The return

Nine months pregnant with an album due at the same time as the baby, the star once known for her unfiltered goofiness has evolved. P4-5

Quiz
Celebrating freedom.

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Working from home was the dream but is it turning into a nightmare?

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SERIES TO BINGE WATCH ON AMAZON PRIME

Tom Clancy’s Jack Ryan
**DIRECTION:** Carlton Cuse, Graham Roland
**CAST:** John Krasinski, Wendell Pierce, John Hoogenakker
**SYNOPSIS:** When CIA analyst Jack Ryan stumbles upon a suspicious series of bank transfers his search for answers pulls him from the safety of his desk job and catapults him into a deadly game of cat and mouse throughout Europe and the Middle East, with a rising terrorist figurehead preparing for a massive attack against the US and her allies.

Homecoming
**DIRECTION:** Micah Bloomberg, Eli Horowitz, Sam Esmail
**CAST:** Stephan James, Robby Cannavale, Hong Chau
**SYNOPSIS:** Good intentions. Erratic bosses. Mounting paranoia. Unforeseen consequences spiralling out of control.

Heidi (Julia Roberts) works at Homecoming, a facility helping soldiers transition to civilian life. Years later she has started a new life, when the Department of Defense questions why she left Homecoming. Heidi realises there’s a whole other story behind the one she’s been telling herself.
Face mask protection helps slow the spread of Covid 19

Can face masks help slow the spread of the coronavirus (Sars-CoV-2) that causes Covid-19? Yes, face masks combined with other preventive measures, such as frequent hand-washing and social distancing, help slow the spread of the virus.

So why weren’t face masks recommended at the start of the pandemic? At that time, experts didn’t know the extent to which people with Covid-19 could spread the virus before symptoms appeared. Nor was it known that some people have Covid-19 but don’t have any symptoms. Both groups can unknowingly spread the virus to others.

These discoveries led public health groups to push for face masks. The World Health Organisation and the US Centres for Disease Control and Prevention (CDC) now include face masks in their recommendations for slowing the spread of the virus. The CDC recommends cloth face masks for the public and N95 masks needed by healthcare providers.

How do the different types of masks work?

Surgical masks: Also called a medical mask, a surgical mask is a thin, non-disposable mask that prevents the wearer’s mouth and nose from coming in contact with droplets, splashes and sprays that may contain germs. Surgical masks also filter out large particles in the air. Surgical masks may protect others by reducing exposure to the saliva and respiratory secretions of the mask wearer.

At this time, the US Food and Drug Administration has not approved any type of surgical mask specifically for protection against the coronavirus, but these masks may provide some protection when N95 masks are not available.

N95 masks: Actually a type of respirator, an N95 mask offers more protection than a surgical mask does because it can filter out both large and small particles when the wearer inhales. As the name indicates, the mask is designed to block 95% of very small particles. Some N95 masks have valves that make them easier to breathe through. With this type of mask, unfiltered air is released when the wearer exhales.

Healthcare providers must be trained and pass a test to confirm a proper seal before using an N95 respirator to the workplace. Like surgical masks, N95 masks are intended to be disposable. However, researchers are testing ways to distinguish N95 masks so they can be reused.

Some N95 masks, and even some cloth masks, have one-way valves that make them easier to breathe through. But because the valve releases unfiltered air when the wearer breathes out, this type of mask doesn’t prevent the wearer from spreading the virus. For this reason, some places have banned them.

Cloth masks: A cloth mask is intended to trap droplets that are released when the wearer talks, coughs or sneezes. Asking everyone to wear cloth masks can help reduce the spread of the virus by people who have Covid-19 but don’t realise it. Cloth face coverings are most likely to reduce the spread of the Covid-19 virus when they are widely used by people in public settings. And countries that required face masks, testing, isolation and social distancing early in the pandemic have successfully slowed the spread of the virus.

RECEIVING THE RISK: Cloth face coverings are most likely to reduce the spread of the Covid-19 virus when they are widely used by people in public settings.

should be reserved for healthcare providers, cloth face coverings and masks are easy to find and make, and can be washed and reused. Masks can be made from common materials, such as sheets made of tightly woven cotton. Instructions are easy to find online. Cloth masks should include multiple layers of fabric. The CDC website even includes directions for no-sew masks made from bandannas and T-shirts.

How to wear a cloth face mask: The CDC recommends that you wear a cloth face mask when you’re around people who don’t live with you and in public settings when social distancing is difficult.

Here are a few pointers for putting on and taking off a cloth mask:

1. Wash or sanitise your hands before and after putting on and taking off your mask.
2. Put your mask over your mouth and nose.
3. Tie it behind your head or use ear loops and make sure it’s snug.
4. Don’t touch your mask while wearing it.
5. If you accidentally touch your mask, wash or sanitise your hands.
6. If your mask becomes wet or dirty, switch to a clean one. Put the used mask in a sealable bag until you can wash it.
7. Remove the mask by untying it if lifting off the ear loops without touching the front of the mask or your face.
8. Wash your hands immediately after removing your mask.
9. Regularly wash your mask with soap and water by hand or in the washing machine. It’s fine to launder it with other clothes.

And, here are a few face mask precautions:

1. Don’t put masks on anyone who has trouble breathing, or is unconscious or otherwise unable to remove the mask without help.
2. Don’t put masks on children under 2 years of age.
3. Don’t use face masks as a substitute for social distancing.

Tips for adjusting to a face mask:

It can be challenging to get used to wearing a face mask. Here are some tips for making the transition:

1. Start slow: Wear your mask at home for a short time, such as while watching television. Then wear it during a short walk. Slowly increase the time until you feel more comfortable.
2. Find your fit: If your mask isn’t comfortable or is too difficult to breathe through, consider other options. Masks come in a variety of styles and sizes.
3. Tie one on: First try getting used to a scarf or bandanna to cover your nose and mouth at home, then transition to a mask.

If these tips don’t help or you have concerns about wearing a mask, talk with your healthcare provider about how to protect yourself and others during the pandemic. — Mayo Clinic News Network/TNS
“I have done a lot of falling flat on my face”

By Laura Snapes

As a webcam into her Los Angeles home, Katy Perry slowly descends into frame, nine months pregnant with her first child. All that’s visible of her house is a lustrous brown curtain, the stage for her recent promo activities. She estimates that this is her 70th interview about her fifth album, Smile. Baby and record were neck-and-neck until production delays bumped the latter to 28 August: the girl she and fiancé Orlando Bloom have nicknamed “Kicky Perry” comes first.

