The Hobbit retains box office crown; Les Miz starts well  P | 8-9

Diving for fun  P | 2-3 With many new diving schools setting up shop, the number of people queuing up to do a course in recreational diving has gone up exponentially. With weather holding up, it’s a perfect time for an underwater experience.

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For people living in Qatar it won’t come as a surprise that the weather in the country allows activities such as scuba diving all year round. For those contemplating the possibility of beginning to scuba dive, the Open Water Diver Manual of the Professional Association of Diving Instructors (PADI) gives a powerful description of what the first time undersea feels like: “You ease into the water and your face slips below the surface. Inhale; the air comes with a reassuring hiss, and for the first time, you breathe underwater. In moments, you forget your mask. Your equipment transforms to light and agile, and you’re free like you’ve never experienced before. With that first underwater breath, the door opens to a different world.”

The urge to experience this feeling engages many new divers every year, to the point that the number of diving schools in Qatar has grown in the last couple of years. Qatar’s leading PADI training school is Qatar Divers, which trains recreational divers of all ages and abilities. The owner and founder is Abdullatif Alnaemi. His school had 300 students of various nationalities last year.

He said recreational divers go up to 13 metres below the surface, while experts can go up to 40 metres down. There are three main diving sites in Qatar, the most popular one being the Old Club Reef in Mesaieed, located near the end of the road between the Q-Chem perimeter fence and Sealine Beach Resort.

This is a favourite diving spot of the locals and features an artificial reef made up of several vehicles, school buses, a pickup truck and some small boats, as well as several piles of pipes and water tanks. Qatar Divers explained that this diving location was easy to access and its depths ranged from about 14 metres to 16 meters. Blue angel fish and other small local fish can be seen there.

New Club Reef is another diving site with a close drop off point. It is located near the sand dunes just beyond the Sealine resort. There are fewer fish in this area, though kingfish have been sighted there.

Experts say the Inland Sea is also a great place for diving. Located at Udaid, reached after a 20- minute drive through the dunes from Sealine Beach Resort, it is in sight of the Saudi Arabian coastline. It is a good place for an all-day excursion and has many fish.

In September 2012, Hani Chehab decided to open his own school, Poseidon Dive Center (PDC), which has already prepared 65 students for diving. Hani describes PDC as a club where scuba diving aficionados can gather to learn and socialise around the sport. PDC is the only facility in the country to offer rebreather courses and programmes.

How much does it cost?
This is one answer everyone wants to know. The average price for a recreational diving course is around QR2,000, which includes the equipment used during the classes. Most schools have discounts for groups. Fees for professional courses like Instructor Development Course range between QR2,000 to QR6,000.

A different world lies beneath
People can learn diving in five days to one month. Courses include theory followed by a dive in shallow water of up to three metres depth. After this initiation, the students have to complete dives in depths of up to 18 metres. The next step is an exam to obtain a certificate from PADI in 45 days.

“We opened recently, but we have already built up a major reputation,” Chehab said. For him, diving is a sport like any other, but it offers the ‘plus’ of meditation and relaxation, allowing the diver to explore sites that not everyone can see, and “be totally at peace.”

The sport offers some health benefits too: it is good for the skin and aids weight loss. He added that diving in Qatar’s waters was safe since there were no predatory marine species in the area.

In addition, the temperatures here allow diving all year round. From March to December, the sea is warmer and the divers wear a thinner wet suit called skin wet suit. From December to March, the water is cooler and the divers use a thicker suit.

Diving aficionados frequently hire their equipment, but once they acquire expertise, they usually purchase their own gear. Poseidon Dive Center has students aged 16 to 50 years, but most of the divers are between 27 and 40.

It also has students of all nationalities, including many Qatars, who, added Chehab, enjoy fishing and other activities related to the sea.
Performing trade partners.

Commitment to Qatar Airways.

Trophies were handed out to the top 10 time certificates and aircraft-shaped desert scenery.

Music while taking in the beautiful could feast on the buffet and listen to and rest in a special tent where they physical activity were able to cool off some relief from the sun and all the fun.

The event was capped off by an evening awards ceremony, at which the UFBQ Officers to conduct a one-day ‘Bowling Fun Game’ for charitable cause, at the Qatar Bowling Center recently.

This activity is part of the UFBQ objectives, aside from promoting the sport and foster camaraderie among expatriate Filipino bowling enthusiasts, they are very active in extending support and assistance to neglected and distressed Overseas Filipino Workers, reach out to the needy Filipino children through ABS-CBN Bantay Bata 163, and to the victims of natural calamities in the Philippines.

The participants were divided into two divisions, with one group for Class A bowlers and the other group for Class B, C & Ladies. After four games under No-Tap format, the winners in Class A are the veteran player Ric Macatula in first place and won cash prize of QR800. Second place and the cash prize of QR300 went to Mohd Jamal and Chairman Re-elect Oliver Fabros settled for third place and a cash prize of QR150.

