Community
Shantiniketan Indian School (SIS) organises a discussion forum on ‘Mindfulness’.

As fall and winter sports are in full swing, youth athletics will see a rise in sports related injuries.

Ann Patchett, indie bookseller, on how she is taking on Amazon’s bricks-and-mortar insurgence. P4-5

Happy to wake up and not go to work: McGregor. Page 15

30 years of the Fall of the Berlin Wall. Page 10

Doha today: 25°C - 29°C
**PRAYER TIME**

<table>
<thead>
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<tr>
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<td>Zuhr (noon)</td>
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<td>Asr (afternoon)</td>
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<td>Isha (night)</td>
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**USEFUL NUMBERS**

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<td>Qatar Airways</td>
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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

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**Bala**

**DIRECTION:** Amar Kaushik

**CAST:** Ayushmann Khurrana, Bhumi Pednekar, Yami Gautam

**SYNOPSIS:** It tells the story of a man who is balding prematurely and how he copes up with the situation.

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

---

**Pranaya Meenukalude Kadal**

**DIRECTION:** Kamal

**CAST:** Vinayakan, Gabri Jose, Riddhi Kumar

**SYNOPSIS:** Ajmal, who is a part of the group of people who come together to repair a large boat, falls in love with the boat owner’s granddaughter, Jasmine. Things take a turn when a family member finds out about the affair.

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

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**For movie timings and further details please scan the QR code above with your mobile phone camera or visit qatarcinemas.com**
Gems and Jewels Exhibition
WHERE: Museum of Islamic Art
WHEN: Ongoing till January 18
TIME: 9am onwards
The exhibition comes in celebration of the 2019 Year of Culture Qatar-India and presents a look at magnificent gems and jewellery from India. Set in Stone: Gems and Jewels from Royal Indian Courts showcases more than 100 pieces from across Qatar Museums' (QM) collections, including many masterpieces that have never been displayed before.

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 Büselberg will be exhibited.

Career Guidance
WHERE: Right Track Consultants, Al Sadd
WHEN: Sunday – 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.

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.

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 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

Shape your Leadership
WHERE: HEC Paris, Doha Campus
WHEN: Today and tomorrow
TIME: 9am onwards
HEC Paris In Qatar offers ‘Shape your Leadership’ Executive Short Programme with HEC Paris Associate Professor ‘Valérie Gauthier’.
This two-day programme is designed to help participants grow self-awareness and self-confidence and to learn to build trust as a team leader. It will also enable participants to have a positive influence over their surroundings and to develop strong leadership.

TIME: 4pm – 9pm
A one stop place for school leavers. All prospective students who are planning to study in Malaysia are welcome to the exhibition. Come and be a part of the truly Asian culture in Doha.

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.

Education Fair
WHERE: City Centre Doha
WHEN: November 22 — 23
TIME: 4pm — 9pm
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“The things that constitute success often are the things you don’t think about”

— Ann Patchett, author and bookseller

By Wendy Fawthrop

She didn’t intend to be flippant. But when asked how her independent bookstore will fare with an Amazon store moving in across the street, author Ann Patchett replies: “They don’t have a deaf border collie who jumps through hoops.”

Sure enough, Patchett’s store, Parnassus Books in Nashville, has a border collie named Marlee, among a handful of shop dogs, that greets customers. It also has a bookmobile, a satellite shop at the airport, events such as a Where’s Waldo scavenger hunt and the author appearances that keep independent bookstores going in the digital age.

But none of that is really the key to her store’s success, Patchett says. Her best weapon: Geography. Being near an airport with many nonstop flights from cities a couple of hours away so authors can easily stop on a swing through the region — that’s key.

“The things that constitute success often are the things you don’t think about,” Patchett says. “It’s getting authors to come to the store. That’s where the profits are. You’re going to get a lot of people to come. They’re going to buy a lot of books.”

She spoke to The Times in the middle of a book tour for her eighth...
novel, The Dutch House, which is on the Los Angeles Times and New York Times bestseller lists.

Patchett was born in Los Angeles but grew up in Nashville. Starting the bookstore with partner Karen Hayes in 2002 was a gift to her city and a tribute to the memories of bookstores she loved growing up. As much as she’s a bestselling author of such novels as Bel Canto and State of Wonder, Patchett is an advocate for the future of independent bookstores.

“We’re a fierce bunch: leaders, collaborators, and builders,” Jamie Fiocco, ABA president, wrote in a July letter to members. “We do not give up easily, and a challenge is often an opportunity for positive change.”

If Patchett had it to do over, would she still open a bookstore?

“In a heartbeat,” she says. “The idea that I wrote a book … and then you get Tom Hanks interpreting it with his intelligence,” she says, “it grows exponentially.”

She’s thrilled that actor Tom Hanks recorded the audiobook for The Dutch House. “The idea that I wrote a book ... and then you get Tom Hanks interpreting it with his intelligence,” she says, “it grows exponentially.”

The novel follows a brother and sister over five decades through losses that harden and temper their bond. It’s being called a fairy tale by many reviewers. Patchett said that label has followed her since a New York Times reviewer used it in a critique of her first book.

