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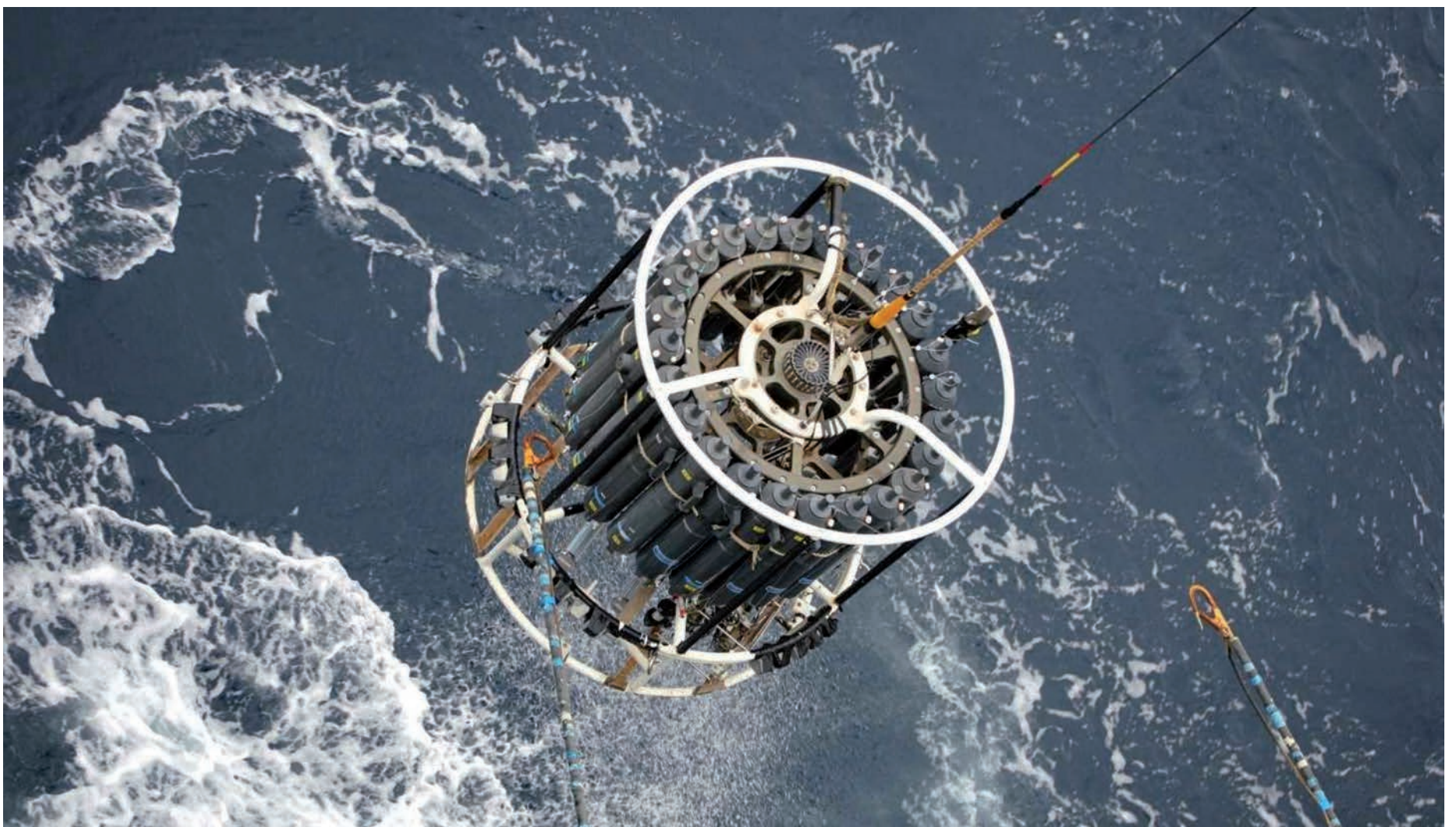
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GULF TIMES Wednesday, January 8, 2020
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COMMUNITY

NEW HORIZONS: A representational image of the satellite.



New frontier

You have likely never heard of the world's greatest ocean migration. Satellite data is helping scientists study it. **P4-5**

STARTUP QATAR

A hub of recipes that offer 40 years of culinary experience.

Page 8-9



HOLLYWOOD

Epic snub for Netflix on a night of Globes surprises.

Page 15





PRAYER TIME

Fajr	4.59am
Shorooq (sunrise)	6.22am
Zuhr (noon)	11.41am
Asr (afternoon)	2.41pm
Maghreb (sunset)	5.01pm
Isha (night)	6.31pm

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
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 secret of getting ahead is getting started."
 - Mark Twain

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Telephone: 44466405
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Driving Licence

DIRECTION: Jean Paul Lal

CAST: Prithviraj Sukumaran, Mia George, Suraj Venjaramoodu

SYNOPSIS: Kuruwila (Suraj Venjaramoodu), the vehicle inspector is a diehard fan of superstar Hareendran (Prithviraj). He makes it a point to watch the first-day first show of all the

films starring Hareendran and even watch them multiple times. Kuruwila and Hareendran's paths cross after the superstar finds out that his driving licence is missing, and tries to get a duplicate licence. How the following incidents change the dynamics between the superstar and his biggest fan forms the crux of the story.

THEATRES: Royal Plaza, Landmark, The Mall



Frozen 2

DIRECTION: Chris Buck, Jennifer Lee

CAST: Kristen Bell, Jonathan Groff, Idina Menzel

SYNOPSIS: Elsa the Snow Queen has an extraordinary gift - the power to create ice and snow. But no matter how happy she is to be surrounded by the people of Arendelle, Elsa finds

herself strangely unsettled. After hearing a mysterious voice call out to her, Elsa travels to the enchanted forests and dark seas beyond her kingdom - an adventure that soon turns into a journey of self-discovery.

THEATRES: Royal Plaza, The Mall, Landmark



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





The Colour Run 2020

WHERE: QNCC

WHEN: January 25

TIME: 7am - 10pm

Your Health First is a five-kilometre, untimed event. At each kilometre mark, Colour Runners are doused from head to toe in a different coloured powder. Participants wear white at the starting line and finish the race plastered in colour. Once the 5k is over, the fun continues at the Finish Festival, a larger-than-life party equipped with music, dancing, photo ops, activity booths, vendors, and more massive colour throws, which create millions of vivid colour combinations.

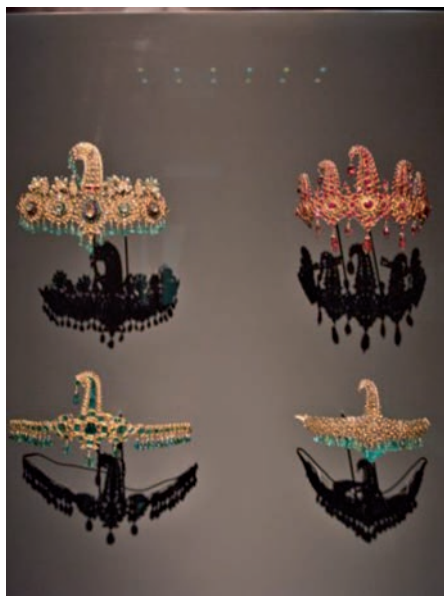
Gems and Jewels Exhibition

WHERE: Museum of Islamic Art

WHEN: Ongoing till January 18

TIME: 9am onwards

The exhibition comes in celebration of the Qatar-India 2019 Year of Culture and presents a look at magnificent gems and jewellery from India. Set in Stone: Gems and Jewellery from Royal Indian Courts showcases more than 100 pieces from across Qatar Museums' (QM) collections, including many masterpieces that have never been displayed before.



Winter Dragon Boat Festival 2020

WHERE: Museum of Islamic Art

WHEN: January 24

Row, paddle, hurry up! Qatar's largest

water sports, Winter Dragon Boat Festival is back to show us their fast rowing skills. Dragon boating is a canoe-sport and was originally a traditional festival game dating back 2,000 years throughout Southern China. It has now become a popular sport with competitions held around the world.