Aside from the 4-game series individual event, cash prize of QR130 was awarded to High Game scores. In the first game, Fabros is the early one to make the mark with the score of 287, followed by Edward Mangulabnan in the second game with a score of 303 (including handicap) that beats the perfect game of 300 by Mohd Jamal. Marky del Carmen rolled the score of 300 in the third game and Rey Arroyo bags the fourth game with a score of 284 (including handicap).

In Class B, C & Ladies division, Vice-Chairperson Valerie Canchela won the first place and cash prize of QR800. The other winners are Teng Carama (2nd place), Edwin Cahulugan (3rd place) and Caloy Laxamana (4th place).

The proceed of QR1,050 plus the personal cash donation of QR1,000 from Engineer Oliver Fabros will be donated to the victims of super typhoon Pablo in the Philippines, through the Embassy of the Philippines in Doha.

Qatar Airways hosts desert fun day

Qatar Airways’ Vice-President Commercial Qatar Ehab Amin said: “The event was an excellent opportunity to get away from the day to day working environment and enjoy each other’s company with Qatar Airways being the hosts – and the only items on the agenda were sand, sun and fun.”

Over the next few weeks and months, Qatar Airways will launch services to a diverse portfolio of new routes, including Gassim, Saudi Arabia (7 January 2013); Najaf, Iraq (January 23); Phnom Penh, Cambodia (February 20); Chengdu, China (March 19); Chicago, USA (April 10); and Salalah, Oman (May 22).

Aster Medical Centre to host blood donation drive

Aster Medical Centre, a division of DM Healthcare, has collaborated with Hamad Medical Corporation, to organise a blood donation drive on Friday, January 4, 2013. The Blood donation drive will be held at Aster Medical Centre (Wellcare Poly clinic) near Shaif Masjid, Al Rayyan, from 5pm onwards. “There is an increasing demand for donated blood, especially of the rare types. However, this demand would not be met without the help of the general public. Donating blood takes only a few minutes of our time but makes an immeasurable difference to those in need of it. It can save between three to five lives,” said Dr Sameer Moopan, CEO, DM Healthcare - Qatar. The participants for the blood donation drive must have a proper sleep of minimum 6 hours in the night prior to donating blood. Hamad Medical Corporation will do the screening for the participants to determine eligibility for donating the blood.

For registration, contact 33177987.
Masskar Hyper Market hosts National Day celebration for school students at Wathnan Mall

FROM LEFT: Kareem Mohamed Mahmoud Libda, Legal & HR Manager, Wathnan Mall, Moosa Kurungot, Asaraf V.P., Managing Directors, Masskar Hypermarket and Zarabi Department Store, and Thaha Muhammed, Management Consultant, along with other guests during the National Day celebration at Wathnan Mall. Masskar Hyper Market and Zarabi Department Stores celebrated the National Day of Qatar by associating with Saad Bin Abi Waqaas Independent Model School. Titled “Qatar in our Hearts” the programme had events like Aad al Qaseed (traditional Qatari poetry), Aarda (traditional Qatari dance) and colouring competition. A huge “National Day Special Cake” was also cut during the function.

Vodafone launches Nokia Lumia Windows Phone 8

Vodafone Qatar announced that the new Nokia Lumia 920 and the Nokia Lumia 820, the world’s most innovative smartphone range, are now available in its retail stores and online store. The Lumia 920 retails for QR2,499 and Lumia 820 for QR1,899 with the red version of the Nokia Lumia 920 available exclusively with Vodafone outlets. Moreover, customers can also take advantage of the prepaid and postpaid offers bundled with Nokia Lumia.

“Vodafone is delighted to make these innovative Nokia smartphones available. The phones have been received enthusiastically internationally so we look forward to a positive response from our customers in Qatar,” said Marc Norris, Customer Operations Director.

The Nokia Lumia 920 is the flagship Windows Phone 8 smartphone which includes Arabic language capabilities and the latest advances in Nokia PureView imaging innovation. This means the phone is able to take in five times more light than competing smartphones without using flash, making it possible to capture clear, bright pictures and video indoors and at night.

Some of the other great features include built-in wireless charging for an easy, convenient way to get more out of every day and the Nokia City Lens, the latest addition to the Nokia location suite. By pointing the camera at a city street, City Lens overlays information about restaurants, shops, hotels and more on the surfaces of buildings, for the most intuitive way to explore surroundings.

QP donates four ambulances

In support of the various humanitarian campaigns, Qatar Petroleum (QP) has donated four ambulance vehicles to four charity organisations and societies, to be used for their humanitarian activities. This support was extended under the directives of H.E. Dr. Mohammed bin Saleh Al Sada, Minister of Energy and Industry, Chairman and Managing Director of Qatar Petroleum, and in line with QP’s commitment to corporate social responsibility, to support contribution in the charity sector activities to achieve its objectives.

