College blues
Stressed-out college students are sleeping less than ever. P4-5

Pop Spot
A former busker, Dermot, shines with debut LP "Without Fear." Page 14

Showbiz
Nicole Simpson's murder film based on controversial theory. Page 15
PRAYER TIME

Fajr 4.18am
Shorooq (sunrise) 5.36am
Zuhur (noon) 11.20am
Asr (afternoon) 2.37pm
Maghreb (sunset) 5.03pm
Isha (night) 6.33pm

USEFUL NUMBERS

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

"Nature... is nothing but the inner voice of self-interest.”
– Charles Baudelaire

Killers Anonymous
DIRECTION: Martin Owen
CAST: Tommy Flanagan, Rhyon Nicole Brown, MyAnna Buring
SYNOPSIS: Tensions mount at Killers Anonymous, a support group for killers, as the members of the group try to unravel the mystery behind which one of them is responsible for the assassination attempt on a US senator that has the police authorities in the city on high alert. But things are not what they seem, and when new truths are discovered, secret alliances and betrayals emerge as the session explodes into violence and chaos, forcing the killers to kill or be killed!
THEATRES: Landmark, Royal Plaza

War
DIRECTION: Siddharth Anand
CAST: Hrithik Roshan, Tiger Shroff, Vaani Kapoor
SYNOPSIS: An Indian soldier is assigned to eliminate his former mentor and he must keep his wits about him if he is to be successful in his mission. When the two men collide, it results in a barrage of battles and bullets.
THEATRES: The Mall, Royal Plaza

Quote Unquote
“Nature... is nothing but the inner voice of self-interest.”
– Charles Baudelaire

For movie timings and further details please scan the QR code above with your mobile phone camera or visit qatarcinemas.com
Artistic Gymnastic Classes
WHERE: Qatar Academy Msheireb
WHEN: Ongoing
TIME: 3:15pm – 4:15pm
Ongoing
WHEN: Qatar Academy Msheireb
WHERE:

Artistic Gymnastics

Bharatanatyam / Mohiniyattam / Kuchipudi / Dissi / Kathak / Folk Dance, Dance – Group Performance, and Bharatanatyam / Folk Dance. Last date for the registration will be on October 27.

Career Guidance
WHERE: Right Track Consultants, Al Sadd
WHEN: Sunday – Thursday
TIME: 9am – 5pm
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.

ICC Inter – School Dance Competition 2019
WHEN: November 3 — November 5
ICC Inter School Dance Competition 2019 is initiated to promote various forms of Indian Classical Dance and to encourage the young performers engaged in various disciplines of performing arts. Recognising the stellar role played by the schools, Indian Cultural Centre has considered it prudent to organise this event as an Inter School Competition, for showcasing the talents of the students of Indian community in various aspects of Indian Classical Dance.

The festival offers other benefits to participants, including the promotion of their work, interaction with print, electronic, digital, and social media, interaction with selected art collectors, art investors, and potential buyers. QIAF, one of the largest art festivals in Qatar, is organised every year.

When: 30 October - 5 November
Where: Multiqa (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 students and faculty to explore and immerse themselves in Tanzanian urban and rural cultures. During their trip, WCM-Q’s

Qatar Academy Msheireb

Celebration of arts and culture.

Qatar International Art Festival 2019
WHERE: Katara Cultural Village
WHEN: 30 October - 5 November
TIME: 10am - 10pm

The Olympic sport using horizontal bar, rings and floor exercises on mats for the children from age 4 till 16.

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. 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 instrumentals. 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

Contact the cultural centre for more information at mamangam@ketab.com or call on 33003839. 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 instrumentals. 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.

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Students take up meditation to cope with stress and anxiety

“I couldn’t sleep because my brain was always on the go. I was never present in the moment because I always had something to worry about — money, bills, classwork or personal relationships.”

- Ewan Johnson

By Bethany Ao

Last fall, Ewan Johnson found that getting a good night’s sleep was becoming increasingly difficult. Johnson, then a junior studying strategic communications and political science at Temple University, was juggling three jobs and leadership positions in his extracurricular clubs on top of a full course load. His stress levels skyrocketed. Fitting eight hours of sleep into his busy schedule was already difficult for Johnson, who had struggled with insomnia since his freshman year at Temple. On bad nights, he estimated that he was getting only about four hours of shut-eye.