Metro Street Food

WHERE: DECC Metro Station

WHEN: Ongoing

TIME: 12:30pm

Street Food is the ideal venue for a leisure experience for the whole family offering over 20 dine-in options and 18-hole World Mini-Golf setup.



Public Speaking Classes for Adults

WHERE: Sharq Capital, C-Ring Road

WHEN: January 15 - July 1

TIME: 6:30pm - 9pm

Get trained by experts to be a good speaker. Smedley Toastmasters is conducting a six-month speech-craft programme that teaches new members to speak confidently and develop leadership skills. For more information, 66053485, 33232490 or visit www.SmedleyToastmasters.org



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



Shop Qatar 2020

WHERE: Malls in Qatar

WHEN: Ongoing till January 31

TIME: Entire day

Shop Qatar has something for everyone, including beauty masterclasses, fashion shows, shopping offers, mall activities and shows, raffle draws, and Chinese New Year celebrations.



Sonu Nigam Live in Qatar

WHERE: Asian Town Amphitheatre

WHEN: January 23

TIME: 7:30pm onwards

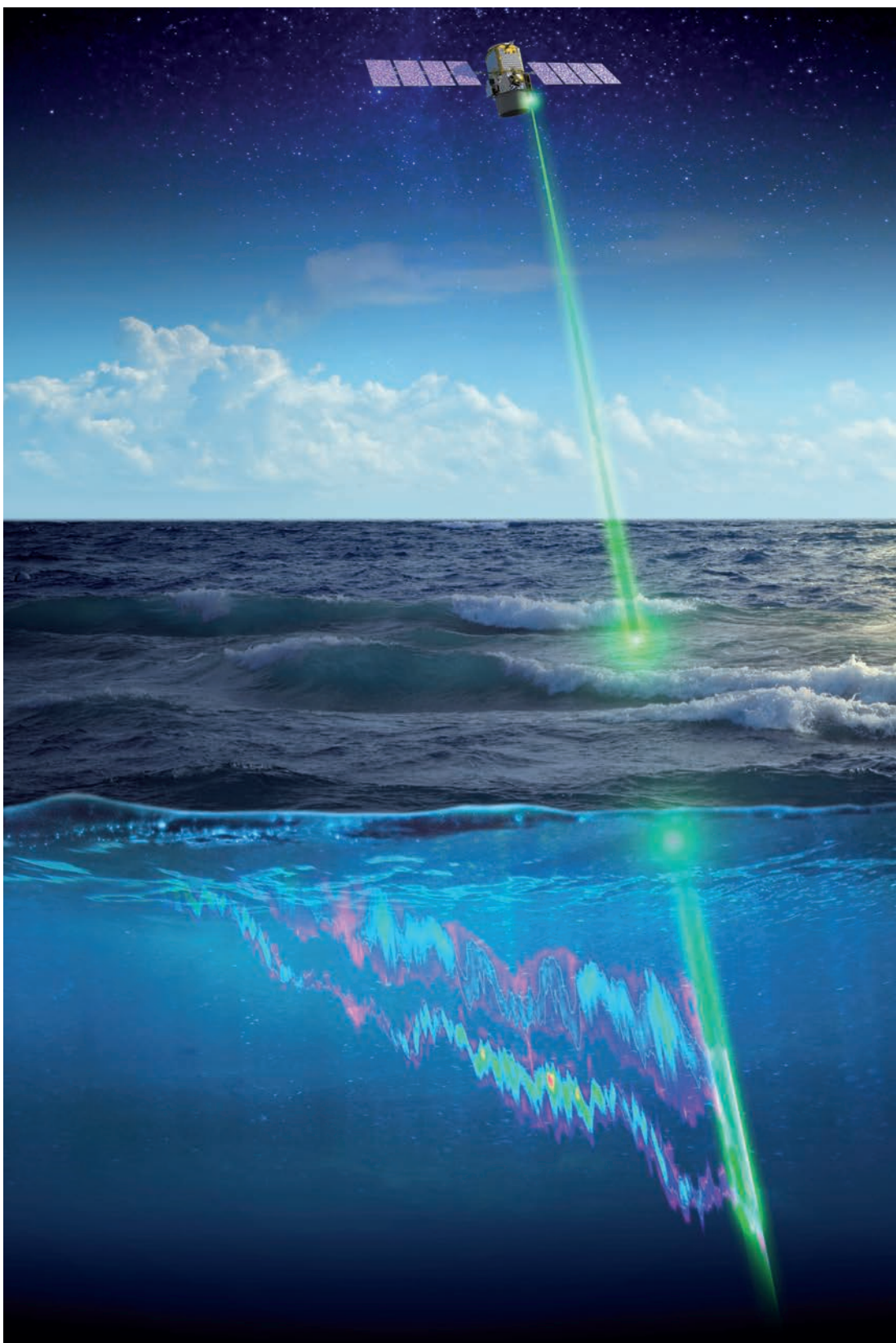
Back by popular demand, Sonu Nigam, returns to wow his fans once again in a one-night only concert. Presented by Q-Tickets the event is part of Shop Qatar Festival and under the aegis of Qatar National Tourism Council. Sonu Nigam has sung over 10,000 songs in different languages and have received over 40 mainstream awards.





Zooplankton on the move

These tiny marine animals migrate for one important reason, zooplankton expert Deborah Steinberg, chairwoman of the Department of Biological Sciences at the Virginia Institute of Marine Science and a study co-author, tells **Tamara Dietrich** – to avoid getting eaten!



What (lidar) has allowed us to do for the first time is actually to study this migration on a global scale every 16 days for 10 years. And that's a very powerful place to be

– Michael Behrenfeld, biological oceanographer



The greatest animal migration on Earth is likely something you never heard of and few have witnessed: legions of tiny marine creatures rising to the ocean surface every night to feed on tiny plants, then sinking back into the deep, dark water at dawn.

Called the diel vertical migration, it was first recorded nearly 200 years ago by hauling ship nets through the water column. Today, marine scientists still sample the movement using shipboard nets. They also shoot acoustic signals into the water to track the sound “backscattering” off the zooplankton as they migrate up and down. Some collect data from aircraft, deploying a lidar system that uses a

kind of laser radar to create the backscatter.

But such methods take time and resources and are limited.

Then, a couple years ago, oceanographers working with Nasa Langley Research Center in Virginia discovered that Nasa's CALIPSO orbiting satellite and its lidar instrument – built to study clouds, not oceans – has been collecting data on this migration on a global scale by happenstance since 2006.

Scientists were astonished – and delighted.

“The lidar has given us our first measurements of animals – in fact, animal behaviour – from space,” said Michael Behrenfeld, a biological oceanographer at Oregon State University. “What (it) has allowed us to do for the first time is actually to study this migration on a global scale every 16 days for 10 years. And that’s a very powerful place to be.”

Behrenfeld is lead author of a paper on this research that recently published in the science journal *Nature*.

Behrenfeld has collaborated for years with Yongxiang Hu, an atmospheric scientist at Langley, on ways to use Nasa’s current assets in space to collect ocean data. Measurements taken by CALIPSO’s lidar instrument, called CALIOP, enabled him to study plankton biomass in the surface oceans, for instance, and changes in polar ecosystems.

Then one night on a research cruise in the North Atlantic, Behrenfeld noticed a wedge of phytoplankton eaten away by migrating animals in a very short period of time.

“I looked at it and said, ‘This is something I need to pay attention to,’ ” Behrenfeld recalled.

Later, a colleague showed him data from daytime field measurements of migrating zooplankton taken using optical signals.

“When I saw that, the light bulb turned on,” Behrenfeld said. “I knew what I wanted to do and I needed people from Langley to help me do it.”

Collaborating again with Hu and others, he compared those daytime field measurements with CALIOP’s nighttime measurements and, sure enough, found a signal of the migration.

These tiny marine animals migrate for one important reason, explained zooplankton expert Deborah Steinberg, chairwoman of the Department of Biological Sciences at the Virginia Institute of Marine Science and a study co-author.

“The main purpose of it,” Steinberg said, “is to avoid getting eaten.”

But, while the goal is to escape visual predators by keeping to the dark, she said, their migration also plays a key role in something far bigger: removing carbon dioxide from the atmosphere and sequestering it in the deep ocean, where it doesn’t contribute to global warming.

