Living with anxiety

Health anxiety tends to rise after the age of 50 but it doesn't have to take over your life. P4-5
**Community Editor**
Kamran Rehmat

e-mail: community@gulf-times.com

**USEFUL NUMBERS**

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**PRAYER TIME**

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**Quote Unquote**

“Start by doing what’s necessary; then do what’s possible; and suddenly you are doing the impossible.”

—Francis of Assisi

**Aruvam**
**DIRECTION:** Sai Sekhar
**CAST:** Siddharth, Catherine Tresa, Sathyaraj
**SYNOPSIS:** The food safety officer has been exposing a lot of big shots involved in drugs. They all gang up to murder him. Discovering their plan and frustrated with the high level of corruption, he decides to take his own life instead of giving them a chance to murder him. After this shocking incident, there are some paranormal activities going on. Is that his spirit?
**THEATRES:** The Mall, Royal Plaza

**Joker**
**DIRECTION:** Todd Phillips
**CAST:** Robert De Niro, Joaquin Phoenix, Zazie Beetz
**SYNOPSIS:** An original standalone origin story of the iconic villain not seen before on the big screen, it’s a gritty character study of Arthur Fleck, a man disregarded by society, and a broader cautionary tale.
**THEATRES:** Landmark, Royal Plaza, The Mall

**For movie timings and further details please scan the QR code above with your mobile phone camera or visit qatarcinemas.com**
Photo Exhibition: ‘Experience Tanzania’
WHERE: Multaqa (Student Center) Art Gallery at Education City
WHEN: Ongoing until December 1
TIME: 4pm
‘Experience Tanzania’ is a yearly project supported by Student Affairs Division of Weill Cornell Medicine-Qatar that allows students and faculty to explore and immerse themselves in Tanzanian urban and rural cultures. During their trip, WCM-Q’s aspiring physicians offer basic healthcare services to the locals as a way of giving back to the community and learn about the lifestyles, traditions, socioeconomic hierarchies and health systems of the local Tanzanian communities.
A collection of photographs of the wildlife, landscapes and people of Tanzania taken by WCM-Q professor Dr Dietrich Büsselberg will be exhibited.

Qatar International Art Festival 2019
WHERE: Katara Cultural Village
WHEN: 30 October - 5 November
TIME: 10am - 12pm
MAPS International WLL, in collaboration with Katara Cultural Village presents Qatar International Art Festival 2019. QIAF2019 is the mega art event in the region that connects the artists worldwide and witness the fusion of over 200 artists from over 75 countries in 6 days, including art exhibition, live painting symposium, Qatar cultural tour, master art classes, art panel discussion, artistic fashion show and awards and certificates.

Career Guidance
WHERE: Right Track Consultants, Al Sadd
WHEN: Monday – Thursday
TIME: 6pm – 8pm
Career guidance for course, country, college and entrance for students of Grade IX-XII, of all curriculum. Career assessments administered for stream preference, career test, branch preference, personality, multiple intelligence and learning styles and productivity. For more information, 55448835.

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

Hobby Classes
WHERE: Mamangam Performing Art Centre
WHEN: Saturday – Friday
Mamangam is an art and performance centre started with a vision of spreading our knowledge, interests and experience in various disciplines in arts across different countries for children and adults.

Artistic Gymnastic Classes
WHERE: Qatar Academy Msheireb
WHEN: Ongoing
TIME: 3:15pm – 4:15pm
The olympic sport using horizontal bar, rings and floor exercises on mats for the children from age 4 till 16.

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

Short Executive Programme – ‘Re-Inventing Your Business Model’
WHERE: HEC Paris, Doha Campus
WHEN: Today
HEC Paris In Qatar offers an Executive Short Program in ‘Re-Inventing your Business Model’ with HEC Paris Associate Professor Hélène Musikas.
This two-day programme is designed to give executives an original and novel view of how to envisage strategy and suppress crafting in a world that requires constant adaptation. Building on the concept of business models, participants will learn how to systematically explore new opportunities for business models and discover what the conditions are to make this kind of innovation happen in their company.

Basics of TV Presentation
WHERE: Qatar National Library
WHEN: October 18
TIME: 5pm to 8pm
Through this workshop, young adults will familiarise themselves with the basics of television presentation. The workshop is led by Library specialist Ahmed al-Maliki.

Mamangam has become the favourite centre for learning. We offer regular classes in the following disciplines like traditional classical and folk dance forms, art and craft, drawing and painting, personality development and public speaking, Bollywood dance, contemporary, hip hop styles, music both vocals and instrumental. To develop health consciousness, we train them karate, yoga with special sessions for kids and adults.
Mamangam has also come up with chess and robotics in regular batches in an attempt to give a better learning experience, as they sharpen their minds and brains too.
For those who wish to register for more details, visit www.mamangamqatar.in

Compiled by Nausheen Shaikh. E-mail: gtlisting@gmail.com, Events and timings subject to change.
After she broke her neck in a car accident at age 28, Renee Tucker’s doctors told her that her newly repaired spine would never be as strong as it was before. Another accident could paralyse her. She’s not allowed to run or ride on roller coasters, but the Buckingham Township mother of two has mostly been able to lead a normal life. Now that she’s 51, though, she’s worrying more about her health. She often feels some dizziness and pain when she stands up, symptoms her doctors have not been able to explain. Any ache in her neck makes her anxious. She’s much more afraid of falling than she used to be.