“I couldn’t sleep because my brain was always on the go,” said Johnson, 22. “I was never present in the moment because I always had something to worry about — money, bills, classwork or personal relationships.”

Academic pressure, social anxiety, homesickness, overbooked schedules and rising tuition costs are but a few of the factors that, experts say, are dialling up stress levels among college students. A survey of more than 1,000 freshmen found that a third of them believed that they couldn’t handle the stress of day-to-day life.

The stakes can be extraordinarily high at a time when more than a third of college students have a diagnosed mental-health condition, and suicide is the second-leading cause of deaths for teens and young adults.

To help students cope, some universities are introducing meditation and mindfulness apps, which research suggests may be an effective addition to more traditional mental health initiatives. Apps hold particular appeal because they can be used anywhere, at any time, by anyone with a smart phone.

But on local college campuses, where students often face long waits to see mental health professionals at overwhelmed counselling centres, apps are far from a complete answer.

In a 2015 survey of Arizona State University students conducted by the American College Health Association, only 28% of students reported getting enough sleep to
wake up feeling rested on five or more days out of a week. A 2010 study published in the Journal of Adolescent Health found that one out of five college students reported stress interfering with their sleep at least once a week. On average, students were getting about seven hours of sleep, rather than the recommended nine. A 2014 study in Nature and Science of Sleep also found that 70% of college students reported getting insufficient sleep, mostly because going to bed late and waking up early for classes or jobs. Caffeine as well as using technology before bed also affected sleep quantity and quality. “The need for sleep actually goes back up during adolescence,” said Phil Gehrmann, a University of Pennsylvania assistant professor of psychology who studies sleep. “But we know from data on college students that while their need for sleep is up, their opportunity is going down. This can be crucial because your late teens and early 20s is the peak age of onset for a number of different mental health conditions, and not sleeping well can increase your risk of getting them.” Gehrmann emphasized that there is no evidence that people adjust to getting less sleep over time. “When we’re chronically sleep deprived, we lose our ability to gauge how impaired we are,” he said. “And college is a time in your life where you want to be functioning mentally at a high level.” Studies suggest that meditation, which is booming in popularity, can decrease blood pressure, improve anxiety and depression, reduce loneliness — and lower stress levels and insomnia. The goal of meditation is to increase awareness and perspective, and it often starts with sitting in a quiet place, closing your eyes, calming the mind and focusing on breath. Michael Baime, the director and founder of the Penn Program for Mindfulness, said that often when people struggle to fall sleep, it’s because there is some unpleasant or anxiety-provoking that is distracting them. “Mindfulness practice is all about learning how to manage your attention instead of having it hijacked and go to that thing that’s making us anxious or sad or angry,” said Baime. But it’s not an easy or quick skill to learn; Baime’s popular eight-week mindfulness course includes 27 hours of class time. “In a situation where people can’t fall asleep, we would have them take their attention away from the thoughts that are worry them and toward something soothing, safe and comforting, like sensations of breath or of the body.” One of the ways that meditation helps decrease stress is by fostering neural circuits that make people more resilient to anxiety, said David Creswell, an associate professor of psychology at Carnegie Mellon University. With stronger resilience neural circuits, it’s possible to bring the amygdala, a set of neurons in the brain linked with feelings of fear and stress, back into balance with the prefrontal cortex, the part of the brain that manages emotions and planning. Creswell’s research on meditation has suggested that the practice can reduce cortisol, the hormone that acts as the body’s alarm system by triggering the “fight-or-flight” instinct, and blood pressure in response to stressful activities. “The skills that you’re learning in mindfulness or meditation practices change how your brain and body responds to stress,” he said. “You can train yourself to bring your attention back to what you’re experiencing, to really be present. You’re learning to be equanimous to your experience, whether it’s positive or negative or neutral!” In other words, you learn to calmly observe what’s going on, rather than immediately reacting. One of the most common ways for people to get acquainted with meditation these days is through their smartphones, said Gehrmann. Apps provide guided sessions, often accompanied by soothing noises or breathing exercises that target focus, exercise or sleep improvement. Plenty of people are interested; as of December, Headspace had just under 40 million paid downloads and over a million paid subscribers. A recent study published in Mindfulness, a peer-reviewed academic journal on psychology, suggests that meditation apps may be an effective way to manage stress, with students reporting significant improvements in depressive symptoms adjustment, resilience and mindfulness. Baime said that like most skills, meditation can be difficult to master. Using apps to practice in a situation that isn’t stressful or threatening can be helpful — used correctly. “I wouldn’t recommend doing something that’s interactive, like pushing buttons, scrolling or watching a video,” Baime said. “The best way to use a smartphone is for spoken or audio guidance that helps you focus in a gentle but steady way.” In February, Temple introduced a free subscription to Headspace, a popular app that helps users learn how to meditate for stress relief, among other benefits. Students can access the app on iPads available during walk-in hours at Tuttleman Counselling Services. Last month, the university expanded the partnership with Headspace to give student athletes access to the app on their smartphones. “This is a pilot program and we are evaluating its value to see if it’s worth making available” more widely, said Ray Settem, assistant vice president for university communications. “We want to know if it actually helps students, rather than make students pay for something through their fees and find out that it doesn’t work.” In February, Johnson turned to a therapist he had been seeing outside of Temple’s counselling services for help. He began confiding in her about his anxieties, and she put together a treatment plan for him that included a free meditation and mindfulness app called Tide. Like other meditation apps, Tide offers a variety of calming sounds, like “rain falling on an umbrella” or “waves on a mountain,” along with a timer. It also includes a breathing exercise. Universities that currently offer their students free subscriptions to paid meditation apps include Johns Hopkins University and Carnegie Mellon. Boston University offers a subscription to their faculty and staff. “From what I know, ‘wind-downs’ is one of the top ways students are using the app,” said Angie Lusk, program director of student affairs wellness initiatives at Carnegie Mellon. She said that since rolling out an institutional membership to Headspace last spring, students and staff have meditated for a total of over 720,000 minutes. “People are also using Headspace before they walk into an exam or start their homework to find their focus a little bit better.” But at Temple, some students say they would rather the Headspace money — Temple wouldn’t say what it is spending — go to increase regular counselling services. Allie Rath, a 21-year-old junior majoring in communication studies, said that she began using the free version of Headspace at home to fall asleep faster whenever she dealt with anxiety. But going to the counselling centre to use it on the centre’s iPads would eliminate any advantage, she said. “Why would you go to North Philly to use it? It makes no sense.” Johnson said that his private therapist has been much more helpful than the Tide app in dealing with stress. “Temple presenting Headspace as a solution is problematic when it’s not invested in real solutions,” he said. “If you need to put money somewhere, put it towards real resources. I want to hold the university accountable.” — The Philadelphia Inquirer/ TNS

