Fusion is king of the real-world road

YOUR CHILD IS A NATURAL-BORN LIAR
Not only is lying completely normal in kids, it's actually a sign of healthy development.

CAMPUS
- Qatar Academy’s Grade 5 students shine in exhibition

HEALTH
- Untreated gum problems may lead to organ failure, cancer

BOOKS
- 10 best-selling books
- Margaret Drabble on the joy of e-books

FILM
- X-Men: Days of Future Past — chaotic but fun

TECHNOLOGY
- Protect your personal data from next hack attack

Learn Arabic
- Learn commonly used Arabic words and their meanings
A few weeks ago, as part of his normal evening ritual, my almost three-year-old son used the potty, brushed his teeth and climbed into bed. As we were saying our night-nights, he interjected: “Mommy, I need to use the potty.” It had been about six minutes since he’d gone. I suspected he was trying out a new bedtime stall tactic, but I couldn’t not let him try. He sat on the potty. We waited. Then: “I don’t need to go.”

I had just caught my son in a lie — the first I’d ever noticed. The next night, it was the same thing all over again. I had no idea what to do. So I started reading the research on childhood lying. Turns out there’s a lot of it, because by studying how and when children lie, psychologists can glean new insights into psychological development. I, of course, was more interested in the practical applications: How do I keep my kid from turning into a sociopath? Dozens of research papers and several phone calls later, I’ve learned that not only is lying completely normal in kids, it’s actually a sign of healthy development. And yes, there are things parents can do to foster honesty in their kids — things that I haven’t been getting exactly right.

If your kid has been lying, “that’s very, very normal”, explains Kang Lee, a developmental psychologist at the University of Toronto who has been studying lying in children for 20 years. Generally, kids start to lie by around the age of two-and-a-half or 3, usually to cover up transgressions.

In a classic 1989 study, researchers at the University of Medicine and Dentistry of New Jersey took individual 3-year-olds into a room equipped with a hidden video camera and a one-way mirror and sat them facing away from a table. The researchers told the children they were going to put a surprise toy on the table and instructed the kids not to look at it. Then the researchers left the room. They returned either once the children had peeked at the toy (most did) or after five minutes had passed, and asked the kids whether they had looked. A whopping 38 percent of the kids who had snuck a peek lied, assuring the researchers that they hadn’t seen the toy. In a similarly designed 2002 study co-authored by Lee, 54 percent of 3-year-olds lied about peeking, whereas more than three-quarters of kids aged 4 to 7 did.

When kids lie, it’s not a sign that they’re on the road to delinquency — it’s a sign that they are developing important psychological skills. One is “theory of mind”, the ability to recognise that other people can have different beliefs or feelings from you. In order to lie, your child has to realise that although he knows full well that he broke your vase, you do not. Lying also requires “executive function”, a complex set of skills that includes working memory, inhibitory control and planning capabilities. Your kid has to hide the truth, plan up an alternate reality, tell you about it, and remember it. Good job, kid!

So kids who lie are demonstrating important cognitive skills. But paradoxically, they also lie in part because they don’t have great cognitive skills. Children are emotional and impulsive — they struggle a lot with inhibitory control, one aspect of executive function — which is why, despite your clear instructions not to, they will continue to use their forks as drumsticks and hit their siblings. Then, to cover up their mistakes, they’ll lie to avoid getting punished. In other words, kids lie a lot in part because they can’t help but defy you a lot, and they don’t want to suffer the consequences. Can you blame them?
One easy thing we can do to keep our kids from lying is to avoid setting them up to do so. If you know full well Nathan ate the last cookie, you don’t need to challenge him with Nathan, did you eat the last cookie? That’s just asking him to fib — he can sense trouble is just around the corner, and he wants more than anything to avoid it. Instead, say something like, “I know you ate the last cookie, and now you’re not going to have room for dinner, and unfortunately the consequence is going to be that you have no cookies tomorrow,” suggests Angela Crossman, a developmental psychologist at CUNY’s John Jay College of Criminal Justice.

Another thing you should absolutely not do, Lee says, is to tell your child that you won’t get mad at him if he tells you the truth, and then get mad at him for telling you the truth. Parents do this all the time and it teaches kids that truth-telling gets punished, that they’d be better off lying. “You really have to live up to your end of the bargain — if your child tells the truth, then you say ‘that’s great,’ and just ignore the bad behavior, regardless of how bad it is,” Lee says.

