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Ideal Indian School wins Islamic awareness competition for fourth successive year.

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Qatari author shares her opinion on daily life issues in her maiden book Hath Rayi Esh Rayak.

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Sunday, September 29, 2019
Muharram 30, 1441 AH
Doha today: 32º - 37º

GULF TIMES
COMMUNITY

Artsy delight

Turkish expat Nukhet Dora on the aesthetics of cake making. P4-5

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What researchers think gut bacteria has to do with weight gain.
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Humanitarian Services Office (Single window facility for the repatriation of bodies)

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- Ministry of Health: 40253370, 40253364
- Hamad Medical Corporation: 40253364, 40253365
- Qatar Airways: 40253374

Abominable

**DIRECTION:** Jill Culton  
**CAST:** Chloe Bennet, Tenzing Norgay Trainor, Eddie Izzard, Sarah Paulson.

**SYNOPSIS:** After discovering a Yeti on the roof of her apartment building, teenage Yi and her two friends embark on an epic quest to reunite the magical creature with his family.

**THEATRES:** Landmark

Love Action Drama

**DIRECTION:** Dhyan Sreenivasan  
**CAST:** Nivin Pauly, Nayanthara, Aju Varghese

**SYNOPSIS:** The plot follows a man who goes through all kinds of action to impress the girl he likes with a hope to marry her. He has too much money to throw around and too little intellect.

**THEATRES:** The Mall

—Theodore Roosevelt

“Believe you can and you’re halfway there.”
**EVENTS**

**Ezdan Zoo at Ezdan Mall**  
**WHERE:** Ezdan Mall  
**WHEN:** Ongoing till October 4  
**TIME:** 6pm — 9pm  
Let’s Get Wild! Hop on over to Ezdan Mall Little Animal Zoo and experience adventurous Safari tours.

**Science and Myth**  
**WHERE:** Qatar National Library  
**WHEN:** Tomorrow  
**TIME:** 10:30am  
Evolutionary theory has been the subject of wide debates questioning the origin and evolution of several species, including humans. In this forum, we will shed light on the principles of evolution in nature and the foundations of the theory and the scientific questions it is trying to address.

**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.

**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.

**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.

**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. Mamangam has become the favourite centre for learning. We offer regular classes in the following disciplines like traditional classical and folk dance forms, art and craft, drawing and painting, personality development and public speaking, Bollywood dance, contemporary, hip hop styles, music both vocals and instrumental. To develop health consciousness, we train them karate, yoga with special sessions for kids and adults. Mamangam has also come up with chess and robotics in regular batches in an attempt to give a better learning experience, as they sharpen their minds and brains too.

**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 66523871/3132649.

Compiled by Nausheen Shaikh. E-mail: glisting@gmail.com. Events and timings subject to change.
"I never tell myself that I am perfect"

— Nukhet Dora, Turkish cake specialist

Cakes are special. Every birthday, the celebration ends with something sweet — most likely, a cake — that people remember. Perhaps, it’s all about the memories.

Cakes are baked and decorated first to make memories and then to make them memorable. It may not be hard to find a good cake-baker but it is rather difficult to find a baker who is very good at decorating cakes artistically at the same time.

Nukhet Dora, a Doha-based Turkish expatriate, loves baking and decorating cakes, cupcakes and cookies. She is actually a sculptor making sculptures out of cakes. For her, it all started as a hobby and has become a passion and a source of joy.

Community recently sat with Nukhet, a civil engineer by qualification and mother of two daughters, and discussed her passion for cake baking and decorating as a hobby.

The expatriate has lived in other Gulf countries with her husband. “We moved to Doha in 2012. Earlier we lived in Dubai and Saudi Arabia where my husband worked. I also worked there as a civil engineer.

“After I had my first daughter — who is 16 now — I made a web page updating my experiences of being a mother. It got very famous back in Turkey as number of mothers visited my page and took advantage from my experiences of motherhood. I continued working as a civil engineer till 2009,” Nukhet said.

Explaining how her love for cakes started, Nukhet said: “For my second daughter, who is now 13-year-old, I started writing blogs. I was the time and trend for blogs. I witnessed online that many people were busy in doing something different and other than their routine work.
I, along with my sister, ran the blog sharing our cooking and baking experiences. “Through this experience, I came across the cake baking and sugar paste decoration work. As the first birthday of second daughter was coming, I decided to bake my first cake for the birthday in 2007.” Nukhet taught herself everything about cake baking and decorating. “It is all self-teaching. I got help from books and Internet. Later on, however, to learn decoration, I took some classes with Wilton cooking centre. After I quit my job, I started taking orders to bake birthday cakes. I got really busy with the baking.”

