The Association of Filipino Realtors and Entrepreneur Executives in Qatar organise The Philippine Agriculture Livelihood and Reintegration Conference-Qatar.

Dr Naif al-Mutawa talks about different psychological problems faced by the people.

Trying times

With or without criminal records, some immigrants in the US spend several years in detention. P4-5

Pop Spot

Wes’ Mo Bamba is a hot property

Page 14

Showbiz

Fanboy in me for Big B, SRK will never die, says Sidharth

Page 15
Pihu
DIRECTIONS: Kapri Vinod
CAST: Pihu Myra Vishwakarma, Prerna Vishwakarma
SYNOPSIS: A two-year-old girl wakes up the morning after her birthday party to find the house in a mess, her father missing and her mother motionless in bed. The trailer describes the situation as ‘every parent’s nightmare’, but that is hardly apt when parents themselves are responsible for their child being stuck in these circumstances. What it is, is pretty much every watching human being’s nightmare. Because as tiny Pihu’s struggles in her home unfold, the realisation dawns that there are few things in this world our species fears more than physical harm to babies and children.

THEATRE: The Mall

Pihu
DIRECTIONS: Kapri Vinod
CAST: Nina Dobrev, Vanessa Hudgens, Tone Bell
SYNOPSIS: A group of interconnected people in Los Angeles are brought together by their lovely canine counterparts. Elizabeth is a charming anchorwoman who seeks advice from her dog’s therapist. Tara is a spunky barista who dreams of a life beyond the coffee shop. Daisy is a dog walker who’s enamoured with a client. Garrett pines for a woman while trying to keep his adopt-a-dog business afloat. The beloved canines in their lives soon start to influence their careers, friendships and romantic relationships in funny and unexpected ways.

THEATRES: Landmark, Royal Plaza

Community Editor
Kamran Rehmat
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Telephone: 44466405
Fax: 44350474

Quote Unquote
“There is only one happiness in this life, to love and be loved.” — George Sand

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 Assitance Technology Centre 44504050
Qatar News Agency 44490205
44490333
Q-Post – General Postal Corporation 44464444

Humanitarian Services Office
(Single window facility for the repatriation of bodies)
Ministry of Interior 40253371, 40253372, 40253369
Ministry of Health 40253370, 40253364
Hamad Medical Corporation 40253364, 40253365
Qatar Airways 40253374
Katara Dhow festival
WHERE: Katara
WHEN: Ongoing
TIME: 3:30pm – 10pm
Be there to witness exciting activities and events at Katara 8th Traditional Dhow Festival, scheduled to take place at Katara’s beach. During the month of November be there and experience the cultural heritage of Qatar.

Street Food Festival
WHERE: Sheraton Hotel Park
WHEN: Ongoing till November 24
TIME: 6pm onwards
Street Food Festival is an event for all residents and visitors of the State of Qatar from ongoing till November 24.

The Talent Factory is having an acting monthly course for kids and adults. Gentë Retkocië Rrahmani, 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 QR800. For further details, contact 55646693, 55824194 or e-mail at actingclassesdoha@gmail.com.

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 33897609.

Youth Empowerment Workshop Series
WHERE: The Pearl, Doha
WHEN: Ongoing till December 1
TIME: 9am – 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.

Meditation Retreat
WHERE: Banana Island Resort
WHEN: Wednesday – Monday
Peaceful connection with nature by participating in meditation. The silence of a paradise beach as your senses are lured 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.

After School Activities
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 31897609.

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.

Compiled by Nausheen Shaikh. E-mail: gflisting@gmail.com, Events and timings subject to change.
Trail of injustice

Transactional Records Access Clearinghouse report shows that when it comes to how long an immigrant can spend in detention, it doesn’t always make a difference whether the person has a criminal history, finds Andrea Castillo

It’s not about what’s best for families, or even what’s best for this country (the US). There really isn’t a pattern to any aspect of immigration detention

— Christina Fialho, co-executive director of advocacy Freedom for Immigrants

In 2003, Kenyan immigrant Sylvester Owino was convicted of second-degree robbery in San Diego. He finished a more than two-year prison sentence and was transferred to the Otay Mesa Detention Center as Immigration and Customs Enforcement began removal proceedings against him.

Owino applied for asylum but almost 10 years went by before he was released from immigration detention in 2015. The long years in detention for Owino might seem the simple byproduct of his criminal record — were it not for cases like those of two Rwandan men being held 2,500 miles away in Virginia.

The men have been at the Farmville Detention Center since February 2007 — longer than any other immigrants in the US. But no crimes blot their history in the US.

