Community
Pakistan International School Qatar hosts a career counselling session ‘On Essential Skills for the Workforce of Tomorrow’ by an expert.

Community
Chef Tomas De La Paz, an expert in Peruvian cuisine, talks about the variety of delicacies offered by the Peruvian cuisine.

Hour of reckoning
Black Panther redefined superhero movies. Can it do the same thing for the Oscars? P4-5

Reviews
The Front Runner sees rise of modern media.

Page 14

Showbiz
No need for documentaries on social issues, says Akshay.

Page 15
PRAYER TIME

Fajr 4.36am
Shorooq (sunrise) 5.55am
Zuhur (noon) 11.20am
Ajr (afternoon) 2.23pm
Maghreb (sunset) 4.46pm
Isha (night) 6.16pm

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
Quarter 44593363
Qatar Assistive Technology Centre 44594050
Qatar News Agency 44450205
Q Post – General Postal Corporation 44450333
Humanitarian Services Office
(Single window facility for the repatriation of bodies)
Ministry of Interior 40253372, 40253371
Ministry of Health 40253369
Hamad Medical Corporation 40253364
Qatar Airways 40253374

Malicious

DIRECT: Michael Winnick
CAST: Bojana Novakovic, Josh Stewart, Delroy Lindo
SYNOPSIS: A young college professor and his pregnant wife unwittingly release a malevolent entity with murderous intentions.

THEATRES: Landmark, Royal Plaza, The Mall

Ralph Breaks The Internet

DIRECT: Jason Bateman
CAST: Jason Bateman, Nicole Kidman, Kathryn Hahn
SYNOPSIS: Video game bad guy Ralph and fellow misfit Vanellope von Schweetz must risk it all by travelling to the World Wide Web in search of a replacement part to save Vanellope's video game, 'Sugar Rush.' In way over their heads, Ralph and Vanellope rely on the citizens of the Internet — the netizens — to help navigate their way, including an entrepreneur named Yesss, who is the head algorithm and the heart and soul of trend-making site BuzzTube.

THEATRES: The Mall, Royal Plaza, Landmark

Quote Unquote

“Nearly all men can stand adversity, but if you want to test a man’s character, give him power.”

— Abraham Lincoln

Community Editor
Kamran Rehmat

Phone: 44466405
Fax: 44350474
Kata dhow festival
WHERE: Katara
WHEN: Ongoing
TIME: 6:30pm – 7:30pm
Be there to witness exciting activities and events at Katara 8th Traditional Dhow Festival, scheduled to take place at Kataras 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.

Musical Evening
WHERE: Qatar National Library
WHEN: November 29
TIME: 6:30pm – 7:30pm
In celebration of the Qatar-Russia Year of Culture, renowned Russian pianist, Nina Ivanova, will perform pieces by Tchaikovsky, Scriabin and Rachmaninoff. The programme, held in collaboration with the Organization of Russian Compatriots in Qatar and the International Centre for Music in Doha, includes a recital by Nina Ivanova, will perform pieces by Tchaikovsky, Scriabin and Rachmaninoff. 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 documentation interactions between Arabs and the West over the past several centuries. The exhibition features books, manuscripts, historical photographs, maps, globes and travellers' instruments that tell the story of Qatar, along with the history of science, literature, writing, travel in the region, and much more.

After School Activities
WHERE: Mystic Arts Centre behind Al Hilal Focus Medical Centre
WHEN: Wednesday – Monday
Time: 2:30pm – 6:30pm
Youth 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 e-mail at info@inspireme.qa

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.
In black and white

There’s never been anything ordinary about *Black Panther*, the Marvel blockbuster that became the third-highest-grossing movie ever in the US and brought in $1.35 billion worldwide, writes Glenn Whipp.

Think of when [Jordan’s character] Killmonger says, ’Bury me in the ocean with my ancestors because freedom is more desirable than bondage.’ If you’re black in America and have read history, you unpack that. It’s more than one sentence. It’s a whole history lesson.

— Angela Bassett, actress

The February weekend that *Black Panther* opened and rewrote box office history, writer-director Ryan Coogler and the man who hired him, Marvel executive Nate Moore, pingponged text messages to each other, sharing images of moviegoers dressed in dashikis, pounding drums, dancing in the lobbies, celebrating a deeply felt connection to a movie many had been waiting their whole lives to see.

At the same time in Los Angeles, actors Chadwick Boseman and Michael B Jordan, rivals in the film, celebrated by sitting courtside at the Staples Center for the NBA All-Star game, enjoying the moment, and feeling completely floored that players kept approaching them, wanting to talk about *Black Panther*. 
"Magic Johnson’s standing on the court being honoured and he looks over at me and Michael, and says, ‘I’m proud of you all,’" Boseman remembers. "That … that’s just crazy!"

But there’s never been anything ordinary about Black Panther, the Marvel blockbuster that became the third-highest-grossing movie ever in the US and brought in $1.35 billion worldwide.

The box office reveals just a sliver of the phenomenon that engulfed the world, and the film was opening in Tobago too, which I first saw it opening. She wanted to see her. She was running away. She wanted to escape, figuring if people liked the movie, she’d find out when she returned home. Basically, she says, she was running away.

"But it found me," Wright says, laughing. "As it happens, the movie was opening in Tobago too, which I discovered when I went to the mall and the KFC and people are staring at me. ‘The girl from Black Panther is here!’"

Danai Gurira knew the attention was coming, in part, because Black Panther was a story she had always yearned to see.

