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Playing with light

by Raynald C Rivera

Casting realistic shadows out of virtually useless objects. Having done this for the last 20 years, Iraqi artist Abdullah Mamdouh has perfected shadow art and now he is in Qatar to amaze art enthusiasts with the mind-blowing shadows he creates.

With the lights on, they look like a normal pile of worthless objects destined to join other rubbish in the thrash bin but as the light is turned off and a spotlight intimates with the assemblage of objects, shadows are formed mimicking real things of beauty that please the eyes.

In a dark room at Souq Waqif Art Centre, Abdullah’s works come alive. They include Fanar and the Doha Skyline, which do not fail to impress every visitor to the gallery as empty perfume bottles, broken pencils, plastics, glass and other useless materials are used to create magnificent pieces of art.

“I started taking this kind of art seriously 20 years back, but my fascination with shadows began early as a child when I would create shadows I wanted to see using objects found in our house,” he recalls.

Back in Iraq where he was born, Abdullah has already created a huge body of artworks not only on shadow art but also painting – an art form he also loves. Later, he decided to move to the US where he worked with computers and until now, when he is not into art, he occupies himself with computers.

But now he is focusing more on his craft while he works in the field of graphic design at Souq Waqif Art Centre for more than a year now. What is fascinating about Abdullah’s works is not simply the shadows projected, which are very close to reality, but the materials he chooses to use, which not only effectively go together with the light but surprises the beholder of the astounding effect which is totally different from the actual objects on pile.

He effectively manipulates these everyday objects to project incredible shadows and include more materials to create additional effect such as motion or luminosity.

“What is fascinating about Abdullah’s works is not simply the shadows projected, which are very close to reality, but the materials he chooses to use, which not only effectively go together with the light but surprises the beholder of the astounding effect which is totally different from the actual objects on pile,” he says.

His work is not only a form of art but also a way to make people aware of the beauty in ordinary objects.

Iraqi artist Abdullah Mamdouh has perfected shadow art and now he is in Qatar to amaze art enthusiasts with the mind-blowing shadows he creates.

Entry: free for all

What: Light and shadow show
Where: Souq Waqif Arts Centre
When: 9am till 10pm

Iraqi artist Abdullah Mamdouh has perfected shadow art and now he is in Qatar to amaze art enthusiasts with the mind-blowing shadows he creates.

Entry: free for all
“It would normally take me one to two hours to assemble all the objects to create a piece and that includes testing the objects first,” he explains.

After years of creating various artworks, Abdullah has come up with his own technique, which he would employ in Qatar as he works on a future project here.

A replica of the project serves as the centrepiece of Abdullah’s exhibition. It is a small portrait of the Emir H H Sheikh Hamad bin Khalifa Al Thani.

“But the actual size of this would be 100sqm, to be created on one side of a building on which the sun shines,” he said.

The unique work of art is set to draw attention as the image would be seen only at a particular time of the day as it depends on light and shadow.

“This would depend on the angle of the sun. At 12 noon, for instance the image would show but after an hour, it would disappear,” he explained of the project, which would entirely be made out of ceramic and aluminium materials.

The intriguing replica has already awakened curiosity among visitors to the gallery and some have already expressed interest.

He is also planning to create another huge artwork juxtaposing two images in one frame.

“When the sun shines at around 9am an image will be seen and the other would be seen after noontime so people would have to be at the place at a specific time to witness the transformation of images.”

For sure this art form would be enjoyed by many for its aesthetic quality, which articulates art that is permanent yet temporary; the image is forever there but could only be seen in a fleeting moment.

Abdullah also shares his knowledge about art, having taught art back in Iraq and at present he also conducts workshops here.

His ‘light and shadow show’ can be seen every day from 9am till 10pm at Souq Waqif Arts Centre. It runs along with the recently opened Al Mooses exhibition which features 30 individual paintings and 15 sculptures, inspired by the poetry of Sheikh Jassim bin Mohamed Al Thani, the founder of Qatar, open till the end of the year.
International Food Concept Company, Lagoona Mall support autism initiatives

Lagoona Mall and IFC - International Food Concept joined hands to support national autism initiatives championed by local philanthropic organisations, Shafallah Center for Children with special needs and Best Buddies Qatar. International Food Concept, the holding company behind Chili’s and Lagoona Mall, will run a display of paintings, crafted by the children of Shafallah Center affected by autism, as a combined endeavour to raise awareness of the disorder.

Children have drawn 12 paintings which have been adapted into an annual Calendar for 2013 by IFC in collaboration. The calendars will be sold in Chili’s restaurant at Lagoona Mall and all other branches including Bert’s Café, Johnny Rockets, Popeyes and Romano’s Macaroni Grill. Proceeds from these sales will be donated to the Shafallah Center. Lagoona Mall had six of these paintings on display starting mid-December, leading up to a handover ceremony and reception which took place at Chili’s Lagoona Restaurant.

Sheikh Hamad bin Ahmad Al Thani, Chairman of General Trading Group (GTG) and the mother company of IFC, was the initiators of the project and delighted to pair IFC with Shafallah Center. He believes that “Autism is not a tragedy... ignorance is...”

Eamon Kelly, General Manager of Lagoona Mall said: “This is a wonderful heartfelt initiative and a great cause to be truly supported by everyone. We’re honored to take part in this program which aims at bringing together various walks of our community to help stand by those gifted children who are in need of special, continued and professional care. Our presence here is in line with our commitment to be a vanguard of social responsibility with community outreach activities that touch the young and old.”