The so-called carbon conveyor belt works like this: CO2 from the atmosphere diffuses into the



STUDY: VIMS scientist Deborah Steinberg holds a deep-sea migrating shrimp that was caught in the net tow that’s used to study vertically migrating zooplankton from ships, during a research cruise to the North Pacific in summer 2018.



FINDING: Copepods are only one of a huge assortment of different animal types that ascend to the ocean’s surface at night.

ocean surface, where microscopic marine plants use it for photosynthesis. Zooplankton eat those plants and retreat back to the ocean deep, where they digest the food and release the carbon when they defecate.

This carbon movement is considered so important to the planet’s climate, said Behrenfeld, that CALIOP’s dataset is being integrated into global climate models.

CALIOP also unearthed a puzzle about migration strength. Generally speaking, he said, migration strength seems to go up and down along with phytoplankton production, which in turn correlates with ocean surface temperatures and, therefore, climate.

But there are significant regions of the Atlantic where that relationship looks like it’s the opposite, he said, and scientists don’t understand why.

“Any kind of discovery like this opens a whole boxful of new questions,” said Behrenfeld. “What we really are going to need to do this right is a satellite lidar that is actually designed to do ocean studies, and not just rely on an atmospheric instrument.”

Such an instrument has been developed at Langley, and is undergoing field tests on aircraft, said Chris Hostetler, a Nasa project scientist who helped develop the CALIOP. Behrenfeld and Hu are helping to design the new instrument.

“That will open up a whole new level in science,” Hostetler said. “It’ll be a new frontier.”

But, while the technology is there, he said, they’re still looking for the funding and opportunity.

“In science, there are a lot of good ideas out there,” said Hostetler. “It takes years to convince the scientific community and to convince the funding agencies that a certain idea is worth spending a few hundred million dollars on, because that’s what it takes to put up a satellite of the nature we’re talking about.”

Even the CALIOP took time to get approval and funding against doubts that a lidar system could work reliably in space. Finally, it was launched into orbit in 2006 on a three-year mission and soon proved that it could. The lidar is still plugging away, a decade past its expiration date. Hostetler said its datasets have spawned more than 2,000 articles in scientific journals, mostly on atmospheric science.

“The fact that it came to be used for ocean research, it really was astounding to me,” Hostetler said. “We weren’t even dreaming of that.”

“To say that it’s a huge success is really an understatement. It’s been transformational in terms of atmospheric remote sensing.”

Even if the CALIOP goes dark tomorrow, said Hostetler, “the dataset from the past 13 years is still in the bank, and people will be analysing that data in different ways for years to come.”

– Daily Press (Newport News, Virginia)/TNS



A guide to the language of sustainable fashion

By Aja Barber

Lately, shoppers have been faced with more decisions than ever when it comes to clothing and where to buy from, but one of the biggest dilemmas comes from confusion around the language of sustainability. Of course, the information on the label can sometimes be confusing and misleading, and there's a lot of new language to get your head around. So, here's a handy guide to help you figure out the difference between ethical and sustainable, and why you absolutely should ask for both from all your fashion purchases.

Ethical usually refers to the treatment of people. Are the workers paid a living wage? Are they given proper breaks? Is everyone of proper age? Does the company add positively to the communities in which it produces and help them to thrive? Some also use the term "ethical" to refer to cruelty-free products. Unfortunately, terms such as "ethical leather" and "faux fur" aren't always ethical for the humans that produce them and often these products do not biodegrade easily either.

Can a product using PVC really be ethical if the workers who produce the PVC get sick? The best way to figure out how ethical a brand is to see how much information it puts out about the treatment of the workers who produce its garments. Elizabeth Suzann is an excellent example of an ethical brand. It has confirmed that its lowest wage is \$15 an hour (more than double the minimum wage in Nashville, Tennessee, where the business operates). If there is a brand you love and you're curious about worker treatment, I suggest you send a message or an email and ask what the lowest wage is in its manufacturing process.

Cruelty-free refers to animal welfare and whether any animals were hurt or harmed during the production of the garment. In fashion, it also means that the product contains no animal byproducts, but on beauty products it means the finished product wasn't tested on animals. If you want an item that is free of animal byproducts in regards to beauty, you need to look for a vegan product. But that doesn't necessarily mean the manufacturing process of the item is cruelty-free for humans (for example: faux leather and fur products). There are a number of cruelty-free leather options in development made from natural byproducts such as pineapple skin, but they aren't yet widely available.



ETHICAL: Clothes by Elizabeth Suzann an excellent example of an 'ethical' brand.



SUSTAINABLE: Christy Dawn in California uses 'dead stock' fabric to make 'sustainable' clothes.

Organic (in regards to materials) refers to natural fibres being grown and produced without the use of highly toxic materials such as chemical pesticides in the growing process. Cotton is probably the most common organic fibre you can buy, but it is also possible to find organic hemp, silk and jute, to name just a few. Organic cotton has come under criticism, however, because it requires a lot more water and irrigation than conventional cotton.

However, pesticides that go into conventional cotton wreak havoc on the environment, as well as the health of humans who drink from water supplies nearby. The solution isn't to discount organic cotton, it's for all of us to consume less cotton in general.

Conscious fashion is often used synonymously by the fashion industry with "ethical", "sustainable" or "eco" fashion. It's a bit of a catchall phrase that ends up being popular

the sun, it will still be a significant polluter if it is making 500 garments a minute.

Sustainable refers to the effect that production of a garment has on the world around us. How is it taken from the earth and how will it return to the earth? How much waste is involved in the manufacturing process? If it never biodegrades, it's not truly sustainable. In the words of Céline Semaan, founder of non-profit research team the Slow Factory, "everything you make returns to the earth as food or poison". Sustainable products should always return as food. Brands that make more sustainable products tend to use natural or recycled fibres in their creations. Some, such as Christy Dawn, use dead stock (fabric that would otherwise be wasted) or surplus stock, which maximises the lifecycle of existing fabric. Others, such as Levi's, try to manufacture with less water waste. It's all about producing in a way that harms the planet the least.

Slow fashion is the antithesis of fast fashion. It is high-quality garments that are designed with a long-term lifecycle in mind. In a perfect world, every item we bought would be slow fashion – but that would require us to no longer subscribe to a trend-driven market. Until the biggest fast-fashion producers in the world stop making so many garments so quickly (which, of course, means a smaller profit margin), they won't be slow or sustainable. Instead of buying into fast-fashion, research small labels and lend your support to those that are doing things the right way. Slow-fashion brands tend to avoid being trend-driven and instead focus on classic pieces that will stand the test of time.

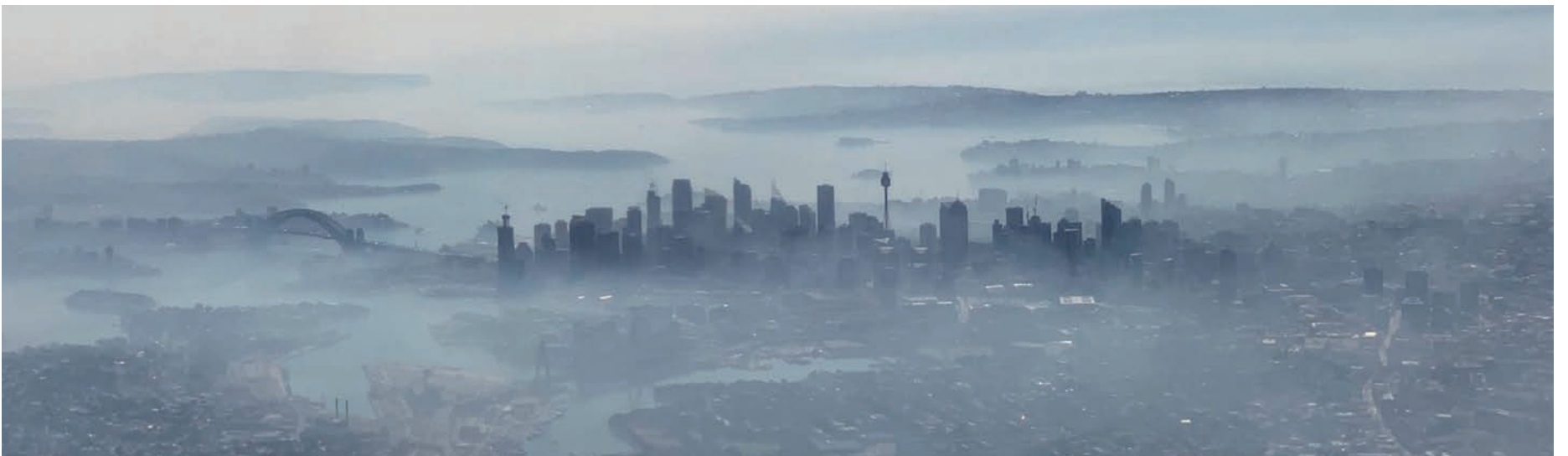
Greenwashing is when a brand makes claims about something being ethical or sustainable that, upon further inspection, turn out to be false or exaggerated. An example of greenwashing is a brand claiming that a dress is eco-friendly because it's made of eco wool, when in fact it contains just 4% eco wool, along with other, less sustainable materials. Another example would be a brand loudly advertising a collection of 20 sustainable pieces while its inventory contains thousands of garments that aren't sustainable. Unfortunately, most big fast-fashion brands claiming sustainability credentials are guilty of greenwashing since they tend to produce too much product as a whole (some of which will remain unsold at the end of the season, when it becomes an additional environmental hazard).