Two dozen other detainees in California alone have spent more than three years in ICE custody, according to a data obtained through a public records request by the Transactional Records Access Clearinghouse of Syracuse University and released last month. Most of them, like Owino, have already served time for criminal convictions.

The longest detained immigrant in the state is a Mexican man whose most serious criminal conviction is drug possession. The man has been at the Imperial Regional Detention Facility in Calexico, California, since December 2012.

According to TRAC data, ICE classified the conviction as a “Level 3,” which is the agency’s lowest seriousness level and includes misdemeanour offences and other minor violations of the law. An ICE spokeswoman said she could not provide other specifics about any case without a date of birth or “alien number,” which is used to track detainees.

The TRAC report provides a snapshot of ICE detainees around the US through June. It also shows that, when it comes to how long an immigrant can spend in detention, it doesn’t always make a difference whether the person has a criminal history.

Nationally and in California, the majority of the more than 44,000 detained immigrants have no criminal convictions, according to TRAC data. Among those with criminal histories, the most common convictions include illegal entry, DUI and assault.

“It’s not about what’s best for families, or even what’s best for this country,” said Christina Fialho, co-executive director of Freedom for Immigrants, which advocates for ending immigrant detention. “That’s indicative of the system as a whole; there really isn’t a pattern to any aspect of immigration detention.”

ICE spokeswoman Lori Haley said no category of immigrants is exempt from enforcement. She said ICE also analysed its detainee population in June and found that 54 percent of detainees had a criminal conviction — or pending charges, and that 70 percent were subject to mandatory detention.

“These figures reflect appropriate allocation of limited resources,” she said.

People who are subject to mandatory detention are not entitled to a bond hearing and must stay in detention while they are in removal proceedings. Haley said federal law mandates the detention of people who arrive at ports of entry, are subject to expedited removal and are convicted of certain crimes. Immigrant rights groups say ICE has the discretion to release anyone.

The majority of detainees had been in ICE custody only for a few months when the numbers were released to TRAC.

But the varying detention cases illustrate the complicated nature of immigration law — a patchwork of legislation put together over the years and modified by administrations, policymakers and case law, said Judge Ashley Tabaddor, who leads the National Association of Immigration Judges.

The Department of Homeland Security, which oversees ICE, also has “a lot of leeway and discretion, particularly at the outset, in terms of determining someone’s detention status,” she said.

Private companies run most of the nation’s detention facilities. It costs the federal government $134 a day on average to maintain one adult detention bed, according to ICE’s fiscal
People from Mexico and India make up about half of the nearly 5,800 detainees in California, with smaller numbers coming from Guatemala, El Salvador and Honduras, the data show.

The vast majority of detainees from India have no criminal convictions and only one Indian person out of more than 1,100 detained in California is labelled an asylum seeker. But The Times reported recently that a growing number of California detainees are Indians crossing through Mexico to seek asylum.

Similarly, just 48 people detained in California were labelled as legal residents.

Fialho, of Freedom for Immigrants, said those numbers seem too low.

David Bier, an immigration policy analyst at the Libertarian Institute, said ICE should focus on detaining people who are likely to pose a risk to US citizens, taking into account the social cost of different crimes, the likelihood that a person could reoffend and flight risk compared to the cost of detaining them.

“All of those resources that are going into detaining those people who haven’t committed any kind of serious offence are resources that are going away from tracking down people who are a threat,” he said.

In September, news outlets reported that then-Attorney General Jeff Sessions planned to review a court case that, if overruled, would cause most asylum seekers to remain in detention indefinitely while their claims are processed. Currently, asylum seekers who enter the US illegally are allowed a bond hearing before an immigration judge.

This year, the Supreme Court determined in Jennings vs Rodriguez that immigrants are not entitled to periodic bond hearings and sent the case back to the US 9th Circuit Court of Appeals for further litigation. At issue in another case the high court heard last month, Nielsen vs Preap, is whether immigrants convicted of certain crimes should be exempt from mandatory detention after they are released from custody if ICE doesn’t detain them immediately.

Fialho said half of the more than 7,000 people her organisation worked with the first three months of this year had spent two to four years in detention. She said the Trump administration’s hardline stance on immigration enforcement means ICE agents no longer have incentive to use their discretion to release people from detention.

Many people remain in detention because they can’t afford to pay a bond, Fialho said. Judges have the discretion to set the amount — at minimum $1,500, though the median amount nationwide is $7,500, according to another TRAC report. Others remain in detention because they aren’t eligible for release.

Immigrants who are ordered deported have the right to appeal. For people who are subject to mandatory detention, that can mean years of waiting from inside a facility.

That’s exactly what happened to Owino, who fled Kenya in 1998, arriving in the US on a student visa after he said he’d been jailed, beaten and threatened by the government.