One ambulance vehicle was delivered to each of the following: Sheikh Eid bin Mohammed Charity Association, Sheikh Thani bin Abdullah Al Thani’s Foundation for Humanitarian Services (RAF), Qatar Charity Society, and Qatar Red Crescent Society.

Aspec Qatar launches ‘Maximus Home Automation solutions’ product line

Aspec Qatar Ltd has launched a new product line ‘Maximus Home Automation solutions’ and announced its partnership with a UK firm Maximus Integrated Technologies Ltd.

“In Aspec, we appreciate our partnership with Maximus and grateful to be a channel partner in Qatar for their entire range of electrical products, we also appreciate the confidence placed in us and strive to exceed Maximus high expectations from our professional consulting units on electrical solutions provided by Maximus,” said Ram Matchabuttani, Director, Aspec Qatar, during the product launch event organised at Rotana Oryx Hotel.

The event was also attended by Manish Sharma, CEO Maximus ME, and Dinesh Khimchand, CMO Maximus ME.

“As electrical solutions provider, Maximus is working to make our existing products and processes more efficient for both the environment and for business, while also developing new innovations and offer to Qatar’s market the products and services that consume less energy and have lesser environmental impact,” points out Manish Sharma.

Aspec Qatar and Maximus officials at the product launch event.
Frank Ocean edges out Lana Del Rey as best CD of 2012

By Mark Beech

Lana Del Rey closes the year looking more like the future of music than just the advertising face of H&M, Jaguar and Mulberry.

Something like 1,000 review albums have come my way since her Born to Die, and it’s still among my favourites of 2012.

She’s just beaten by Frank Ocean. He came to attention with his mixtape Nostalgia, Ultra, which was the freshest things I’d heard in ages. Now we have his debut proper, Channel Orange, crowned with the glossy, 30-minute track Pyramid.

Bruce Springsteen’s Wrecking Ball has the energy to see off criticism that The Boss is no longer a cutting-edge star.

Leonard Cohen brought out the ever-articulate Old Ideas, Donald Fagen the tasteful S records and Mark Knopfler the virtuoso Privateering — all sticking to character. Bob Dylan’s Tempest has its moments, even with the overdue title track about the Titanic.

Bobby Womack has recovered from health problems to make his best CD, The Bravest Man in the Universe, with Damon Albarn.

By Cooler’s Election Special was confidently dashed off, and so was Neil Young’s Psychedelic Pill, which came months after Americana. The White Stripes star Jack White has been going it alone, with the retro-tinged Blunderbuss.

Emeli Sande made an assured start with Our Version of Events. It does Sande a disservice to compare her to Aretha Franklin — that’s a little over the top, though she eclipsed Jessie Ware, whose Devotion also showcases an original voice.

Sharon Van Etten’s Tramp is a beautiful breakup album and Visions by Grimes is even dreamier, with wisp-y vocals.

Taylor Swift’s Red places Joni Mitchell-style maturity in a pop form. Fiona Apple’s fine CD is called The Idler Wheel Is Wiser Than the Driver of the Screw and Whipping Cord’s Will Serve You More than Ropes Will Ever Do. If that seems a mouthful, keep in mind that it’s short compared with the 90-word title of one of her others.

Pink’s The Truth About Love rises above its brush commercialism, while Regina Spektor’s What We Saw From The Cheap Seats is kooky, in a good way.

Indie rock is finding its way forward after the hole that was Joshua Leary, a 22-year-old Brit who was uploading music to YouTube as Evian Christ while he spent his days studying to become a schoolteacher.

Listening to the guy’s eight-track instrumental debut feels like navigating the charred ruins of a hip-hop album, as smoky synth textures curl around an 808 drum machine’s indestructible pulse. Leary says he’d like to produce tracks for rappers in the future, but for now he’s given us some spacious, styl- ish, contemplative music that doesn’t clog with too many words.

Britain’s the XX, with Coexist taking minimalism to a new level; Django Django, making a self-titled debut; Spiritualized (Sweet Heart Sweet Light); Grizzly Bear (Shields) and Beach House (the sublime Bloom).

Ait-J’s An Awesome Wave was a worthy Mercury Prize winner, Lanterns by Australia’s Tame Impala gently psychedelic, and Attack on Memory by Ohio’s Cloud Nothings a dark slab of vitriol with catchy guitars.

The latest Mumford & Sons release, Babel, may appeal to Grammy judges, though it’s not a patch on the finest English folk rock once made by Fairport Convention.

One of the most dramatic returns, after 27 years, was from Come on Eileen stars Dexys Midnight Runners, now just trading as Dexys. Singer Kevin Rowland told me that the title One Day I’m Going to Soar came to him after a difficult day. It certainly soars.

The best 2012 albums you probably missed

By Chris Richards

As the record biz slows down its release schedule over the holidays, we use the lull to highlight Lost Tracks, recordings that have gone largely overlooked in the past 12 months. It’s also our annual excuse to do the thing that all music scribes love to do: babble about what the world should be listening to.

