Men — even those who are not professionals — increasingly are spending equal time in the kitchen as women and, in many cases, are the main chef at home.
A masculine taste in kitchens

According to a University of Michigan study, GenX men (born between 1961 and 1981) cook an average of about eight meals a week, much more often than their fathers did and nearly as often as women. As a result, men are as likely as women to drive the design decisions in new kitchens.

Michele Lerner
The Washington Post

Nizam Ali, co-owner of Ben’s Chili Bowl, a Washington landmark, spends his workdays in an industrial-style commercial kitchen. You might think that he would want to replicate that style at the home he shares with his wife, Jyotika Vazirani, and their 11-year-old son in Washington, but their home kitchen has a nearly opposite style. “I wanted our kitchen at home to be a break from work,” says Ali. “At home, my wife and I love to cook together, although she usually takes the lead in finding new recipes to try. People might be surprised that while we have a modern kitchen in most ways, the focal point is this elaborately detailed black-and-brass La Cornue-brand French range.”

Men — even those who are not professionals — increasingly are spending equal time in the kitchen as women and, in many cases, are the main chef at home. According to a 2012 University of Michigan study, GenX men (born between 1961 and 1981) cook an average of about eight meals a week, much more often than their fathers did and nearly as often as women. As a result, men are as likely as women to drive the design decisions in new kitchens.

The National Kitchen & Bath Association (NKBA) says some of the design trends associated with men in the kitchen include more contemporary styles, such as flat-front cabinetry, bolder colours, contrasting colour palettes and upgraded appliances. Men spend about 30 percent more than women on appliances, according to NKBA research.

Designers say that a decade ago husbands weren’t as involved as much in decisions about kitchen design, and one partner would often make most of the choices. Now, they say, both partners often collaborate on design choices, each with their own priorities.

“Most of the men we work with favour industrial-style ranges, but Nizam was interested in emphasizing the homely feel of their kitchen,” says Megan Padilla, senior designer with Aidan Design in Silver Spring, Maryland. “The range he and his wife chose is like a piece of jewellery with brass fittings and a custom-designed hood that matches the cabinetry.”

Ali says one appealing aspect of the La Cornue range is that it has a “French plate” that provides indirect heat. “It’s just another tool to make our cooking even better,” he says. “I’m still a fan of high BTUs, but that doesn’t have to be in a stainless-steel industrial-looking appliance.”

Like many couples, Ali and Vazirani enjoy cooking together, so they needed plenty of counter space as well as efficient storage.

“The kitchen isn’t that big, so we like it to look clutter-free and have built-in cabinets that go all the way to the counter to hide things like blenders and juicers,” says Ali. “We added stainless-steel shelving in one corner for a modern look.”

Ali’s favourite aspect of the kitchen is the light quartz countertop (called “Sea Pearl”) that extends up the walls. Padilla says that extending the quartz up the wall adds drama to the space.
“It used to be that the husband would attend early meetings about a kitchen remodel and be tough on the numbers, but otherwise the wife would take charge,” says Nadia Subaran, co-founder of Aidan Design. “That’s really changed dramatically the last few years, and now in many cases the husband is the main cook and decision-maker.”

Subaran says that while it sounds stereotypical to assume that men like gadgets, she asserts that in many cases men are pushing for larger and more high-tech appliances and are willing to spend more for those items. “Almost everyone, including both men and women, are influenced by what they see on TV,” says Blue Arnold, principal of Kitchens by Request in Jarrettsville, Maryland. “I have clients who reference specific cooking shows and the kitchens they see on shows like ‘House Hunters.’”

Arnold says a difference he sees between his male and female clients is that men want “experiential cooking like Bobby Flay, with big and bold kitchens and big and bold cooking that blends outdoor and indoor cooking techniques.”

Arnold says men like things such as six-inch thick chopping blocks and a special pizza oven and want to know how many BTUs the broiler has. “For one couple I worked with, the husband wanted the kitchen to be like a showplace where his wife and their guests can watch him cook when they are entertaining,” says Arnold. “He wanted an island with seating for his guests, a butcher block section and a wire-scraped granite section and a glass-front fridge like he has seen on TV.”

Arnold says many of his male clients like to connect their indoor kitchen with French doors to the deck so they can cook indoors and outdoors simultaneously. “A lot of couples now want two or more sinks because they are cooking together,” says Arnold.

Homeowner Ryan Hastings and his husband Michael McCray worked with Jennifer Bouchard, a designer with Stuart Kitchens in Bethesda, Maryland, to remodel the kitchen of their home in North Potomac, Maryland. Hastings said his priority was to find a way to have an open kitchen yet hide his messy cooking habits. “The best thing Jennifer found for us was this sink that is absolute magic,” says Hastings.

“It's a deep stainless-steel sink that has a lip with removable wood and plastic so that I can use it as a cutting board and sweep everything directly into the disposal. The sink has a ledge where I can put things to rinse out and a holder for knives and a touchless faucet so everything is clean and sanitised.”

Bouchard said she worked with Hastings and McCray to customise the space. “In Ryan and Michael’s kitchen, Ryan was emphatic about the sink and about creating a baking center with a cabinet with pocket doors to access a huge mixer,” says Bouchard. “Michael was much more specific about the colours and wanted to avoid an all-white kitchen, so they chose gray-stained cherry wood cabinets, a white Moroccan lantern tile backsplash and blue walls. His priority was to have a glass-front cabinet to display his grandmother's china. They both wanted a special space to place their dog's dishes so they are accessible but out of the way.”