She’s seen that some people her age, even those who’ve taken good care of themselves, have had major health problems. “I just have this kind of sense of impending doom, that it’s going to get worse and not be manageable,” she said of her health. “As I get older, I feel weaker and weaker.”

Doctors and mental health experts said the 50s, 60s and up can be when symptoms provoke more anxiety than they once did. This is when many first experience serious illnesses like diabetes and heart disease. Even if they don’t have a chronic illness, people are more aware of their mortality. Chest discomfort we could attribute in our youth to sore muscles can seem much more ominous. Stomach distress might be cancer. A headache could be a stroke. Every forgotten name might mean Alzheimer’s disease.

It’s hard to avoid the message that the risk of almost everything bad, including death, goes up with age. That’s why, mostly determines screening for breast, prostate and colon cancer. It’s why doctors start paying closer attention to your heart. Barbara Grabias experienced the newly heightened anxiety recently when she felt chest pressure. She worried that something was wrong with her heart. She went to the doctor and learned she had acid reflux, a condition easily remedied by over-the-counter medicine.

Older people “are more conscious of little pings and pangs in their body,” said Grabias, 77, who lives near

By Stacey Burling

Well over 50% of older patients experience some level of health anxiety

- Renee El-Gabalawy, psychologist at the University of Manitoba

Renee El-Gabalawy
Health experts say that worries about health exist on a continuum. A little worry is normal and may be good, because it prompts people to seek their doctors. A lot can be crippling.

Washington Square. “It’s probably when I got to be 70 is when I started to think more of the preciousness of health.”

What first triggered it for Barry Jacobs, 61, was nearing the age at which his father died of cancer: 52. A psychologist who works as a consultant at the Health Management Associates Philadelphia office, Jacobs was especially anxious until he made it to 53. He said age changes the way people feel about their health. Most can’t run as fast or lift as much weight. They have more aches and pains. “We don’t trust our bodies as much after a while,” he said.

Holly Lange, president and CEO of the Philadelphia Corp. for Aging, had a hip replacement in 2015. Now in her 60s, she has back pain. It reminds her of her late mother, who had to use a wheelchair in her 80s: “I worry because my mother had a bad back for years, so I’m turning into my mother.”

She thinks it’s common for people in her age group to worry more about their health. “I think it’s part of the ageing process that the older you get, the more symptoms you might have,” she said.

For most of us, health worries are allayed by test results. We might lose some sleep temporarily, but we gain renewed appreciation for health we can no longer take for granted. For some, though, the distress is extreme enough that life starts to revolve around health fears. There are hours spent on the Internet that can fuel cyberchondria and constant doctor visits.

Health experts say that worries about health exist on a continuum. A little worry is normal and may be good, because it prompts people to see their doctors. A lot can be crippling.

Tim Scarella, a psychiatrist at Harvard Medical School, said health anxiety is a problem when people become hypersensitive to changes in their bodies, and when they are not reassured when the doctor tells them they don’t have anything serious. The key question is, “How much does that worry make you miserable or keep you from engaging in your life?”

Neil Skolnik, a primary care doctor with Abington-Jefferson Health, is hesitant to even use the word anxiety, which he thinks has negative connotations, for most older patients. “I would be slow to equate increased awareness and concern with anxiety,” he said. “As people get older, they are more likely to get serious illness, so it is natural that they are more concerned about their health.”

Seetha Chandrasekhara, a psychiatrist with Temple Health, thinks that for those who are inclined to worry, the focus of fear changes over time. In their 20s, people may be anxious about school, first jobs, or dating. Health becomes a bigger issue later in life, when symptoms increase and peers get sick.

There’s not much research on how health worries change over the lifespan. Renee El-Gabalawy, a psychologist at the University of Manitoba, thinks medical definitions have stymied science. What used to be called hypochondriasis – the patient who was always going to the doctor when there was nothing wrong – did not include the many patients who had symptoms but were worrying too much about them. The medical terms used since 2013 are somatic symptom disorder, which includes people with real symptoms, and illness anxiety disorder, in which patients without unusual symptoms worry excessively about getting sick.

While most mental illnesses become less common with age, El-Gabalawy said somatic symptom disorder does increase with age and illness. Not much is known about the broader category of health anxiety, which includes more normal worry. Based on her clinical experience, she estimates that “well over 50%” of older patients experience some level of health anxiety.

Thomas Fergus, a psychologist at Baylor University, has found that worries about health are more likely to lead to increased use of medications, doctor visits, and lab tests, and thus higher costs in older patients than in young ones.