When people went crazy for the trailer, she understood. When a mixed-race woman approached her at the London premiere and started to tremble and cry, telling Gurira the movie awakened a part of her she had never explored, she knew the power in that reclaiming.

"There’s a sense of shame in people talking about the fact that they’re the ‘other’ because that’s what they’re being told," says Gurira, who grew up in Zimbabwe. "I’ve witnessed that from people who come from the continent and are descendant of people from the continent. So to see people respond to the movie and its celebration of all the powerful and beautiful things that come from the continent really affected me. It was very deep for me.

"Black Panther co-star Lupita Nyong’o were in Nigeria in April, doing research for their adaptation of Chimamanda Ngozi Adichie’s acclaimed bestselling novel Americanah. And everywhere they went, people stopped, crossed their arms and made the ‘Wakanda forever’ salute."

Then there were the photos of the young women in costume, Gurira says, remembering a picture of several little girls, none older than 5, brandishing spears, dressed as members of the Dora Milaje, the female warriors that led.

”My heart went out to that," Gurira said, to see people in costume, they’re the ‘other’ because that’s what they’re being told, "they’re the ‘other’ because that’s what they’re being told," says Gurira, who grew up in Zimbabwe.

"There’s a sense of shame in people talking about the fact that they’re the ‘other’ because that’s what they’re being told," says Gurira, who grew up in Zimbabwe. "I’ve witnessed that from people who come from the continent and are descendant of people from the continent. So to see people respond to the movie and its celebration of all the powerful and beautiful things that come from the continent really affected me. It was very deep for me.

"In Lob Angeles and a group of young girls greeted her, dressed in costume and standing at attention. "They were standing with pride and grace," Bassett remembers. "They were still. They were strong. It was so precious. They had been impacted. They saw beauty and strength in that representation and that image. It meant something to them."

Bassett pauses, holding on to the memory. "Movies, you know," she finally adds, quietly. "Movies have that power." — Los Angeles Times/TNS
PISQ hosts a career counselling session

Pakistan International School Qatar (PISQ) recently hosted a career counselling session 'On Essential Skills for the Workforce of Tomorrow' by Ailia Rizvi, an educationist and a British Council Charles Wallace Scholar from Pakistan, for the students of Intermediate Girls' Wing. Rizvi is currently working at The Next Generation School in Doha as the Vice Principal of O and A level Campus. She is expert in professional development, conducting research on introducing educational interventions to help and support more personalised learning experiences for creating partnership between educators and digital learners and tailoring the educational skills for the workplaces of the future. Addressing the audience, she talked about the character building and students' personality grooming keeping in view the present day challenges. She laid emphasis on the relevant essential skills for the workforce of tomorrow. She said that the critical thinking, creativity, problem solving, emotional intelligence, cognitive flexibility, complex decision making, collaboration, empathy, communication, resourcefulness, and courage to question are key skills to achieve success in life and to be a useful individual in the society. Nargis Raza Otho, Principal of PISQ, extended her thanks to Ailia for conducting a riveting session to enable the students to look at their future with a well thought-out perspective.

PSD organises International Research Conference

Philippine School Doha (PSD), in association with Research Development, Accreditation and Publication Office (RDAPO), recently organised an International Research Conference. The conference was supervised by the Asian Society of Teachers for Research, Inc. (ASTR). The event was a joint effort of Dr Alexander S Acosta, Conference Chair, Dr Lorina S Villanueva, Vice Principal of PSD for Research and Publication, and with Dr Eduardo P Malagapo. Students of different levels, educators, and other professionals participated in a two-part seminar-workshop ‘The Role of Development Education in the Transformation of Individuals, Communities and Societies’. The two-part conference kicked off with a research training and seminar for students by Dr Genaro Japos, President of the Philippine Association of Institutions for Research, Inc. He talked about article citation as means to measure journal and author impact and gave a training on scientific literacy. This comprehensive seminar-training was conceptualised to cascade learning. At the event, ASTR and PSD, co-hosted by EPM, recognised the research competence of research enthusiasts. For students, the study Sidra Leaves Medicated Soap, authored by Rogsh Garcia, Lian Manongsong, Paolo Dipasupil, Elian Bernales and Jervie De Vera, and Acculturation: Adaptability Experiences of Foreign Students, headed by Dana Ysabelle P Martil, Karae Thea Cruz, Vince Matthew N Febre, Mohammad J Sailani Nezafat and Angela Bernice N Yadiao, were awarded as Best Presenters for experimental research and Qualitative Research, respectively. Dr Nida H Garcia, Vice Principal of Preschool Department, was awarded with Best in Abstract and Best in Oral Presentation award for her study ‘From Leadership Attribution to Leadership Contribution: Privileged Leadership Skills’ of Philippine Schools Overseas (PSOs) Administrators’. Dr Fredelito Don John A Valeseros, RDAPO Assistant Researcher and SHS faculty, was awarded with Best in Oral Presentation for his study ‘Way Back Home: Defying the Work Challenges and Reintegration Preparations of Overseas Filipino Workers in Qatar’. The other professionals who were awarded, included Dr Frederick T Go, as Best Abstract (Quantitative) for his study ‘Operations Strategy to Achieve Sustainability in the light of Oil Oversupply and Price Deflation’; Dr Nico Canoy Paltingca, Best Paper in Quantitative Research; Dr Annabee M Claur, Best Oral Presenter of set 2; and Cristina Jumamil Rico, Best Presenter in Group 3. Dr Noemi F Formaran, SHS Vice Principal, and Michaelino Saratan, VP Records of Philippine School, also shared their researches ‘From Mediocrity to Quality: Perceived Approaches on Total Quality Management of PSOs in the Middle East’ and ‘When True Service Counts: Customer Experiences of the Services Rendered in PSOs Records Section’, respectively.
Cadets of QLA visit Qatar Stock Exchange

Cadets from Qatar Leadership Academy (QLA), part of Qatar Foundation’s Pre-University Education, recently visited the Qatar Stock Exchange (QSE). The students of Grade XI study about organisations, including private limited companies, and learn about public ownership, stock markets, and share-trading in international contexts as part of their Business Management unit. They visited QSE in order to observe these concepts in a real-life context, within the business world of Qatar.