– The Guardian

with brands that greenwash (see below). However, there are brands with the word "conscious" in their name (such as Conscious Clothing) where the sustainability credentials do check out, so don't be deterred. A brand that has nothing to hide will have its sustainability record clearly displayed, as Conscious Clothing does on its website.

Fair trade is a partnership that refers to marginalised producers getting a fair wage for their product when it is sold in more affluent countries. Prices for fair-trade materials must never fall below market price. Fair trade has principles such as fair payment and ensuring good working conditions, which fair trade-certified clothing producers are encouraged to follow.

The problem with fair trade is that it's not a perfect solution for regulating the fashion industry. There are multiple fair-trade websites and getting a straight answer about fair-trade fashion often feels impossible. There are other regulations for clothes, such as Global Organic Textile Standard, Cradle to Cradle or the Better Cotton Initiative, that can be more helpful when looking at sustainability and ethics in fashion, but it can often be better to research a company and learn how it operates, rather than rely on a certification. Even if a brand is awarded every certificate under



SPREADING OUT: Smoke haze blanketing Sydney. Smoke from Australia's devastating bushfires has now blown as far as Queenstown, New Zealand.

How to reduce smoke in your home without an air purifier

If there's still a lingering smoke smell once your home is sealed and tidy, all you can really do is 'open your house up again when the air's fresh again outside', writes **Alyx Gorman**

On 1 January, Canberra experienced its worst air quality on record. Smoke from Australia's devastating bushfires has now blown as far as Queenstown, New Zealand, forcing millions to become fluent in a new kind of jargon: AQI, PM2.5, HEPA and "hazardous".

Since December, major retailers have reported selling out of air purifiers. Guardian Australia called JB Hi-Fi, The Good Guys and Bing Lee in Canberra on 2 January: all three appliance stores confirmed they had run out of air purifiers across the region. Road closures and uncertainty around manufacturer delivery dates mean it can be difficult to predict when more will arrive.

This is unfortunate, as preliminary product testing from consumer advocacy group Choice suggests that air purifiers can help reduce the presence of bushfire smoke in homes. "Those do work," says Chris Barnes, who manages household product testing at Choice. "Removing smoke is one of the things that air purifiers are made to do."

Choice have released an air purifier buying guide, and they intend to test more models over the coming months "assuming that we're actually able to get our hands on most of those models", Barnes says. The only unit Choice presently recommends, the Philips Blueair 205 (paywalled), costs upwards of \$699. At time of checking it was sold out on Amazon and unavailable for home delivery through Harvey Norman, but was still available for purchase, with delivery, online through Bing

Lee. However, many people do not have a spare \$700 to spend on white goods, and are facing hazardous air quality now, not within a four to seven day delivery window. Buying an air purifier is "maybe something to think about, at this stage, for next season - God forbid", Barnes says. "Plan ahead."

In the meantime, the first and most important thing you can do is follow government advice and close all your doors and windows. "Read the warnings, know when the smokey days are coming and try and seal the house again in advance," Barnes advises. There are some other steps you can take to help reduce the presence of bushfire smoke indoors. Sealing your home properly has a secondary benefit of making your home more energy efficient too.

Block out draughts

"Really the key is to keep [smoke] out in the first place," Barnes says of dealing with hazardous air days. Even if your doors and windows are closed, smoke can still creep in through the gaps.

"Australian houses, by world standards, are very leaky," Alan Pears, a senior industry fellow at RMIT specialising in clean energy and climate policy, told Guardian Australia in October 2019.

Pears recommends a very cost-effective diagnostic tool to find where air is leaking into and out of your home. "Put a bit of cling film across the bottom of a clothes hangar and just walk around near the bottom of doors and windows, around the edges of the skirting board, and see if there's a lot of air being sucked out of



VENTILATION: Bathrooms and laundries are the primary culprits when it comes to air leakage, because they often have fixed ventilation or ducts leading to the outside, to help prevent condensation.

or into your living area."

Pears explains that bathrooms and laundries are the primary culprits when it comes to air leakage, because they often have fixed ventilation or ducts leading to the outside, to help prevent condensation. Simply remembering to close bathroom and laundry doors, or installing

automatic door closers so you don't have to remember, should help keep your home air-tight.

Once you've figured out where leaks are coming in from, "there are lots of strip-things you can put along the bottom of your door to seal [it], and there are lots of foam and rubber tubings you can put around windows

to seal those up properly?" He suggests using YouTube as a resource for figuring out how to install these.

If you can't make it to a hardware store, Barnes suggests that rolled up towels at the bottom of doors should help. While he says it doesn't make much of a difference if the towel is wet or dry, "in principle [a wet towel] would probably help trap a little bit more smoke, but really you're not going to get that much smoke coming in through those sorts of gaps". A wet towel will, however, "help keep some of the heat out as well".

Vacuum up

Air filters aren't the only household products with filters. "The HEPA filter in an air purifier is really what does most of the work in trapping smoke particles, so if you have one in your vacuum cleaner you're putting it through the same sort of filter," Barnes says. "An air purifier processes the air," he adds, so it can't do anything about the soot particles that have already settled around your home. "Just do the vacuuming, because you probably want to get the smoke and dust and soot off the carpet and off the floors anyway." Barnes also recommends wiping down furniture, "to try and get as much particulate out of the house as possible". This does not mean you can flip a vacuum cleaner upside down and use it to suck in the air in your home though. This does not work.

If there's still a lingering smoke smell once your home is sealed and tidy, all you can really do is "open your house up again when the air's fresh again outside". - *The Guardian*



A hub of recipes that offer 40 years of culinary experience

Julia Toon, a seasoned chef from UK, who has been living in Qatar for over two decades speaks to **Mudassir Raja** about her recently launched recipe website and her love for food

NOTES FROM AN ENTREPRENEUR

“The biggest hurdle (point) is to believe in yourself. You need to believe in yourself and in your ability. It is inner belief and inner assurance. You need to tell yourself that you can do this. You will get knock-backs. But, knock-backs are there to learn from and move forward”

— Julia Toon



Photos supplied

After years of hoarding hundreds of recipes in folders, lugging them all around the world, and storing them randomly in organised chaos scattered to all corners of the house, Julia Toon, a seasoned chef from UK, finally decided to get with the times and provide a collective hub for her best-loved recipes.

“My website features secret gems from my experience working as a cook, from friends and family over the years, that are presented simply as an easy reference source for those people who share my passion for cooking”, says Julia, who has recently launched her website containing the recipes spanning over 40 years of her experience.

Food preparation is Julia’s passion, during which she has had run her own food company, have worked as a personal chef to renowned people in politics, business, entertainment, and have been lucky enough to get her work published in different magazines.