Studies suggest that meditation, which is booming in popularity, can decrease blood pressure, improve anxiety and depression, reduce loneliness and lower stress levels and insomnia. The goal of meditation is to increase awareness and perspective, and it often starts with sitting in a quiet place, closing your eyes, calming the mind and focusing on breath.
IIEE-SQC elects new Board of Directors for 2020

The Institute of Integrated Electrical Engineers of the Philippines – State of Qatar Chapter (IIEE-SQC) recently held its 14th Annual Conference and Election for 2020 Board Of Directors at City Centre Rotana Hotel. The event was attended by over 339 members. Mario B Morales, President of IIEE-SQC, welcomed the gathering. Benjamin A Celado Jr, Vice Consul at the Embassy of the Philippines, also attended the event along with Rogel Mejorada, President of IIEE-Kuwait Chapter, Dene Horneja, Adviser and Founding President of IIEE-Kuwait Chapter, Joel Arjona, President Oman Chapter, and Michael Aban, Assistant Secretary Oman Chapter. The event was sponsored by Doha Cable, Sta.Clara International Co. and Top Note.

The elected Board of Directors for 2020, include Joseph A Recella, President; Rudilyn S Reyes, Vice President Internal; Lauren M Olivos, Vice President External; Jimmy Michael Y Bugay, Vice President: Technical; Dionisio N Bacudio Jr, Secretary; Alex Louis A Alvior, Treasurer; Bryan A Mananquil, Auditor; Lyndon A Ellevera, P.R.O; Roderick R Pajes, Assistant Secretary; Mario M Solang, Assistant Treasurer; Joseph O Salviejo, Assistant Auditor; Christopher N Pino, Business Manager; and Enrique I Flores, Executive Secretary.

Division B Toastmasters conducts workshop

Division B Toastmasters, District 116 Qatar recently conducted a workshop ‘Inspiring Evaluator’ at Birla Public School. The workshop covered the fine aspects of evaluation and its impact on speakers. Joseph Stanley, Division Chair, in collaboration with Ravishankar, Division Director, came up with the workshop.

