What makes Keanu Reeves so great? Two Chicago writers reflect in a new essay collection. P2-3
Raving about Reeves

Chicago authors Larissa Zageris and Kitty Curran have penned a homage to Keanu in *For Your Consideration: Keanu Reeves*. It’s a pop-culture smorgasbord that reveals the hows and whys of the celebrity’s staying power, writes *Darcel Rockett*

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*Quote Unquote*

“The real man smiles in trouble, gathers strength from distress, and grows brave by reflection.”

— Thomas Paine
Keanu Reeves.
The name evokes visions of a rain-soaked Johnny Utah from Point Break or a very bronzed Prince Siddhartha in Little Buddha or the cancerous and weary John Constantine in the 2005 eponymously named film where hell and heaven is a day at the office. Reeves is a name so renowned that he played himself in Always Be My Maybe and the voice of a namesake kitten in the 2016 Key and Peele film Keanu. Chicago authors Larissa Zageris and Kitty Curran have penned a homage to Keanu in For Your Consideration: Keanu Reeves. They are also the authors of My Lady’s Choosing: An Interactive Romance Novel (2018) and the novella Taylor Swift: Girl Detective – The Secrets of the Starbucks Lovers (2016).

Their latest book, an essay collection that’s part of a new series on celebrities from Quirk Books, dissected Reeves’ celebrity on many planes: through the lenses of conspiracies, memes, fan fiction, ethnicity and artistic collaboration.

It’s a pop-culture smorgasbord that reveals the hows and whys of the celebrity’s staying power in the film industry since Bill & Ted’s Excellent Adventure (1989). “We live in a world where you feel like if you don’t have it figured out, you’re done, hang it up and that’s not true. You keep at it,” Zageris said. “That’s kind of a metaphor of (Reeves’) story. Yes, people loved him, but culturally he was a joke for no good reason, but it turned around. He’s lived quite the life, but we’d all be friends with Keanu. I think that’s part of what you bring to watching a performance – a trust and an enjoyment and a curiosity to see what he’s going to do next. It’s a very beloved,spanning fandom.”

Curran: There probably is. We have Bill & Ted world with all the time travel; then you have Matrix land, where you go on a quest in some sort of altered reality; then you have John Wick world, which is the nightclub area for the adults and also with a little shooting range. I think we can do this pretty easily.

Zageris: You can do a lot of air guitar competitions. You can have an emotional roller coaster that can be his career track – a roller coaster through different worlds, an emotional roller coaster.

Curran: And he’s been in enough spooky things for there to be a killer haunted house: You have the Bram Stoker area, the Constantine area, and you have the guy from The Gift.

If you get the chance to meet him, what would you ask him?
Curran: May I touch the hem of your garment?! I think there would be a lot of hyperventilating.
Zageris: I think I would ask him what his dream project would be, because then I would be like: How are we going to write that for you? I would want to weasel my way into a creative collaboration with him. I would be like: ‘Let’s do an Inside the Actor’s Studio with every single one of your movies.’ Tell us tales.
— Chicago Tribune/TNS
Weathering those wrinkles

If your wrinkles bother you there are things you can do to minimise developing wrinkles.

Wrinkles are a natural part of ageing, especially for the face, neck, hands and forearms. But some people are more prone to wrinkles based on sun-exposure and other factors. Although genetics mainly determine skin structure and texture, sun exposure is a major cause of wrinkles, especially for fair-skinned people. Pollutants and smoking also contribute to wrinkles.

While some people welcome their wrinkles, as a sign of character, if your wrinkles bother you there are things you can do to minimise developing wrinkles.

Protect your skin from the sun: Protect your skin and prevent future wrinkles by limiting the time you spend in the sun and always wearing protective clothing, such as wide-brimmed hats, long-sleeved shirts and sunglasses. Also, use sunscreen when outdoors, even during winter. The American Academy of Dermatology recommends using a broad-spectrum sunscreen with an SPF of 30 or more. Apply sunscreen generously, and reapply every two hours – or more often if you’re swimming or perspiring.

Use products with built-in sunscreen:
When selecting skin care products, choose those with a built-in broad-spectrum sunscreen — meaning it blocks both UVA and UVB rays.

Use moisturisers: Dry skin shrivels plump skin cells, which can lead to premature fine lines and wrinkles. Though moisturisers can’t prevent wrinkles, they may temporarily mask tiny lines and creases.