The pandemic only slightly skewed her plans: Perry, 35, always intended to release the album, have a baby and skip touring, resenting the suggestion that she should have to choose. That said, it has helped that every pop star is working from home. “It’s not like I was some witch with a spell: I’m gonna do it this way so you’re gonna do it this way,” she says with mock glee. “But yes, I probably don’t have as much Fomo as I would have if the world hadn’t shifted.” Last night she was filming a video until 2am, her last big commitment: “There is definitely a groundedness of: ‘Here’s the music, enjoy, love ya, I’m out!’”

There’s a striking dissonance between Perry’s intensive promo efforts for Smile — a partial return to her vivid pop-EDM roots — and her laissez-faire attitude to the outcome. It’s a new protective layer. Last time she released an album, its lacklustre reception (plus a temporary split from Bloom) left her suicidal as she realised how much she depended on external validation. She had been the world’s biggest pop star: a poorly educated Pentecostal kid turned weapons-grade saucetip who equalled Michael Jackson’s record for scoring five No 1 singles from one album; who gave the most-watched Super Bowl half-time show of all time. Witness, from 2017, represented her disillusionment with saccharine imagery and ceaseless aspiration. Her third eye was suddenly wide open, her mission to make “purposeful pop.” She was mocked for it, particularly after she spent three days in a Big Brother-style livestream, convening with activists about the state of the world and addressing her own blind spots.

But looking back, it’s hard not to feel concern for someone who had evidently questioned so much (including her identity, her Bettie Page curls cropped blonde and spiky) that she was left raw, even manic. “I was breaking the foundation that I started creating when I was nine,” Perry says. “It started to not shelter me in the way it did in the past.” After she and Bloom briefly split, Perry turned to work, as she had often done when her personal life foundered: “And that just didn’t work anymore.”

Witness’s singles were her lowest-charting ever: not full-blown flops but out of step with the public mood, as Perry discovered from trawling negative comments on Twitter despite lacking the “armour” to withstand them. “No-one can make you feel or believe something about yourself that you don’t already,” she says. “If you feel that way and they add a little sauce, it’s gonna go up in flames.”

On tour, she went through the motions. Not for the first time, her 2012 documentary Port of Mx traces the dissolution of her year-long marriage to Russell Brand. (In the most memorable scene, she’s crying beneath the stage.
— head down, her tears don’t loosen her fake eyelashes — then sheets up on a hydraulic platform, beaming. “I’ve learned how to compartmentalise and how to be a performer,” she says with pointed brightness. “You put your personal life away for two hours and realise that people are paying with their time and money to come and see the jester, to escape their own stuff. Part of me does provide a Disneyland service. But that’s only a part.”

Post-Witness, that compartmentalising instinct failed. Perry flatlined. “Nothing, no opportunity, no person could inspire me to get out of bed,” she said. “My depression showed up in lethargy — she asks if she’s saying it right, a nervous habit — “In lack of interest.” A feeling that would usually pass lingered. “Like, now I just don’t care about anything. And don’t look forward to anything.” She had felt suicidal after Brand ended their marriage by text. When clinical depression re-emerged, she sought help instead of running from what she calls “the Red Rum sisters that show up at your doorstep”.

She spent a week at the Hoffman Institute, where specialists identify negative behaviours stemming from childhood. She had ideas of what she wanted to add, and “then it’s like Mary Poppins’ bag — you just keep pulling out my troubles.”

In Perry’s twenties, her anxieties about inadequacy, about “never really truly being in touch or accepted”, fuelled her ambition. So she made an art of excess — maximalist pop, brash squiggling, whipped cream, carnivalesque live shows — and utilized America right in its pleasure centres. Her efforts eventually exhausted her. “Like, what else do you have to prove after the Super Bowl?” she goes into a bug-eyed, Seinfeld-worthy rush of hysteria. “You did it! YOU DID IT, HELLO? Pivoting! Why do you have to keep climbing Everest! What are you proving? Are you just climbing Everest until you die? Until there was that one place where you’re like, ‘I’m not gonna make it?’”

There’s footage of Perry at 16 in Part Of Me. She is funny, charismatic and optimistic. It seems miraculous that she held on to that lightness. “I guess I adopted humour and sarcasm and steel early on,” she says. After spending a while in the industry churn (including a stint in England writing with Eurythmics’ Dave Stewart) her pop career ignited six years later. Her cheesecakily aesthetic prompted derision yet made perfect sense: a kid from an oppressive religious background literally dressed as forbidden fruit (though it wasn’t that deep, she says), revelling in innuendo.

Travelling the world introduced her to cultures and concepts far beyond anything she could have imagined in the Jesus bubble, though this enthusiasm would get the better of her. Cultural appropriation was a big feature of Perry’s first three albums (carnorns, geisha dresses, Egyptian imagery) and continued long after the criticism mounted. “A lot of mistakes I’ve made in the past have been juvenile lack of education,” she admits. She acknowledged this during the Witness promotional cycle. Yet this also drew criticism from critics who said it was a sign of privilege for a white star to create a marketing campaign around their ignorance. “If you really break it down, it takes a certain amount of privilege to think that way about me because that means you probably had access to more education, more information,” Perry counters. She acknowledges her innate advantages as a white woman. “But there is definitely not a whole lot of empathy or compassion towards people sometimes growing in the spotlight. Because growth also means falling. And I’ve done a lot of falling flat on my face.”

Perry became an icon because of her ironclad hits, but also because she was goofy and unfurled back when her female pop peers held steele poses. She was often interviewed while getting her makeup done for a show, which I assumed was a conscious reveal of the facade. But no, she says: “It was probably the only time I was sitting still.” She acknowledged the precariousness of pop stardom in another interview: “Throughout her career, she has often joked about not resorting to sharing her head in the face of professional pressure, adulating to Britney Spears’ 2007 breakdown. The frequency of these thoughtless remarks suggested a deep-set fear. “Anyone in this intense a spotlight, they understand that the tightrope just gets tighter and smaller, and that with one word, one costume malfunction, it can all blow up,” she says. Humour had always been a way to deflect. “I have used that as a mechanism for coping and for my own fear, and have said things that have been sloppy or insensitive.”

