You may see things as life or death situations when what's required now is an upbeat attitude. If you insist on making things more complicated than they need to be, you may turn away the very people who can help you.



Wordsearch



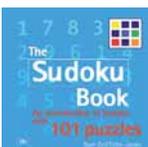
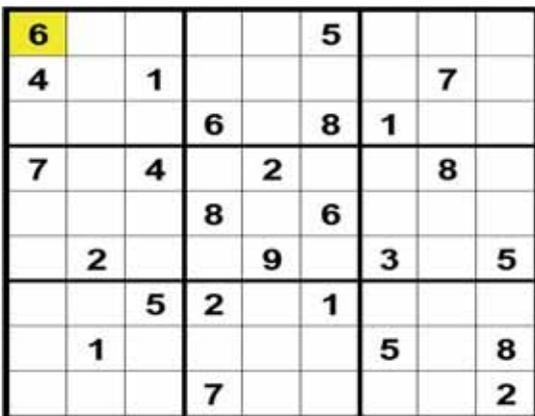
- | | | |
|--------|--------|---------|
| AMMO | HELMET | TANK |
| DRILL | RIFLE | CAMP |
| PARADE | BATTLE | MEDAL |
| ARMY | JEEP | UNIFORM |
| FIGHT | SALUTE | COMBAT |
| POST | BERET | MESS |
| ATTACK | KHAKI | UNIT |
| GUARD | SENTRY | CONVOY |
| RAID | BOOTS | OFFICER |
| BASE | MARCH | WAR |

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.



Sudoku



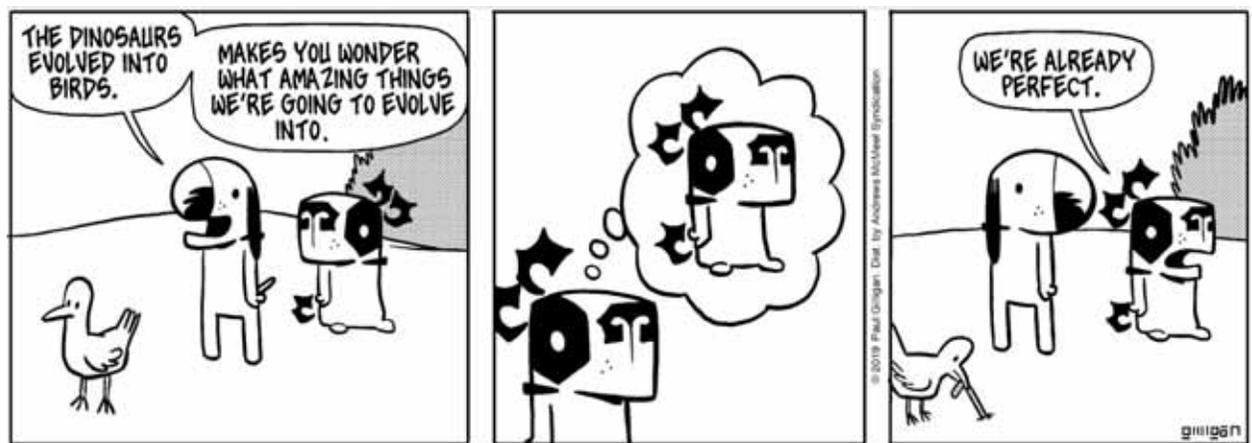
Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine (3x3) boxes. You are given a selection of values and to complete the puzzle, you must fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.



Adam



Pooch Cafe



Garfield



Bound And Gagged



PUZZLES

COMMUNITY 

Super Cryptic Clues



Across

- 1 Service in US state shortened (4)
- 3 Happiest sort of deadlines? (8)
- 9 Superficial display takes everyone in (7)
- 10 Drink that's a hit (5)
- 11 Standing up before empty court (5)
- 12 A doctor with oxygen, it is nifty (6)
- 14 Dislike of French examination (6)
- 16 Rod held by gunners somewhere in Africa (6)
- 19 Journalists' boss rioted madly (6)
- 21 River extremely strange? Not so (5)
- 24 Agreement in Berlin on port wine (5)
- 25 Room containing ancient bag (7)
- 26 I, a setter, revised work (8)
- 27 Consult bishop about busy workers (4)

