Community

As the bodies of cats began to stack up across Britain, a couple in London began their search for the killer.

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Community
The earthquake early-warning system is successfully under development by the US Geological Survey.

P16

Community

Worthy idea

More states care what’s on the dinner plate as ‘food is medicine’ idea takes hold. P4-5

Review
A jumpy but minimally scary extension of Conjuring series.

Page 14

Bollywood
‘Not enough awareness about mental health’

Page 15
**PRAYER TIME**

- Fajr: 4.02am
- Shorooq (sunrise): 5.19am
- Zuhur (noon): 11.30am
- Asr (afternoon): 2.58pm
- Maghreb (sunset): 5.43pm
- Isha (night): 7.13pm

**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: 44393363, 44593333
- Qatar Assistive Technology Centre: 44594050
- Qatar News Agency: 44450205, 44450333
- Q-Post – General Postal Corporation: 44464444

**Humanitarian Services Office**

(Single window facility for the repatriation of bodies)
- Ministry of Interior: 40253371, 40253372, 40253369
- Ministry of Health: 40253370, 40253364
- Hamad Medical Corporation: 40253368, 40253365
- Qatar Airways: 40253374

**Quote Unquote**

“Failure will never overtake me if my determination to succeed is strong enough.”

— Og Mandino

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**Peter Pan: The Quest for the Never Book**

**DIRECTION:** Chandrasekaran

**CAST:** Sarah Notochemy

**SYNOPSIS:** The longest day of the year in Neverland has finally arrived. Festivities are being organised by the Red Skins and celebrations are underway. To get the best of the day filled with fun and folly, the traditional Pichipock games have been organised for the lost boys, Native Tribes, Peter, Tinker bell and the darling family. Tired of defeats, Captain Hook realises that the longest day could turn in his favour, and comes up with a web of wicked plans to make Peter and his friends surrender.

**THEATRES:** The Mall, Landmark, Royal Plaza

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**Seema Raja**

**DIRECTION:** Ponram

**CAST:** Yogi Babu, Lal, Manobala

**SYNOPSIS:** Sivakarthikeyan is the prince of the town who travels in helicopters and has money to spare and Simran plays the role of an antagonist in the film. Samantha plays a girl from the town, who is not aware of Raja’s (Siva) existence and his background.

**THEATRES:** The Mall, Landmark, Royal Plaza

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**The Mall Cinema (1):**

- Shailaja Reddy (Telugu) 2pm; Seema Raja (Tamil) 4:30pm; A Simple Favor (2D) 7:15pm; Final Score (2D) 9:15pm; Seema Raja (Tamil) 11pm.

**The Mall Cinema (2):**

- Luis And The Aliens (2D) 2:15pm; Peter Pan: The Never Book (2D) 3:45pm; Peter Pan: The Never Book (2D) 5:30pm; The Hows Of Us (Tagalog) 7:15pm; The Nun (2D) 9:30pm; The Predator (2D) 11:30pm.

**The Mall Cinema (3):**

- U-Turn (Tamil) 2pm; Ranam (Malayalam) 4:15pm; The Predator (2D) 6:45pm; Shailaja Reddy (Telugu) 8:45pm; Ranam (Malayalam) 11:15pm.

**Landmark Cinema (1):**

- U-Turn (Tamil) 2:30pm; Ranam (Malayalam) 5pm; The Nun (2D) 7:30pm; Final Score (2D) 9:15pm; Ranam (Malayalam) 11pm.

**Landmark Cinema (2):**

- Luis And The Aliens (2D) 2:15pm; Peter Pan: The Never Book (2D) 5:45pm; The Hows Of Us (Tagalog) 7:15pm; The Nun (2D) 9:30pm; The Predator (2D) 11:30pm.

**Landmark Cinema (3):**

- Shailaja Reddy (Telugu) 2:30pm; Seema Raja (Tamil) 5:15pm; Manmarziyaan (Hindi) 8pm; Shailaja Reddy (Telugu) 10:45pm; The Mall Cinema Palace Palace (1): Peter Pan: The Never Book (2D) 2:30pm; Luis And The Aliens (2D) 4:15pm; Peter Pan: The Never Book (2D) 5:45pm; The Predator (2D) 7:30pm; A Simple Favor (2D) 9:30pm; The Nun (2D) 11:30pm.

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

- U-Turn (Telugu) 2:30pm; Ranam (Malayalam) 5pm; The Hows Of Us (Tagalog) 7:15pm; Juliet, Naked (2D) 9:45pm; The Predator (2D) 11:30pm.

**Royal Plaza Cinema Palace (3):**

- Seema Raja (Tamil) 2:30pm; Jawani Phir Nahi Ani 2 (Urdu) 5:15pm; Manmarziyaan (Hindi) 8:15pm; Seema Raja (Tamil) 11pm.
Acrobat Tech Show
WHEN: Ongoing
WHERE: Mall Of Qatar
Enjoy the supreme aerial acrobatics skill show with an exceptional laser act and a haunting music soundtrack that promises to entertain the whole family.

Free Activities
WHEN: Ongoing
WHERE: Swiss International School
The Swiss International School is opening its new HUB offering Zumba, Salsa, Yoga, Hip Hop, Football, Spinning, Boxercise, Drama, Piano, Violin and ABRSM music theory; enjoy a large range of activities for both kids and adults. No need for registration.