Michael Merschat, an architect at Wentworth in Chevy Chase says some of his client couples collaborate on their kitchen because both partners like to cook or bake, while in others the husband does all the cooking and makes the design decisions, too. He says in both scenarios men tend to emphasise high-end upgraded appliances as the driving force for the remodel.

“When I worked with Susan and Greg Reaman on their Penn Quarter condo, they collaborated on the design and both wanted a very modern space,” says Merschat. “But Greg was the one to push for higher-end appliances and to go bolder and even more modern.”

The Reamans’ priorities were to accentuate the ceiling height and connect their kitchen with the living and dining area, so Merschat extended the range hood and tile backsplash to the ceiling and designed the space for efficiency.

“We wanted a sleek, modern, minimalist look,” says Greg Reaman. “It’s a relatively small space, so we needed it to function well. But we also wanted it to have architectural appeal because it’s part of an open great room.”
Georgetown student takes radio listeners around the world

When Georgetown University in Qatar (GU-Q) student Sami Wehbe (SFS ’17) decided to take a course on presenting and voice overs, he didn’t expect it to lead him down a path towards hosting two national radio shows and interviewing ambassadors from 18 countries. But almost two years later, he has done just that.

In addition to his academic studies, the GU-Q senior served as the host of Qatar Foundation Radio’s (QF Radio) ‘Around the World in 30 Minutes’ and the co-host of the ‘Rise’ morning show with Laura Finnerty. Around the World in 30 Minutes, a show which Wehbe started and produced, involved weekly interviews with ambassadors who discussed their country’s tourism industry, culture and cuisine. Countries featured on the show included Canada, France, Switzerland, Italy, Sweden, Japan, Brazil, South Africa, Cuba and Germany.

“As students, we are exposed to politicians and the diplomatic community from very early on. This definitely gave me confidence in dealing with the diplomatic elites of Doha,” explained Wehbe. “In addition, our curriculum has aided me tremendously in addressing political matters and sensitivities in the phrasing of interview questions. The ambassadors were very impressed with what I knew about their countries, as well as the questions that I directed towards them. This has a lot to do with what I learned at Georgetown.”

Wehbe was assisted by fellow Georgetown student Omar Al-Khateeb (SFS ’18) who helped with researching countries for the Around the World in 30 Minutes show. Al-Khateeb recorded a two minute segment for each show to introduce listeners to the country in question, briefing them on basic facts including the capital city, population and geographical location.

Working at the radio station involved intensive training in how to use the equipment and edit audio, as well as how to present the weather, traffic and news, and host a show. As part of his work for the Rise show, Wehbe had to wake up daily at 5am and be at the station half an hour before the 6:30am start, before returning to the Georgetown campus for a full day of lectures.

Wehbe’s efforts at the station were assisted by GU-Q alumni Nabil Al Nashar (SFS ’11), among others.

Although QF Radio ceased operating at the end of October, Wehbe has archived the shows so they will be available for interested listeners indefinitely.

Proceedings from QGBC conference on QScience.com

Following a collaborative agreement with the Qatar Green Building Council (QGBC), Hamad Bin Khalifa University Press (HBKU Press) has published 46 conference proceedings from the Qatar Green Building Council conference on QScience.com, HBKU Press’s online, open access research platform.

The QGBC conference was held from November 13 to 15. This year’s theme explored ways to translate Qatar’s sustainability vision into action in line with the global sustainability agenda.

The conference is an annual forum that promotes the overall aims of the QGBC to support the health and sustainability of the environment, the people, and economic security in Qatar for generations to come and ultimately establish a post-hydrocarbon, knowledge economy and progressive society.

The proceedings published online explore sustainability and the ways sustainable practices can be implemented in different countries. Most highlight areas of concern in Qatar and the GCC, citing ways to improve sustainability through better building practices or the conservation of depleting natural resources.

The article, “Qatar 2022 World Cup and its legacies: How to promote sustainable and liveable open spaces in the city of Doha through mega sports events?” by Simona Azzali explores this year’s conference theme of sustainable growth in relation to the preparations for the highly-anticipated 2022 FIFA World Cup. The aim of this research is to identify strategies to plan and maximise the post-2022 FIFA World Cup usage of event sites and venues, and make their neighbourhoods more liveable and sustainable.

Azzali identifies how, globally, past experiences have shown that the outcomes of staging major sports events are mostly harmful, considering how sports facilities and their surroundings are underutilized and sometimes abandoned after the event is over, and how Qatar can learn from such past experiences and ultimately avoid them.

The research investigated public spaces in Doha and planning systems, while analysing the government’s legacy plans for the 2022 FIFA World Cup. The results included a set of guidelines and recommendations to help Doha transform its sports venues and event sites into lasting, sustainable, and liveable public open spaces, and, more generally, to define strategies for achieving successful legacies from hosting mega sports events.

Dr Tamer Sherif El Gindi, Assistant Professor of Public Policy, Environment, and Sustainability at Qatar University takes on the theme of sustainability from an Islamic perspective.