Cyril Anand conducted the workshop. Speaking on the occasion, Anand said, “Evaluate to inspire people, whether it is in your competition or in real life, the feedback that you give should make the person feel ‘I need to come back, I need to do the same speech, or another speech, and I need to incorporate the feedback into my speech’; and if the person feels that and does it, then you’re the best evaluator in the world.

Winning speeches from The World Championship of Public Speaking, including Aaron Beverly’s ‘An unbelievable story’, Ramona Smith’s ‘Still standing’, and Dananjaya Hettiarachchi’s ‘I see something’ were used as test modules. Sivapraakash, Nisha Shivram and Suryanarayanan demonstrated different evaluation approaches for the winning speeches. Thayalan, Toastmasters International District 116 Programme Quality Director, conveyed his appreciation and wished Division B success in all its activities. Anita Samanta, Division B Assistant Director Club Growth, proposed a vote of thanks.

Engineers Forum marks Onam festival

Engineers Forum, an organisation of Engineers from Kerala working in Qatar, recently organised an event ‘Keralolsavam’ to mark Onam celebrations at Diplomencia Tent. Sithara Krishnakumar, renowned singer, was the chief guest at the event. The event featured various traditional art forms from Kerala, including Poorakali, Kolaptta, Thravathira, Pulikali, Vanchippattu, Nadanpattu, Ottam Thullal, Oppana, Thayambaka and Kalari. The event featured various classical and traditional musical performances.
NIDO inducts three members as Board of Patrons

The Nigerians in Diaspora Organisation Qatar (NIDO) recently inducted three members as Board of Patrons at the 59th Independence Day celebration of the country at Radisson Blu Hotel. The event was attended by over 300 members, including representatives from the Gambian, Ghanaian and South African communities.

Nemadina Auwalu Jega, Charge d’Affaires at the Embassy of Nigeria, also attended the event. The Board of Patron members include Miranda Flikkema, a business woman and philanthropist; Dr Arabo Ibrahim Bayo, Senior Consultant in Obstetrics and Gynaecology at the Women’s Hospital, Hamad Medical Corporation; and Dr Akintunde Akinade, a professor at the School of Foreign Service in Georgetown University-Qatar.

Speaking on the occasion, Victor Ikoli, President of the NIDO-Qatar, said: "Having these three eminent professional Nigerians on board as NIDO patron will be a huge boost to our presence in key professional groups, helping us to attract even more citizens to the Diaspora organisation. As we look to our future, we hope this appointment will transform NIDO positively and help the organisation in moving forward so that it will benefit its members and Nigeria.”

Dr Arabo said, "I am humbled by NIDO's gesture and I hope I can contribute to the progress and welfare of our members and our country by working with you all.”

Miranda Flikkema added, "It is an honour called to serve in this capacity as patron. I will put my best to serve, support and make NIDO stronger and Nigeria better.”

Professor Akintunde said, "Thank you very much for this incredible honour. We will support NIDO and contribute to its betterment and Nigeria.”

The independence day celebrations featured various cultural and musical performances. The event kicked off with the National Anthem of Qatar and Nigeria, which was followed by comedy skits, cultural dances, live music performances and a fashion show. Beth by Temi, a young Nigerian designer, showcased her designs on the runway. A special Independence Day song was rendered by Gloria Ochoche, a welfare officer at NIDO.

LITTLE STARS: Ideal Indian School (IIS) recently honoured the students with the title of 'Star of Ideal'. Forty three students of Junior Section from Grade I-IV were honoured with the medals based on their behaviour, discipline, punctuality, hygiene and etiquettes. Shobana K Menon, Vice Principal at IIS, along with Sheikh Shamim Saheb, Assistant Head Master, honoured the students with medals and certificates.
Fashion Swap - A step towards

Shehar Bano Rizvi advises to stop and think about what we are doing to the planet with our increased desire of shopping more and more and wearing a new outfit at every event.

GLOBAL WARMING: The fast fashion industry emits 12 billion tons of CO2 equivalents per year.

In order to produce trendy clothes in a short amount of time and at low costs, fast fashion is producing billions of clothes every year, the fast fashion industry is also reusing waste and chemicals into our world, polluting and driving species to the brink of extinction. And last but not least, there is also a human cost involved in this Fast fashion Multi-Billion Dollar industry. These fast fashion global high street brands get their garments manufactured in countries like Vietnam, Bangladesh, China, Taiwan, Pakistan, and others, where the labour laws are either not in place or are not followed strictly. The garment workers have been found to work in dangerous environments, for low wages, and without basic human rights. So next time you see a high street brand shirt or jeans made in your home country, it’s not because you have excellent raw material but it’s because unfortunately, your labourers can be exploited easily!