“It’s not like a fairy tale,” she says. “It’s like driving someplace and you get on the wrong freeway, suddenly you’re in the San Fernando Valley and you wanted to get to Santa Barbara” — an analogy true to her LA roots.

If Patchett hadn’t written The Dutch House, she wonders, “I’d still be up being a better book.”

From going on so many book tours, she’s learned a lot about what works and what doesn’t. “I forget what side of table I’m supposed to be on.”

She ticks off her favourite bookseller world, she says. Such stores have always been in touch with their communities, and the events now considered vital for survival come naturally. “We tend to be creative people.”

Pete the Cat costume. Likewise an employee dressed up in a giant Pete the Cat costume. For the Where’s Waldo scavenger hunt, necessitating a discussion about which store employee looks the most like the bespectacled character.

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SIS organises discussion forum on ‘Mindfulness’

Shantiniketan Indian School (SIS) recently organised a discussion forum on ‘Mindfulness’ to create an awareness about the importance of being mindful in the teaching learning process. The discussion was moderated by Nazia Saleem who spoke about being mindful, the state of being fully present and being genuinely self-aware. Ayesha, one of the panellists, spoke about ‘Mindfulness to Help Manage Stress at Work’. Sameena introspected and shared the fear factor of being mindful in the teaching learning process. Suchitra explained how to stay focused on one’s present experience with nonjudgmental awareness and Chandrima highlighted about ‘Mindfulness with Art Therapy’ on the occasion. Speaking on the occasion, Dr Subhash Nair, Principal of SIS, expressed happiness for discussing on a very relevant topic in today’s educational world and said that the best example of being mindful is to love children unconditionally and practice genuine self-awareness.

Young students win big in TRAQ - City Gym tournament

Sanjana C. Upadhyya, a student of Noble International School, who trains at New Vision Badminton Sport (NVBS), recently won the Girls Under-17 title at the Trivandrum Residence Association Qatar – City Gym tournament held at Green Stadium, Al Wakrah. Sanjana triumphed over Pavithra Shetty in the Girls Under-17 finals in straight sets 21-12, 21-14.

Adlyn Mary Sojan, a student of Ideal Indian School, defeated Samah Sajeer in the Girls Under-9 final, winning 21-6, 18-21, 21-12 to win her second consecutive Under-9 title. Mashal Sahibjan, a student of Kings College Doha, won the Boys Under-9 title in Qatar for the second time. In the final, he beat Arjun Rao, also of NVBS, 21-3, 21-3. In the boys Under-11 final, Pradav Shyam Gopan outclassed Dilan Togi of Birla Public School with 21-10, 21-10.

Pearl Social launches new A La Carte and Early Bird menu

Pearl Social, a contemporary British restaurant by international restaurateur and four-time Michelin Star Chef Jason Atherton, has recently announced the launch of new A La Carte and Early Bird menu to be served daily under the culinary direction of Executive Chef Steve Gibbs, stated a press release. The revamped A La Carte menu builds on the innovative cuisine Atherton is renowned for, offering modern international signature dishes with a strong British flavour. The combination of new additions and enhanced favourites brings guests a rich culinary feast featuring a variety of starters, snacks, and main dishes for seafood, steak and vegetarian lovers.

Menu highlights include the Roast Snapper, Norwegian Salmon, the Pan-fried Seabass, the Wagyu Rump, Aberdeen Angus Rib Eye, and Wagyu Sirloin. Vegetarian dishes have also been revamped on the menu giving diners a tasty range of risottos and pastas along with other vegetable-based gourmet dishes.

For early diners, Chef Jason Atherton along with the team at Pearl Social, present a special Early Bird Menu, featuring scrumptious starters and main dishes, as well as their famous unique desserts. The Early Bird Menu is available on Sunday, Tuesday and Wednesday from 6pm-8pm. This menu has a QR99 special price, giving customers a choice to choose two options from starters, mains or desserts.

Dessert bar features dishes such as, the homemade Pearl Social ice cream, The Pear sorbet and amaretti crumble with lemon yoghurt foam and Rhubarb and custard soufflé, will ensure guests wrap up an early evening on a sweet and satisfying note. All these delightful desserts can be enjoyed at the newly opened Dessert Bar.

Chef Jason Atherton said: “I am very pleased with the new menus we are launching in Doha. I am certain the new variety will cater to the tastes of everyone in Doha, as we bring them the flavours they love from around the world with a British touch. I look forward to hearing the feedback of our valued guests.”

Located at The Pearl-Qatar off the coast of Doha, at Marsa Malaz Kempinski Hotel.
Mitsubishi Motors unveils its new concepts and models at TIMS 2019

EXHIBITS: Exhibits on the MMC booth included the Mitsubishi Engelberg Tourer - the mid-size electrified SUV concept, which was unveiled at the Geneva International Motor Show in March 2019 and giving its Japan debut this time; Outlander PHEV plug-in hybrid electric SUV; Eclipse Cross crossover SUV; ASX, Delica D:5 – the minivan; and other key models.