Toastmasters Speech Craft
WHERE: North Star Kindergarten, Al Khor
WHEN: Tomorrow – September 28
TIME: 3:30pm to 5:30pm
Crush your fear of public speaking and learn to speak with confidence in stage by joining the Toastmasters Speechcraft at Al Khor. Speechcraft is a 4 session learn-by-doing workshop, designed to increase your public speaking and leadership skills. For further details, 70903639.

Katara Art Studio: Workshops for children
WHERE: Katara Art Studio
WHEN: Ongoing till September 15
TIME: 3pm – 8pm
As part of its rich educational programme, Katara Art Studio continues to offer a number of technical workshops ongoing till September 15, aimed at enhancing artistic talents and creative abilities. The workshops will include the art of paper cutting and design, the art of the design of felt and gouache by Jaya Elizabeth Jacob, the art of painting the line brush (a course for beginners) offered by trainer Grace Castrodes, silk screen and art drawing on the glass.

Weekly Knitting and Crochet Circle
WHERE: Qatar National Library
WHEN: Ongoing till September 27
TIME: 9am – 11am
Join the casual gathering of knitters and crocheters to work on projects and share skills in a friendly atmosphere. Participants will be welcome to bring their own supplies and projects or to borrow QNL needles and yarn. All skill levels are welcome including beginners who are interested in learning.

Choreography Lessons - Brazilian Zouk
WHERE: Music and Arts Atelier near MOI
WHEN: Ongoing till September 15
Brazilian zouk is characterised by the dancers’ undulating bodies and the girls’ flowing hair. Dancer or not, depending on the style of Brazilian zouk, you’ll be able to choose connection and embrace with long graceful steps. The final performance is scheduled to be on 15 September as a flashmob.

Doha Women Forum
WHERE: The Westin Doha Hotel & Spa
WHEN: September 26
TIME: 8am – 9pm
Doha Women Forum 2018: Press for Progress is a platform where women can learn from experts, get inspired by the experiences of other women, share ideas, and network. The forum will feature the stories of women who took steps to affect positive change in their workplace, their community and personal lives. The event will consist of empowering talks, group discussions and workshops.

International Wedding Exhibition
WHERE: DECC, Westbay
WHEN: September 26 ~ 30
TIME: 10am ~ 10pm
IWED 2018 is to stage a high-profile luxury wedding exhibition in order to position it in the calendar as a key appointment for the luxury market in the Middle East. This event also offers women, who are interested in fashion and luxury, the latest styles and trends in the market.

Outdoor and five-a-side football pitches
WHERE: Aspire Zone
WHEN: Daily
TIME: 7pm – 11pm
Aspire Zone’s five-a-side football outdoor pitches opposite Al Waab Street are available every day from 7pm – 11pm.

Inter-School Yoga Championship
WHEN: October 5
WHERE: MES Indian School, Abu Hamour
TIME: 1pm
Inter-School Yoga Championship is to stage a high-profile competition for adults and children encouraging the practice of yoga and the benefits that come from it.

Inter-School Yoga Championship
WHEN: October 25 – November 3
WHERE: Aspire Zone
Over 700 male and female gymnasts from over 80 countries, including three Team Qatar gymnasts, will compete across 10 days of competition in Doha’s iconic Aspire Dome. Experience the drama, emotions and excitement of gymnastics’ pinnacle event as global superstars go head to head in a bid to be crowned the best in the world.

Hobby Classes
WHERE: Mystic Arts Centre behind Al Hilal Focus Medical Centre
WHEN: Wednesday – Monday
Mystic Arts 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 4723680/ 33897609.

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: gtlisting@gmail.com, Events and timings subject to change
Let’s turn to farmacy

The “food is medicine” concept is simple: If chronically ill people eat a nutritious diet, they’ll need fewer medications, emergency room visits and hospital readmissions.

By Marsha Mercer

Half a century after Americans began fighting hunger with monthly food stamps, the nation’s physicians and policymakers are focusing more than ever on what’s on each person’s plate.

In the 21st century, food is seen as medicine — and a tool to cut health care costs.

The “food is medicine” concept is simple: If chronically ill people eat a nutritious diet, they’ll need fewer medications, emergency room visits and hospital readmissions.

The food is medicine spectrum ranges from simply encouraging people to plant a garden and learn to cook healthfully, as state Senator Judy Lee, a Republican, does in North Dakota — “We don’t do policies about gardening,” she said — to an intensive California pilot project that delivers two medically tailored meals plus snacks daily and offers three counseling sessions with a registered dietitian over 12 weeks.

The California Legislature last year became the first in the US to fund a large-scale pilot project to test food is medicine. The three-year, $6 million project launched in April will serve about a thousand patients with congestive heart failure in seven counties.

“The state puts a huge amount of money into health care, and one of the biggest costs is medication,” Assemblyman Phil Ting, a Democrat and chairman of the Assembly Budget Committee, said in an interview. “So the hope is people will live longer and this project will also reduce the need for medication.”

The food is medicine concept has been around for a while. Since the 1980s, nonprofits such as Project Open Hand in San Francisco, Community Servings in Boston, God’s Love We Deliver in New York and MANNA or Metropolitan Area Neighborhood Nutrition Alliance in Philadelphia have provided medically tailored meals for patients with HIV, diabetes, cancer and heart disease. They are largely funded by donations and grants.

Seeing the programmes’ successes,
Food is medicine goes beyond traditional advice to eat more fruits and vegetables. Projects pay for people to purchase produce and offer nutrition counselling and cooking classes, so they’ll know which foods to choose or avoid and how to prepare them.