In “An Islamic view towards sustainability: The theory and practice of GCC countries”, Dr El Gindi looks at achieving sustainability through invoking Islam to help change people’s behaviours and attitudes rather than though the implementation of government initiatives and programmes.
Naseem Al Rabeeh officials visit Indian Ambassador

Naseem Al Rabeeh Healthcare CEO Babu Shanavas, GM Dr Munir Ali Ibrahim, Admin Manager Rishad and Marketing Manager Mohammad Arif visited Indian Ambassador P Kumaran.

Officials discussed in detail about the great support given by the Qatari government to the Indian community and various health oriented social activities done by the group. The officials also invited the ambassador to visit the Naseem Al Rabeeh premises.

G4S holds annual health check-up day

G4S Qatar recently held an annual health check-up amongst its indirect staff as part of its Health & Safety programme. The programme was initiated by the HSE Department and was held in partnership between G4S Qatar, headed by Dr Saif Al Hajri, CEO, and Al Annab Clinic who sent their medical team and doctors to conduct general examinations.

NIA Toastmasters Club formed

North Indians’ Association is pleased to announce formation of new Toastmaster Club called “NIA Toastmasters Club” No. 5879503, Area 73, Division E, District 20 in association with Toastmasters International. Toastmasters International is world leader in communication and leadership development. The organisation has more than 345,000 memberships. Members improve their speaking and leadership skills by attending one of the 15,900 clubs in 142 countries that make up the global network of meeting locations.
ExxonMobil Qatar celebrates anniversary of Tamayoz

October marks one year since ExxonMobil Qatar inaugurated its Tamayoz training programme facilities at ExxonMobil Research Qatar, housed at the Qatar Science and Technology Park (QSTP). Nearly 800 participants from valued partner Qatar Petroleum; joint ventures RasGas and Qatargas; and Tasweeq and Nakilat have benefited from the 38 technical, commercial and operational courses held at the new facilities.

As the first comprehensive programme of its kind in Qatar, Tamayoz focuses on professional and personal development opportunities through six targeted critical competency areas: leadership and personal effectiveness; commercial; project management; operations excellence; technical (surface and subsurface) and safety, health and the environment. The courses are taught by global ExxonMobil subject-matter experts as well as local professionals.

“As the Tamayoz training programme evolved, it became clear that it was having a far-reaching impact on our colleagues in Qatar’s energy industry,” said Alistair Routledge, President and General Manager for ExxonMobil Qatar.

New office bearers for IDC-IMA in Qatar

The Indian Doctors Club-Indian Medical Association, a non-profit association affiliated to the Indian Cultural Center–Qatar, functioning under the aegis of the Embassy of India at the State of Qatar held its Professional development Meet on October 27 at Crowne Plaza, Doha.

Dr Silas Benjamin, Consultant of ambulatory medicine department at the Hamad Hospital, delivered a lecture on the interpretation of Thyroid Function Test (TFT) in various clinical scenarios. The methodical approach to analyse the results and common pitfalls in interpretation of routine thyroid tests were discussed. Additionally he emphasised how one should assess TFT in pregnant women.

The session was appreciated and resulted in a highly interactive question and answer session.

The meeting also witnessed the handing over of charge of office by outgoing president Dr Sameer Moopan to the new president Dr Joji Mathews. Dr Sameer summarised the activities during his tenure and Dr Joji reassured that through collective vision and camaraderie, the IDC-IMAQ will continue to pursue its objectives of service, fellowship and learning. The new executive committee panel for 2016-18 also includes:

Dr Joyal Jacob, Dr Prajeesh Padmanabhan, Dr Neeraj Kumar, Dr Ranjan Mathias, Dr Aju Koshy and Dr Pareeth Rawther were elected as Vice-Presidents. Dr Biju Gafoor and Dr Saibu George are new General Secretaries. Dr Godwin Wilson, Dr Manish Barman, Dr Maneesh Khanna, Dr Fuad Usman and Dr Tafazzul Hussain are new joint secretaries.

Dr Anil Cherian is Sport Secretary and Dr Sreekumar Padmanabhan is the new Cultural Secretary. Dr Abdul Hakeem Hamza is Membership Secretary. Dr Abdulrahman Ellikkotil is the new Camp secretary. Dr Anoj Cherian, Dr Geoffrey Kochery, Dr Anwar Mohamed and Dr Rajeeb Shetty are the executive committee members.
“Peasant soup” say the authors of a new cookbook featuring the foods of Sicily, and I’m sure they meant that in the nicest way. The recipe calls for inexpensive ingredients and whatever vegetables are on hand. The recipe also includes schmaltz – glorious chicken fat, which provides an unmistakable umami note. Buy a small container of it now and stash it in your freezer for use during the holidays; melt a little into caramelizing onions on the stove top, or fry some latkes in it, for starters. If that’s not in your wheelhouse, you can use extra-virgin olive oil instead.

The rice is brown, and we’ve used the instant kind to keep things quick. You’ll see that this recipe from “Sicily: Recipes From an Italian Island” by Katie and Giancarlo Caldesi (Hardie Grant) makes more than you can eat in an evening, but this soup will keep for almost a week and will welcome add-ins of shredded rotisserie chicken or napa cabbage – or even a whisked-in egg, à la egg drop soup – for subsequent, different meals.