It took two rounds of appeals to the Board of Immigration Appeals and then the 9th Circuit Court of Appeals before he was granted bond, with the help of Fialho’s organisation, in 2015. He spent nine years in immigration detention. His asylum petition remains ongoing.

Part of what kept Owino in detention for so long was something that binds many immigrants whether they were arrested for a crime: determination not to be deported. Owino said there were days he considered accepting deportation, as others had, just to get out.

Owino’s next court date is in January. Meanwhile, he’s glad to be with his wife and 3-month-old daughter on his time off from running a Kenyan food truck in San Diego.

“Just to get out,” he said.

He said it’s difficult to fight a deportation case from detention. He didn’t have a lawyer half the time because, unlike in criminal proceedings, immigrants are not entitled to court-appointed attorneys. But he considers himself an example of what could happen if more detained immigrants were granted bond.

“We can leave our mistakes behind and push forward,” he said.

“No one should be detained that long.” — Los Angeles Times/TNS
PALRECQ highlights initiatives for Filipino expats

The Association of Filipino Realtors and Entrepreneur Executives in Qatar (AFREEQ), in association with LiQha Creative Arts, recently organised The Philippine Agriculture Livelihood and Reintegration Conference-Qatar (PALRECQ), the 4th instalment of Philippine Property and Investor Show - Qatar 2018 (PPISQ 2018), at the Intercontinental Doha. Major topics discussed during the event included contemporary livestock farming opportunities and latest Philippine government initiatives for Filipino expats.

The conference kicked off with Qatar and Philippines national anthems by Maharlikan Vocal Ensemble Philippines. Joseph Timothy Rivera, Chairman of AFREEQ, welcomed the gathering. Charito B Plaza, Director General of Philippine Economic Zone Authority (PEZA) spoke about the benefits of agro economic zone opportunities in the Philippines at the event, which was followed by a presentation by Astravel Pimentel Naik, Executive Director of the Commission on Filipinos Overseas (CFO) under the Office of the President of the Philippines, who highlighted the basic elements of proper lifestyle, savings, investment, reintegration and government support for Filipino expats.

Eric Fructuoso, COO of StarNet, along with Arnel Cowley, Business Development Manager of StarNet, were the celebrity guests at the event. Filipino Fitness and Health Qatar, performed a zumba dance which was followed by Filipino folk songs, played by the students of Philippine School Doha. Cultural and contemporary presentations were also put up by the students of Philippine International School in Qatar at the event.

Various agricultural investments and business opportunities were presented at the event. The session was led by Dexter Villamin, President of DV Boer. The prospects of microfinance were also discussed during the interactive session by Gilbert Buga, President of DV Microfinance. Sandy Santos, President of DV Boer Foundation, presented comprehensive aspects on the company’s livestock stewardship programmes. The event also featured raffle draws for a round trip tickets by Philippine Airlines, Hotel vouchers from Megaworld International and T-shirts from the DV Boer Foundation.

SIS celebrates Children’s Day

Shantiniketan Indian School (SIS) recently celebrated Children’s Day to mark the birth anniversary of Jawaharlal Nehru, the first Prime Minister of India. Various dance performances were part of the event. The highlight of the celebrations was a performance by Namyla Abdul Lathief, a student of Grade KG II. Dr Subhash B Nair, Principal of SIS, attended the event and wished students a very happy Children’s Day on behalf of the entire SIS family.

Contingent from NIS observes SpaceX Falcon 9 rocket

The students of Noble International School (NIS), under the leadership of Shibu Abdul Rasheed, Principal of NIS, recently observed the SpaceX Falcon 9 rocket that lifted off to place Qatar’s Es’hail-2 satellite in the obligatory orbit. The satellite promises to secure communication for over 16 years.

“It was thoroughly an honourable moment for Qatar and a wonderful experience for our students,” said Shibu. Thirty-six students along with Jayamon Joy, Vice Principal of NIS, Shihabudheen, Head of Session at NIS, and seven other teachers were part of the contingent. “We thank Nasa for providing this wonderful opportunity to observe the launch and also wish Qatar best wishes for their scientific extension,” said Basheer K P, General Secretary of NIS.
Students, staff members of DPS-MIS attend workshop

Twenty-four students along with the staff members of DPS-Modern Indian School (DPS-MIS) recently attended a workshop ‘Health and Hygiene’, organised by Souq Waqif (Al Wakrah). Amir Khan and Sanghamitra Roy, staff members at DPS-MIS were part of the contingent. The workshop was conducted by Dr Abdullah who explained about the health and hygiene required in the process of purchasing and consuming fish. He also differentiated between healthy (fresh) and unhealthy (stale) fish. He highlighted the role of eyes in identifying and differentiating fish. He also told the attendees about the 55 species of fish found in and around Qatar.