Kempinski celebrates National Day

Kempinski Residences & Suites, Doha celebrated with pride and enthusiasm the National Day of Qatar. Special activities were organized in the lobby and the restaurant of the hotel for the guests as well as a special meal, inspired by the traditional Qatari cuisine, was prepared for the employees in the staff cafeteria. Arabic coffee, dates and traditional Middle Eastern desserts were served all-day long in the lobby and the reception of Kempinski, a gesture that was warmly welcomed by the guests. Members of the staff wearing thobes and abayas, and beautiful flowers in the colours of the Qatari flag were adding a local touch to the modern-contemporary lobby. A local Qatari family was invited to celebrate the National Day with the staff. The ladies of the family were delighted to cook live, in the staff cafeteria. During the live demonstration, the ladies prepared the traditional thin and crispy, crepe-like pancake that is commonly named mankouche across the region, offering a unique experience to the members of the staff that can only be seen in Souq Waqif. Moreover, the hotel prepared a surprise cake-cutting ceremony for guests and staff to commemorate the National Day.

“Kempinski Residences & Suites, Doha is proud to celebrate the National Day of Qatar and being part of the local community. Today, it gives us great pleasure to honour Qatar with our guests and employees.” said Wissam Suleiman, General Manager of Kempinski Residences & Suites, Doha.
Stenden University Qatar graduates Class of 2012

Forty five students, including 15 Qataris, of Class of 2012 graduated from Stenden University Qatar at a colourful ceremony recently. The students successfully completed all requirements in business administration in the three disciplines of International Business and Management Studies, International Hospitality Management and International Tourism Management. The programmes are offered at Stenden University Qatar and recognised by the Supreme Education Council of Qatar.

The event was graced by the university’s chairman, Sheikh Faisal bin Qassim Al Thani, and the president of Stenden University, Leendert Klaassen. Both gave inspiring and encouraging speeches congratulating the students and parents to the success and grand achievements.

Sheikh Faisal bin Qassim Al Thani said: “the academic life is just a door toward a future built by efforts and diligence”. Leendert Klaassen started his speech with a powerful statement of Malcolm Forbes. He said the latter once expressed that “the purpose of education is to replace an empty mind with an open one”.

“At Stenden, we don’t teach the students by telling them what they need to learn, we want to provide conditions in which they can learn best; by offering an inspiring environment in which curious students and staff can fully grow, within an atmosphere that makes them feel complete”.

This year, the students representing the graduating class were Haya Al Fehani, Nadine Assi and Lana El Ladki. The three gave thoughtful and inspiring speeches.

The closing remarks were given by Wayne Johnson, President of Stenden University Qatar. He chose three quotes to close the ceremony and send the graduates off to new challenges and into a prosperous future. He cited Master Oogway from the movie ‘Kung Fu Panda’ saying “yesterday is history, tomorrow is a mystery, today is a gift; that’s why they call it the ‘Present’”. Relating to the graduates’ culture and lifestyle, Johnson chose a few lines from a song by Katy Perry inspiring the graduates that they will know when it is time to face the future as they have to “ignite the light and let it shine. Cause students you’re a firework. Come on. Show ’em what you are worth”. Last but not least important and valuable was the closing remark “the future belongs to those who believe in the power of their dreams” quoting Eleanor Roosevelt.

Dr Robert Coelen, Vice-President International at Stenden University, visited from The Netherlands.

ACS Doha celebrates diversity with cultural awareness week

As part of Cultural Awareness Week, the Parents School Organization (PSO) of ACS Doha hosted an International Cultural Fair to celebrate the nationalities represented in the school community. Ambassadors were invited as representatives of their countries to attend the International Fair with each country hosting its own table. Representatives of each country showcased the major historical events of their countries, provided interesting facts, places of interest and traditions to the students and parents.

This year, there were 33 tables that represent the diversity in the students’ population such as Qatar, Philippines, Canada, Poland, Columbia, Spain, Korea, Japan, Pakistan, Ecuador, Austria, Cuba, Italy, Greece, United States of America, Germany, Sweden, Norway, Syria, Australia, Iraq, Palestine, Mexico, Singapore, Hungary.

“We value the similarities and differences in each person’s culture and heritage that they bring to our lives. We celebrate and share this on a daily basis, both inside and outside the classroom in order to enrich the learning experience of the whole school community,” said Hama Nada, ACS Doha PSO President.

“Within our halls and classrooms, students, teachers and parents come together to bridge the gap between cultures and languages. We aim to develop hearts and minds that respect cultural differences,” said Diane Hen, Head of School, ACS Doha International School.

The Early Childhood Division also hosted an ‘Early Childhood Costume Parade’ to highlight the multi-culturalism and internationalism that exist in the school. Children were encouraged to wear a costume or item of clothing that reflects where they come from, have lived or are currently living.
THE One wins two awards

THE One claimed two awards at this year’s RetailME Awards ceremony held at The Ritz-Carlton in Dubai International Financial Centre recently. After being shortlisted in all three categories it entered, the brand won Retailer of the Year – Home & Office Improvement and Responsible Retailer of the Year in the Images RetailME Awards 2012. An elated Thomas Lundgren, founder and CEO (Chief Emotional Officer) of THE One, was on hand to receive the prestigious prizes. “It’s great to be acknowledged for being a meaningful retailer, offering value to our customers, as well as our employees and communities. Help us change the world together.” said Lundgren.

1911 Silver Ghost on display at The St Regis

The prized Rolls-Royce 1911 Silver Ghost is on display at The St Regis Doha. The chic, classy and timeless car sits atop four marble platforms perched over the lobby’s main water feature. The Silver Ghost is the model on which Rolls-Royce’s illustrious legacy was built, a true masterpiece of engineering and design from the founding fathers Charles Rolls and Henry Royce, epitomising their shared value for the uncompromised pursuit of perfection. In 2011, one century after its original hand over, this priceless Silver Ghost was acquired by Rolls-Royce Motor Cars Doha, and can now be found on display in St Regis Doha standing as a testament to the unwavering stately luxury that every Rolls-Royce Motor Car encapsulates.
Health Tips from DOCTOR

Bell’s Palsy

Disorders of the facial nerve can occur in men, women, and children, but they are more prominent among people over 40 years old, people with diabetes, upper respiratory ailments, or weak immune systems, or pregnant women. Causes of facial paralysis can be permanent or temporary, but in all circumstances there are treatments designed to improve facial function.