OK, but when you do catch your kid in a lie, what should you do? First, because lies often go hand-in-hand with misdeeds, you need to separate the two in your mind. You have to address the fact that your kid broke the TV, and you also need to address the fact that she lied about it — but don’t conflate the two, because they’re different. If your kid broke the TV but was actually honest about it, you should, hard as it may be, commend her for her truth-telling even though you’re ready to kill her about the TV. “Say, ‘I’m glad you told me that it was you who broke the TV, but I’m still really concerned,’” says Victoria Talwar, a developmental psychologist at McGill University who studies lying in children and frequently collaborates with Lee.

Simply put, the best way to address a child’s lie is calmly. Use the moment to talk to him about the importance of honesty. “Point out what he has just done, and tell him what you expect him to do, which is to tell the truth regardless — and tell him why it’s important to tell the truth,” Lee says. Explain the importance of trust. Lee cautions against punishing kids — particularly young preschoolers — for lying, because they often do not fully understand the concept of honesty. Punishing a kid for lying can also backfire, because kids understand that they only get punished if they are caught lying, so they may continue to lie but simply be more careful about it.

Instead, consider praising them when they are honest and repeatedly stressing the virtues of honesty. When Lee and his colleagues tested how well various stories curbed kids’ tendencies to lie, they found that the story of “George Washington and the Cherry Tree,” in which Washington confesses to chopping down his father’s tree and is commended for doing so, was far more effective than “The Boy Who Cried Wolf,” which warns against lying by highlighting its negative consequences.

Also, in general, research suggests that children raised in punitive authoritarian environments — in which they are harshly punished either verbally or physically — are more likely to lie than are children who are punished for transgressions more gently, for instance with time-outs or scolding. So strict, punitive parenting practices are not necessarily the best approach to raising honest children.

Finally, and perhaps most importantly: Don’t expect your kids to be honest if you’re not. “If you are sending your kids the message that truth is really important, but they see you telling occasional small fibs to get out of things, they will see lying as a strategy they can use,” Talwar says.

Adults lie so frequently — to kids, friends, our own parents, telemarketers — that we almost don’t even notice it. But our kids certainly do, and they love to emulate us. So the next time you catch your kid in a fib, ask yourself whether he may have learned it from you, and then consider giving him a bit of a break. After all, Talwar says, “It’s a tricky thing to be honest all the time.”
Fifteen students of Doha Modern Indian School (DMIS) secured a Cumulative Grade Point Average of 10 and A1 in all the subjects. At Ideal Indian School (IIS), 10 got grade point 10 with A1 in all five subjects and six students scored A1 in four subjects. Fourteen students of the Shantiniketan Indian School secured high CGPA.
Qatar Academy’s Grade 5 students shine in exhibition

Qatar Academy’s Grade 5 students culminated their months-long research and hard work through the annual PYP Exhibition, a requirement for the completion of the International Baccalaureate’s primary curriculum. The 33 presentations, however, was more than just an assignment to accomplish; in more ways than one it is both a reflection of the students’ growth through the programme and a look into what issues are relevant to their minds as learners.

Primary School Principal Sandy Sheppard commended students for their efforts. Beginning with a central idea aligned with the PYP trans-disciplinary theme ‘Who we are’, students focused on a specific issue guided by different lines of inquiry. By following the 8-step inquiry cycle involving Tuning In, Finding Out, Sorting Out, Going Further, Making Conclusion and Taking Actions, students emerge as confident speakers, fully knowledgeable about their topics and able to answer questions correctly.

Most topics deal with the prevalent issues of our time: health — diabetes, cancer and smoking — to name a few — traffic safety, animal welfare, and even the emerging topics of online and social media.

Exquisite Eid holiday offers from QVI CLUB

QVI CLUB, a vacation membership club catering to holidaymakers from all over the world, has several exciting travel accommodations available during the Eid break. Start planning your holiday break by exploring multiple destinations in style. Club members can unwind in a selection of home resorts in, Phuket, Cape Town, Koh Samui, Florida and Antalya which are all owned by QVI Club. This in addition to numerous resort partners worldwide.

QVI Club vacations are exclusively available through QNET, an Asian direct selling company with the convenience of being an exclusive member of QVI Vacation Club. QVI Club is your passport to an exciting world of personalised vacation and travel, offering you fresh adventures to explore new and fascinating places, experience unique travel experiences and the opportunity to bond with your loved ones. The club offers attractions and activities for all ages.

‘Greek goodness’ week at Al Liwan Restaurant

For seven nights from May 25 to 31, Sharq Village and Spa turns to the Mediterranean for its inspiration on the “Greek goodness” culinary promotion at the all-day dining restaurant Al Liwan.