Julia, who has worked extensively in the UK, Greece, Spain, New Zealand, has been having an active life in Qatar for 20 years. “I think

there is nothing like my website in the country. While I live in Qatar, the website is for Qatar. I am here to promote Qatar to the world. Even when I leave the country, Qatar will still be a part of what I do.”

Julia, whose biggest career delight was working as a personal cook to actor Harrison Ford, film director Steven Spielberg and his partner film producer George Lucas, has been adapting the international recipes in accordance with the local food culture. “There are recipes on my website that have been tweaked for the Qatari lifestyle. The portal is diverse as is Qatar. You see a mix of recipes. I have started collaborating with Cooking Academy Qatar, an initiative of a Qatari female chef. I will further experiment with the Qatari delicacies.”

The seasoned chef, who has also been privileged to cater for prime ministers and members of the UK Parliament and for the chairmen of corporations, including British Shipbuilders, Sotheby’s Antiques House, Clarke Shoes, Mulberry and Danka UK, calls Qatar a land of opportunity. “There are many things going on but you have to look out for them. I have been blessed

AR

BY
afone
ness



Baked Baby Squash



Rib Eye Beef Steak stuffed with Smoked Oysters



STAR MOMENT: Jules Toon presenting her cook book to Gordon Ramsay, British chef, restaurateur, writer, television personality and food critic.

Millionaires Shortbread

to have connections with people of different countries. When I came here, I wanted to know more about Qatar's food culture. Is there any difference? What is that difference? I thought even if there could be a fusion of different cuisines or not. And I have come to the conclusion that I can.

"In my earlier days in Doha, I used to be spellbound by the food and vegetable markets here. It is an old tradition. I was able to buy fresh and readily available vegetables and fruits. I have not been a big fan of going to a supermarket. I would rather go to a certain store to buy certain ingredients. I buy all

Qatar produced fresh vegetables and fruits. I always love fresh items because I always like to take people closer to their roots [nature]. I think we should consume less packaged or preserved food items. Where it is possible, I prefer quality over quantity."

Julia's two children are also very good at cooking. "There is influence of my cooking on my children. My daughter is very creative. She is a successful interior designer in London. She is naturally artistic and a creative person. My son is really good at cooking. He cooks with all his heart. He wants to be a master chef."

Julia's career in food has always been varied. Starting at the age of 19, she has been a successful entrepreneur. The website launch is her new venture and she thinks that it is very challenging to kick off with a new business idea. "The biggest hurdle (point) is to believe in yourself. You need to believe in yourself and in your ability. It is inner belief and inner assurance. You need to tell yourself that you can do this. You will get knock-backs. But, knock-backs are there to learn from and move forward.

"I would advise the young entrepreneurs that they should never give up. Hard work reaps

just rewards. I believe you cannot get anywhere without hard work. I have not got anywhere without hard work. You are a brand for yourself. I can sell what I do. You have to believe in what you do. You have walls some days and things do not go right but learn from that. You need to take up challenges and never be afraid of it. There will be people who say that you cannot do that. Do not listen to them and keep following your objective. If keep going, the universe will deliver."

Julia, who has also written a book named *Good Easting: A Taste of Qatar*, is a fan of Mediterranean food. "I am a great believer

in seasonal food and seasonal easting. In some areas of Greece, family traditions hold so strong. They seem to use home grown ingredients."

The chef with the vast experience believes that both tasty and healthy food can go together. "We should both healthy and tasty food. The two actually go together. I am an advocate of good health. I always go for the simplistic food – the real food – such as butter, milk, cream, and simple vegetables etc. These are the kinds of food unadulterated by science."

Julia's website is julesofthekitchen.com/about-me/

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NUTS CAN REDUCE THE RISK OF:

Coronary heart disease by **37%**

Sudden cardiac death by **47%**

Gallstone disease by **30%**

Diabetes in women

Certain types of cancer in women

NUTS HELP LOWER:

Cholesterol

Blood pressure (but not when salted)

When consumed in moderation, nuts do not contribute to obesity and may help in weight loss.



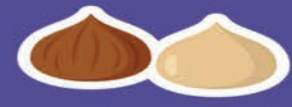
ALMOND



BRAZIL NUT



CASHEW



CHESTNUT



HAZELNUT



MACADAMIA



PECAN



PINE



PISTACHIO



WALNUT



LEGUME: PEANUT

Colouring your hair - without damaging the roots and texture

By Rita Hazan

If you're thinking about a new look, follow these expert tips to avoid a disaster. And never, ever do a DIY bleach job

The first thing to consider when you're colouring your hair is your lifestyle: are you high or low maintenance? Consider your makeup routine and clothing. Going any type of blonde if you're a natural brunette is high maintenance. If you go to the salon say every three to six months, then do something that will have an easy grow out, such as highlights or lighter ends. If you have 40% or less grey then try a semi-permanent dye. It fades away and then you can retouch as you wish.

Don't highlight your whole head. When you study, you



don't highlight the whole book. If you have curly hair, have a slightly thicker highlight, so it is powerful enough to see but not chunky. Most people look better with warm tones such as honey, caramel and toffee, which are more neutral. Usually ash tones are dull so don't really work with many skin tones.

Going darker is easier: use a semi-permanent dye as a trial run. The best way to go lighter is to do it slowly. Add some highlights, then some more. That way you can see when a certain shade is light enough. If you colour your hair at home, be realistic and go for something simple. If you think it's going to look as if you just stepped out of the salon, it's not going to happen. Never bleach your hair out at home. You need someone who is skilled because bleach is a very strong chemical. You want to be afraid of that. - *The Guardian*

ARIES March 21 - April 19

Too much food and drink could have you feeling a little out of sorts today, Aries. Some friends might have taken you out and exposed you to the most tempting of food and drink. This is always fun, but today you have to face the consequences! A workout fuelled with water could help burn off any toxins or extra calories, and a nap just might complete the process so you're feeling like your old self again. Get going!

CANCER June 21 - July 22

A close relative may be ill or otherwise troubled, Cancer, and you might worry a bit too much today because of a lack of communication from this person. Attempts to phone might result in no answer or repeated voicemail messages. However, take care to stay focused and objective. Your relative is probably recovering from whatever has been bothering him or her. Remember, no news is good news. Hang in there.

LIBRA September 23 - October 22

Your ingenuity and imagination may seem to have deserted you today, Libra, and this isn't making it easy for you to produce the high level of quality you're used to at work. Perhaps it might be best to busy yourself with routine tasks you can do automatically and, if you can, put off the more creative endeavors until your brain gets back in gear. Don't be too proud or too shy to ask for help. Hang in there.

CAPRICORN December 22 - January 19

Excesses in food and drink yesterday may force you to cancel a social engagement today, Capricorn. You probably aren't feeling up to it. This might be a bit irritating, and somewhat embarrassing as well. However, you just might have needed the rest even if you hadn't eaten too much. Make the most of your evening alone. Soak in a tub and go to bed early. In the morning, you'll be glad you did.

TAURUS April 20 - May 20

Right now you might be in the process of moving from one job to another, Taurus. This might even be a total change in career. Your hard work is paying off, though it may not show up in your bank account for a while yet. There might be contracts to be executed first. Your social life may be put on hold until all facets of this transition are worked out. Don't be intimidated, however.

LEO July 23 - August 22

This is not the day to make financial investments of any kind, Leo, although someone may present you with some possible opportunities. They may sound good, but caution is called for. If the information appeals to you, look into it and try to learn the facts, but make no commitment today. If it's truly a good opportunity, it won't disappear within a few days. If it isn't, you'll want to know. Wait!

SCORPIO October 23 - November 21

Money matters might require your attention today, Scorpio. Unusual expenses may have depleted your reserves, so you might have to cut a few corners. Your income, however, is probably the same if not slightly higher. This is, therefore, only a temporary situation, and your accounts should be back to normal in time, although some caution with regard to spending may need to be observed for a while.

AQUARIUS January 20 - February 18

Tension between a married couple who are both your friends could have you situated in the most uncomfortable place of all, Aquarius: right smack in the middle. Both may want to recruit you to their side, but you'll want to avoid allying yourself with either party. The best you can do is mediate by trying to get each of them to see the other's point of view. Whether you succeed or not, you'll have tried your best.