So here are my favourite underloved albums of 2012:

Ice Cold Perm

by 100s

Cloud rap — that new-ish strand of hip-hop defined by the smeared, diaphanous quality of its backing beats — might as well be a reference to the cloud that Wired readers talk about. As more rappers forge their identities online, the genre’s regional characteristics turn hazy.

This teenage rap rookie from Berkeley, California, is emblematic of the blur. As he aspires to eclipse the cool of West Coast legends Too Short and Snoop Dogg, you can hear him repurposing the cadences of Southern greats Ying Yang and Lil Boosie.

He also has an expert partner in Joe Wax, a young producer whose otherworldly tracks for Cali duo Main Attractions have made that group’s moniker feel like false advertising. Together, Wax and 100s prove that no matter where it originates, rap music is ultimately about the sparks that fly when a voice grinds up against a beat.

Kings and Them

by Evian Christ

And now a quick round of applause for Tri Angle Records, the remarkably consistent electronic music label that scourcs the Internet for nerds making music in the comfort of their bedrooms. This year, the label’s big find was Joshua Leary, a 22-year-old Brit who was uploading music to YouTube as Evian Christ while he spent his days studying to become a schoolteacher.

Listening to the guy’s eight-track instrumental debut feels like navigating the charred ruins of a hip-hop album, as smoky synth textures curl around an 808 drum machine’s indestructible pulse. Leary says he’d like to produce tracks for rappers in the future, but for now he’s given us some spacious, styl- ish, contemplative music that doesn’t clog with too many words.

Pacific Standard Time

by Poolside

Does the 21st century need its own lounge music? This Los Angeles duo answers a question that nobody was really asking with 16 brainless, toe-tapping dance tracks. There are juicy synthesizers and cute fakseutos, all locked to a mid-tempo grid, plus the most adorable Neil Young cover you could ever hope to hear (Harvest Moon).

Poolside’s only crime is that they’ve coined a silly genre tag for all this: “daytime disco.” Pfttt. Even at 3am in December, these songs still retain all of their colour and cool.

Believe You Me

by OMBRE

This collaboration from electronic musician Helado Negro and ambient musician Julianna Barwick is haunted by the ghost of Brazilian tropicalia in all of the best ways — chords are strummed on nylon-stringed guitars, and vocal melodies are quick to dissolve in reverb. (He sings in Spanish, she sings in vowels.)

Yeah, the whole dreamy-blurry-muffled-indie thing has been done to death, but there’s still a lovely dialogue taking place at the heart of this album. Listening for it feels like pressing your ear to a wall, trying to make out conversa- tion in the next room.

WP-Bloomberg
Health Tips from DOCTOR

Vitamin D deficiency

Did you know Vitamin D deficiency has been linked to cancer, diabetes, osteoporosis, rheumatoid arthritis, inflammatory bowel disease, multiple sclerosis and autism?

And that’s just for starters. Recent studies have also linked this miraculous vitamin to the prevention and potential cure of many other devastating and debilitating conditions including cardiovascular disease, blood pressure issues, high cholesterol levels, neurological system disorders, kidney failure, reproductive system disorders, muscle weakness, obesity, disorders of the skin and even tooth decay.

The problem is 85 percent of us are not getting enough of this “sunshine vitamin” which helps fight bone loss, infection, and abnormal cell growth.

So why are we so D’-fluent?

Decades ago, most of us worked out in the sunshine, and absorbed approximately 10,000 – 20,000 IU of vitamin D in 15 minutes. That’s many times more than the current FDA requirements of between 200 and 400IU.

But for the past twenty or thirty years, the medical establishment has been screaming that “sunlight is dangerous for your health”… and telling you to cover yourselves with sunscreen, even though there is no real evidence the sun’s UV rays when used wisely cause cancer.

A diet deficient in vitamin D causes osteomalacia (called rickets when it occurs in children), which is a softening of the bones. In the developed world, this is a rare disease. Low blood calcidiol (25-hydroxy-vitamin D) can result from avoiding the sun. Deficiency results in impaired bone mineralization and leads to bone-sentimenting diseases.

WARNING: Do not take vitamin D orally without medical consultation as it could leave you overdosing in vitamin D supplements, leading to a range of symptoms including nausea, vomiting, poor appetite, constipation, headache, bone pain, weakness, apathy and even hardening of the arteries and osteoporosis.

By Kathleen Raven

Adults with excessively dry hands were four times more likely than healthy counterparts to fail computerised fingerprint verification tests in a small new study from Malaysia.

“Because of the emerging use of biometrics in daily living, I think hand dermatitis is an upcoming problem,” said lead author Dr Lee Chew Kek, a dermatologist at USCI University in Kuala Lumpur.

“This can have effects on the economy, jobs and security.”

Fingerprints are still the most common unique personal trait used to identify an individual. Other measurable unique biological features include the iris of the eye and even keyboard typing patterns. Analysts have projected that the global biometrics market will be worth $16bn in four years.