The Turkish expat got her name by beautifully decorating the cakes and giving them different shapes. “I think people started to like the way I decorate and colour my cakes and cupcakes. I started trying new recipes. I got so passionate about baking that people assumed there was always a cake at my home! There were not many people making decorated cakes there (Dubai) at the time. I became kind of famous (laughs) among the expatriate communities.”

Nukhet believes her distinct way of decoration and making sculptors with cakes made her work different. “I brought to the people good sugar paste decoration and making sculptors. You also need to be some sort of a sculptor. I am also making talent. You also need to be a kind of a sculptor. I am also need to have an interest in baking. Then only, they can learn from others. It all starts with little steps. They can grow slowly but steadily.”

Nukhet taught herself everything about cake baking and decorating. “It is all self-teaching. I got help from books and Internet. Later on, however, to learn decoration, I took some classes with Wilton cooking centre. After I quit my job, I started taking orders to bake birthday cakes. I got really busy with the baking.”

“People tell me the special thing about my cakes pertains to the colours I use. I try to make colours look natural and have good colour schemes. Mixing of different colours comes naturally to me, I got it from my father who was an artist/painter. I come from a kind of creative family.”

Nukhet firmly believes in constant learning and improving her work. “In the world, there are many talented cake bakers and decorators. There is so much knowledge as well that I have to attain. I also try to follow some really successful decorators. I never tell myself that I am perfect.”

After mastering the art of cake decoration, she has also started giving training and organising workshops for those interested. “I started teaching how to bake a cake before I came to Qatar. I have been arranging workshops in Doha for the last seven years. However, I am not very regular. But very often, I get number of orders for birthday cakes.”

“I give three classes — for cake making, cookies and cupcakes. The basic class is for baking. Then, we go for flowering and then for figuring. I also teach how to make two-tier cakes. As for the decoration, I use sugar paste. I teach students how to make the paste and cream, and how to role it up on the cake. There is layering and creaming process that we do together. I also teach them how to use different tools to decorate a cake.”

Nukhet is happy with the response she is getting from her students. “My classes mostly go on for six hours. I see that mothers are predominantly interested in learning skills. As they do not have six consecutive hours for a class, I divide the classes into three hours over two days. Even the days are not consecutive (for convenience).”

Nukhet believes not everyone can master cake decoration art. “The skill needs some talent to master it. For example, if you are making a birthday cake, they can ask you for a specific shape or character. You have to make such cakes by hand, which needs some sculpture-making talent. You also need to be some sort of a sculptor. I am also planning to take formal sculpture classes.”

She also sees a high demand and interest in beautiful and big cakes in Qatar. “There are many people here who are more interested in bigger cakes. I bake at home. It is my hobby and not business. I take orders only for family parties and charge only for my ingredients. I bake for my children and for my customers alike. “I do not plan to turn it into a full time business in the near future as I have a home to tend to. However, I will continue learning about the art as much as I can. I am pushing myself to make cakes of different styles.”

Sharing her piece of advice to others, she said: “First of all, they need to have an interest in baking. Then only, they can learn from others. It all starts with little steps. They can grow slowly but steadily.”
IIS wins Islamic awareness competition

Ideal Indian School (IIS) recently hosted the 4th Annual Interschool Uswa-E-Rasool Elocution and Recitation competition with reverence and austerity.

The topics for the competition were; “The Respect of Humanity in the Light of Teaching of the Prophet (PBUH)” and “Islam, a Religion of Peace and Love.” Out of the 10 schools that participated in the annual mega event, IIS lifted the overall trophy for fourth successive year.

Fadhil Mohammed secured the second position in Qur’an recitation in junior category. Abdullah Mohammed Khan stood first in Qur’an recitation in senior category. Farha Naaz secured second position in elocution in junior category and Ziya Sulficker secured the first position in elocution in senior category.

Syed Shoukath Ali, SIS Principal, congratulated the Department of Arabic, students and teachers for achieving the victory. The competition was judged by the members from Tech for Qatar. The team consisted of Khalid Omar Yassin, Chief Programme Office Tech for Qatar, Mohammad Ahmed al-Shaabi, Programme Manager Tech for Qatar, and Mariem Fekih Zguir, Fellow & Teacher Tech for Qatar.