DSGD appoints new Director of Marketing and Admissions

Durham School for Girls Doha (DSGD) has recently appointed Samantha Whay-Jenkins as Director of Marketing and Admissions. Speaking about her new appointment, Samantha Whay-Jenkins said, “I am thrilled with my new appointment at Durham School for Girls Doha. Operating in partnership with Durham School UK, one of England’s oldest and most prestigious schools, I am certain that Durham School for Girls Doha will help empower young girls in Qatar to achieve their full potential whilst benefiting from the very best British education available in the region.”

In her current position at Durham School for Girls Doha, Samantha will lead the promotion of the school and will also be the key point of contact for all families interested in the school, accompanying them from the enquiry and initial interest stage right through to their first day at school. Samantha will also lead on internal and external communications working with suppliers and stakeholders to promote the school at a local, national and international level.

Samantha has also been recognised in the Queen’s Birthday Honours list 2018 with an MBE for services to Education and promoting British Business. She was the lead on an extensive 7-year training plan with the Ministry of Education in Panama, designed to raise the overall competence and professionalism of English Teaching Staff throughout the country and was instrumental in the setting up of King’s College Panama where she was responsible for all logistical and support functions and also all aspects of staff professional development. Since 1990, Samantha has been involved in training and is recognised as one of the leading professionals in leadership, communication and customer service. She has worked as a training supplier, as an internal trainer and Training Manager and ran her own Training and Coaching Business between 2008 and 2012, offering consultancy in areas including communication, management and leadership, team development and coaching to both national and international companies.

DC shortlisted at the Tes Independent School Awards 2019

Doha College has recently been shortlisted for the ‘International School of the Year’ award at the Tes Independent School Awards 2019. The Education Specialists (TES) was established in 2002 and are industry leaders in bespoke recruitment for schools and colleges worldwide. Their awards programme singles out the most outstanding individuals and institutions that the independent education sector has to offer. Doha College stood out amongst other schools that accredited to successful implementation of High Performance Learning (HPL), and its exceptional examination results. Dr Steffen Sommer, Principal of DC, said, “I am absolutely thrilled that our school has been shortlisted for a Tes Independent Schools Award in the category of International School of the Year 2019. We have worked incredibly hard on the introduction of High Performance Learning (HPL) which has now become our mantra, not only in the academic progress of our students, but also pervades all areas of the school, be it teaching and learning, welfare of students, our Extra Curricular Activities programme or indeed all central services that help the school operate efficiently. As the first HPL school in the world, we feel privileged, honoured, and at the same time, called upon when it comes to educating the future. We are the proof that all students, whatever their perceived potential, can do well. If they enjoy their learning and are given ample opportunities, they will be motivated and engaged.”

Ann Mroz, Tes editor, stated about this edition of the awards, “Independent education is one of our great success stories. And those shortlisted for the Tes Independent School Awards are the crème de la crème. We received a record number of entries this year and the standard is the highest yet, so to be shortlisted is an extraordinary achievement for any school.” The winners will be revealed at a gala awards evening in London, UK, on February 01 2019.
MES introduces ‘water bell’ session

MES Indian School recently introduced a ‘water bell’ session during the school hours. The objective aims at promoting awareness of the health benefits of drinking water among children. As per the programme, a short bell is scheduled at 11am to facilitate all the students to drink sufficient water being carried by them in water bottles in the presence of the teacher concerned. “Many children are oblivious to the importance of sufficient intake of water, and regard drinking water as the poor alternative over soft drinks. It is also found among students to go six or seven hours without a single drink, and those who do drink usually drink less than they need. Hence, with the introduction of ‘water bell’ session, we can bring about a desirable improvement in students’ performance level,” said Hammeda Kadar, Principal at MES.

Students of SIS excel at ‘Scintilla 2018’

The students of Shantiniketan Indian School (SIS) recently won six awards at ‘Scintilla 2018’, an Inter School Competition, conducted by Rajagiri Public School. Ten students from SIS participated in the event. SIS bagged an overall second position in the competition. Winners were awarded with trophies and certificate of appreciation.

CIFD organises blood donation drive

Gharaffa Campus of Compass International School Doha (CISD) recently invited a mobile Blood Donation Unit from Hamad Hospital, following an urgent appeal for blood donations. Staff members of CISD along with the parents of the students donated blood and participated actively in the campaign. CIFD has also been presented with a certificate of acknowledgement.