Facts and Figures about Fast Fashion Industry

1- Each year, over 100 Billion items of clothing are produced globally using 1000s of different chemicals yet 3 out of 5 items end up in landfill within 12 months!
2- The fast fashion industry emits 1.2 billion tons of CO2 equivalents per year.
3- The industry is responsible for producing 20% of global wastewater.
4- It produces 97% of our clothes overseas in countries where labour and environmental laws are nonexistent.

The choice eventually lies with us. Every time we invest in an item of clothing
1- We can consider every purchase (if we need it or just want it) and love our choices.
2- We can buy quality items that would last longer and hence consume less.
3- We can recycle and repurpose and swap clothing.

Together we can change our attitude towards fast fashion and choose sustainable fashion. As a small step in this direction in promoting sustainable fashion in Qatar and saving and protecting the environment, Roots Salon recently hosted an event ‘Fashion Swap’. The event was conceived.
Sustainable Fashion in Qatar

and executed by Carolyn Collins, General Manager of Roots; Lia Bonfio, Founder of Just Wow Qatar; Pooja Adam, Fashion Stylist at Les Rebelle Squad; and Laura Brennan, Founder of Eco Souk Qatar.

These four women urged other women to clear up their closets and select items that can have a new life in someone else’s wardrobe. They were asked to drop their used clothes and accessories at Roots and in turn, would get a chance to swap them with other pieces to create new looks. With an overwhelming response from people, it was one helluva task itself to sort through and organise the clothing in order for the swap day.

The fast fashion industry is, unfortunately, one of the biggest contributors to climate change and pollution. Reusing, repurposing and upcycling pre-loved clothing is a small step towards a more sustainable lifestyle. Planet and wallet-friendly! Do think about the environment, next time you shop.
Night gazing in Qatar

Zekreet is a village in the north-western Qatar near Dukhan and about 80 km north-west of Doha. The area boasts an astonishing landscape with prehistoric sites and remnants of old heritage and history of Qatar. The first photo I took at Zekreet in the form of a star trail. It is the composite of 139 photos to show the star rotation. The second one is milky-way from near Al Kharrara, a village in Qatar, located in the municipality of Al Wakrah.

— Photos by Saeed Khalid
Playing sports linked with lower mental health issues

Adolescents who play contact sports, including football, are no more likely to experience cognitive impairment, depression or suicidal thoughts in early adulthood than their peers, says a new study.

Published in the Orthopaedic Journal of Sports Medicine, study of nearly 11,000 youth followed for 14 years found that those who play sports are less likely to suffer from mental health issues by their late 20s to early 30s.

"There is a common perception that there’s a direct causal link between youth contact sports, head injuries and downstream adverse effects like impaired cognitive ability and mental health, we did not find that," said study lead author Adam Bohr from University of Colorado Boulder.

The study analysed data from 10,951 participants in the National Longitudinal Study of Adolescent to Adult Health (Add Health), a representative sample of youth in seventh through 12th grades who have been interviewed and tested repeatedly since 1994.

Participants were categorised into groups: those who, in 1994, said they intended to participate in contact sports; those who intended to play non-contact sports; and those who did not intend to play sports.

For all the incredible things you do for others.

Consider cooking dinner for a large group tonight. Ask everyone to pitch in some money and you’ll be surprised at the fantastic masterpiece you can create with just a small amount of effort on your part. Set the table with candles and add good music in the background. Even if a dinner party doesn’t sound like a fun idea now, take a leadership role in whatever events come your way.
Wordsearch

ACADEMY  COURSE  ELEMENTARY
GRADUATE  LESSONS  MODULE
PRINCIPAL  SEMESTER  TRAINING
COLLEGE  CURRICULUM  GRADE
GYMNASIUM  LYCEUM  PRIMARY
READING  SEMINARY  UNIVERSITY
CONSERVATORY  DEGREE  ALMAMATER
INSTITUTE  MAJOR  SCHOOL
SCHOOL  TEST

Codeword

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

Sudoku

Sudoku is a puzzle based on a 9x9 grid. The grid is divided into nine 3x3 boxes. You are given a selection of numbers and to complete the puzzle, you must fill the grid so that every column, every row and every 3x3 box contains each of the numbers 1-9 exactly once.