Doctors may be feeding health anxiety without realising it, experts said, by cavalierly sending patients for tests. Waiting for results can be hard on people of all ages. “Oh, wow,” Scarella said patients think, “the doctor thinks it’s enough to test for.”

Doctors can calm patients by saying they’re trying to rule out something that’s extremely unlikely. If they think the threat is bigger, they can promise to give the patients results as soon as possible and take care of them if something is wrong. Neesha Patel, a geriatrician at Cooper University Health Care, said patients often fret over tests that doctors consider routine. Before mammograms, she warns older women that modern mammograms often lead to more testing. “Please do not worry if that happens,” she tells them.

Jeffrey Millstein, a primary care doctor at Penn Medicine, routinely asks his patients what they are most worried about when they come to see him. “That’s a way to get some of those fears out on the table,” he said.

If your anxiety is on the milder end of the spectrum, it can help to know that worry is normal. Accept it and know it will pass. Good nutrition, exercise and meditation can help.

Dawn Mechanic-Hamilton, a Penn Medicine neuropsychologist, said to not underestimate the importance of sleep. Sleep problems become more common in later life. Lack of sleep can affect mood and tolerance for distress.

For more serious health anxiety, cognitive behavioural therapy is the gold standard. It helps patients re-frame catastrophic ideas about their health.

El-Gabalawy said doctors should be aware that continuing to order tests they think are unnecessary because of patient worries may reward “safety behaviours,” such as seeking frequent reassurance. “The best treatment for all anxiety is sitting through distress and allowing it to naturally disappear,” she said.

Ellen Langer, 72, a Harvard University psychologist who studies mind-body interaction and mindfulness, thinks we’d all do better to think about ageing differently. “People too frequently mis-associate age and illness,” she said. “That can be a self-fulfilling prophecy. ‘I believe the amount of control we have over disease is enormous.’

One thing people can do is train themselves to pay attention to their bodies differently. We all notice when something feels a little wrong. It’s also important to notice how often we feel fine.

We can also often talk ourselves out of stress by really thinking about what’s causing it. “Stress results from two things,” Langer said. “One is that you think something is going to happen, and two is, when it happens, it’s going to be awful. You need to question both of those.”

We’ll all feel better if we realise that a lifetime of experiences will help us cope. “We’ll just sit back and let whatever happens happen,” Langer said.

– The Philadelphia Inquirer/ TNS
PSD marks 27th anniversary and World Teacher’s Day

Philippine School Doha (PSD) recently marked its 27th anniversary under the theme of ‘Sustaining Growth and Development through Service and Excellence’, which was followed by World Teacher’s Day celebration. Marife Perlas and Dr Bobby Henerale spearheaded the opening ceremony, which was followed by a performance prepared by Drum Corps. The ceremony was attended by notable personalities, including members of the Board of Directors of the Parents-Teachers Association (PTA-BoD), members of the Board of Trustees (PSD-BoT), former employees of PSD, founding parents of the school, along with the representatives of Pak Shamaa School and College and Birla Public School. A representative of the Northern Illinois University in the United States also attended the event. The event also featured a dance performance by the students of Senior High School, which was followed by a sword arch performance and the national anthems of Qatar and the Philippines.

Speaking on the occasion, Dr Alexander Acosta, Principal of PSD, emphasised on the need to remain faithful to God when it comes to facing opposition because every challenge’s purpose is not to weaken people, but to make them stronger than they were ever before. Josel Leanda, Chairman of PSD-BoT, also addressed the gathering. Dr Noemi Formaran, Vice-Principal of the Senior High School Department, introduced the guest of honour, Dr Paulita Pal, on the occasion. Speaking on the occasion, Dr Paulita, said that in PSD she believes the growth and development can be sustained because of hard work and dedication, which was followed by a video presentation by Dr Don John Vallesteros. A live performance at the PSD@27 theme song was also part of the event. Edgar Tuquib, Chairman of PTA-BoD, closed the event with a closing prayer.

CHANSS-Qatar celebrates Onam festival

CHANSS-Qatar, the Doha chapter of the alumni association of NSS College Changanacherry, one of the oldest educational institutions in Central Kerala, recently organised an event to mark Onam festival at Skills Development Centre. The event was attended by over 300 people. The event featured various cultural activities and competitions, including Thiruvathirakali, Valla Paattu, Naadan Paattu, classical and folk dances, songs and skits.

The Meladhwani team, led by Ajeesh, played Chenda Melam, a percussion instrument, at the occasion. Bindu Varghese, President of CHANSS, welcomed the gathering. Pradeep Chandran, General Secretary of CHANSS, presented a report on the association’s activities during the year and later proposed a vote of thanks. The event was supported by Space Trading and Emerging Qatar.
HEC Paris in Qatar provides world-class Executive Education programmes and research activity

HEC Paris is ranked number 3 worldwide in Executive Education by the Financial Times in 2019. Founded in 1881 by the Paris Chamber of Commerce and Industry, HEC Paris, a founding member of the Université Paris-Saclay, brings together 140 permanent professors, more than 4500 students and 8000 executives and directors in education each year. In 2010, HEC Paris joined Qatar Foundation and brought world-class Executive Education programmes and research activity to Doha and the region. By 2011, HEC Paris launched Qatar’s first International Executive MBA (EMBA). In addition, HEC Paris provides a Specialised Master’s Degree in Strategic Business Unit Management, various non degree management programmes and certificates. The programmes and research activities of HEC Paris in Qatar build corporate competitiveness within the global economy and are fully aligned with Qatar National Vision 2030 to support the transformation of Qatar into an advanced, competitive and knowledge-based economy.

