Community Benevolent Forum, in association with Abeer Medical Centre, organises '35th Free Medical Camp'.

40 percent of young people now choose their holiday destination based on how good it will look on Instagram.

Stages of gray

Born of #MeToo fury, Time's Up has struggled to define itself. P4-5

Brokenhearted Steve returns to music.

Khaitan not yet prepared to make warrior film.

Page 14

Page 15
PRAYER TIME

Fajr 4.23am
Shorooq (sunrise) 5.40am
Zuhr (noon) 11.18am
Asr (afternoon) 2.30pm
Maghreb (sunset) 4.57pm
Isha (night) 6.27pm

USEFUL NUMBERS

Emergency 999
Worldwide Emergency Number 112
Kahramaa – Electricity and Water 991
Local Directory 180
International Calls Enquires 150
Hamad International Airport 40066666
Labor Department 44508111, 44406537
Mowasalat Taxi 44588888
Qatar Airways 44496000
Hamad Medical Corporation 44392222, 44393333
Qatar General Electricity and Water Corporation 44845555, 44845464
Primary Health Care Corporation 44593333
44593363
Qatar Assistive Technology Centre 44504050
Qatar News Agency 44450205
44450333
Q-Post – General Postal Corporation 44464444

Humanitarian Services Office
(Single window facility for the repatriation of bodies)
Ministry of Interior 40253373, 40253372,
40253369
Ministry of Health 40253370, 40253364
Hamad Medical Corporation 40253364, 40253365
Qatar Airways 40253374

Despite everything, I believe that people are really good at heart.
— Anne Frank

COMMUNITY

Community Editor
Kamran Rehmat
E-mail: community@gulf-times.com
Telephone: 44466405
Fax: 44350474

Ana And Bruno
DIRECTION: Carlos Carrera
CAST: Marina de Tavira, Damian Alcázar, Héctor Bonilla
SYNOPSIS: An animated adventure about a young girl who seeks out her father in order to help save her troubled mother. The movie opens with little girl named Ana arriving with her mom at a mental institution. Anna’s mom is deeply troubled and is in need of psychiatric therapy. Keeping up with movie cliché tradition, the asylum looks like Addams Family manor, and is run by a sinister looking doctor.
THEATRES: Royal Plaza, Landmark

Sandakozhi 2
DIRECTION: N. Linguswamy
CAST: Vishal, Keerthi Suresh, Rajkiran
SYNOPSIS: The plot revolves around Balu, who after 13 years returns to protects his family from an old foe.
THEATRES: Landmark

The Mall Cinema (1):
- Mandharam (Malayalam) 2:30pm; The Princess And The Dragon (2D) 5pm; Badhaai Ho (Hindi) 6:30pm; Badhaai Ho (Hindi) 9pm; Baazaar (Hindi) 11:30pm.
- The Mall Cinema (2):
  - The Princess And The Dragon (2D) 3pm; Goosebumps 2: Haunted Halloween (2D) 4:15pm.
  - First Love (Tagalog) 7:15pm; Halloween (2D) 9:30pm; Hell Fest (2D) 11:30pm.
- The Mall Cinema (3):
  - Jarugandhi (Tamil) 3pm; Baazaar (Hindi) 6pm; Hunter Killer (2D) 8:30pm.

Landmark Cinema (1):
- Kayamkulam Kochunni (Malayalam) 10:45pm.
- Landmark Cinema (2):
  - Sandakozhi 2 (Tamil) 2:30pm; Jarugandi (Tamil) 5:15pm; Chalakkudikkaran Changathi (Malayalam) 8pm; Badhaai Ho (Hindi) 9pm.
- Landmark Cinema (3):
  - Ana And Bruno (2D) 3pm; The Princess And The Dragon (2D) 4:45pm; The Princess And The Dragon (2D) 6:15pm; Hunter Killer (2D) 8pm; Halloween (2D) 10:15pm.

Royal Plaza Cinema Palace (1):
- The Princess And The Dragon (2D) 3pm; The Princess And The Dragon (2D) 5pm; Hunter Killer (2D) 7pm; First Love (Tagalog) 9:15pm; Halloween (2D) 11:30pm.
- Royal Plaza Cinema Palace (2): Ana And Bruno (2D) 2:30pm; Badhaai Ho (Hindi) 4:30pm; The King Of Thieves (2D) 7pm; Badhaai Ho (Hindi) 9pm; Baazaar (Hindi) 11:15pm.
EVENTS

Squash Tournament
WHERE: Khalifa International Tennis and Squash Complex
WHEN: Ongoing till November 2
The Qatar Classic 2018 Squash Tournament will see top players from around the world gather in Doha to compete for a championship prize of $177,000, the largest award in the tournament’s history.
Players battling it out in this year’s event include rising Qatari champion Abdulla al-Tamimi, rated 28th in the Professional Squash Association (PSA) World Ranking; Germany’s leading squash player, Simon Rösner, rated fifth in the PSA world ranking; South America’s first top ten player, Miguel Angel Rodriguez, rated sixth in the PSA world ranking; as well as many more top-ranked global players.