The marketing department at QSE prepared a comprehensive programme, which offered the cadets a learning experience. They were given a presentation about the history of the Qatari stock market and the impressive growth of local companies, which was followed by an interactive discussion. The cadets also had the opportunity to experiment with a real-time stock trading simulator and see first-hand how price fluctuations can change the value of a portfolio. The trip concluded with a tour of the building, which included the trading hall of the Qatar Stock Exchange, where the daily operations take place. Dr Balint L Feyer, Teacher of QLA, said: “The trip was a highly productive and inspirational learning experience for the cadets, as it allowed them to see theories from their courses in practice. Experiences like these are crucial to helping students understand the importance of the content they engage with on a daily basis and how it bears relevance to real-life situations. They serve as small, yet important steps, in paving the way for the youth to be active contributors to the Qatari national economy in the future.”

Headmistress of DPS-MIS attends ‘Annual Educators’ Summit 2018’

Soma Bhattarcharjee, Headmistress of Senior Secondary School DPS-MIS, recently represented the school at Annual Educators’ Summit 2018, organised by SP Jain School of Global Management, in Singapore. The highlights of the conference included an exclusive preview of the Engaged Learning Online (ELO) and Engaged Learning Classroom. The interactive session provided the counsellors a first-hand experience of the learning environment at the institute. It was attended by over 60 educators from all over the world.

DPS-MIS faculty attends a debate coach workshop

Steffi Francis, faculty member at DPS Modern Indian School (DPS-MIS), recently attended a five-day training session ‘Running and Coaching a Debate Club Training’ by Abdur Rehman at the Students Centre of Hamad Bin Khalifa University. The workshop focused on certain debate drills aimed to empower aspiring debate coaches and co-ordinators with innovative ideas and techniques to effectively manage their debate clubs.
Doha College launches third edition of ‘Qatar Primary School of the Year’

Doha College (DC) recently launched the third edition of ‘Qatar Primary School Choir of the Year’, a nationwide competition for young choirs at InterContinental Doha the City Hotel. Dana Alfardan, Qatari composer and Doha College alumna, acted as the Ambassador of the competition and also wrote its anthem “Wings of the Falcon” — a set piece for QPSCoY’s first edition. The launch event was supported by four school choirs including Doha British School, Doha English Speaking School, Dukhan English School and Doha College Al Waab. QPSCoY welcomes all primary schools from across Qatar to join the competition, which will once again be hosted by Greg Beardsell, choral specialist and conductor. The 2019 competition will take place in February and will have all the attributes of a choral festival while adding an element of healthy competition for the young singers. The adjudicators will be independently chosen, focusing on notable musicians from across Qatar, to have a fair distinction between those taking part.

Steph Gomaa, Head of Music at Doha College said, “QPSCoY 2019 has now launched with aplomb. It was simply wonderful to see so many children singing with passion and enthusiasm at our launch event. This year we had four schools joining together to sing for our shared communities, and it was wonderful to see so many people in attendance, enjoying the music. This is the primary reason behind Doha College’s continued efforts in putting on the annual competition, bringing the community together through choral music and hopefully having fun along the way! We look forward to welcoming new and returning choirs to this year’s competition, as we are now open to entries from Qatar schools.”

Texas A&M University at Qatar hosts EES enrichment programme

Texas A&M University at Qatar recently hosted Engineering Explorers STEM (science, technology, engineering and math) enrichment programme. Twenty-six students of Grade VII-IX from local schools across Qatar, including Al Shahaniya Preparatory Girls School, Doha Preparatory School for Boys, and the International School of London participated in the event. The week-long event introduced the students to engineering and the science behind it through various science activities, hands-on engineering projects and contests to challenge their skills. Participants also learned about design, teamwork and creativity through interactive activities.

‘Engineering Explorers’ is a part of STEM series workshops offered by Texas A&M at Qatar, sponsored by Occidental Petroleum of Qatar Ltd (Oxy Qatar). The workshops are designed in a way to interest bright, young students in pursuing engineering and science career paths to develop the scientific workforce Qatar needs to reach the goals of Qatar National Vision 2030.

Andrew H Kershaw, President and General Manager of Oxy Qatar said, “We are both honoured and delighted to support Texas A&M at Qatar’s STEM programmes that help prepare students for the challenges and opportunities of the 21st century. Qatar strives to be a Partner of Choice everywhere we operate by investing time and resources in programmes that strengthen local communities.”

Built around the engineering design and fabrication processes, Engineering Explorers teaches students how to solve problems systematically and understand how to implement STEM basics into their future science projects. With a theme of using technology for coastal clean-up, the students designed a battery-powered hovercraft capable of cleaning the coastline off shore and onshore.

The workshop ended with the students using the skills learned throughout the week to scale up and build hovercraft that could carry a team member across the room. ‘The Machine Managers’, comprising students from ISL and Doha Preparatory, won the Best Engineering award for their design, teamwork and construction.