HEC Paris International Executive MBA:
The EMBA is a practical and intensive part-time programme developed to give participants a deeper understanding of the social, economic and environmental aspects of the global business landscape, and to provide them with an added value for their organisations and themselves. The programme is aimed at senior leaders who are interested in taking their careers to the next step, developing top-level business acumen and gaining a competitive advantage in the rapidly evolving job market. The next intake for the EMBA in Doha is February 2020.

Specialised Master’s Degree in Strategic Business Unit Management:
This is a part-time programme designed for professionals and entrepreneurs seeking to enhance their leadership and management skills. Participants will benefit from the flexibility of a personalised programme by following one of three tracks aligned to participants’ career aspirations: General Management, Marketing & Sales, and Entrepreneurship & Business Development. The next intake for the Specialised Master’s Degree is January 2020.

Executive Short Programmes:
The HEC Paris Executive Short Programmes and Certificates are high-impact non-degree programmes that can easily fit into managers and leaders’ busy schedules. With a focus on leadership, effective management, finance, marketing, decision-making, negotiations skills and HR management, these programmes develop individual professional skills.

Custom Programmes:
HEC Paris Custom Programmes address major challenges facing organisations and are tailored to the specific professional development and training needs of executives and managers for a truly memorable learning experience. These fully customised programmes are essential for transformational journeys and deliver tangible and measurable impact on businesses.

MESAA to organise ‘FFC Presents MESF Football Tournament 2019’

MES Alumni Association (MESAA) is all set to organise its first ever Football Tournament ‘FFC Presents MESF Football Tournament 2019’ powered by Mission20 Events. The tournament will include 12 teams that would play for 6 weeks every Friday starting from October 18 at MES Indian School Ground.

Ziad Usman, President of MESAA, said, “There is nothing better to integrate our alumni than sports and what better game than football. Football has been an integral part of our school life and we aim to recreate the nostalgia. We also aim to support the Human development pillar of the Qatar National Vision 2030 which promotes participation in a wide variety of cultural and sports activities.”

The title sponsor of the Football Tournament is Family Food Centre. The gold sponsors, include Aster Medical Centre, Recharge Qatar, Safa Water, Bawarchi Restaurant, Saeeco Perfume and Children’s Education Centre. The silver sponsors are Hyperthink Systems WLL, BNI, M2OZero, One Stop for Office Supplies, SB & Partners, MP Traders, Black Olive Restaurant, Savoy Insurance Brokers, Bodyzone Fitness Centre, Al Muftah Rent A Car, Safari Hypermarket, Kairali Al Tanoor Restaurant and Speedline Printing Press. The Printing Partner, Media Partner and Radio Partners for this event are Digital Print Centre, QPlays and Radio Olive and Radio Suno, respectively.

EDUCATIONAL TRIP:
The students of Business Studies at Noor Al Khaleej International School Doha (NAKIS) recently visited Al Arabia Mineral Water and Packaging factory as part of their course of study.
KidZania Doha and Rayyan Natural Water team up to launch a kid-sized Water Lab for children

KidZania Doha, a multi award-winning learning and entertainment brand, and Rayyan Natural Water Company, Qatar’s largest national supplier of natural mineral water, has recently announced the launch of the project – a kid-sized Water Lab inside the city of KidZania Doha. Sheikh Abdulaziz bin Ahmed al Thani, Board Member of Qatar Entertainment Company (Tasali), along with Khalifa al-Rabban, Al Rabban Holding Managing Partner, led the press conference recently at KidZania Doha facility, which was followed by the signing of the Partnership Agreement and Ribbon Cutting in front of the Water Lab establishment marking its official inauguration.

The collaboration between the two companies aims to educate the children of Qatar about the importance and value of water through letting them in on the process of water sourcing and manufacturing, while promoting and boosting science literacy.

In the ‘Water Lab’, children will take on the role of a water biologist and will learn about the journey of the mineral water, from sourcing it through conducting a series of tests to making the finish product. Besides this, children will also experience delivering Rayyan bottled waters to other establishments. At the end of each activity, they will take home the bottled water they made and receive KidZos (KidZania’s currency) as their fruit of work.

This partnership is a part of KidZania’s vision to provide a realistic and unique learning environment for children that is both fun and educational through role-playing, in which the expertise and skills of international and local brands are used as an asset in providing an all-out experience.

Speaking on the occasion, Sheikh Abdulaziz bin Ahmed al Thani said, “KidZania is the world’s leading edutainment brand. In KidZania, kids learn through role playing and the unique business model allows for kids to interact with brands and business in the country.”