Some states are taking a larger role. Massachusetts is developing a food is medicine plan with a goal of integrating programs scattered around the state so more residents can benefit. Legislative policy proposals are expected next spring.

Food is medicine goes beyond traditional advice to eat more fruits and vegetables. Projects pay for people to purchase produce and offer nutrition counselling and cooking classes, so they’ll know which foods to choose or avoid and how to prepare them. For example, watermelon is healthy for some, but not for a diabetic.

On the local level, a community garden managed by a teenager in Sylvester, Georgia, aims — with the help of the local hospital — to improve the health of the town in the state’s “stroke belt.”

Physicians in a dozen states write “prescriptions” for fruits and vegetables at farmers markets and groceries — scripts that can be exchanged for tokens to buy produce.

“Food is medicine is an idea whose day has arrived,” said Robert Greenwald, faculty director of the Harvard Law School’s Center for Health Law and Policy Innovation, one of the experts who testified in January at the launch of the congressional Food is Medicine Working Group, part of the House Hunger Caucus.

The Senate version of the farm bill includes Harvesting Health, a pilot project to test fruit- and vegetable prescriptions. It’s modeled on work by Wholesome Wave, a Bridgeport, Connecticut, nonprofit that works with health centers in a dozen states where doctors write prescriptions for produce.

If enacted, the federal government would spend $20 million over five years on grants to states or nonprofits to provide fruits and vegetables and nutrition education to low-income patients with diet-related conditions.

The Supplemental Nutrition Assistance Program, the food stamp programme known as SNAP, helps reduce food insecurity among 60 million participants, but studies do not show SNAP improves nutrition. Instead, there seems to be a correlation between long-term food stamp participation and excess weight gain.

Poor diet was No 1 of 17 leading risk factors for death in the United States in 2016 — a higher risk than smoking, drug use, lack of exercise and other factors, according to “The State of US Health,” a comprehensive report by a team of academics published in the Journal of the American Medical Association in April.

De Kumara Sridharra, an internal medicine specialist and medical director at Emerald Physicians on Cape Cod, Massachusetts, conducted a prescription study with Medicaid participants in 2016 and 2017. In his study, physicians wrote prescriptions or vouchers for one group to buy $10 in produce a week at the farmers market, and gave another group $10 in gasoline vouchers a week — for 12 weeks. Both groups received cooking classes and nutritional counselling.

Twenty-four people completed the programme, and those who received the fruit and vegetable prescriptions showed improvements in risk factors for chronic disease — better body mass index, total blood cholesterol, LDL cholesterol, blood glucose and hemoglobin A1c, Sridharra said.

“Patients and physicians are so used to the physician writing prescriptions for procedures and pills,” he said. “This changes the health care culture of how the prescription is used.”

Proponents of the California project hope it will demonstrate the cost-effectiveness of including medically tailored meals as an essential health benefit covered by Medi-Cal, California’s Medicaid programme.

“This is potentially transformative because the health care system has been designed to cover acute services, and not many prevention programs are covered,” said Dr Hilary Seligman, an associate professor at the University of California, San Francisco, one of two physician researchers who will evaluate the project by tracking participants’ medical records.

“For someone with congestive heart failure, their lives depend on their capacity to eat a lower salt diet,” Seligman said. “Making the food as appealing as possible is very important.”

Some legislators are skeptical about government moving into new food delivery systems.

“We need to feed the children who are hungry now. We need the backpack programmes in school, the free and reduced-price breakfast and lunches to make sure that nobody is hungry today,” said North Dakota’s Lee, chairwoman of the state Senate Human Services Committee, at a food is medicine session at the National Conference of State Legislatures (NCSL) Hunger Partnership conference in July.

“But then we need to take those same children and help them learn how to do those things for themselves,” Lee said. “Let’s have a short-term solution: Let’s feed people. And then let’s have a longer-term solution: Help them feed themselves.”

Everyone in her state could have a garden, even apartment-dwellers, and they can learn to cook, she said, adding that cooking is a skill that’s been lost since schools there dropped home economics.

“Kids can learn and a parent can learn how to make a meal,” Lee said in an interview. “I’d rather figure out a way to give them cooking lessons with food. We’re not helping children become functional adults by giving them three meals a day.

“It’s not government’s job to provide every meal, she said, adding, “That’s the good news about North Dakota, compared with the Northern Triangle.”

Georgia state Senator Renee Unterman, a Republican and chairman of the state Senate Health and Human Services Committee and co-chairwoman of the NCSL Hunger partnership, suggested at the food is medicine session that a community garden with a medical purpose in her state — and started by a child — could be a model.

Village Community Garden manager Janya Green was 12 when she started on the community garden as her 4-H Club project three years ago on 5 acres donated by the town of Sylvester, population 6,000, about 170 miles south of Atlanta. Anyone can pick over vegetables and fruit whenever they like. The garden features cabbage, carrots, kale, okra, bell peppers, squash, sweet potatoes, blackberries, blueberries, muscadine grapes and even bananas. Herbs are next.

A pond is stocked with fish, so residents can reel in healthy protein as well. A local commissioner gave lumber for a 20- by 60-foot stage.

Phoenix Worthy Medical Center installed an outdoor kitchen in the garden for chef-taught cooking classes. Darrell Sabbo, governmental affairs specialist at the medical center, hopes researchers from Emory University or the University of Georgia will study the health statistics of the neighborhood and gauge the garden’s health effects.