DPS-MIS holds bus safety activity for Grad-II students

DPS Modern Indian School (DPS-MIS) recently conducted a ‘Bus Safety Activity’ for the students of Grade-II.

The children were taken to the school bus by the respective class teachers.

They were welcomed by the bus driver. The driver spoke to the children about how to be safe while travelling in a bus.

The teachers conducted a safety quiz in the bus where children had to answer raising placards indicating whether an action stated is safe or unsafe.

It was a learning experience for the children who enjoyed the session and promised the drivers and teachers to always abide by the safety rules.

Pre-primary children observe Hat Day at SIS

Hats are totally fun. Hat Day is one of the most liked events of the year at Shantiniketan Indian School (SIS). Young students came dressed up in colourful outfits which co-ordinated well with their artistically created hats, adorned on their heads.

Teachers and parents tried their best to nurture creativity in the children. They learnt that the sun is the source of heat and light and hats can reduce the intensity of heat.

The Hat Day was one of the best days for the tiny tots to break the routine and make them feel super cool with their hats on.
2020 Hyundai Sonata, Le Fil Rouge concept named finalists at 2019 IDEA

Genesis G70 wins J D Power Multimedia Quality award

The All-New 2020 Hyundai Sonata and Le Fil Rouge concept have been recognised as finalists at the 2019 International Design Excellence Awards (IDEA) by the Industrial Designers Society of America (IDSA) for their bold and artful design innovations. IDEA honours design excellence that improves quality of life and pushes conceptual and engineering boundaries in categories such as automotive and transportation, design strategy, consumer technology, environments and more.

“It’s a great honour to be named finalists at this prestigious award. Our ultimate goal is to go beyond pure aesthetics, perhaps even beyond design,” said SangYup Lee, the Senior Vice President and Head of Hyundai Global Design Center. “Employing Hyundai Motor’s new design philosophy ‘Sensuous Sportiness,’ Hyundai Sonata and the Le Fil Rouge concept reflects our goal by creating vehicles with a heightened emotional value and desirability.”

The 2020 Sonata is a celebration of the four-door coupe. It has a distinct tension on the side that harmoniously blends crisply layered body lines and the vehicle’s aerodynamic frame. Concave and convex forms are also carefully orchestrated to highlight its voluptuous fastback character. Another attractive feature is Sonata’s athletic ambience created by a wide, long and layered hood, low-hanging stance and sleek roofline. Boasting a high-powered look, the 2020 Sonata has an average height (including the deck lid) nearly an inch lower than any of its predecessors. The ultra-wide rear taillight adds to the Sonata’s sporty character.

Le Fil Rouge concept car exudes unique proportions forged by a long wheelbase, large wheels and short overhangs. A balanced dash-to-axle ratio – the distance from the dashboard to the front axle – allows a comfortable driving position, while a teardrop roofline completes its fluid, dynamic look.

“In creating a new design for each segment to make Hyundai Motor the most beloved brand in the automotive industry,” added SangYup Lee. “Hyundai Motor will continue to develop and offer more distinctive and creative designs.”

IDEA is a premier international design competition that recognizes and promotes design excellence across a wide array of industries and disciplines. Organised annually by the Industrial Designers Society of America, submissions are judged according to criteria such as design innovation, benefit to the user, benefit to the client, benefit to society and appropriate aesthetics.

The 2020 Sonata will be available at Skyline Automotive W.L.L., a Jaidah Group company and official distribution partner of the Hyundai Motor Company in Qatar.
Hedi Slimane gets creative at Celine

Not content with shocking the fashion industry with his radical takeover of Celine, Hedi Slimane is tearing up retail - turning the French house’s stores into intriguing brutalist salons, writes Alex Needham

It’s midnight on Sunday in Paris, in a basement club called Le Dandy, and the team from French fashion house Celine are celebrating. The third band of the night are playing – Brooklyn punk-funkers Bodega, who provided the soundtrack for the menswear show earlier that evening. The artist David Kramer is here with his wife – Kramer’s nostalgic, witty, Technicolor paintings featured on the show’s invitation, and slogans from his work such as, “I have nostalgia for things I probably have never known,” were transposed on to the clothes and floppy straw baskets in the spring/summer 2020 collection.

Dressed in jeans, boots and a white T-shirt speckled with holes, Hedi Slimane, Celine’s creative director, takes photographs of the crowd, a collection of models, friends and co-workers, who are all enjoying the chance to cut loose into Monday morning as Bodega tear into last year’s excellent single How Did This Happen?