Assisted by Chef Georgios Palazidis, native Greek Chef Daxis Bekris will present a sumptuous set menus of traditional dishes with modern twist such as Omega Beetroot soup, Cretan Salad made of tomato, cucumber, olives, green peppers, whole wheat rusk and extra virgin olive oil. Moussaka from Naouma made of layers of eggplant, zucchini, potato, minced beef and cheese cream, and Lamb “Gioventi” from Plíio which is stew with Greek tomato and “hiliopites” pasta, Saltimbocca Chicken Fillet and Lemon Tart.

Chef Daxis said: “I am delighted to have the opportunity to present the cuisine of my country to Doha. Greek cuisine can be traced back to many centuries and while there are some similarities with Arabic cuisine, I use many spices that are unique to our culture and I hope that the Al Liwan guests will enjoy my specialties.”

With restaurants and food and beverage options recognized as amongst the best in the region, Sharq Village & Spa offers unique dining experiences as each venue blends the rich ambience of the ancient Qatari village with five-star service and comfort.

The village restaurants offer al fresco seating at ample beachfront and rooftop terraces. Dining options include all day dining restaurant Al Liwan, modern seafood restaurant, Al Dana, Arabian-styled café Al Jalsa, rooftop shisha terrace Al Wanes, a cigar lounge, lobby lounge and Al Seef the outdoor pool and snack bar.

Beach lovers can swim in the clear blue waters of, Pattaya, Phuket and Koh Samui. Adventurous types can go rock-climbing, or the more sporting type can aim for a hole in one on the mini golf courses. Those seeking rest and relaxation can book indulgent spa massages or simply relax on one of the beautiful scenic spots. By night, let your rhythm take its course as the entertainment hits full swing with dancing and gourmet dinners. Visit Cape Town on the weekend and you’re bound to find a host of events planned throughout this hip and happening city.

If theme parks fascinate you, book a trip to Florida trip. Whether sun tanning on the white sand beaches, or visiting the Magic Kingdom, families can find their treasures — vacations packed with priceless memories with a QVI Vacation Club Membership.

Explore the gorgeous stretch of seaside around Antalya, the Turquoise Coast in Turkey, which is emerging as one of the top short-flight destinations this year. With its huge coastline with an unending succession of resorts mixed up with quiet little coves and fishing villages, you are guaranteed your own private get-away and a famously warm welcome. QVI Club Vacation Memberships can be purchased through QNET independent representatives in UAE.
Exercise could prevent childhood obesity

NEW YORK: Parents of “healthy weight” children would do well to promote exercise so their kids can avoid the onset of obesity as researchers have found that physical activity can improve body composition.

“For the (FITKids) study demonstrates the extent to which physical activity can improve body composition, and that is important because it matters to your health where fat is stored,” said Naiman Khan, a postdoctoral researcher at the University of Queensland in Australia. “More than half the kids who participated were at a healthy weight, and that allowed us to observe how exercise or lack of exercise affected body composition in normal-weight and overweight children,” Khan added.

In the study, 220 eight- to nine-year-olds were assigned to either a nine-month physical activity intervention or a control group. The intervention provided 70 minutes of moderate to vigorous physical activity five days a week. Baseline and follow-up cardiopulmonary fitness, percent fat mass, percent central fat mass, and estimated abdominal fat tissue were measured. Although the control group displayed no change in cardiopulmonary fitness, kids in that group increased in percent fat mass and abdominal fat tissue, Khan said.

“So the weight of healthy-weight children who do not exercise does not just remain stable. Normal-weight kids who do not exercise do gain an excess amount of weight for their age, and if they become overweight, the tendency is to store excess fat in their abdomen,” he said. The study appeared in the journal Pediatrics.

Women with diabetes at higher heart disease risk

LONDON: Women with diabetes are 44 percent more likely to develop coronary heart disease (CHD) than men with diabetes, a large global study has revealed. “Taken together, these data provide convincing evidence that diabetes poses a greater relative risk for cardiovascular diseases in women than in men,” said professor Rachel Huxley from University of Queensland in Australia.

The data used stretches back almost 50 years, from 1966 to 2011, and includes 68,958,507 people and 28,203 CHD events. The sex difference in diabetes-related cardiovascular disease was driven by women with diabetes having a higher risk for coronary events and died younger than men with diabetes.