Perry has been getting called out since her earliest singles, I’m So Gay and I Kissed A Girl, stoked controversy for perpetuating stereotypes that were outdated even in 2008. Her enduring career proof, were needed, that so-called cancel culture isn’t real. “No-one’s above reproach,” she says. “If you’re gonna get into this business and if you’re gonna have anything to say, not everyone is gonna agree.” Equally, she says, forgiveness is important: “It’s OK to say you weren’t as evolved as a human five years ago than you are now.”

Perry is clear on what she feels she should be accountable for. Since 2018, three people have accused her of sexual misconduct in the form of unwanted touching and kissing. She becomes slightly clipped for the first time when I ask how she reflects on those allegations. “I think we live in a world where anyone can say anything. If I don’t want to say ‘guilty until proven innocent’ but there’s no checks and balances: a headline just flies, right? And there’s no investigation of what it is.” She hasn’t previously commented out of respect for the #MeToo movement. “I don’t want to add to the noise. I want to add to the truth, basically.” She alludes, without evidence, to the “inhalers”. “I don’t comment on all the things that are said about me because I am the dragon. That would be true about false — and I am the whole life. It’s distracting from the thing I am representing.”

The latest argument to trail Perry is that it’s insensitive to release an album (and single) called Smile during a pandemic, which seems pretty miserly given that it’s about finding the will to live again. “I felt like I didn’t have hope, it can get really, really dark, and this song is not just about happiness, it’s about the struggle of finding happiness. Even though some people are going through that darkness, hopefully they can hear that one person made it through.”

My trepidation about Perry’s new record is that various tracks do not tempering pain with bedazzled hard-won growth, although the record does find relief in the catharsis of euphoria. She sometimes still parties through the low moments, she says, then refers to the album cover, on which she’s styled as a sad clown. “It’s not like, ‘Be happy! Let’s see your smile!’” I’m not stupid enough to think I won’t ever have challenges again. Now I’m grateful that I have some tools to navigate through it.”

Perry hasn’t made any firm plans about how visible she’ll be once she gives birth: she’ll go with whatever feels right. She put as much work into preparing to become a parent as she has the album, addressing her worries that she lacked natural maternal instincts; that motherhood was incompatible with her independence. She also didn’t want to raise her children the way she was raised. “But I think everybody wants to evolve from that,” she says. “I think that’s some of the reason why we do have evolved. Or that we can.”

— Kate Perry with her fiance Orlando Bloom.

“Nothing, no opportunity, no person could inspire me to get out of bed. My depression showed up in lethargy, in lack of interest. Like, now I just don’t care about anything. And don’t look forward to anything”

— The Guardian
At home with eclectic glamour
Huge murals and humorous details work together to give this 1930s semi a bold and modern look, writes Emily Brooks

Pop art, industrial-inspired design, global handicrafts and antiques, 70s glamour and lots of colour: you could never say that Preston Schroeder was afraid of mixing it up. "I've always wanted to develop a house that reflects my personality," says Schroeder, who lives here with his partner Marcus and their teenage daughter Dukie. The couple had renovated and sold homes, but when they found this 1930s semi in southwest London, it was time to stay – and inject the individuality that had been missing.

"I initially discounted this house because it was on a busy road, but property was so scarce I ended up looking at it anyway," says Schroeder.

"It was rented out, and the tenant hadn't looked after it. The garden was like a forest. But I knew that we could completely reinvent it. I remember standing on the first floor, looking out to the garden, with a smile on my face, thinking: 'This is the one.'"

After living in the house for a year to get a feel for what they wanted, the couple worked with an architect to draw up plans for two ground-floor extensions at the side and rear, both with rooflights to bring in daylight, plus an attic conversion. The initial plan was to have the extension wrap fully around the house, but when local planners wouldn't allow it, they settled for a small side courtyard instead. It's turned out to be one of Schroeder's favourite features – a pocket of calm that leads the eye through the space from the light hallway, with a hot-pink wall that helps to tie together inside and out.

That pink wall is just the tip of the iceberg when it comes to bright colour. From zingy green in the downstairs cloakroom to acid yellow, lavender and baby blue in the living room, Schroeder has let his imagination run riot. "I love combining something old and antique with something new and fresh, and colour is a way to achieve harmony with that – the formality of the antiques is countered by using really bright colours on the upholstery," he says. A pair of 150-year-old French chairs have been covered in a distressed pink velvet, while dark wood dining chairs get an exotic spin with leopard print.

While others might find it daunting to invent such bold schemes, he follows a simple formula: "If you're scared of colour, start with a print you love, then pick out two or three colours within it to create a wider scheme. That generally works, and you don't have to think too much about it. So, for example, he came up with the colours for the bedrooms by extracting individual shades from the multicoloured silk-effect wallpaper that runs all the way up the stairs and landing: dusky pink, emerald green and, for the master bedroom, a soothing aqua blue. Schroeder is a serious globe-trotter, heading up his own fashion brand, Purple Smoke, which specialises in glamorous resort wear, while also working as a retail buyer for luxury hotels, sourcing unusual, independent and locally made items to sell within high-end resorts. His affinity for seeking out curiosities is abundantly obvious in his home. "I love to go off the beaten track and into markets to get a feel for a place," he says. "In Bali, I can spend days on a bike going around the back streets discovering artists and antique dealers."

He grew up in Cape Town, so there are also lots of handmade objects from home, such as the wall of woven bowls in the dining area, and the life-size wire-and-bead baby giraffe sculpture in the garden, shipped from South Africa.

Where he couldn't find what he wanted, he had furniture made, giving a sleek and tailored overall effect. He has also modified antique pieces, turning a grand sideboard he bought at auction into a basin unit for his en suite bathroom.

"The best money I spent was with a lighting designer, Light IQ," Schroeder says. "As the ground floor is open plan, it was important to have different spaces lit at different times, but I still wanted it to feel balanced. Our home transforms at night because of the lighting."

