Paradigm shift

Diana: A New Musical hits Netflix – and the old walls between screen and theatre tumble. P4-5

Hollywood
Here are 10 shows based on offbeat graphic novels.

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How to say no to a social event right now.

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**PRAYER TIME**

- Fajr: 3.47am
- Shorooq (sunrise): 5.10am
- Zuhr (noon): 11.39am
- Asr (afternoon): 3.08pm
- Maghreb (sunset): 6.08pm
- Isha (night): 7.38pm

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**SERIES TO BINGE WATCH ON AMAZON PRIME**

**Made In Heaven**

**DIRECTION:** Zoya Akhtar, Reema Kagti

**CAST:** Arjun Mathur, Sobhita Dhulipala, Jim Sarbh

**SYNOPSIS:** Made In Heaven is a story of amphibians who have learnt to swim but are still anxious of water. Set in Delhi, spread across nine episodes, the series revolves around Tara and Karan and their eponymous wedding planning company, targeting the city’s uber-rich. India is a potent blend of old and new. Tradition jostles with modern aspirations against the backdrop of a Big Fat Indian Wedding revealing many secrets and many lies. The supposedly liberal fabric of the upper crust unravels as the duo navigate through arranged marriages, dowry transactions and other challenges. Each episode introduces a new family and a story, with a set of recurring characters – the leads’ families and friends and the employees of Made In Heaven – who complete the series.

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**James May: Our Man in Japan**

**CAST:** James May, Yujirō Taniyama, Masayo Fujii

**SYNOPSIS:** James May has always been intrigued and seduced by the idea of Japan, yet this nation and its culture remains a complete mystery to him. Now he’s on a one-man mission to immerse himself in its society, places, and people in a bid to unlock its extraordinary secrets. By taking on an epic journey across all of Japan from north to south, James is determined to gain a genuine understanding into why this unique land and its people are the way they are, what drives their whole culture, and what their approach to life can teach the rest of us. So far so good, but it won’t be easy. He can’t speak the language, he’s clueless about Japanese etiquette but at least he knows there’s a small tree called a banzai... Not only that, but Japan is one of the most contradictory and confusing places on earth. Here, classical art forms and haiku poetry rub shoulders with Godzilla, Cosplay, and some of the strangest obsessions on the planet, while stunning, peaceful vistas of gently falling cherry blossom give way to neon lights, J-Pop, and frenetic urban environments.

Fifteen years since he first visited as a baffled tourist, James is now ready to leap into the unknown and embark on a quest to reconcile these contradictions and to truly understand what makes Japan tick.
Adding plant-based foods to your diet

Meat alternatives can be healthier for you depending upon the ingredients.

**Question:** I am interested in limiting my intake of meat, but admittedly, I love burgers. Are there any really good plant-based options?  
**Answer:** Plant-based burgers have soared in popularity over the past couple of years. And these meat alternatives can be healthier for you depending upon the ingredients. While eating meat can be part of a healthy diet, introducing more plant-based foods in your diet definitely has health advantages. The biggest benefit of plant-based foods usually comes in the form of fibre and other nutrients. Fibre can come in many forms and commonly is classified as soluble and insoluble. Both are beneficial, and most vegetables, whole grains, nuts and legumes have some of each. Look for burgers that have peas, beets, mushrooms, whole grains, soy, lentils or beans as main ingredients.

Nevertheless, health and wellness communities agree that diets emphasising fresh, whole ingredients and minimising processed foods are superior for overall wellness. The whole-foods, plant-based diet does just that. It focuses on minimally processed foods, specifically plants, and is effective at stimulating weight loss and improving health. A plant-based diet in general has more phytonutrients — plant compounds that are thought to be both preventative and protective in our long-term health. Some phytonutrients act as antioxidants. Often times, the phytonutrients are identified by the different colours — red, orange, purple, green or tan. This is why you hear the phrase “eat the rainbow.”

The challenge with any plant-based meal, however, is that the flavours and textures are different. So this presents an issue as far as what’s added to the ingredients to mimic the taste and texture of meat. Research reflects that following a plant-based diet has significant health benefits as long as you do it correctly. If followed properly, a whole foods, plant-based diet limits the use of oils, added sugars and processed foods, leaving only whole foods to provide nutrition. This maximises nutrient intake and virtually eliminates foods that can lead to poor health outcomes. Some plant-based burgers are going to have added fat, and oftentimes, the added fat is a saturated fat. Commonly added fats are coconut oil or palm oil. Like with natural meat burgers, saturated fats can be concerning. Saturated fat has been shown to raise LDL or “bad” cholesterol, and the concern is that it may increase heart disease risk.

Salt is another common offender. Added salt is both a flavour enhancer and preservative in pre-packaged or restaurant plant-based burgers. Too much salt, or sodium, can raise blood pressure. Keep in mind that the bun you select and condiments also will have sodium, so the tally for the meal can add up quickly. Together, the added saturated fat and sodium may impact the overall nutritional quality of plant-based burgers. Compare products and choose wisely.

Alternatively, you might consider making your own plant burger at home. You can easily incorporate spices or other seasonings instead of salt and added fat.