**Tomato and Rice Soup**

You can use extra-virgin olive oil to keep things vegetarian.

The recipe makes a big batch, but you can change it up from day to day by adding a protein such as cooked beans or chickpeas or shredded rotisserie chicken.

The original dish calls for a final flourish of garlicky toasted bread crumbs with Parmesan, which certainly sounds like a fine idea if you have a few more minutes to spend and an accommodating pantry.

6 to 8 servings (makes about 9 cups). Healthy

**Ingredients**

- 2 tablespoons extra-virgin olive oil
- 2 tablespoons schmaltz (rendered chicken fat; may substitute additional extra-virgin olive oil; see headnote)
- 3 small carrots
- 1 medium onion
- 3 ribs celery
- Salt
- Freshly ground black pepper
- 1/2 teaspoon crushed red pepper flakes (optional)
- 2 tablespoons tomato paste, preferably double-concentrated
- 1 cup instant brown rice (uncooked)
- 8 cups no-salt-added chicken or vegetable broth
- 2 bay leaves
- One 14.5-ounce can no-salt-added canned plum tomatoes, plus their juices
- 3 1/2 ounces baby spinach leaves

**Method**

Heat the extra-virgin olive oil and schmaltz in a heavy Dutch oven or stockpot over medium heat.

Meanwhile, scrub the carrots well. Peel the onion. Cut the carrots, onion and celery into small dice (about 1 cup each), stirring them into the pot as you work. Season generously with salt and black pepper, and the crushed red pepper flakes, if using. Cook for about 8 minutes, stirring a few times, until the vegetables begin to soften. Reduce the heat as needed if any of their edges begin to brown.

Clear a space at the center of the pot; add the tomato paste and cook for a minute or two, until fragrant, then stir in the brown rice, broth, bay leaves and the tomatoes and their juices. Increase the heat to medium-high and bring to a boil, then reduce the heat to medium, cover and cook for about 20 minutes.

Uncover and discard the bay leaves. Use a potato masher to further break down the tomatoes and any vegetables. Taste, and add salt and/or pepper as needed.

Stir in the spinach leaves just before serving.

**Nutrition** Per serving (based on 8, using schmaltz, 3/4 teaspoon salt and vegetable broth):

- 190 calories, 4 g protein, 28 g carbohydrates, 8 g fat, 2 g saturated fat, 0 mg cholesterol, 200 mg sodium, 3 g dietary fiber, 8 g sugar

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Bonnie S Benwick
The Washington Post
Insomnia may raise your risks of an irregular and often rapid heartbeat, known as atrial fibrillation or arrhythmia, that can further increase your risk of stroke, heart failure and other heart-related complications, researchers have found.

Insomnia is having trouble falling asleep, not getting enough sleep, or having poor sleep. Poor sleep is also known to increase the risk for high blood pressure, obesity and stroke -- key heart disease risk factors, said researchers from the University of Michigan in Ann Arbor, US.

The results showed that people diagnosed with insomnia had a 29 per cent higher risk of developing atrial fibrillation compared to those without insomnia.

People who reported frequent night-time awakening -- which puts extra stress on the heart's chambers -- had about a 26 per cent higher risk of developing atrial fibrillation compared to those who did not wake up a lot.

Having less rapid-eye movement (REM) sleep than other sleep phases during the night is also linked to higher chances of developing atrial fibrillation.

"By examining the actual characteristics of sleep, such as how much REM sleep you get, it points us toward a more plausible mechanism. There could be something particular about how sleep impacts the autonomic nervous system," said lead study author Matt Christensen, a medical student at the University of Michigan.

The autonomic nervous system plays a major role in controlling heart rate and blood pressure, Christensen added.

Getting enough physical activity, avoiding too much caffeine can enhance sleep quality and may also help prevent arrhythmia, the researchers suggested.

The preliminary research was presented at the American Heart Association’s Scientific Sessions 2016 in Louisiana, recently.

Aussie scientists discover brain pathway for salt addiction

Australian scientists have identified the part of the brain responsible for salt addiction, considered one of the main causes of heart disease.

Researchers from the University of Melbourne's Howard Florey Institute are hopeful that the discovery of the pathway could help develop a drug to suppress salt cravings and promote healthy eating, Xinhua news agency reported.

The team is even hopeful that the discovery could lead to treatments for other addictions that use the same pathways in the brain such as heroin, morphine and other opiate-based painkillers.

Craig Smith, a neuroscientist at the Florey Institute, said the brain's opioid system had long been known to be associated with the feeling of reward generated from eating food containing high salt content.

Using a process of elimination, researchers were able to discover the location of the "salt-seeking wiring" in the brain for the first time.

"It wasn't known until now that our natural opioids working in this emotional hotspot drove salt cravings," Smith said.

"Switching off salt cravings would promote a healthier diet and food choices.

"Because at the moment you know the salad is healthy but you crave the junk food for the salt.

"It's tasty and it's in a lot of food. But we eat too much of it."

A report by Victorian health authority Better Health in 2014 warned that Victorians are eating triple the recommended daily salt intake.

Insomnia may up risk of irregular heartbeat, stroke

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The Oxford Dictionaries chose “post-truth” as their word of the year on Wednesday, saying its use had spiked because of the Brexit vote in Britain and the rise of Donald Trump in the United States.