Choir Concert
WHERE: Swiss International School
WHEN: November 3
TIME: 7pm
Don Diri Don, Polish Youth Choir, along with Qatar Youth and Junior Choir, will be performing in Doha. The choir will also spend a week in Doha touring the best Qatar has to offer, and sharing their talent with the larger community through school workshops. For further details, e-mail at info@qyj-choir.com

Breast Cancer Awareness
WHERE: InterContinental Doha
WHEN: Ongoing
InterContinental Doha – The City is organising several activities (especially at its various dining venues) that focus on highlighting the importance of early detection. Try the pink afternoon tea, the extravagant pink Bar Squared brunch at The Square and pink-themed nights at Strata Restaurant and Lounge.

Katara Beach - School Students
WHERE: Katara
WHEN: Ongoing
TIME: 9am – 12pm
By participating in the programme of ‘Our culture is a school,’ Katara Beach emphasises the Qatari marine tradition and introduces to students the meaning of Dasha, Al Qafal and various type of pearls. The students will discover all details of the Fath El-Kheir journey.

Qatar International Art Festival-2018
WHERE: Doha Fire Station
WHEN: Tomorrow – November 4
Time: 10am – 8pm
MAPS International WLL, in co-operation with Doha Fire Station-Qatar Museums and in collaboration with Unesco Club of Piraeus and Islands, organises international mega art festival. The art festival is planned for more than 200 artists from around the World. QIAF 2018 is the very first art event in the region that connects the artist worldwide with live painting, group painting exhibition, qatar cultural tour, panel art show, master classes, award ceremony evening and many more for 6 days under 1 roof. For query, e-mail at kfmapsqatar@gmail.com

Aspire Torch Staircase Run 2018
WHERE: The Torch Doha Hotel
WHEN: November 10
TIME: 1pm – 6pm
Aspire Zone Foundation (AZF) announces opening registration for the seventh annual ‘Aspire Torch Staircase Run’ scheduled to take place on November 10. The 2018 edition of the Aspire Torch Staircase Run (ATSR 2018), will offer sports enthusiasts the ultimate challenge of endurance, as runners will have to make their way to the top of the 300m tower to the 51st floor, climbing more than 1,300 steps.

Gymnastics World Championships
WHERE: Aspire Dome
WHEN: Ongoing till November 3
Over 700 male and female gymnasts from over 80 countries, including three Team Qatar gymnasts, will compete across 10 days of competition in Doha’s iconic Aspire Dome. Experience the drama, emotions and excitement of gymnastics’ pinnacle event as global superstars go head to head in a bid to be crowned the best in the world.

Ballet Lessons
WHERE: Music and Arts Atelier
WHEN: Ongoing
TIME: 4pm – 8pm
For more info e-mail at registration@atelierqatar.com or call on 33009839.

Cycling: Losail Circuit Sports Club
WHERE: Losail Circuit
WHEN: Ongoing
TIME: 5pm
Losail Circuit Sports Club, in association with Qatar Sports For All Federation,

Qatar Finance and Installment Exhibition
WHERE: DECC
WHEN: November 3 – November 15
TIME: 9am – 10pm
The QFI Exhibition is a 3-day event that brings together the best of Qatar’s finance community, and local and international visitors who are keen to access Qatar’s robust market. We are pleased to present this opportunity to local and international investors, banking, finance and government institutions, along with leading firms in the real estate, investment and fin-tech sectors.

Dance and instrument classes
WHERE: TCA Campus, Behind Gulf Times Building
WHEN: Wednesday – Monday
Learn the movements of dance styles in Bollywood, Hip Hop and also the musical instruments such as Piano, Guitar, Keyboard for adults as well kids and move in the world of music. For details, contact 66523871 / 31326749.

Startup Weekend Competition
WHERE: Tawar Mall
WHEN: November 15 – November 17
TIME: 6pm – 10pm
In just 54 hours, you will experience the highs, lows, fun, and pressure that make up life at a startup. As you learn how to create a real company, you’ll meet the very best mentors, investors, cofounders, and sponsors who are ready to help you get started.

After School Activities
WHERE: Atelier
WHEN: Ongoing
Music and arts Activities for students taking place after they finish their day in school includes Group Music lessons, Hip-hop, Ballet, Drawing and Painting, Drama Theatre & Taekwondo. Ages between 5 and 10 years old after school hours.