Don’t smoke: Even if you’ve smoked for years or smoked heavily, you can still improve your skin tone and texture and prevent future wrinkles by quitting smoking.

Eat a healthy diet: There is some evidence that certain vitamins in your diet help protect your skin. More study is needed on the role of nutrition, but it’s good to eat plenty of fruits and vegetables.

Alternative Medicine
Many over-the-counter wrinkle creams and lotions promise to reduce wrinkles and prevent or reverse damage caused by the sun. But these products are not likely to reverse damage caused by the sun.

Common ingredients in anti-wrinkle creams:
- Retinol is a vitamin A compound, the first antioxidant to be widely used in non-prescription wrinkle creams. Antioxidants are substances that neutralise free radicals — unstable oxygen molecules that break down skin cells and cause wrinkles.
- Vitamin C: Another potent antioxidant, vitamin C may help protect skin from sun damage. Before and between uses, wrinkle creams containing vitamin C must be stored in a way that protects them from air and sunlight.
- Hydroxy acids: Alpha hydroxy acids, beta hydroxy acids (salicylic acid) and poly hydroxy acids are exfoliants — substances that remove the upper layer of old, dead skin and stimulate the growth of smooth, evenly pigmented new skin.
- Co-enzyme Q10: This ingredient may help reduce fine wrinkles around the eyes and protect the skin from sun damage.
- Peptides: This ingredient has been used in products for wound healing, stretch marks and new wrinkles.
- Tea extracts: Green, black and oolong tea contain compounds with antioxidant and anti-infl ammatory properties. Green tea extracts are the ones most commonly found in wrinkle creams.
- Vitamin E: A potent antioxidant, this substance is related to vitamin B-3 (niacin). It helps reduce water loss in the skin and may improve skin elasticity.
- Niacinamide: A potent antioxidant, this substance is related to vitamin B-3 (niacin). It helps reduce water loss in the skin and may improve skin elasticity.

Some common ingredients that may result in some improvement in the appearance of wrinkles:
- Retinol: Retinol is a vitamin A compound, the first antioxidant to be widely used in non-prescription wrinkle creams. Antioxidants are substances that neutralise free radicals — unstable oxygen molecules that break down skin cells and cause wrinkles.
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**Nutrients to enhance immunity**

By Barbara Quinn

Flu season is here again. And this year’s vaccine is designed to protect against four different flu viruses, says the Centre for Disease Control (CDC). So when I went for my yearly poke in the arm, I was informed – by reason of my age – that I would receive the ‘high dose’ flu vaccine – four times as potent as the regular flu shot.

Guess that’s good. Our ability to fight off infections and viruses weakens as we age. So an extra boost of immunity can help fend off serious complications.

Besides yearly flu shots, our nutritional status is key to a strong immune system, says the Academy of Nutrition and Dietetics. These nutrients (in the right balance) are vital immunity enhancers:

- **Protein** is the backbone of our body’s defence mechanism since antibodies and other immune cells are made of protein. We don’t need to eat like cavemen to get adequate amounts, however. Many experts recommend we eat a protein-containing food with each meal including eggs, milk, yogurt, cheese, soy foods, fish, poultry and meat.
- **Vitamin A** strengthens and regulates one of the most important immune organs of the body – the skin. And that includes our digestive tract and lungs. Think bright orange, reds and greens when you’re looking for vitamin A-containing foods: sweet potatoes, carrots, kale, spinach, red peppers, apricots and eggs (yolk). Also look for foods “fortified with vitamin A” such as cereal or milk, says the AND.
- **Vitamin C** stimulates the formation of antibodies that bind up dangerous toxins before they wreck havoc in our bodies. Since our bodies don’t store much vitamin C, we need foods rich in this vitamin daily. Good sources include oranges, grapefruit, tangerines, strawberries, papayas, red peppers, and tomatoes.
- **Vitamin E** works with vitamin C to maintain healthy cells so they can resist unwelcome guests. Vitamin E generally resides in whole grains or fortified cereals, seeds (such as sunflower seeds), nuts and vegetable oils.
- **Zinc** plays a powerful role in wound healing and a strong immune system. Its most potent sources include lean meats, poultry, seafood, milk, whole grains, beans, seeds and nuts. One caution with taking zinc supplements, however. While adequate amounts of this mineral are essential for strong immunity, higher than recommended doses can actually weaken the body’s ability to fight off viruses and infections.