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Untreated gum problems may lead to organ failure, cancer

NEW YORK: In a recent study, researchers at the University of Queensland in Australia have found that untreated gum diseases due to poor oral hygiene may lead to health problems such as cardiovascular diseases and even cancer.

Sager, a consultant dental surgeon at the Gurgaon-based Paras Hospital, agreed and said that there are various factors that link gum diseases to cardiac problems.

“The most common bacteria present in dental plaque can cause blood clots that induce heart attacks when they escape into the bloodstream,” Sager said.

He said extra caution needs to be taken by pregnant women suffering from periodontal disease as gum-related problems can also lead to premature births.

A baby who is born before term is susceptible to a number of health ailments. Mothers who got themselves treated for periodontal disease were less likely to deliver before term than those who did not.
The joy of e-books

BY MARGARET DRABBLE

My deep attachment to my e-reader is greeted by slightly offensive surprise from those who expect readers of my generation to be sentimentally fond of old bindings, and resistant to new and bewildering technologies.

Those who express this surprise are almost all non-readers themselves, who prefer coffee table to content. The e-reader certainly sorts out the sheep from the goats, and divides those who need to read from those who like to turn the pages.

It enables you to purchase or acquire texts at midnight, in the small hours, on a train to Taunton, at a bus stop, in a bunk on a ferry in the Arctic Circle. Don’t tell me there is no romance in buying e-books: What could be more romantic than sitting in the sun by the breaking white and turquoise waves on an island in the mid Atlantic, enjoying a pleasant lunch and conversing about William Blake, and finding yourself able to find the quotation you half-remember with the click of a finger? And all, if you like, for free.

Blake, the device shows us, is almost obsessively fond of the word “Atlantic”, make of that what you will, and the lines tell us that “Time rages in vain, for, ‘above Time’s troubled Fountains / On the Great Atlantic Mountains / In my Golden House on High/ They there Shine Eternally’”. The e-reader’s capacity for research and inquiry seems almost limitless, and I have not got to grips with its full potential. I know how to make notes and how to highlight, and I managed to get rid of that annoying programme that tells you the passages that other people liked best. This had some curiosity value and I can see it could be entertaining, but not to me. I was alarmed when my first device, given to me by my family for Christmas three years ago, suddenly started to speak to me: I didn’t know it could do that and wasn’t sure how to tell it to shut up. That model was stolen, from under my chair in the British Library cafe, and its replacement is whiter and brighter and, as far as I can tell, silent.

There are so many ways of reading, and they complement one another. At a Wordsworth study day last month, 20 of us were equipped with an impressive variety of texts: hand-annotated 50-year-old school copies of the Collected Works in tiny print, new and old scholarly editions from OUP and Penguin, even a facsimile of Joseph Cottle’s original 1798 printing of the Lyrical Ballads. (That’s mine, and treasured.) And some of us had e-readers.

Between us, we could find anything we needed. One version doesn’t drive out another. I have Doris Lessing’s Golden Notebook in a thick volume with his name on it. I would have been easier had I been able to display this sensationally successful Nordic novelist, which would have been easier had I been able to display a thick volume with his name on it. E-readers are wonderful for fat books such as Knausgaard’s. Like many others, I read Donna Tartt’s The Goldfinch in tablet form, and learned to navigate my way around its excessive length by highlighting bits of plot I knew had failed the experience exciting. He thought he would go on reading, slowly but pleasurably, in the kind of privacy the e-reader offers. He had joined the reading world.

The privacy can have its downside, as you can’t easily spy on what others are reading and engage them in cultural conversation. Reading Karl Ove Knausgaard in Norway this Easter, I longed to ask fellow Norwegian travellers what they thought of this sensationally successful Nordic novelist, which would have been easier had I been able to display a thick volume with his name on it. E-readers are wonderful for fat books such as Knausgaard’s. Like many others, I read Donna Tartt’s The Goldfinch in tablet form, and learned to navigate my way around its excessive length by highlighting bits of plot I knew I was going to find confusing and names of minor characters I was sure to forget. You can personalize your copy and make it your own. I have occasionally read an entire work without realising that there was a useful glossary at the end, or without finding (as in Michael Frayn’s memoir) the section with the photographs, but I’m getting better at looking, and publishers are getting better at signposting them.