The house is full of humour and fun – an enormous mural that reproduces a painting by the King of mid-century kitsch, Vladimir Tretchikoff, dominates the extension – but it's also sophisticated. Elements rhythmically repeat one another throughout the house, creating a unifying effect amid the bold colour and mixed-up styles, an idea that came from Schroeder's knowledge of high-endhotel design. Just one plain Designers Guild cotton fabric, in a variety of shades, has been used across the living room and bedrooms, for example, while brass lighting from Tom Dixon features in almost every room, and the antique mirror finish on the coffee tables also tops the bathroom basin unit.

Schroeder's best advice for those wanting to create a daringly decorated home is that they should be willing to experiment: "I think it's important to keep an open mind and not to stick to what you know. Instead, be prepared to play!" – The Guardian
PMG marks 74th Independence Day of Pakistan

Punjab Music Group (PMG) recently organised an event to mark the 74th Independence Day of Pakistan. The event kicked off with the national anthem of Pakistan. Speaking on the occasion, Nazakat Ali Khan, Chief Organiser of PMG, recalled the sacrifices rendered in the creation of the homeland. Mohamed Sardar, A R Rahman Bangash and Syed Naseem Shah Gillani, PMG special guests, along with Sheeraz Ali Khan, President of PMG, Atiqur Rehman, Vice President, Shahnad Rasheed, Chairman, Abdul Jabbar, General Secretary, and Aurang Zarb, Ijaz Hero and Ijaz Ahmed, Chand also spoke on the occasion. The event was concluded with a cake cutting ceremony.

Nasser Al Ali Enterprises felicitates hard working, long term employees

Nasser Al Ali Enterprises, an ISO certified company, recently awarded its four Nepali employees, including Aai Bahadur Rai, Panche Rai, Chirirng Rai and Dhashrat Musahar with each QR15000 for their ten-year long services. Nasser Al Ali, owner of the company, presented the awards. Speaking on the occasion, he said, "I am proud to say that worker loyalty and hard work over the past decade has contributed to the success of the company. As a token of appreciation, management is pleased to award each of my employees a total of QR15000. I hope my employees will continue their commitment to even achieve greater success." All the four employees come from a humble background in Nepal. They came to Qatar in 2010 as construction workers and later got promoted as trade workers. The company also awarded its 10 employees of various nationalities, including Nepali, Indian and Bangladeshi, with each QR1000 for their performance on the working site.

High school Qatari students participate in Empower Generation Consortium at QU

Twenty-four students from various schools across Doha recently participated in Qatar University’s (QU) Empower Generation Consortium, an intensive training course for high school Qatari students of both genders. The content of this training was focused on the coronavirus pandemic and introduced medical virology in depth. This course is considered the first of its kind for high school students in the State of Qatar in terms of content, which has been carefully designed to enrich the learning experience of the students. During the training, 24 students from various schools including Michael E. Debakey High School Qatar, Hayaat Universal School, Doha Academy, Al Ameen School, Al Bayan Secondary School, Rabaa Al Adawiya Secondary School Girls, Rauda Bint Mohammed Secondary Girls, Qatar Secondary School and Alameen Secondary School Girls took part in the programme.

The training was initiated under the directions and leadership of the consortium founder, Professor Amin Al Helani, Professor of Virology and the Director of the Biomedical Research Centre and Associate Vice President for Strategic Planning at the Medical and Health Sciences Office. Professor Al Helani said, “The consortium is a model for high impact collaborative projects that exhibit the active role of Qatar University in evaluating the market's occupational demands and developing solutions for capacity shortage. We eventually aim to achieve a national base of human resources in healthcare and life sciences.”

The training was designed and supervised by Dr. Hadi Yassin, Associate Professor and Researcher in Virology and the Research Projects Manager at the Biomedical Research Centre. Dr. Yassin said, “This specialized course is designed for young ambitious Qatar who are interested in virology and scientific research. This course was concluded with ten literature-based scientific articles completed by the participating students as one of the training completion requirement.”

This intensive training course focused on medical virology and included a session of Basics of Medical Virology which was conveyed by Asma Fathah and another session about Covid-19 was presented by Najaal Al-Thani and Al Reem Al-Hash. The consortium was also presented by Al Bandari Al-Khalaf. All of the trainers are a team from Barzan Holdings who are spending a research training period at the BRC on infectious diseases and molecular biology.
DPS-MIS celebrates the 74th Independence Day of India

DPS Modern Indian School (DPS-MIS) recently marked the 74th Independence Day of India. Yasar Namil, Vice President of DPS-MIS, was the chief guest on the occasion. He unfurled the Tricolour of India in the presence of Anna Nates, Principal of DPS-MIS, and a few management and staff members, which was followed by a national anthem. To commemorate the day, two videos were uploaded on the official page of DPS Modern Indian School, signifying its love and unswerving patriotism towards the nation.

DPS Monarch celebrates the 74th Independence Day of India

DPS Monarch International School recently celebrated the 74th Independence Day of India with some members of the school management and teaching staff in attendance. The celebrations kicked off with the unfurling of the national flag by Yasar Namil, Vice-President of DPS Monarch International, along with the other members of the committee and Meenal Bakshi, Principal of DPS Monarch International School, which was followed by the national anthem.

Online activities for the students of Kindergarten - Grade 1 included making and colouring the Indian national flag, reciting a poem in traditional Indian attire, writing a review of a patriotic Indian film, poster making and enacting speeches by Indian freedom fighters were part of the event.

MES marks 74th Independence Day of India

MES Indian School recently marked 74th Independence Day of India at the Conference Hall of the school. K Abdul Karrim, President of MES Governing Board, unfurled the Indian national flag, which was followed by the national anthem. In his keynote address, he urged the students to rededicate themselves for the unity and prosperity of their motherland, thus dispelling the ethnic and regional differences, and called for fighting against social evils like poverty, corruption and illiteracy, which act as a clawing tribute to the ultimate sacrifices made by the freedom fighters in their struggle.

P K Mohamed, General Secretary of MES Governing Board, was the guest of honour. In his address, he remarked that as students are the pillars and assets of the promising world of tomorrow, they should utilise their potentials in the right manner to bring a positive change in the world. He also reminded them of their obligations to be fulfilled for the nation. Harinda Kader, Principal of MES, expressed his appreciation for the younger generation to uphold the ideals taught and lived by the freedom fighters and persevere to excel in carving a niche for the motherland in the international arena. The school choir rendered a special patriotic song virtually depicting the glory of the national movement. A video presentation entitled 'A Tribute to the Freedom Fighters' which comprised the landmark events of the freedom struggle and students' role play of eminent freedom fighters delivering patriotic messages was also part of the event. Sameer Pandit, Teacher at Department of Hindi, MES, donned as Jawaharlal Nehru, Indian independence activist and subsequently, the first Prime Minister of India, and delivered the Independence Day message.