- **Probiotics** – the good bacteria we find in cultured foods such as yogurt and kefir and also in supplements – are making a name for themselves as immune enhancers. Although researchers still haven’t identified all the specific strains of healthful bacteria that work together to enhance our immune system, we do know that various types of dietary fibre are needed to “feed” these beneficial bacteria in our guts. That means, during this flu season and year-round, we can add an extra boost of immunity with high fibre foods such as vegetables, fruit, whole grains, beans and nuts. – The Monterey County Herald/TNS

### RECOMMENDATION:
Many experts recommend we eat a protein-containing food with each meal including eggs, milk, yogurt, cheese, soy foods, fish, poultry and meat.

### DEFENCE MECHANISM:
Vitamin C stimulates the formation of antibodies that bind up dangerous toxins before they wreck havoc in our bodies.

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**Multitasking makes teens feel both positive and negative**

Multitasking makes adolescents feel both more positive as well as more negative about the main task they are trying to accomplish, says a new study.

The study, published in the journal *Human Communication Research*, found that when adolescents combined something they had to do (like homework) with media use (such as texting with friends), they said the homework was more rewarding, stimulating or pleasant.

But they also reported feeling more negative emotions about the homework, such as finding it more difficult or tiring.

“It suggests that adolescents may be less likely to multitask if they already find their tasks rewarding,” said study co-author Zheng Wang, Professor at the Ohio State University in the US.

The study involved 71 adolescents aged 11 to 17 living in the Midwest. All participants reported their activities, both media-related and non-media related, three times a day for 14 days on a digital tablet device.

At each time point, they listed a main activity they were doing (such as homework or chores), and whether they were doing any media multitasking (such as texting or playing video games) at the same time. For each main activity, they rated to what extent they felt seven emotional responses (three positive and four negative).

The results showed that the teens in the study were media multitasking about 40 percent of the time that they were performing other activities.

According to the researchers, both positive and negative emotions initially increased when participants said they were multitasking.

But the longer they were working at any main task and multitasking, the less they felt these negative and positive emotions, the study said.

*– IANS*
Utilising crockpot in everyday cooking

Last week I attended product training for a newly installed automatic steam kettle in my newly opened facility in Atlanta. That advanced kettle reminded me of a small crockpot cooker that I have in my house and that became the inspiration for this week’s write up on crockpot cookers and cooking techniques.

Crockpot cookers have been around for so long that almost every household has one, whether they use it to its full potential is debatable. This write up will make you more aware about the crockpot and how to utilise it in your everyday cooking. People tend to use the terms ‘Crock Pot’ and ‘Slow Cookers’ interchangeably, but they are not in fact interchangeable. I explain it as all crockpots are slow cooker, not all slow cookers are crockpots. Crockpots are to slow cookers as Kleenex are to tissues or band aids are to bandages, Crockpot is a brand name which has become so popular that people denote all slow cookers as ‘Crock Pots’. Crockpots have a stoneware pot that is surrounded by a heating element, whereas a slow cooker is typically a metal pot that sits on top of a heated surface. Crock pots have just two settings Low wattage (Bringing them in the range of 93°C or 200°F) and High wattage (Bringing them in the range of 148°C or 300°F). Most modern slow cookers on the other hand have a third lower warming option too.

Crock pot device was inspired by a Jewish mother and her love for traditional beans called chulent. The traditional beans were left in the oven when it was turned off after use and the beans would cook in the residual heat overnight and would be ready next day. The lady’s son invented a device that would provide slow and steady heat as he wanted to help her mother cook her favourite dish using the slow and long process. From a humble bowl of beans stew grew a kitchenware empire and the product found its way in almost every household. In the 1970’s the son sold his design to Rival Manufacturing, who rebranded his beanery and put it on the market as ‘The Crockpot’. It was marketed towards working mothers who could put food in the pot before leaving for the office and come home to a cooked meal. The crockpot sold millions through the 70’s. The Crock Pot – ‘Cooks all day while the cook’s away’ – was popularised. The original Crock Pot design has changed little over the years, but now the insert is removable, a major improvement. Some models also have a timer function to allow cooking for a specific amount of time.

Today’s recipe is a crock pot chilli, although it requires some prep time but it is totally worth it. I am sure your chilli will rock at any pot luck or a chilli cook off. Be creative with your chilli and incorporate some accompaniments like baked potato, chilli dogs, chilli mac, and chilli philly steak, grilled cheese, French fries, Navajo taco (Native American style of taco), chilli salad, chilli vegetable bowl and so on. For a lighter side dish serve along with winter fruit salad or citrus green salad. While we are talking about this recipe it has to be noted that this recipe is not one of the health centred recipe that we emphasise all the time but is one of the indulgent recipe and is prepared for taste, enjoyment and celebration. I will discuss a healthy chilli recipe in the coming few weeks to keep our health conscious readers happy too.