Dr Marilwen Carter, an internal medicine physician who also trained as a pharmacist, lives in Sylvester and volunteers at the garden. She and a nutritionist wrote up health benefits of the produce for signs that will help people make smart choices.

“We’re in the stroke belt,” Carter pointed out, adding that many of her patients have heart disease and diabetes. People eat a typical Southern diet of fried foods and foods out of boxes that are high in calories and high fat, she said.

“I want people to know, if I eat more kale and less white rice, my blood pressure will be better,” she said. Her name for the garden: the Farmacy. — Stateline.org/TNS
Britain stumped by fruitless search for the cat killer

As the bodies of cats began to stack up across Britain, a couple in London began their search for the killer. Though their months-long pursuit has been exhausting, they refuse to give up, writes Tobias Schreiner.

It sounds like the plot of a psychological thriller: For almost three years, the so-called Croydon Cat Killer has been on the loose in Britain, striking fear into the hearts of pet owners. More than 500 animals - mostly cats, but also foxes and rabbits - have been found brutally killed, often in the vicinity of schools, kindergartens and playgrounds. A 10,000-pound reward is on offer for anyone who can provide information about the pet murderer, who has not yet been identified despite efforts by police and animal protection groups. Driving the investigation are a pair of animal lovers from south London.

Tony Jenkins and Boudicca Rising are at a cafe in East Croydon Station. Rising, who prefers not to give her real name, takes calls and types on her laptop, while Jenkins checks the inbox of the Facebook page for SNARL (South Norwood Animal Rescue and Liberty). The two founded a private animal shelter in 2014. Animals that fail to be adopted by an owner are taken into their homes, which they currently share with more than 30 cats, two dogs and a gerbil. Their Facebook page has more than 26,000 likes. In Britain, they are famous for being the couple hunting the Croydon Cat Killer. Their investigations began on September 22, 2015, when they received a phone call from someone who had found the mutilated body of a dead cat, in Croydon.

“We quickly realised that no fox had done that,” says Rising. In the ensuing weeks, several more cases came to light. After local media reports and a petition with 50,000 signatures, London police used a coroner to confirm it was highly likely that the same person had killed and mutilated at least 23 cats using the same method: death by blunt force with a knife.

Police launched an investigation, led by chief investigator Andy Collin and involving a 15-member team of officials who pledged to work closely with its partners at SNARL. However, in the ensuing months, the number of brutally murdered cats continued to grow. Corpses were found outside London, all over southern England and even as far north as Manchester.

The Croydon Cat Killer had become the UK Cat Killer. Concerns began to grow that the killer could eventually get bored with murdering animals and might turn to humans - any known serial killers have experimented on animals before targeting their human victims. However, police said they saw “no evidence at all that there is a risk to human life.”

More than two and a half years later, and 500 dead animals later, Collin unexpectedly stood down as head of the investigation in June 2018. Without their main police contact, the couple are in the midst of a random crime scenes all around the country,” says Rising. The couple have nothing to say about how exactly they intend to catch the killer.

In the meantime, Jenkins is still picking up dead cats in his old car almost every day. What would it take to persuade them to give up the chase? “Nothing,” Rising says. “We will get him.” - DPA

Many people have been critical of the couple’s approach. Some have even accused them of inventing an image of a disturbed psychopathic killer that might not even exist. In an interview with the magazine New Scientist, environmental scientist Stephen Harris from the University of Bristol drew parallels with a 1998 case in which police found themselves pursuing a disturbed mass murderer after dozens of dead cats were found.

A year later, the case was closed after Harris concluded that the animals had simply been killed by foxes. Rising and Jenkins have no time for such theories. They believe the perpetrator or perpetrators work in an industry that requires a lot of travelling by car. “That would explain the seemingly random crime scenes all around the country,” says Rising. The couple have nothing to say about how exactly they intend to catch the killer.

Providing Shelter: Tony Jenkins and Boudicca Rising, founders of the private animal shelter SNARL (South Norwood Animal Rescue and Liberty), have been looking for the Croydon Cat Killer since late 2015.

Serial Killer: More than 500 animals - mostly cats, but also foxes and rabbits - have been found brutally killed across Britain. Some believe it’s the work of a serial killer.
Can classical dance be cultural heritage, asks French researcher

By R Sedhuraman

In the 1930s, when the freedom struggle was gathering momentum, the British Raj slapped a ban on India’s actor-dancers, taking away their freedom of speech. They were not allowed to sing on the stage. To overcome this problem, renowned artistes and institutions redefined classical dance forms such as Kathakali, Kuchipudi, Bharatanatyam and Odissi.

A number of actor-dancers and classical art schools introduced musicians on the dance stage to do the role of playback singers. The singer’s voice then became the voice of the actor-dancer. This and many more interesting twists and turns in the evolution and development of traditional and contemporary Indian dance forms have been narrated in great detail in a new book titled Dance Theatre of India: Crossing New Aesthetics and Cultures.

The book has been authored by Katia Legeret-Manochhaya, Professor of Performing Arts and Aesthetics in the Department of Theatre at University Paris 8, and director of the research laboratory EA 1573, part of the doctoral school of EDESTA: Aesthetics, Sciences and Technologies of the Arts. Trained in Bharatanatyam (dance/theatre of South India), she has created an international career for herself in this dance form. As a choreographer and director, Manochhaya has composed and staged several performances since 1998, mostly in Paris.