Abnormal white lines in the prints caused by wrinkles or cuts were found in both groups. However, when white lines appeared in prints, dermatitis patients had a greater number of them. Researchers guessed that the cuts may ruin the pattern of tiny ridges within thumbnails.

Despite the limited size of the study, published in the Archives of Dermatology, the subject is important for dermatologists to be aware of, said Dr. Pieter-Jan Coenaards of the University of Groningen in the Netherlands.

“Human biology is a lot more variable than security authorities would like to believe, I think,” said Coenaards, who was not involved with the study.

“Dermatitis is one of the many factors which can certainly affect fingerprint image quality,” Steve Fischer, spokesman of the FBI’s Criminal Justice Information Services division told Reuters Health in an email.

Disruptions in fingerprint images do happen in the FBI’s Integrated Automated Fingerprint Identification System, which maintains more than 70 million print records, he said.

The FBI processes an average of 460,000 fingerprints each day with approximately three percent rejected due to poor image quality, Fischer wrote.

The division doesn’t have a record of how many disruptions are attributable to dermatitis.

“Since hand dermatitis is not a rare problem, there may be a significant number of individuals who will be handicapped by fingerprint technology,” explained Dr. Bruce Brod of the University of Pennsylvania, who was not involved with the study.

Though most hand dermatitis can be resolved with topical creams, people who have allergic contact dermatitis - like the majority of patients in this study - may struggle with constant exposure to irritants in the workplace, according to researchers.

Health care workers who constantly wash their hands, a mechanic who must finger greasy bolts and nuts inside an engine or a chef who slices lots of garlic and onions between the thumb and index finger may develop hand dermatitis, for example.

“In terms of treatment for hand dermatitis, we’re still lagging behind. It tends to be a very chronic problem,” Brod told Reuters Health.
Paltrow to release second cookbook

A Globe book review, "This book will be out in April 2013. Paltrow fans will now receive a new diet in the form of a second cookbook titled: "It's All Good: Delicious, Easy Recipes That Will Make You Look Good and Feel Great." The book will feature a collection of her healthy recipes. It will be her second cookbook, a collection of her healthy recipes. Paltrow, an avid cook, will help readers improve their diets with a book that includes recipes such as huevos rancheros, and power brownies, reports dailystar.co.uk.

As per the book's synopsis, Paltrow launched in 2011. "The director had envisaged an air of unrehearsed spontaneity in the movements. The characters in the movie are required to have their dance steps from before. To get that spirit of on-the-spot performance was "just a tremendous result for our little engine that surfs the internet," said a source.

Apparently, there was a certain amount of all-round trepidation and misgiving about doing away with the veteran choreographer's efforts. "The director had envisaged an air of unrehearsed spontaneity in the movements. The characters in the movie are required to have their dance steps from before. To get that spirit of on-the-spot performance was "just a tremendous result for our little engine that surfs the internet," said a source.

The actor-filmmaker has urged filmmakers to respect the rights of theatre owners. "The Hobbit" was released in the United States by the Weinstein Company. Paramount Pictures, a unit of Viacom

Spielberg to remake The Syndicate

Spielberg, who directed the 1993 crime comedy "The syndicate," is in the final stages of negotiations to buy the rights to the upcoming thriller "The syndicate," which stars Liam Neeson and Russell Crowe. The film is based on the bestselling novel by the same name. The story revolves around five nurses who were a group of supermarket workers who hit the Lottery jackpot. The story was a success, with the musical passing $200m before it's done. The show's writer, Kay Mellor, said: "He told me that he and his wife were avid fans of the show and he is now having a pilot episode written for US network ABC, based on the British version. The network ABC after falling for it, reports thesun.co.uk.
Of Oryx Rotana, along with his team members, hosted and greeted the guests and personally thanked them for their support since the opening of the hotel in August, 2010.

Guests were first welcomed into a charming cozy atmosphere accompanied by background music and hosted by hotel members into the elegantly -adorned Jade Ballroom. The resident “Jazz Club” Jazz 101 band set the mood and entertained guests while they helped themselves to the buffet range of endless delicacies.

Glitz, Glam at Oryx Rotana corporate clients event

Kevork Deldelian, General Manager of Oryx Rotana, along with his team members, hosted and greeted the guests and personally thanked them for their support since the opening of the hotel in August, 2010.

Guests were first welcomed into a charming cozy atmosphere accompanied by background music and hosted by hotel members into the elegantly-adorned Jade Ballroom. The resident “Jazz Club” Jazz 101 band set the mood and entertained guests while they helped themselves to the buffet range of endless delicacies.
For a celebratory spread, try a vegetable pate

By Emily C Horton

T here are certain things we expect from pate, no matter its constitu- ents. We expect it to be rich, the flavour deep. We don’t expect to eat very much of it, but we expect it to linger. Those same qualities are what a vegetable pate is after, and it is, perhaps surprisingly so, adept in achieving them. Vegetables are by turns, and by treatment, sweet, nutty, earthy, smoky, spicy. They can take on textures dense and smooth or ethereally creamy. The best in vegetable pate, then, takes philosophical cues from traditional pate — the depths of flavour and luxuries of texture — without aspiring to mimic them.