In collaboration with Qatar Automobiles Company, the authorised general distributor of Mitsubishi Motors in Qatar, Mitsubishi Motors Corporation (MMC) recently hosted media from Qatar at the 46th edition of Tokyo International Motor Show (TIMS) 2019, stated a press release.

Held once every two years, Tokyo Motor Show is one of the preeminent motor shows worldwide. At the Motor Show, Mitsubishi underscored its position in the industry, introducing their range of futuristic cars that will set new standards.

The reporters from Qatar represented diverse media outlets and were introduced to the Japanese culture and traditions in order to build strong ties and bridges with all parts of the world. Thanks to its Research and Development Centre, the MMC endeavours to the lead the new automotive concept nowadays.

MMC strategy is to meet the customers’ demands in a rapid changing industry, and to offer new solutions that best fit the new automotive concept nowadays. Exhibits on the MMC booth included the Mitsubishi Engelberg Tourer - the mid-size electrified SUV concept, which was unveiled at the Geneva International Motor Show in March 2019 and giving its Japan debut this time; Outlander PHEV plug-in hybrid electric SUV; Eclipse Cross crossover SUV; ASX, Delica D:5 – the minivan; and other key models.

Mitsubishi new concepts:

1. **MI-Tech Concept Outline**
   - **World Premiere**
   - **MI-Tech Concept** embodies the values of MMC’s Drive your Ambition brand message under the concept of An electric SUV that delivers unparalleled driving pleasure and confidence over all terrain in light and wind!
   - A new downsized and lighter plug-in hybrid EV (PHEV) drivetrain, a 4-motor electric 4WD system, and advanced driver assistance and active safety systems are condensed into this small electrified SUV concept.

2. **PHEV system**
   - This PHEV system is optimised with light and compact unit for this small size SUV, and a gas turbine engine-generator. This provides the driver to use pure-electric driving mode and series hybrid modes, and delivers the smooth and powerful performance characteristics inherent to electrified vehicles.

3. **Quad Motor electric 4WD system**
   - **MI-Tech Concept** is powered by a 4-motor 4WD system called Quad Motor with Dual Motor AYC4 which has 2-motors for both front and rear axle. This allows optimum torque to be delivered to all four wheels. This brings the confidence to the driver to make a precise handling for the daily use in town, and also the ingenious performance on the adventurous off-road.

4. **Advanced driver assistance and active safety systems**
   - **MI-Tech Concept** adopts a human machine interface (HMI) that projects a variety of information detected by using advanced optical sensing technology onto the AR windshield.
   - The MI-PILOT driver assistance system not only alerts the driver in potential collision, but also supports their operation of the steering wheel and brakes. In addition, active safety systems support the driver in avoiding collisions, or mitigate the collision damage. All these systems work together to deliver a reassuring, safe and enjoyable driving experience.

Mitsubishi Motors in Japan

- Mitsubishi Motors in Japan

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- Advanced driver assistance and active safety systems

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4. Dendo Drive House (DDH)
   - DDH is a one-stop shopping service which bundles together the sale, installation and after-maintenance of a V2H system that comprises an EV, a V2H adapter, solar panels and a domestic storage battery. MMC today started the trial sales of DDH packaged service in certain areas of Japan.
The definitive guide to world-beating teeth

Blaming widespread sugar consumption and lack of basic hygiene for the sorry state of our teeth is so 12 hours ago, it’s time to step up and do something substantial, writes Lucy Campbell

Britain has long had a global reputation for bad teeth, and scientists now say we may have the worst in the nation’s history. After examining the teeth of 17th-century skulls, researchers from Queen Mary University of London found fewer missing teeth and less decay than today, blaming widespread sugar consumption and lack of basic hygiene for the sorry state of our teeth. Here, then, is an ultimate guide to optimum dental care.

How should you clean your teeth?

The steadfast rule of brushing is to stick to the two-minute rule using a good fluoride toothpaste. “The optimum level of fluoride for anyone aged three and over is between 1,300ppm and 1,500ppm, so it doesn’t matter too much which brand you’re using as long as it has that level of fluoride,” says Karen Coates, a dental adviser at the Oral Health Foundation. “There’s no need to wet the brush. With a pea-sized amount of toothpaste – you don’t have to fill the whole brush – use small, circular movements concentrating on every area of the teeth.”

Coates adds: “There’s a fine line between brushing effectively and over-brushing. There is evidence that electric brushes give a better clean than a manual, and also have the benefit of a timer (so you’re more likely to brush for two minutes) and a pressure sensor (so you can’t press too hard). Over-brushing can damage the teeth and gums, and can cause recession.”

Spit or rinse?
The consensus is: spit, don’t rinse. “Once you’ve brushed your teeth, just spit out the excess, but don’t rinse your mouth, as you’d just be rinsing out all that fluoride you’ve just put on,” says Coates. “The residual bits of fluoride will stay on the teeth for about 30 minutes after brushing.”

What should you use?