In the book, the author explores the various rasas of Bharatanatyam and other dance forms, both as a dancer and a researcher. The book transports the reader to a world of dance theatre of South India for the dramatic arts, dance and theatre in its totality, from its commentator Abhinavagupta along with those from the Natya-sastra, a founding text in India for the dramatic arts, dance and theatre. The book carries a number of photographic portraits of various live dance performances to explain the author’s perspective to the readers.

The author raises several questions in the book, discusses the relevant issues and comes up with her explanations. At the outset, she clarifies that she is interested in the new relations between dance and theatre. According to the most ancient principles of actor-dancers who have been trained in the world.

She says she finds it difficult to classify Indian theatre and dance according to Western professional artistic categories. This is because actors in India are also dancers, musicians and storytellers. Bharatanatyam is a form of dance theatre like Kathakali or Odissi. In any case, reducing it to dance alone would be disrespectful to the immense acting work required to act out the stories of major literary texts, she points out. The book carries a number of photographic portraits of various borders are porous because creators have to simultaneously be choreographers, musical conductors and directors. An artist working in this field has three professions from the standpoint of Western categorisation of the arts. To help us understand how this idea of total art works, the aesthetic theories from the Natya-sastra, from its commentator Abhinavagupta along with those from the Abhinayadarpana and the Sangharshatarkara are precious but are also always linked to very precise staging techniques, the author says.

“This art is founded on exclusively oral transmission. So how is it possible for it to be preserved as part of our cultural heritage,” she asks. – IANS
Georgia schools try new breathing exercises to help manage stress

A growing number of small studies of children and meditation suggests the impact from meditation can be impressive, helping youngsters with everything from improving their social skills to improving their focus in school. By Helena Oliviero

The idea for Georgia Breathes came to her after spending time at schools across Georgia, and sensing elevated levels of anxiety after a string of school shootings across the country.

“I was hearing teachers and students say they can’t breathe,” she said. “And it just came to me. Georgia Breathes - When you are breathing together, you are feeling that connection.”

Crawford is in discussion with local university professors to assess whether simple breathing exercises hold promise for those students, too.

She selected 9/11 as a start date for Georgia Breathes because she wanted to turn the day into a day of action, a way to commemorate the tragedy by bringing people together to build a more connected community.

“I want students to connect to their breath, to connect to each other in their classrooms and other classrooms throughout Georgia,” said Crawford.

An optional tracker helps assess whether the breathing activity helps them gain energy and calm down.

Crawford said she’s asking schools to do the activity for 40 days to establish the breathing activity as a habit. Counsellors at Berkeley Lake Elementary School and other schools plan to monitor the program, and if deemed effective, will make Georgia Breathes a part of their daily routine throughout the year.

She’s hoping Georgia Breathes will be adopted by schools in all 199 counties. The non-profit behind the initiative is receiving financial support from Lululemon and the United Way.

Schools participating include schools in Gwinnett County, Cobb County and DeKalb County, City of Atlanta schools and City of Decatur schools, along with schools in Savannah, Calhoun County and Chatham County and several private schools including Westminster Schools. Georgia Breathes training kits, which include peace flags from Nepal, guided instructions, and student assessments cost $44 for schools. Financial assistance is available.

Some schools are starting by implementing the initiative in one or a small number of classes, while other schools are immediately making the programme school-wide.

Georgia Breathes is also appealing because this simple intervention has effects that can stretch beyond the classroom.

Nahile Guzman, a fifth-grader, has already seen the benefits of Georgia Breathes at home. After noticing her younger sister, Breille, who is 5, get upset while playing with Lego bricks, she gathered her younger sister and parents, and led them in a series of breathing exercises.

“I could tell everyone liked it,” she said. “It puts a peaceful mind—set in people’s heads.”

The peer mediators completed 11 hours of training at the school and worked on a video presentation to be shared with students and staff to help teach the exercises.

As the lunchtime gathering comes to a close, Akshay leads the group with the first breath, ‘Breath of Joy’. He stands tall. And with his arms up high, he takes a deep breath. Swing your arms straight out in front of shoulder height. With each inhalation, breathe in the joy that fills the world. Open your mouth and exhale completely with a ‘Ha’ to clear out what doesn’t! – The Atlanta Journal-Constitution/TNS
How caregivers handle the stress and find support

By Darcel Rockett

Sandra Dennis recalls moving into her father’s Englewood home after he started showing signs of dementia in his late 70s. She recalls the mental and physical drain of caring for him, including a back injury requiring surgery.

Dennis, 65, now lives in Richton Park, and tends to her daughter who suffers from health issues related to pulmonary hypertension. She tries to balance those duties with self-care, including keeping her shoulder healthy after a torn rotator cuff also required surgery.

“It can be isolating. It is stressful, but you do it because it’s someone you love,” Dennis said. “But it takes a toll on you physically and mentally.”

Her story is one of many.

According to AARP, 40 million American adults support ill, disabled or ageing family members with needs like bathing, meal preparation, shopping, and help with medical and nursing tasks. They navigate the health care system on their loved ones’ behalf and advocate for them when talking to doctors and care facilities, all to help family members stay at home.