Adam

Pooch Cafe

Garfield

Bound And Gagged
Super Cryptic Clues

Across
1 There’s not much music in the capital of Arkansas (6,4)
7 Rogue at home behind house (7)
8 Curry and Rice? (4)
10 Contest in which reversing vehicle gains a point (4)
11 Boxer dog is lit badly (8)
13 Fliers flapping arms (6)
15 Be sorry for soldiers cooped up (6)
17 Everlasting cross inside or outside (8)
18 Vote against Marines standard (4)
21 Scattered rain in the country (4)
22 Care for business (7)
23 No renewals, perhaps, in a Louisiana city (3,7)

Down
1 Ring up about one garden shrub (5)
2 Duck finding meal on lake (4)
3 Queue to see railway being repaired? (4,2)
4 Fee for a servant (8)
5 Arrive holding container to join together (7)
6 Holly, perhaps, always caring for the environment (9)
9 Country people have time to make a declaration (9)
12 To retain order, attack vigorously (4,4)
14 For slimmers, food almost tasteless, initially, and costing nothing (3-4)
16 A rogue Clara’s reformed (6)
19 Portents some women scorn (5)
20 Coin once held by Indian nabobs? (4)

Solution

Coloursing

Wordsearch

Codeword
A former busker, Dermot shines with debut LP Without Fear

By Geoffrey Rowlands

T
wo former buskers reign supreme on the official UK music charts. Australian singer songwriter Toni Watson, professionally known as Tones and I, holds top spot on the singles chart with her international smash hit, Dance Monkey. Pole position on the albums chart was taken by Irish singer songwriter Dermot Kennedy with his debut major label LP, Without Fear.

For 27-year-old Dermot, this success effectively marks the culmination of a journey which began as a schoolboy busking on the streets of Dublin.

"My dad used to drive me into Dublin from our home in Rathcoole. Most of my busking experiences were very good and I earned a fair amount of money. But you have to develop a thick skin to not get disappointed when people walk away or just walk past without stopping to listen. You just have to keep playing regardless of what might happen."

People walking away or ignoring him were the least of his problems on one day.

"I was doing okay, or so I thought. People seemed to be entertained by my songs. But there was one person who took a different view. He was among a big bunch of lads who walked past me. Instead of throwing some money into my collection, he threw an open carton of milk at me. It landed in my guitar case and the milk got everywhere."

"I emailed the Spotify CEO to tell him how much I have responded to my last album, Hunter, and were enormously successful on the international market. Follow-up singles, Glow and Yours, also did well in Britain and Ireland. In addition to her own songs, she achieved further success as the featured vocalist on 2015 singles by Sigma and Kygo. But 2016 onwards has been a fallow period in Ella’s career. She parted ways with Syco and were enormously successful on the international market. Follow-up singles, Glow and Yours, also did well in Britain and Ireland. In addition to her own songs, she achieved further success as the featured vocalist on 2015 singles by Sigma and Kygo. But 2016 onwards has been a fallow period in Ella’s career. She parted ways with Syco..."
I'm terrible at being famous: Miller

Actress Sienna Miller says being famous doesn't suit her, adding that she is terrible at handling fame.

In an interview to Elle magazine, the actress said that she is glad that she has curbed her hedonistic streak, reports femalefirst.co.uk.

“You’re photographed coming out of some club, you’ve had too much and you’re in your twenties. It wasn’t healthy behaviour, but it wasn’t abnormal. I definitely have a hedonistic streak. Thank God I was never a heavy drug user. I was just frivolous in someways. I didn’t have a business head. I wasn’t being well managed,” she said.

“I have always been someone who is professional and on time and on set, but I suppose life in between was chaotic. I just don’t think I was ready. I wanted to live. And I did. There are English movie stars who have normal lives and longevity. There have been moments when I was incredibly famous and it doesn’t suit me. I just can’t. I’m terrible at it,” added the Factory Girl star.

Now, Miller wants to further her career with interesting projects rather than “bigger and flashier” movies. “I could have taken routes that would have been bigger and flashier. I think I’m at a point where my life is so enriched by other things that it doesn’t matter to me anymore. I feel like the people who I would want respect from probably want me too,” she said. – IANS

War crosses Rs300cr in India, director calls it phenomenal

War, starring action stars Hrithik Roshan and Tiger Shroff, has minted over Rs300 crore in India. The film’s director Siddharth Anand is thrilled with the response and says it was made with the hope to give India its biggest original action spectacle.