The new technology is hard on traditional book-sellers; I recognise that, and am not sure what they or we can do about it. But publishers are rapidly getting to grips with it, and I believe that in the future I will profit from it as an author and as a reader. Maps and illustrations still aren’t as good on screen as on the printed page, but I sense that all that is changing. In a slightly bolder way, I am fixated on the black-and-whiteness of my device, but I am aware that new wonders are on the way. I am delighted that some of my backlist is appearing in e-format, and rejoice in the colourfulness of its new virtual jackets. I still don’t want a multi-functional tablet with movies and emails, I want one for reading only, but I can feel myself being tempted into colour.

Note: Some of Margaret Drabble’s novels are available for the first time on ebook from Canongate.
Leonardo DiCaprio auctions space travel ticket

A dense, dramatic crowd has gathered to watch the Virgin Galactic spacecraft take off: 2013, New York City. What do they think will happen next? The spacecraft could either safely ascend into space or crash, killing everyone onboard. Will they survive? We'll see in the film "The Virginian".

The story continues in "The X-Men: Days of Future Past". In the future, the X-Men have the power toenses themselves from incoherence, as transplanted to the present, the morning after the opening post-apocalyptic sequence, they find the original team of mutants having been transformed into a force for good. But will they stay that way?

**BY PETER BRADSHAW**

While a minority of the X-Men go forward to the past, the rest set about recruiting the team once more: "The X-Men: Days of Future Past" takes place in the future, where the X-Men have the power toenses themselves from incoherence, as transplanted to the present, the morning after the opening post-apocalyptic sequence, they find the original team of mutants having been transformed into a force for good. But will they stay that way?

**X-Men: Days of Future Past – chaotic but fun**

The X-Men heroically save themselves from incoherence, as transplanted to the present, the morning after the opening post-apocalyptic sequence, they find the original team of mutants having been transformed into a force for good. But will they stay that way?

**Kochadaiiyaan India’s own Desi Avatar**

The film follows the story of a young man named Rajnikanth who falls in love with a beautiful woman named Deepika Padukone. Their love story is set against the backdrop of the Indian independence movement and the Partition of India. The film’s USP lies in its unique blend of modern and traditional elements. The film is directed by Rajinikanth himself, who is a director, producer, and actor. The film also features Rajinikanth’s younger brother, shriram rangarajan, in a pivotal role.

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On June 3, 1989, Chinese troops began a brutal two-day crackdown on pro-democracy protesters in Beijing’s Tiananmen Square. Numbers of deaths range from the low hundreds to around 3,000.*

**POLITICAL UNREST UNFOLDS**

- **Apr 17:** Thousands of people gather in Tiananmen Square to mourn death of Hu Yaobang – leading reformist and symbol of anti-corruption
- **Apr 18-21:** Numbers swell into thousands – calling for greater freedom, democracy and end to “dictatorship”
- **Apr 27:** Up to 100,000 students march to Tiananmen Square, breaking through police lines
- **May 15:** Soviet leader Mikhail Gorbachev arrives on state visit. Protesting students force embarrassing cancellation of government welcome in Tiananmen Square
- **May 20:** Martial law declared. Tens of thousands of students set up barricades and stop advancing convoys
- **May 24:** Humiliated authorities order army to withdraw
- **May 29-30:** Goddess of Democracy statue erected, facing portrait of Chairman Mao on Tiananmen Gate
- **Jun 2:** Party elders agree use of military force to quash rebellion

**MILITARY ASSAULT**

1. **Jun 3, 8:00-10:30pm:** Thousands of soldiers move into central Beijing, killing 36 protesters near Muxidi apartments
2. **Jun 4, 12:15-1:30am:** Army units reach Tiananmen Square, crushing pockets of resistance en route
3. **4:00-4:30am:** Goddess of Democracy toppled by tank. Students vote to retreat but several are crushed by tanks
4. **Daybreak:** Soldiers fire on residents trying to re-enter square. Sporadic gunfire heard throughout day
5. **Jun 5, “Tank Man”:** Lone figure defiantly steps in front of tanks on Chang’an Avenue. His fate remains unknown

*Chinese Red Cross figures. Chinese government figures put toll at approximately 200 people dead and 8,000 injured

Sources: BBC, Human Rights In China, GlobalSecurity.org, wire agencies

Picture: Associated Press © GRAPHIC NEWS
We also need to rethink what we’ve traditionally deemed as “performance” and “handling” in the automotive media. As currently used, they are illusions — marketing handmaidens to television advertisements featuring fast cars almost always moving on practically empty roads.

Reality: There are no empty roads that can support that kind of driving — not here in the San Francisco Bay area, nor at home in the Washington area. In both places, you are best advised to start driving an hour or so before a scheduled appointment to get there on time.

