End of an era

William Goldman, Oscar-winning screenwriter of *Butch Cassidy* and *All the President’s Men*, walks into the sunset. **P4-5**

**Bollywood**
Newlyweds Ranveer, Deepika welcomed by a sea of fans.  
Page 14

**Hollywood**
Sarah has a deep connection to her *Ralph* character.  
Page 15
Monday, November 19, 2018

2 | GULF TIMES  | COMMUNITY

**PRAYER TIME**

- Fajr: 4.33am
- Shoroq (sunrise): 5.53am
- Zuhr (noon): 11.10am
- Asr (afternoon): 2.24pm
- Maghreb (sunset): 4.47pm
- Isha (night): 6.17pm

**USEFUL NUMBERS**

- Emergency: 999
- Worldwide Emergency Number: 112
- Kahramaa – Electricity and Water: 991
- Local Directory: 180
- International Calls Enquiries: 150
- Hamad International Airport: 40106666
- 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: 44590405
- Qatar News Agency: 44490205
- Q-Post – General Postal Corporation: 44464444
- Humanitarian Services Office:
  - Ministry of Interior: 40253372, 40253372
  - Ministry of Health: 40253370, 40253374
  - Hamad Medical Corporation: 40253364, 40253364
  - Qatar Airways: 40253374

**Quote Unquote**

“The most important thing in the world is family and love.”
— John Wooden

**THEATRE:**

**Boonie Bears 3: The Big Top Secret**

**DIRECTOR:** Leon Deng

**CAST:** Siobhan Lamden, Joseph S. Lambert, Gene Hobbs III

**SYNOPSIS:** Briar becomes frustrated with his friends and joins a travelling circus. The new friends he makes keep the homesickness away, but only for a while.

**THEATRE:** Landmark

**Blue Night**

**DIRECTOR:** Fabien Constant

**CAST:** Renée Zellweger, Sarah Jessica Parker, Taylor Kinney

**SYNOPSIS:** Vivienne (Sarah Jessica Parker), is an established singer/songwriter with a successful music career. On the eve of a major performance, Vivienne receives some life-altering news that causes her to reevaluate her priorities. As she crisscrosses the busy streets of New York City, she tries to balance her upcoming music tour, family, and friends. With the support of her overbearing mother, Jeanne (Jacqueline Bisset), her long-time manager, Ben (Common), and her ex-husband, Nick (Simon Baker), Vivienne strives to make peace with the decisions and sacrifices she’s made along the way.

**THEATRE:** Royal Plaza

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**THEATRE:**

**Royal Plaza Cinema Palace (1):**

- Cinderella And The Secret Prince (2D) 2:30pm; Cinderella And The Secret Prince (2D) 4:30pm; Cinderella And The Secret Prince (2D) 6:30pm; Thugs Of Hindostan (Hindi) 7:45pm; Sarkar (Tamil) 11pm.

**Landmark Cinema (1):**

- Kaatrin Mozhi (Tamil) 2pm; Fantastic Beasts: The Crimes Of Grindelwald (2D) 4:45pm; Galveston (2D) 7:15pm; Fantastic Beasts: The Crimes Of Grindelwald (2D) 9pm; Mangalayam Thanthunnanena (Malayalam) 11:30pm.

**Landmark Cinema (2):**

- Cinderella And The Secret Prince (2D) 2:30pm; Cinderella And The Secret Prince (2D) 4:15pm; Cinderella And The Secret Prince (2D) 6:15pm; Thugs Of Hindostan (Hindi) 8pm; Sarkar (Tamil) 11pm.

**Landmark Cinema (3):**

- Amar Akbar Anthony (Telugu) 2:30pm; Pihu (Hindi) 5:15pm; Fantastic Beasts: The Crimes Of Grindelwald (2D) 7pm; Pihu (Hindi) 9:30pm; Kaatrin Mozhi (Tamil) 11:15pm.

**Landmark Cinema (4):**

- Fantastic Beasts: The Crimes Of Grindelwald (2D) 8:45pm; Kaatrin Mozhi (Tamil) 11:15pm.

**Royal Plaza Cinema Palace (2):**

- Amar Akbar Anthony (Telugu) 2:30pm; Dog Days (2D) 5:30pm; Dog Days (2D) 7:30pm; Thugs Of Hindostan (Hindi) 10pm.

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**The Mall Cinema (1):**

- Kaatrin Mozhi (Tamil) 2pm; Fantastic Beasts: The Crimes Of Grindelwald (2D) 4:45pm; Galveston (2D) 7:15pm; Fantastic Beasts: The Crimes Of Grindelwald (2D) 9pm; Mangalayam Thanthunnanena (Malayalam) 11:30pm.

**The Mall Cinema (2):**

- The Grinch (2D) 2:30pm; Cinderella And The Secret Prince (2D) 4:15pm; Cinderella And The Secret Prince (2D) 6:15pm; Thugs Of Hindostan (Hindi) 8pm; Sarkar (Tamil) 11pm.