Dr César O. Malavé, Dean of Texas A&M at Qatar, said, “Qatar will need new engineers that will move the country toward the goals outlined in Qatar National Vision 2030, and Texas A&M at Qatar is committed in helping Qatar meet these goals. Through engaging STEM programmes such as Engineering Explorers, we hope to inspire a new generation of engineering leaders who will drive Qatar to its future success.”
Sealine Beach, a Murwab Resort, wins Luxury Beach Villa Award

Sealine Beach, a Murwab Resort, recently bagged Luxury Beach Villa Award for the second year in a row at the world Luxury Hotel Awards held at AYANA Resort and Spa, Bali, Indonesia. Commenting on the achievement, Nawaf Ali al-Obaidly, General Manager of Sealine Beach & Murwab Resort said, “We are proud to be recognised for the second consecutive year that represents the culmination of our distinguished efforts and continuous innovation throughout the year which has enabled us to add 16 Executive Villas, and 2 Royal Villas with indoor private pool, both villas are multi-storey, with 4 bedrooms and fully equipped kitchens embracing a spectacular garden, private barbecue area and direct access to the beach. In addition to our villas we have exceptional multi-cuisine restaurants, that cater to a wide variety of tastes, and have been recently certified ISO 22000 for excellence in Food Management Standards. We have redefined our spa to offer 5 stars relaxing and reviving treatments to successfully preserve our leading rank among market leaders and to redefine the five-star resort living experience in Qatar.” He added, “I would like to express my sincere appreciation to Katara Hospitality, management, partners and employees for their constant, unwavering commitment and persistence of service excellence, as well as to our esteemed guests and habitués for choosing our resort and helping make it Qatar’s first destination for tourists and families. The World Luxury Hotel Award is the pinnacle of achievement in the luxury hotel industry, offering international recognition, as voted by guests, travelers and industry players alike.” Over 300,000 international travellers vote each year, during a four-week period to select the winners. Properties from over 100 countries participated in the twelfth anniversary of the World Luxury Hotel Awards 2018 and it’s an honour to be one of the selected nominees and winners.

PSSC organises career counselling session

Pak Shamaa School and College (PSSC) recently organised a career counselling session ‘Why a Career in Chartered Accountancy?’ by Nadeem Aslam, Chartered Accountant and member of the Institute Of Chartered Accountants in England and Wales. Nadeem is an experienced finance professional and has an experience in diverse business domains including logistics, telecom audit and business advisory.

In the session, he explained the importance of chartered accountants and told the students that, the Chartered Accountancy qualification opens the door to a vast range of exciting career opportunities, in every sector of business, both inland and internationally. Chartered Accountants are in constant demand both at home and abroad, being recognised for their technical competence, professional standards, and veracity. Becoming a Chartered Accountant combines innovative education with mentored work experience, to produce accountants who possess a greater ability to analyse and interpret business problems and develop dynamic solutions.

Nabila Kaukab, Principal of PSSC, emphasised that the selection of the right career is one of the most important and life changing decisions. If it is not taken thoughtfully, it may have a lifetime repercussion. But a proper guidance by a professional experienced adviser at this stage, leads a student to a road to success. She then thanked the guest for sharing important information with students, which can help them to decide their career.

AZF finalises first qualification round for Qatar’s Strongest Man 2018

Aspire Zone Foundation (AZF) has finalised its first qualification round for Qatar’s Strongest Man (QSM 2018), scheduled to take place on December 07 at Aspire Park. The QSM 2018 organising committee will hold the final round of qualification tests over the weekend, which will be followed by a technical meeting with the eight finalists in early December to familiarise them with the competition’s rules and regulations. The first phase of tests saw more than 25 contestants participate including last year’s open category title holder, Christopher Oketch, and a number of promising participants that will compete to claim the Qatar’s strongest man title. Only the eight strongest and fastest entrants who successfully complete the physical challenges will proceed to the actual competition. Challenges include a 200kg deadlift, a farmer’s 20m walk while carrying 120kg in each arm, and a giant 160kg tyre flip.

The event is sponsored by Sports Corner, Ooredoo, De Boer and Kidzania.
**Giving**

Holding out a helping hand makes other people happy and will make you feel happier too.

Give it a go:
- Share your skills or offer support
- Ask friends, family or colleagues how they are and listen without judgement

**Relating**

The people around you offer a valuable pool of support so it’s important to put time into strengthening those connections

Give it a go:
- Meet up with someone you haven’t seen in a while
- Turn off distractions to chat with friends or family about your day

**Awareness**

Taking time to switch off autopilot and ‘be in the moment’ is a great tool to combat stress.

Give it a go:
- Pay attention to your senses — what can you see, hear or feel around you?
- Choose a regular point in the day to reflect

**Exercising**

Regular activity will provide an endorphin boost and increase confidence

Give it a go:
- Find an activity that suits you and your schedule
- Swap the car on short journeys and cycle or walk to work

**Trying out**

Learning new things is stimulating and can help to lift your mood.

Give it a go:
- Take on a new role at work or school
- Try out a new hobby, club or activity that interests you

**Resilience**

Although we can’t always choose what happens to us, we can often choose our own response to what happens.

Give it a go:
- Find an outlet such as talking to friends or writing it down
- Take action to improve your resilience skills

**Direction**

Working towards positive, realistic goals can provide motivation and structure.