“Partnering with Rayyan Water provides kids in Doha the opportunity to interact with Rayyan Water and understand the process, science, values and business of bringing a valuable resource like water to market. I am delighted that we have provided the kids in Doha this unique opportunity which I believe helps them to increase their knowledge in different fields, interact and understand the process behind the making of a successful brand like Rayyan Water,” he added.

Khalifa al-Rabban added: “We believe our partnership with KidZania provides a unique platform to not only educate children on our water bottling process, but also the opportunity to support the Qatar National Vision by encouraging an active interest in learning.”

KidZania Doha is operated by Qatar Entertainment Tasali WLL, a National Qatari joint venture of Sharaka Holdings and Aspire Zone Foundation.

IEI felicitates MES

The Institution of the Engineers of India (IEI) Qatar Chapter recently organised an event to felicitate MES Indian School for securing runners-up position in the Smart Engineering Interschool Competition, organised in connection with the centenary celebrations of IEI. Abdul Salih, Chairman of IEI, along with Mahesh and Durai, presented the plaque to Dr. Hameeda Kadar, Principal of MES.
California state bans animal fur products

Leather and some animal skins still allowed, while circuses will be banned from using wild animals like tigers and bears

California will become the first US state to ban the sale and manufacture of new fur products and the third to bar most animals from circus performances under a pair of bills signed on Saturday by the governor, Gavin Newsom.

The law will bar residents from selling or making clothing, shoes or handbags with fur, starting in 2023. Animal rights groups cheered the measure as a stand against inhumane practices. The proposal was vigorously opposed by the billion-dollar US fur industry, while the Fur Information Council of America has already threatened to sue.

It follows Newsom’s signing of legislation that makes California the first state to outlaw fur trapping and follows bans on sales of fur in Los Angeles and San Francisco.

“California is a leader when it comes to animal welfare, and today that leadership includes banning the sale of fur,” Newsom said. “But we are doing more than that. We are making a statement to the world that beautiful wild animals like bears and tigers have no place on trapeze wires or jumping through flames.”

The fur ban does not apply to used products or those made for religious or tribal purposes. It excludes the sale of leather, dog and cat fur, cowhides, deer, sheep and goat skin, and anything preserved through taxidermy.

It could mark a significant blow to the fur industry that makes products from animals including mink, chinchillas, rabbits and other animals. The US retail fur industry brought in $1.5bn in sales in 2014, the most recent data available from the Fur Information Council.

Under the California law, there is a fine of up to $1,000 for multiple violations. Fashion designers including Versace, Gucci and Giorgio Armani have stopped or say they plan to stop using fur.

Animal rights groups have said animals may be subject to gassing, electrocution and other inhumane actions to take their fur. Advocacy group Direct Action Everywhere said it was working with activists to pass similar bills in cities nationwide, including Minneapolis and Portland, Oregon, and was optimistic California’s law would spur action. “Ordinary people want to see animals protected, not abused,” said Cassie King, an organiser with the Berkeley-based group.

Opponents of the legislation have said it could create a black market and be a slippery slope to bans on other products. The ban is part of a “radical vegan agenda using fur as the first step to other bans on what we wear and eat,” Keith Kaplan of the Fur Information Council said in a prior statement. He claimed fake fur was not a renewable or sustainable option.

California joins New Jersey and Hawaii in banning most animals from circus performances. The law exempts domesticated dogs, cats and horses and does not apply to rodeos.

Circuses have been declining in popularity for decades. The most well-known act, the Ringling Bros and Barnum & Bailey Circus, closed in 2017 after 146 years of performances. State officials said at least two circuses that include live animals were scheduled to perform in California this year. At least 18 circuses do not use animals, including Cirque du Soleil.

The law includes penalties of up to $25,000 per day for each violation.

The Southwest California Legislative Council opposed the law, saying it would prevent people from being able “to experience the thrill of a circus performance featuring beautiful, well-cared-for animals.”

People for the Ethical Treatment of Animals lauded both new laws. “Today is a historic day for animals in California, including those who have been whipped into performing in circuses, or skinned alive for their fur or skin,” said its vice-president, Tracy Reiman.

— The Guardian
The heritage site of Al Zubarah Fort

Located on Qatar’s north-west coast and comprising the immaculately restored Al Zubarah Fort and surrounding 60-hectare archaeological works, this Unesco World Heritage site is one of the most extensive and best preserved examples of an 18th–19th century settlement in the region.

It covers the remains of a walled coastal town that once ranked as one of the Gulf’s most important pearl diving and trading centres with links extending to the Indian Ocean. The fort houses a visitor’s centre.

It is almost one hour drive from Doha, where you will also pass by different farms. I visited the location for a photography trip and found that it had breath-taking views and a calm environment where you can visit with family and friends to understand Qatar’s heritage. The best time to visit the destination is during winter, which is just round the corner.