It does not matter what you are driving. Prestigious automobiles are stuck in the same traffic jam as their lesser motorized brethren — moving no faster, going no farther. In such a circumstance, traditional notions of luxury and prestige are turned on their heads.

Would you rather be in the subject of this week’s column, a fully equipped 2014 Ford Fusion SE Hybrid, getting 47 miles per gallon overall using regular gas, or would you prefer a V-12 Aston Martin Rapide S sedan getting 16 mpg burning premium fuel? I would spend it on what now passes for a luxury transportation charge.

Fusion is king of the real-world road

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Fusion is king of the real-world road

BY WARREN BROWN

WE got to change our thinking about luxury, prestige and value. The old definitions, as applied to automobiles, simply make no sense.

We also need to rethink what we’ve traditionally deemed as “performance” and “handling” in the automotive media. As currently used, they are illusions — marketing handmaidens to television advertisements featuring fast cars almost always moving on practically empty roads.

Reality: There are no empty roads that can support that kind of driving — not here in the San Francisco Bay area, nor at home in the Washington area. In both places, you are best advised to start driving an hour or so before a scheduled appointment to get there on time.

It does not matter what you are driving. Prestigious automobiles are stuck in the same traffic jam as their lesser motorized brethren — moving no faster, going no farther. In such a circumstance, traditional notions of luxury and prestige are turned on their heads.

Would you rather be in the subject of this week’s column, a fully equipped 2014 Ford Fusion SE Hybrid, getting 47 miles per gallon overall using regular gas, or would you prefer a V-12 Aston Martin Rapide S sedan getting 16 mpg burning premium fuel? I would spend it on what now passes for a luxury transportation charge.
Passwords and personal data were stolen in eBay's cyber attack. Here's how to protect your information against future hacks.

BY SAMUEL GIBBS

E BAY suffering the biggest hack of all time led to the exposure of lots of personal data, including postal addresses, dates of birth and phone numbers for millions of people around the world. While the company insists no financial information was stolen, private personal data still holds a lot of value. But what options do users have if a site demands personal information as a condition of use, with no way of determining how secure that data will be?

“We have to take care of our data, but in many circumstances if we want to use a service we have no choice but to surrender data, stuff that is very difficult to change,” Rik Ferguson, global vice president of security research at security software firm Trend Micro, told The Guardian in the wake of the hack.

“It’s all very well telling everyone to go out and change their passwords, but you can’t go and change your postal address, telephone number, name and date of birth.” Shopping services need your postal address to deliver goods, for instance, media services need your date of birth to verify age, and a taxi firm will need your phone number to alert you when its car arrives outside your door.

“All organisations that hold any sort of private or financial information should absolutely be encrypting that data at all times – there is no excuse for not doing so,” says Ferguson. Unfortunately, eBay’s hack has proved that not all companies are as good at protecting your personal data as they should be.

Just the bare minimum, ma’am

The safest way to protect yourself is simply to not give out any personal information. When that isn’t possible, provide the absolute bare minimum. After all, why does an Internet company need to know where you live or have your phone number? Avoid giving any over any more information than is absolutely necessary and required for the service to work.

Don’t give your credit card details to every shop

Credit card details are one of the most valuable pieces of information you own and therefore one of the primary targets for any criminal hacker. Consider using other secure forms of payment that do not require you to hand over your credit card details.

Many other services, including Google Wallet and Visa’s V.me, are available to shield your payment information from online stores, but it is very important that you secure those accounts as much as possible with very strong passwords and, where available, two-factor authentication (where another tool like a number generator is used to protect your login).

Tweak your postal address

While giving out your post address for services is often unavoidable, there are some things you can do to protect yourself. When a service that is not going to send you parcels asks for your address you can leave out one crucial factor.

For instance, if you happen to live in a flat you can leave off the flat number of your address, simply listing the building number.

Also, if a company is using your address or postcode to simply verify the country or two you live in, as is often the case with online streaming services, consider giving them another postcode of the next street over or one in a surrounding area.

Use an alternate phone number

Quite a lot of services require a phone number to verify your identity. The companies use the potential security of the mobile phone operator’s registration process to strengthen your proposition that you are who you say you are. But giving up your real phone number could lead to a deluge of spam calls or phishing attacks should it be stolen. Some services can essentially be fobbed off with a fake phone number, but others may actually use that number. So instead of giving them your primary phone number, consider giving them a secondary phone number.