What is the facial nerve?
The facial nerve resembles a telephone cable and contains 7,000 individual nerve fibres. Each fibre carries electrical impulses to a specific facial muscle. Information passing along the fibres of this nerve allows us to laugh, cry, smile, or frown. When half or more of these individual nerve fibres are interrupted, facial weakness occurs. If the nerve fibres are irritated, movements of the facial muscles appear as spasms or twitching. The facial nerve not only carries nerve impulses to the muscles of the face, but also to the tear glands, the salivary glands, and the muscle of the stiput bone in the middle ear (the stapes). It also transmits taste from the front of the tongue.

What causes sudden facial paralysis?
Infections, injuries, or tumours can cause facial nerve disorders, but the most common cause of facialWeaknesses in Bell’s palsy. This disorder, which often comes suddenly and reaches its peak within 48 hours, is probably due to the body’s response to a virus. When there is a virus, the facial nerve within the ear (temporal bone) swells, and this pressure on the nerve in the bone can damage it. The paralysis is likely to affect only one side of the face, but in rare cases it affects both sides of the face at once. Bell’s palsy may last from two to three weeks or longer. An early sign of improvement, such as getting a sense of taste back, is often a good indication that there will be a complete recovery.

What are the common signs or symptoms?
• Twitching
• Weakness or paralysis of face
• Dysthesia of the eye or mouth
• Disturbance or loss of taste
• Drooping eyelid or corner of the mouth
• Difficulty in speaking
• Distilling when drinking or after cleaning teeth
• Ear pain

How are facial nerve disorders treated?
An evaluation will include an examination of the head, neck, and ears, as well as a series of tests.

• Hearing Test: Determines if there is a disturbance of the hearing nerve, inner ear, or delicate hearing mechanism.
• Balance Test: Evaluates balance nerve involvement.
• Taper Test: Measures the eye’s ability to produce tears.
• Imaging CT (computerized tomography) or MRI (magnetic resonance imaging): Determines if there is an infection, tumor, bone fracture, or other abnormality in the area of the facial nerve.
• Electrical Test: Stimulates the facial nerve to assess how badly the nerve is damaged. This test may have to be repeated at frequent intervals to see if the disease is progressing.
• The results of diagnostic testing will determine treatment. The goal of the treatment is to eliminate the source of the nerve damage. Patients with less nerve damage have better chances of recovery. Medications are often used as part of the treatment:
  • If infection is the cause, then an antibiotic to fight bacteria (as in middle ear infections) or antimicrobial agents (to fight streptococci caused by viruses like Ramsay Hunt) may be used. If swelling is believed to be responsible for the facial nerve disorder, steroids are often prescribed. In certain circumstances, surgical removal of the bone around the nerve (decompression surgery) may be appropriate.

What treatments are recommended for permanent facial paralysis?
Patients with permanent facial paralysis may be rehabilitated through a variety of procedures, including:

• Eyelid weights or springs
• Muscle transfers and nerve substitutions
• A special form of physical therapy called facial retraining
• Weakening the paralysis by chemical injection

Tips to help recovery
• Exercise the facial muscles in front of a mirror. • Massage the face. • Apply gentle heat to reduce pain. • Using a mirror, gently close the eye to keep it moist. • Taping the eyelid to close eyes. • Use protective glasses or clear eye patches to keep the eye moist and to keep foreign materials from entering the eye. • Use doctor-recommended artificial tears or an ointment to keep the eye moist.

Stress pushes up heart risk by 27 percent

The feeling of acute stress is linked with a 27 percent greater risk for coronary heart disease (CHD), say findings from a new meta-analysis of six studies involving nearly 150,000 people. Participants, asked about their perceived stress (how stressed do you feel or how often are you stressed), scored either high or low. Researchers then followed them for an average of 14 years to compare the number of heart attacks and CHD deaths between the two groups.

CHD is narrowing of the small blood vessels that supply blood and oxygen to the heart. It is caused by a build-up of plaque in the arteries, which can lead to their hardening, or atherosclerosis.

CHD is the leading cause of death in the US for men and women, killing more than 385,000 people every year, the American Journal of Cardiology reported.

“While it is generally accepted that stress is related to heart disease, this is the first meta-analytic review of the association of perceived stress and CHD,” said senior study author Donald Edmondson, assistant professor of behavioural medicine at Columbia University Medical Centre (CUMC).

“This is the most precise estimate of that relationship, and it gives credence to the widely held belief that general stress is related to heart health.”

“In comparison with traditional cardiovascular risk factors, high stress provides a moderate increase in the risk of CHD, equivalent to puffing five more cigarettes per day,” added Edmondson, according to a CUMC statement.

“These findings are significant because they are applicable to nearly everyone,” said study co-author Saffiya Richardson, who collaborated with Edmondson on the paper while attending the Columbia University College of Physicians and Surgeons.
Hathaway in ‘crisis of conscience’

A
crescente Anne Hathaway says she suffered a “crisis of conscience” while shooting a scene for Les Misérables as the vegan star had to “step on dead fish” for some scenes.

Hathaway turned vegan after she wrapped up work on Manchurian

Dark Knight Rises, and had fake leather shoes specially made for her character Fantine to fit her new lifestyle.

But little did she know that director Tom Hooper was using real, rotten fish to recreate the authentic feel of the desolate streets of 19th century France for Les Misérables, reported Harper’s.

“For some reason, for the dock scenes, (Hooper) wanted us to have dead fish, for days, and days on end and of course this was the first role that I’ve done since going vegan, so there I am in period looking leather shoes, stepping on dead fish, and I was having a real crisis of conscience,” said Hathaway.