**The Mall Cinema (3):**

- Amar Akbar Anthony (Telugu) 2:30pm; Pihu (Hindi) 5:15pm; Fantastic Beasts: The Crimes Of Grindelwald (2D) 7pm; Pihu (Hindi) 9:30pm; Kaatrin Mozhi (Tamil) 11:15pm.
EVENTS

Acting Classes
WHERE: Retaj Al Rayyan, West Bay
WHEN: November 21 till December 10
TIME: 3pm – 7:30pm
The Talent Factory is having an acting monthly course for kids and adults. Gentë Refkoceri Krahman, Teaching artist and actor, will take care to create an amazingly entertaining and socialising class for kids and adults. Both programmes are specifically designed to fit different ages with the main purpose to develop the participant’s self-esteem, especially when in front of audiences. Kids course fee is QR600 and adult course fee is QR800. For further details, e-mail at actingclassesdoha@gmail.com

Ibsan Dance
WHERE: Ibsan Academy, Al Khor
WHEN: Ongoing
TIME: 9am – 6pm
Ibsan Academy offers a wide range of dance classes including Contemporary, Flamenco, Bharatanatyam, and Hip Hop. They also offer private and group classes for all levels. Contact at 66523871/55824194 or e-mail at yoga.iscdoha@gmail.com

Cycling: Losail Circuit Sports Club
WHERE: Losail Circuit
WHEN: Ongoing
TIME: 5pm
Losail Circuit Sports Club, in association with Qatar Sports For All Federation, invites all cyclists, runners and walkers to train under the floodlights of Losail International Circuit every Wednesdays.

Meditation Retreat
WHERE: Banana Island Resort
WHEN: December 14 – 15
Imagine waking up with the peaceful silence of a paradise beach as your senses are lulled by the smell of essential oils, vegan food and fresh herbal tea. With each breath, your whole being feels relaxed and recharged. You can finally release all the tension you’ve been carrying for years. The bright sunlight warms your face as you walk on the beach to join morning yoga, sound healing and mindfulness meditation.

ISC Inter-School Skipping Rope Championship - 2018
Where: Olive International School (Al Thumama)
When: November 24
Time: 2:30pm – 6:30pm
Indian Sports Centre (ISC), under the patronage of Embassy of India, is bringing the second edition of ISC Inter-School Skipping Rope Championship-2018 for Speed Hop and Speed Endurance competitions. The competition includes categories of Under–12, Under–18 and Adults. Entry is free and championship is open to all Indians and students of any nationality studying in Indian schools. For further details, contact at 55646693, 55624194 or e-mail at yoga.iscdoha@gmail.com

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.

Ballet Lessons
WHERE: Music and Arts Atelier
WHEN: Ongoing
TIME: 4pm – 8pm
For more info e-mail at registration@atelierqatar.com or call on 33003839.

Yoga Empowerment Workshop Series
WHERE: The Pearl, Doha
WHEN: Ongoing till December 1
TIME: 8am – 8pm
The youth will discover how to: boost confidence, overcome bullying, improve goal setting, be assertive, leadership skills, career guidance, be productive and many more for reservations email at info@inspireme.qa.

Heritage Library’s Permanent Exhibition
WHERE: Qatar National Library
WHEN: Ongoing till December 31
TIME: 9am – 8pm
The exhibition displays around 400 items from the QNL Heritage Library collection that illustrate the spread and evolution of ideas throughout the Arab and Islamic world, as well as document interactions between Arabs and the West over the past several centuries. The exhibition features books, manuscripts, historical photographs maps, globes and travelers’ instruments that tell the story of Qatar, along with the history of science, literature, writing, travel in the region, and much more.

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 66523871/31326746.

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.
Goldman was gold

He became a sought-after “script doctor,” a hired gun who burnishes a struggling screenplay, because he understood cinematic storytelling as well as the importance of a character’s perspective, writes Nardine Saad

What writer killers do is they work with you on a project, and they ask for apples and you try to give them apples, then they say no, pomegranates. ... Then they bring in a friend – who conceivably they wanted to bring all along – and the friend does the screenplay

—William Goldman
Oscar-winning screenwriter William Goldman, who died in New York on Friday due to complications from colon cancer and pneumonia, wrote some of the most quotable films of all time and also authored a number of novels and memoirs.

He became a sought-after "script doctor," a hired gun who burnishes a struggling screenplay, because he understood cinematic storytelling as well as the importance of a character’s perspective.

But it was his 1968 book, *Adventures in the Screen Trade*, that had Tinseltown buzzing by explaining that there were no easy answers in show business, readily entering a well-worn catchphrase explaining that there were no easy answers in show business. Goldman also coined another great line in American politics: “Follow the money,” which instantly defined the Watergate scandal.

The phrase was uttered by the shadowy Deep Throat figure to Redford’s Rob Woodward in the film *All the President’s Men*. Goldman said that he actually thought it came from Woodward and Carl Bernstein’s Watergate book but later discovered that it hadn’t.

In 2000, he followed up *Adventures* with another chatty book about Hollywood and the movies titled *Which Lie Did I Tell?: More Adventures in the Screen Trade*.

"Nobody knows anything. Not one person in the entire motion picture field knows for a certainty what’s going to work," he wrote. "What writerkillers do is they work with you on a project, and they ask for apples and you try to give them apples, then they say no, pomegranates. Then they bring in a friend—who conceivably they wanted to bring all along—and the friend does the screenplay."

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"My favourite book of all time is *The Princess Bride*. I was honoured he allowed me to make it into a movie," Reiner wrote. "I visited with him last Saturday. He was very weak but his mind still had the Goldman edge. I told him I loved him. He smiled & said ‘you’—using an expiative."

Goldman was born on August 12, 1931, in Chicago and grew up in the suburb of Highland Park, according to *The Associated Press*. He graduated from Oberlin College in 1952 and served in the army for two years.

In 1956, Goldman received a master’s degree in English from Columbia University. After declining to pursue a Ph.D., in 10 days he wrote the novel *The Temple of Gold* and had it published by Knopf.

He went on to write *Soldier in the Rain*, which was later adapted into a 1963 romantic comedy starring Steve McQueen.

He and his brother, James Goldman—an eclectic playwright, novelist, and lyricist—who won an Academy Award in 1968 for his screenplay *The Defiant Ones*, were box-office gold, but others failed to land with critics and audiences.