“Post-truth has gone from being a peripheral term to being a mainstay in political commentary,” the Oxford Dictionaries said in a statement, noting that usage had increased by 2,000 percent since last year.

The publisher defined the word as “relating or denoting circumstances in which objective facts are less influential in shaping public opinion than appeals to emotion and personal belief”.

“It’s not surprising that our choice reflects a year dominated by highly-charged political and social discourse,” said Casper Grathwohl, president of Oxford Dictionaries.

“Fuelled by the rise of social media as a news source and a growing distrust of facts offered up by the establishment, ‘post-truth’ as a concept has been finding its linguistic footing for some time.

“We first saw the frequency really spike this year in June with buzz over the Brexit vote and again in July when Donald Trump secured the Republican presidential nomination.”

The runners-up for words of the year included the British term “Brexiteer” used for anti-EU advocates.

“Alt-right” also made the shortlist, defined as an ultra-conservative grouping in the United States “characterised by a rejection of mainstream politics and the use of online media to disseminate deliberately controversial content”.

Trump’s appointment of anti-establishment media firebrand Steve Bannon, seen as a leader of the “alt-right” movement, as his chief of staff earlier this week has proved highly controversial.

- Capturing the mood

The Oxford Dictionaries said the word “post-truth” had become “overwhelmingly” associated with politics.

Charlotte Buxton, associate editor at Oxford Dictionaries, said the term “caught the public imagination” in Britain and the US, with social networks playing a key role.

“It’s tied in quite closely with the social media world now and how people are accessing their news,” she told AFP.

“I think it reflects a trend of how emotion and individual reactions are becoming more and more important.

“People are restricting their news consumption to sources that don’t claim to be neutral.”

Social media networks, in particular Facebook, have come under fire since the US election for allowing “fake news” and misinformation to be widely shared.

Google and Facebook responded to the criticism Tuesday by pledging to cut off advertising revenue to fake news sites which some claim influenced the US vote.

The term “post-truth” is “reflective of the mood of the past 12 months,” said Buxton, but it has been around for some time.

Oxford Dictionaries traced its first use to a 1992 essay by late Serbian-American playwright Steve Tesich in The Nation magazine about the Iran-Contra scandal and the Gulf War.

“We, as a free people, have freely decided that we want to live in some post-truth world,” Tesich wrote.

“There is evidence of the phrase ‘post-truth’ being used before Tesich’s article, but apparently with the transparent meaning ‘after the truth was known’ and not with the new implication that truth itself has become irrelevant,” Oxford Dictionaries said.
Acting legend Ranveer Singh has said filmmaker Sanjay Leela Bhansali has changed his ideas about acting and helped him to evolve as an actor.

At the “You and me” song launch event of his upcoming film “Befikre” here on Tuesday, Ranveer said: “Mr Bhansali broke my ideas and notions about acting. There was a spike in my evolution when I worked with him for the first time. He comes and changes everything, and you have to adapt the fluidity of his creativity that moment and go with it with full conviction. It was a huge evolution working with him.”

Ranveer is next working with Bhansali in “Padmavati”. He says while he is not a “method actor” — a term that he feels is used loosely — he does “have a process which changes with every film, every character and every scene”. About “Befikre”, which celebrates the feeling of being carefree in love, the 31-year-old actor said: “Befikre’ is a film of banter, a lot of walking and talking. There are many humorous dialogues. That casual quality in a relationship adds a value to the film.”

Critically acclaimed actor Manoj Bajpayee, who will be sharing screen space with Amitabh Bachchan in “Sarkar 3”, says it was an honour for him to be in the megastar’s company.

“This is the first time that Manoj will be working with Amitabh, the two have previously worked together in films like “Aks”, “Arakshan” and “Satyagraha”.

The “Swami” actor said that it was opportunity to learn from Big B’s discipline. “Amitabh Bachchan sir it was an honour to be in your company again. This is my fourth film with you. An opportunity to learn from your discipline. Thank you,” Manoj tweeted on Wednesday.

The 73-year-old on Tuesday night had called Manoj “great”.

“Sarkar 3” in unique settings, which cannot be disclosed. Dramatic, intense and so exciting. And the great Manoj Bajpayee!” Amitabh had tweeted, along with a photograph of himself with Manoj from the film’s shoot.

The movie, helmed by maverick filmmaker Ram Gopal Varma, is the third instalment of the popular crime movie “Sarkar”. The cine icon had played an integral part in the first two instalments of the film.


“Sarkar 3” will see Amitabh reprising his role as Subhash Nagre. The film will also feature Rohini Hattangadi, Jackie Shroff, Ronit Roy, Bharat Dabholkar and Yami Gautam.

“IANS

Sanjay Leela Bhansali changed my notions about acting: Ranveer

Actor Ranveer Singh says filmmaker Sanjay Leela Bhansali, under whose direction he worked in “Goliyon Ki Raasleela Ram-Leela”, has changed his ideas about acting and helped him to evolve as an actor.