Overall, it’s a great goal to eat more plant-based foods like vegetables, nut, beans, lentils and whole grains to get more variety into your diet. If you have been limited in the past with plant-based foods, I would recommend slowly working new and different fruits, vegetables, legumes and nuts into your diet. You also can aim to eat smaller portions of meat.

Some simple ways to update your menu may include adding colourful vegetables into tomato-based sauces for pasta dishes or soup. For the latter, you also can add in beans, barley or another grain. You can add finely chopped mushrooms and onions to add texture and flavour to ground beef for tacos or casseroles. And finely chopping or pulsing nuts or seeds can boost pancakes and other baked goods.

**Don’t be afraid to experiment and modify recipes. You might find you like the new flavours and textures, as well as how you feel, since the additional fibre and nutrients will keep your body moving as it should.** — Mayo Clinic News Network/TNS
Once upon a time, there were movies, television and theatre. And we all knew the difference between them. Movies were what you saw on a Saturday night with popcorn in your lap. Television was something you watched in your living room or bedroom, several nights a week. And theatre was human-to-human communication. You know, a live show with a costly ticket.

For the most part, America’s dramatic entertainment industry has been organised around these divisions. Each had their own labour unions (SAG, AFTRA and Actors’ Equity) and awards shows (Oscars, Emmys and Tonys). Writers would specialise in one branch even if dreaming of another. And for decades the Chicago Tribune and other fine news organisations employed separate film, TV and theatre critics, presumably on the theory that the dramatic disciplines all required separate specialists.

All of that has been tottering for a while. But the coronavirus crisis has blown those barriers to bits. Just consider the last few days. First off, Disney announced that it would release on September 4 its postponed and much-anticipated live-action version of Mulan, not to movie theatres but to its own streaming service, albeit for an additional $30 in rental fees. The decision is a terrible blow to reeling movie theatres, hastening the growing sense that those giant, barn-like multiplexes that dot cities and suburbs across America are never coming back at scale. Even after people are unafraid to go out. Why bother when the best and newest titles can be viewed on a device of your choice?

That would mean, of course, that the food courts that depend on the theatres in malls are toast, too. And the restaurants outside.

Sure, a few theatres will survive, especially those that offer a special experience. And one very smart Hollywood producer I know insists that three categories of films will still attract people to movie theatres because people will want to see them with other humans: horror, superheroes and musicals.

But everything else? No different from television now.

But what about theatre? Surely, live is live. Not so fast. Two bits of relevant news came...
out Tuesday and Wednesday. One was that Hamilton, a Broadway musical, attracted a massive audience when it was broadcast on Disney Plus, blowing out the Netflix competition to become the most-watched streaming show of July. This was not a movie but a Broadway show with a live audience.

And a few cameras. Hamilton is its own beast, you might argue. Well, sure. Hamilton is Hamilton, backlash and all.

But on Wednesday, the producers of Diana: A New Musical announced a truly singular plan for a show that saw its original spring opening nixed by the pandemic and the ongoing Broadway closure.

Diana: A New Musical, a show based on the life of the late Princess Diana and penned by Joe DiPietro with music and lyrics by DiPietro and David Bryan, will now rehearse in an empty Broadway theatre (no shortage of those) and be recorded in a multi-camera shoot and then streamed on Netflix at some point before its new opening date in May of next year.

In terms of standard operating procedure on Broadway, this is a true disrupter.

For decades, musicals have been rolled out slowly — workshop to out-of-town tryout to Broadway theatre and a flashy series of press performances for a few powerful critics, celebrities and influencers who, crucially, will have attended the show before almost anyone else. Even weeks into the run of a hit Broadway musical, only a few thousand people will have actually seen what everybody seems to be talking about. And from the producers’ point of view, that drives demand for scarce tickets. Such is, or used to be, the bedrock of the Broadway economic model.

Over time, that number of people exposed to the show increases. A musical might tour Asia or move to London or clone itself in Chicago or licence itself to local theatre, then amateur theatres and high schools. If it’s an iconic hit like Hairspray or Rent, it might get filmed or remade for television. But that always has been years down the line.

All of that assumes the show is a hit. If it gets a thumbs down from those critics, celebrities and influencers, it can die in weeks. Or days. In that scenario, most people never get to see it at all.

I haven’t yet seen Diana: A New Musical. It might be great. Sure hope so. But it’s fair to say, back before a certain virus took down everyone, that the Rialto was not expecting an artistic masterpiece from this particular attraction.

But here’s the rub. Princess Diana is an iconic figure across the globe and this could be one of those shows that appeal more to the regular folks than the snobs on the aisle. It would not be the first in that category, but the perennial complaint of the people involved in such shows is that they started out tainted by the snubs of the Broadway elites.

This is a clever hedge against that problem. Assuming the Netflix streaming reaches a large audience, there could be a groundswell of popular opinion mounting for the show in advance of its actual live-opening night.

In other words, the influence of critics might well be yet further reduced which may well transform the fortunes of the show — like a politician opening a window in a smoke-filled room. For the first time in Broadway history, a review of a new musical will land in an environment where hundreds of thousands of people already will have seen the show. Expect the knives to come out if opinions differ.