The event was attended by M C Hamed, Director of MES, along with Vice Principals and Heads of Sections of MES. Tanisha Darda, and Nandini Rajagossi participated in the event. Tobi James, Head Boy of MES, welcomed the gathering and Aushka Sunesh, Cultural Secretary of GIPS Section, proposed a vote of thanks. Students presented the day's programme virtually.

If the image was ambiguous or unclear, or if there were any other questions related to the content, please let me know.
**BPS virtually celebrates 74th Independence Day of India**

Biria Public School recently marked the 74th Independence Day of India with a flag hoisting ceremony. A P Sharma, Principal of BPS, hoisted the national flag, which was followed by a virtual assembly attended by all the members of the management, leadership team, teachers, and students to join the school choir for Indian national anthem. Gope Shahnani, Chairman of BPS, declared the urgency to “to hold on to our great past and carve an inspiring future for the next generation. We are not, ever, alone; we stand beholden to the past and future.”

Gope Shahnani, along with Dr. Mohan Thomas and C V Rappai, Directors of BPS, Chhindu Antony Rappai, Management Representative, Vice Principals, Head Mistresses, Heads of various Departments, Year Coordinators attended the virtual assembly.

Addressing the assembly, the Principal said: “It is a matter of great pride to be here together, away from our motherland, yet serve her with greater strength amidst this pandemic, promising to face the 21st century challenges with true character.” A patriotic song in Hindi along with a motivation speech by Varun Advani, Head Boy of BPS, who highlighted the contributions of great leaders and underscored the actions of the young generation in bringing more glory to India was also part of the celebrations. The event also featured a performance and poem recitation by the students of Kindergarten.

**IIS celebrates 74th Independence Day of India**

Ideal Indian School (IIS) recently marked 74th Independence Day of India. Syed Shohidul Ali Principal of IIS, hoisted the Indian flag amidst singing of the national anthem. Speaking on the occasion he urged everyone to imbibe the right patriotic feelings and to be truthful and devoted to the cause of national integration. “It is a time to recall with a gratitude the sacrifices of our freedom fighters who gave us a country where our dignity and individual freedom are guaranteed by an enlightened Constitution,” he added.

The ceremony was attended by the school administrative and other non-teaching staff.
New material for the Solar Age

Thin sheets of the mineral perovskite can generate electricity more efficiently than the silicon panels used worldwide. Researchers are racing to make them practical.

In sunny places, 1 hectare (2.5 acres) of solar panels can generate about 1 megawatt of power ...

... today silicon panels can reach only 20% efficiency – under ideal conditions

Perovskite*: Crystals a natural semiconductor

Mineral discovered in Ural Mountains contains calcium titanium oxide crystals

Acts as a semiconductor, can be used instead of silicon to capture and transmit energy from solar radiation to electric power

* Named after the Russian mineralogist Lev Perovsky (1792-1856)

Perovskite solar cell
Research has centered on this design

New tandem design adds silicon
Newer, more promising design

Sunlight enters perovskite layer, which passes electric charge to the base electrode

Creates charge in perovskite layer; light of different wavelength creates more charge in silicon

Researchers tackle persistent issues

Experimental perovskite panels last only a year at most.
Silicon-based panels, 25 to 30 years

Highly efficient only on “postage stamp-sized” chips

Fabricating efficient perovskite solar cells requires toxic compounds, such as lead. Less toxic versions of perovskite chips are less efficient.

Source: Liu, Z., Qiu, L., Ono, L.K. of Okinawa Institute of Science and Technology; Nature Energy magazine; E/The Environmental Magazine; Ron Lavinski crystal photo; TNS Photos

Graphic: Helen Lee McComas, Tribune News Service
Celebrating freedom

Tribe Nl.yays

1. How many hearts does an octopus have?
   Three. A heart that pumps blood around the body and two branchial hearts that pump it through each of the two gills.
   (James Commen, QIC, Doha.)

2. Shane Warne’s famous ‘Ball of the century’ was bowled to which English batsman?
   The Ball of the Century, also referred to as the ‘Getting Ball’ or simply ‘That Ball’, is the name given to a cricket delivery bowled by Warne to English batsman Mike Gatting on Day Two during the first Test of the 1993 Ashes series (4 June 1993), which took place at Old Trafford, Manchester.
   (Afsh Ahmad, Coreodo, Doha.)

Do you have some interesting bytes to share? And, does your vibe attract you to the Tribe Nl.yays? Every week two of your best questions will be featured here. Please do write to us at nl.yays@zoho.com

Post the Indian independence, a certain country amended its constitution to declare a region as its own state and it remained so till 1961. It was on December 19, 1961, that Operation Vijay was conducted where Indian troops invaded this place and annexed the state into the Indian union. Name this place and the country.

Geo and Portugal.

“No one is born hating another person because of the colour of his skin or his background or his religion…” Who tweeted this on August 13, 2017, putting the Nelson Mandela quote alongside a heartrending photograph of himself playing with children of different backgrounds. It is the most liked tweet ever, attracting more than 4.3 million likes and 1.6 million retweets as of yesterday morning.

Barack Obama.

By some accounts, Ramesh Sippy directed Dacoit western movie, Sholay, remains the highest-grossing Indian film of all time, adjusted for inflation. When was it released?

August 15, 1975.

In the ten-year period from 2007-2016, the Spanish Grand Prix was won by ten different drivers. Lewis Hamilton has achieved four victories in the turbo-hybrid era, including the last three races in succession. Who is the most successful driver in Spanish Grand Prix history?


In fiction, what is the name of an object, device, or event that is necessary to the plot and motivation of the characters, but otherwise irrelevant?

MacGuffin. Alfred Hitchcock popularised the use of the MacGuffin technique.

Which two countries does the 38th Parallel roughly demarcates?