While his aesthetic is instantly recognisable – lean, sharp, rock’n’roll – Slimane has always relished the chance to open up his vision to other contributors and points of view. “He has developed a very distinct visual vocabulary,” says LA-based sculptor Oscar Tuazon, “and I think it thrives in contrast or an unexpected juxtaposition of elements.”

For two decades, both as a photographer and fashion designer for Dior Homme, Saint Laurent and now Celine, Slimane has collaborated with emerging musicians. He has commissioned bands such as These New Puritans and SWMRS to create the soundtrack to fashion shows, and documented their lives in books such as London Birth of a Cult. A diehard music fan, Slimane has been deeply inspired by the greatest rock performers of the past 20 years. However, his recent work at Celine has thrown the spotlight on to another group of collaborators: artists.

Slimane was announced as Celine’s new creative director in January 2018, with a mandate to introduce menswear and eventually couture. From 2012-16 he had overhauled Saint Laurent, a project which more than doubled the brand’s turnover, and redefined the role of the modern fashion designer. For Slimane, the clothes are only part of the story – he’s responsible for everything, from photographing the advertising campaigns and designing the sets for his elaborate fashion shows, right down to look and paper quality of the shopping bags. Of course, this 360-degree approach includes designing Celine’s stores. So far, remodelled branches in New York, LA, Tokyo, Milan and Paris have been unveiled, ranging from an imposing glass box in Madison Avenue to the flagship on Rue de Grenelle in Paris, a tactile temple of marble and reclaimed oak, with plinths and shelves that – thanks to LED lighting – seem to float just above the concrete floor.

Slimane’s stores for Saint Laurent had been modernist and monumental. For Celine, he wanted something more intimate. Yes, the stores would embody a kind of brutalism involving stainless steel, black granite threaded with ginger and cream and wood, but there would also be plenty of chairs to sit on, books to read, people to talk to, materials to stroke (not just the clothes, but the building’s surfaces), music to listen to – and artworks to look at.

Which is where the new Celine Art Project comes in. It encompasses almost 20 painters and sculptors, ranging from emerging talents such as Shawn Kuruneru to huge names such as Theaster Gates, who have had work either commissioned or acquired for Celine’s stores around the world as they are redesigned by Slimane. The stores have been envisaged as not simply places to buy clothes, but as salons in which to hang out and explore culture, proposals for a
French fashion house Celine

PIONEER: Hedi Slimane, whose ultimate aim is to uncover new talent and create a community with shared attitudes and aesthetic values.

CREATIVE: James Balmforth’s Surface Response (Stack) in the New York Madison store stainless steel, mild steel and slag.

Phaidon

21st-century maison. “There’s a real understanding that [the store] is a public space,” says Tuazon, who has made a piece for the Grenelle store. “It has restrictions, but it is a place where anybody can walk in the door and the levels of engagement vary – not everybody’s there to buy!”

Tuazon’s work Mobile Floor is mounted on the wall but looks a bit like the floorplan of a small structure, detailed in contrasting wood, some of which was sourced from parquet panels from a house in the same Left Bank neighbourhood as the store, “so it has a connection to that place and history”. Like many of the other works in the Celine Art Project, it begins to be touched. “The store is welcoming in a different way than an art gallery,” Tuazon says. “There, you’re asked to look at something and leave. Here, you’re asked to look at something and stay. It comes down to touch – people can go into the store and touch things. “Certainly, in the Avenue Montaigne store in Paris I am encouraged to rattles the painted chains of a sculpture by Davina Semo. Called We Don’t Win Any More, the black chains have been hung to form two giant X’s. Many of the works Slimane commissioned are rough-edged and almost architectural, a contrast to the soft luxuriousness of the clothes. The sculptor Virginia Overton has a work on each American coast. The piece in Celine’s Soho, New York store, she says, is “made with cedar, walnut, steel and string. It’s a low columnar piece, with the angled walnut chunk stacked on top of the larger cedar component.” In the Rodeo Drive store in Los Angeles is an Overton piece “from a small series of ram-like wall works that are made from old plywood tabletops in the studio. The ‘star’ that hangs at Celine was the first one that I made as a test. The plywood was worn out in terms of its use as a tabletop but functioned well as a sculpture. I cut the full sheet of plywood into 20 triangular sections and then reassembled it into the current shape: usefulness restored.”