But will these folks really have seen the show if they have only seen the Netflix stream? Not in my old-school view. But this is powerful evidence that Netflix, Disney and what we think of as live theatre have all begun to fuse.

When have you ever before heard of a Broadway opening on your computer screen? You have now. And maybe not for the last time. — Chicago Tribune/TNS

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Oso Easy puts the fun back into growing roses

By Norman Winter

The first spray opened up in my Oso Easy Peasy rose and I thought, “Wow, they have captured the essence of a fine heirloom.” This was like a breath of fresh air as I had fallen in love with antique and heirloom roses when becoming the director of the American Rose Society years ago.

Oso Easy Peasy is a landscape rose being brought to us by Proven Winners, but there is a connection to the American Rose Society as it was selected as an Award of Excellence Winner in the no-spray division. This means exactly what the name says; it can’t get any easier than this rose for the landscape.

Oso Easy Peasy made its debut in garden centres this year. The Garden Guy is lucky in that I had an early shot at it and for two years it has been just what the doctor ordered giving me beautiful flowers, though I have offered it a big dose of neglect. This year in the garden I did give it some nice partners. Those glorious hot-pink-magenta flowers are born at the base of an 8-foot-tall windmill palm and combined with Royal Hawaiian Maui Gold elephant ears. The lime green and hot pink rock!

This shows you the versatility of Oso Easy Roses. They excel from large sweeps or drifts in the landscape, incorporating with perennials in the cottage garden and yes, even with tropicales if it’s your heart’s desire. One of the most memorable mixed containers I have ever photographed featured Oso Easy Paprika, a wonderful orange and yellow blend, and Beyond Paradise copper plant. A tropical combination of incredible warm colors.

I relished the trials for the Award of Excellence when I was director of the American Rose Society as it was reminiscent of university trials and in some ways more rigorous. At the time they were geared mostly for miniatures but now incorporates miniflora, today’s landscape shrubs.

Oso Easy Peasy isn’t the only winner Proven Winners has from the American Rose Society as the red-hot Oso Easy Urban Legend is also a winner. Vibrant red with a crown of yellow stamens makes this one of the most sought-after roses for the landscape. Of course, as with Award of Excellence winners it is packed with disease-resistance and performance.

Oso Easy Peasy and Oso Easy Urban Legend, reach about 40 inches tall with an equal spread while Oso Easy Paprika, the wonderful orange selection, is smaller reaching 24 inches in height with a 36-inch spread. There are 10 Oso Easy selections giving you a variety of color and habit perfect for today’s modern landscape.

Roses need six to eight hours of direct sun each day. Morning sun is essential, but a little afternoon shade is tolerated. Good air movement helps the dew and rain dry quickly, further enhancing the inherent disease resistance, so space about 3 to 4 feet apart depending on your variety.

Before you plant your roses, get the beds prepared by incorporating three to four inches of organic matter and tilling to a depth of 8 to 10 inches. The ideal soil pH for roses is between 6-6.5. Planting on raised beds further maximises good drainage. By all means, finish your bed or planting with a good layer of mulch.

Feed your roses with a slow release or controlled release fertiliser per formula recommendation. Apply at the start of spring growth and again in mid-summer. I like to prune Oso Easy roses in late winter to early spring, just before new growth resumes. Typically, the roses will triple in size after pruning, so plan on cutting back by two-thirds.

In the landscape, your options will seem to be endless. Be bold – plant enough to make a landscape impact using them with your favourite perennials and a few splashes of annuals. Don’t forget mixed containers too! Oso Easy puts the fun back into growing roses. — TNS
What does a house from the future look like? The Mexican sculptor and architect Pedro Reyes thought long and hard about what it means to build a house in the 21st century, away from a canon of modernity, classical styles and fleeting trends. He and his wife, fashion designer Carla Fernández, also wanted to avoid the usual type of architecture you find in Mexico, because so much of it ends up looking the same.

The result is this “future cave” – an amalgam of modern and ancient, where brutalist architecture is made from concrete in varying degrees of coarseness and yet the human hand, visible in layers of centuries-old, artisanal craft – furniture, artwork – is also evident. Minimal this is not.

“We like brutalism, but it is not minimalist,” says Reyes, on a Zoom call. “Some people might think our home appears cold in photos, but it is actually very warm and the warmth comes from the fact that everything is handmade, even if it is concrete,” adds Fernández. The couple share the home with their teenage children, Cristobal and Laima.

The use of materials and the choice of the craftspeople was important in trying to recreate the feel of pre-colonial Mexico. “Stone-carving here is a tradition that dates back 5,000 years, but it stopped at the time of the conquest,” explains Reyes. The couple chose to build their home, along with a sculpture garden and Reyes studio, on a plot of land in Coyocán. It’s a neighbourhood south of Mexico City that was once home to Frida Kahlo.