She wasn’t the only complaining crew member: “Bustn’ it round every street, and he just looked at me, ‘What is this f*ckin’ air?’” Hathaway said.

Shilpa Shetty takes fan home

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The show featuring Shilpa and her fan will go on air on Sunday.

Rihanna buys $12m mansion

Singer Rihanna has splashed out $15 million on a mansion in Beverly Hills and says she can’t believe she has bought the palatial pad, which has a swimming pool.

The 24-year-old bought the 11,000 square foot house in Pacific Palisades California, reportedly finalised the deal.

“I literally woke up every morning at 5.30am and stare at my pool till the sun comes up. Just loving it in my life,” she tweeted.

The 24-year-old singer’s new home also has seven bedrooms, nine bathrooms and a 24-seat movie screening area, according to real estate website Trulia.

LOHAN NEEDS PSYCHOLOGICAL THERAPY, CAN’T AFFORD IT

T rozabella Lindsay Lohan’s rep reportedly needs some psychological help: The E! vixen has been given a 90-day time frame to get help or “she probably won’t ever work”.

The 25-year-old is apparently agreed that she needs professional help but doesn’t have the money to hire a psychiatrist as she currently is in debt, reported Oceanfrontrecovery.com.

“Lindsay is overwhelmed at the prospect of going back to jail and believes that a psychiatrist can help her through this difficult time of her life. However, Lindsay has huge problems, she can’t afford to pay a good shrink because she literally has no money,” said a source.

“Her health insurance would only pay about 20 percent of the mental health bill, and the rest she would have to pay out of pocket $500-$800 an hour,” the source added.

Cruise oozes ow-key charisma as ‘Reacher’

by Christy Lamerre

T he idea of watching a movie in which a major methodically

cribly crafts his own bullets, prances weekly at a gun range, TPBAS quickly grab your curiosity in an empty parking garage to free shooting floored death may not sound like such the most appealing sort of an entertainment experience during those dark days.

Nevertheless, it’s important to assess Jack Reacher on its own terms, for what it is and what it is not. Besides being caught in some unfortunate timing, it’s also clever, well-crafted and deeply affecting, and it features one of those effortless lead-performance from Tom Cruise that made us think that he is indeed a movie star, first and foremost.

OK, so maybe Cruise doesn’t wholly resemble the Reacher of British novelist Lee Child (who wrote a few 300-page, bland him heres). If you haven’t read them, Christopher McQuarrie’s film – the first he’d directed and written since 2000’s The Way of the Gun – moves so fluidly and with such confidence, it’ll suck you in from the start.

McQuarrie, the Oscar-winning writer of The Departed, has used his own refection in a character named Jack Reacher having a sense of freedom from the very beginning, its twists and double-crosses and the quiet, intelligent, incendiary blonde at the Centre in British beauty Rosamund Pike.

Hunting at a romance between the two main characters is among the film’s few missteps.

As Pee-wee Herman says in Pee-wee’s Big Adventure to the woman who has a crush on him: “You don’t want to get mean, you want to be a guy.” So, I’m a little, Dottie, A rebel.” Taken from the Child novel One Shot, Jack Reacher is all that: a former military investigator who’s become a bit of a wandering figurative he’s gone off the grid. No address, no credit card trail. That is a guy who never pays phone – that’s how stealthily he is.

When the deadly shooting scenes at the film’s start, along the Riverwalk outside PNC Park where the Pittsburgh Pirates play, authorities believe they’ve quickly found their man: a sniper who’s methodically crafts his own bullets, stepping on dead fish, and I was having a real crisis of conscience,” said Hathaway.

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Rights and obligations of establishment workers

WORKERS ORGANISATIONS

What are workers organisations?
- It is legal for any establishment with a Qatari workforce of not less than 100 workers to organize a committee called “Workers Committee”.
- It is legal for workers of the same profession to establish a general committee called “the general committee for workers of the profession or industry”.
- Membership in both committees is confined to Qatari workers only; the minister of labour decides the conditions and procedures for establishment of workers organisations as well as membership, and related procedural rules.
- It is prohibited for workers’ organization to practice any political or religious activities or under-taking to print, prepare and distribute leaflets harmful to status quo there in or engage in speculation or accept financial contributions and donations without the permission of the labour ministry.

Is it legal to go on strike?
- It is possible to resort to strike if three-quarters of the general committee of the workers of the profession agree on that, and after giving the employer a notice of not less than two weeks before going on strike. In addition, the organisers must receive approval from the Ministry of Labour, which will coordinate with the Ministry of Interior to decide the time and place of strike, provided no state-owned or private properties are sabotaged or their safety affected.
- It is prohibited to strike in general or essential installations such as Gas, Petroleum and industries related to them, Power, Water, Ports, Airports, Hospitals, and Transportation services.
- It is prohibited to resort to strikes exhausting all possibilities for compromise or arbitration between the workers and the employer in accordance with the rules of law.

LODGING CONDITIONS:

What are the necessary provisions of appropriate lodging?
1) In shared rooms, area provided for each worker should not be less than 4 meters.
2) In each room, no more than four workers should be housed in normal housing camps, and eight workers in temporary dwellings.
3) Entrances, corridors, roofs and cellars should not be used as lodging areas for workers.
4) Windows must have wire mesh so that no insects or dust may enter the lodging.
5) Rooms must be well-ventilated and have natural lighting and adequate provision of electrical light.