“There are two things you want in a vegetable pate,” says Amanda Cohen, chef-owner of the New York vegetarian restaurant Dirt Candy. “One is a very strong flavour; the other is an intense depth of creaminess. . . . What you should expect is a very interesting taste sensation in a small bite.”

Almost any vegetable can be worked into a pate, but the ones that perform most successfully carry flavour profiles that lean on the side of sweet, with earthy undertones, and flesh fine-grained and dense. Think root vegetables, winter squash, or those not-exactly-vegetables, mushrooms. Nuts and seeds, pounded into a paste, contribute to a creamier, more substantial texture, as do legumes such as lentils and white beans, and fat.

A vegetable pate (not to be confused with vegetarian), then, is not about mak- ing amends for something it is not, nor is it a substitute for a pate made with meat. A vegetable pate should instead be a celebration of the vegetable itself, an exploration of what that vegetable is capable of expressing. And you don’t need to be a vegetarian to appreciate it.

**Roasted Sweet Potato Pate**

This smooth, sweet vegetable pate is perfectly complemented by the crunch of the nuts and the bite of the mustard.

MAKE AHEAD: The pate needs to be refrigerated for at least 3 hours and preferably overnight.

*From chef Rich Landau of Vedge in Philadelphia.*

**Ingredients**

Makes about 2 cups (8 servings)

**For the pate**

- 2 pounds sweet potatoes (about 3 medium potatoes)
- 1/4 cup olive oil, or more to taste
- 1 teaspoon vinegar
- 1/2 cup chopped onion
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground allspice
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 2 cups canned no-salt-added chickpeas, drained and rinsed
- Hot water, as needed

**For serving**

- Whole-grain mustard

**Method:**

Preheat the oven to 400 degrees.

Peel the sweet potatoes and cut them into 1/2-inch chunks; they don’t need to be perfect, because they will be pureed. Transfer to a mixing bowl and add the oil, vinegar, onion, cumin, allspice, salt and pepper; toss to coat. Spread the mixture out on a baking sheet and roast until the potatoes are tender, 20 to 30 minutes.

Allow the mixture to cool just a little, then transfer to the bowl of a food processor. Add the chickpeas and puree until smooth and creamy. The pate should be quite thick but still able to move around in the food processor. If it’s too thick, drizzle in a little hot water. Alternatively, for a richer pate, drizzle in more oil.

Allow the mixture to cool in the refrigerator, covered, for at least 3 hours and preferably overnight.

Serve in ramekins, accompanied by other ramekins filled with the mustard and the nuts, and offer toasted slices of baguette.

**Crushed roasted cashew nuts**

(salted or unsalted)

Baguette toast

**Beet-Walnut Pate**

Cracked black pepper, to taste

Minced parsley, for garnish (optional)

**Method:**

Preheat the oven to 400 degrees.

Wash and dry the beets, but don’t peel them. Wrap each beet individually in aluminium foil and roast until easily pierced with the sharp tip of a knife, 45 minutes for smaller beets and up to 1 1/2 hours for larger ones. Unwrap the beets and let them cool slightly. Once they are cool enough to handle, peel them (the skin should come off easily), then rinse and allow to cool completely.

Meanwhile, mash the garlic to a paste with the salt in a mortar and pestle.

Pound the walnuts with a mortar and pestle helps give this pate its creamy texture. Its deep purple colour looks striking in a serving bowl. Serve it with seeded crackers or thin slices of rye bread.

MAKE AHEAD: The pate will improve in flavour after a day’s refrigeration. It can be covered and refrigerated 3 days in advance.

**Ingredients**

Makes 1 1/2 cups (6 servings)

- 1 pound beets (1 to 2 bunches, depending on size)
- 1 clove garlic, coarsely chopped
- 1/8 teaspoon sea salt, plus more as needed
- 1/2 cup walnuts, toasted (see NOTE)
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon vinegar

**Method:**

Peel the sweet potatoes and cut them cool in the refrigerator, covered, for at least 3 hours and preferably overnight.

Serve in ramekins, accompanied by other ramekins filled with the mustard and the nuts, and offer toasted slices of baguette.

Watch carefully; nuts burn quickly.

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**Beet-Walnut Pate**

Cracked black pepper, to taste

Minced parsley, for garnish (optional)

**Method:**

Preheat the oven to 400 degrees.

Wash and dry the beets, but don’t peel them. Wrap each beet individually in aluminium foil and roast until easily pierced with the sharp tip of a knife, 45 minutes for smaller beets and up to 1 1/2 hours for larger ones. Unwrap the beets and let them cool slightly. Once they are cool enough to handle, peel them (the skin should come off easily), then rinse and allow to cool completely.

Meanwhile, mash the garlic to a paste with the salt in a mortar and pestle.