Working with artisans was central to the build, once the couple realised that fashionable midcentury furniture the sort by Jean Prouvé or Mies van der Rohe was not a good fit. Instead, Reyes made his own. We don’t own many things that are mass-produced. Every object around us tells us a story about the person who made it,” Reyes reeks off a list of first-name local artisans. “Alfredo, Abraham, Leonel, Antonio, Humberto... It’s the style of furniture that has been around for centuries. We were very interested in making things that keep trades alive, such as stone carving or weaving, or using natural dyes.”

In many ways, this echoes the sustainable clothes Fernández designs traditional clothes produced in a contemporary way, using an idiosyncratic colour palette. The main part of the house features crazy-paving floors. Cantilevered steps lead up to a narrow gallery that overlooks the sitting room, a double-height living space filled with sculpture and mismatched furniture on a raised platform. The focal point, however, is the library. Made from slabs of concrete, it is filled with books as far as the eye can see. “The use of concrete allows you to have many textures,” says Reyes.

“You can polish it to give you a mirror effect or it can be hammered or chiselled, like in the Barbican in London. We wanted a main space that could be a library for us – it’s a tool we use all the time and the projects we get involved in require a lot of research.” The couple have also opened their library up to the public (@tlacuilobiblioteca). During lockdown books are being left by the door or otherwise sent by courier.

“The library is very much the heart of our house,” adds Fernández. “It is where we prepare for an exhibition or a party, and what is great is that while it’s a big space, it gets used a lot. It’s even quite chaotic at times. My son does his homework here, and, during lockdown, we’ve used it for yoga when we couldn’t get out to exercise. It’s very much a shared space. I will come back from work and someone is browsing a book or coming in from Pedro’s studio.”

The kitchen and dining room are on the ground floor and upstairs are four bedrooms and a bathroom. The bathtub is hewn from stone to resemble a rock pool, and set below a shaft of light. Reyes thinks that the many shades of grey are a good backdrop for highlighting other colours. “We like that feel of being in a cave – the shadow and the light somehow become more dramatic.”

The light, he explains, is also their heating system. The skylight collects heat during the day and keeps the house warm at night. “We never need heating, and if it gets too warm during the day we open the windows, which means we don’t need cooling either. So light, heat and temperature work together.”

Reyes’ work (mostly large-scale projects) has won international attention for addressing social and political issues and inciting change through sculpture, performance and video.

He once observed that music is the highest form of communication, so how does he feel his house translates lyrically? What sort of composer parleys the spirit of his home? Reyes stops and thinks. The answer is a little-known composer of modern music from the 20th century named Conlon Nancarrow. He is best remembered for being one of the first composers to use auto-playing musical instruments, realising their potential to play beyond a human’s ability. It’s something that crops up in Reyes’ compelling Disarm video, where he employs dismantled guns and transforms them into percussion instruments.

Fernández prefers silence. “We have birds in the garden and we have crickets which I love to listen to as they remind me of being in the jungle. And yet, I can also hear the sound of firecrackers, which reminds me I am still living in the middle of a city.” — The Guardian
has fear of coronavirus emptied the beaches – or have I chanced upon one of the last unspoiled stretches of coastline in Italy? I am on the sand at Santa Maria del Focallo in southern Sicily. Around me, a few clusters of friends and families are huddled under umbrellas or cooling off in the sea. Dunes coloured green and pink by evergreen shrubs and bougainvillea stretch in both directions: west towards the port town of Pozzallo and east towards Portopalo, Sicily’s most southerly tip, where the Ionian Sea meets the Mediterranean. There’s an end-of-season feel, as if the stragglers are soaking up the final rays of summer. In reality, the season has only just begun.

On 4 June, the travel ban between regions in Italy was lifted and beach resorts began reopening, relying heavily on holidaymakers from their own region and hoping to make ends meet despite the new mask-wearing, socially distanced normal. In this particular corner of Sicily, however, finding space to sunbathe at a safe distance has evidently never been an issue. It has endless kilometres of beach free from the privately run lidos that clutter most Italian resorts, with their tightly packed, uniform rows of sunbeds and parasols. “It’s always like this,” says Ettore Lorenzi, a kitesurfing instructor, from the porch of his whitewashed wooden shack overlooking the beach.

Ettore runs the Floripa Yoga and Kitesurf House (doubles from €70) alongside yoga teacher Ameriga Giannone. Just over the road from the beach, it’s a modernist, low-key space, with bold-coloured walls and a lush garden. The vibe is more like a stay with friends than a hotel holiday. I’m barely been there five minutes before Ettore puts a tumbler of red wine in my hand and invites me to join the other guests – either old Sicilian friends or repeat visitors – at a long table on the jasmine-shaded terrazzo for a vegetarian dinner. I quickly realise I could happily spend the week flitting between the beach and the grounds of Floripa.

But I have a large unspoiled region to explore and a long list of “unmissable” places to eat at along the coast. Gennaro del Pino, a not terribly busy beach barman, tells me: “Though excellent cooking can be found almost anywhere nearby, A Valata, on the seafront in Pozzallo, 8km away, is where pozzallesi locals choose to dine.” And so off I go.