Hobby Classes
WHERE: Mystic Arts Centre behind Al Hilal Focus Medical Centre
WHEN: Wednesday – Monday
Mystic Art Centre, is a holistic performing arts institution and a one stop solution for adults as well as children looking to explore their talents in various art forms. We offer classes in Carnatic Music, Hindustani Music, Karate, Yoga, Zumba, Classical Dance, Salsa, Hip Hop, contemporary and Bollywood dance forms. For details, call 33897609.

Compiled by Nausheen Shaikh. E-mail: gtlisting@gmail.com, Events and timings subject to change
What’s up with Time’s Up?

Nearly one year in, however, confusion persists about the mission and inner workings of Time’s Up, writes Meg James

Bound by fury, 300 women in entertainment came together last fall in the wake of the Harvey Weinstein sexual harassment scandal to form a loose-knit coalition with big ambitions. The group quickly raised $12 million and vowed to fight discrimination and sexual harassment by giving voice and support to those who have suffered abuse. It took out “Dear Sisters” newspaper ads and staged a dramatic “blackout” at the Golden Globes, with A-list actresses and producers dressed in a monochromatic display of unity.

Oprah Winfrey used her speech that January night to condemn “a culture broken by brutally powerful men” and repeat the organisation’s undeniable catchy name, Time’s Up. “For too long, women have not been heard or believed if they dared to speak their truth to the power of those men,” Winfrey said. “But their time is up.”

Nearly one year in, however, confusion persists about the mission and inner workings of Time’s Up.

The group has raised more than $22 million, much of it coming from big names in Hollywood, for a legal defence fund that has provided assistance to dozens of women. But

It is very difficult to sustain social movements over time. You cannot be inattentive, you must continue to be vigilant

– Lisa Borders, CEO Time’s Up
Since January, more than 3,500 people, from all 50 states, have sought help through the legal defense fund. The group has agreed to finance at least 51 cases, and about $4 million has been spent on legal and public relations assistance.
ICBF organises ‘35th Free Medical Camp’

Indian Community Benevolent Forum (ICBF), in association with Abeer Medical Centre, recently organised ‘35th Free Medical Camp’ for workers at Al-Abeer Medical Centre, Industrial Area. The camp provided free medical assistance to over 500 workers and labourers of six different nationalities from various labour camps and companies in Industrial Area and Doha. The camp was inaugurated by Dr Mohammed Aleem, Third Secretary of Labour and Community Welfare at the Embassy of India, in the presence of Devi Edukulathur, President of ICBF, PN Baburajan, Vice President of ICBF, Nivedita Ketkar, Medical Co-ordinator at ICBF, Mahesh Gowda, General Secretary ICBF, Dr Nithyanand, Head of Operations at Al Abeer Medical Centre, Farooq, representative from Wellcare Pharmacy, Mahesh, representative from Dosa Plaza, along with Al Abeer officials and other dignitaries. Dr Aleem addressed the concerns of workers and provided assurance for all possible assistances from the embassy and ICBF in highlighting and resolving their concerns. Dosa Plaza provided free snacks to the workers in addition to their voluntary support. The team of dedicated doctors including general physicians and specialists along with paramedical services were available. Wellcare Group also provided free medicines at the camp.

IIS holds Intra-School Discussion Forum

Ideal Indian School (IIS) recently held its first Intra-School Discussion Forum ‘Future Education and its impacts’. The panel members were selected from different sections of the school and highlighted the importance of technology in teaching and learning process and the role of technology in students learning abilities. The speakers shared their view on how classrooms can be better equipped with learning devices and software based teaching programmes. Shamim Skaikh moderated and co-ordinated the forum. The co-ordination of the participants of the forum was done by Sandhya.

Members of the German gymnastics national team visits GIS

Members of the German gymnastics national team, taking part in the ongoing 48th World Artistic Gymnastics Championship at the Aspire Dome, recently visited German International School (GIS). Hansa Udo Muzet, Ambassador of Germany, along with other dignitaries and notable personalities felicitated the team. Dirk Sillschneider, Principal of GIS, thanked the team members for accepting their invitation and visiting the school. Jana Heinermann and Manar Hassabou, students of Grade V, performed gymnastic exercises at the event. An interactive session with the team members was also part of the event. “A lot of training, a lot of discipline and the strong will to win is the key to success,” said athletes. The national team includes Sven Karg, Head of the contingent, Ulla Koch, Andreas Toba, Nick Klessing, Lukas Dauer, Philip Herder, Nils Dunkel, Kim Bui, Lead Greiber, Sophie Scheder, Elisabeth Seitz, Sarah Voss, and Carina Kroll.
TRAQ organises TRAQUEST at BPS

Thiruvananthapuram District Residents Association Qatar (TRAQ) recently organised their flagship event TRAQUEST at Birla Public School (BPS). The quiz competition was conducted by Manzoor Moideen, quiz master and motivational speaker. Around 150 students from eight Indian schools across Doha participated in the competition. Bhavan’s Public School’s team including Gautam and Krishnaraj bagged the Ever Rolling Trophy. DPS-Modern Indian School team including Madhumitha Rajesh and Hafiz Ahmed Raffi and Ideal Indian School team including Adithya Pavithran and Faiz Rahman got the first runner-up and second runner-up positions, respectively. K S Arun Kumar, Managing Director of Desert Line Group of Companies, presented the Ever Rolling Trophy to the winning team, while A P Sharma, Principal of BPS, and Seena Manoj, President of TRAQ, presented the trophies to the first runner-up and second runner-up, respectively.