Canadian sculptor and installation artist Rochelle Goldberg, meanwhile, has created a sequence of ceramic masks called Composite Release, which have been placed in the changing rooms of the Milan Montenapoleone and Paris Duhoot stores, “confronting the private sphere of the patron and everything he or she brings to the mirror,” the artist says. Other works in the Celine Art Project include Goldberg’s totemic whittled cedar columns in two Paris stores; Gates’s Smull Stumble With Mountain, a black concrete pillar with two grey stones on top; and James Balmforth’s Surface Response (Stack), large chunks of steel and slag placed on top of one another with three smooth, grey surfaces and a black, jagged one, commissioned for Madison Avenue.

While the stores are united by Slimane’s aesthetic, there’s nothing identikit about them. The designer carefully considers each store’s location, the history of the building, and how it knits into the local community. He has decided where all the artworks will stand or hang, and also personally placed the furniture in its own specific locations – not just vintage pieces, but pared-down, modernist chairs he designed himself (they were briefly commercially available in the 00s, and may be again). “I’ve been to the store in New York and Tokyo, and seeing how the space is organised and the furniture he’s done, I like his selection, I feel there’s a common interest there,” says Kurunger, whose swirling, black ink paintings hang in two of the Paris stores.

Common interest is key in Slimane’s collaborations, both with artists and musicians – likeminded, creative people whose work exhibits some kind of sympathy of spirit. (“He found my work to be very strange,” says Goldberg. “And strange can of course be attractive.”) Slimane’s ultimate aim is to uncover new talent and create a community with shared attitudes and aesthetic values, in which music, design, art and fashion all express a way of seeing the world.

Other artists’ work has been incorporated into Slimane’s clothes design; most recently Kramer, but also artists like Seth Bogart, frontman of Hunx and his Punx, whose cartoon scribbles covered skirts and shoes in a Saint Laurent capsule collection released in 2014. Slimane’s first collection for Celine, meanwhile, saw Christian Marclay – famous for his 24-hour film masterpiece The Clock – create pop-art-style cartoon panels which were embroidered on coats and jackets (Pet Shop Boys singer Neil Tennant wore a Slimane/Marclay parka when performing with the Killers during their headline set at Glastonbury this summer).

None of the artists believe that their work is weakened by being put in a fashion context. “It’s the moment to recognise that fashion has historically been a female-dominated domain while the art world has been a male-dominated endeavour,” Goldberg says. “There is an embedded misogyny in the exclusion of fashion as an outlet for thought and action.”

Overton, meanwhile, simply says that it’s refreshing to have a work displayed somewhere unusual: “Unexpected places like the Celine stores are nice because we can experience the work in new ways.” Tuazon likes that the store itself acts as a performance arena for shoppers trying on new clothes – and that while the clothes may be for sale, there are also objects in the store, like his works, that can’t be bought: “There can be an interesting tension between objects in two different states.”

As further revamped stores open around the world – London’s Mount Street has just relaunched and 45 more will have opened by the end of the year – the Celine Art Project will continue to evolve. “Hedi’s a creative person so he understands the process and the support artists need,” Tuazon says. “He’s really committed to making the space work.” With their collision of opposites – public and private, rough and soft, commercial and intellectual, high and low – these spaces are Slimane’s design philosophy made concrete.

— The Guardian
What water worlds are best for life

Astronomers can find distant “exoplanets” with water – the essential requirement for life – and some day will be able to say which have oceans most likely to harbor living organisms.

‘Upwelling’
Key to life on Earth, and any other world

When sea water flows upward, it returns nutrients from dark depths to sunlit surface layers

Photosynthetic life – the base of the food chain – lives there

More upwelling means more nutrient resupply, which means more biological activity

Three things promote upwelling

1. Dense atmosphere
   creating strong winds that can pump deep sea water upward

   Planets like Mars, with thin atmospheres, have weak winds

2. Slow planet rotation
   lets wind overcome “Coriolis forces” to lift deep water (Coriolis is seen in a hurricane’s rotation)

3. Presence of continents
   lets wind push surface water away from the coast, which makes deep water rise to replace it

The vast distances to exoplanets means it is impossible to visit them with space probes (left)

Instead, scientists will look for the planets’ details with remote sensing tools such as telescopes (right)
Here is what researchers think gut bacteria has to do with weight gain

A team of US researchers have found a molecule that helps synchronize the absorption of nutrients in the gut with the rhythms of the Earth’s day-night light cycle - a discovery that has far-reaching implications for obesity in affluent countries and malnutrition in impoverished countries.

Dr Lora Hooper and her research team at UT Southwestern found that the good bacteria that live in the guts of mammals programme the metabolic rhythms that govern the body’s absorption of dietary fat.