Unlike the beach, A Valata is rammed. Part-suspended on wooden decking, the restaurant hangs over now-obsolete concrete tracks that used to guide boats into the water. “The kitchen was formerly a boathouse,” the restaurant’s owner says. “It was one man’s job to row out across the bay to the lighthouse to top up the lamps with oil each night.” Now succulent platters of house speciality pesce crudo – Sicily’s answer to sashimi – fly out of the former boathouse kitchen. Michael La Pira, who works as a waiter in summer and in the merchant navy in winter, says the fish is brought in daily on small boats that have been the bedrock of this local economy for centuries.

On the table next to me, a young woman finishes a huge portion of linguine with fresh tomatoes and sardines. “Tourism is surplus to fishing and agriculture here,” says Erika Modica, whose choice of dish reflects the two pillars of the area’s economy. Erika runs a boat chartering business, and appears unfazed by the impact of coronavirus. “We live very much in the present here,” she says. “We are happy people.”

Indeed, as I walk back through the town to the car, a heady atmosphere prevails as locals pack the boardwalk enjoying their evening passeggiata. The only sign of a pandemic is the odd mask slung over an elbow, to be worn...
When entering a shop, holidays are still happening here, just without the influx of foreign tourists.

In the opposite direction to Pozzallo, east along dusty roads flanked by polytunnels growing Pachino tomatoes, is Portopalo di Capo Passero. Once the centre of the tuna trade, and now on the verge of being run-down, it feels real, compared with touristic Marzamemi further up the coast. Not far away, off Italy’s southernmost tip, Isola delle Correnti is a tiny island just above sea level, with a 200-year-old octagonal stone lighthouse. It’s an ideal swimming spot, and groups of friends clutching lilos are wading out through the shallow water to swim in the small coves.

Staying on shore and in the shade, I chat to a family on holiday from Emilia-Romagna, the first non-Sicilians I come across during my stay.

“We were lucky to have booked our flights in January because now they are expensive,” says Sabrina Corbino, as she tucks into scaccia – a traditional layered pizza-pie filled with tomatoes and aubergine. She blames the airlines for the lack of tourists – including Italians – though she admits she already knew the area through having family here.

Inland, the hilltop towns built in Sicilian baroque style offer a side helping of sophistication. I enjoy an aperitivo in the chic town of Noto, but nearby Modica and Scicli are equally beguiling. Noto’s architecture is high baroque, and the pale stone reflects the sun in ever-changing pink hues on the wide cobbled streets. In Cassaro Café-Bistrot on the main drag, two friends have a drink at the table next to mine. They are a fashion PR and a stylist who moved from Milan several years ago to transform an 18th-century apartment into a B&B. “This is the type of place where you could be standing next to a famous film director in the queue for an ice-cream and no one would even realise,” says Edoardo Marchiori as he sips his margarita. “Those in the know come here to get away from the crowds.”

Back at Floripa, the other guests are baffled by my decision to skip the daily yoga classes, but with such a seductive and unpretentious corner of Sicily on the doorstep, yoga is going to have to wait.

— The Guardian
**SLEEP TIGHT**
Proper sleep is an important study skill and helps students remember better.

**TIP**
Forget all-nighters. You're more likely to remember details after a good night's sleep.

**FACT**
During sleep, the brain processes and stores information learned during the day, moving it from the short-term memory areas into long-term memory areas.

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**TIP**
Grab your books, a pen and some paper and pick a different spot to study—the couch, the picnic table, or under a favourite tree.

**FACT**
The brain picks up background information while studying and varied locations help give learned material more "stick."

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**EAT RIGHT**
While it's almost impossible to study on an empty stomach, the right foods can feed the brain and put it in a learning-ready state.

**TIP**
Before studying, snack on brain-friendly foods like nuts, seeds, fruits, and vegetables. Avoid anything sugary and processed which can cause a mental fog.

**FACT**
Certain foods nourish the brain, while improving clarity, increasing problem-solving abilities, and enhancing recall.

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**TIP**
Got the study blahs? Go for a run, a bike ride, a brisk walk, or even just do some jumping jacks!

**FACT**
Fitter students scored almost 30% higher on standardized tests.

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**GET SOME EXERCISE**
Exercise helps refuel the brain, making it easier to focus on school work.
new way to combine your favourite milk chocolate with peanut skins and coffee waste can boost its antioxidant properties, thereby providing the same health benefits associated with the harder, more bitter dark chocolates, says a study.

The results suggest that you may not have to compromise on the taste to get the benefits of dark chocolate which has high levels of phenolic compounds.

Peanut skins are not the only food waste that can enhance milk chocolate in this way. The researchers are also exploring the extraction and incorporation of phenolic compounds from used coffee grounds, discarded tea leaves and other food scraps.

“The idea for this project began with testing different types of agricultural waste for bioactivity, particularly peanut skins,” said Lisa Dean, the project’s principal investigator from the US Department of Agriculture (USDA).

“Our initial goal was to extract phenolics from the skins and find a way to mix them with food.”

When manufacturers roast and process peanuts to make peanut butter, candy and other products, they toss aside the papery red skins that encase the legume inside its shell. Thousands of tonnes of peanut skins are discarded each year, but since they contain 15 per cent phenolic compounds by weight, they are a potential goldmine of antioxidant bioactivity.