Damiens Walsmsley, a scientific adviser for the British Dental Association, recommends using a medium-sized toothbrush that can get to hard-to-reach places at the back of the mouth.

Counteract: If you’re going to use mouthwash, do this at a different time to brushing your teeth because one will counteract the other.

When should you clean your teeth?

Teeth are most vulnerable straight after food or drink. “When we eat or drink, any sugars lower the pH level in the mouth, making it acidic. This is what causes dental decay,” says Coates. “If you brush your teeth too soon (after eating), you could loosen microscopic amounts of loosened enamel from the acid attack. It takes about an hour for that to neutralise.”

So, you shouldn’t brush your teeth for at least an hour after eating or drinking anything. “It’s recommended to brush your teeth last thing at night and at least one other time during the day,” says Coates. “Most people will do this in the morning, although this should be at least 30 minutes before having food or drink or about an hour after.”

Should you get braces?

“The NHS criteria for orthodontics is tight so only the worst cases tend to be corrected – it comes down to function rather than appearance,” says Coates. “This means you may reach adulthood and become unhappy with the position of the teeth. The option then is to go private, if you can afford it. You can also go private to get braces for your child if they don’t meet the criteria.”

How do you counter staining?

Highly coloured food that contains tannins such as tea, coffee, and some curries (not to mention smoking) can stain the teeth. “If you are going to have something sugary or acidic, it’s better to have it as part of mealtime, as it’s not the amount you have; it’s the frequency,” says Coates. “If you’re snacking or sipping something sugary, for example, throughout the day, your teeth will potentially be under an acid attack all day. So if you do need to eat or drink between meals, you’re better off drinking water or milk and snacking on nuts, seeds, rice cakes, breadsticks, cheese, vegetables, etc, which are a much safer pH for the teeth.”

As well as regular visits to the dentist, a whitening toothpaste can help to keep the staining down.

Should you whiten your teeth?

Coates explains that at home,
eating teeth and mouth hygiene

**DAILY ROUTINE:** It's recommended to brush your teeth last thing at night and at least one other time during the day.

**BETTER:** There is evidence that electric brushes give a better clean than a manual, and also have the benefit of a timer and a pressure sensor.

**DAMAGING:** Fad whitening treatments can sometimes be abrasive and actually damage the teeth.

you are not going to be able to do much other than removing staining by using a whitening toothpaste, for instance. “The legal limit for hydrogen peroxide in a product is 0.1%, which isn’t high enough to make a difference to the shade of your teeth. Professional treatment with a dentist is the only legal and reliable route to safe, lasting teeth whitening.” Walmsley also warns that “fad” whitening treatments can sometimes be abrasive and actually damage the teeth.

**How often should you see your dentist?**

We’re often told to go to the dentist twice a year, but is this really necessary for everyone? “It’s only by going to see your dentist that you can determine how often you need to see them,” says Walmsley. “Depending on the state of your teeth, they will decide if you need to see them on a regular basis or have a more personalised plan.”

– The Guardian
n the evening of Nov 9, 1989, an unremarkable East German functionary named Gunter Schabowski bungled an assignment. At a press conference he prematurely announced that restrictions on travel visas would be lifted. When asked when the new policy would begin, he said, “Immediately, without delay!” In actuality, the policy was to be announced the following day and would still have required East Germans to go through a lengthy visa application process. Schabowski’s confused answers: Jubilant crowds stormed the concrete block. And the iconic Cold War symbol of Berlin Wall was torn down. The seismic event sent shock waves across Europe, and sparked hopes for millions of East Germans. The propaganda and fear of Cold War era were replaced with a sense of freedom and unity.

Although the Berlin Wall remains the most iconic symbol of the Cold War, it was only erected some 15 years into the battle of opposing ideologies. Between 1949 and 1961, almost 3 million people defected from East Germany to the West, and almost all went through Berlin. Each day thousands of Berliners on both sides crossed the border in order to work and shop. In the two and a half months prior to the wall going up, more than 67,000 people defected to the West, many of them doctors, teachers, students, and engineers.

Soviet Premier Nikita Khrushchev lamented this ‘brain drain.’ The residents of Berlin awoke on the morning of August 13, 1961, to find barbed wire fencing had been installed on the border between the city’s east and west sections. It separated neighbours on the same street and split up families.

Days later, East Germany began to fortify the barrier with concrete. The wall grew over time and was loaded with security measures. In addition to the concrete and barbed wire, the 6.3-mile wall came with 302 observation towers, 259 dog runs, 20 bunkers manned by more than 11,000 soldiers, and more than 79 miles of electrified fencing.

Rather than keeping citizens in, the East German government claimed it erected the Berlin Wall to keep Western fascists, spies and ideas out. The Wall came to physically symbolise the ‘Iron Curtain’ that separated Western Europe from the Eastern Bloc during the Cold War. While the Soviet officially referred to it as the ‘Anti-Fascist Protective Wall,’ the US called it the ‘Wall of Shame’ that restricted freedom.