A Family Affair
Blood, Sweat and Stanley Poole
Follies
Winter
Amistad
Rain
Cassidy and the Sundance Kid

Goldman’s collaborations with Redford on *Cassidy and the Sundance Kid*, starring Newman and Redford, became a film starring Rod Steiger, *The Stepford Wives*, and six movies (*The Great Waldo Pepper*, *The Stędypow, Wife, All the President’s Men, Marathon Man, A Bridge Too Far* and *Magic*). Some were box-office gold, but others failed to land with critics and audiences.

A few duds, failure to get several movie projects off the ground left him out in the cold in Hollywood. He told *The Times* that from 1980 to 1985, no-one called with anything resembling a job offer. In his book, he called that stretch *The Leper Years*. He was grateful he remained in New York during those days and not Los Angeles.

"It’s a very tough town, this is a very insecure town, and a very insecure business, because we don’t know what will work," he told *The Times* in 2000. "I don’t believe people in the insurance business are nervous. I think people in the movie business are nervous because we’re just all on a crapshoot."

Still, when he didn’t find success onscreen, according to the late Times critic Charles Champlin, Goldman could always return to "the solitary satisfactions of the novel."

And he did.

—*Los Angeles Times/TNS*
Bhavan’s Public School celebrates Children’s Day

Bhavan’s Public School recently celebrated Children’s Day on the birth anniversary of Pt. Jawaharlal Nehru, the first prime minister of India. The event kicked off with a dance performance which was followed by a speech, musical play and a group song. A performer reprised the role of Jawaharlal Nehru as part of the event. The students got a chance to interact with him, asking various questions regarding the legendary figure. While speaking on the occasion, M P Philip, Principal of Bhavan’s, emphasised the importance of moral responsibility and asked the students to make an impact on their nation. Dharmaraj Kumar, Vice Principal of Bhavan’s, advised the students to build a better place to live in. Shailaja in her address motivated the students to be the harbingers of change to build a new and better world while Asha Shiju, in her message urged the children to enjoy their childhood and chase their dreams with hard work and good deeds.

GISK marks Children’s Day

Greenwood International School and Kindergarten (GISK) recently organised an intellectual and cultural programme as part of Children’s Day celebrations. Students of Grade KG1 – V took part in the celebrations. Various competitions including quiz, elocution, dance, singing, fancy dress and drawing were part of the event. Shreeju Kochambaliam, Managing Director of Seg Tools, and Labeeb, Marketing Director of Alka Live, were the chief guests at the event. Amala James, Principal of GISK, along with Suith Kumar, Vice Principal of GISK, attended the event. A prize distribution ceremony was also organised to felicitate the winners of various competitions.

The event was compered by Sagarika. Abdul Muqtadir, Head Boy, welcomed the gathering and Devina Roy, Head Girl, proposed a vote of thanks.

OIS felicitates outstanding students

Olive International School (OIS), Umm Salal and Khantyal campus, recently felicitated its outstanding students who had proved their mettle in scholastic and co-scholastic activities. The programme kicked off with a prayer which was followed by a welcome note by Seema Guleria, Senior Co-ordinator at OIS Umm Salal Campus.

While addressing the gathering, Jacob K M, Principal of OIS, emphasised on the reasons for why the school has initiated on felicitating the young students. The event was attended by the co-ordinators of all the branches. The event featured school choir and contemporary dance performance presented by the students of Umm Salal Campus. Geetha Somashekhran, Vice Principal OIS, appreciated the event. The event also featured a Hi-tea with the Principal followed by a photograph session. Roopinder Kaur, Junior Co-ordinator, proposed a vote of thanks.
Qatar Foundation pays tribute to cherished Arabian stallion

The much-loved symbol of equestrian excellence and the cherished Arabian horse breed, which was bred and owned by Al Shaqab, Qatar Foundation’s equestrian centre, recently passed away following a battle against illness, at the age of 23. The grey stallion leaves behind both a legacy of achievement on both the regional and global stage and a lifetime of memories.

Al Adeed was marked for great things from birth. His sire, Ansata Halim Shah, has his own place in equine folklore as one of the most influential stallions of the 20th Century. His dam, Sundar Alisayyah, produced a series of multiple champions and he was also part of the world-renowned Ansata breeding programme.

On the global equestrian stage, Al Adeed was a consistent recipient of perfect scores in ‘type’ from judges, and a winning machine. Within two years of his birth, he had been named as ‘Champion Colt’ at the 1997 Qatar International Arabian Championships. It was just the beginning of his domination of this event, between 2000 and 2008, he claimed its Champion Stallion crown five times. Champion Stallion at the 1999 Middle East International Championships, the 2002 All Nations Cup, and the 2005 US Egyptian Event all bore the name of Al Adeed Al Shaqab. And, in 2003, he achieved the title of Champion Stallion at the World Arabian Horse Championships.

“The word ‘legendary’ can sometimes be overused in the realms of sport, but it is an entirely fitting way of encapsulating Al Adeed Al Shaqab,” said Khalifa al-Attiya, Executive Director at Al Shaqab. He added, “His achievements and his spirit are woven into the fabric of Al Shaqab and of the proud Arab equestrian heritage, and just as Al Adeed continued the legacy of his own famed sire Ansata Halim Shah, so his progenies have taken forward his own legacy. We will miss him terribly, but he will always be with us.”

The progenies sired by Al Adeed have become prized around the world, with their own extensive list of titles and honours stretching across both Qatar-based events and the regional and international equestrian arena.

HBKU Press holds literary workshop

Hamad Bin Khalifa University (HBKU) Press recently held a literary workshop ‘The Wealth of Minds’, for educators and librarians from co-operating schools at the Student Centre. The workshop highlighted the importance of reading as a tool for developing young minds as critical thinkers and providing the basis for mental exercise that helps develop the brain.