“Phenolics are very bitter, so we had to find some way to mitigate that sensation,” Dean said.

In fact, the natural presence of phenolic compounds is what gives dark chocolate its bitterness, along with less fat and sugar compared to its cousin milk chocolate.

To create their antioxidant-boosted milk chocolate, Dean and her team of researchers at the USDA worked with peanut companies to obtain the peanut skins. From there, they ground the skins into a powder, and extracted the phenolic compounds with 70 per cent ethanol.

They also worked with local coffee roasters and tea producers to obtain used coffee grounds and tea leaves, using a similar methodology to extract the antioxidants from those materials. The phenolic powder was then combined with maltodextrin, a common food additive, to make it easier to incorporate into the final milk chocolate product. The researchers presented their results at the American Chemical Society (ACS) Fall 2020 Virtual Meeting & Expo. – IANS
Wordsearch

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

BARKER  GIBSON  NEWHART  CROSBY  HOPE  SAGER  CUMMINGS
HOSKINS  SMITH  DOLE  KNEPPER  WEIR  DYLAN  LILLY

Codeword

Every letter of the alphabet is used at least once. Squares with the same number in have the same letter in. Work out which number represents which letter.

Sudoku

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

Adam

I made something new. Coffee pancakes! Oh! I’ve heard of those.

Garfield

I’ll go first!

Pooch Cafe

It’s a bad breath contest. Each dog takes breathings on each other until one of them succumbs.

Bound And Gagged

Attorney

And why is it you want to sue this particular lifeguard?
**Super Cryptic Clues**

**Across**
1. Being there, have a ball a couple of hours before midnight? (10)
7. Braille translation for a politician (7)
8. Name of man responsible for seaside structures (5)
10. Short dog with a little tail (4)
11. Two instruments for sailors’ dance (8)
13. Poor sample of trees (6)
15. Clergyman moved diagonally (6)
17. After restraint certain to get cover again (8)
18. Chief supporter (4)
21. Stroll round Minehead, having the power (5)
22. Disturbance resolved in court (7)
23. The dogs ran wild, being wilful (10)

**Down**
1. The colour of fresh bream (5)
2. Mormon’s end by salt lake (4)
3. The naval hero is in the hold (6)
4. Part of book taken out in theatre! (8)
5. Care for teachers is head’s part (7)
6. Girl going by jet or prison van (5,5)
9. Knot for fastening a leg of mutton? (10)
12. After bad scare finish climb again (8)
14. Page bound to be easily bent (7)
16. Conservative upset by doctor’s decay (3-3)
19. Being sorry, destroy force (5)
20. Repeat what is said in the newspaper? (4)

**Solution**

**Wordsearch**

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

**Codeword**

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S I N S A W F O R C I B L E
A T N R F I T C R A N
B O O B O O A C T U A T E D
A L H D U D H
H I N D E R S T E P
A L T R H T H P E N H K
O D D I L Y T A C T I C A L
H O N S E R V W O O D W O R K M O O S E
R I Z Z E S Q
d O U N I N C E T E D
A T I L E V E R
S E R O Y A H K L O R E L
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**Answers**
Singer Sonu Nigam gears up for social distance concert in Dubai

Singer Sonu Nigam is set to perform live for the first time after things got abruptly halted, owing to Covid-19. The gig, titled The Light Concert, will be held in Dubai on August 21.

“This is the world’s first social distance concert of Bollywood. There’s going to be no kind of overcrowding or no physical contact, as we used to have earlier in concerts,” said Sonu.

Sonu said that people are so excited about this concert that “they are flocking in from different countries”. “I know of people coming from Russia. I’ve heard of people coming from the UK in their private jets to see the concert,” said the singer. “This is a show which is being looked at with a lot of love, so the concert is called The Light and obviously it has a lot of connotation because not literally, but in the hearts of people that have seen dark times in the last six months and a lot of people have lost their jobs. People have lost money, their source of income, their savings, their loved ones. So the concert is called The Light because there’s a light at the end of the tunnel and we are all looking at that and praying for that. Hopefully, we will get our act together. Thus, it’s called The Light,” he added.

Sonu recently launched his own music label, and unveiled a couple of songs last week. –IANS

Filmmaker Nishikant Kamat is no more

Filmmaker Nishikant Kamat passed away in a Hyderabad hospital on Monday. He was 50. Kamat was battling liver cirrhosis for the past two years.

Yesterday, a statement issued by Hyderabad’s AIG hospital, where the filmmaker was admitted, confirmed the news.

The statement reads: “Mr Nishikant Kamat (50 years, Male) was admitted to AIG Hospitals on 31st July, 2020 with complaints of fever and excessive fatigue. It was diagnosed that he was suffering from liver cirrhosis. Despite maximum efforts from hepatologists, gastroenterologists, pulmonologists and intensivists, his condition deteriorated eventually leading to multiple organ failure. Today, from afternoon onwards his vital parameters started declining and at 16:24 hours he succumbed to his illness. Our condolences are with his family, friends and fans. Bollywood celebrities took to their verified social media accounts to express condolences.