GEMINI May 21 - June 20

Gemini, right now you could be overwhelmed by conflicts among your own needs, the needs of your family, and your responsibilities toward your job. As a result, you may be feeling tense and stressed out, and wondering if the situation will ever be resolved. Don't panic. It will, and you'll be none the worse for it. The keyword is balance, and the solution lies in finding it. Get to it! You'll want to put this behind you.

VIRGO August 23 - September 22

You should be looking especially attractive today, Virgo, but you may feel that it's wasted because your beloved isn't around to appreciate it. Cheer up! It will only be for a few days, and you'll still look pretty good by then. Try to keep yourself busy, preferably doing something you love to do, so your enthusiasm will enhance your good looks. Your friend won't be away forever. It only seems that way.

SAGITTARIUS November 22 - December 21

A lack of contact with your partner could have you feeling a little down right now, Sagittarius. You may be wondering if you've said or done anything that offended your beloved one in some way. Your friend, however, is apt to be totally oblivious to the idea that you're upset. Your partner is probably taking care of some family obligations and may have lost track of time. Hang in there!

PISCES February 19 - March 20

Gloom over the absence of a family member could come upon you today, Pisces, and your usually exuberant nature could be far more subdued than is normal for you. You might even spend the entire evening watching whatever happens to be on TV. It would be far more productive if you treated yourself to a trip to the bookstore and picked up some new reading material.



Wordsearch



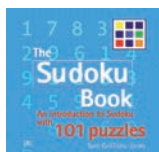
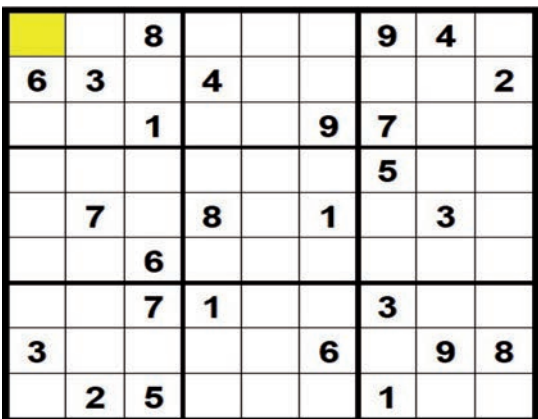
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|---------|----------|----------|
| BASS | WELLS | FRANKLIN |
| HAYES | DE | NELSON |
| REEVES | VAUGHN | WINTERS |
| BROWN | KNIGHT | GAYE |
| ISLEY | WHITE | WITHERS |
| TEX | FLACK | GREEN |
| CHERRY | MAYFIELD | REDDING |
| JACKSON | WILSON | |

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 anone is repeated.

7	5	8	6	1	2	9	4	3
6	3	9	4	7	5	8	1	2
2	4	1	3	8	9	7	6	5
4	9	3	2	6	7	5	8	1
5	7	2	8	4	1	6	3	9
1	8	6	5	9	3	4	2	7
9	6	7	1	2	8	3	5	4
3	1	4	7	5	6	2	9	8
8	2	5	9	3	4	1	7	6