The fact that we can stand along the fault line that sliced through Berlin, speaks of an eternal truth: No wall can stand against the yearning of justice, the yearnings for freedom, the yearnings for peace that burns in the human heart. It was all the ordinary people who brought down the Berlin Wall.

Welcome to Nutty’ Infotainment. YAYS! Your time starts NOW!

The long stretch of concrete dividing the city of Berlin was heavily guarded with barbed wires, armed patrol, sniper dogs, watch towers, and circumscribed by a wide no-man’s land covered with a bed of nails. What was this ‘death strip’ infamous referred to as? Stalin’s Carpet or Stalin’s Lawn.

With no humans or natural enemies, the piece of no-man’s land between the two walls became a safe haven for which wild animals? Thousands of these animals flourished for 28 years. Wild Rabbit.

As his pregnant mother was standing in front of one of his paintings the first time she felt him kick. His haircut from one of his movie was so popular among Afghan youths that it was banned by the Taliban and a price was put on his head for giving it. Name this actor-producer who celebrates his 45th birthday tomorrow (November 11).

Leonardo di Caprio.

Today, people across most of the world can catch which planet passing across the sun? The planet will begin its journey across the sun at 1235 GMT, and the entire transit will take roughly 5 and a half hours. The planet will look like a tiny, traveling blenheim on the sun’s face. This rare event won’t be seen from Earth again until 2032.

Mercury.

Named locally as ‘Chunchen,’ which structure was built between 660 to 206 BC to keep enemies at bay, and opened for tourism on this day (November 10) in 1970. It is the longest and largest man-made construction in the world. However, more than a million workers died building it, giving it the title “the longest cemetery in the world.” The Great Wall of China.

Identify the person below, dressed in a cadet uniform. A political activist, he was put behind bars 9 times, for a total of 3,250 days which adds up to 9 years of his life spent in jail. He survived four assassination attempts, including one during the partition of his country in 1947 and one by a knife-wielding rickshaw-puller in 1955. He was nominated at least 11 times for the Nobel Peace Prize for his contributions to maintaining and promoting peace.

Usain Bolt.

An annual event popular among Chinese people that celebrates their pride in being single, it is a 24-hour buying frenzy that exceeds the combined sales for Black Friday and Cyber Monday in the United States, and acts as a barometer for China’s consumers. In 2017, Alibaba alone had a sale of $25.4 billion, smashing its own record from last year and cementing it as the world’s biggest online shopping event. What is this called and when is it celebrated?

Singles Day on 11th November.

He is named after an artist, (Answer next week. Answer to last week’s photo-quiz: Laika was a Soviet space dog who became one of the first animals in space, and the first animal to orbit the Earth)

Do you have some interesting bytes to share? And, does your vibe attract you to the ‘Tribe N.YAYS’! Every week two of your best questions will be featured here. Please do write to us at n.yays@zoho.com.

1. Which product is most famously marketed as “Melts in your mouth, not in your hand.”?

M&M chocolates.

(Hani Mohammad, Qatar Academy Al Khor, Al Khor)

2. Which popular African country follows a calendar which is 7 to 8 years behind the Gregorian calendar followed by most of the world?

Ethiopia.

(Ruth Dhiba, Oromia International Bank, Addis Ababa)

(Answer next week. Answer to last week’s photo-quiz: Laika was a Soviet space dog who became one of the first animals in space, and the first animal to orbit the Earth)
### Voters split on Trump removal

<table>
<thead>
<tr>
<th></th>
<th>Remove from office</th>
<th>Not sure, too soon</th>
<th>Acquit on all charges</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Eligible voters</strong></td>
<td>45%</td>
<td>28</td>
<td>28</td>
</tr>
<tr>
<td><strong>Republicans</strong></td>
<td>5%</td>
<td>28</td>
<td>68</td>
</tr>
<tr>
<td><strong>Lean Republican</strong></td>
<td>13%</td>
<td>43</td>
<td>43</td>
</tr>
<tr>
<td><strong>Other/No party</strong></td>
<td>28%</td>
<td>57</td>
<td>15</td>
</tr>
<tr>
<td><strong>Independents</strong></td>
<td>40%</td>
<td>42</td>
<td>18</td>
</tr>
<tr>
<td><strong>Lean Democratic</strong></td>
<td>75%</td>
<td></td>
<td>22 4</td>
</tr>
<tr>
<td><strong>Democrats</strong></td>
<td>83%</td>
<td></td>
<td>13 4</td>
</tr>
</tbody>
</table>

Figures may be more than or less than 100% due to rounding.