Ayjay Devgn, who starred in Kamat’s 2015 release Drishyam tweeted: “My equation with Nishikant was not just about Drishyam, a film which he directed with Tabu and me. It was an association that I cherished. He was bright; ever-smiling. He has gone too soon. RIP Nishikant.”

“I will miss you my friend. #NishikantKamat Rest In Peace,” tweeted Ritish Deshmukh who made his acting debut in Marathi cinema with Kamat’s critically acclaimed directorial Lai Bhairavi in 2016.

“One of my favourite Director Nishikant Kamat Who made Mumbai Meri Jaan breathed his last today at Hyderabad hospital. Thanks Nishil for such a meaningful film and memories. AUM SHANTI,” tweeted veteran actor Paresh Rawal.

“Nishikant Kamat. Really sad to hear about his untimely demise,” tweeted Yami Gautam.

Kamat was known for directing Bollywood films like the Ajay Devgn-Tabu starrer Drishyam, Irfan Khan-starrer Madaari and the John Abraham films Force and Rocky Handsome among others.

He also directed critically acclaimed Marathi films like Dombivli Fast and Lai Bhairavi. He also featured as an actor in the Marathi film Saat Chhaya Aat Ghurat and his 2016 Bollywood film Rocky Handsome. –IANS

The Light Concert

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Sonu recently launched his own music label, and unveiled a couple of songs last week. –IANS
Lawsuit over potential future Soundgarden album moved to Washington state

A messy lawsuit between Soundgarden’s widow, Vicky Cornell, and Chris Cornell’s widow is being transferred to Washington state.

A Florida judge sided with the Seattle rock band Monday, sending the case to the US District Court for the Western District of Washington.

At stake are seven audio recordings made by Cornell, the band’s late singer, which Soundgarden’s surviving members claim were intended for a future Soundgarden album.

Cornell’s wife, Vicky Cornell, initiated the lawsuit last year, contending the recordings belong solely to the singer’s estate and accusing the band of withholding royalties and profits from her. She filed the complaint in Florida, contending the couple’s primary residence was in the Miami area and that “some (if not all)” of the recordings were made at the singer’s home studio there.

In the band’s countersuit, surviving members contended this spring and sought to move the case to Seattle-area courts.

The judge in the US District Court for the Southern District of Florida ruled this week that Florida courts did not have jurisdiction over the case, kicking it to Western Washington, where the band is based.

The lawsuit between the Grammy-winning grunge icons and their late singer’s wife has been highly contentious.

In the band’s countersuit, surviving members Kim Thayil, Ben Shepherd and Matt Cameron accused the surviving members of misusing funds from a star-studded benefit concert held in the singer’s honour last year – claims the band partially walked back last month. – The Seattle Times/TNS

Here are 10 shows based on offbeat graphic novels

By Trevor Fraser

Netflix released the second season of its hit show The Umbrella Academy. The quirky, dramedy following a dysfunctional family of super-powered siblings garnered more than 45 million views in its debut last year. This second outing is on track to match it, currently holding an 89% rating on Rotten Tomatoes.com, an even higher rating than season 1.

The Umbrella Academy is based on a comic book by My Chemical Romance frontman Gerard Way. If the show has whet your appetite for offbeat stories, here are 10 other series with graphic novels as their inspiration.

Watchmen (2019)

HBO’s dramatic series is a sequel to Alan Moore and Dave Gibbons’ groundbreaking book (and not to the 2009 film adaptation). While the graphic novel deconstructed the idea of superheroes and questioned the society that would want them, the TV turns these themes into a violent tour of ’90s America was written up with his daughter’s imaginary friend, the winged blue unicorn Happy (voiced by Patton Oswalt).

Lucifer (2016 –)

This series began life on the DC Universe app but has since made the jump to HBO Max. The show pulls heavily from the run of psychedelic writer Grant Morrison, such as including Danny the Street, a sentient, transvestite stretch of roadway. Like Umbrella Academy, the story concerns a band of misfit heroes brought together by a mysterious father figure.

Preacher (2016 – 2019)

Garth Ennis and Steve Dillon’s violent tour of ’90s America was translated into three seasons of television for AMC. The story concerns Jesse Custer, a doubting preacher receiving a spiritual being and the power to command others with only his voice. Teaming up with a me’er-do-well Irish vampire and a former flame turned hit woman, Jesse sets out to find God, more literally than most people.

End of the F***ing World (2017–2019)

Actress Charlie Coxwell wrote the adaptation for Charles Forsman’s comics about a boy who thinks he might be a burgeoning psychopath and the girl who uses him to escape a rough home. Netflix picked up the British show, which ran for two seasons and earned a Peabody Award. Prepare for heavy doses of pathos and laughter in nearly equal shares.


The CW managed to get five seasons out of the bizarre comic by Chris Roberson about a zombie girl who learns the thoughts of people whose brains she eats. The show sees medical resident Liv Moore working in a morgue and using her power to solve the mysteries behind some of the bodies that come in. Think of it like The Ghost Whisperer, only she doesn’t exactly whisper.