—Text and photos by Rimaz Mohamed
When asked to answer questions quickly and impulsively — be it at work or home — people may lie to you by responding with a socially desirable answer rather than an honest one, say researchers.

In other words, time pressure does not bring out a person’s good “true self” and people may default to their desire to appear virtuous even if it means misrepresenting themselves.

“The method of ‘answer quickly and without thinking!’ a long staple in psychological research, may be doing many things, but one thing it does is make people lie to you and tell you what they think you want to hear,” said John Protzko, a cognitive scientist at University of California, Santa Barbara (UCSB).

The idea has always been that we have a divided mind — an intuitive, animalistic type and a more rational type.

“The more rational type is assumed to always be constraining the lower order mind. If you ask people to answer quickly and without thinking, it’s supposed to give you a secret access to that lower order mind,” Protzko explained in a paper published in the journal Psychological Science.

To test this assumption, Protzko and UCSB colleague Jonathan Schooler devised a test of 10 simple yes-or-no questions.

Through a survey, respondents were asked to take fewer than 11 seconds, or alternatively, more than 11 seconds to answer each question.

They found that the fast-answering group was more likely to give socially-desirable answers, while the slow answers and the ones who were not given any time constraints (fast or slow) were less likely to do so.

The team plans to examine previous studies that used the quick-answer technique to see how much results might be driven by participants giving socially-desirable answers. – IANS
Wordsearch

BEAD    PAPER    HOME
FOOT    CASE     WAX
NEEDLE  GROUND   FIELD
BODY    PATCH    HOUSE
FRAME    CLOCK    WOOD
NIGHT   GUESS    FIRE
BREAST  TEAM     METAL
FRET    EARTH

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

8
9 1 4 5 8
3
5
9
1 5
9
5 3 7
6 3 8
6

Sudoku is a puzzle based on a 3x3 grid. The goal is to fill the grid so that every column, every row, and every 3x3 box contains each of the digits 1 to 9. This puzzle is adapted from a Sudoku featured online. You are given a selection of values and must fill the grid so that every column, every row, and every 3x3 box contains each of the digits 1 to 9.
Super Cryptic Clues

Across
1 Not a main road - it's steered round (4,6)
7 Communications in a disorderly state for a very long time (8)
8 Do evening work in golf club (4)
9 Metal in first place (4)
10 We linger about at all events (7)
12 Some Frenchwomen suffering Seine sprain? (11)
14 Imposing residence for chap is no ruin (7)
16 Places of refreshment seen in opposite directions (4)
19 Nothing is included with prize rosette (4)
20 King about to be surrounded by river people in the Middle East (8)
21 Mean people hide stones (10)

Down
1 Nick dislodged slate (5)
2 Hopelessness I spread about (7)
3 An indication that one has to ratify a contract? (4)
4 Desert or ruins made good (8)
5 The best selection from Japanese literature (5)
6 Large roses ordered for beaten contestants (6)
7 College boy embracing small European (8)
12 Trees by quiet country roads (6)
13 Little girl eager for material (7)
15 Baby bird (5)
17 Mistakes made with lingerie (5)
18 In part an actor always has spoken (4)

Solution

Wordsearch

Codeword
Regard wants to become the best deep house DJ, producer in world

By Geoffrey Rowlands

Kosovo-born DJ / producer Dardan Aliu does not have the greatest command of English. Many of his responses are given in translation by his manager. But Dardan, better known by his professional name of Regard, certainly knows a quality song. He is currently enjoying an international smash hit single with Ride It.

The track is a reworking of a song originally recorded and co-written by English singer / songwriter Jay Sean. Real name Kamaljit Singh Jhooti, it was the lead single from his second album, My Own Way, and released in December, 2007. Ride It proved highly successful in Britain where it peaked at number 11. It was even more popular elsewhere particularly so in the countries of Eastern Europe.

America was a different story. For some reason, the original version of Ride It did not capture the public imagination. But this is not the case for Regard’s new version. A deep house remix with an increased tempo, vocals pitched lower and the original mid-song rap removed, Regard’s track has topped the US Spotify viral chart.

His success is largely thanks to the video social media platform TikTok. Regard posted a 20-second clip from the song on TikTok which propelled the song to a new challenge. Since then, more than four million videos using the track have appeared on TikTok. The Ministry of Sound record label recognised a good thing when they heard it and snapped up Regard’s full version.

Ride It is not the first song to explode from TikTok in 2019. Old Town Road, the massively successful debut single by Lil Nas X, was effectively launched on TikTok via the Yeehaw Challenge meme. Lil Nas X had posted videos incorporating cowboy fashion and culture. This was picked up by TikTok users who created their own cowboy-themed short videos soundtracked by Old Town Road.

“I am very grateful to all the TikTok users who didn’t previously know me to listen to my earlier songs. I’m sure they’ll find a lot to enjoy!”

As yet, there are no plans for Regard to release an album.

“I concentrate on singles and megamixes. My megamixes are longer than most albums. Perhaps albums will be part of my future but I’ve really just had one objective for the past few years. I want to become the best deep house DJ and producer in the world.”