NAD organises seminar on organic farming

Nammude Adukkalathottam Doha (NAD), affiliated to Indian Cultural Centre (ICC), under the aegis of Embassy of India, recently hosted an event ‘Jaiva Karshikolsavam’, a seminar on organic farming combined with musical, comedy and cultural programme at International British School, Madinat Khalifa. The seminar was conducted by Gopu Kodungallur, Agriculturist and prominent Cine and mimicry Malayalam artist from Kerala. Kalabhavan Navas was the celebrity guest at the event. The seminar highlighted the organic farming practices and addressed all the concerns and queries related to it. The event was inaugurated by Milan Arun, President of ICC. Trophies were distributed to best farmers considering their outstanding efforts in the previous season including Jyothi Thomas, Jumna Saju, Jiji Aravind, Sudha Nair, Niza Syad, Madhavi Kutty, Sathi Devi, Rema Siroz and Aisha Jawahar received an award in the category of Best Farm co-ordinator category.
EAA Foundation's programme kicks off the iEARN-Qatar Programme

Education Above All (EAA) Foundation, through its programme Reach Out To Asia (Rota), recently kicked off the International Education and Resource Network (iEARN) Qatar Programme by hosting two workshops for teachers in Qatar. A group of 40 teachers from 13 governmental and private schools attended the iEARN teacher training workshop, providing the opportunity for teachers and students in Qatar to collaborate with an online network of educators and learners across 140 countries. Commenting on this occasion, Shamma al-Dosari, Online Education Specialist at EAA, said, “Through the iEARN-Qatar Programme, we are pleased to join forces with the National Centre for Educational Development (NCED) in Qatar University for the purpose of bringing together educators and students to collaborate and work on projects that will enhance global citizenship. The programme ultimately allows professional development for educators by including the integration of technology and project-based learning into their curriculum, and enables young people to make a meaningful contribution to the health and welfare of the planet and its people by being effective agents of positive change. We thank Muntajat for their generous sponsorship of the iEARN-Qatar programme.” Salwa al-Kahlout, Project Based Learning Specialist at National Center for Educational Development, said, “Through the application of Project-based Learning in government schools in Qatar, NCED seeks to deepen and consolidate the educational competencies of students. Project-based Learning is the embodiment of theoretical knowledge, offering opportunities for application, experimentation, and innovation that enhance the skills and competencies needed in life-long learning and problem solving. This is what the Professional Development Specialists at NCED focus on as they provide training and guidance to teachers and students during the process of the project. They strive to ensure the implementation of methods in research, investigation, problem solving, creative thinking, co-operation and communication. The partnership with iEARN-Qatar programme, provides students with opportunities to connect with peers from around the world and exchange knowledge of global cultures, issues and world problems. This paves a path for solutions thus contributing towards building a secure and meaningful digital and global citizenship.” Furthermore, an Open House is organised as part of the EARN programme, which gives students the chance to display their work and showcase their projects for an audience of educators, parents and seniors from various organisations.
6 TASTY RECIPES TO HELP HEAL YOUR GUT

- Chicken Zoodle Bone Broth Soup
- Rejuvenating Celery Juice
- Ginger & Slippery Elm Tea
- Probiotic Superfood Burger
- Gut-Healing Smoothie
- Anti-Inflammatory Turmeric Milk
Social media hikes negative perception of bodies in girls

While social media like Facebook and Instagram blurs the difference between reality and fantasy, how young women interact with online images can affect the way they feel about their own bodies, say researchers.

The study showed that young women who actively engage with social media images of friends who they think more attractive than themselves are more likely to feel worse about their own appearance later.

“The results showed that these young adult women felt more dissatisfied with their bodies. They felt worse about their own appearance after looking at social media images of someone that they perceived to be more attractive than them,” said Jennifer Mills, Associate Professor from the York University in Canada.

For the study, the team included 118 female undergraduate students from diverse ethnic backgrounds aged 18 to 27 years old.

Participants were asked to log into Facebook and Instagram for a period of five or more minutes and find one peer that was the same age who they felt was more attractive than themselves.

After looking at the photos, each participant was asked to leave a comment of their choice.

Findings, published in the journal Body Image, showed that participants’ views of their own appearance were not affected when interacting with their family members.

Particularly in this age group (18 to mid-20’s) appearance is very important, and women care a great deal about how they are perceived by other people. They are also most likely to use social media, according to the researchers.

“We really need to educate young people on how social media use could be making them feel about themselves and how this could be even linked to stringent dieting, eating disorders or excessive exercise,” Mills noted.