“The goal of this workshop is to provide these teachers, librarians, and administrators with the tools they need to be able to identify the power that literature has in informing and shaping minds,” said Muneera Saad al-Romaihi, Community Outreach Specialist at HBKU Press. “HBKU Press is committed to providing these workshops in line with our mandate to provide valuable resources and training opportunities for the wider community,” she added.

The workshop was led by Latifa al-Ghanem, a former supervisor at the Ministry of Education and Certified Human Development Trainer at IllafTrain. She explored the concept that the human mind is the true source of wealth and that we should treasure the knowledge that makes us wealthier than any material goods. She went on to explain how to use the wealth of mind in practice and demonstrated the importance of reading in our lives.

“I was very happy when HBKU Press approached me to deliver this workshop. I’ve given so many workshops but the ones that are truly successful are those that meet a need in the community. As I was presenting I could see the engagement and interest of the attendees so I was happy to help and contribute to the knowledge of educators in Qatar,” said Latifa al-Ghanem.

Moza al-Mohannadi, from Al Nahdha Primary Girls School, also attended the workshop to learn tips and tricks to encourage reading in the school. “I really wanted to learn new ways of how to get children engaged in reading. As educators, we must foster a positive approach to reading among children and show them what they can gain by reading instead of approaching it as a task. Overall, the workshop was well planned and well executed,” she said.

National Kindergarten celebrates Children’s Day

National Kindergarten at Al Khor recently celebrated Children’s Day. Various cultural programmes and activities were part of the event. The magic show by Jayan Orma, Doha based artist, was the highlight of the celebrations.
DPS-MIS hosts TEDxYouth@DPSMIS

The fourth edition of TEDxYouth@DPSMIS, a student led initiative, was recently held at DPS-Modern Indian School (DPS-MIS). Over 100 people attended the event. The fourth edition was hosted under the theme of ‘Decoding Deceptions’ and aimed to spread the message of critical thinking and to differentiate fact from fiction. The event was conceptualised and executed by a team of 13 students of Grade XII along with the assistance of 17 volunteers. The event hosted a panel of five interdisciplinary speakers. The first speaker was Shefa Ali, a life coach and humanitarian. She spoke about getting the youth involved in volunteering and shared her experiences of climbing Mount Kilimanjaro in Tanzania and her various charity initiatives across United Kingdom. The second speaker was Azza Salah, Founder of SkyClimbers. Azza enthralled the audience with her talk of key business principles, which was followed by Stefan Lindberg-Jones, Founder and CEO of Ginger Camel, one of the top media and production companies in Qatar and the host of the ‘Your Onion’ podcast. Qatar’s foremost business podcast. Stefan spoke about his unconventional path climbing the ladder of success in business while navigating uncharted waters. The fourth speaker was Khansia Maria, Founder of Hope for Tomorrow, an organisation that aims to combat the stigmas surrounding disabilities. Khansa questioned the usual perceptions of disability through her talk and called for a more sensitive and respectful perception of the disabled. The last speaker was Dima Khatib, Managing Director of AJ+ and one of the few female executives in the Arab media sphere. Dima spoke about how we either abort or give rise to our dreams with the help of an illustrator. The management and the Asma Nafees, Principal of DPS-MIS, congratulated the Executive Team and the volunteers on their commitment and dedication towards the planning and execution of the event.

NAKIS holds ‘Read Week’

Noor Al Khaleej International School (NAKIS) recently held its annual ‘Read Week’ for the students of Primary Section. Activities during the week included show and tell, story writing, skits, parent reading, head teachers reading. A book fair was also organised for the students.

OIS hosts ‘Aesthetica’ – an Interschool Art Competition

Olive International School, Nuaija recently hosted ‘Aesthetica’ - an Interschool Art Competition under the theme of Children’s Day. The students used mixed mediums to express their thoughts and feelings. Students from many CBSE schools in Doha streamed in with great enthusiasm to participate in the competition. Sandeep Roy, Art Co-ordinator at OIS, created an opportunity for the students to showcase their aesthetic skills, choose colours and create artworks. The schools that took part in the competition, included MES Indian School, DMS, DPS-MIS, Ideal Indian School, Birla Public School, Pearl Indian School, Shantiniketan Indian School, Bhavan’s Public School, Rajagiri Public School and all campuses of OIS. The judges of the competition included Amit Chakraborty, Head of Department of Arts at DPS-MIS; Abhishek, Art Co-ordinator at OIS Al Thumama; and Sanjay, Art Co-ordinator at OIS Umm Salal. The competition was divided into three categories, Group A for the students of Grade III, Group B for the students of Grade III-V and Group C for the students of Grade VI to VIII. Svetlana Mary Shibu, a student of Shantiniketan Indian School, won the competition in Group A. Aarya Rajesh, a student of Rajagiri Public School, won the competition in Group B, and Punnya Pramod, a student of Birla Public School, won the competition in Group C.
Ali Bin Ali Holding’s Monoprix awarded at DFC Retailer Excellence Awards 2018

Adding yet another award to the Ali Bin Ali Holding portfolio, Monoprix won the coveted Retailer of the Year Award at the Doha Festival City (DFC) Retailer Excellence Awards 2018. According to the press release, the store was also bestowed with the Best Consumer Service Initiative Award as well. Doha Festival City celebrated its grand opening with a VIP Gala Dinner at Mondrian Doha for the region’s first Retailer Excellence Awards. The awards were designed to recognise the Mall’s valued partners, retailers, shoppers and visitors for their continuous loyalty and commitment. The awards night was made even more special with a one-of-a-kind appearance by global superstar Jennifer Lopez. The event was attended by VIP guests and members of the local and international media. Sébastien Farhat, Regional General Manager for Monoprix, was also present at the event. Farhat received the awards on behalf of the Monoprix DFC team. Speaking about the accolades, Farhat said, “We at Monoprix believe in excellence. From getting the best products from around the world to Qatar to the services we offer for our clients, we want to ace it all. Our determination is backed by complete support from the Ali Bin Ali management and complemented by our passionate staff. I want to thank DFC for recognising our efforts and also our customers who make us what we are.”