(A) Employers must provide lodging with the following basic furniture and appliances:
1) Beds with mattresses and appropriate covers and cupboards to keep clothes. No double beds allowed.
2) The provision of enough air-conditioners and ventilation fans.
3) One water cooler for every 20 workers provided with three candle ceramic filter; no filter or threads filters allowed.
4) Refrigerator for storing food, size depending on number of workers.
5) Trash bin with lid, and strong trash bags.
6) Employer should assign a worker for cleaning the lodging, and a supervisor to inform the employer of maintenance requirements.
7) First Aid box, with enough antiseptics and bandages.
8) One toilet, well-ventilated, with sufficient light and water heater for every 8 workers.
9) Employer must properly maintain the lodging, and no deductions should be made for maintenance or provisions from the workers’ wages.

(B) Temporary dwellings must include the following:
1) Dining hall with adequate furniture for the number of workers staying at the temporary lodging provided with mesh screen on doors, windows, together with insects’ catchers.
2) If there are more than 100 workers in the lodging, a special first aid room must be maintained by a qualified nurse.
3) They must have proper systems for disposal of sewage and garbage regularly, with manholes and garbage collection units.
4) It is illegal to use workers lodgings for other purposes.
5) Employer is bound to provide fire alarm and extinguishers according to fire department regulations.
6) Lodging should be provided with first aid boxes with enough bandages and antiseptics.

MATTERS RELATED TO PLACE OF WORK
How do you get acquainted with the regulations of the establishment you are working for?

An employer who is hiring ten workers or more must show the regulations of the establishment on a display board within the establishment. The board must be hung in a prominent and easily noticeable place. Such regulations are a complementary part of the contract between the worker and the establishment.

What would you do in case of danger to your safety at work?
You must and it is legal to inform your employer of the danger, if there is no response from him you should call the labour department inspectors and inform them of the situation.

Is it legal for the employer to ask you to do personal work in the establishment?
It is prohibited for managers and directors to make you do personal work, and they cannot insult or mis-treat you.

What are vocational safety conditions?
Labour law and ministerial decrees in this regard oblige employers to take all necessary precautions for safety at the work place. Most important of these include the following:
- The employer should inform you of all work-related risks and dangers and you must be made aware of all precautionary measures to guard against such dangers in a language that you understand.
- The employer should provide you with protective garments and gear.
- In case there are openings or excavations in the work area that people may fall into or which may prove hazardous, such openings must be lined with protective fence.
- In case of work platforms, they should be erected as per technical specifications, must be fenced and provided with safe method for climbing to it.
- Permanent stairs should be made with anti-slip materials, and provided with safety precautions.
- Scaffolds must be made of strong materials, have enough room with fencing and safety equipment to prevent workers from falling.
- Precautions should be taken during the use of equipment with high level of noise and vibration, like providing ear protectors to workers, making sure that noise is not over permitted levels and for very long periods.
- Closed areas must have exhaust fans for operating equipment that produce dust, smoke or harmful gasses.
- Electrical equipment must have circuit breakers.

What precautionary measures should be taken when using or storing work tools and equipment?
Labour law and ministerial decrees in this regard oblige employers to take precautionary measures, most important being:
- Provision of appropriate mechanical lifting equipment, ensuring the safety and usability of chains and hooks and their periodic inspection.
- Lifting equipment must display a notice indicating maximum lifting capacity.
- Provide lifting equipment operator’s cabins with a communication device.
- Operator’s cabins in lifting cranes must be provided with mains of communications.
- It is illegal for non-qualified and authorised people to operate lifting, hauling, and transportation equipment.


Send your legal queries to
plus@pen.com.qa
I now know the meaning of luxury. It is the 2013 Jaguar Portfolio XJL all-wheel-drive sedan. It is wonderfully, totally unnecessary, which is the first requirement of all luxurious things.

Who needs an all-wheel-drive sedan with soft-grain leather cabin coverings, deep-pile carpeting, a brushed-suede headliner (roof covering) and polished burl-walnut inlays? And who among us, having paid the estimated $96,000 to obtain such a motorized bauble, would risk its beauty on ice-and-snow-covered roads in the Laurentian Mountains, some 80 miles northwest of Montreal?

“Rich people” is too easy an answer. Rich people are not that crazy.

Try journalists, those of the automotive variety, more than 200 of whom from all over the world were brought to this picturesque hamlet to play with Jaguar’s latest toys — all-wheel-drive versions of the motor company’s XJ and XF sedans. (The “L” in the XJ’s name refers to “long wheelbase.”) Its drivers are often not its owners. Often they are chauffeurs.

For Jaguar, now the property of India’s Tata Group, it was one heck of an affair, despite Jaguar’s embarrassing late arrival to the luxury all-wheel-drive party.

Luxury automobile manufacturers already in attendance in the all-wheel-drive segment — in which power is transferred from slipping to gripping wheels to help maintain traction and stability on roads compromised by inclement weather — include Audi, BMW, Cadillac, Lincoln, Mercedes-Benz and Volvo.

Jaguar, at various points in its history, flirted with the idea of all-wheel drive but jettisoned the notion in favour of its perceptions of beauty, sensuality, propriety (think class) and speed. The company, under previous owners, including Ford Motor Co, considered all-wheel drive in a premium luxury car too utilitarian — too, ahem, of the people, one might say.

But people, even those with money, grew tired of slipping, sliding and crashing in the winter storms that sometimes pay nasty visits to the Mid-Atlantic and the northernmost regions of North America. Putting on the Ritz in a fancy car in mild weather is one thing. Leaving it parked on the side of the highway in a snowstorm, an often humming choice for many owners of luxury automobiles, is quite another.

Thus enters Jaguar, but not just with any all-wheel-drive technology. In what the company’s marketers call “Instinctive All-Wheel Drive,” the Jaguar system, using an electronically controlled wet multi-plate clutch, rapidly shifts power from one wheel to another when the need arises. When there is no need, practically all drive power is sent to the Jaguar’s rear wheels, giving it the familiar, sporty strut of Jaguar cars of old. But on roads such as those as we used here, covered with freshly fallen snow and newly formed ice, 30 percent of the drive power went to the front wheels while 70 percent was sent to the rear.