Tips for making a delicious chilli

Slow cook the chilli on low heat setting for 6–8 hours so that the flavours can marry each other and all the ingredients have a chance to get ultra-tender and still remain juicy as it is cooked over gentle heat. Remember gentle slow heat is good to cook any proteins. Try and cook your chilli a day prior so you want to serve it and warm it up in slow cooker to serve next day. Combine all the ingredients and wait for the slow cooker to work out the magic in the ingredients and let it turn them into a delectable combination of flavours, taste and aroma. Be generous with the amount of fat that you use in the recipe as fat will keep the meat moist and will enhance the overall taste of the dish.

Toppings for the chilli

You can use freshly grated cheddar cheese, sour cream, crushed tortilla chips, crackers, crispy corn chips, chopped chives, chopped cilantro, fresh guacamole, diced fresh onion and tomato, sliced jalapenos, sour cream are some of the toppings that you can serve along with the prepared chilli.

Slow Cooker Beef Chili

Ingredients

- Ground beef 900gm
- Olive oil 1 tbsp.
- Garlic, minced 3 cloves
- Yellow onion, diced 1 no.
- Serrano pepper 1 no.
- Beef stock 2 cup
- Red kidney beans 400gm
- Black beans 400gm
- Crushed tomato 400gm
- Chilli powder 2 tbsp.
- Paprika ½ tbsp.
- Cumin powder 1 tbsp.
- Salt to taste
- Crushed black pepper to taste

Accompaniments

- Sour cream ¼ cup
- Green onions ¼ cup
- Corn chips to accompany

Method:

Heat olive oil in a large skillet over medium heat. Add ground beef and cook until browned for 3–5 minutes. Add garlic, onion, and chilli, salt and cook for 5 minutes. Place the prepared beef mixture into a slow cooker and add the stir, kidney beans, black beans, crushed tomato, chilli powder, paprika, cumin and adjust the seasoning. Cover and let it cook for 6–7 hours over low heat or 5–6 hours over high heat.

Check if the meat is thoroughly cooked and stir to combine well. Serve hot garnished with diced green onion, corn chips and sour cream on the side.

Chef’s Special

Taran Kapoor
Culinary Mastermind, USA. He may be contacted at tarunkapoorch@gmail.com
Graduates of Texas A&M talk about FIFA World Cup 2022 Qatar stadiums

Two graduates of Texas A&M University at Qatar, including Abdulla al-Fehani and Khalifa al-Mana recently visited Texas A&M to represent the Supreme Committee for Delivery and Legacy and present the FIFA World Cup 2022 Qatar stadiums that they are working on. Al-Fehani, class of 2008, is the project manager of the Al Rayyan Precinct stadium and Al-Mana, class of 2009, is a senior project engineer on the Al Thumama Stadium. Their visit was part of the Supreme Committee’s presentation to the campus community on engineering sustainability given by Orjan Lundberg, sustainability and environmental subject matter expert.

Students of CMU-Q win big at Oman Collegiate Programming Contest

A team of students, including Mohammed Nurul Hoque, Muhammad Ahmad Khan and Zaryab Shahrzad at Carnegie Mellon University in Qatar (CMU-Q) recently bagged the winning title at Oman Collegiate Programming Contest (OCPC), hosted by Sultan Qaboos University in Muscat. Over 30 teams participated in the tournament. A second team from CMU-Q, which included Kevin Isufaj, Swapneel Sanyal and Omar Sinan, secured fourth position in the competition. Both teams were coached by Eduardo Feo Flushing, a postdoctoral research associate at CMU-Q.

GQA organises 3-A-Side Penalty Shoot-out Tournament

Goan Qatar Association (GQA) recently organised 3-A-Side Penalty Shoot-out Tournament at Al Markhiya Stadium. Mallu Rajas and Choriz Pao recently bagged the Championship trophy for the Men and Women’s categories, respectively. Over 30 teams participated in the tournament. In the Men’s finals, Mallu Rajas defeated Atanche Ghaal by 5-4. Nikhil Dev and Rinees T P, players of Mallu Rajas, bagged the title of top scorer and best goalkeeper, respectively. Jessica Fernandes bagged the Golden Glove and Amrit Kaur’s the highest scorer trophy. Anuja Sanguelkar and Jessica Pires Carvalho were the chief guest on the occasion and Keara Rodrigues, the guest of honour. Lubino Soares, Vice President of GQA welcomed the gathering and Priya Pereira, General Secretary of GQA, proposed a vote of thanks. The president and GQA Committee Members congratulated all the players for their performance and for their commendable sportsmanship.
What is the right TIME-MANAGEMENT STRATEGY for your personality?