The team also found that microbes programme these so-called circadian rhythms by activating a protein named “histone deacetylase 3” (HDAC3), which is made by cells that line the gut.

Those cells act as intermediaries between bacteria that aid in digestion of food and proteins that enable absorption of nutrients.

The microbiome actually communicates with our metabolic machinery to make fat absorption more efficient. “But when fat is overabundant, this communication can result in obesity. Whether the same thing is going on in other mammals, including humans, is the subject of future studies,” said lead author Dr Zheng Kuang, a postdoctoral fellow in the Hooper’s laboratory in the study published in the journal Science.

The study, done in mice, revealed that HDAC3 turns on genes involved in the absorption of fat. They found that HDAC3 interacts with the biological clock machinery within the gut to refine the rhythmic ebb and flow of proteins that enhance absorption of fat.

This regulation occurs in the daytime in humans, who eat during the day, and at night in mice, which eat at night.

“Our results suggest that the microbiome and the circadian clock have evolved to work together to regulate metabolism,” said Hooper. Disrupting the interactions between the microbiota and the body’s clock could make us more likely to become obese.

“These disruptions happen frequently in modern life when we take antibiotics, work overnight shifts, or travel internationally. But we think that our findings might eventually lead to new treatments for obesity - and possibly malnutrition - by altering the bacteria in our guts,” the researchers mentioned. – IANS

COMMUNITY/LIFESTYLE/HOROSCOPE

Here is what researchers think gut bacteria has to do with weight gain

Lifestyle Horoscope

**Aries**
March 21 – April 19

You may feel extra dreamy today, Aries. Your moods may fluctuate. It may be hard to get other people to share your boisterous good humor. Trying to get people to jump on your bandwagon of excitement may be difficult. Perhaps there’s something going on with them and their emotions that you simply aren’t noticing. Pay attention.

**Cancer**
June 21 – July 22

Nothing will escape your attention today, Cancer. Your sixth sense is right on target. Your mind is razor sharp and emotions extra sensitive. You will move through this day with your radar fully intact. You’re like a detective cutting through to the core of every issue. You will be able to get quite a bit accomplished with very little effort. Things will naturally flow your way.

**Leo**
July 23 – August 22

You may feel like you’re ready to get the party started today, Leo, but for some reason, the people around you aren’t exactly following suit. Perhaps you need to slow down and wait for others to catch up. They may end up not coming around at all. If people say they’re doing fine, don’t necessarily believe them. There’s most likely something brewing beneath the surface that needs attention.

**Libra**
September 23 – October 22

Don’t get sad if no one is laughing at your jokes today, Libra. It doesn’t mean you aren’t funny. It just means that people may not be in the mood to laugh. Ridiculous as it seems, today is simply a better day to cry. Let out all your pent-up emotions. Talk things over with others. Your heart communicates well through you today.

**Scorpio**
October 23 – November 21

Don’t be shy today, Scorpio. Express how you feel. The more you share with others, the more they will be encouraged to share themselves with you. Today may be filled with a great many tender moments that are worth documenting in your journal tonight. Your thinking is clear and in line with your deepest and truest emotions. You’re the star of the show.

**Sagittarius**
November 22 – December 21

Hold your temper today, Sagittarius. No one wants to argue. It may be tough to connect with the people around you, but this isn’t a reason to get upset. Tone things down and speak more softly. Listen to what others have to say. There may be a bit of a disruption in your daily routine. Others may challenge what you’re feeling. Don’t doubt yourself.

**Aquarius**
January 20 – February 18

Today is a good day for you, Aquarius. New opportunities will abound in your regular routine. Work with a group to accomplish something greater than you could do by yourself. Tune in to the energy of the collective. You have exactly the right qualities that others need today. Use them.

**Pisces**
February 19 – March 20

Your intuition is more reliable than your mind today, Pisces. This is a terrific day in which you should enjoy a good mood and clear head. Your emotions are high, so take advantage of this energy and share it with others. Your generous, nurturing spirit is in demand. If you had a nickel for every good piece of psychological advice you dispense today, you’d be a millionaire.
Wordsearch

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.

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Squares with the same number in have the same letter in. Work out which number represents which letter.