Answer next week. Answer to last week’s photo-quiz: Iron Sharpira.)
**Wordsearch**

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

**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.

```
1 2 3 4 5 6 7 8 9
A A A A R R A A A
R A A A T A A A A
A R A A A A A A A
A A A A A A A A A
A A A A A A A A A
A A A A A A A A A
A A A A A A A A A
A A A A A A A A A
A A A A A A A A A
```

**Pooch Cafe**

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"DR. STRANGELOVE SYNDROME" IS WHEN A PERSON EXPERIENCES A LUMP ACTING ON ITS OWN WITHOUT CONSCIOUS CONTROL.

IT CAN'T HAPPEN TO TONGUES!
```

**Carsold**

```
BWA-HA-HA!
I DON'T THINK HE THOUGHT THAT THROUGH!
```

**Bound And Gagged**

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OOPS! I WASHED THE DOG WITH YOUR HAIR GROWTH SHAMPOO!
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**Sudoku**

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

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine small 3x3 squares. You are given 27 selection of numbers and in order to complete the puzzle, you must fill the grid so that every column, every row and 3x3 box contains the numbers 1 to 9. Each number is used only once in each column, row and 3x3 box.
Super Cryptic Clues

Across
1 Informal neckwear injured people (10)
7 Unmarried people taking some kissing lessons? (7)
8 Climbed a pole to see flowers? (5)
10 Something used by angler for river fish? (4)
11 Footwear for coaches (8)
13 They tend to be in hospital! (6)
15 Dreamy state produced by nectar (6)
17 Attractive trap in sorcery (8)
18 Only turning to one instrument (4)
21 I take ladders out from wrecks (5)
22 Dropped in on Italian film director (7)
23 Terrible bug snorted, being willful (10)

Down
1 Boat capsized in ocean (5)
2 Condemn for Jack Tar (4)
3 Take in tophat cab before brothers turn up (6)
4 Rows about stray dogs (8)
5 Oriental festival on the first of November (7)
6 Terrible monster or a scientist (10)
9 Orderly sorting out messy attic (10)
12 Free to be let out again? (8)
14 Maigret’s sort of music? (7)
16 1000 is suitable for a square peg (6)
19 Aiding oneself of gun is wrong (5)
20 In feudal society as well (4)

Solution

Colouring

Answers

Wordsearch

Codeword
Weight between young adulthood, midlife linked to mortality

Changes in weight between young adulthood and midlife may have important consequences for a person’s risk of early death, say researchers.

The study found that participants whose body mass index (BMI) went from the obese range in early adulthood down to the overweight range in midlife halved their risk of dying during the study period, compared with individuals whose BMIs stayed in the obese range.

On the other hand, weight loss after midlife did not significantly reduce participants’ risk of death, the study published in the journal, JAMA Network Open, reported.

The researchers estimate that 12.4 per cent of early deaths in the US may be attributable to having a higher BMI at any point between early- and mid-adulthood.

“The results indicate an important opportunity to improve population health through primary and secondary prevention of obesity, particularly at younger ages,” said study author Andrew Stokes from Boston University School of Public Health (BOSPH) in the US.

The research team used data from 1994 through 2015 for 24,205 participants from the National Health and Nutrition Examination Survey. The participants were 40–74 years old when they entered the study, and the data included participants’ BMI at age 25, 10 years before they entered the study, and when they entered the study.

The researchers then analysed the relationship between BMI change and the likelihood that a participant died over the course of the observed period, controlling for other factors such as participants’ sex, past and current smoking, and education level. They found that study participants whose BMIs went from the obese range at age 25 down to the overweight range in midlife were 54 per cent less likely to have died than participants whose BMIs stayed in the obese range. Instead, these participants with an obese to overweight trajectory had a risk of death closer to that of participants whose BMIs had been in the overweight range all along.

The researchers estimated that 3.2 per cent of deaths in the study would have been avoided if everyone with a BMI in the obese range at age 25 had been able to bring their BMIs down to the overweight range by midlife.

The researchers did not find a similar reduction in risk of death for participants who lost weight later in their lives. They wrote that this may be because weight loss later in life is more likely to be tied to an ageing person’s worsening health. – JANS

ARIES
March 21 – April 19

There’s a great deal of fuel for your fire today, so go for it. Spend time with children and be creative. Put your fun-loving personality to good use by encouraging others to play along. This is a good day to offer your talents to group efforts. You’ll be a welcome addition to every social situation.

TAURUS
April 20 – May 20

It may be hard to make a decision today. You’re so bombarded by facts and information that you’re unsure how to proceed. Don’t get overwhelmed. You’re the master of analysis and organisation. If anyone can sort things out, it’s you. Trust your ability and make it happen. Keep things light and energetic. Don’t get too bogged down with details.

GEMINI
May 21 – June 20

This is a great day for you. You’re able to get a lot done. You might find a marked seriousness to your emotions that helps you stay on track with everything you need to do. Integrate your plans with others and see what kinds of incredible breakthroughs you can have. You can maintain a pleasant demeanor in every social situation.

CANCER
June 21 – July 22

It may be difficult to fit in with the current trends of the day. The energy is light and airy, while you feel the need to get more deep and penetrating. Take a break from your usual intensity and try to keep things light. Stay on the surface and be social. By integrating with the mood of the day, you might be more balanced and well-rounded in general.

LEO
July 23 – August 22

You may experience an emotional climax today. Things could come to a head. Don’t be surprised if you run into some serious opposition. Disperse your energy freely but don’t be surprised if other people try to pull you in the opposite direction. Flexibility is a key aspect for you. Free yourself from restraints and improvise.

VIRGO
August 23 – September 22

You may want to go in many directions today, yet something seems to keep you from going anywhere. This arraying conflict of energies may make it difficult to make the most of your day, but you can handle it. Don’t act too hastily. Evaluate all your choices before you make a final decision. If nothing seems to fit, don’t push it.

LIBRA
September 23 – October 22

There’s a sombre mood hindering your emotions today, but things favour you generally. The contacts you make now can be extremely valuable. You could gain a great deal of information from social interactions. This is a good day to multitask and cross as many things off your list as possible.

SCORPIO
October 23 – November 21

It may seem like people have lost their sensitivity today. Meanwhile, you’re left feeling indecisive and unsure about which way to turn. People want to hear from you. They want to know what you’re thinking. Don’t be afraid to say your peace even if it goes against the general mood. Don’t get down if things don’t exactly go your way. Things will get better soon.