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Of working under Aditya Chopra’s direction, Ranveer said: “I think Adi sir is a blend of both credibility and commerce. He is one director who really engulfs a very wide spectrum of audience. It will be subtle nuance, incredible and completely entertaining. At the end of the day, he is a full on mainstream director.” “Befikre” will release on December 9.
He isn’t quite a household name yet but, at the age of 19, child star-turned-teen heartthrob Asa Butterfield has built up a resume a Hollywood veteran would envy.

The British actor has worked with Martin Scorsese and Tim Burton, starring alongside some of cinema’s biggest names, including Samuel L. Jackson, Ben Kingsley, Emily Blunt and Anthony Hopkins.

“I’ve never really gotten starstruck,” he tells AFP ahead of the release of his latest project, sci-fi fantasy “The Space Between Us,” co-starring Gary Oldman.

“I’ve been very lucky to work with the people I have, but as an actor you need to be on a level playing field. Every actor I’ve worked with has been great at making me feel comfortable on set.”

Butterfield began acting at age eight, after a casting director saw him at his after-school drama club in north London.

The movie that made Hollywood sit up and pay attention, 2008 Holocaust drama “The Boy in the Striped Pyjamas,” earned Butterfield a British Independent Film Award nomination.

“Hugo,” Martin Scorsese’s 2011 love letter to the film industry, proved to be his big break, with his own lead performance earning him a Critics’ Choice Award nomination for best young actor.

He has since transformed himself into a poster boy for young adult drama through such films as 2013’s “Ender’s Game,” where he played the titular role alongside Harrison Ford.

Dream come true

This year has seen him cast as the reluctant young hero of “Miss Peregrine’s Home for Peculiar Children,” a performance which moved director Tim Burton to praise Butterfield’s “special kind of sensitivity.”

For the young London-based actor, working with the legendary director was the fulfillment of a career-long dream.

“When people asked me which director do you want to work with, I’d say Tim Burton. It’s lovely having him welcome you somewhat into his imagination and ideas, which always blow you away,” he says.

“He is always very spontaneous. The way he works is very chaotic and you have to be on your toes.”

Next up is “The Space Between Us,” in which Butterfield plays Gardner Elliot, the first boy born on Mars who visits Earth for the first time at the age of 16, released in the US on December 16.

Butterfield and co-star Carla Gugino (“San Andreas,” “Batman v Superman”) spent two weeks walking with weights on their ankles to get used to how a Mars resident might cope in the more tiring gravity of Earth.

The character is like many Butterfield has taken on -- an abandoned or orphaned child, an oddball who must negotiate a world he barely understands.

Original roles

“I’m always trying to find roles which are original in one way or another, and stories which are original,” he tells AFP.

“I never really play the kid who’s got the perfect life. Usually he’s missing a parent or two.”

Like the young actors in the “Harry Potter” films, Butterfield has done his growing up in front of the camera but this indie child star has never been a recognizable celebrity.

His more high-profile recent roles are beginning to change that as he enters adulthood, but he has his feet on the ground, and says he is more likely to be photographed cycling in London than cruising Beverly Hills in a Porsche.

“It hasn’t really changed my life,” he says of his career so far, before correcting himself.

“Well, I suppose it has changed my life but I don’t let it dictate my life.”

This month Butterfield began filming World War I drama “Journey’s End,” and there have been persistent rumors of superhero movies, although it’s not a genre that particularly interests him.

“I want to carry on acting. It’s not the only thing I want to do though,” he says. “I want to film wildlife documentaries up the Amazon or somewhere, behind the camera.”
Pie in the sky: New Zealand makes pizza drone delivery

The world’s first pizza drone delivery was claimed Wednesday by the New Zealand division of fast food giant Domino’s, as it looks to grab a slice of a potentially hot future market.

Domino’s said it used an unmanned aerial vehicle to deliver two pizzas to a customer at Whangaparaoa, just north of Auckland.

The firm’s boss Don Meij said drones were set to become an essential part of pizza deliveries.

“They can avoid traffic congestion and traffic lights, and safely reduce the delivery time and distance by travelling directly to customers’ homes,” he said.

“This is the future. Today’s successful delivery was an important proof of this concept.”

He said tests would continue at Whangaparaoa this week, with a view to expanding the delivery area next year.

Domino’s said it was also examining using drones in Australia, Belgium, France, the Netherlands, Japan and Germany.

In March, the company unveiled a robot cart being trialled in New Zealand that it claimed was the world’s first driverless pizza delivery vehicle.

Google teaches machines to become better translators

Google is promising that its widely used translation service is now even more fluent, thanks to an advance that’s enabling its computers to interpret complete sentences.

That may sound simple, but it took years of engineering to pull off. Until now, Google’s technology analyzed phrases in pieces and then cobbled together a sometimes stilted translation.

Now that Google’s machines can interpret entire sentences, the translations of extended passages of text should read and sound much more like a native speaker of the language. The technology, dubbed “neural machine translation,” is similar to what Google has been using for the past few years to identify people and objects in pictures stored in its Photos service.

Google described its neural machine tool as the biggest leap for its translation service in a decade.

Forrester Research analyst Mike Gualtieri also believes Google’s new method is a significant breakthrough, although he said he expects it to make some potentially embarrassing mistakes in its early stages, much like the Photos service misidentified some things when it first rolled out.

“I doubt it will be translating like the computers on ‘Star Trek’ quite yet,” Gualtieri said.