ADIRAL  CAPTAIN  COMMANDER
CONSTABLE  ENSIGN  INPECTOR
MAJOR  PRIVATE  TROOPER
BRIGADIER  COLONEL  COMMODORE
CORPORAL  GENERAL  LIEUTENANT
MARCHAL  SERGEANT

Codeword

Puzzles courtesy: Puzzlechoice.com

Sudoku

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

Sudoku courtesy: Puzzlechoice.com

Adam

Bound And Gagged

Pooch Cafe

Garfield

Sudoku

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Sudoku courtesy: Puzzlechoice.com

Adam

Bound And Gagged

Pooch Cafe

Garfield
**Super Cryptic Clues**

**Across**
1. Small fruit put underground, we hear (5)
2. Cereal in west requiring warmth (5)
3. A lovable eccentric primarily (5,3)
4. Standard portion or medium selection (4)
5. Woman from the United Nations (4)
6. Drug distributed in Paris (7)
7. Carrier hurried in back street to get drink (11)
8. Sinatra could be a skilled worker (7)
9. Action taken to back favourites (4)
10. Be fond of story about King (4)
11. Persuaded to talk when taken from the bank (5,3)
12. Cleaners don’t have gents to put off (5)
13. Want to follow Branson’s first jet? (5)

**Down**
1. Anger about bishop revealing scripture (5)
2. Bird that’s upset an Italian city (7)
3. You are not finished in time (4)
4. Manuscript buried in wood somewhere in Cheshire (8)
5. Change in middle of genuine weariness (5)
6. Row about stray dog (7)
7. One smears for one from Tonga, say (8)
8. Delayed, having attempted to cross a river (7)
9. Grant one found with a fairy queen (7)
10. Lacking vigour, trainer takes part (5)
11. Courage is needed to remove feathers (5)
12. Essayist requiring meat (4)