AARP data from 2015 reported 1.56 million caregivers in Illinois, 330,000 in Chicago. And according to the AARP Public Policy Institute, more millennials are assuming the mantle of caregiver. These people often alter their own daily routines and put their lives on hold to ensure a loved one has the support they need. The role can be highly stressful and isolating, but as caregivers step out of their own daily routines and put their lives on hold to ensure a loved one has the support they need, the role can be highly stressful and isolating, but as caregivers step out of their own daily routines and put their lives on hold to ensure a loved one has the support they need.

“Sometimes think no one will understand how hard this is or what really goes on during the day,” Brown said. “The emotional toll of caregiving can be significant; it is isolating and lonely, and we really want people to know that there is support for them and there’s understanding and there is help. They don’t have to go it alone.”

In her effort to provide resources, including the National Caregiving Conference in Rosemont, Brown also partners with Embracing Carers, a global initiative launched in 2017 that aims to increase awareness and discussion about the needs of caregivers. A recent survey conducted by the organisation found that 47 percent of caregivers have feelings of depression, and almost 57 percent feel they need medical care/support for a mental health condition (i.e. depression, anxiety, stress) because of their role.

“Every caregiver and reaching out for help are a key. It’s also important to have a conversation with family and the loved one being cared for upfront. Pose questions such as: What are your family member’s end-of-life preferences? As a caretaker, what do you need to have a high-quality life yourself?”

“W e can sometimes think no one will support you, and we want to meet you where you are. I’m not the only one. You’ll be doing us all an amazing service.”

If you need help and aren’t sure where to start, reach out to your doctor, local area agency.

If the doctor you contact can’t offer suggestions, nudge him or her to create a list of resources. Tell the doctor and staff, “I know I’m not the only one. You’ll be doing us all an amazing service.”

Find ways to relax. “If we can find even just a few moments in our day to release the worries, even if it’s just for five minutes to relax, that can help us,” Brown said.

Make self-care a priority. “We have a tendency to think that we’re not doing enough,” she said. “I think it’s important for us to sit still for a few minutes every day and know that we are doing enough, that our work and our caring and our love is enough.”

Chicago Tribune/TNS
How Long Does it Last?

Have you ever thought of how long it takes for your trash to decompose? Minimise your trash and recycle.

Different materials decompose at different rates. How long does it take for these common types of trash to break down?

- Paper: 2-4 weeks
- Orange peel: 6 months
- Milk carton: 5 years
- Plastic bag: 15 years
- Tin can: 100 years
- Plastic bottle: 450 years
- Glass bottle: 500 years
- Styrofoam: Never
Luxurious Jewels Pvt Ltd, list some trends in holiday season. This jewellery goes well with the traditional attire and adds more extravagance to the great occasion.

Jadau jewellery: Jadau seems to be a new trend for this season, be it the wedding or the festival season. Rewind to the era of the Maharani with oversized jadau gold sets. Also, jadau chaandbalis and multilayer jadau jhumkas are a preferred choice for this festive season. This jewellery goes well with the traditional attire and adds more extravagance to the great occasion.

Diamond jewellery: Diamonds can never go out of trend; they are back again but with a twist to embrace this festive season. Delicate diamond necklaces and earrings, diamond cuffs with rubies and other gemstone are perfect to add grace and elegance to your look. Diamond chokers are an appropriate option for those women who are looking for making a bold statement this year.

Pearl jewellery: Pearls are universally flattering. They bring light to the face and look great with any outfit. Multi-string pearl necklace, pearl chokers and bracelets add a surreal charm to your festive outfit. Baroque pearls too are very much in trend this season for their uniqueness in hues and shapes.

Diamond chokers: Layering with lots of simple thin choker is a great way to elevate any outfit. Chokers studded with ethereal sea pearls, diamond, rubies, or emeralds are a great choice to complement any ensemble – be it contemporary, modern. A glitzy choker necklace drenched in diamond is an elegant way to play with this trend. They always highlight woman charm with simplicity.

Uncut polki with pastel meenakari: Uncut polki with pastel meenakari are in huge trend this festive season. It gives a traditional and royal look to every modern woman. It gives right balance between trendy and traditional.

Colourful gemstones: Jewellery encrusted with vibrant colour rule. Gemstones like rubies, emerald, sapphire along with topaz have ruled the fashion runways this festive occasion.

— IANS
**Wordsearch**

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

**Codeword**

**Sudoku**

**Pooch Cafe**

**Garfield**

**Bound And Gagged**
Super Cryptic Clues

Across
1. Nipped on the leg as a ploy (6)
5. Fine a pound, having forced to return the plant (6)
8. A bad egg turns green (5)
9. Net is draped to one side as decoration (6)
10. The young refuse (6)
11. Having backed right in, cut and run (5)
14. A home run written about on the sports page (4-4)
16. Rows round the river getting fish (6)
18. Ice that’s not cracked (8,7)
20. Fear there’s a time lapse (6)
22. He ruled France should have a cut back in the lighting (8)
25. Change her name (5)
27. Hey, that’s fast! (6)
28. I got the tongs tangled in the bars (6)
29. Right now, is running round a tree (5)
30. Peer foolishly at, which is what you did before (6)
31. Had everybody within gone short of petrol? (6)

Down
1. Manage to disconnect when you leave (3,3)
2. Object to being told to be careful? (4)
3. Stand treat for a change when Leo wanders in (8)
4. Being told that all your hair will fall out? (11,4)
5. Yes, the sled got held up because of them (6)
6. The former was very happy when Ed came round (4)
7. An adversity that doesn’t get you down! (6)
12. Leave the word ‘fight’ in for him (7)
13. Walk half a mile to the ship (7)
15. Make up a story about two greenhorns in France (5)
17. Music is something popular with holidaymakers on leave (5)
19. Giving you to understand he’s a naughty child (8)
20. Met up with, through Paddy (6)
21. A statement from the big noise (6)
22. Occur (4)
23. Hold up the name, child (6)
24. Go on, don’t go off (4)
26. Share resources and water (4)