Pound the walnuts with a mortar and pestle helps give this pate its creamy texture. Its deep purple colour looks striking in a serving bowl. Serve it with seeded crackers or thin slices of rye bread.

MAKE AHEAD: The pate will improve in flavour after a day’s refrigeration. It can be covered and refrigerated 3 days in advance.

**Ingredients**

Makes 1 1/2 cups (6 servings)

- 1 pound beets (1 to 2 bunches, depending on size)
- 1 clove garlic, coarsely chopped
- 1/8 teaspoon sea salt, plus more as needed
- 1/2 cup walnuts, toasted (see NOTE)
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon vinegar

**Method:**

Peel the sweet potatoes and cut them cool in the refrigerator, covered, for at least 3 hours and preferably overnight.

Serve in ramekins, accompanied by other ramekins filled with the mustard and the nuts, and offer toasted slices of baguette.

Watch carefully; nuts burn quickly.
10. FEZ (XBOX 360)
Polytron’s Fez is a multifaceted delight—everything about it feels perfectly pitched. The platforming is elegant, tricky but rarely annoying; the puzzles fiendishly difficult at times but a delight to solve; the graphics and music gorgeous; and the core idea innovative and delightfully executed. Gomez, the cute and cheerful fez-wearing character at the heart of the game, picks up the ability to rotate his 2D world in three dimensions, and in doing so opens doors to uncover coded languages and complex puzzles as he goes.

9. SUPER HEXAGON (IOS, PC)
Simple, astoundingly addictive and brutally difficult, Super Hexagon is a beautiful game with a gorgeous chiptune soundtrack. With just two controls—left and right—you pilot a tiny triangle trying to avoid incoming walls of light in elegant, repeating patterns. As with creator Terry Cavanagh’s other work, the game unabashedly appeals to hardcore perfectionists and challenge lovers, and there’s a genuine, visceral thrill in beating your own high scores—even by a couple of seconds. The first time you survive for a whole minute makes you feel like a god.

8. GUILD WARS 2 (PC)
Guild Wars 2 lets players play together without having to talk to each other. Dynamic events throughout the online fantasy world sees teams of warriors spontaneously forming to deal with enemy threats, and a removal of the standard class roles (big chap, sneaky chap, magic chap, medke) makes groups both easy and fun to be a part of. Up until now, World of Warcraft has been the benchmark for MMOs; it’s suddenly looking very old fashioned next to this.

7. WALKING DEAD (IOS, PC, PS3, XBOX 360)
This is how it ends—humanity scrabbling for existence against the undead hordes, but mostly against each other. Walking Dead is a stark survival adventure following an escaped convict and the little girl he somehow chooses to protect. The player is forced to make impossible decisions that always involve death and regret. Walking Dead is so many times more grim and terrifying than Resident Evil 6 it’s almost laughable. True, some have questioned how much choice you really have in the game—but then, that’s the whole point. In the end, it doesn’t matter.

6. SPELUNKY (PC, XBOX 360)
Derek Yu’s Spelunky, which evolved from PC freeware to XBLA download this year (and therefore had its first commercial release in 2012, qualifying it for this list), is a dungeon crawling 2D Rogue-like in which you explore randomly generated mines in the hope of finding great treasures and rescuing distressed damsels. More often than not, though, what you actually find is sudden death, thanks to spikes, traps, angry shopkeepers and a range of unpleasant animals. The fun of the game is as much in the stories it generates as the pleasure of the platforming, and playing is an exercise in overcoming failure—repeated, grinding, permanent failure—to find great glee in the occasions when everything just happens to go right.

5. FAR CRY 3 (PC, PS3, XBOX 360)
From the very first moments it grabs you and pulls you in; you are on the island—and there you stay. Far Cry 3 is the rarest of games—an open-world adventure that also works as a compelling narrative thrill-ride. The descent of Jason Brody, from party guy to vengeful killer, is brutal and convincing—it is the story arc of the slasher flick, grafted into a Joseph Conrad novel. But beyond the violent action is the island itself, a lush paradise, teeming with wildlife. It is a place you want to explore, not just because of the bonus items, but because you want to see what’s out there. And usually what’s out there is danger. It calls you from the darkness. You always answer.

4. BORDERLANDS 2 (PC, PS3, XBOX 360)
Pandora is a planet where subtlety is extinct; it has been hounded out of existence by roaming bands of maniacs and midgets with machine guns. What remains is violence and really idiotic humour. Borderlands 2 retains the blueprint of the first game—shooting, looting and leveling up—but adds a more coherent mission structure and a skill tree the size of a giant sequoia. It is a game that lavishes rewards on very capable players; a game with a brilliant antagonist in the form of corporate madman, Handsome Jack; a game that runs and runs but never runs out of breath. And the co-op is so good it could save marriages.