Don’t give your full name

Your name is almost always the bare minimum of information required to set up and use internet services. That makes it the most readily available piece of personal information on the Internet. Consider giving certain sites and services a fake name, a nickname or perhaps a jumble of your real name, swapping your first and last names. Never give your full name with middle names if at all possible. That way hackers don’t get your actual real name and another piece of information that could lead to identity theft.

Fudge your date of birth

Lots of sites and services require your date of birth, often to verify age. But there’s no reason you have to give them your real date of birth. It is one of the most used pieces of private information for verifying your identity to banks and other crucial financial services — so should be protected. Consider giving a false or possibly a jumble of these facts. It doesn’t even need to be that different, but a month or a day change, or even a single digit year change should be enough to prevent it being used to gain access to your bank account, for instance.

Use multiple email addresses

An email address is often far more important than it is given credit for. Most services allow users to reset a password or regain access to locked accounts by using an email address for verification. But once a hacker has access to your email account, they potentially have access to any other service that uses that email account to retrieve lost login credentials.

“You can try and operate multiple email accounts,” suggests Ferguson. “Some email services allow you to create disposable email addresses that are relatively easy to manage.”

Another option is to create several layers of email addresses, using one for low security accounts, one for medium and another exclusively for banking or other crucial financial services.

Fake those security questions

Many sites and services require “secret” answers to questions such as “who was your first teacher?” or “what is your mother’s maiden name?” There is nothing inherently wrong with the idea of secret questions to verify your identity, as long as they actually stay secret.

Wherever possible, pick and choose to write your own secret question, and give an answer that’s unique to each service. The important thing is to be consistent. (You might even consider going back to sites where you have already filled this in in the past and change your answers.)

Use a secure password manager

The problem comes when trying to remember all this fake or varied information, but there are storage solutions that offer to securely store passwords and other important information.

“Look at password management software,” suggests Ferguson. “There are a load of options out there and it does mean that you can at least confine risks to individual accounts with unique passwords when they are breached.”

Password managers like LastPass or 1Password offer to store more than just passwords. Individual logins for Internet accounts can have other information attached such as your secret passwords, date of birth or postcode attached to them. That way it is simply a case of looking up the information when you need it.

Most of the good password managers also provide multiple ways to access the information, via a mobile app, website or offline for instance, as well as multiple layers of security, including two-factor authentication.

It is extremely important to ensure that your password management account is as protected as possible with a bullet-proof password, which should be as long and complex as you can manage.

It also creates a layer of inconvenience when you want to login to each service that one login and password for everything eliminates, but it will all be worth it when one of your accounts like eBay is broken into.

As Ferguson says: “Effective security is no longer about designing architecture with the aim of keeping the attacker out permanently; that’s a pipe dream. If they want to get in, they will get in.”

Over the years it is inevitable that one or more services you use will get hacked at some stage or another, and so preparing yourself for that attack could mean the difference between a simple change of word password and changing the password everywhere.

The Guardian
Hoy en la Historia
May 25, 2004
1644: Ming general Wu Sangui opened the gates of the Great Wall of China to let Qing forces into China proper, hastening the fall of the Ming dynasty
1809: A revolt in Chuquisaca against the Spanish Empire began the South American Wars of Independence
1994: Russian writer Alexander Solzhenitsyn returned to Russia after 20 years in exile in the West
2009: North Korea conducted a second nuclear weapons test

Chewing gum went on sale in Singapore after being banned for 12 years, but it was sold only in pharmacies as it was defined as a controlled substance

LEARN ARABIC
How to tell the time

What is the time now? Kam alssaca al'an?
It is five o'clock Alssaca alssadisa wa caskan daqqiq
It is ten past six Alssaca alssabica wa hasmat daqaqiq
It is five past seven Alssaca alssabica wa hasmat daqaqiq
It is quarter past five Alssaca alssabica wa alroubouq
It is twenty past two Alssaca alattanja wa altouloq
It is half past three Alssaca alattalia wa alnasf
It is five to ten Alssaca alqasira illa hasmat daqaiq
It is ten to nine Alssaca alattasia illa caskan daqaiq
It is twenty to one Alssaca alwaqida illa toulot
It is quarter to seven Alssaca sabica illa roubouq

ç = 'a' in 'agh' when surprised

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

Baby Blue by Jerry Scott and Rick Kirkman

Hagar The Horrible by Chris Browne

Zits by Dennis Young and Denis Lebrun

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How to play Hyper Sudoku:
The Hyper Sudoku 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 Hyper Sudoku, 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.