Adam



Pooch Cafe



Garfield



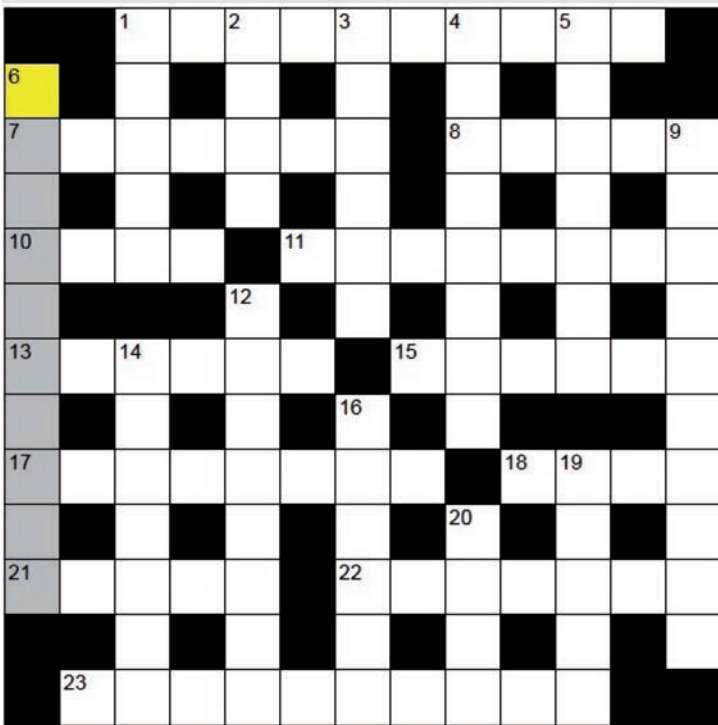
Bound And Gagged



PUZZLES

COMMUNITY 

Super Cryptic Clues

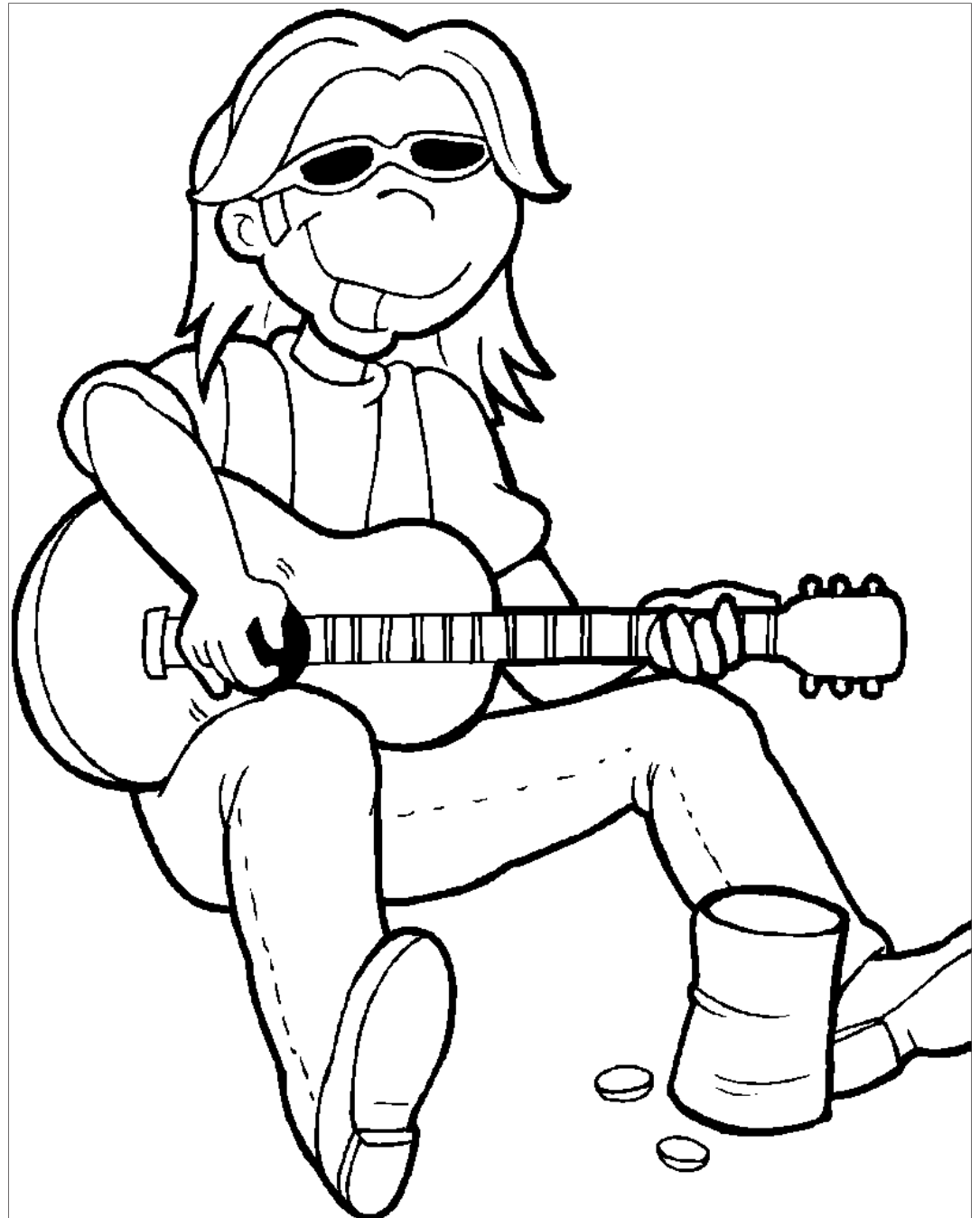


- | | |
|--|---|
| <p>Across
 1 Hide stones near people (10)
 7 Prophetic leader agrees to alter forecast (7)
 8 Weak father has to suffer (5)
 10 Two officers, one gun (4)
 11 No crop is damaged by this insect (8)
 13 A car, if taken to the continent? (6)
 15 A capital cigar (6)
 17 Sticky sweet? (8)
 18 Graduates get hard thump (4)
 21 Country, say (5)
 22 The real material? (7)
 23 Fruit in trees can change (10)</p> | <p>Down
 1 She will shortly show a hard exterior (5)
 2 A country I controlled (4)
 3 The tongue of a World War One field marshal (6)
 4 Diabolical elfin ran off (8)
 5 It may be a strain for a Russian empress (7)
 6 For seeing sights? (10)
 9 Perhaps I learn about money in a northern county (10)
 12 In a manner of speaking I'd see a mishap (8)
 14 Charter again set free? (7)
 16 A tree found in part of London (6)
 19 Cricket prize left after fire? (5)
 20 Principal sea (4)</p> |
|--|---|

Solution



Colouring

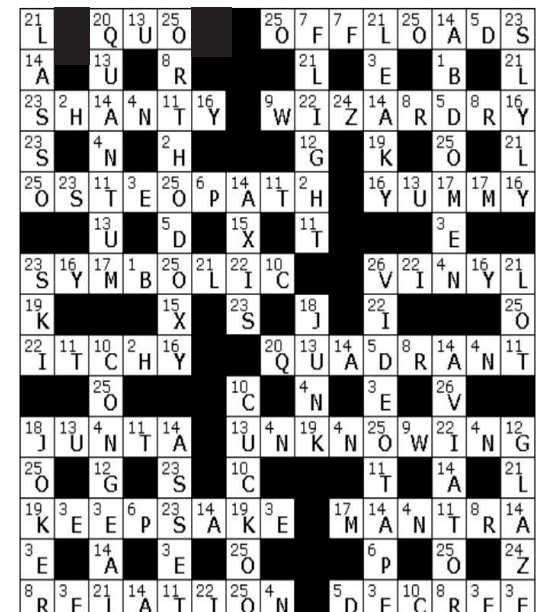


Answers

Wordsearch



Codeword





A R Rahman guidance made my foundation strong: Abhay

Budding playback singer Abhay Jodhpurkar made Bollywood debut as Shah Rukh Khan's voice in *Zero* a while back, crooning the mellifluous *Mere naam tu*. A student of music maestro A R Rahman, Abhay believes it's the Grammy and Oscar Award-winning musician's guidance that has helped him propel his singing career.

"It was a workshop that has made my foundation very strong. Being a part of NAFS (the vocal band) curated by A R Rahman and Arjun Chandy was the best thing that happened to me. That's where I figured out what I could do with my voice. Of course (Rahman's) K M Music Conservatory was the perfect catalyst I needed for my growth," Abhay said.

Abhay made his foray into the Indian musical industry in 2012 with three songs in Rahman's soundtrack for the Kannada film *Godfather*. The numbers - *Aalapane mellane*, *Deepavali* and *Neene ee kanna honganasu* were popular.

His latest Bollywood assignment was the song *Sapna hai Sach* in Ashutosh Gowariker's *Panipat*, which he recorded with Shreya Ghoshal. The song is composed by Ajay-Atul.

Sharing his experience singing with Shreya Ghoshal, Abhay said: "I was completely spellbound when I heard the scratch which was already



STUDENT: Abhay Jodhpurkar is a student of music maestro A R Rahman.

recorded by the legendary Shreya Ghoshal! I remember being numb after the very first listen. Javed Akhtar saab's lyrics hit a nerve of mine that, I thought, I had made peace with. The tune had a very strange (haunting) effect on me. This song has got much more to it than just romance. If you listen to it carefully, you realise how intensely cathartic the music is!"

"It took me a couple of hearings to let the melody sink in. I was scared to death while dubbing because I was lending my voice alongside the icon herself! But Ajay dada comforted me throughout the recording and kept helping me grab on to the correct emotional and sentimental value of the song," he summed up.

- IANS

I always tell Aamir not to leave Raju Hirani: Kapoor

Actor Anil Kapoor, who next will be seen onscreen in *Malang*, revealed that he always tells superstar Aamir Khan not to stop working with filmmaker Rajkumar Hirani.

Kapoor was interacting with the media at the trailer launch of *Malang* along with his co-actors Aditya Roy Kapur, Disha Patani, Elli AvRam, film's director Mohit Suri and producers Luv Ranjan, Bhushan Kumar, Ankur Garg and Jay Shewakraman on Monday in Mumbai.

Anil Kapoor has worked with many directors and producers in his 40-year acting career. Talking about camp culture in Hindi film industry and praising makers of *Malang*, Kapoor said: "I feel we need producers like Ankur (Garg) and Luv (Ranjan). I have told Mohit (Suri) to continue doing films with them. I always tell Aamir Khan by calling him on phone to say that you should not leave Raju Hirani? Whenever I see films of both of them, I tell Aamir not to leave him."



CANDID: Anil Kapoor says: "I feel whenever you make a good team then you should hold on to it."

He continued: "I feel whenever you make a good team then you should hold on to it. Team is very important and there are certain stars that come together to make something interesting and exciting"

Kapoor gave example of Hollywood actors and filmmakers while backing his viewpoint: "If you see Martin Scorsese, Robert De Niro, Leonardo DiCaprio they do

so many films together. They can work with others, too, but they keep working with each other. There is some magic, obviously. You have to go with the casting but somewhere I feel teams should stand by each other"

Malang stars Aditya Roy Kapur, Disha Patani, Anil Kapoor and Kunal Khemu in lead roles. It is scheduled to release on February 7. - IANS

SRK, Aamir were right about intolerance: Anubhav Sinha

Article 15 director Anubhav Sinha has come out to reiterate Shah Rukh Khan and Aamir Khan's five-year-old views on intolerance, saying both superstars were absolutely right.

"Do you remember that five years ago, only two superstars from India used a word which He was criticised a lot and nobody stood up for him. Nobody. Those stars were none other than Shahrukh Khan and Aamir Khan. The word was 'Intolerance' and he was absolutely right," tweeted Sinha.

Controversy erupted when, in 2015, first Aamir and then SRK spoke about the rising culture of intolerance in the country. They referred to religious intolerance as well as every other kind of intolerance.

Aamir had said, at an event: "When I chat with Kiran at home, she says 'should we move out of India?' That's a disastrous and big statement for Kiran to make. She fears for her child. She fears about what the atmosphere around us will be. She feels scared to open the newspapers every day."

SRK had told a TV channel: "There is intolerance... there is extreme intolerance... there is, I think... there is growing



REITERATION: Anubhav Sinha reiterates Shah Rukh Khan and Aamir Khan's five-year-old views on intolerance.

intolerance. It is stupid to be intolerant and this is our biggest issue, not just an issue... Religious intolerance and not being secular in this country is the worst kind of crime that you can do as a patriot."

Shah Rukh's comment reportedly came in the wake of the 'awards-waapsi' controversy that was raging at that time.

Both Shahrukh and Aamir were severely criticised for their statements. SRK later claimed his comments had been misconstrued. - IANS



SARCASTIC: Siddhant Chaturvedi

Siddhant's reply to Ananya's nepotism comment is hot meme material!

"Jahaan humaare sapne poore hote hai, waha inke struggle shuru hote hai" [Their struggle begins where our dreams are fulfilled] - a savage reply by actor Siddhant Chaturvedi to actress Ananya Pandey's nepotism statement - is currently Internet's favourite meme ingredient.