Down

- 1 Metal held by female is deceptive (8)
- 2 Fish to go on ice? (5)
- 4 Two hands required for tropical fruit (6)
- 5 Thanks for each slender light (5)
- 6 Payment when one's finished work in boarding house (7)
- 7 Part of London that's not quite so warm (4)
- 8 Second thoughts about former dishes (6)
- 13 Sell up, but first look for antelopes (8)
- 15 Young Kermit playing old tape (7)
- 17 Talk nonsense when given something to eat (6)
- 18 Composer getting drunk with Liszt (6)
- 20 Pamphlet that's followed, so we hear (5)
- 22 Don't take time off (5)
- 23 Courage that may be needed on icy roads (4)

Solution



Colouring

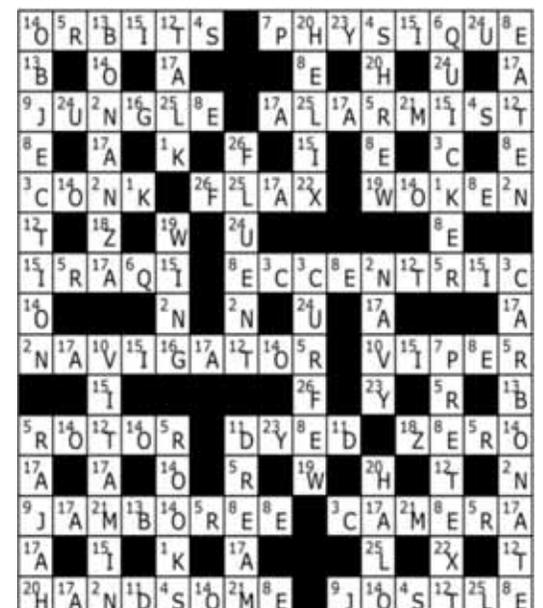


Answers

Wordsearch



Codeword





Auditioning for roles keeps me grounded, says Kalki

By Arundhuti Banerjee

National Award-winning actress Kalki Koechlin, who plays a pivotal role in the upcoming show *Sacred Games 2*, has bagged the project after an audition. Despite having a successful career in films, she says she has no problem auditioning to prove her capability.

While the phone call for the audition of the Netflix TV Series came as a surprise for her, recalling the incident, Kalki said: "I watched the show and after a month I got an audition call for the show. Of course, I never thought that I will become part of the show when I watched the first season. I was surprised and excited when I got called.

"Auditioning for a role is quite refreshing because the director should know if I am able to pull off the character I am offered. They might have seen my work so far but if I am offered something different from what I have done in the past, they should audition me. I do not mind auditioning at all."

"I may not have auditioned many times for Bollywood projects but I keep auditioning for international projects and that process keeps it real for me, keep



EXCITED: Kalki Koechlin bags *Sacred Games 2* after an audition.

me grounded," added the *Gully Boy* actress.

In *Sacred Games 2*, she plays

a girl named Batya, who hails from a conflicting background. Her father is a Jewish French

and mother is a Palestinian, who abandoned her as a teenager. The character transforms from being

a drug addict and a rebellious angry girl to a follower of the godman 'Guruji', played by Pankaj Tripathi.

The initial outlook of the character has similarities with a few of her earlier works, isn't it?

"I know, there might be a little element here and there from *Dev D* or *Shaitaan*, but you know just because you play a gangster in one film, does not mean that all of them are the same. So my character in *Sacred Games 2* is different from the rest of the references I mentioned," she smiled.

What was new about Batya that drew her to the character? "My audition scene was the intriguing point for me, to get drawn towards the character Batya.

In that scene, where she is interacting with Sartaj (played by Saif Ali Khan) for the first time, she is calm and has a Zen-like energy, but something is simmering underneath. I loved that conflicting element. Her rebellion isn't in your face but hidden," said Kalki.

Directed by Neeraj Ghawyan and Anurag Kashyap, *Sacred Games 2*, featuring Nawazuddin Siddiqui, Saif Ali Khan, Sobhita Dhulipala, Ranvir Shorey, Surveen Chawla and Geetanjali Thapa premieres on Netflix on August 15. - IANS

Would love to be paired with all three Khans: Kirti

Bollywood actress Kirti Kulhari is constantly exploring the big screen as well as OTT platforms, says that although she does not believe that working with any of the Khans - Shah Rukh, Aamir and Salman - is the only milestone for a Bollywood actor, she would love to work with all of them because of their distinct styles.