In the family quiz category, Vinu Kumar and Maya Vinu Kumar from KSCA bagged the first position. Manoj and Cigi Manoj got first runner-up while Joice and Saritha Joice got second runner-up position, respectively. The winning team also received the trophy from Professor Sunil Paul, Head of Robotics and Automation at Texas Training Centre Doha. Sulaiman Ashraf of JBM Trading Contracting Company handed over the trophy to first runner-up and Soji Nair, General Secretary at TRAQ, presented the trophy to the second runner-up.

TRAQUEST was sponsored by Desert Line Group of Companies, JBM Trading and Contracting Company, Zaithoon restaurant, Joyalukkas, Texas Training Centre, Naseem Al Rabeah Medical Centre, Career Links Academy, Malabar Gold and Apta Trading Contracting and Services including Radio Suno and Radio Olive, media partners.

PICPA organises Advanced MSExcel Workshop Part 1

Philippine Institute of Certified Public Accountants (PICPA) – Qatar Chapter recently organised an Advanced MSExcel Workshop Part 1 at Crowne Plaza Hotel. The workshop was attended by over 68 PICPA members and 41 non-members. Sharon C dela Cruz, President of PICPA, presided over the workshop. Anthony R Montenegro was the resource person at the workshop. The workshop kicked off with a review of navigating and designing a spreadsheet, followed by a number of topics and functions including optimising worksheets by incorporating templates, graphs, charts and advanced formulas, solving formula errors, auditing with cell tracking, combine data from multiple resources, working with data forms, slicers and timelines and using pivot tables, pivot charts and macros.

“The MS Excel seminar conducted by the PICPA was a very well organised and highly informative event. I look forward to more such productive events to bolster my knowledge and skills in the future,” said Irfan Mansoor, participant of the workshop. Muhammad Haroon, another participant of the workshop, said, “The Excel presentation was interesting and good that kept us all engaged. Anthony has an excellent command of the software, we must acknowledge and incorporate into practice. This seminar provided lots of information which can be used in the office on a daily basis. I personally feel better equipped to manage my work in excel after completing the course.”

All attendees earned Certificate of Participation with 4-hour CPD credits. The CPD credit units are necessary for a Philippine licensed CPA professional to enable them to renew their Professional Regulation Commission (PRC) CPA license. A total of 120 CPD credit units are required for a CPA for a three-year cycle. A plaque of recognition and appreciation was presented to Anthony.
PSSC organises mental awareness and career counselling session

Pak Sharma School and College (PSSC) recently organised a mental awareness and career counselling session for the students of Grade XI-XII. Sana Nazakat and Ayesha Ishfaq, Qualified Psychologists, conducted the session. Students were briefed about how to manage stress effectively. Other topics discussed included peer pressure, behavioural changes, social anxiety, parental pressure and selecting right career.

LIS organises 4th Art and Science Annual Exhibition

Loyola International School (LIS) recently organised 4th Art and Science Annual Exhibition. Anoop Chakravarthy, Managing Director of LIS, inaugurated the exhibition by torching the lamp. Over 400 exhibit works of the students of Grade KG-I to Grade VI were displayed at the exhibition. The work was based on the subjects of arts, science, mathematics, social studies, languages and social media. The teachers of LIS also participated in the exhibition. Photo booth, photo gallery and scary room were also set up as an attraction at the exhibition.

P K V Prasad, Principal of LIS, said that all the credit for the successful exhibition goes to the collaborative effort of students, teachers, and parents who involved themselves in the creative process.

ISL Qatar hosts workshop on ‘Parenting the Love and Logic Way’

The International School of London (ISL) Qatar recently hosted its first leg of the workshop on ‘Parenting the Love and Logic Way’ by Jennifer Heathcote Osborne, Secondary School Social Emotional Psychological Guidance Counsellor at ISL. Jennifer presents the 6 week course ‘Parenting the Love and Logic Way’ and teaches the techniques for parents to avoid unwinnable power struggles and arguments, stay calm when their kids do incredibly upsetting things, set enforceable limits, avoid enabling and begin empowering, help their kids learn from mistakes rather than repeating them and raise kids who are family members rather than dictators.

The Love and Logic approach to parenting provides a variety of simple and effective strategies for parenting children through to adulthood.