I don’t know this through any great knowledge of automotive technology or physics. That is what Jaguar’s engineers told me. I believe them because I unintentionally drove through several icy corners with enough speed to carry me into eternity. The Jaguar Portfolio XJL, the model I chose because it was so pretty, auto-corrected, remained perfectly poised and turned me into one of the faithful. I was saved.

I suspect that I could’ve done the same thing in a substantially less expensive all-wheel-drive vehicle, perhaps a Subaru. But a Subaru is not a Jaguar. Besides, there is truth in what F Scott Fitzgerald wrote in his 1926 short story “The Rich Boy”:

“Let me tell you about the very rich. They are different from you and me. They possess and enjoy early, and it does something to them. . . . Unless you are born rich, it is difficult to understand.”

Jaguar understands. And in keeping with that understanding, it is pursuing an all-wheel-drive market it should have gone after long ago. Judging from its products on display here, it has a better-than-even chance of catching up and . . . possibly . . . moving ahead.

Nuts & Bolts

Estimate fuel capacity is 22 gallons (premium gas is required).

Maximum 340 horsepower and 332 foot-pounds of torque, is nated to Jaguar’s new eight-speed automatic transmission, which can also be operated manually. The V-6, which feels like a V-8, is for Jaguar buyers who want power and green prestige. For those who aren’t concerned about environmental credentials, Jaguar’s beefy, supercharged 5-liter gasoline V-8 (550 horsepower, 481 foot-pounds of torque) remains available.

Capacities: In the all-wheel-drive V-6 XJL Portfolio, there is pampered comfort seating for five adults. The rear cabin feels like an executive suite. Estimated cargo capacity is 13.2 cubic feet. Estimated fuel capacity is 22 gallons (premium gasoline is required).
f there’s one toy guaranteed to captivate toddlers this holiday season, it’s the iPad. What’s more appealing to a tot than blink-
ing lights, fun sounds and touch screens that allow them to move things with the swipe of a tiny, sticky finger? A 2011 survey of parents by Common Sense Media, an organization that provides media education for families, found that 39 percent of 2-to-4-year-olds have used digital media such as smartphones and iPads. James Steyer, chief executive and founder of the group, is confident that number has risen in the past year. To make things easier on parents, kids and the iPad itself, Fisher-Price has a line of iPad and iPod protectors. For example, the “Laugh & Learn Appetite Growth Case,” which comes with an attached rattle, is said to guard against “baby’s dribbles & drool; teething; and unwanted pressing of home button.” There’s also the “Gryp,” a free-standing case made of tantrum-proof foam. But Steyer has stern advice for adults considering buying toddlers their very own iPads this Christmas: “No. Ridiculous idea.” Ask parents and experts, the idea of giving a toddler an iPad is a fraught subject. There are some obvious drawbacks. For one thing, they’re expensive — as much as $829 for the most recent version. They’re also fragile. But the science on how the iPad affects young children isn’t yet clear, and while some experts see them as developmentally inappropriate, others see some bene-
fits to the technology — and not just in keeping a parent’s sanity (if not guilt) in check. The iPad has only been around only since 2010, so there hasn’t been enough time to observe its long-term effects on kids, according to Michael Rich, direc-
tor of the Center on Media and Child Health at Children’s Hospital in Boston. Rich, who runs the online advice col-
umn Ask the Mediatrician, says that apps on iPads and smartphones are lim-
ited as teaching tools since they typically focus on one type of learning — “skills and drills,” which teach children to cor-
rectly identify the ABCs or to moo when they see a cow on the screen. “What’s more important at this age is learning how to learn rather than mim-
icking something,” Rich says.

Moreover, studies show that kids don’t learn anything substantial, such as language, from screens — television, iPads, computers — until 30 months of age. The American Academy of Pediatrics recommends that parents hold off on any form of screen time until their children are 2. A 2004 study in the journal Pediatrics showed that children exposed to tel-
evision at ages 1 and 3 had decreased attention spans at age 7. It’s a bit of a chicken-and-egg question, though. “You can see how a kid who already has difficulty paying attention is put in front of the television to chill him out,” Rich says. “It becomes a self-fullfilling prophecy.”

Toddler’s also sometimes struggle to translate what they see on two-dimen-
sional screens to the three-dimensional world. (Check out the YouTube video A Magazine Is an iPad That Does Not Work, in which a 1-year-old seems to get confused as she swipes her finger on a magazine, trying to move the pictures around.) “Kids learn by doing, not by watch-
ing,” says pediatrician Howard J Bennett of Chevy Chase Pediatrics in Washington. “People once thought vid-
os like ‘Baby Einstein’ were good for young children, but if you watch them closely they’re just sentence after sentence after sentence. They’re not square with Sanders’ experience. “When there’s a child who can take technology and make it her own in 10, 15 minutes, I think there’s something to be said for that kid. I wouldn’t want to hinder her abilities,” Sanders says. “This is the world we live in. Why stop chil-
dren from learning about technology?”

Like many parents, Mistrett is more conflicted. She typically eschews bat-
tery-operated toys in favour of pretend and educational play and time on the playground. “But the 1-year-old can already swipe to unlock my iPhone, so that’s where I contradict myself,” she says.

She also sees some benefits to touch-
screen technology. All of the swipe moves can help develop fine-motor skills and hand-eye coordination, and such apps as “LetterSchool” can help with hand-
writing skills. The devices also motivate kids to stay focused: “If you hand them the screen, they could go for hours,” Mistrett says.

To minimize the temptation for kids to do nothing but swipe, Mistrett and her husband have drawn limits for their children. She set up her iPad so that her 3-year-old son can access only his own apps, Mistrett allows him to play on the device for a maximum of 10-to-15- minute stretches.