Colouring

Answers

Wordsearch

Codeword
A jumpy but minimally scary extension of Conjuring series

By Justin Chang

The scariest nun movie you could make right now would be a documentary about the sisters of the now-defunct St. Joseph's Orphanage in Burlington, Virginia, whose alleged crimes against children were the subject of a recent BuzzFeed News investigation by Christine Kenneally. Next to the sickening accusations that nuns tortured, maimed, abused and even killed some of their young charges, the villain in the blood-slicked supernatural breakout The Nun—a shrieking demon in sacred vestments and grotesque face paint—doesn’t even begin to curdle the blood.

I don’t invoke the subject of real-life abuse lightly; during the brief, dull-ish stretches between this movie’s relentless jolts, it was hard to think about much else. Whether we should view The Nun as a timely entertainment or a spectacularly ill-timed one is open to debate, one that will presumably be settled by box-office receipts. More than anything, though, the seemingly endless abuse controversies now engulfing the Roman Catholic Church make this prequel to 2013’s hit The Conjuring feel like exactly what it perhaps was always intended to be: a cheap, exploitative diversion.

Not that there’s anything inherently wrong with exploitation. Horror remains perhaps the most metaphorically suggestive of movie genres: Think of the rampaging zombie hordes in Night of the Living Dead or the smiling faces in Get Out, which can take on the weight of a culture’s unarticulated fears and repressed traumas. But the sinister sistershood we meet in The Nun doesn’t allude to anything deeper or darker lurking beyond the frame. The movie trades in noisy, assaultive jolts that are quick to attack and even quicker to dissipate.

Written by Gary Dauberman (of the Annabelle movies, another branch of the Conjuring tree), The Nun unfolds within the cloistered ruins of a Romanian convent in 1952. A nun has committed suicide, and a weary priest, Father Burke (Demián Bichir) and a fresh-faced novitiate, Sister Irene (Taissa Farmiga), have come to investigate.

Guided by an irreverent local skeptic who goes by Frenchie (Jonas Bloquet, in flirty comic-relief mode), the two make an enchantingly odd detective duo, though it soon becomes clear that they were hand-chosen by the Vatican based on their own past tussles with the occult: Father Burke is regularly gripped by flashbacks to a failed exorcism, Sister Irene by terrifying visions of a more mysterious nature.

Those visions tend to confuse more than they clarify. From the moment Father Burke and Sister Irene set foot inside the abbey, an enormous castle that resembles a mausoleum, they find themselves steadily losing their grip on reality. Are they being driven mad, or is someone actually skittering in and out of their quarters at night? As the pair excavate secrets from a nearby graveyard and dig into the abbey’s subterranean catacombs, they pick up on signs and whispers of a nameless evil lurking within.

The movie’s most (ahem) habitual boo tactic is to have a black-robed figure or several suddenly materialize in the background, often photographed from behind in a way that deliberately frustrates our sense of who’s who. (Exactly how many nuns are actually on the premises is one of the movie’s more intriguing mysteries.) Are these sisters benevolent guardians sent to protect our heroes, or are they satanic minions? There is little room for ambiguity on that score when it comes to the big, bad Nun herself (the mesmerising Bonnie Aarons), a hooded banshee who sadly isn’t billed in the credits as Sister Marilyn Manson. This hideous creation first emerged as a creepy footnote in The Conjuring 2, referenced as an old nemesis of that movie’s heroine, the paranormal investigator Lorraine Warren. Since Lorraine was played by Farmiga’s older sister, Vera, it’s fair to conclude that Lorraine and Irene are one and the same — or is it? The Conjuring Cinematic Universe, as we are now expected to think of it, is playfully, maddeningly coy on the subject.

The Lorraine/Irene question will almost certainly be taken up in a sequel, which at this point feels more like a threat than a promise. The Nun, shot in murky pools of darkness, is still one of the few subgenres in which Hollywood bothers to address such belief. It’s why The Exorcist has long been not just one of the great horror films, but one of the great religious films as well — a picture in which the central conflict is not demonic, but epistemological.

The Nun, which drops frequent and rather desperate allusions to The Exorcist, pays tribute to this grand tradition without exactly honouring it. It leaves you wondering if this is how this overstretched series ends—not with a bang, but a whimper. — Los Angeles Times/TNS
‘Not enough awareness about mental health’

My own daughter came to a point of attempting a suicide at the age of 12-13, says Mahesh Bhatt

Veteran filmmaker Mahesh Bhatt, who is gearing up for the release of his forthcoming film The Dark Side of Life: Mumbai City said that we are lacking in generating awareness about mental illness in our country.

Mahesh Bhatt was interacting with media at the trailer launch of The Dark Side of Life: Mumbai City along with his co-actors Nikhil Ratnavarakh, Aliasha Khan, director Tariq Khan and producer Rajesh Pardasani on Monday in Mumbai.

The film addresses many sensitive issues like loneliness, communal harmony and mental health that exist in our society.

Talking about growing cases of suicides in the society, Bhatt said, “It’s a form of mental illness and it can be treated. When you suffer with diabetes then, you have to take insulin shots.