Source: USC Dornsife/Los Angeles Times national poll
**Wordsearch**

```
GUAFYALRACMBER
LDTALIRPACYNNAF
AOEICANDYELPALN
RLRLCEAEHELEROIE
ALGELIRVAGZRACD
GYTDSANYHTACZIE
NBGYJINDAUIHIFT
EBERYLYIYNLELHH
STHLAEELSTYNAERG
YDHICPOTASIRYC
BLTELAETHEDIEGE
BOIOLETVIBNRMRC
ERABWBAKYKCEGIOY
DAFTAMEMGRFLYWDA
GANGELSIEYTNUB
```

AGNES  ANITA  BECKY  BETTY  
CAROL  CLARA  DELIA  DORIS  
EMILY  FLORA  HAZEL  HOLLY  
ALICE  ANNIE  BELLA  BUNTY  
CATHY  CORAL  DELLA  EDITH  
ETHEL  GEMMA  HEIDI  IRENE  
AMBER  APRIL  BERYL  CANDY  
CELIA  DAISY  DIANA  ELIZA  
FAITH  GRACE  HELEN  CARLA  
ANGEL  AVRIL  BETSY  ELSIE  
CINDY  DEBBY  DOLLY  
FANNY  GRETA  HILDA  

**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**

```
<table>
<thead>
<tr>
<th>7</th>
<th>6</th>
<th>8</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>2</td>
<td>7</td>
</tr>
<tr>
<td>1</td>
<td>4</td>
<td>7</td>
</tr>
<tr>
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<td></td>
<td>1</td>
<td>8</td>
</tr>
<tr>
<td>2</td>
<td>9</td>
<td>4</td>
</tr>
<tr>
<td>7</td>
<td>5</td>
<td></td>
</tr>
</tbody>
</table>
```

Sudoku is a puzzle based on a 9x9 grid. The goal is to fill the grid so that every row, every column, and every 3x3 box contains all of the digits 1 through 9. Sudoku is based on a 9x9 grid. The goal is to fill the grid so that every row, every column, and every 3x3 box contains all of the digits 1 through 9.

**Pooch Cafe**

```
RING
RING
COME.
BUY.
COME.
NO!
DON'T
WANT.
HOME.
HERE.
AND,
YOU
CAN'T
MAKE
ME!
```

**Garfield**

```
IRMA, WHAT'S TODAY'S BREAKFAST SPECIAL?

THE TRIPLE-BYPASS BURRITO

HERE'S THE WANER TO SIGN

NO RISK
NO REWARD
```

**Bound And Gagged**

```
EXCHANGE
STUDENT PROGRAMME

CAN WE EXCHANGE HIM FOR A CAR?
```
**Super Cryptic Clues**

**Across**
1 Wandering mine, danger if exploded (10)
7 Better off potted (2,6)
8 Garden building half finished (4)
9 Neat work by hairdresser? (4)
10 Wild parsley for team members (7)
12 Bedfordshire town in which fictional aviator has to paddle (11)
14 Seriousness that makes things fall (7)
16 When food won’t go down quickly? (4)
19 Beloved but expensive (4)
20 Feelings time soon alters (8)
21 Lasting well in its present form (10)

**Down**
1 Artist in a film one tried to see (5)
2 Loving a party call (7)
3 Noble expected to embrace king (4)
4 Not pitying crooked hustlers (8)
5 A street in New York that’s unpleasant (5)
6 Late transport (6)
11 Moves about restlessly, making bets (8)
12 Breakfast’s beginning with terribly early cereal (6)
13 Ordering caviare demonstrates greed (7)
15 A writer of science-fiction never needs to take part (5)
17 Principle unaffected by revolution (5)
18 No American displays common sense (4)

---

**Solution**

**Wordsearch**

**Codeword**
Plants better than tech for reducing air pollution: Study

Plants and trees may be better and cheaper options than technology to mitigate air pollution, says a new study from an Indian-origin researcher.

The study, published in the journal Environmental Science & Technology, found that adding plants and trees to the landscapes near factories and other pollution sources could reduce air pollution by an average of 27 per cent.

Researchers found that in 75 per cent of the countries analysed, it was cheaper to use plants to mitigate air pollution than it was to add technological interventions – things like smokestack scrubbers – to the sources of pollution.

“The fact is that traditionally, especially as engineers, we don’t think about nature; we just focus on putting technology into everything,” said Indian-origin researcher and study lead author Bhavik Bakshi from the Ohio State University. “And so, one key finding is that we need to start looking at nature and learning from it and respecting it. There are win-win opportunities if we do – opportunities that are potentially cheaper and better environmentally,” he added.

To start understanding the effect that trees and other plants could have on air pollution, the researchers collected public data on air pollution and vegetation on a county-by-county basis across the lower 48 states.

Then, they calculated what adding additional trees and plants might cost.

Their calculations included the capacity of current vegetation – including trees, grasslands and shrubberies – to mitigate air pollution.

They also considered the effect that restorative planting – bringing the vegetation cover of a given county to its county-average levels – might have on air pollution levels.

They estimated the impact of plants on the most common air pollutants – sulphur dioxide, particulate matter that contributes to smog, and nitrogen dioxide.

They found that restoring vegetation to county-level average canopy cover reduced air pollution an average of 27 per cent across the counties.

Their research did not calculate the direct effects plants might have on ozone pollution, because, Bakshi said, the data on ozone emissions is lacking.

They found that adding trees or other plants could lower air pollution levels in both urban and rural areas, though the success rates varied depending on, among other factors, how much land was available to grow new plants and the current air quality.