W Doha Hotel offers the ultimate dining experience with new Market brunch

W Doha Hotel and Residences has recently unveiled a new brunch concept at Market by Jean-Georges, enabling diners and food lovers to enjoy some of the W Doha’s most loved dishes. According to the press release, guests will not only be able to enjoy the open buffet, but they can also indulge in food that will be served straight to their table as many times as they like. Brunch will be served every Friday from 12pm to 4pm where visitors can take in the new live entertainment as part of the weekend treat. The elevated brunch at Market will offer a spectacular spread of some of the Chef’s main courses and Parisian seafood platters, which are brought straight to the table. Doha residents and guests can relish in the all-you-can-eat sushi on-display as well as the endless dessert line-up. All of which are accompanied by non-stop beverages served to your liking. It doesn’t stop there; families will enjoy a great Friday out thanks to the new children’s play area.

Wassim Daaje, General Manager at W Doha Hotel, said, “The food scene in Qatar continues to thrive and people enjoy the social aspect of eating out as families or groups of friends at the weekend. We hope that our selection of brunch dishes with a Parisian twist resonates with our guests. I am personally looking forward to welcoming new and returning diners to experience and enjoy the eclectic brunch and warm vibes at the W Doha Hotel.” Prices start from QR295 per person including selected beverages every Friday from 12pm to 4pm. Also happening on Fridays from 12pm to 4pm is the South East Asian street food brunch at Spice Market, including 5 live cooking stations and an extensive buffet display. Prices start from QR295 per person with selected soft drinks.
Probiotics
What you need to know

Probiotics are microorganisms, or good bacteria, that are beneficial to the human host.

The gut is home to trillions of friendly bacteria which are fundamental to our health.

Friendly bacteria help with:
- Digestion
- Immunity
- Energy
- Skin health

An imbalance in good / bad bacteria

Lifestyle factors such as age, stress, poor diet, antibiotics and exotic travel can lead to dysbiosis - an imbalance of good and bad bacteria in our gut. This could result in some far reaching effects on our health:
- Poor digestion
- Bloating
- Bowel irregularity
- Compromised immune function
- Inflammation in the gut

We have around 40,000,000,000,000 bacteria in our gut.

What causes an imbalance of good & bad bacteria?
people’s social media usage, which largely mirrors daily work schedules and school calendars, is causing a huge amount of “social jet lag” and disrupting their biological clocks, reveals a study that analysed patterns of activity on the social media platform Twitter. Social jet lag — a syndrome related to the mismatch between the body’s internal clock and the realities of our daily schedules — has previously been tied to health problems. The researchers found that sustained periods of low Twitter activity were correlated with sleep patterns, while the nightly lull in Twitter activity shifted to later times on weekends relative to weekdays — an indication of social jet lag.

The magnitude of this “Twitter social jet lag” varied seasonally and geographically. It was also correlated with average commuting schedules, including how many people do shift work, and disease risk factors such as obesity. “When we look at how social jet lag changes throughout the year, we find that the dominant effect by far is the social calendar,” said Michael Rust from The University of Chicago.

“It suggests that humans in modern societies have biological rhythms that are somewhat disconnected from the changing hours of sunlight throughout the year,” he added.

Previously, researchers have measured social jet lag by surveying for differences in wake and sleep times between weekdays and weekends and by using specialised activity monitors. In the new study, reported in the journal Current Biology, the team collected readily available Twitter data for more than 1,500 US counties throughout the 2012-2013 calendar years in 15-minute intervals. Those geographically tagged tweets represented about 2,400,000 people.

Most counties experienced the largest amount of Twitter social jet lag in February and the lowest in June or July. The evidence is consistent with the notion that those patterns are driven primarily by social pressures, including shifting school schedules, and less so by the direct seasonal effect of altered day length.

**LIFESTYLE/HOROSCOPE**

**ARIES**
March 21 – April 19
If the world collapsed today, you wouldn’t bat an eyelash. You’re perfectly content sailing along on cloud nine! The source of your bliss could be that new person in your life. Are you passionately, intensely, wonderfully in love? You can yield to the magic. Let it bring out the positive parts of your personality, but keep your wits about you all the same!

**TAURUS**
April 20 – May 20
You may have had some emotional disappointments lately, but today will restore your faith in love. All you need to do is take action. Your amazing lucidity and realism keep you from hoping for the impossible. You’d rather go to work to attain your goals than dilly-dally with illusions. Indeed, you’re more likely to get results from yourself than from other people.

**GEMINI**
May 21 – June 20
Put on your travelling shoes, Gemini. Fear of the unknown may have prompted you to postpone certain trips. You claimed you were too busy, but no one really believed this, not even you. If an opportunity to travel presents itself today, don’t pass it up. It’s silly to avoid life.

**CANCER**
June 21 – July 22
Something is currently compelling you to be more of a world citizen than usual. Cancer. You may find this somewhat disturbing. You feel as though the roots of your identity, such as your family background and social standing, are dissolving little by little. Comfort yourself with the knowledge that your family is simply changing and expanding. It will stabilise again on another, higher plane.