Starting Tuesday, the technology is being used to translate phrases to and from English and eight other languages — French, German, Spanish, Portuguese, Chinese, Japanese, Korean and Turkish.

Those languages cover about one-third of all the translation requests that Google gets. It says that on average it translates about 140 billion words per day for the more than 500 million people who use the service.

Google, part of Alphabet Inc., eventually hopes to apply the neural machine technology on all 103 languages in its translation service.
BABY BLUES

Taran, who has lost her fiancé Amar in a skiing accident in the Alps, is encouraged by her family to move on. And then Shekhar walks into her life. At 26, Shekhar is wise beyond his years. Taran finds solace in his company.

HAGAR THE HORRIBLE

NOVO

Bleed For This (2D) 10:00am, 12:20, 2:40, 2:45, 5:00, 7:20, 9:40 & 12:00midnight
Fantastic Beasts And Where To Find Them (2D/Adventure) 11:00am, 12:00noon, 2:00, 5:00, 7:15, 8:00 & 11:00pm
Trolls (2D/Animation) 11:00am, 1:00, 3:00, 5:00, 7:00, 9:00 & 11:00pm
Operation Chromite (2D/Action) 10:15am, 12:30, 2:45, 5:00, 7:15, 9:45 & 11:45pm
Raven: Little Rascal (2D/Animation) 10:00, 11:45am, 1:30, 3:15 & 5:00pm
Ateej (2D/Arabic) 6:45, 8:30, 10:15pm & 12:00midnight
The Accountant (2D/Action) 11:00am, 4:00 & 9:30pm
Jack Reacher: Never Go Back (2D/Action) 1:30, 6:30 & 11:30pm
Good Neighbor (2D/Thriller) 10:15am, 2:15, 6:15 & 10:15pm
Shut In (2D/Thriller) 12:15, 4:15, 8:15pm & 12:15am
Doctor Strange (2D/Adventure) 10:45am, 11:30, 3:45, 6:15, 8:45 & 11:15pm
Fantastic Beasts And Where To Find Them (3D/Max/Adventure) 10:00am, 12:45, 3:30, 6:15, 9:00 & 11:45pm

ROYAL PLAZA

Ateej (2D/Arabic) 2:00 & 7:15pm
Bleed For This (2D/Hindi) 2:30 & 8:45pm
The Good Neighbor (2D/Thriller) 3:30 & 7:15pm
Raven: A Little Rascal (2D/Animation) 2:30, 4:00 & 5:30pm
Bleed For This (2D/Biographical) 5:00 & 9:00pm
Fantastic Beasts And Where To Find Them (2D/Adventure) 5:30, 8:00 & 11:15pm
Puli Murugan (Malayalam) 10:45pm
Tum Bin 2 (2D/Hindi) 11:00pm

ASIAN TOWN

Achcham Yembadh (Tamil) 1:00, 7:00, 10:00pm & 01:00am
Force 2 (2D/Hindi) 1:15, 3:45, 9:00 & 11:30pm
Tum Bin 2 (2D/Hindi) 4:00 & 6:15pm
Puli Murugan (Malayalam) 1:00, 4:00, 7:00, 10:00pm & 01:00am

MALL

Force 2 (2D/Hindi) 3:00pm
Tum Bin 2 (2D/Hindi) 5:30pm
Ateej (2D/Arabic) 2:30 & 6:00pm
Trolls (2D/Animation) 4:00pm
Puli Murugan (Malayalam) 8:00pm
Raven: A Little Rascal (2D/Animation) 2:00, 3:30 & 5:00pm
Fantastic Beasts And Where To Find Them (2D/Adventure) 6:30, 9:00 & 11:30pm
The Good Neighbor (2D/Thriller) 7:30pm
Bleed For This (2D/Biographical) 9:30 & 11:30pm

LANDMARK

Trolls (2D/Animation) 2:15pm
Force 2 (2D/Hindi) 2:30 & 11:00pm
Raven: A Little Rascal (2D/Animation) 3:00 & 4:30pm
Ateej (2D/Arabic) 4:00 & 7:45pm
Puli Murugan (Malayalam) 5:00pm
Bleed For This (2D/Biographical) 5:30 & 11:15pm
Tum Bin 2 (2D/Hindi) 8:00pm
Fantastic Beasts And Where To Find Them (2D/Adventure) 8:30 & 11:00pm
The Good Neighbor (2D/Thriller) 9:15pm
Andron (2D/Action) 11:00pm

Note: Programme is subject to change without prior notice.

TARAN, who has lost her fiancé Amar in a skiing accident in the Alps, is encouraged by her family to move on. And then Shekhar walks into her life. At 26, Shekhar is wise beyond his years. Taran finds solace in his company.
CROSSWORD

ACROSS
1 Deposited 33 52 Days of yore 20 Arm... 13 Bone
2 Cottion celeb 35 Head, to 21 Guns the engine
3 Mexican 36 French DOWN 22 Engrave
10 1 Rest, room, for 24 Military group
12 Writer 37 Buenos... 26 Not too bad
13 Notable time 38 The... 27 Say it's so
14 Winnebago owner, briefly 39 Enlightened 28 Campus
41 Turf 40 Goof up 29 Conks
42 New Age singer 41 Heckled 30 Pact out
17 Green land area, 10 Michael 31 Legend
18 Stock holder often of "Superbad" 43 BBO 32 Sticker
19 Tropical fruits... 45 Brush... 33 Beaten
21 Buy more 50 Addict 37 Fine, at
24 Ancient Brit 51 Garrison type 38 Complain
25 Thames town 52 Solution time: 23 mins. 39 Nullify
26 Farm area 41 Gulf War... 40 Color
30 "No precursor" 44 Be sick 39 Worker
31 Jason's wife 45 "-- was saying..." 38 Get
32 Half of XIV 46 Pensioned (Abbr.)