His success in brief

The Beatles

The Beatles set yet another UK chart record when they topped the UK listings with a special edition release of their iconic Abbey Road album.

At 49 years and 252 days, a new mark was established for the longest time between initially reaching number one on the official albums chart and then returning to pole position. Abbey Road broke the record previously set by The Beatles in 2017 when Sgt. Pepper’s Lonely Hearts Club Band returned to top spot 49 years and 125 days after first reaching the summit.

Both albums were reissued to celebrate the 50th anniversary of their release. The Abbey Road special edition also features additional tracks from the recording sessions and alternative takes of classic songs.

Something perhaps not generally known is that Abbey Road was actually the final album recorded by The Beatles. Although Let It Be was their last to be released, it was initially shelved after disagreements within the band about its quality and how it should sound. Sessions for Abbey Road began just three weeks after the Let It Be sessions ended. When the album was completed, The Beatles wanted it to be released immediately. But the multi-instrumental album cover photo of the band members walking across a zebra crossing outside the Studio in Abbey Road was Paul McCartney’s idea. It was shot on August 8, 1969. Just six photographs were taken.

The crossing is still there today. Fans often take their own photos recreating the cover shot much to the despair of motorists who are obliged to wait for the pictures to be taken.

There is actually a live webcam trained on the crossing. It can be viewed at www.earthcam.com/world/england/london/abbeyroad?cm=abbeyroad_uk

SMASH HIT: Regard is currently enjoying an international smash hit single with Ride It.

Perhaps Sir Paul McCartney might care to use some of his income from the new version of Abbey Road to buy the old tour bus used by his post-Beatles band, Wings.

The open-top double decker originally operated on routes around the East Anglia region of England during the 1950s and ’60s. It was bought by Paul for use of the band and their road crew during their Wings Over Europe tour in the summer of 1972.

The top deck was converted into a children’s play area and the bus was painted in a psychedelic colour scheme.

Following the tour, the bus ended up outside a rock music-themed cafe in Tenerife in the Canary Islands.

It was later moved to the cafe owner’s garden where it stood rotting away until two years ago when the bus was brought back to England by a gentleman named John James.

Mr James had hoped to refurbish the bus and use it for musical children’s tours. Sadly, his plans did not work out. Having decided to emigrate to Australia, he offered the bus for sale in an auction of Beatles memorabilia at Omega Auctions in Newton-Le-Willows, Merseyside.

The estimated sale price was 15,000 to 25,000 GBP. The higher figure would just cover the costs Mr James had incurred in relation to the bus. He would donate anything above that sum to the Arms Around The Child charity of which he is a patron.

The lack of interest really came as no great surprise. This was a Beatles auction. Wings were not only nothing to do with The Beatles but there was also at least a certain degree of resentment among Beatles fans towards Paul at the time. He was largely seen as the person who effectively broke up their favourite band.

For whatever reason though, the bus remains unsold. Paul heard it had been shipped back to the UK and put out an appeal on Twitter for information about the bus in December, 2017. He knows where it is now so does he have fond memories of that Wings Over Europe tour in 1972 to stump up the cash and reacquire his band’s old tour bus?}

Keith Flint

Keith Flint has been honoured with a mural at the home ground of his local football club, Braintree Town.

A portrait of the late Prodigy frontman, who died last March, has been created by renowned spray paint artist David ‘G Nasher’ Nash. It depicts Keith in a familiar on stage pose sticking out his pierced tongue.

Braintree club historian Jon Weaver came up with the idea of having Keith’s face adorn the water tank next to the main grandstand. Club staff and supporters chipped in to pay Nash for his work which took around seven hours to complete.

Nash was formerly a rave DJ and is a massive Prodigy fan so the mural commission was close to his heart. The end result is a superb likeness which has delighted all concerned.

The remaining Prodigy members have given their approval while both football and music fans have described the mural as “outstanding, awesome and stunning.”
We should stop imitating the West: Ananya

Actress Ananya Panday says people in Bollywood need to stop constantly looking at the West for inspiration, and rather explore stories and talent in India.

“We need to stop imitating the West and looking there for inspiration. We have so many great stories to tell and such great talent to tell it,” Ananya said.

The actress, who made her Bollywood debut earlier this year with Student Of The Year 2, shared her views during a conversation at Jio MAMI Movie Mela with Star.

Janhvi Kapoor, Mrunal Thakur, Radhika Madan and Avinash Tiwary were also a part of the conversation.

About acting, Ananya said she loved the fact that the job allowed her be herself.

“I just feel very comfortable, doing what I do. I love that I’m able to be myself,” she said, adding that she wanted to do Alia Bhatt’s role in Gully Boy.

However, she finds crying on the screen very hard.

“I used to try and imagine someone I know dying, but it didn’t really help. Shah Rukh Khan then advised me to not imagine someone’s death, but to imagine my life without that person. That made a big difference. It worked,” she added.

The daughter of Chunky Panday believes that “what’s meant to be yours will come to you.”