**LEO**
July 23 – August 22
Your surroundings are currently changing, Leo. Perhaps your circle of friends has already undergone a major change. The fact is that you no longer have so many prejudices about the people you meet, and no longer seek only a certain type of person as a friend. You accept whoever comes along. You may not realise it, but your altitude is completely different now than it once was. Good for you!

**VIRGO**
August 23 – September 22
Virgo, you’re demystifying the concept of talent. You used to look enviously at other people and think, “I wish I had a natural ability like that.” Now you understand that the person who aroused your envy with is just someone who had the self-confidence to go to work and refine and develop an aptitude. It’s a matter of hard work, belief in oneself, and bravery in the face of risk. You can do it, too!

**LIBRA**
September 23 – October 22
Are you thinking of going into business for yourself, Libra? Being self-employed doesn’t automatically mean you will have more freedom. Of course, you will be your own boss, but you will also bear all the responsibility for the success or failure of your enterprise. If you quit, the whole thing will collapse. Think about it. Base your decision on reality and not fantasy.

**SCORPIO**
October 23 – November 21
Within the next few days, you’re likely to gain access to dimensions of perception you never suspected, Scorpio. Perhaps you will become aware of certain energy phenomena, peak experiences, or other highly sensitive states of consciousness. Don’t be frightened. Instead, investigate what these worlds have to offer. What you learn will help you cope with your sensitivity.

**SAGITTARIUS**
November 22 – December 21
Often fiery temperaments like yours are drawn to fight for great causes despite the better judgment of more down-to-Earth people. As a result, you have great leadership potential that may emerge today. Your courage, enthusiasm, and vigour will be contagious when you climb onto your soapbox.

**CAPRICORN**
December 22 – January 19
Your optimism is likely to receive a little boost today, Capricorn. A memorable emotional encounter may be the source of some extra zeal. Or you may derive great satisfaction from being part of a group. The nagging chores of daily life will be forgotten for today at least. The outlook is nothing but positive!

**AQUARIUS**
January 20 – February 18
Perhaps you should suspend your inhibitions for the day, Aquarius, and let your dreams guide you. For instance, you might imagine that the need to make any choices has vanished. Or you might grant yourself a vacation from daily chores. It would certainly be a relief. Who knows? You might conjure up some reality from the stuff of your dreams.

**PISCES**
February 19 – March 20
This is the type of day you enjoy. The climate is positive and the energy is flowing. It’s as though you have a magic wand. You give it a wave and - presto - the day’s tasks and chores are done! By this evening, you’ve scarcely tapped your energy levels. Your family will be very happy to spend some quality time with you.
IN THE OFFICE

BLOTTER  ENVELOPE  PENS
CABINET  ERASER  PHONE
CHAIR  FAX  SHELF
COMPUTER  FILES  STAMPS
COPYER  FOLDER  STAPLER
CUBICLE  PAPER  TRAY
DESK  PENCILS

Codeword

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 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 subgrid contains each digit from 1 to 9 exactly once.

Bound And Gagged

In this puzzle, the goal is to unscramble the letters to form words that are related to the theme of the puzzle.
ACROSS
1. Quickly grasps she's outside and can't squeeze in (8)
5. Getting warmer - and more oppressive (6)
9. Earned for having arrested (6,2)
10. Gold in bulk, found in the bog (6)
12. Look angry about the fish (6)
13. Not a prodigy - and it's not surprising (2,6)
15. Rough stuff (6,6)
18. Take a beating? (6,6)
23. In the church, I perform duties (8)
24. Give the chap time to run (6)
26. Unmoved by the interference (6)
27. What quite a lot of the actors would like? (4,4)
28. Trying to get information about the number you perform (6)
29. Claim the deep brown one, on the inside (8)

DOWN
1. A very good book; really excellent (6)
2. Claim there have been legal involvements at one point (6)
3. So long here I may be a fixture (7)
4. Hearing the hag had left the country (4)
5. She's performing in a role that's most unusual (7)
6. Speaks ill of the country and the Queen on board (8)
7. Trample on, tend to go berserk, carrying a gun (7)
8. The usual' means grated cheese (8)
9. And in class brought out skeletons from the cupboard (8)
10. Hand one over in a rage (7)
11. As the best eggs never are? (6)
12. Round up everybody outside for her (4)

Yesterdays Solutions
Across: 1 Page three; 6 Delve; 9 Steak; 10 Top secret; 11 Staff nurse; 12 Char; 14 British; 15 Stoical; 17 Airship; 19 Patents; 20 Arch; 22 Write notes; 25 On the rise; 26 Insure; 27 Super; 28 Detonated.
Down: 1 Posts; 2 Grenadier; 3 Take flight; 4 Retouch; 5 Exposes; 6 Deed; 7 Larch; 8 Enthralls; 13 Contention; 14 Be at a loss; 16 Construct; 18 Paired; 19 Patient; 21 Cut up; 23 Spend; 24 Pear.
**BOLLYWOOD**

**COMMUNITY**

**Newlyweds Ranveer, Deepika welcomed by a sea of fans**

Newlyweds Ranveer, Deepika welcome by a sea of fans

A sea of fans, camera flashes, and loud cheers welcomed Bollywood’s newlywed couple Ranveer Singh and Deepika Padukone to Mumbai on Sunday morning after their dreamy wedding at the picturesque Lake Como in Italy. The much-in-love duo, smiling ear-to-ear, waved out at the fans and paparazzi, expressing gratitude with folded hands.

Ranveer and Deepika arrived at the Chhatrapati Shivaji International Airport where several fans waited to catch a glimpse.