The reply came during Rajeev Masand's chat show that Ananya and Siddhant attended, where the former was seen trying to define struggle and nepotism.

"I have always wanted to be an actor. Just because my dad has been an actor, I will never say no to an opportunity to act. My dad has never been in a Dharma film, he never went on

Koffee With Karan. So, it's not as easy as people say. Everyone has their own journey and their own struggle," she said.

Pat came the reply by Siddhant: "Jahaan humaare sapne poore hote hai, waha inke struggle shuru hote hai."

Netizens were quick to take the reply and make into memes on social media.

A user made a meme: "Delhi Guy: mujhe aaj office se ghar aane mei 2 ghante lag gaye oh no."

Bengaluru Guy *who spent 2 hours just at Silk Board*: Jahaan humaare sapne poore hote hai, waha inke struggle shuru hote hai."

Some even made a Ananya's comment into memes.

A user wrote: "When I use mobile phone while charging it" and then putting a picture of Ananya and captioned it: "Mainai bhot struggle kiya hai?" - IANS

Epic snub for Netflix on a night of Globes surprises

Netflix failed to impress as Scorsese's mob epic went home with nothing and Noah Baumbach's divorce drama picked up one minor award



SAVING GRACE: US actress Laura Dern accepts the Best Supporting Actress - Motion Picture Award for *Marriage Story*; right, British actress Olivia Colman poses with the award for Best Performance by an Actress in A Television Series - Drama for *The Crown*. **AFP**

By Andrew Pulver

Netflix stumbles at final hurdle

Before the Globes, Hollywood was readying the knee cushions as it prepared to genuflect before the streaming giant, whose 34 nominations suggested it was about to do to the film industry what it has already done to TV. But they will delightedly be thrown away Sunday morning: Netflix bagged only one of its 17 film noms (Laura Dern for best supporting actress) and one out for 17 (again) for TV (Olivia Colman for *The Crown*). Is this the industry quietly sticking a knife in Netflix's ribs in the only way it can? With the platform itself under siege from Disney+, Apple TV and NBC's Peacock, this could well be seen as the moment that the tide turned.

Big screen back on top

Conversely, the triumph for *1917* and *Once Upon a Time in Hollywood* means that actual cinema-going

has got a shot in the arm. The Tarantino is that rarest of beasts, a non-superhero studio picture, while *1917* - featuring virtuoso cinematography from legend-of-the-game Roger Deakins - is clearly going to work best in a cinema. So maybe what Martin Scorsese calls the "communal experience" of the movie theatre isn't dead yet.

It is what it is for *The Irishman*

Martin Scorsese's elegaic mob epic was this year's big ignoree: not only was Robert De Niro not even nominated, but the Globes looked the other way when it might have been down to the Netflix effect? Or might it have got squeezed in the old comedy-v-drama divide that the Globes likes to promote?

What's a non-music-based biopic to do?

Last year, Rami Malek won best drama actor for *Bohemian*

Rhapsody as a warm-up for Oscar glory; the same trick for 70s glam-rock show ponies could be on again, as Taron Egerton won for *Rocketman* (in the slightly more realistic musical/comedy category). With Renée Zellweger picking up a Globe for her lung-busting turn as Judy Garland, it's not hard to see the way Hollywood has been thinking over the last few months - shove a few toe-tapping songs in it, and it's gravy. The downside: nothing for Eddie Murphy, Cynthia Erivo, Charlize Theron or Jonathan Pryce, not to mention the Pacino/Pesci combine.

Disney not so unstoppable after all

With the three highest-grossing animated films of the year - *The Lion King*, *Frozen II* and *Toy Story 4* - Disney must have been pretty confident of snagging the best animated film Globe. But no - indie outfit Laika, stop-motion specialists whose past credits include *Coraline*, *The Boxtrolls* and *Kubo and the Two Strings*, waltzed past to nab the trophy for *Missing Link*, the mildly amusing Bigfoot

yarn with Hugh Jackman and Zach Galifianakis. If that's not a snub, nothing is.

Amid the welter of Ricky Gervais gags and impassioned pleas, the bluntest podium insult has got a little lost. So let's give it another go. Sacha Baron Cohen, fresh from giving Facebook an epic shafting at the Anti-Defamation League, strolls up to introduce Taika Waititi's Hitler comedy *Jojo Rabbit*. Reading from a piece of paper, Baron Cohen said: "The hero of this next movie is a naive, misguided child who spreads Nazi propaganda and only has imaginary friends. His name is Mark Zuckerberg." Ouch.

Bleeding-edge indie types take a knock

The advent of *Marriage Story* and *Little Women* - from the supercool axis of Noah Baumbach and Greta Gerwig - looked at one stage as if it would usher in a new era of indie-maverick types taking over the mainstream. Well, it didn't work out that way: Gerwig's directing and writing talent didn't even get her on the board, despite the MOR source

material, while Baumbach largely struck out. Hollywood's new generation was represented by Awkwafina, though for all its pioneering diversity, as a film, *The Farewell* is pretty straight-ahead stuff. Elsewhere, older-generation heavyweights ruled the roost: Brad Pitt, Tarantino, Zellweger and Sam Mendes. Joaquin Phoenix, who won for best drama actor, still retains a bit of indie-mav credibility, but *Joker* is about as mainstream as it gets.

Jojo Rabbit loses its bounce

After winning the people's choice prize at Toronto last year, Taika Waititi's film looked set fair for major awards action: after all, recent previous winners in this reliable predictor included *Green Book*, *Three Billboards Outside Ebbing, Missouri* and *La La Land*. But the Globes haven't been kind: just two nominations and no wins. *Jojo* might yet follow the *Green Book* path to Oscar glory - critical sniffs failing to dent audience popularity - but it's not looking good.

- The Guardian



Embassy of Argentina holds luncheon for working women

The Embassy of Argentina recently organised a ladies-only working lunch to acknowledge the women co-operating and working with the embassy for different projects during the past year and a half.

The lunch was attended by notable personalities, including Fatma al-Remaihi, CEO of the Doha Film Institute; Lolwa al-Marri, President of the Qatar Women's Sports Committee; Mariam Abdulla al-Haroon, President of the Qatar Women Association; Jiskala Khalayli, Executive Director of Qatari Businesswomen Association (QBWA); Amal al-Aathem, Board

Member of QBWA; Dr Ghada M Darwish Karbon, lawyer and active member of QBWA; Dima Khatib, Managing Director of Al Jazeera plus; Dr Mariame Farqane, Founder and CEO of PallasArts; Conchita Ponce, Founder of Future318; Maria al-Bader, owner of Pasarela Haute Couture; Nawaal Akram, a comedian, model, athlete and disability rights campaigner; Yasmian al-Sharshani, the only Qatari female golfer; and Mayada AlSahaf, a notable journalist. Areas of further co-operation and projects for 2020 were identified and discussed on the occasion.



AMUAAQ organises get-together

Aligarh Muslim University Alumni Association Qatar (AMUAAQ) recently organised a get-together at Museum of Islamic Arts (MIA) Park. Dr Syed Muneer Husain Jaffery, President of AMUAAQ, welcomed the gathering. Zeyaul Haq, General Secretary, introduced the new members on the occasion. Shahid Yar Khan, Ali Imran, Sarwar Mirza Beg, Ziauddin Ahmad, Mosheer Alam, Asif Khan, Qamar Alam, Kareem, Jawed Sultan and Mohd Ahmed welcomed all the new members and

gave general guidelines about the regulations in Qatar. MS Bukhari, Patron of AMUAAQ, applauded the executives and presented the mementos in honour to facilitate two special guests from AMU, including Dr Rahat Abrar, Director of Urdu Academy and former PRO at AMU; and Ashkar Husain, Senior PGT teacher at AMU. The event was attended by over 120 members along with their families.



EXCHANGE STUDENTS: Middle East International School (MEIS) recently hosted exchange students from Connecticut. The students come from a school in the USA where they are learning Arabic as a second language. The exchange offers students with opportunities to use their Arabic as well as learn about culture and Islamic values while in Qatar. Salem Rashid Thani al-Mohanadi, Chairman of MEIS, welcomed the students.