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.
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<th>Listing</th>
<th>Time</th>
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<td></td>
<td>Godzilla (3D/Action)</td>
<td>4:45 pm</td>
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<td></td>
<td>The Amazing Spider-Man 2 (3D/Action)</td>
<td>7:00 pm</td>
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<td></td>
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<td>9:15 pm</td>
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<td>Freezer (2D/Action)</td>
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**CINEMA / TV LISTINGS**

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<td>Leagues: The Football</td>
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<td>Global Health</td>
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**Top Guns Season**

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Who’s who

Abdulrazaq Al-Kuwari, Interim Chief Operating Officer, Sidra Medical and Research Center

He was appointed Acting Chief Operating Officer at Sidra Medical and Research Center in February 2014. Al Kuwari is responsible for planning, implementing, evaluating, and improving the operational functions at Sidra. Al Kuwari also facilitates recruitment for departments under his responsibility. He retains his oversight of the Business Development Department at the Ministry of Economy and Commerce has been urged to allow small and medium enterprises to open their administrative offices in administrative villages, because the rent for commercial properties is very high and puts a huge burden on the medium enterprises especially administrative offices. in Doha, following the demolition of some old fuel stations. More stations should be built in Doha to serve the growing number of vehicles.

A summary of issues of the day discussed by the Qatari community in the media.

- People have proposed that charities conduct a survey before the holy month of Ramadan to find out what poor families need, so that they are not given just rice, edible oil and sugar like every year.
- The Commercial Licensing Department at the Ministry of Economy and Commerce has been urged to allow small and medium enterprises to open their administrative offices in administrative villages, because the rent for commercial properties is very high and puts a huge burden on the companies, some of which have closed down due to huge losses.
- Several citizens have complained about the Ministry of Environment delaying repayment of the security deposit for winter camping, even though the camping season ended on April 17. As per the rule, the ministry is supposed to refund the money within 24 hours of the inspector submitting his report clearing them of any violations.
- There are demands that companies and employers advertising jobs in newspapers disclose their identities so that the applicants know that the ads are not bogus.
- There are complaints about long queues at fuel stations, especially in Doha, following the demolition of some old fuel stations. More stations should be built in Doha to serve the growing number of vehicles.
- People are still waiting to know where Souq Haraj will be relocated, since malls and hotels are going to be built at its current location.
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Events in Qatar

‘6 Artists From Qatar’ Exhibition

Where: May 31, 10am-10pm
Where: Visual Art Center, Bldg19
What: The Visual Arts Department is organising the third exhibition of Qatari Artists. This exhibition is an expression of the goal of the department to provide samples of its experiences that express the coexistence of the local art scene with contemporary modern art. The department promotes Qatari nationals’ experiences and to be the messenger that carries cultural visions of the Arts Department together with the Ministry of Culture, Arts and Heritage in Qatar.
Free entry

Richard Serra:

Concurrent Exhibitions

Where: Till July 6, 8:30am-5:30pm
Where: QMA Gallery Building 10, Katara
What: Richard Serra is among the most important contemporary sculptors. The exhibition organised by the QMA in Doha is one of Serra’s most ambitious ever in that it brings together sculptures and drawings from different periods, ranging from the seminal One Ton Prop (House of Cards) of 1969 (on rare loan from the Museum of Modern Art in New York) to a new large-scale work, Passage of Time, especially created for this occasion.
Free entry

Kings and Pawns

Where: Till June 21
Where: Museum of Islamic Arts
What: This exhibition uncovers the history of board games in the Islamic world, from India to Spain between 7th and 20th century.
Free entry

Bus 174 (film screening)

Where: May 29 – 30, 7pm
Where: Museum of Islamic Art
What: ‘Bus 174’ is an intimate and shocking documentary one of the most infamous and tragic crimes in Brazil’s recent history, when 21-year-old Sandro do Nascimento took several bus passengers hostage in broad daylight as the entire nation watched the events unfold on live television. Directed by Jose Padilha and Felipe Lacerda.
Tickets available at DFI ticket outlet in the Museum of Islamic Art (www.dohafilm institute.com)

In Bloom (film screening)

Where: June 12-18, 7 PM
Where: Katara Drama Theater Building 16
What: In the Georgian capital of Tbilisi in 1990, Eka and Natia look to leave childhood behind as they ignore societal customs and work to escape their turbulent family lives.
Tickets available at DFI ticket outlet at Katara building 26 (www.dohafilm institute.com)

Send your photos to plus@pen.com.qa. Mention where the photo was taken.