3. JOURNEY (PS3)
What is Journey about? Is it an allegory for life, death and rebirth? Or something more elusive? Whatever you think, for many players, thatgamecompany’s three-hour adventure provided some of the most profound and emotional gaming experiences they have ever had. It’s not just the beautiful surroundings, the wistful lead character, the well constructed puzzles; it is the genius of the anonymous online co-op, the fact that strangers can help or hinder each other, communicating only through movement and sound. In a world of symbol and sense, everything has to be interpreted, and players must be prepared to give themselves to it. But whatever you give, you get back. What is Journey about? That’s easy. It is about how you feel when it ends.

And so the top two … We argued, we thought, we argued some more, but we couldn’t separate them. So for the first time, we have a joint number one.

1. XCOM: Enemy Unknown (PC, PS3, XBOX 360)
Countless alien invasions later and still we are drawn to save the world. Our stories reflect our collective fears: the fear of not being alone in space; the fear of being alone in space. XCOM is an evergreen cliché then not least in terms of its aesthetic, which chooses the unfashionable get-up and colouring of 90s sci-fi b-movies. But in play never has the strategy game seemed so vibrant, malleable, results. It’s Advance Wars, in essence, but where line of sight, weapon choice and human fallibility all play their disruptive part. And in the opportunity to name each soldier, we have the opportunity to name the ways our hearts break when the worst happens on the battlefield—at least till the next conscript turns up back at the base.

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The Guardian
THE DESTINATIONS/ DIRECTIONS
Related to the aspect:
Qab’il
Ba’ed
Sha’i’i
Daw’war
Ma ha’t bitrool
Isha’rat almuroor
Jiss?’
How to use “Where- Aina” in different places:
Aina Al fun’duq
Aina Al ham’mma mat
Aina Al Matar
Aina Maktab al Mnudir
Aina Al Mustash’fa
Aina As’souq

January 1, 1996
King Fahd of Saudi Arabia handed management of government affairs to his half-brother, Crown Prince Abdullah, following a stroke

1863: U.S. President Abraham Lincoln signed the Emancipation Proclamation freeing slaves
1962: The Beatles failed an audition for Decca Records because “groups of guitars are on the way out”
1993: Czechoslovakia ceased to exist, splitting into separate Czech and Slovak republics
2003: Luiz Inacio Lula da Silva, sworn in as president of Brazil, promised “a new style of government”

Picture: Getty Images © GRAPHIC NEWS

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

ABOVE, ARVYS, ACME, APEX, ATOP, BASEMENT, BELOW,
BROW, CANYON, CHASM, CRATER, CREST, CROWN, DEEP,
DEPRESSION, ELATION, ELEVATED, HIGHEST, HILL, HOLE,
HOLLOW, LOFTY, LOWEST, MOUND, MOUNTAIN, NAIR,
OVER, PEAK, Pinnacle, Raised, Ravine, Roof, Summit,
TRENCH, UNDER, VALLEY, VERTEX, ZENITH.
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.

How to play Easy Sudoku:
Easy Sudoku Puzzles Place a digit from 1 to 9 in each empty cell so every row, every column and every 3x3 box contains all the digits 1 to 9.
<table>
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<th>Cinema</th>
<th>Film</th>
<th>Time</th>
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<td>Storage 24 (2D/Action)</td>
<td>10:00 &amp; 11:00pm</td>
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<tr>
<td></td>
<td>Life Of Pi (3D/Action)</td>
<td>11:00 &amp; 12:00pm</td>
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<td>Rise of the Guardians (3D/Animation)</td>
<td>13:00 &amp; 14:00pm</td>
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<td></td>
<td>Vamps (Comedy)</td>
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<tr>
<td></td>
<td>Abdo Mota (Arabic/2D)</td>
<td>16:00 &amp; 17:00pm</td>
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<td></td>
<td>Truth Or Dare (2D/Horror)</td>
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<td>Jack Reacher (2D) (Action)</td>
<td>18:00 &amp; 19:00pm</td>
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<tr>
<td>MALL CINEMA</td>
<td>Cirque Du Soleil: Worlds Away (3D/Fantasy)</td>
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<td>Abdo Mota (Arabic/2D)</td>
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<td>16:00 &amp; 17:00pm</td>
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Today in Qatar

Magida El Roumi Concert
When: 10 Jan 2013, 8pm - 11pm
WHERE: Katara Amphitheatre
WHAT: Internationally renowned Lebanese singer Magida El Roumi will perform a unique concert in Katara’s Amphitheater, singing from her new album and a bouquet of her gold hits.

Yan Pei-Ming
“Painting the history”
When: 9am-8pm, Till Jan 12, 2013
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 Douazy, Salim Al-Dabbagh and Ahmed Cherkaoui.
Free entry

Art of Travel
WHEN: Till Feb 11, 2013
(Sun, Mon, Wed: 10:30-5:30; Tue: closed; Thu, Sat: 12noon-6pm; Fri: 2pm-8pm)
WHERE: Al Riwaq Hall next to the Museum of Islamic Art
WHAT: A watercolour album dated 1590 was commissioned by Bartholomaeus 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, 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