Give it a go:
- Choose a goal that is meaningful to you, not what someone else expects of you
- Remember to celebrate progress along the way

**Acceptance**

No one is perfect. Longing to be someone different gets in the way of making the most of our own happiness.

Give it a go:
- Be kind to yourself when things go wrong
- Shift the focus away from what you don’t have and can’t do, to what you have and can do

**Meaning**

People who have meaning in their lives experience less stress, anxiety and depression.

Give it a go:
- Prioritise the activities, people and beliefs that bring you the strongest sense of purpose
- Volunteer for a cause, be part of a team, notice how your actions make a difference for others

**Emotions**

Positive emotions can build up a buffer against stress and even lead to lasting changes in the brain to help maintain wellbeing.

Give it a go:
- Take time to notice what you’re grateful for and focus on the good aspects of any situation
- Set aside time to have fun
Knits to own this winter

With winter comes the time to opt for knits that can make you both warm and glamorous at the same time so select wisely.

Suvarna Kale, Head of Design at Blackberrys menswear and Sapneep Khapra, Head of Design – Menswear at Max Fashion, share tips for those who don’t want to compromise on style in winter.

**Solid knits:** Pick a solid colour knitted pullover to wear under the blazer or over a shirt. They are lightweight and warm. The colour options are there to fulfil man of every single.

Amplify your winter look with a solid coloured knitted quirky sweater. Experiment with different hemlines to bring out the fashionista in you. Solid knittwear is something that brings forth a sense of tradition with our current infatuation with all things knitwear. Wear them with track pants and loafers for a full-on lazy-Saturday look or pair it one with more sophisticated items to balance things out. Stick to plain colours and let your style make the statement.

**Knits:** For the days it is super chilly, chunky knits are all that one needs. These are worn straight like jumpers or over a shirt for a formal look. You may want to choose these with patterns to add the fashion statement.

**Layer it up with sleeveless knits:** Checks, floral, linear, blocks or every other pattern can be seen on these versatile knits. Wear it over a shirt, carry them along with a blazer. The multiple contrasting layers lend a magical appeal to your winter outfit.

**Pampered knits:** For the formal, for casual and for everything else, patterns are for everyone. The trick here is to keep the shirt and the bottoms on the mellow side, as the knit will draw the statement out.

With checks being one of the big trends this season, delve into Indian take to the story with a collection of jackets, capes, dresses with a play on hemlines and silhouette at. When it comes to shopping for basics, one item that frequently pops up on many wish lists is a good patterned knitted sweater. In recent years, it’s become the must-have piece for every fashionista.

**Patterned knits:** For the formal, casual and for everything else, patterns are for everyone. The trick here is to keep the shirt and the bottoms on the mellow side, as the knit will draw the statement out.

**Formal look could allow you a look consisting of jeans and a pair of Converse, but a casual look may be a significant day for you.**

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**Aries**
March 21 — April 19

A number of social invitations could come your way today, possibly connected with groups you’re affiliated with. Accept as many as you can handle, Aries; you should have a wonderful time, learn much that fascinates you, and make some new friends. A surprise encounter with a friend or your romantic partner could bring you closer together. This may be a significant day for you.

**Cancer**
June 21 — July 22

Today you could decide to host a party or meeting in your home. You’re likely to expect a lot of visitors. This should be an exciting occasion, Cancer, and you could go out of your way to make this the best event possible. It will probably be worth it. This event could bring people and information your way that make a big difference to you.

**Libra**
September 23 — October 22

Social events, possibly involving groups, could put you in touch with knowledgeable people who could provide valuable information. You might decide to go back to school or otherwise advance your education. Technology could play a large part in all this, Libra, so it might be a good idea to work on your computer skills and bring them up to snuff. A short trip by air could be in the offing.

**Capricorn**
December 22 — January 19

Unusual and unexpected opportunities to better your career could come to you today through friends. These friends could provide you with valuable information about making maximum use of your skills. Capricorn, efficiency could get a boost from technology. Expect a number of interesting communications, all bringing good news. This could prove to be a stimulating, exciting day.

**Taurus**
April 20 — May 20

The latest equipment might suddenly be available to you. It’s likely to make life easier and more interesting. It could also open doors to make new friends and find new opportunities. Increased income is also a possibility. You could stumble on some surprising information, Taurus, and this could set your mind going in a new direction. Today promises a lot of stimulation.

**Leo**
July 23 — August 22

Vast amounts of information could come to you through e-mail or phone. Expect to hear from groups. You could make new friends, Leo, possibly in your neighbourhood, as changes could be taking place in your community. You could hear of classes you want to take. Books or magazines may bring valuable information. This could be a very stimulating and significant day.

**Scorpio**
October 23 — November 21

Today your mind might be on social and political issues. If you aren’t currently involved with groups dealing with these issues, you might consider joining one. A recent increase in income might have given you some extra time, and you may be excited about the possibilities. Service to others is one, Scorpio. Consider some others, perhaps developing a creative skill, before moving ahead.

**Aquarius**
January 20 — February 18

The possibility of taking a trip by air could present itself today. The trip might be made with friends or a group. If you’ve been working on projects connected with education or publishing, this is the day to move them forward. Books, TV, and the Internet could bring interesting, valuable information your way. This promises to be a busy, stimulating day.

**Pisces**
February 19 — March 20

The possibility to advance your career through increasing your technological skills may present itself today. This could open doors for you in a lot of directions, paving the way for increased income. A number of new contacts could come into your life, bringing friendship and opportunities. This is the day to work on building your skills and possibly return to school.