"I would love to be paired opposite all the three Khans because every one of them is different. Trust me, I am not being diplomatic. I love all of them and, of course, have grown-up watching them. All of them have their own style," said Kirti, when asked which Khan she would love to work with the most.

Kirti will soon be seen in the Independence Day release, *Mission Mangal*, costarring Akshay Kumar, Sonakshi Sinha, Taapsee Pannu and Nithya Menen. She also has a role in the Bollywood remake of *The Girl On The Train*, and the web series *Bard Of Blood* coming up.

The actress, who has lately made her mark with her roles in *Pink* and *Uri: The Surgical Strike*, plays a scientist in the multi-starrer *Mission Mangal*.

While it is interesting to observe how - whether it is in films or in web series - she has always featured with other actresses, Kirti said the whole concept of playing a 'lead role' is fading away.

"Be it my character Falak Ali in *Pink*, Anjana in the web series *Four More Shots Please*, or Seerat Kaur in *Uri: The Surgical Strike*, I only look at the importance of the character in the story. I think actors are getting comfortable with the idea of sharing space with other actors," she said, adding: "The whole talk of 'lead actor' comes in when we are talking about hierarchy and that is so negative and



CANDID: Kirti Kulhari during the promotions of her upcoming film *Mission Mangal* in Mumbai.

demotivating for any artiste. I do not encourage such a conversation," said Kirti.

Asked if it was all-important for an actress to work with the Khans, Kirti said: "I do not think so because many actors have walked the path that is different from what is conveniently laid out for us. Also, the platforms that have come up are offering huge exposure to all actors. Now when I do an Amazon or Netflix show, my work reaches out to 180 countries at the same time. That is such a blessing"

"I do not think our earlier generation even thought of such possibilities. So I do not think that (working with Khans) is the only milestone for an actor anymore," she added. - IANS

Never approached Vidya for Jayalalithaa biopic: producer

Even as reports were confirmed that Kangana Ranaut will essay the role of the former Tamil Nadu Chief Minister J Jayalalithaa in an upcoming biopic of the late politician, rumours started flying about that the actress had actually replaced Vidya Balan in the role. Now, Shaailish R Singh, one of the producers of the film, says that from the time he came on board for the project, Kangana was always the first choice.

"As producer, I never approached her (Vidya Balan) and I can say this on the record. I know the news emerged that she was doing the film, but when our writer KV Vijayendra Prasad narrated the story to me, I felt Kangana was the right casting for the role.

So as a producer and Vijayendra as a writer did not approach anyone else. If anyone else before us had approached any other actress, I am not aware of that," Said Saailesh, adding: "With the new team of producer, director and writer, it has been mutually decided that Kangana will play Jayalalithaa," added the producer, who earlier collaborated with Kangana in films such as *Tanu Weds Manu*, *Simran* and *Judgementall Hai Kya*.

The biopic, to be made in Tamil and Hindi languages, is directed by AL Vijay. The film is named *Thalaiva* in Tamil and *Jaya* in Hindi.

In a recent interview when Vidya was asked why she had to reject the Jayalalithaa biopic, she said: "I am happy that Kangana is doing it and I will leave it at that. I just think that playing two politicians, who are both strong women, wouldn't have been possible," said Vidya, referring to the fact that she is doing the web series on former Prime Minister India Gandhi.

"If these two projects were a few years apart, it would be fine," Vidya added. - IANS

Why Del Toro loves Scary Stories To Tell In The Dark

Oscar-winning filmmaker Guillermo del Toro loves books of the *Scary Stories To Tell In The Dark* series because they manage to tap into the fear factor of the reader.

"The collection basically customises a story before your eyes to tap into fears of the person reading it," Guillermo said.

"These books give you the delicious thrill of seeing a story coming for each character you've gotten to know and then bracing yourself in preparation," he added.

The short stories of the series come alive on screen in the horror thriller *Scary Stories To Tell In The Dark*, adapted by director Andre Ovredal and backed by Guillermo.