DOWN
1 Boring 34 Blind 47 Parched
2 35 Busy 48 Equestrian
3 36 Excavating 49 Model
4 37 Movie 50 Word
5 38 Query 51 Pondered
6 39 East 52 Volume
7 40 Drama 53 Television
8 41 Omens 54 Channel
9 42 Manager 55 Test
10 43 Right 56 Environ
11 44 Right 57 Answer
12 45 Right 58 Answer
13 46 Right 59 Answer

Yesterday's answer 11-22

CRYPTOQUIP

FTMT MXTWLJUTY YBOD WY
HMNLDTMY, J FNBXK OWXX
LDTE HXNNK UWYYWXY Today's Cryptquip: IDAHO CITY WHOSE INHABITANTS ARE ALWAYS SCREAMING AND USING REALLY LOUD MACHINES: NOISY BOISE.

CONCEPTIS SUDOKU

Difficulty Level: ***

Yesterday's answer

ALL IN THE MIND

RASSERDDACPCGCUVCVMD
MSCWRITEAAGGGOOTOHVE
IIIVKPRKELLEMONTMLTLEL
MGSTNCLMKMTSVMIEAL
PNVCHOTLURATESSURRY
AJEAOWUNZCETTYTIVENE
RPNNRUILITNEWEDPMER
TOGEDCRZEPNSRWRWP
EGJIBOSSJDMBENOLLIO
HOTITSEUGMGRPFARON
CREGRCWODSDNENTSEAT
THNEDOTEERNITVRIR
OXAGQNDMERVESQJNV OF
ULBTUVEPFAEUPFTZORI
CIOPEEAHJKJULVETVAC
HSRPSYVRRQHJUTA
HTOJTSJANEPRABGYET
RJMVWEGEMCBEBTJECE
TTRANSERTSMTNITJ

AKNOWLEDGE, ADDRESS, ANSWER, CALL, CHAT, COMMUNE, COMMUNICATE, CONTACT, CONVERSE, CONVEY, DELIVER, DISCOURSE, DISPLAY, ENQUIRE, EXCHANGE, GESTURE, GOSSIP, GREET, HEAR, IMPART, INFORM, INTERACT, LETTER, LISTEN, MESSAGE, ORATE, PHONE, PONTIFICATE, REQUEST, SHOW, SIGN, SPEAK, TALK, TRANSFER, TRANSMIT, UTTER, WRITE.

ALJAZEERA

08:00 News
08:30 Witness
09:00 Boko Haram
09:30 Inside Story
10:00 News
11:00 News
11:30 The Stream
12:00 News
12:30 PEOPLE & POWER
13:00 NEWSHOUR
14:00 News
14:30 Inside Story
15:00 Al Jazeera Investigates
16:00 NEWSHOUR
17:30 The Stream
18:00 Newsgirl
19:00 Inside Story
19:30 Rewind
20:00 News
20:30 Inside Story
21:00 NEWSHOUR
22:00 News
22:30 The Stream
23:00 Circle of Poison
13:05 Deals, Wheels And Steals
13:55 Extreme Collectors
16:00 Deadliest Catch
16:50 Fast N' Loud
17:40 Street Outlaws
19:20 Gold
21:00 Savages
21:30 What On Earth?
22:40 British Gold
23:00 Wildest Europe
23:55 American Gold

DOHA TODAY

BRAIN TEASERS

By Dave Green

Conceptis Sudoku: Conceptis Sudoku is a number-placing puzzle based on a 9×9 grid. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3×3 box contains the same number only once.

Yesterday's answer

11-22

CRYPTOQUIP

FTMT MXTWLJUTY YBOD WY
HMNLDTMY, J FNBXK OWXX
LDTE HXNNK UWYYWXY Today's Cryptquip: IDAHO CITY WHOSE INHABITANTS ARE ALWAYS SCREAMING AND USING REALLY LOUD MACHINES: NOISY BOISE.

Today's Cryptquip Clue: F equals W

13:50 The Velittle Gator Boys
14:45 Gator Boys
15:40 Weird Creatures With Nick Baker
16:35 Tanked
17:30 Untamed & Uncut
19:20 Wildest Europe
20:15 Predators Up Close
21:00 British Gold
21:50 Billion Dollar Wreck
22:40 Time Team
23:30 Forged In Fire

15

13:05 Ax Men
13:55 Counting Cars
14:45 Ice Road Truckers
15:35 Pawn Stars
16:00 American Pickers
17:10 Storage Wars Miami
18:30 Time Team
19:20 American Pickers
20:35 Pawn Stars
21:50 Billion Dollar Wreck
22:40 Time Team
23:30 Forged In Fire
safety begins here...

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