**Aries**
March 21 — April 19

**Taurus**
April 20 — May 20

**Gemin**
May 21 — June 20

**Cancer**
June 21 — July 22

**Leo**
July 23 — August 22

**Virgo**
August 23 — September 22

**Libra**
September 23 — October 22

**Capricorn**
December 22 — January 19

**Scorpio**
October 23 — November 21

**Aquarius**
January 20 — February 18

**Pisces**
February 19 — March 20

**Gemini**
May 21 — June 20

**Taurus**
April 20 — May 20

**Cancer**
June 21 — July 22

**Leo**
July 23 — August 22

**Virgo**
August 23 — September 22

**Libra**
September 23 — October 22

**Capricorn**
December 22 — January 19

**Scorpio**
October 23 — November 21

**Aquarius**
January 20 — February 18

**Pisces**
February 19 — March 20
Wordsearch

I C F M E Y R B A T H W O W K
O T U D L A E A H V U P R D
T W A Y A W T S W G U F A N N
Y N O C D B L E I L W D O U U
K M E L H U E M C E V E V T O
R E I A E S H E W N G U A V R
E O E N E B S N W N V I U O G
K V L Y E F I T U U W F L R R
N A U C M N L D S T B Y T I E
U H A C L E S R U O C N O C D
B P A O Y C P T O T S R T P N
R A L L E C E T L T R V D E U
C O W D D W E O I H P M A D N
E T F C M A D M S H R E W E S
C A T A C O M B S V R E Y G Y

Subterranean

BASEMENT DAMP SHELTER
BELOW DANK SILO
BUNKER DARK SUBWAY
CATACOMBS DEEP TOMB
CELLAR DUNGEON TUNNEL
COLD MINE UNDERGROUND
CONCOURSE SEWER VAULT

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 also divided into 9x3 cells. You are given a selection of values and to complete the puzzle, you must fill in the grid so that every column, every row and every 3x3 cell contains each digit exactly once.

Bound And Gagged

Adam

MMM, SMELL THAT NEW LAPTOP SMELL

I SAW SOMETHING ABOUT IT. IT HAS TOUCH ID AND A NEW PROCESSOR. A NEW SECURITY CHIP AND LIKE, TWICE AS MANY PIXELS.

Pooch Cafe

THIS TRAMPOLINE MIGHT BE TOO MUCH FOR JUMPING UP ON PEOPLE, BUT I’VE THOUGHT OF ANOTHER USE FOR IT.

STEALING PIZZA FROM PIZZA DRONES!

THOSE THINGS DON’T SEEM TO HAVE CAUGHT ON AS MUCH AS PEOPLE THOUGHT THEY WOULD.

I’M WILLING TO WAIT.

Garfield

COME ON, GARFIELD. I JUST WANT TO GET A NICE PICTURE OF THE CHRISTMAS SWEATER MY MOM MADE FOR YOU

...SO SMILE

I AM SMILING

Bound And Gagged

CHUM AGAIN?
Super Cryptic Clues

**ACROSS**
1. Neglect Col, having finished (4,2)
5. Rarely does a man from the ministry get backing (6)
8. Or is over-weight after eating a big meal (5)
9. Indian on about island retreat (6)
10. Left over leading story (6)
11. In plain language, a soft-headed girl (5)
14. One rates Jenny to get the gold (8)
16. A right fool taking after Doctor Marsh (6)
18. Mr. Chips? (6,9)
20. Back in a little while (6)
22. Endlessly described in minute particulars (8)
25. God, likewise, appearing in novel about characters (5)
27. Keep lots of soldiers at home (6)
28. Stream of abuse from one in the business (6)
29. Praise old biblical character for turning back (5)
30. Smoothened over by a Beach Boy (6)
31. Gives up and returns (6)

**DOWN**
1. Dad accompanies a chap back to the country (6)
2. But the girl’s backward (4)
3. Person moving for one to sit (8)
4. The one standing on the left (6,9)
5. One running away with a lot of paper (6)
6. Fall over roadwork (4)
7. Can overwrought boy be kept out of prayers? (6)
12. Refer to males into fashion (7)
13. Father’s caper making one wild with worry (7)
15. She has a right to a cut (5)
17. Hide a girl shielding a boy (5)
19. It’s obviously how an invention should be protected (8)
20. Plays when the ship is out of dock (6)
21. Enlightened woman editor (6)
23. Various kinds of birds (6)
24. Way to pull the catch back on a gun (4)
26. Greet icily (4)

**Wordsearch**

**Codeword**

**Yesterday’s Solutions**

Across: 1 Comes about; 6 Spot; 10 Redraft; 11 Crevice; 12 Anchorite; 13 Ideas; 14 Obese; 15 Gone under; 17 First-rate; 20 Mould; 21 Psalm; 23 Plimsolls; 25 Israeli; 26 Tea-rose; 27 Grew; 28 Retrievers.

Down: 1 Carla; 2 Made clear; 3 Seasoned timber; 4 Bathing; 5 Unclean; 7 Prime; 8 Treasured; 9 Serious mistake; 14 Offspring; 16 Double one; 18 Apprise; 19 Evictor; 22 Agree; 24 Seeds.
The Front Runner sees rise of modern media

By Gary Thompson

Earlier this year, Chappaquiddick—a dramatisation of Ted Kennedy’s involvement in Mary Jo Kopechne’s death—gave us an account of political elites working the levers of power to manage a news cycle and control coverage of a scandal. The Front Runner argues that two decades later, the media landscape had changed, and a scandal-fed news cycle was managing the elites.