Principal of BPS to receive award

A P Sharma, Principal of Birla Public School (BPS) will be receiving Exemplary School Leadership Award at International Adolescent Summit, New Delhi. The award will be presented by Pranab Mukherjee, former President of India. The award is being bestowed upon him for his contribution to global exemplary educational development at national and international level. The summit will be attended by dignitaries from several nations and UN representatives.
Barbara Kingsolver novel of crumbling houses, hard times

By A N Devers

A few years ago, I bought floral wallpaper covered in flowers and Venus flytraps and other carnivorous plants. Designed by a small company called Grow House, the name of the pattern was ‘Ms Treat.’ The design was inspired by Mary Treat, an American scientist in the late 19th century. Treat’s work is forgotten, but she was a specialist in carnivorous 19th century. Treat’s papers and correspondence with the archives and got her hands on the archives and got her hands on the history of Treat. Kingsolver went into one of America’s hardiest novelists, who wrongfully blames immigrants for the erosion of his job security and his piece of the pie. His health is failing, and the family insurance isn’t covering care. Throughout, Zeke’s baby coos happily in the background, though his future is the most tenuous. Kingsolver ably navigates the problematic white privilege of the family, which is refreshing to read in a contemporary novel about white middle-class issues, and shows us a family struggling to wake up to the fact that their lives were built on presuppositions and entitlement, while at the same time portraying a very clear crisis confronting many. There’s not enough money to cover costs, and there’s no job security on the horizon. They register for Obamacare, and Willa problem solves for every person in her family, while barely holding herself together. Willa has set her hopes on discovering the origins of her falling-down house and finding some significant history that can help her access grant money, which leads her to the discovery of Ms Treat. One way Kingsolver suggests that we move forward in this new unsteady present to study and own our past. Unacknowledged histories and work abound. By the end of Unsheltered, houses aren’t saved, but there are interesting directions to go, and so Willa is on a mission to write a biography of Mary Treat and her contributions to science. Here’s hoping that someone will take up Kingsolver’s suggestion and write Treat’s biography outside the pages of a novel. – Newsday/TNS

BOOK REVIEW

Barbara Kingsolver novel of crumbling houses, hard times

Barbara Kingsolver

Unsheltered

SUGGESTION: In Unsheltered Kingsolver suggests that we move forward in this new unsteady present to study and own our past.
Illusion in a glass

The shape of a glass can make it hard to estimate how much liquid you have poured into it.

You’ll need
• Two tall, narrow glasses that are exactly the same size
• A short, wide glass about the same size as the tall glasses
• Sink

Try This
1. Fill one tall glass halfway with water
2. Look at the glass and try to judge how much water is in it. Put that amount of water in the short glass
3. Pour water in short glass into second tall glass

What happened?
You probably put more water in the short glass than was in the tall glass

Even though they know it is not correct, most people try to match the depth of water in the two glasses

See whether your friends can match the amounts of water correctly
Researchers at the Cleveland Clinic in the US have found that better cardiorespiratory fitness leads to better longevity, regardless of age, with no limit on the positive effects of aerobic fitness.

Cardiorespiratory fitness is the ability of the circulatory and respiratory systems to supply oxygen to skeletal muscles during sustained physical activity.

The study, published in the journal JAMA Network Open, found that increased cardiorespiratory fitness was directly associated with reduced long-term mortality particularly in older patients, aged 70 and above, and among those with hypertension.

“Aerobic fitness is something that most patients can control. And we found in our study there is no limit to how much exercise is too much. Everyone should be encouraged to achieve and maintain high fitness levels,” said Wael Jaber, cardiologist at the institute. Researchers from the varsity examined 1,22,007 participants who underwent exercise treadmill testing to measure all-cause mortality — all of the deaths occurring in a population, relating to the benefits of exercise and fitness.

Participants were broken up into five performance groups — elite, high, above average, below average and low.

Elite performers were defined as having aerobic fitness by age and gender, and demonstrated fitness levels comparable to endurance athletes. When the subgroups were analysed by age, the survival benefit of elite versus high performance was the most notable in older patients, the findings revealed.

Results showed that among respondents above 70, elite performers had a nearly 30 per cent reduced risk of mortality compared to high performers.

For those patients with hypertension, the elite performers again showed a nearly 30 per cent reduction in all-cause mortality compared to high performers.

The risk associated with poor cardiorespiratory fitness was compared to or even exceeded traditional risk factors, such as cardiovascular disease, diabetes and smoking, according to the study.