The findings indicate that nature should be a part of the planning process to deal with air pollution, and show that engineers and builders should find ways to incorporate both technological and ecological systems. – IANS

LIFESTYLE/HOROSCOPE

ARIES
March 21 – April 19

You tend to keep to yourself, Aries, but today you could be inspired to join a group activity. Perhaps some friends have invited you to come out for dinner. Or maybe a neighbour asked you to consider joining a neighbourhood organisation. Whatever the scenario, all signs indicate that any group activity you join will be worthwhile. You will do some good and likely make new friends, too.

TAURUS
April 20 – May 20

Technology is highlighted for you today, Taurus. It could be that you install a new phone or computer system, which will make life just a bit easier. Or perhaps you decide to take a course to learn to master a technical area that has been difficult for you to grasp. Whatever you do or learn today is bound to make you happier and more productive.

CANCER
June 21 – July 22

You have a sentimental soul, Cancer. Today your thoughts are on love. You may be thinking of that special someone in your life, grateful that you’ve found each other. Or you may wish you had someone important in your life and spend a good part of the day plotting how to find a mate. If you’re serious about setting down, draw on all of your resources to make it happen.

LEO
July 23 – August 22

Something big could be occurring close to home today, Leo. It would be advisable to stay inside, if possible, or at least not stray too far. Traffic may be gridlocked and the sidewalks crowded with pedestrians anxious for a closer look. Use this self-imposed “house arrest” to do some neglected chores. Play music and have fun while you organise bookshelves and clear the clutter from your closets.

LIBRA
September 23 – October 22

You’re a kind, caring individual, Libra. Today your concern for others may be so strong that you take steps to do something concrete to save, if not the world, at least a few of the individuals in it. You may hear of a worthy cause that’s about to fold for lack of volunteers. You could turn out to be just the saviour they need. One person truly can make a difference. You can prove it today.

SCORPIO
October 23 – November 21

Today you may develop a deeper understanding of what’s really important to you, Scorpio. You may be surprised by what you discover. The material means far less to you than the spiritual. It may have taken you a while to learn this, but now there’s no going back. Your possessions feel like dead weight. The mere thought of your family and friends fills your heart with love and light.

GEMINI
May 21 – June 20

You’re a social creature, Gemini, and today you can expect to attract a lot of attention. You’re feeling good and looking even better – and don’t think that people don’t notice! Make it a point to get out and mingle with others. You’re a talented, capable person in your own right, but you really shine when you’re with others. This is especially true today.

VIRGO
August 23 – September 22

You have hidden talents that may be revealed to you today, Virgo. Perhaps collaboration with someone new has you doing things you never thought you could. Perhaps you discover a talent for writing, graphic design, or money management. You can’t help but delight in this discovery, as it opens up a world of new possibilities. You don’t need to take action now. Revel in your untapped potential.

SAGITTARIUS
November 22 – December 21

Your life is likely to enlarge today, Sagittarius, either through a new group affiliation or people you meet. You may be invited to a party where a whole world of new and exciting events opens up to you. You may be reunited with a good friend from your past who can open all sorts of professional doors for you. Be receptive to anyone and everyone you meet.

CAPRICORN
December 22 – January 19

Sometimes it’s better to be lucky than smart, Capricorn. You’ll learn this today as good fortune puts you in the right place at the right time. You may meet someone who makes a big difference to your career. Perhaps he or she turns you on to a good job prospect or introduces you to someone who ends up being a business partner. Your life may change if you’re open to possibilities.

AQUARIUS
January 20 – February 18

Be open to any invitations that come your way or any new people you meet. Change is in the air for you, Aquarius, and you need only be receptive in order for it to come about. You may even meet someone at a social event who winds up being your friend for life. Explore all your interests and trust your intuition, for it will be a reliable guide.

PISCES
February 19 – March 20

Today you may wake up and realise that there is serious room for improvement, Pisces. If decorating isn’t your strong suit, why not call in the professionals? In the meantime, there’s a lot you can do by simply clearing away the clutter and reorganising your bookcases in a more attractive way. Mingle some artwork and knickknacks among the books for a more interesting visual effect.
Happy to wake up and not go to work: McGregor

By Sugandha Rawal

There was a time when Star Wars star Ewan McGregor got uncomfortable when he had no project in his hands, but not anymore. The actor says he has gotten better at not working and staying at home and living a “normal life.”

“I live a normal and good life, and I am getting better at it,” McGregor told IANS when asked how important it was for him to detach from the industry.

“As I get older, I get much better at working. I still throw myself at work 100 per cent. I love being an actor, creating things and artists... I love it. But now I’m much better at not working when I have stopped working on a project. I’m also much better at being home now and I’m very happy to wake up not having to go to work now, whereas before I was less comfortable when I wasn’t working,” he added.

McGregor has made a name by working in mainstream, musical as well as independent cinema. He is known for Trainspotting, the Star Wars movies, Moulin Rouge!, Angels And Demons, The Ghost Writer, Beauty And The Beast and Christopher Robin.