SAGITTARIUS
November 22 – December 21

Your emotions may be dampened today, but don’t let it get you down. To make the most of this day, it would behoove you to work with the energy. Engage in tasks that require more discipline and willpower. Get in serious mode and get things done. Tackle practical tasks that require a steady hand and focused thought. You can get quite a bit accomplished.

CAPRICORN
December 22 – January 19

There’s a fast-paced frenzy to the day that might leave you feeling a bit left out. You may want to take things more slowly, yet the day’s energy doesn’t allow for hesitation or delay. This is a good time to get out and be social! Make important contacts with others and try to multitask. Keep your humour handy and your manner flexible.

AQUARIUS
January 20 – February 18

This is an excellent day for you. People are on your wavelength more than usual. You can get quite a bit accomplished. You might want to take a disciplined approach today. Consider being a bit more realistic with your actions. Overall, you should enjoy a good mood all day. Your quick wit and humour will carry you through with flying colours.

PISCES
February 19 – March 20

This is a much better day to get out and be with people than it is to sit at home. Communicate with others on a personal level and share some of your wisdom. At the same time, open yourself up to receiving important knowledge from others. Don’t take things too seriously. No one will be in the mood for deep conversation on a day like today.
Showbiz

Sholay turns 45: Big B, Ramesh Sippy, Hema on why it remains special

The blockbuster Sholay turned 45 on August 15. Amitabh Bachchan, Hema Malini and director Ramesh Sippy looked back to dissect how and why the film stays fresh and relevant in the minds of people even after so many decades.

Sippy starred Amitabh Bachchan, Dharmendra, Sanjeev Kumar, Hema Malini and Jaya Bachchan among others. The film is remembered for Amjad Khan’s iconic performance as the film’s arch villain, dacoit Gabbar Singh.

“The way Sholay was written, and the detail in which each and every bit of the movie was shot, all the characters of Sholay are still fresh in people’s mind—be it Gabbar’s dialogue or Basanti’s non-stop babbling. Even a character like Samba, who in the entire movie spoke only two words, is till today fresh in the memory of people,” Sippy told IANS.

Big B, who played Jai, spoke of how the film, besides creating new records, was about many production firsts.

“Sholay beautifully in three hours encapsulated the victory of good over evil. It was the first time ever that a dialogue CD for an Indian film was released. Action sequences were for the first time directed by a British crew, specially invited to India for the film, and then the film was edited in the United Kingdom—so many firsts occurred. Ramesh Sippy ji as a director made many unconventional changes in its reproduction and its making—the location, the action coordination, the camera work, the 70 mm and the scale—I guess it all worked out fine,” said Bachchan.

The film was released on Independence Day 1975. Looking back, Sippy has an interesting anecdote.

“I spoke to a theatre owner in south Mumbai after the film was released at the box office, and he showed me the popcorn and refreshments counter and said look, it’s empty. At first, that upset me a little because I thought my film wasn’t doing well at the box office. As the west police station is right there, I approached the police. But then, he told me that all the audience was glued to their seats inside the theatre, and they didn’t want to leave the hall. That is how capturing the film was. I couldn’t have been happier!” he recalled.

“A lot of technological advancements were done way back then, be it the action sequence, or the editing or the way the film was shot. Hence people enjoy Sholay even today,” Sippy noted.

Hema Malini, who played Basanti, said: “Before we started shooting, I was told that there is a dance sequence where my character would be dancing on glass on a rough mountain. The shoot took place over the month of April when it is extremely hot. I remember Ramesh ji being very particular about it, but that sequence went on to become an epic.” —IANS

Seven movies to celebrate Murray’s 70th birthday

By Chris Hewitt

Bill Murray broke free from his Saturday Night Live connection more successfully than anyone else on this long-running comedy show.

You could argue on behalf of Tina Fey, whose producing and Broadway credits (30 Rock) have made her an entertainment juggernaut, or Eddie Murphy, the biggest movie star of the ’80s and still a force. But both still work in modes that spring from their sketch-comedy origins. That’s not the case with Murray, who broke through in movie smash-hits such as Stripes, Ghostbusters and Caddyshack. It took Murray a while to break out of that sticky clay mold, but he started to do it with a straight-up dramatic role in 1984’s The Razor’s Edge. Since his Oscar nomination for Lost in Translation in 2005, he has established himself as a character actor who can do just about anything he’s asked to do.

The asking is the hard part.

Famously, Murray doesn’t have an agent or a manager; he has an 800 number that may or may not be a joke, where he accepts pitches. The St. Paul Saints co-founder’s friends do have his number, which is why he often shows up in Sofia Coppola, Wes Anderson and Jim Jarmusch movies (he was in Jarmusch’s The Dead Don’t Die last year and stars in upcoming comedies from Coppola and Anderson). It’s probably not a coincidence that Murray shines brightest in more than a dozen films with those three very different filmmakers who nevertheless share a deadpan, comic sensibility.

Even the movies he makes without that trio usually seem to come through friends. The drab 2015 Rock the Kasbah was by the guy who wrote Murray’s Scrooged, and something tells me Frances McDormand engineered the casting of Murray as her love interest in Olive Kitteridge after having a good time as his wife in Moonrise Kingdom.

Oliver, an HBO miniseries, was terrific, as are these seven movies with the multitalented actor. And now the Peacock streaming service is making it easy for you, with a Bill Murray collection that includes several titles featuring the actor, who celebrates his 70th birthday next month.

Moonrise Kingdom (2012)

Murray has had bigger roles in Anderson’s films, but he has still managed to pick the actor’s mournfully funny performance in Rushmore, the first time he worked with the writer/director whose subsequent films all feature him. But I’m partial to this quietly absurd romance and to Murray’s performance as a guy with unresolved anger issues. Murray is a master of knowing looks and wry asides that deflect tension, but he may show more rage in this movie than all his others put together.

Lost in Translation (2003)

There might be a romance in the story of two people (Murray and Scarlett Johansson) who feel alienated by the Tokyo culture they dip into (or, you could argue, choose not to engage with), but the “might be” is what’s compelling about this Oscar winner for best screenplay. Coppola’s movie is tender and funny as it refuses to go down the paths you think it might, and the best scene feels like a nod to a setting Murray often lampooned on SNL: In a karaoke bar, he croons a sincere, tentative version of Ray Charles’s “Hit the Road Jack.”

Tootsie (1982)