Rich and other experts say that if parents are going to allow their kids to use an iPad, they should sit and play along with them. That way, the parent is the teacher, rather than the technology. “The fact that Mom hugs the child when she gets something right, the tone in Mom’s voice — none of that can be conveyed by the iPad,” Rich says.

This suggestion goes against what many parents use the iPad for: a “shut-
up toy” — an industry term, according to Common Sense Media — because parents give them to their children in situations where they need them to be quiet, such as in restaurants, waiting rooms and airplanes.

Those are the types of situations when Maryland mother Monica Sakala allows her 3-year-old daughter to play with an iPhone, though not without some guilt. “I like to think we could go out to dinner and she could colour or read a book,” Sakala says. “We didn’t have this stuff when I was a kid. We had to entertain ourselves. Sometimes I worry it seems lazy to whip [the iPhone] out.”

As with most things, the key to iPad use in toddlers, most experts say, is moderation. “What I tell parents is there are pros and cons,” Mistrett says. “But if you’re going to give that child parents should hold off for as long as possible.”
Hoy en la Historia

December 20, 1812

1820: The U.S. state of Missouri levied a tax against bachelors.

1991: The Folies Bergere, a popular Paris nightspot since 1869, closed down.

2001: President Fernando de la Rua of Argentina resigned after the financial crisis led to two days of violent protests.

2002: The United States positioned itself to go to war by declaring that Iraq was in “material breach” of UN Security Council Resolution 1441.

Brothers Jacob and Wilhelm Grimm published their first collection of classic German folk tales including Cinderella, Snow White, and Little Red Riding Hood.

**All In The Mind**

Can you find the hidden words? They may be horizontal, vertical, diagonal, forwards or backwards.

- baby blues
- Jerry Scott and Rick Kirkman

- Hagar The Horrible
- Chris Browne

- Zits
- Jerry Scott and Jim Borgman

**Learn Arabic**

<table>
<thead>
<tr>
<th>NAME OF HOURS</th>
<th>Minutes</th>
<th>Remark</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daqa’iq</td>
<td></td>
<td>From 3 to 10 we say the numbers followed by Daqa’iq.</td>
</tr>
<tr>
<td>wa</td>
<td>And</td>
<td></td>
</tr>
<tr>
<td>Ilha</td>
<td>To</td>
<td></td>
</tr>
<tr>
<td>Tamaman</td>
<td>O’clock, or exactly</td>
<td></td>
</tr>
</tbody>
</table>

**How To Say Time**

1 - Kami A’a a al Aan? What time is it now?
2 - Ara’a a Alawhida Tamaman It is one o’clock
3 - Ara’a athaniya wa an’nisf It is two thirty
4 - Al khamisa (Ilk kham’sa) 5 to 5

**Days Of The Week**

<table>
<thead>
<tr>
<th>Days</th>
<th>Arabic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Al ahad</td>
<td>Sunday</td>
</tr>
<tr>
<td>Al ith’na’an</td>
<td>Monday</td>
</tr>
<tr>
<td>Al ‘ululaha</td>
<td>Tuesday</td>
</tr>
<tr>
<td>Al Ar biaa</td>
<td>Wednesday</td>
</tr>
<tr>
<td>Al Khameses</td>
<td>Thursday</td>
</tr>
<tr>
<td>Al Jumus</td>
<td>Friday</td>
</tr>
<tr>
<td>Al ‘Isab</td>
<td>Saturday</td>
</tr>
</tbody>
</table>

![Picture: Getty Images © GRAPHIC NEWS]

**Today In History**

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- Brothers Jacob and Wilhelm Grimm published their first collection of classic German folk tales including Cinderella, Snow White, and Little Red Riding Hood.

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Picture: Getty Images © GRAPHIC NEWS

**All In The Mind**

Can you find the hidden words? They may be horizontal, vertical, diagonal, forwards or backwards.

- I D S S Z N I C K W A T N E Y J / F U R L L N D
- O H L O L O G O J V K R T D C R K E O L D O U
- P O N G R P F E K T G W M N C Y A W H M B P T
- R N E C I Z L P C C A A S O X F O R M I
- L R A J G S E U O P I E N K R D M N R W L I N
- V U P H X N O T A O G R N O C T I A R T W S J
- E H K U A P A H D G I T M S K I J D O C B O
- A C P E N M L H O T F S S T C N S A H B H
- T Z O A D O R M E R O M E K E M A F L C Y E N
- D Y J O A G K A R E W Y S E O W H A Y W S
- N W A S O L M N T A B R T M G E T A Y I A O
- U E B O I T J A R H M O M S Z E C T O D Z R H
- Y Y I N N K O G L F U A N A E U R D S I B D D
- K A A O B O D I M O T H C A Z W T F F I V U A
- M R Z P P H S I R T H M A E N B R G V A B
- I Z W B Y P J A K C J M H J X A B D O Q Y K D
- K J W D M G R U J O C M O R N T C I L R O Y P
- P E O V S E C H T O M R B J O R N E W U
- G U P P I U O K N F R O B T H A R L S C O N
- D M L D A T R P H I L M I C K E L S O N R O
- Z S B R J O C H A R L S C H W A R T Z E L M K
- I B R A H I M T O N D E K E R Z A F R O G H Y

- ADAM SCOTT, ANDERS HANSEN, BRANDT SNIDERER
- BUBBA WATSON, CHARLS CHWARTZEL, DAVID TOMS, DUSTIN HUNG, FRANCISCO MOLINARI, GRAEME McDOWELL, HUNTER MAHAN, JAN POULTER, JASON DAY, JIM FURYK, KIM KYUNG-TAE, KJ CHOL, LEE WESTWOOD, LUKE DONALD, MARTIN KAYMER, MARTIN LAIRD, MATT KUCHER, NICK WATNEY, PAUL CASEY, PHIL MICKELSON, RETIEF GOosen, ROBERT KARLSSON, RORY MCILROY, STEVE STRICKER, THOMAS BJORN, WEBB SIMPSON, ZACH JOHNSON.
How to play Hyper Sudoku:
A Hyper Sudoku Puzzle is solved by filling the numbers from 1 to 9 into the blank cells. A Hyper Sudoku has unlike Sudoku 13 regions (four regions overlap with the nine standard regions). In all regions the numbers from 1 to 9 can appear only once. Otherwise, a Hyper Sudoku is solved like a normal Sudoku.