— IANS
Wordsearch

LUFTTSBEHICLS
OTAFOUDYNAALLE
FWSDURIESOFCAT
GIIFHESFTSHOFP
SEFCSFPDAOFEYF
RYOIFOLYUEUGFBMW
YTLOYSGPNFHYEO
GULUOFNFIOFRTL
FDOSFIENROITOPAO
FFBOWNPOLGHOIIF
EFNOTSUCFSYYCCF
NOVEFIBOFFHIEI
DSAFTYVFPPFIDBFN
FTOVYEOLFOFCWFG
DANHFFOOVFFIEOB

Starting Off

OFF DUTY  OFFHAND  OFFSET
OFF SEASON  OFFICE  OFFSHOOT
OFFAL  OFFICIAL  OFFSHORE
OFFBEAT  OFFICiate  OFFSIDE
OFFEND  OFFICIOUS  OFFSPRING
OFFENSIVE  OFFING
OFFER  OFFPRINT

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

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Bound And Gagged

You actually paid him to throw a fight with killer Johnson?
Super Cryptic Clues

ACROSS
1. Does he greet the guests at the thieves’ party? (8)
5. Gets through to the doctor, having ailments (6)
10. What the petty arsonist is to the police? (7,8)
11. Post at the meeting-place (7)
12. Rank, date of birth and ancestry (7)
13. Strong to the last, fighting the fight against time (8)
15. Spills about fifty pairs of trousers (5)
18. Plays with boats on the lake (5)
20. In principle, people should have accommodation (8)
23. Vegetable casserole, mine, in the pot cooking (7)
25. Finds it impossible, once back in the restaurant (7)
26. The first conviction of the day? (7,8)
27. Shut up and find a way through the morass (6)
28. Regard as deliberate (8)

DOWN
1. Won’t have it, in short, again (6)
2. The role of the eccentric (9)
3. First I mistakenly nail it in (7)
4. The breakfast cooking does encourage one (3,2)
6. Is indignant when the rest brawl about the money (7)
7. Leaving Ireland again upset her (5)
8. Recognise the facts and understand the meaning (3,5)
9. Even if it is terribly hot, contrived to laugh about it (8)
14. As a businessman, anxious (9)
17. Leaves the undergarments unworn (5,3)
19. Get us up when the siren goes off: it’s very early (7)
21. Notes the time (7)
22. At last, are struggling to make themselves popular (6)
24. Pays for the said foodstuffs (5)
25. I believe in colour for the interior of the house (5)

Wordsearch

Answers

Yesterday’s Solutions

Across: | Snatches; 5 Closer; 9 Pullled in; 10 Morass; 12 Regard; 13 No wonder; 15 Coarse fabric; 18 Accept defeat; 23 Minister; 24 Manage; 26 Static; 27 Good part; 28 Nosing; 29 Maintain.

Down: | 1 Superb; 2 Allege; 3 Cheerio; 4 Erim; 6 Leonora; 7 Slanders; 8 Restrict; 11 Gone off; 14 Trodden; 16 Parmesan; 17 Scandals; 19 Passion; 20 Abandon; 21 Canada; 22 Beaten; 25 Lola.

Codeword

| BANANA ARMCHAIR HINT NOTEON FIRE | AQUEDUCT EXTORT TURK AZ C | TIPPOFFS HEARSAY JO CA | PREFIX ANYWHERE ER HE ND A | GAUCHO ILLUSIVE LOUT L A | FLAMINGO OWNERS YB DR WG K |
Wes’ Mo Bamba is a hot property

One song can sometimes make a career. This is certainly true for New York rapper Sheck Wes.

Wes has become a hot property thanks to his track, Mo Bamba. Not only did Travis Scott want to sign him to his Cactus Jack label but Kanye West also wanted his signature on a contract with GOOD Music. As it transpired, the two stars opted to share Wes with his work also being released on the Universal Music Group’s Interscope and Polydor labels.

“Mo Bamba” has since been used to soundtrack the NBA 2K19 video game and Instagram posts by the likes of Hailey Baldwin, Odell Beckham Jr and Quavo.

Wes’ manager readily admitted that the agency was aware of the song before it became a hit.

The song was released by one of the Yeezy Season 3 show at Madison Square Garden. That was epic. It was this modelling which effectively ended any hope of a college basketball scholarship.

“The title reflects where I’m at in the team. That was tough because I love playing basketball. But I was already working on music. I had some songs online.”

Wes was part of a rap group called The Mill but had already performed solo in New York.

“I rapped, played basketball and made clothes. I actually had screen-printing gear in my house. I also got into fashion modelling. I was part of the Yeezy Season 3 show at Madison Square Garden. That was epic.”

“We both played basketball but I never had any thoughts about the NBA. I might have got a scholarship to play college basketball but music got in the way. I connected with Mo on different levels. We were the children of African immigrants. Mo’s family came from the Ivory Coast and mine from Senegal.”