However, according to the study, individual patients should always check with their healthcare provider before starting an exercise programme. — IANS
Wordsearch

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

Sudoku

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

Boxing

Codeword

Garfield

Bound And Gagged
**Super Cryptic Clues**

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**ACROSS**
1. Record the range of tones (8)
2. Jokes about strikes? (6)
3. Attacked when made to work (6,2)
4. The limber Herbert is second in (6)
5. Recover and put on weight again (6)
6. The dog I catalogue as a boxer (8)
7. In which Jekyll became Hyde? (8-4)
8. Digest what's been said and retract (3,4,5)
9. Measure and give one false facts about the plant (4,4)
10. Nearly a man: very much so (6)
11. Clannish. That's the nuisance about the British (6)
12. Talk - or clam up (8)
13. Rent, we're told, that's gone up (6)
14. They order the dishes (8)

**DOWN**
1. Proceed to have another whirl (6)
2. Catch, a long time after, in the building (6)
3. The son wished to change nationality (7)
4. Black key one is about to play (4)
5. Complaining, though it's for our protection (7)
6. Not what the wood-chuck did? (That's very hard!) (4-4)
7. Quite a while in the former (6)
8. Clean the picture with water (7)
9. And going in, I see, for something to eat (7)
10. How the motor mechanic said 'Let go'? (8)
11. Authenticating it, though obviously angry (8)
12. The skull of a lunatic? (3,4)
13. Either hand over or free (7)
14. Studies the ground to be run over (6)
15. Walks off, we're told, with the sharpeners (6)
16. It would upset a hard drinker? Nonsense! (4)

**Answers**

**Wordsearch**

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**Codeword**

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**Yesterday’s Solutions**

**Across**
1. Too little; 6 Get-up; 9 Twerp; 10 Entertain; 11 Not present; 12 Inch; 14 Winston; 15 Station; 17 Disavow; 19 Pie-dogs; 20 Acts; 22 Takes a hand; 25 Asparagus; 26 Onion; 27 Eerie; 28 Endurance.

**Down**
1. Titan; 2 Overtones; 3 Imperative; 4 Treason; 5 Extends; 6 Garb; 7 Train; 8 Penchants; 13 Save labour; 14 Wide-awake; 16 Isolation; 18 Wrangle; 19 Pressed; 21 Taper; 23 Dunce; 24 Free.
By Geoffrey Rowlands

M any fans insist the music of American rock band Journey has never been as good since the departure of songwriter and lead singer Steve Perry. His last work with the band was on their 1996 album, *Trial By Fire*, after which he largely disappeared from the music scene.

Steve recorded two songs for the 1998 film, *Quest for Camelot*, and issued a solo album, *Greatest Hits + Five Unreleased*, in the same year. But he has since been seen in the crowd at baseball games rather more frequently than in the recording studio.

“Standing away from writing and performing music probably did exactly the same. There was nothing left in my heart for music. It was a really scary feeling. I knew instinctively I’d have a hole in my soul which would get bigger and bigger if I stayed in music. I also knew I was likely to fill that hole with the wrong kind of things so I had to stop.”

“After getting out, I never wrote music. I didn’t even sing in the shower. I didn’t listen to conventional music. I could only listen to ambient music. Liquid Mind was my favourite. No vocals, no drums, just ethereal synth.”

It was years before I could listen to songs again. *Give Me The Reason*, an album by Luther Vandross, was the breakthrough. He sang so beautifully. I would go for walks and listen to the album on my headphones.

Steve’s return to music began as long ago as 1990. He resumed songwriting and accumulated around 50 songs over an 18-month period.

“I never thought I would write again. But I decided to open up that room and see what I could find. Some of the songs sounded familiar, some were really contemporary, others I couldn’t put a label on. I didn’t know if I’d ever do anything with them but I was at least open to the possibility of someday doing another solo album.”

The delay in creating what has become his *Billboard* 200 top ten hit album, *Traces*, came from Steve falling in love. The fact that he has now released it is born from the tragic loss of that love and a promise he made to the woman who he regarded as his soulmate.

“I have a friend, Patty Jenkins, who was editing a Lifetime Channel special on breast cancer. I was in the editing room with Patty while she was working and saw this lovely laughing girl on the screen. It was Kellie (Nash). I asked Patty if she would send Kellie an e-mail saying her friend Steve would love to take her to coffee or lunch sometime.

“Patty agreed but told me Kellie had been in a three-year battle against breast cancer. She was in remission for eight months but the cancer had come back in her lungs and bones. She was in Stage 4 and fighting for her life.”

“I was frozen. I had lost all my family. I was an only child. I could see myself spending the rest of my life with Kellie and I’d been hit with the news that this was unlikely to happen. Patty asked if I still wanted her to send the email. My heart still said yes. Kellie was a psychologist so I thought she could be my friend or my shrink if nothing else.”

It was love at first sight when the couple met. They were together for around 18 months until Kellie died in December 2012.

“I was pretty mad at him and put all those feelings into the struggle she was in to save her life. I never played it for her because I didn’t want to bring this kind of subject matter into the struggle she was in to save her life.”