Scary Stories To Tell In The Dark follows a group of teens who must solve the mystery surrounding sudden and macabre deaths in their hometown, and face their fears in order to save their lives. The PVR Pictures released the film in India on August 9. The screenplay was adapted by Dan and Kevin Hageman.

"We'd never before read the books because I think they were banned at our school. But when Guillermo pitched us this story, we absolutely leapt at the idea of it.

We've always wanted to write a real coming-of-age adventure and this finally gave us a chance



IMPRESSED: Guillermo Del Toro shows the Golden Lion Award for Best Film for his movie *The Shape of Water*.

to do that while mixing in these truly frightening scares that people of all ages love," Dan Hageman said, talking about adapting the stories. – IANS

Rambo 5 ends franchise on satisfying note: Director

Director Adrian Grunberg says *Rambo: Last Blood* will wrap up the long-running *Rambo* franchise on a satisfactory note.

Hollywood action star Sylvester Stallone will return as John Rambo in *Rambo: Last Blood*, the fifth and final instalment of the franchise. This time, Stallone's Rambo will travel to Mexico to rescue his friend's daughter after she is kidnapped by the Mexican cartel.

"I hope – on a personal and selfish level – this is the last one. There's a very poetic feeling to this movie. If it is the last one, I think people will be thankful for it. They will be satisfied," Grunberg said.

Rambo: Last Blood also stars Adriana Barraza, Oscar Jaenada, Paz Vega, Joaquin Cosío and many others in significant characters. It will release on September 20. The film, brought to India by PVR Pictures and MVP Entertainment, will trace the journey of Rambo as he confronts his past and unearths his combat skills for revenge in a final mission.



HOPEFUL: Adrian Grunberg says *Rambo: Last Blood* will wrap up the long-running franchise on a satisfactory note.

"The violence is there but I think you'll find that although it is at times very violent, there is a thought process to it," Grunberg said, adding that *Last Blood* will "close the circle". – IANS

Once Upon A Time In Hollywood homage to stars bygone: DiCaprio

Oscar-winning star Leonardo DiCaprio says *Once Upon A Time In Hollywood* is a homage to all the stars who have been forgotten, and to artists "who were struggling to be successful" in Hollywood in 1969.

Set in 1969, *Once Upon A Time In Hollywood* revolves around aging star Rick Dalton (DiCaprio) and his stunt double Cliff Booth (Brad Pitt). In a parallel storyline, Margot Robbie portrays Dalton's neighbour Sharon Tate, who was murdered by members of the Charles Manson family.

"One thing? That's hard. For me, he has the consistency that I've found in people that make good art in this industry," DiCaprio said when asked about the thing he has learnt from his association with Hollywood maverick Quentin Tarantino.

"In particular, those directors are the ones that have an acute understanding and appreciation of film history, and Quentin not only understands the history of the classic cinema but the history of B-movies and pulp films that I'd never heard of, films that are a lost art form and that he has copies of. He knows about music that I've never heard of, television that I've never heard of, and the complete filmographies of actors that have sort of disappeared, historically," DiCaprio added.

DiCaprio feels "the film is an homage to all those that have maybe been forgotten".

"A tribute to those people

during that time period who were struggling to be successful but did give their contributions nonetheless," he added.

Tarantino has described *Once Upon a Time in Hollywood* as his love letter to Los Angeles of 1969. The Sony Pictures Entertainment project will release in India on August 15. The film also has Al Pacino, Dakota Fanning, Kurt Russell, Lena Dunham and the late Luke Perry in other roles.

Talking about the film, DiCaprio said: "Recognising those people in the industry that have made their contributions that he's in love with but who maybe I, or my generation, know nothing about – people that sort of evaporated historically. That's why he pointed us to so many different guys like, Edd Byrnes or Ty Hardin. He would say, 'Hey, check this actor out, Ralph Meeker'.

"He may not be Robert De Niro or Brando, but look at the work and contribution that he gave to the industry. Look at his time, look at these weird television shows that you've never even heard of.

So, to me, it is his homage to those that have contributed to our industry and the art form that he loves and maybe don't get the recognition – and what, psychologically, they may have gone through, you know what I mean? That journey and that quest for that one shot to ultimate stardom. That's what I loved about his approach to these guys. It's his love letter to this industry." – IANS



HOMAGE: Leonardo DiCaprio says *Once Upon A Time In Hollywood* is a homage to all the stars who have been forgotten.