Wynonna Earp (2016 –)

In this Syfy series based on Beau Smith’s comic book, the descendant of legendary lawman Wyatt Earp finds her calling in sending the resurrected souls of bad guys to Hell. Combining Western and horror tropes, the show has earned a reputation as a hoopic’ and hollerin’ good time.

Happy (2017–2019)

Syfy produced both seasons of this vehicle for character actor Christopher Meloni. Based on Grant Morrison’s profane and hilarious comic miniseries, the show offers a twisted take on the classic rogue cop antihero narrative, with Meloni’s misanthropic Nick Sax teaming up with his daughter’s imaginary friend, the winged blue unicorn Happy (voiced by Patton Oswalt).

In Garth Ennis’ nihilistic take on the military-industrial complex, superheroes are simple-minded brutes with destructive impulses and appetites, and whose images are waved for corporate propaganda while their collateral damage is swept under the rug. The show, coming back to Amazon Prime for its second season, features Karl Urban as Butcher, the man trying to keep the heroes in check, and Antony Starr, in a star-making turn as the morally ambiguous Homelander. – Orlando Sentinel/TNS
How to say no to a wedding, birthday party, or other social event right now

By Grace Dickinson

Not everyone has decided to cancel or postpone their wedding, birthday party, or baby shower, and for reasons vast and wide. Some are financial — refunds couldn’t be negotiated with vendors, for example — and others are personal, with the host having confidence in the ability to throw a safe celebration or a higher risk tolerance.

Regardless, if you receive an invitation, you have a choice to make: to go or not to go? Many events will look significantly different right now, especially those that aren’t hosted in a private home. Smaller guest lists, masks, and socially distanced tables are all commonplace. But no matter the setup, it’s a pandemic. Everyone’s situation is different, and there are countless reasons why you might opt out.

Here’s how to decline an invitation if you don’t feel comfortable attending.

Life happens, as they say. And life is complex. Pandemic or not, there will always be circumstances that make it difficult to attend events. If you need to decline an invitation, it’s OK — you can always say no, says Jacquelyn Youst, etiquette coach and president of Pennsylvania Academy of Protocol.

“The decision to attend any function is personal,” says Youst. “But you want to decline gracefully — that’s all that’s required of you.”

It doesn’t matter why you’re declining. Being polite will help the future of your relationship with the person on the other end.

“After the dirt settles, there’s less likely to be hurt feelings,” says Youst. “And in the end, you’ll feel better when you know you’ve done the best you possibly can in these circumstances.”

So what should you say? Clicking the “no” button on an e-vite isn’t going to cut it for those sent by your best friend or sibling. But you should keep your response direct and decisive, says Sara Murray, owner of wedding and event planning company Confetti & Co.

“It can be as simple as saying, ‘I so appreciate and respect that you’re still throwing a party that would bring so much joy during a time like this, but it’s not a good fit for us,’” says Murray.

Don’t offer your response up for debate. And skip the maybe middle zone. While maybe might seem less harsh than no, wavering can give false hope, and complicate the planning process.

Being assertive, however, doesn’t mean being aggressive. Now is not the time to preach to others if their opinions differ from yours. Instead, try your best to show support.

“People who’ve made this decision (to have an event) have thought about it. They want to go through with it, and will try to make it safe for their guests,” says Murray. “Judging them isn’t going to help anyone.”

You’re not at fault for wanting to protect yourself and others; there’s no need to include a lengthy explanation with your RSVP.

“Be honest, but you don’t have to go into a ‘My mom is staying with us and she has a health condition,’” says Murray. Even more important: Skip the false excuses.

“It’s easy to make up a story to help alleviate the awkwardness of declining, but that can make things worse,” says Youst.

An easy example, Youst points out, is a dinner invitation, where you lie about another commitment rather than just sharing that you feel uncomfortable. What’s to stop the host from just changing the date? As always, honesty is the best policy.

It doesn’t matter how many emojis you use — texting can come across as abrupt or rude, even if it wasn’t your intention.

“One thing that you never get through text or e-mails is tone of voice,” says clinical psychologist Deb Derrickson Kossmann. “Ideally you’d use FaceTime so that you can see facial expressions.”

You might be dreading the conversation, but don’t wait until the day before to RSVP. This is especially important for a wedding or other large event.

“You’re just extending the problem!” says Youst. “Tell them as soon as possible so that they can make other arrangements.”

For smaller occasions, like a birthday party, it’s okay to answer with a maybe — as long as you have the conversation well in advance, and you’re actually considering going.

“Give them a definite date that you’ll let them know by, and be cognizant of them having to plan around you,” says Murray.

“When you send a gift, you’re acknowledging the event and that you want to celebrate with them,” says Youst.

Show your support in other ways, too. Ask if you can help in the planning process. And be sure to check if there are ways to join the event virtually.

“We’re all struggling with how to stay connected in our social relationships, and we’re all having to be thoughtful of what that looks like,” says Kossmann. “We have to recognise it’s not going to be the same. It may be awkward, it might not feel as nice. But everyone is dealing with this, and we have to have compassion for one another.”

— The Philadelphia Inquirer/
TNS

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— Jacquelyn Youst, etiquette coach