“Similarly, when you are prone towards depression then you need to consult a doctor who can treat you through medication but, I think in our country, we are lacking in generating awareness about mental illness. Almost in every household people are suffering from depression.”

Citing the example of his own daughter Shaheen Bhatt, Mahesh Bhatt said, “My daughter Shaheen, Alia’s elder sister, she was at the age of 16 discovered finally that she is suffering from clinical depression. In October, she is launching her own memoir in which she has talked about the kind of struggle she has gone through in that phase.

“She also came to a point of attempting a suicide at the age of 12-13 so, this is the truth of my own house. Jiah Khan once came to us asking for work but that time somehow, we were not able to work with her, but later when she committed suicide and we visited her house it felt really bad.”

Talking about immense pressure of surviving in the film industry, Bhatt said, “It’s a high stress business that’s why not many can do it and that’s why you have people who are prone to substance abuse, mood swings and you have tendency to gravitate towards depression because you are dependent continuously on audience reaction.

“When we release the trailer of a film, we fear that whether audience will clap or not for the trailer and for that, you need to have guts to sustain in this industry and that’s why there are very few people who have survived in this industry for long time,” says Mahesh Bhatt.

‘Great films on India being made only by foreigners: Kher’

Veteran Bollywood actor Anupam Kher wonders why great films on India are being made only by foreigners.

In Toronto for the premiere of Australian director Anthony Maras’ debut feature film Hotel Mumbai, based on the September 2008 terror attacks, Kher said: “This is fascinating that the film Gandhi was also made by a foreigner. Now this (Hotel Mumbai) film has also been made by a foreigner. Thank you, Anthony, for making this movie. This film is a tribute to everybody who has lost a dear one anywhere in the world.”

Without naming the person, Kher said: “Somebody had made a film on it (Mumbai terror attacks), but it was atrocious. That person wanted to cash in on the tragedy.”

But Anthony’s Hotel Mumbai “humanises” the tragedy that Mumbai went through 10 years ago, the actor added.

“The Taj Palace Hotel is not just another hotel. It is an icon and its owner — the Tatas — are a respectable name not just in India but also around the world,” he said.

At the press conference, Kher revealed that Hotel Mumbai is the 501st film of his career.

As he was congratulated by the cast, the veteran actor said even his mother asked him for the first time as to how he did so many films.

“Hotel Mumbai is my 501st film. My mother, who is 85, asked me ‘How did I do it?’” said Kher.

The movie premiered at the ongoing Toronto International Film Festival on September 7. — IANS
Earthquake early-warning system well on its way

The system is under development by the US Geological Survey and is only available to a limited array of testers, but it is expected that more people will be eligible to test the system later this year. By Alejandra Reyes-Velarde

California’s nascent earthquake early-warning system had another successful run recently when a 4.4 magnitude temblor hit the La Verne area.

The quake was too small to cause much damage but was felt over a wide area.

Seismologist Lucy Jones told reporters at Caltech on Tuesday night that the system sent out a warning three seconds before the shaking began.

And residents who live near the epicentre said the quake packed a punch. Vickie Carillo was sitting with her son on the couch watching Jaws 2 when they felt the shaking start.

“It was like if somebody had grabbed it and was shaking the house,” she said.

The earthquake early-warning system is under development by the US Geological Survey and is only available to a limited array of testers, but it is expected that more people will be eligible to test the system later this year.

It works on a simple principle: The shaking from an earthquake travels at the speed of sound through rock, which is slower than the speed of today’s communications systems.

For example, it would take more than a minute for a magnitude 7.8 earthquake that starts at the Salton Sea and travels up the state’s longest fault, the San Andreas, to shake Los Angeles, 150 miles away. An early-warning system would give LA residents crucial seconds, and perhaps even more than a minute, to prepare.

It got a significant boost in the federal budget signed into law in March, defying an earlier proposal by President Donald Trump to end federal funding for the programme.

As part of the $1.3-trillion budget bill approved by Congress and signed by the President Trump, officials approved $22.9 million for the project. That more than doubles the $10.2 million it got in the previous year’s budget.

A seismic early-warning system for the West Coast has been under development for years by the USGS, the nation’s lead earthquake monitoring agency, but the project has remained short of funds.

It’s estimated that building a full system covering the West Coast would cost at least $38.2 million, with about $16.1-million annually to operate and maintain it.

The USGS has said it planned to begin issuing limited public alerts from the system by the end of this year, as long as funding wasn’t cut. Southern California is one area where the network of seismic sensors is dense enough at present to begin early warnings.

For the system to go live all along the West Coast, more sensors need to be installed in Washington, Oregon and sparsely populated areas of Northern California. More than 850 earthquake-sensing stations are online, but about 800 more are needed, officials said.

Too few sensors could mean, for instance, that Los Angeles would experience delays in warnings from an earthquake that starts in Monterey County and barrels south along the San Andreas fault.

Along the West Coast, facilities including airports, oil refineries, pipelines, schools, universities, city halls and libraries are already testing or planning to test the system.

Hospitals in California are testing audible notifications, broadcast from fire alarm equipment, so staff can take steps such as surgeons engaged in operations removing scalpels from patients.

Condominium towers testing the system have been similarly rewired to give residents time to drop, cover and hold on before shaking arrives.

Some office buildings have also been wired to automatically bring elevators to the nearest floor, preventing people from being trapped after an earthquake. - Los Angeles Times/TNS