The total collection of this action entertainer, which hit the screens on October 2, now stands at Rs301.75 crore nett (Hindi: Rs287.90 crore nett, Tamil and Telugu: Rs13.85 crore nett).

War is now the third film produced by Yash Raj Films to cross Rs300 crore in India after superstar Salman Khan’s Tiger Zinda Hai (2017) and Sultan (2016).

“It has been simply phenomenal to receive this kind of love and adulation from audiences. War was made with the hope to give India its biggest original action spectacle and the entire team is ecstatic to get the desired result at the box office,” Siddharth said. “When you have two of the biggest action superstars in your film, you would want your film to over deliver on audience expectations and make a big statement. We are overwhelmed that War has become a must-watch film for the entire country. It is a moment to treasure and celebrate for all of us,” he added. – IANS

Nicole Simpson’s murder film based on controversial theory

By Jami Ganz

Mena Suvari will star in The Murder of Nicole Brown Simpson, out December 9, as the titular mother of two, with a controversial twist.

The trailer, which dropped last Wednesday, points the finger at serial killer Glen Rogers (Nick Stahl), rather than Brown Simpson’s ex-husband and football star O.J. Simpson, who was found not guilty in her and Ron Goldman’s 1994 murders.

When referring to several bruises on her body, the 40-year-old American Beauty star’s Brown Simpson insists, “it wasn’t O.J.,” before eventually accusing the cops of not heeding her warnings about Rogers’ alarming behaviour.

Not only does the trailer feature Brown Simpson’s best friend Kim (then Kris Kardashian; played by Agnes Brucker) and pal Faye Resnick (Taryn Manning), but it teases an homage to the horror genre.

An anonymous caller with a gravelly voice warns that he’s watching Brown Simpson, but sounds less like a real-life threat than a nod to taunts in When A Stranger Calls.

According to People, a 2012 conspiracy theory suggested Rogers was the culprit, a claim that was bolstered by Rogers’ brother, Clay, when he narrated the 2012 Investigation Discovery’s My Brother the Serial Killer.

Goldman’s family took issue with Clay’s insistence that his brother confessed to the murders during his time on death row.

In a 2012 statement to CNN, Goldman’s father, Fred, pointed to the “overwhelming evidence at the criminal trial” which he said proves O.J.’s guilt and called his acquittal a “travesty of justice that tarnished the criminal justice system.”

Goldman’s sister Kim told CNN she was “appalled” at the network and those who produced “this so-called documentary.”

At the time, Los Angeles Police Department spokesman told CNN the department would investigate claims made by Clay, but remained “quite confident that we know who killed Nicole Brown Simpson and Ron Goldman” and had “no reason to believe that Mr. Rogers was involved.”

Rogers – also known as the “Casanova Killer” and “Cross Country Killer” – has been convicted of murdering two women, one in Florida and one in California. According to the Los Angeles Times, he previously claimed he killed closer to 70 people before insisting he was joking.

Brown Simpson, 35, and 25-year-old Goldman were found stabbed to death outside her Brentwood, Calif., home on June 12, 1994. Their murders led to O.J.’s controversial “trial of the century.” – New York Daily News/TNS

Ranveer takes time management tips from wife Deepika

Actor Ranveer Singh has said that he is taking tips on time management from his wife, actress Deepika Padukone, because she is a master at managing her work and personal life.

“Nowadays, being the busy career man that I am, it’s a true luxury to do something you want to. I am not blaming anyone or cribbing about it. I love everything that I do and I love my job, but I am working towards maintaining a balance. When you talk about efficient time management, I am closely following the footsteps of my very beautiful wife (Deepika Padukone) who is really a master at time management, I am taking tips from her and getting better at it,” said Ranveer Singh, while interacting with the media when he was announced as a brand ambassador of the international watch brand Franck Muller on Saturday in Mumbai.

Asked how his relationship with time has changed over the years, he said: “My relationship with time as a concept has been different in different phases of my life. Sometimes time would move so excruciatingly slow that it would be unbearable. Then there are times where I consciously choose to waste

Follow: Ranveer Singh says 'I am closely following the footsteps of my wife Deepika Padukone, with time that can be quite nice as well. What does luxury mean to him? “Luxury to me means a day off – and I could really use one. I have one tomorrow that I have earned after a while, which I intend to spend with my wife. I need some quality time so, yes, to have the luxury of time is true luxury to me,” he replied.