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**Answers**

**Today’s Solutions**

**Wordsearch**

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B E R R Y  W H E A T
A I N E
A B O V E
A L L
S N O R M
E D N A
A S P I R I N
N I L E
T R A N S P O R T E R
A R T I S A N
S T E P
E L I K
L I K E
D R A W
O U T
E R E M I C
D E T E R
B L A C K
```

**Codeword**

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C D O W W U V L R P E N C A D H T A W S E I U V E
O R G M D C P I A N D P F H L
P A V M Y D N S L O V F M B
O C U R A E P D O A D L R M A
R U A G E T E E Y H E W O A T
A B V O U C A M N S T R O S
U R S T O D M C A R A R E P N
S Y I O M A B J A V O D G O
L E R I N O J U N I O N M E G
A R G G H N R Y R P A N W
R A D D I A W G D S P E M E S
L O C H S P W G I N Y R M R E
Y M U T N A E G R E S F O A T
H V L Y E R O D O M M O L S
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Million dollar prodigy wants to produce music for Hollywood

Child prodigy pianist Lydian Nadhaswaram enjoyed meeting Ellen DeGeneres, and says the comedian-host was very kind and encouraged him a lot.

Music prodigy Nadhaswaram won a $1 million this year on an American reality show for showcasing exceptional talent on the piano. He has also appeared on popular The Ellen DeGeneres Show earlier this year.

"Ellen was so kind and she identified it and from then, the love and urge for music keeps me driving till now," he said. — IANS

Akshay ready to work with Sajid Khan if he is acquitted

Akshay Kumar, who stars in the upcoming Housefull 4, has made it clear that he will collaborate with filmmaker Sajid Khan in future if the latter is acquitted of the sexual harassment charges levelled against him by multiple women last year, under #MeToo Movement.

Kumar was interacting with the media at the trailer launch of the film along with co-actors Riteish Deshmukh, Kiara Advani, Pooja Hegde, Chunky Pandey and Bobby Deol, besides the film’s director Farhad Samji and producer Sajid Nadiadwala in Mumbai.

Filmmaker Sajid Khan had directed the first two instalments of the Housefull franchise and Sajid was to direct the fourth film, too.

However, Sajid stepped down in October last year after he was accused of sexual harassment by three women, including actress Saloni Chopra. Farhad Samji came on board to finish the film. Besides two films in the Housefull series, Akshay has also collaborated with Sajid on Heyy Babyy in the past.

“I don’t know exactly what has happened in his case but if everything goes well and if he is acquitted, I will surely work with him in the future,” declared Akshay.

Earlier reports had suggested that Sajid Khan had directed 60 per cent of Housefull 4 before being asked to stepped down, so shouldn’t he be given credit along with Farhad Samji? “It is true that he has directed 60 per cent of the film but this call has been taken by the studio (Fox Star),” explained Akshay.

“It’s been a year since #MeToo Movement started in Bollywood. Asked if he noticed any change, Akshay replied: “There have been a lot of changes. I think every other production company which I know — even in Sajid Nadiadwala’s company nowadays — there is a officer who deals with sexual harassment cases. They make sure that nothing goes wrong. They are there to accept complaints and they know everything what is happening. There is a lot of security. We don’t want any misbehaviour in our company or film sets.” — IANS
Guidelines of the Contest:
Following the given mood board/theme board, participants need to design any two unisex sample of a T-shirt for a sporting event.

Eligibility to Apply:
1. Grade-X pass students.
2. Each participant is only allowed a submission of two designs.
3. Designs should be strictly hand sketched and coloured.
4. Strict plagiarism rules apply. Any inspired/plagiarised design can lead to the disqualification of the contestant.
5. No digital designs would be accepted.

6. Each sketch should be submitted in standard A4 size, should be drawn with standard HB pencil/black marker and can be coloured in any medium. The sketch should include other details, including fabric options, colour options, trims options etc.
7. Any embroidery or other surface technique on T-shirt should be sketched separately along with the T-shirt design in order to understand the participant’s concept.

Judging criteria:
The final judgement will be based on the following criteria. Each contains 25 marks.
1. Concept
2. Creativity
3. Design Details
4. Product Feasibility

About the Mood Board:
From historic era to the present day fashion trends, the visuals in the theme board highlight Qatar’s architecture to its glitz-glam ever changing fashion trends and colours. What’s new? What’s classic? And is everything collaborating and coming back together? We leave it to you, to your perception and view of fashion in Qatar.
Qatari author shares opinion on daily life issues in her new book

By Mudassir Raja

**Hatho Rayi Esh Rayak** is a book that contains the insightful views of Amal Lingawi, a Qatari author and therapist. The book discusses the author’s opinions and views about a wide range of social matters. It is published by Hamad Bin Khalifa University Press and recently launched at Doha Festival City.

The launching ceremony was hosted by Fnac, the leading French retailer in Qatar. The gathering was attended by academics, media and clients who were happy to have the book signed by the author.

The event was in line with a partnership between Fnac and the Ministry of Culture and Sports, under which Fnac hosts events for local and international authors in order to revive the culture of reading and dialogue with the readers. “I thought it is better if it is interactive rather than one-sided. We can discuss other opinions. We can be flexible and be open to hearing and respecting each other’s viewpoint. I impose my opinion. ‘This is my opinion, what is yours?’ discusses an important topic in the society today, which is accepting others’ opinions and convictions. The book also states the author’s own views which are built on respecting other’s different perspectives. The book is available at Fnac in Lagoona Mall and Doha Festival City.

Amal Lingawi, a Qatari author shares opinion on daily life issues in her new book.

The author interacted with the gathering and shared her idea of writing the book and about her interest that led to writing the book. Talking to Community, Amal said: “My book consists of two parts. The first part has 20 articles about social and ethical issues and subjects that we face in our daily life.

“The other part of the book only has the titles of my articles. I hope that the readers will write their opinions about what I said. Whether they agree or disagree with my quotes. They can comment on my opinion.”

The author has tried to interact with the readers. “I thought it is better if it is interactive rather than me imposing my opinions on the readers.”

Amal has touched upon different aspects of life in her short book. “The book contains many topics like superstitions and how people perceive black cats, for example. I also speak about what people think about marriages in different cultures. Another topic is how we see relations between men and women—whether they complete each other or compete with each other.”

“The book contains many topics like superstitions and how people perceive black cats. I also speak about what people think about marriages in different cultures. Another topic is how we see relations between men and women—whether they compete each other or compete with each other” – Amal Lingawi

When asked about what inspired her to become a writer, Amal said: “I graduated from UK where I studied radio therapy and oncology. I have been working in different hospitals. I have worked in UK and France. I have been treating cancer patients. I have learnt about many patients wishes and desires that they want to do in their lives. The experience has always made me think that how I want to deal with something in my life. I want to ignite thoughts in the community. I think majority of people do not want to change their way of life. I think we should be more flexible and be open to hearing and discussing other opinions. We can agree to disagree with respect.”

Amal has been a writer since she was 17. “I have written for Arrayah highlighting the life of a Qatari student studying abroad. I wrote about my life as a student. When I came back to Qatar, I joined Hamad Hospital and kept writing my opinions. Actually, one of my friends collected all my opinions and took them to the publication. “I am also planning to translate my book into Urdu. The issues I have discussed are very local and there are many people in Qatar who speak and understand Urdu. My target audience lives in Qatar.”

*Photos by Nasser T K*