“So what if I didn’t get a role; a better person got it. I don’t let it get me down; I move on,” she said.

Talking about the strangest place where she has been spotted and recognised by fans, Ananya said: “Many places – in the bathroom, in the middle of traffic, in the middle of a shot. Once, while I was shooting, this guy with a camera started running behind me, and the shot that was captured had both of us in the frame.” - IANS

We should stop imitating the West: Ananya

Agnieira: Music industry is full of wolves

Singer Christina Aguilera thinks the music industry is full of “wolves”.

“It was a business with so many wolves. Older men who had other intentions. When you’re that young coming up in a male-run business, you’re going to see the darkest sides of things and hear how men talk about women, how they talked about me,” Aguilera told Sunday Times newspaper, reports femalefirst.co.uk

“I do look back at that younger me, who needed a hug, and I want to tell her that not all men are like this. When people just accept it and say, ‘Oh well, you know, boys will be boys; I disagree. Because I do feel men should be held accountable.”

She believes it’s important to recognise that women are “not just one-dimensional creatures.”

Reflecting on her own evolution, she said: “That first record (Genie) was me playing a puppet, doing what the label wanted me to do and be at a time when the pop explosion was super big.

“And it’s fun to look back now because you have Kylie Jenner, you have Miley Cyrus, people reinventing the chaps look, which I definitely got a lot of heat for. But I was interested in opening up that conversation at the time, comfortable in my own skin.

“We are all working hard. We often think we are doing so much but the next person is doing the exact same hard work, probably working harder than you. So, you got to stay on your toes, stay motivated, stay focused, because at the end of the day, nothing matters more than your work. I think it is a lovely time to be in this industry,” said the actress.

Ananya Panday’s upcoming films include Gunjan Saxena: The Kargil Girl, Roohi Afsun and the Netflix ensemble film Ghost Stories. - IANS
‘Do not force children to do what you could not’

By Mudassir Raja

The question that parents and children constantly in their lives is about the profession a child will take on for a better life. In response to a question on the same subject, Malik Nasir Nawaz, CEO of MN Learning Solutions, said: “Parents should not try to push their children to follow the course that they themselves could not when they were children.”

Malik Nasir is a motivational trainer, business etiquette developer, stress/anger management and time management trainer. He made these remarks while conducting a training session at Pak Shamaa School recently. The training session coincided with the World Teachers Day.

The teachers’ training workshop titled “Teacher’s Strategy for Gaining and Sustaining Attention of Students’ was organised by Pak Arts Society Qatar (PASQ) in association with Pak Shamaa School.

The training session that aimed at developing teachers capacity of teaching and training the students turned into motivational lecture both for teachers and parents as the members of the Pakistani community were also present on the occasion.

“Do not force your children to do what you could not do and what you wanted to do. Both parents and teacher’s try to follow the inclinations and interests of the children during the school times,” said the guest speaker.

Nawaz is a learning and development expert and the trainer of teachers with more than 20 years of experience. He specialises in custom made trainings and delivering personal and professional development courses such as work life balance, stress management, time management, selling edge, negotiation skills, team building, communication skills and other influencing skills at work.

The session was attended by over 200 people including teachers, parents, school administration, and prominent community members. M A Shahid, Pak Shamaa School Chairman, and Taher Dilawar Hussain, vice president of PASQ, presented bouquets to the key note speaker.

Nawaz further explained some of the major techniques and benefits of gaining students’ attention. He also highlighted the importance of motivation – need satisfaction, job satisfaction, productivity, learning, discipline and dynamism – in order to gain the required results.

In an interactive session that followed the lecture, Nawaz talked about different teaching methodologies. He pushed for the idea that the students should be taught with love and affection. He emphasised the importance of practical based learning. He said that students learn best when they practically do something.

The speaker said that encouragement and appreciation are the keys to develop confidence and enhance the learning process of the students. He advised the teachers and the parents to let the students take their decisions freely and not impose their ideas and desires on them. He further talked about the informal ways of teaching where a student can learn even outside the classroom. In the end, he talked about the qualities of a good teacher.

Talking to Community, Adeel Akbar, PASQ general secretary, said: “Training session was very interactive and helped the faculty to build a positive attitude and motivated them to achieve high success in educational field. This lecture was an enlightening experience as it helped to rediscover oneself as a human being, as a student, and as a teacher who was looking for fulfilling his or her dreams. The articulated tips were helpful to stimulates interest and the attitude of willing to learn.”

Samra Sikander Ghouri, who has been teaching Islamic Studies for over 15 years, said: “The session was interesting in the sense that the speaker shared practical things in simplest way by giving real life examples. The second thing that caught my attention was the emphasis of the speaker on the need for teachers to go to the level of students. He urged that the teachers should not ask questions from the students but let them ask questions from their teachers.”

Muzaffar Hussain, who has been teaching English since 1996, said: “For me the important point of the session was the stress made by the speaker on how to engage the back benchers. The teachers should not ignore the students who do not show any interest in taking initiatives. The teachers should rather encourage them more and more by boosting their confidence.”