“I really hit home after I lost her. One of the lyrics is Your face in a photograph staring back in silence. This was exactly what I was going through. I was sitting alone in my house, looking at Kellie in our photographs and just crying.”

As time passed, Steve gradually came to terms with his despair. It was his film director friend Patty Jenkins who helped him return to music.

“She introduced me to the Eels’ album, *Dairies Of The Galaxy*. I loved it and went to see some of the band’s shows with Patty. She then introduced me to (band leader) Mark (Everett).

“We hung out with him and he became a friend. He then started asking if I would sing a song with the band. I eventually agreed and did one of their encore at the Fitzgerald Theatre in Minneapolis. That was the first time I had walked out on stage in 25 years.”

This experience effectively set the ball rolling in terms of Steve creating his new album and fulfilling his promise to Kellie.

“You could say Traces represents Kellie’s legacy. If I hadn’t made the promise, I’m not sure if I would have ever returned to music, at least not as a performer.”

“I’m pleased that people seem to enjoy the album but they should thank Kellie. Through her, I was able to rediscover my passion for music. The album is here now and I already have more songs started so I think Traces will mark the beginning of my second career in music.”
Country star Freddie Hart dead

Country singer Freddie Hart, a World War II veteran who had a run of number one hits in the early 1970s and won a Grammy Award for Easy Loving, is dead. He was 91.

He died on October 27 in Burbank, reports variety.com. Hart’s career encompassed several eras of country music. He started in the early 1950s but didn’t break through until 1971, when he had adopted the slicker Nashville sound of Easy Loving, which made him a star in his mid-40s.

Hart was inducted into the Nashville Songwriters Hall of Fame in 2004, not just for his own hits but for the songs he had recorded by Patsy Cline, Loretta Lynn, Buck Owens, George Jones, Waylon Jennings, Bobby “Blue” Bland, Porter Wagoner, Eddy Arnold, Carl Smith, Charlie Rich, Billy Walker, the Louvin Brothers and dozens of others.

He remains associated with Easy Loving, which was so much Hart’s signature song that his latter-day promotional materials referred to him as “Mr. Easy Lovin’.”

Easy Loving was popular enough that it achieved the rare honour of winning the Country Music Association Award for best song two years in a row, in 1971 and 1972.

Those were part of a slew of awards that Hart won or was nominated for during his early 1970s commercial peak, including a total of six CMA nominations over the course of two years and a win at the Grammys for best country male vocal Grammy in 1972.

Hart signed with Capitol Records during his time touring with Prizzell and found little initial success as a recording artiste – but had considerably more as a writer in 1954 when Carl Smith heard his single Loose Talk and covered it, turning it into a No. 1 hit.

Hart is survived by his wife of 61 years, Ginger and sons Freddie Jr., Andy, Joe and Victor. Funeral arrangements are pending, according to variety.com – IANS

Ruth Wilson may return in Luther

Actress Ruth Wilson, who plays research scientist Alice Morgan in TV series Luther, says she would love to return to the series “if the script is right.”

In an interview to The Sun, Wilson said: “We’ve talked about it actually. Yes, definitely, if the script is right and the storyline is right. It’s funny. People like watching her [Alice Morgan] because she comes in and out. If you watched a whole episode of her, would it be the same? I don’t know.”

Wilson’s character had apparently met her end on Luther. But the 36-year-old actress was seen on set of the fifth series filming alongside co-star Idris Elba.

“I am interested – if the script is right, yes. You would have to make the show quite different in style though, and get inside her head,” she added. – IANS

I still enjoy acting, but it’s not something that I am really passionate about or I look forward to it. I look forward to writing and I look forward to direction

By Natalia Ningthoujam

Director Shashank Khaitan of Humpty Sharma Ki Dulhania fame says he needs more time to develop the warrior film, which was supposed to star actor Varun Dhawan.

“We (the and Varun) were supposed to make a warrior film together, but I need more time to develop that film because the kind of research, technology and effort (that is) required... I am not prepared for it right now,” Khaitan said.

“So right now, we are working on an action–entertainer together. We are excited about it. The basic structure has come out. Karan (Johar) and Varun are both excited about it,” he added.

Karan, Varun and Khaitan had joined forces for Humpty Sharma Ki Dulhania and then Badrinath Ki Dulhania. Should the audience expect more parts of the franchise?

“I hope it does. Right now, we are focused on making something. If time permits, we would love to continue with the franchise. It has given me so much... other than a great friend and franchise. Just so much in terms of relationships.

“So, I would like to go back to that. I don’t know when and how. But I am hoping... at some point surely.”

Khaitan had also made Dhadak – the Hindi version of the hit 2017 Marathi film Sairat. People involved with Dhadak were trolled online by fans of Sairat. Has that discouraged him from making remakes again?

“If I like something, I would like to. I am not averse to that. I was excited to make Dhadak. I was very sure that it would get compared and that a lot of people were going to slam it.”