Deepika wore a straight-cut beige suit with traditional red Banarasi dupatta, with sindoor on her forehead, henna on her hands and traditional red ‘chooda’ (bangles) on her wrists. Ranveer sported a matching kurta-pyjama with a pink Nehru jacket.

Ranveer had his protective arm around Deepika throughout the walk from the exit to the car.

Both of them opted for round sunglasses to complete their look. Ranveer is already a protective and doting husband, as he was seen fencing his wife Deepika from eager fans at the airport.

As soon as they came out of the airport, several fans grabbed the opportunity to get a picture clicked with them. Although they looked visibly tired, Deepika and Ranveer obliged their admirers and happily posed for the cameras.

The couple got married twice, in Konkani and North Indian rituals. The Konkani wedding took place on November 14 and the North Indian wedding happened on November 15.

After their wedding, both stars posted pictures of their wedding on their social media accounts and captioned it with heart emoji.

Ranveer and Deepika will host their wedding reception in Bengaluru on November 21 and in Mumbai on November 28. In Mumbai, they will have another celebration for the film fraternity on December 1.

The couple was dating for over six years before they solemnized their relationship earlier this week. While they kept a no-phone policy for the guests in attendance, both Deepika and Ranveer treated fans to the two wedding photographs.

On the work front, Ranveer Singh next will be seen in Rohit Shetty’s Simmba and Deepika will play real life character of acid attack survivor Laxmi Agarwal in Meghna Gulzar’s directorial venture.

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You must give it back to society or a country, says Twinkle

Actress-writer-producer Twinkle Khanna has said that every individual must give it back to the society or their country “otherwise they would be just an animal roaming around.”

Twinkle Khanna was interacting with media where she was appointed as an artiste ambassador of Save the Children foundation recently in Mumbai.

“I think if you have the platform, then it is your responsibility to use it to help others because if life has given you something then, you must give it back to the society or the country,” she said.

Khanna spoke about her challenges while producing Pad Man because a lot of people told her that nobody will watch a film based on menstrual hygiene.

“We had lot of movies about social problems, and we also had Toilet – Ek Prem Katha. As the world observes November 19 as World Toilet Day, the good news is that India has toilet coverage of 95 per cent. So, I think movies make an impact,” she said.

Twinkle Khanna is known as a true-blue feminist who doesn’t shy away from speaking her mind on various issues. “I would tell you that being a woman or a man is a physical state. We as women must not let our biology hinder us in any way!”

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I can now die happily after working with Big B: Mouni

Actress Mouni Roy, who made her Hindi film debut with Gold, has said that she can now die happily after working with megastar Amitabh Bachchan in her forthcoming film Brahmastra.

“I can die now happily after doing the scenes with him (Amitabh). It can’t get better than that for me working with him in a film,” Mouni said while interacting with media as the newly appointed brand ambassador for RSH Global, a personal care company for their new marketing campaign ‘Beauty by Nature’ recently.

Mouni is sharing screen space with Amitabh for the first time in their forthcoming film Brahmastra.

When asked Mouni if Amitabh gave her any acting advice while shooting for the film, she said, “No... he didn’t give me any specific advice as such while working because Ayan Mukherji used to be there on film sets but I just lost my focus on the day when I was working with him.”

“I was just staring at his face thinking that what an opportunity I have been given because he is legendary as we all know so, I feel very blessed and lucky to have worked with him,” she added.

After making an impressive debut in Gold, Mouni will be seen in Brahmastra along with Ranbir Kapoor and Alia Bhatt. She also has Made in China in her kitty along with Romeo Akbar Walter (RAW).

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**MILESTONE** Mouni feels lucky and blessed after working with Amitabh Bachchan

Rajkummar Rao. She will also star opposite John Abraham in Romeo Akbar Walter (RAW).

When asked Mouni about her work experience with all these actors, she said, “I feel very grateful and lucky to have worked with these people. All of them have been extremely supportive. They all are such giving actors so every day, I thank them.”

Reacting on Ranveer Singh and Deepika Padukone wedding, Mouni said, “I wish them a very meaningful and loveliest journey ahead and they are my favourite couple.”

Brahmastra is a fantasy film written and directed by Ayan Mukerji and produced by Karan Johar. It is scheduled to release on Christmas 2020. – IANS
Hailey Baldwin changes last name to Bieber

Model Hailey Baldwin subtly confirmed her marriage to pop singer Justin Bieber.

“Hailey Rhode Bieber,” the daughter of Stephen Baldwin and Jessica Queller. "Our dream actor to play the iconic role of Lex Luthor," said Rovner and Queller.

Cryer set as Lex Luthor in Supergirl

Actor Jon Cryer has been cast as Lex Luthor in the Supergirl series. The move marks a return to series television for Cryer, who won two Primetime Emmy Awards for his work on the long-running comedy Two and a Half Men, reports variety.com

By Rick Bentley

Sarah Silverman has loved the opportunities her unique voice has given her to work on animated projects such as The Simpsons, Drawn Together, American Dad! and Futurama. Nothing compared to the chance to step behind the microphone for the 2012 Disney animated feature Wreck-It Ralph to speak for the spunky arcade game character Vanellope von Schweetz. And, she feels even happier to return to the role for the sequel, Ralph Breaks the Internet, opening on Wednesday.

"I had done voice-over work, but this character was really special," Silverman says. "This is a character that feels really close because I am playing my own inner child. In the first movie, she was a glitch and she made that her superpower.

"That is a lot like when I wrote the book, The Bed Wetter: Stories of Courage, Redemption, and Pee (Harper Perennial), that talks about the humiliation of being a bed-wetter and thinking that would be the deepest, darkest secret of my life. Then I grew up to be a comedian and it became this rock, this piece of strength in me because if people are going to boo me or hate me, I already know what humiliation feels like.”