He will soon return to the “Star Wars” universe as Jedi Master Obi-Wan Kenobi in an yet-untitled series for the upcoming Disney+ streaming service. He played the character in the three Star Wars prequels — The Phantom Menace, Attack of the Clones and Revenge of the Sith.

The actor is back on the big screen as Danny Torrance in Doctor Sleep, the next chapter in the horror classic The Shining. Warner Bros. released the film in India on November 8.

Doctor Sleep takes forward the story of Danny Torrance, 40 years after his stay at the Overlook Hotel in The Shining. It is directed by Mike Flanagan, from his own screenplay based upon the novel by Stephen King.

Talking about his role, McGregor said: “When we find him as an adult, he is at his lowest, at rock bottom. He’s an alcoholic, and he is drinking to try and suppress his memories of what happened in Overlook Hotel, but also to try and suppress his psychic abilities. He’s trying not to live in that area of his life. It was fun to play somebody who was at his lowest ebb. I had Stanley Kubrick’s movie as my backstory, but also Stephen King’s writing from The Shining novel about Danny, his mom and the story with his dad. And it was a lot of amazing backstory for the actor to have at his disposal.”

Does he fancy another sequel in the series?

“I don’t think so. I mean, I don’t think there’s any talk of another sequel. We didn’t enter into it with a franchise idea,” he said.—IANS
As fall and winter sports are in full swing, youth athletics will see a rise in injuries. Tens of millions of children and teens participate in organised sports, and more than 3.5 million sports injuries occur every year. Fortunately, most injuries that occur with children are not serious and will not need surgery, according to several Mayo Clinic sports medicine experts. In fact, all of these injuries are avoidable.

“Listen to your body,” says Anikar Chhabra, M.D., an orthopaedic surgeon and the director of Sports Medicine at Mayo Clinic in Arizona. “If patients are hurting and they’re having injuries, you have to get early treatment to make sure that this doesn’t become a longstanding problem.” While the injuries typically vary from gender and age groups, he says the most common sports injuries are:

- Patellar tendinitis (jumper’s knee): An injury to the ligament connected by the injured joint – are pushed from their positions. Dislocation is common in impact sports.
- Growth plate fractures: A more serious condition, prominent in gymnastics and contact sports, that affects the growing tissue layer near the end of a child’s bones.
- Little League Elbow or Shoulder: This injury, most common in pitchers, is a result of growth plate injuries.
- Muscle strains: Commonly occurring in the ankle, a sprain is the stretching of a ligament that connects two bones together. In more acute cases, the ligament will tear and may require surgery. This condition is found in most sports.
- Muscle strains: Strains, or pulled muscles, are a result of an overstretched or torn muscle or tendon, which connects the muscle and bone. Strains can occur during any sport, but its location varies.
- Osteochondritis dissecans: A condition of the joint when a lack of blood flow causes the bone underneath the joint’s cartilage to die. It is common in runners and jumping-involved sports.
- Shin splints (medial tibial stress syndrome): A common condition that causes pain to the shinbone, often due to a changed or intensified workout routine. Shin splints are common in runners and dancers.
- Patellar tendinitis (jumper’s knee): An injury to the ligament connecting the kneecap to the shinbone that allows for walking, running and jumping movements. It is caused by repeated trauma on the patellar tendon. It is most common in sports involving jumping, such as basketball and volleyball. Torn ACL: An injury that commonly occurs during soccer, basketball, dancing and more. A torn ACL is the result of sudden changes in direction or stops. ACL tears are more common in high school to college-aged teens and young adults.
- Sever’s disease in the foot (calcaneal apophysitis): This condition causes heel pain due to stress to the heel’s growth plates. It is common in runners.
- Chhabra says that these youth sport injuries are on the rise. While some injuries are more serious, the increase is likely a result of kids engaging in multiple sports after the season ends to rest. Chhabra says most of his patients’ parents admit that their child only takes one or two days off from sports at a time, and he suggests taking two to four weeks off from sports after the season ends to rest.
- In addition to avoiding single sport specialisation and equipping children with the correct gear, it is important to have proper sport technique and sports movement patterns to help prevent injury and to optimise rehabilitation from an injury, says Edward Laskowski, M.D., co-director of Mayo Clinic Sports Medicine in Minnesota. “It is not ‘practice that makes perfect’ but ‘perfect practice makes perfect,’” Laskowski says. “If we practice the same bad movement pattern over and over again, a suboptimal motor programme is trained into our system and that can raise the risk of injury and decrease sports performance.” By analysing movement, including the use of video, flaws that predispose someone to injury can be detected and corrected, Laskowski says. Once doctors have identified an athlete’s risk factor, they can work with the athlete and implement corrective exercises to significantly reduce their risk of getting hurt.

The benefit of playing different sports is the child will develop different muscles and train his or her brain to develop different motor skills. Due to the lack of breaks that youths take from their specialised sports, they are at greater risk of injuring themselves.

Common youth sports injuries are avoidable

Increasing Injuries: Experts suggest that while some sport injuries are serious, the increase in injuries is likely a result of kids playing only one sport year-round, instead of playing a different sport each season.

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