If he was given creative freedom which is the one thing he would like to incorporate in a watch? “I have a connection with hip-hop and we all know that the old-school rappers used to wear the timepiece around the neck, so I want to bring that back. I want to see FM (Franck Muller) spread its wings in terms of design and come up with something like (American rapper) Flavor Flav used to wear. He used to say ‘I am wearing time as a chain on my neck’ in his song. I feel like I got to bring it back,” he said.

Ranveer Singh plays Indian cricket legend Kapil Dev in Kabir Khan’s upcoming film 83 while Deepika is cast as Kapil’s wife, Romi. The film is slated to release on April 10 next year. – IANS
The exhibition comprises splendid photographs taken by Moudhi during her frequent visits to Yemen. The exhibition is on view until October 29 at Katara Building 22.

Qatar photographer presents exquisite beauty of Yemen

By Mudassir Raja

The recently inaugurated exhibition – ‘Yemen, a Captivating Love’ – pulled people in crowds on the opening day in Building 22 of Katara with a majority of the visitors being Qataris and members of the international diplomatic community in Doha.

Talking about the beauty of Yemen, Moudhi Hamad Abosatwa al-Hajri, a photographer and artist, said: “Yemen! Oh that fascinating, thrilling, amazing and attractive world. Once upon a time I, out of curiosity, held my modest camera and my love for discovery and embarked on a small journey that later expanded to become a series of trips. The door from which I entered Yemen trickily opened constantly inviting me to explore new places and to return to the places that I have become familiar with and that have become familiar with me so much so that I can no longer be absent from Yemen for long time. Seven pleasant years passed as a twinkle of eye during which I used to visit Yemen whenever I got an opportunity.”

The gallery is currently hosting the exhibition of splendid photographs taken by Moudhi during her frequent visits to Yemen. The exhibition is on view until October 29 at Katara Building 22.

The visitors took keen interest in the collection of exquisitely taken photos that tend to tell a pictorial story of the beautiful Yemen. With over 100 photos, the Qatari photographer takes the visitors to green valley areas, ancient cities, villages with their traditional houses, the busy souqs and stunning mosques. She has captured the natural and simple life of common Yemenis who seemed to be enjoying themselves being indifferent to the hardships of life surrounding them.

Moudhi also launched her photo book that contains all the photos related to her Yemen visits with the name similar to the exhibition. Moudhi has come out with her photography exhibition to let people of Qatar see how stunning Yemen is. “I have bought this project because no one knows about Yemen. Photography has been my hobby for a long time. Every year I go to any country to take photos,” she said while talking to Community.

“It was in 2007 when I went to Yemen. I was really surprised by whatever I saw there. I was amazed by the architecture, people and their lifestyle. I saw many similarities between the way people live in Yemen in 2007 and the people used to live in Qatar few decades ago. I was specially amazed by the ancient history of the country. With my first trip to Yemen I continued going to the country every year till 2013. Sometimes I went to Yemen for photography six to seven times in a year. I used to say there for 20 days to one month during one trip. One time I spent all three summer months in Yemen,” the enthusiastic photographer said.

She added: “I have been trying to cover all corners of the country. Yemen is a big country with many mountains and villages. It was not very easy to go everywhere.

“When I tell people in Qatar that I am going to Yemen, they ask what is so special about the country? Most people do not know much about Yemen. I took the responsibility to show them how beautiful Yemen is through my photography.”

Moudhi further said: “When you go there in Yemen, you will find very positive energy in the people despite the fact that they are not living in ideal conditions. I was surprised to see the remains of the palace of Bilqis, the Queen of Sheba. I did not know that the palace still exist there.”

She started photography as early as she was only nine-year-old. “I started photography very early in my life. I started taking photos of different areas in Qatar. Then I started going out to other countries to have beautiful photos. Again for the last three years, I have been focusing on Qatar.”

An active member of many local and international art organisations, Moudhi has already taken part in more than 76 local, regional and international exhibitions in countries such as France, Italy, Bangladesh, Kazakhstan, Cyprus, Georgia, Turkey, China and Lebanon. She is a recipient of several awards including the Golden Phoenix Backpacker Award 2014, Arab Women Award and Businesswomen’s Association Award in 2013, among others.