It’s a small part, but it may be the one most crucial to establishing Murray as a legtact actor. As Dustin Hoffman’s sardonic roommate, Murray’s role isn’t far from the stickler he often played on SNL (he reportedly improvised his dialogue) but it signalled the actor’s willingness to take surprising character parts in order to break out of the broad comedies he had been getting cast in. Murray is unbridled in Tootsie, apparently at his request, so fans wouldn’t confuse it with his more formulaic hits. Looking back, it’s hard to imagine anyone feeling short-changed by Murray’s skyscraping convulsively funny performance.

Groundhog Day (1993)

Of the flat-ear, Quaid-starring Murray, this is my favourite. It has more depth than the others, as his weather forecaster Phil Connors is forced to relive a seemingly average day. The degree of difficulty is huge in a character who slowly embraces his humanity over the course of a couple of hours. Murray’s so

Endearing that you might not even notice that in pursuit of Andie MacDowell, he’s essentially a stalker.

Little Shop of Horrors (1986)

This adaptation of the anarchic stage musical about a world-conquering plant sandboxed off some of the rough edges and gave it a happy ending that doesn’t fit the rest of the film. But Murray is perfect as a masochist who loves going to the dentist—beginning with a manicual look as he listens to a previous patient, and proceeding to the whispered “I need a long, slow root canal!” Climaxing, him, with his disturbingly erotic time in the chair, Murray’s hilarious performance is a tour-de-force.

Kingpin (1996)

Every bit as unhinged as he was in Little Shop, Murray plays a goonier bowler in this raucous comedy (he reportedly did his own bowling, including three strikes in a row). Big assist to the wigmaker who outfitted Murray’s evil sportsman in a series of stummers, ranging from dad-on-Brady Bunch-perm to overused-mop mullet.

Broken Flowers (2005)

The unusual conceit is not unlike Rachel Cook’s Outline trilogy of novels. The central character is a blank but we learn about him via reflection, through encounters with a variety of other characters. Although he plays one person, Murray is distinctly different in his scenes with Sharon Stone from scenes with Frances Conroy, Jessica Lange or Tilda Swinton, each of whom is done with him but helps reveal an aspect of what they found attractive. —Star Tribune (Minneapolis) / TNS
Working from home was the dream but is it turning into a nightmare?

Back-to-back Zooms and employee surveillance apps have seen work invade the home in sinister ways

Remember when it was so exciting to be able to WFH – work from home? When your boss, instead of being grumpy and taking a grudging “well-if-you-must” attitude was suddenly insisting that you had to work remotely? And how refreshing that seemed at the beginning? No more disappointing 90-minute commutes, for example. Suddenly, extra hours were added to your day. A better work-life balance beckoned, because we had developed a technological infrastructure that had made distance irrelevant. What was not to like?

Of course there were glitches. Childcare, for example, became a nightmare when schools and nurseries closed. Not everyone had good, reliable broadband. And it turned out that not every household had multiple laptops either. Likewise, many people lived in small apartments where the choice of workspace boiled down to either the kitchen table or the cubbyhole that masqueraded as a spare bedroom. And there were still large numbers of “critical” workers whose work couldn’t be done from home.

But still, wasn’t it wonderful that so many of us could? Well, that was then and this is now. I’m picking up a distinct impression that the novelty of WFH has begun to wear thin as we realise that the pandemic might turn out to be a very long haul indeed. And the more we are obliged to interact with the technology at home, the more acute our perceptions of its implications and downsides are becoming.

Take, for example, that perennial question of work-life balance. It has definitely shifted during the lockdown – but in favour of the office. We may be physically at home but many of us are working harder than we did when we were, physically, on corporate premises. I’ve lost count of the number of colleagues and friends who confess to being “Zoomed out” at the end of a day. It turns out that online meetings are more cognitively demanding because, in the absence of physical cues, one simply has to concentrate more when online. And because people don’t need to physically move between one meeting and the next, Zoom (or Google Meet, WebEx or Jitsi) meetings can be scheduled back to back – and many are. What’s basically happened is that the office has invaded the home. Or, to put it another way, we’re all sleeping in the office now.

“Morning meetings bleed into afternoon meetings bleed into late afternoon meetings,” writes MG Siegler, a venture capitalist who currently works from home. “But unlike in, say, an office – where I have to move conference rooms and maybe do a lunch meeting, not to mention commute to and from, I’m just sitting here at my desk. One Zoom meeting ends, the next begins. Why not have it start right away? It’s so amazingly efficient that I want to punch it in the face.” And this isn’t about Zoom, he goes on: “It’s about the world in which we currently live, which has made work from home a necessity and the tools that enable this world are optimised to make this world as efficient as possible.”

Empirical evidence for this is beginning to appear. A recent large-scale study by the National Bureau for Economic Research in the US, using data from more than 3 million workers, found that the number of meetings per person had gone up 12.9% and the number of attendees per meeting increased by 13.5% during the pandemic. The researchers also found “significant and durable” increases in length of the average workday – up 4.2% or 44.5 minutes – along with short-term increases in email activity.

When the lockdown started, there was a naive belief that large-scale adoption of WFH signalled a dramatic reversal in managerial mindsets that had hitherto suspected people working from home would be slackers. Now we discover that the suspicion never went away, but instead has been reinforced by wide deployment of surveillance tools for making sure that home workers stay chained to their laptops.

For example, last week Wired reported: “Programs such as Time Doctor, ActivTrak, Teramind and the dystopian-sounding StaffCop have all seen huge increases in demand. Remote teams are now watched through their webcams via always-on video services like Sneek. In the office-free world, bosses can now clandestinely scan screenshots, log-in times and keystrokes at will to ensure their workforce is keeping its focus and productivity.”

According to the Information Commissioner’s Office, employers must tell employees if they’re being monitored and why and maybe home workers are being informed about the extent of the snooping. If they’re not, then the law is being routinely breached. But the bigger – and more sinister – picture is that surveillance systems that might have been acceptable to employees when they worked in a corporate office have now silently intruded into their homes. Which is another way that the work-life balance has been tilted in unanticipated ways. All of which goes to demonstrate the wisdom of that adage: be careful what you wish for you might just get it! — The Guardian