“But the love that we received otherwise, the box office collection... the non Sairat watchers and Sairat watchers have liked the film, so I am not the sort of person who will say, ‘I am not going to make a remake again! It has to excite me’.”

“There was an instinct for Sairat that I wanted to remake it. And I went ahead and did it. I don’t think it’s a remake. It’s an adaptation and tomorrow if I see something and feel I have my own perspective, I will do it. So these comparisons, being slammed or praised, don’t change my opinion.”

As a writer and director, he says that he gets inspired by various things in life.

“You meet someone, you want to make a film on him, you read a book, you want to make a film on it or you see a movie, you want to adapt it.

“It doesn’t matter where your inspiration comes from, as long as you are excited to tell that story,” said the alumnus of Whistling Woods International.

In fact, there was a time when the Nashik native wanted to be an actor.

“The thing is I didn’t know that I wanted to be an actor. I was told by people that I should act because I used to dance well.

“I never realised whether I am passionate about it or not. When I went to a film school, Whistling Woods International, I actually realised that I enjoyed writing and film direction more.

“I still enjoy acting, but it’s not something that I am really passionate about or I look forward to it. I look forward to writing and I look forward to direction. I probably look forward to dancing more than acting.”

“Having said that, if there is something fun, I wouldn’t mind doing it but I want to stay focused on direction for sure.”

Khaitan was one of the speakers of “Film schools: Education vs reality”, a session that was held on Monday as part of Jio MAMI 20th Mumbai Film Festival with Star. – IANS

Khaitan not yet prepared to make warrior film

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15
The destructive quest for perfect Instagram travel pic

According to a recent survey, 40 percent of young people now choose their holiday destination based on how good it will look on Instagram. **By Laura Krzikalla**

Turquoise blue waters glisten in the sun. Fishing boats rock gently on the surface of the lake, which reflects the nearby mountains. The Lago di Braies lake in Italy’s South Tyrolean Alps is breath-taking; an oasis amid the region’s regal peaks. But even though it’s tucked away between mountains, the lake is no hidden spot. On the social media platform Instagram, there are more than 150,000 photos under the hashtag #lagodibraies. And that number gets bigger every day.

“I need to go there!” read the comments under many of the photos. Places such as the Lago di Braies have become celebrities in their own right on Instagram.

But these destinations can’t always withstand their sudden social media fame: After one Italian blogger last year wrote a post about the Valle Verzasca in Switzerland, the town was unprepared for the wave of visitors that followed.

Local media reported kilometres-long traffic jams, vehicles parked in any spot possible and piles of trash. The incident goes to show the immense power of social media platforms—when a certain picture goes viral, others are sure to want to replicate it. That can boost tourism, of course, but it can also have negative consequences.

“These places have little control over what content is posted about them on social media,” says Laura Jaeger, who works for TourismWatch, an information service that pushes for sustainable tourism. “Travellers should be aware of the effect their behaviour on social media has on their destinations and the people who live there, and act responsibly,” she says.

But a quick look around any popular beach these days reveals that most people don’t give a second thought to such responsibility. There’s always someone posing or angling themselves for the perfect vacation photograph. The most popular Instagrammable beach in 2018, according to the Holidu vacation portal, was in Italy: the Scala dei Turchi in Sicily. “We’ve noticed this phenomenon,” confirms a spokesman for the tourism association of Realmonte, where the beach is located. He doesn’t seem too bothered about it, though. “Instagram, Facebook and other social media have made our spot more popular and allowed tourism to grow even more.”

Some people, such as Italian photographer Sara Melotti, believe the beauty of a place gets drowned out when too many people take photos. “Instagram ruins these places completely,” says Melotti, herself a travel blogger. She says she uses Instagram, but is discerning about what she posts.

“Young people travel to take photos to share them on social media, just to show that I was here,” she says, adding that she knows influencers who travel with a schedule that charts out exactly where they are going to be hour by hour in order to take the right snap.

The 30-year-old no longer shares the exact locations of her photos; she wants to spare those places from the behaviour she has seen all too often while travelling.

She gives the example of a temple in Bali that was completely unknown until a few years ago. “Now tourists get up at 4 am in order to take a photo with the sunrise there,” complains the blogger. A British study by Schofields Insurance found that in 2017, 40 percent of 18- to 33-year-olds picked their travel destinations based on Instagrammability. The Trolltunga in Norway is one of those destinations — there are more than 110,000 Instagram posts with the hashtag #trolltunga. Between 2009 and 2014, the number of visitors to the Trolltunga grew from 500 to 40,000, according to National Geographic magazine.

Most people take the same image with the rock formation that sticks out over Ringedalsvatnet lake. They sit or stand at the tip of the tongue, with the lake and mountains in the background, with no one else in sight. What you can’t see is the line of people waiting to take the same shot. – DPA