They were also moved around by their religious leader. It could solidify my Islamic beliefs but I didn’t want to stay for two years. My dad was the advocate for my coming back to New York. His take was that he left Africa for me to have a better life. But I came to the religious leader with a complaint. The only thing I did was get knowledge from my time spent in New Hampshire and Pennsylvania. We got into music while living in Milwaukee, Wisconsin, and had his career interrupted by a spell in Senegal.

“My mom told me it was for a few days in a religious education centre. It was only after I got there that my mom told me it was for a couple of years. I felt betrayed. I got knowledge from my time there and it did solidify my Islamic beliefs but I didn’t want to stay for two years.”

“Wes first began making music aged nine. At 11, he was part of a rap group called The Mill but had already performed solo in New York.”

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“I skipped a playoff game for the Season 3 fashion show. This ruined my relationship with the coach. Things got so bad that I quit the team. That was tough because I love playing basketball. But I was already working on music. I had some songs online.”

Wes remarked. “Me and Mo Bamba grew up together in the same neighbourhood. He was always telling me to throw his name into a song.”

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Wes was about to sign his deal with Cactus Jack when Kanye heard the first take energy. The only thing I did was add a few ad-libs over the original rap. The whole thing only took about 20 minutes.”

Mo Bamba has since been used to soundtrack fashion shows, a horror film The First Purge, the NBA 2K19 video game and Instagram posts by the likes of Hailey Baldwin, Odell Beckham Jr and Quavo.

“Drake even had me perform Mo Bamba at one of his concerts. I’m getting all kinds of love from a lot of very important people.”

MuDBoy, his recently released debut album, represents the next stage of his career. It has so far peaked at number nine on the Billboard 200.

“The title reflects where I’m at in the business. A mudboy is someone who is still at the hustling stage. He knows what he wants to do and has a plan of how to get there but is still trying to connect the dots. That’s me. I’ve come a long way in a short time but there is so much more that I have to achieve before I get to where I want to be.”

MuDBoy, Sheck Wes’ recently released debut album, represents the next stage of his career.
Fanboy in me for Big B, SRK will never die, says Sidharth

Actor Sidharth Malhotra says he can never stop being a fanboy when it comes to Bollywood icons Amitabh Bachchan and Shah Rukh Khan because of the “brilliant” and “inspiring” portfolio of work they have done.

Sidharth, who made his acting debut in Bollywood with Student Of The Year, spoke about it on Saavn’s entertainment-based audio show Take 2 with Anumpama and Rajeev.

Talking about how Shah Rukh inspired him to become an actor, Sidharth said: “Well, it starts from him being from Delhi. All Delhi boys want to be heroes and Shah Rukh Khan is a major reason for that. I used to find him really funny and I still do. I think Shah Rukh is extremely good with comedy in the sense that a hero can do.

At one point, Sidharth also had a hair parting like SRK like a “pure commercial Hindi film fan”.

Back then, when he was in awe of Shah Rukh, Sidharth never thought he will become an actor himself someday.

“I second by saying what it takes to go on the other side and be in that screen. But I think there was so much admiration and so much concentration when I used to watch his scenes... I think there is a big impression of Shah Rukh Khan and his cinema on me,” added Sidharth, who has featured in movies like Hasee Toh Phasee, Ek Villain and Kapoor & Sons.

Sidharth, who made his acting debut, had come face-to-face with Shah Rukh when he worked as an assistant director on the superstar’s film My Name Is Khan.

“First thing I said to Shah Rukh was on the sets of My Name is Khan... I was very scared, I was very nervous to even walk up to him and chat. I think the first thing I said was ‘Sir, aap biscuit khayenge?’ He was waiting for this shot and we were in Los Angeles and I was the AD with the walkie in my ear waiting for him to tell when to go for that shot.

“We both were waiting and there was an awkward moment, no clue this big star is next to you. I said, ‘Sir aap biscuit khayenge?’ He looked at me, smiled and said ‘Nahi nahi!’ He eventually realised I wanted to be an actor and started talking to me about different things,”

Sidharth recounted he was very nervous on first meeting Big B on the sets of Kaun Becomes Crorepati during Student of the Year promotions.

“We met him backstage and he was very sweet to me. He shook my hand and patted me on the back. I am still a big Bachchan fan, even when I meet him now and have an immense amount of love for him. That fanboy in me for Shah Rukh or Bachchan will never die. They have done such brilliant work to inspire all of us,” he said. - IANS

Rosamund Pike fought for her role in A Private War

Actress Rosamund Pike says she had to fight to get the role of Marie Colvin in A Private War.