The film revisits the 1988 presidential bid of Sen. Gary Hart (Hugh Jackman), a promising Democratic candidate, who led in early polls against presumptive Republican nominee George H W Bush after he announced his candidacy. Hart has an above-it-all air about him (he holds his campaign announcement at 10,000 feet, in his home state of Colorado), and the movie more or less sides with him—holding him up as a visionary with ahead-of-his-time concerns, but you can feel director Jason Reitman’s affinity for Hart’s position that a candidate’s policy positions are vastly more important than personal peccadilloes.

The Front Runner notes (as did last year’s The Post) that the national press corps had traditionally looked the other way on extramarital activity, and wonders what might have happened had Hart’s dalliance with Rice been ignored. Hart might well have won, changing the course of history (in the movie’s view) for the better. Hart’s inevitability is debatable—he’s the same guy who lost a primary fight some years earlier to the hardly charismatic or visionary Walter Mondale.

But, the movie is correct to suggest that the Hart fiasco was fueled by a new media configuration, with new priorities—the advent of the 24-hour news cycle and its snowballing, self-feeding news frenzies. The Front Runner shows print reporters elbow-to-elbow with tabloid TV correspondents who are commandeering the tone of coverage. In one scene, a Herald scribe withdraws from the fray, clearly alarmed by the spectacle his story has helped create.

Hart, though, is a disconcertingly off-putting figure in The Front Runner. As played by Jackman, he’s imperious, self-righteous, and humourless, and it’s hard to imagine such a figure capturing the imagination of the public, policy acumen notwithstanding. The movie is better at showing Rice (Sara Paxton) as a woman trampled by the press stamped—ditto Hart’s wife Lee, played elegantly by Farmiga. —The Philadelphia Inquirer/TNS

Ralph Breaks the Internet is fresh look at life on the web

By Katie Walsh

The 2012’s Wreck–It Ralph felt like a real breath of fresh air. Using 80s’ arcade game characters, co-writer and director Rich Moore explored the nuances of heroism and villainy through the surprisingly self-aware video game bad guy Wreck–It Ralph (John C. Reilly), exposing the limitations of the good/evil binary. It was self-reflective, and not afraid to pilory genre formulas, which Disney has been known to employ a time or two. Moore is back to helm the sequel, Ralph Breaks the Internet, along with co-director Phil Johnston, who co-wrote the original film. Once again, the team brings a razor-sharp scalpel to dissect the zeitgeist.

Although Ralph is perfectly happy with his life hanging with his best pal in the arcade, racer Vanellope (Sarah Silverman) is bored, and nothing fixes boredom like a high-speed Wi-Fi connection. After running roughshod over Sugar Rush, Ralph and Vanellope hit the web to snag a new steering wheel for the console from an eBay auction. Along the way, they discover the risks of online shopping, viral fame, pop-up ads, the dark web and a truly addictive adult racing game in the style of Grand Theft Auto called Slaughter Race. Headed up by the very cool Shank (Gal Gadot), it’s love at first engine rev for Van, and a cause for concern for Ralph, who doesn’t want to lose his best pal.

So while Vanellope follows her heart to the thrills of Slaughter Race, Ralph does everything he can to right things in the arcade, which means winning the elay auction. He becomes a viral video star, doing his best video impressions—makeup tutorials, hot peppers, screaming goats, you name it. The whole film is quite a savvy analysis of how the web works, and it’s cleverly rendered visually. The characters zip around the Internet in little flying cars, make queries at a Search Bar headed up by a stufy know-it—all KnowsMore (Alan Tudyk), and Ralph vacuums up hearts he turns into cold hard cash.

There’s also a big plug for the Oh My Disney website, but writers Johnston, Moore, Pamela Ribon, Jim Reardon and Josie Trinidad are sharp enough to use this as a means to a very necessary takedown of typical Disney princess lore, with all their strong man savours, dead moms, kidnapping, singing and magic hair. Vanellope realises her real dream is to stay in Slaughter Race, as it’s what she sings about while staring at “important water,” as the princesses instruct. Ralph, who has become totally co-dependent with Vanellope, panics at the development.

There’s no real villain in the film—Ralph’s own worst enemy is Ralph himself. His insecurity is cloned by a virus, and his worst, neediest qualities swarm into a giant King Kong monster. Vanellope and Ralph’s most important survival quest is learning to set boundaries and not rely on each other’s validation, and it’s pretty incredible to see how the filmmakers easily and boldly slip concepts right from the therapist’s office into the wild rumpus through the Internet.

Ralph Breaks the Internet is a fresh, smart, funny and most importantly, comprehensible analysis of both Internet culture and the complexities of interpersonal relationships. Once again, the seemingly dopey video game had gay Ralph manages to be the wokiest Disney character we’ve seen in a long time. —TNS
No need for documentaries on social issues, says Akshay

Actor Akshay Kumar, who is known for featuring in socially relevant films, feels that there is no point in making documentary films on social issues as most of the time people don’t react to those films.

The actor featured in Toilet – Ek Prem Katha which talked about the issue of open defecation in India, when asked him what kind of reaction he received after making the film, he said: “I personally believe that there is no point making documentary films on social issues.”

“I am sorry to say that but I have seen it often that nobody reacts to documentary films in villages,” Akshay said while speaking at the panel discussion titled as ‘Universal access to sanitation’ as a brand ambassador of Harpic on World Toilet Day.

“People like to see commercial and entertaining films so filmmakers should make entertaining films and they should subtly give their desired message through it,” he added.