Silverman’s character is facing a new challenge. There’s a restlessness in Vanellope that she doesn’t quite understand until she and fellow arcade character Wreck-It Ralph (John C. Reilly) have to go into the Internet to find a way to keep Vanellope’s Sugar Rush game going. While searching for the solution, Vanellope discovers a much more exciting driving game, Slaughter Race, and begins to look at a different kind of future.

This is all done while Vanellope and Ralph share a deep bond forged through their first adventure but tested in the new film. The way the two characters connect comes from how much Silverman and Reilly put into their recording sessions. Generally actors will be alone in the booth, but Ralph Breaks the Internet directors Rich Moore and Phil Johnston allowed the two actors to record together.

Silverman found getting to record with Reilly gave them more freedom to improvise. They had so much fun together the recording sessions would run at least an hour longer than expected, plus they resulted in a lot of R-rated material that didn’t make the film. Reilly called it a treat to be in the recording studio with Silverman again.

"In a way, like our friendship has aged five years since the last film, so it tracks in a way with Ralph and Vanellope. It was a real treat to be able to start at a place of intimacy with Sarah and with Phil and Rich and everybody," Reilly says. "We learned how to work together on the first film. And we built these characters and the story together, so that when it came time to start this one, we could start from a very advanced place in terms of the kind of conversations we could have about the relationships and all that.”

The pair got together numerous times as with all scripts for animated projects, scenes were re-written through a large part of the process. Silverman didn’t mind because of how much she likes working with Reilly and because each change made the script come across to her as more layered.

Another reason Silverman loved working on Ralph Breaks the Internet was the opportunity to sing a tune composed by Alan Menken. One of Silverman’s favourite musicals is Little Shop of Horrors, which Menken wrote with Howard Ashman. The tune Menken wrote for Ralph Breaks the Internet is part of the storyline where Vanellope is told she’s not entirely a Disney princess until she has her own song where she croons about what she wants in life.

As for what her reaction would be if the song got nominated for an Oscar for Best Song and she had to perform A Place Called Slaughter Race, Silverman laughs and says she’s ready. In fact, when she was originally recording the number, Silverman kept talking about when she performs at the Oscars which notes will have to be sweetened because she would not be able to hit the high notes. – TNS
Visiting scholars eulogise Aks-e-Yusuf at its launch

The book is written by Yusuf Kamal Bukhari, late father of M S Bukhari, and contains an anthology of 16 selected essays and articles on different topics.

By Mudassir Raja

Bukhari Foundation Qatar recently organised a book launching ceremony for Aks-e-Yusuf (Reflections of Yusuf), a book containing an anthology of 16 selected essays and articles on different topics written by Yusuf Kamal Bukhari, late father of Muhammad Sabih (M S) Bukhari, a Doha-based Indian entrepreneur.

The book contains research articles on different topics, ranging from archaeology to religion. The book is compiled by Nadeem Mahir, a Qatar-based Urdu poet and writer. It was published in Doha in July this year.

The ceremony, held at Radisson Blu Hotel, was attended by a selective gathering of notable personalities. Professor Pirzada Qasim, Vice Chancellor of Ziauddin University Karachi, Pakistan and a known poet, was the chief guest at the event. Professor Akhtarul Wasey, President of Maulana Azad University, Jodhpur, India, and a noted Islamic scholar, and Professor Shafey Kidwai, Head of Mass Communications at Aligarh Muslim University India, were the guests of honour. Faisal al-Suwaidi, Assistant Director at Ministry of Culture and Sports, officially represented the ministry as a special guest. The event was compered by Usha Ravishankar.

In his welcome speech, M S Bukhari said, “I am too emotional to talk about the book and my father. To highlight his research work is not the only reason for putting his works into the form of a book. I have actually done this for myself. I have brought forth the book just to show my respect to him. My father died in 1996 and I left Bhopal a long time ago to earn livelihood. I couldn’t get much time to know my father as a scholar or writer. I did not know about his research works until few years ago when I got a chance to enter his small library at our old house in India. When I got to know about his works, I felt sorry for myself for not being aware of my father’s scholarly works. This is the first edition in Urdu. I thank my family for all their support and Nadeem Mahir, who carried out the research and selected the best articles for this book. He went to Bhopal and spent a lot of time to do the research. Nadeem has done all this for free and only for the sake of the research.”

He added, “My father had post graduate degrees in History and Persian. After his education, he joined Indian Administrative Services. My father was at home in Urdu, Hindi, English, Persian, Arabic, French and German languages. He had carried out research works and wrote about different issues ranging from archaeology, history, social issues and Islam. He was also adept at museology. While working with the archaeology department of India, he restructured and re-established many museums in France, US, Canada, Australia, Spain, Yemen, and Algeria during 1950s and 60s.”

Speaking about the book, Nadeem Mahir said, “Yusuf Kamal had a versatile personality. Through this book, I have only brought to light his invaluable works. The book was initially launched in India few months ago. We have received a lot of appreciation from different libraries in India for the book. Yusuf Kamal has done a lot of work in archaeology, history, religion and other social issues.”

He added, “The essays included in the book are about different topics including Islamic architecture in India, architecture in the era of Amir Khusrow, architecture during times of Sikander Begum in Bhopal, history of world manuscripts, advent of Urdu script, teachings of Prophet Muhammad (PBUH), Qur’an, inter-faith harmony, rights of neighbours, status of women in Islam and contemporary society, and the Muslim and India history.”

Professor Qasim said, “A book is a source of conveying one’s knowledge and experience to other people. The book culture should be appreciated. My love and respect for M S Bukhari has proved to be a responsible son. It is always the duty of a son to share the accomplishments of his father with the coming generations.”