How to play Kakuro:
The kakuro grid, unlike in sudoku, can be of any size. It has rows and columns, and dark cells like in a crossword. And, just like in a crossword, some of the dark cells will contain numbers. Some cells will contain two numbers. However, in a crossword the numbers reference clues. In a kakuro, the numbers are all you get! They denote the total of the digits in the row or column referenced by the number. Within each collection of cells - called a run - any of the numbers 1 to 9 may be used but, like sudoku, each number may only be used once.
<table>
<thead>
<tr>
<th>Cinema</th>
<th>Showings</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GULF CINEMA</strong></td>
<td></td>
</tr>
</tbody>
</table>
| 1 | Dabangg 2 (2D) (Hindi)  
2.30, 5.30 & 8.30pm |
| 2 | My Boss (2D) (Malayalam)  
– 11:00pm |
| 2 | My Boss (2D) (Malayalam)  
– 2.30, 5.30 & 8.30pm |
| 2 | Dabangg 2 (2D) (Hindi)  
– 11:30pm |
| **MALL CINEMA** | |
| 1 | Mr. & Mrs. Ewyes (Arabic)  
(2D)  
– 2.30pm |
| 2 | The Hobbit: An Unexpected Journey  
(Fantasy)  
– 4.30, 7.30 & 10.30pm |
| 2 | The Impossible (2D) (Action)  
– 2.30, 9.00 & 11.15pm |
| 2 | Santa's Magic Crystal (3D)  
(Animation)  
– 5.00pm |
| 2 | Jack Reacher (2D) (Action)  
– 6.45pm |
| 3 | The Reef 2 (3D) (Animation)  
– 2.30 & 6.45pm |
| 3 | Jack Reacher (2D) (Action)  
– 4.15, 8.30 & 11.00pm |
| 3 | Santa's Magic Crystal (3D)  
(Animation)  
– 2.30 & 4.00pm |
| 3 | The Reef 2 (3D) (Animation)  
– 5.30 & 7.15pm |
| 3 | The Impossible (2D) (Action)  
– 9.00 & 11.15pm |
| **ROYAL PLAZA** | |
| 1 | Vamps (Comedy)  
– 2.30pm |
| 2 | Jack Reacher (2D) (Action)  
– 4.00, 6.30, 9.00 & 11.15pm |
| 3 | My Boss (2D) (Malayalam)  
– 2.30, 5.15, 8.00 & 10.45pm |
| **LANDMARK** | |
| 1 | The Reef 2 (3D) (Animation)  
– 2.30, 4.15 & 6.00pm |
| 1 | The Impossible (2D) (Action)  
– 8.00pm |
| 2 | The Hobbit: An Unexpected Journey  
(Fantasy)  
– 10.30pm |
| 2 | Jack Reacher (2D) (Action)  
– 3.00, 5.30, 8.15 & 11.00pm |
| 3 | Santa's Magic Crystal (3D)  
(Animation)  
– 2.30 & 4.00pm |
| 3 | The Impossible (2D) (Action)  
– 5.30 & 11.15pm |
| 3 | The Hobbit: An Unexpected Journey  
(3D) (Fantasy)  
– 8.00pm |
Today in Qatar

Tea with Nefertiti
When: Till March 31, 2013; 11am-6pm
WHERE: Mathaf: Arab Museum of Modern Art
WHAT: Offer a critical perspective on how to perceive an artwork, particularly in and from the Arab world.
Free entry

Yan Pei-Ming
“Painting the history”
When: 8am-8pm, Till Jan 12, 2013
Friday 3pm to 8pm
WHERE: QMA Gallery, Bldg 10
WHAT: Curated by Francesco Bonami, this exhibition profiles three types of history-makers and highlights the power of painting as a medium for recording historical events.
Free entry

Forever Now
When: Till March 31, 2013; 11am-6pm
WHERE: Mathaf: Arab Museum of Modern Art
WHAT: Forever Now proposes new readings based on the works of five artists from Mathaf’s permanent collection. This exhibition unpacks new narratives that posit a unique understanding of five diverse artists: Fahrelnissa Zeid, Jewad Selim, Saliba Douaihy, Salim Al-Dabbagh and Ahmed Chebkaoui.
Free entry

Art of Travel
WHEN: Till Feb 11, 2013
(Sun, Mon, Wed: 10:30-5:30; Tue: closed; Thu, Sat: 12noon-8pm; Fri: 2pm-8pm)
WHERE: Al Riwaq Hall next to the Museum of Islamic Art
WHAT: A watercolour album dated 1590 was commissioned by Bartholomäus Schachman, mayor of Gdansk in 1604. It documents what he saw during his travels through the Ottoman Empire in 1588-89, depicting costumes and people, scenes of everyday life, festivals and ceremonies. The pages of the album are on display along with related artworks and documents providing visitors with a fascinating and vivid view back in time to the 16th century.
Entry: Children Free, adults QR:25

Mathaf Student Art Exhibition: Transform
When: Till Jan 13, 11am - 6pm
Where: Mathaf, Arab Museum of Modern Art
What: Exhibition showcases students’ work, ranging from installations, videos, paintings and mixed media sculptures to photographs.

If you want your events featured here mail the details to plus@pen.com.qa