“I think I am very lucky because I have the opportunity to do commercial cinema and give them the message in a very different way. I am proud to say that my film Toilet – Ek Prem Katha has been shown in every village.”

The actor also urged the government to show his another film Pad Man in villages to create awareness about menstrual hygiene among people.

“I would also urge the government to show my another film Pad Man in rural areas because hygiene is the biggest taboo in our country,” the actor said.

Akhshay next will be seen in science fiction film 2.0 along with megastar Rajnikanth. It is directed by S Shankar, co-written by B Jeyamohan, and produced by A Subaskaran.

The film is set for a worldwide theatrical release on November 29, 2018. – IANS

Hollywood doesn’t really explore violence: Anurag

Known as a master of making violence-based movies in Hindi cinema, filmmaker Anurag Kashyap expressed his thoughts on violence staged in Hollywood, saying American movies don’t really explore violence.

According to Anurag, Hollywood movies focus more on commercialisation.

“America is always middle of the ground, they always borrow from everywhere and make it more palatable and commercial but they don’t really explore violence barring some of the exploitation movies. They know how to commercialise everything, they are the McDonald’s version of action and violence,” he said in a conversation for Royal Stag Barrel Select Large Short Films Perfect Strokes with Anupama Chopra.

Be it movie Gangs of Wasseypur or web show Sacred Games, Anurag never leave a chance to show violence, killings and other brutal scenes in his projects.

Sharing his idea of violence, the 46-year-old director revealed that he does not like to see usage of violence in superhero movies as he believes mainstream films and superhero movies celebrate violence rather than showing its depth.

“I like the whole idea of taking people through that whole motion of what’s the worst fear that they might have. I get bothered by seeing celebratory violence that I see in mainstream movies or the superhero movie where the violence makes you feel like wanting to be a hero and getting into a fight.”

“My idea of creating violence is to put the viewer off it, where it disturbs them,” Anurag added.

The episode featuring Anurag will be out on Wednesday. – IANS
Chilean chef looks for Arab, Peruvian cuisine fusion

Tomas De La Paz, an expert in Peruvian cuisine and the Head Chef at La Mar, talks about the variety of delicacies offered by the Peruvian cuisine. By Mudassir Raja

As far as the region's cuisine and culinary habits are concerned, Peru is called the diamond of Latin America and home to unmatched dishes and flavours. Peruvian cuisine is a mesh of flavours from Europe, Africa and East Asia.

The Peruvian cuisine is gaining popularity all around the world and the Gulf countries are no exception. In Qatar, there are very few restaurants that offer authentic and delicious Peruvian delicacies, La Mar by Gastón Acurio being one of them.

Chef Tomas De La Paz is an expert in Peruvian cuisine and the Head Chef at La Mar. He hails from Chile. He has worked in Peru as a Chef, honing his skills and expertise in the versatile cuisine. Gaston has been working in Qatar for two years and has just established the restaurant to offer all Peruvian flavours.

Community recently caught up with Chef Tomasand to talk about the variety of delicacies offered by the Peruvian cuisine.

About his background he said, "I come from Chile, a country not so far from Peru. Both countries share the same sea. The seafood is an important element in Peruvian cuisine. I have been working with Gastón Acurio chain of restaurants for a long time now."

He added, “Peruvian cuisine represents different cultures including Japanese, Chinese, Europeans, and Latin Americans. Peru has over 2,000 types of different potatoes. I was born at a place near sea. In my childhood, I would go to sea daily for surfing and boating. I was also attracted towards cooking especially seafood even when I was studying at a university in Chile.”

“In Chile, the chefs do not use all the available ingredients to prepare the seafood. However, in Peru the chefs are more expert and they use all sorts of ingredients available to prepare the dishes. Therefore, I travelled to Peru to learn more. I learnt more while working at a restaurant of Gastón Acurio, who is also called father of Peruvian cuisine,” the chef said.

Speaking about his expertise or signature dish, Tomas said, “Cebiches, fresh seafood, and charcoal-grilled meat that is offered at Lar Mar is to die for. However, my signature dish is Cebiche, a of fresh raw fish entree. It is a significant dish from Peru. We use fresh fish and different kinds of chilies from Peru, lemon juice, garlic and coriander to prepare the dish.”

He further said, “I have 15 years’ experience of working in the kitchen.”

About his experience of working as a Peruvian cuisine expert chef outside Latin America, he said, “I have been enjoying working in the Middle East. I have been in Qatar for two years. There are a good number of people in Qatar from different Latin American countries. They look for Peruvian taste. Many local Qatari people have started to like the taste the Peruvian cuisine has to offer. We have not touched and changed the authentic Peruvian taste here at the restaurant. However, we have introduced different dishes keeping in mind the local taste. Here we are also offering lamb and other kinds of meat as well.”

About the ingredients, he said, “It is bit difficult to find all the necessary ingredients here. It is difficult but not impossible. We manage to get the ingredients though.”

When asked about his attempt to learn Arabic cuisine, Tomas said, “I hope to learn about Arabic tastes, spices and aroma very soon. It is important for me as a chef to know the food of the country where I live. I want to create some kind of fusion of Arab and Peruvian food. We are already using traditional Arab pita bread at our restaurant.”

Speaking about his experience of living in Doha, he said, “It is a wonderful place to be. It is very quiet and peaceful here. I live near West Bay and watch the sea every day. I enjoy being close to the sea. Qatar is growing very fast. The culture of the country is very pure, staying true to its heritage and culture and its beautiful to see that in these modern times.”