Directed by Matthew Heineman, A Private War chronicles the life of Colvin and is based on Marie Brenner’s 2012 Vanity Fair article ‘Marie Colvin’s Private War’, Colvin died in 2012 while covering the siege of Homs in Syria.

When Pike first heard the script through Anna Asante, she instantly fell in love with the story. When she discovered that Heineman was attached to direct it, she pushed for a meeting.

“I knew that Matt was a very original story-teller from reading the article ‘Marie Colvin’s Private War’. They have done such brilliant work to inspire all of us,” the actress added.

“We both were waiting and there was an awkward moment, no clue this big star is next to you. I said, ‘Sir aap biscuit khayenge?’ He looked at me, smiled and said ‘Nahi nahi!’ He eventually realised I wanted to be an actor and started talking to me about different things,”

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Small changes in lifestyle can solve major psychological issues

Dr Naif al-Mutawa, an award winning Kuwaiti clinical psychologist and hypnotherapist, talks about different psychological problems faced by the people

“Sometimes people over-focus on outcome and not on the process. They just focus on the destination. Life is about journey and is not about where you get in. I advise my patients and my kids to focus on the process and not on the result. We should know that our targets can shift.”

By Mudassir Raja

Stress and negative ideas have fast become an integral part of the modern day life. Psychological problems and ailments are becoming more frequent and common in all kinds of societies across the world.

Dr Naif al-Mutawa is an award winning Kuwaiti clinical psychologist, and hypnotherapist. He is the founder of The Soor Centre in Kuwait providing a broad range of psychological services. A member of the American Psychological Association and the American Association of Sexuality Educators, Counsellors and Therapists, Naif is also a licensed psychologist in New York, Dubai, and Qatar.

The psychologist has recently started attending patients in Qatar at Queen Hospital. Community caught up with Dr Naif and interviewed about his expertise and different psychological problems faced by the people.

Talking about his field of work, Dr Naif said, “I am a clinical psychologist trained in New York. I have 25 years of experience in this field. I have been working with people of all ages regarding their individual or family problems. I completed my PhD in Clinical Psychology in 2006. After completing my education and working for some time in New York, I returned to Kuwait. I have been living and working in Kuwait since then. I specialise in cognitive behavioural therapy.”

He added, “Well Cognitive behavioural is an intervention that aims to improve mental health of a person suffering. It focuses on challenging and changing unhelpful cognitive distortions and behaviors, improving emotional regulation, and the development of personal coping strategies that target solving current problems. If you are angry, depressed or anxious, your sympathetic nervous system kicks in and you are in mode of fight or flight. Neither of them is helpful for you. So the idea is how to increase the options. How can I go from being angry to being annoyed, from being depressed to being disappointed, from anxious to concern, and from guilt to remorse? That is what I do with 50 percent of my patients.”

“Hypnosis is actually very interesting. I have been using it for five years. Seven years ago, I did not believe in it. But I hired a hypnotist in my clinic and it did produce some outstanding results with people as they started to lose weight and quit smoking. I started learning it. It is not magic. You can change somebody, if one is not ready to change oneself. I have also been practicing therapy for sexual disorders,” he noted.

Asked if he had done some research work, he said, “I am more of a practitioner than a researcher. I am not particularly interested in research. I am interested in learning and applying.”

Speaking about the recognition he has received so far, Dr Naif said, “Most of the recognition that I have received has been for my work in applied psychology within media context. I created global superheroes on TV. I have worked with Geo TV in Pakistan. My superheroes have been broadcast in China, India, and US. My superheroes are based on Islamic archives but they are not religious. The idea was using values that the Muslims share with humanity to reach the world. For this, I have received a lot of appreciation. I did this between 2003 and 2013.”

Sharing his experiences, Dr Naif said, “I see a few thousand cases in a year. Things that seem to be complex are actually very simple. Sometimes improving life style can fix many psychological problems.”

About different psychological problems around the world, he said, “On a macro aspect, human brain is the same. For example, there are different ways people pray in different religions but all pray. So it’s actually a human issue and its manifestation rather than anything else.”

He added, “Sometimes people over-focus on outcome and not on the process. They just focus on the destination of their journey. Life is about journey and is not about where you get in. I advise my patients and my kids to focus on the process and not on the result. We should know that our targets can shift.”

Regarding his experience in Qatar, Dr Naif said, “This is the first time that I’m attending patients here in Doha. However, I will be coming once or twice a week here. I got the licence for practice in Qatar recently and I’m very happy to be at Queen Hospital.”

“Initially it was very difficult. It’s hard to find a place that really understands medical services. Qatar has been providing its citizens. It really has the opportunity to become a global hub. I have met a lot of young Qatari doctors here and in New York,” he concluded.