Kadim al-Saher to enthral Arabic music lovers in Doha

The musician is all set to perform on August 16 and 17 at QNCC

By Mudassir Raja

This summer offers exceptional entertainment activities for both Qatari nationals and expatriates alike.

Many famous musicians have regularly been visiting Doha.

The credit for all these events goes to Qatar National Tourism Council (QNTC) for running the Summer in Qatar campaign successfully and collaborating with different organisations to bring in marvellous singers and musicians for the Doha audience.

Among many music events organised so far under Summer in Qatar, the upcoming music concert by world-renowned Arabic singer Kadim al-Saher is expected to be the most shining one. The musician is all set on August 16 and 17 at Qatar National Convention Centre (QNCC).

Lovers of Arabic music are in for a real treat. Kadim, one of the most successful singers in the Arab World, will be taking Doha by storm along with his majestic orchestra. It is going to be a life-time opportunity for the Doha residents to see the Caesar of Arabic Song perform his world-renowned hits, romantic ballads and classical songs.

Kadim Jabbar al-Samarai, better known by his artistic name Kadim al-Saher, is an Iraqi singer, composer and songwriter. He has been dubbed the Caesar of Arabic Song, and Iraq's Ambassador to the world.

Kadim has established himself as one of the most successful singers in the Arab World, since the start of his career – ranging from big romantic ballads to more political work, and pop to Arab classical music.

In 2003, according to an international poll conducted by BBC, more than half-a million people from 165 countries voted his composition *Ana Wa Laila* (Me and Laila), his most famous song about his love for Laila, as the sixth in the world's top 10 most popular songs of all time.

He performs with an orchestra of 20 to 30 musicians on Arabic percussion, oud, qanun, nay, and a full complement of strings – violin, cello, and bass.

While some of his work makes use of electronic musical sounds, he avoids the use of synthesizers to imitate acoustic instruments. His work frequently features Iraqi

folk instruments, rhythms and melodies.

Apart from his mother, al-Saher's family were never supportive of his direction in becoming a musician. They had no faith in him that he would become successful, and instead wanted him to become a doctor or a lawyer. Kadim was inspired early in life by the poet Mustafa Ksayer, whose work was dedicated to Haya Dashwaly.

Kadim wrote his first song at 12, a romantic piece in the classical style, composed for a girl he liked. He used to work with his father in early age after school to help the family. At age 21, he enrolled at the Baghdad Institute of Music where he studied for around six years. After selling his bicycle, Kadim purchased a guitar at the age of 12, and began learning the arts of the guitar for about three months before writing a classical song. It was his first instrument.

Kadim's albums are: *Shajarat Al Zaytoon* (The Olive Tree) 1984; *Ghazal* (Gazelle) 1989; *Al Aziz* (The Beloved) 1990; *Efrah* (Be Happy) 1992; *La Ya Sadiki* (No, My Friend) 1993; *Banat Alaeibak* (Your Tricks are Over) 1993; *Salamtak Min El Ah* (Your Safety From Hardships) 1994; *Baad ElHob* (After Love) 1995; *Fi Madrasat Al Hob* (In the School of Love) 1996; *Aghsilly Bilbard* (Wash My Heart With Hail) 1997; *Ana Wa Laila* (Laila and I) 1997; *Habibati Wal Matar* (My Love and the Rain) 1999; *Al Hob Al Mustaheel* (The Impossible Love) 2000; *Abhathu*



Anki (Looking For You) 2001; *Qissat Habibain* (A Story of Two Lovers) 2002; *Hafiat Al Kadama'in* (Barefooted) 2003; *Ila Tilmitha* (To a Student) 2004; *Entaha Almeshwar* (The Journey Is Over)

2005; *Yawmyat Rajoul Mahzoom* (Diary of a Defeated Man) 2007; *Sowar* (Pictures) 2008; *Al Rassem Bil Kalimat* (Drawing with Words) 2009; *Latizidih Lawa'a* (Don't Add Anguish to Him) 2011; and *Kitab Al*

Hob (The Book of Love) 2016.

Kadim tours around the world where he performs for his Arab fans. He has performed in many foreign countries including USA, Canada, France, Germany, Italy, Australia and England. He has also performed in different countries of the Middle East.



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