**SOCIAL BUTTERFLY**

**CHARACTERISTICS**
Outgoing, enjoys conversation and being with people

**STRENGTHS**
Drawn to people and social situations, natural collaborators

**CHALLENGES**
Because they enjoy being in a flurry of activity, butterflies can be easily distracted.

**EXPERT ADVICE**
“Social butterflies should create an interactive work environment to facilitate group-oriented goals and tasks.”

**DRIVER**

**CHARACTERISTICS**
Comfortable in social situations, may be ambitious and driven

**STRENGTHS**
Motivated, self-sufficient and focused when tackling important tasks

**CHALLENGES**
Self-sufficiency can become a weakness when Drivers need help but won’t seek it.

**EXPERT ADVICE**
“Drivers do well at individual tasks that require persistence — but may need to have an authority figure mandate when they need to seek out further assistance.”
**PROFESSOR**

**Characteristics:**
- Takes a balanced approach to work and problem-solving, may be self-sufficient and a good communicator.

**Expert Advice:**
- "A need for order and balance predisposes professors to follow a balanced approach to time management. They need to focus on tasks that are intellectually challenging and within their expertise."

**STRENGTHS:**
- Moved to complete tasks to satisfy intellectual curiosity.

**CREATIVE**

**Characteristics:**
- Adaptable, enjoys discovery and being creative.

**Expert Advice:**
- "Creative people need to find a way to allow more freedom in the work process while adhering to deadlines. They do their best in an environment that fosters their creative abilities."

**STRENGTHS:**
- Being less structured, finding ways around roadblocks.

**PHILOSOPHER**

**Characteristics:**
- Thinks tends to be logical and embraces different cultures.

**Expert Advice:**
- "Because they're interested in different forms of knowledge, updates of their progress need to exist to ensure they're remaining focused on the project that's currently assigned to them."

**STRENGTHS:**
- Accepts diverse concepts, integrates different opinions to arrive at unique solutions."
Students of Compass to swim across Qatar to Raise Awareness for the Unicef Global Goals

The students of Compass International School Doha (Compass) are all set to take part in a swimming challenge to swim across Qatar on November 3 till November 7. Believed to be the first swimming challenge of its kind in Qatar, students at the school’s Gharafa campus will swim 90,000 metres to raise awareness for the Unicef Global Goals, Goal 3 Good Health and Well-Being.

Karen Wilson, Head of Campus Gharafa said: “This is an exciting challenge and one which will inspire our students to be active and to challenge themselves. At Compass International School Doha our philosophy is ‘Be Ambitious’ and this challenge certainly demonstrates the ambition of our entire school community.”

Division A of Toastmasters International conducts workshop

Division A of Toastmasters International recently conducted an educational workshop. Dinesh Kumar, Director of Division A, opened the workshop and welcomed the gathering. Thavalan K, District Programme Quality Director, was the chief guest on the occasion.

The workshop was conducted by Rangamani Ravi and Girish Jain, Doha Toastmasters Club, and John Henrym, Doha TM Club. The topics, included ‘Master Your Voice’, ‘Dark side of Toastmasters’, ‘Don’t just talk’ and ‘Connect with the Audience’.

The workshop was attended by over 100 members of toastmasters fraternity. Subair Pandavath, Division A Programme Quality Director, proposed a vote of thanks. The workshop was attended by notable personalities, including Niloufer Samal, Sonia Jain, Hameed M T, Saksit Mshr and M K Sabeena.

W Doha Hotel voted as ‘one of the top hotels in the ME, first in Qatar’

W Doha hotel and residences has recently been voted at the 32nd annual Readers’ Choice Awards – luxury travel magazine – by Condé Nast Traveler as one of the top hotels in the Middle East and the first within Qatar, stated a press release. More than 600,000 Condé Nast Traveler readers across the globe submitted a record-breaking number of responses rating their favourite hotels and travel experiences from around the world.

The Readers’ Choice Survey began in 1988. Since its inception, the awards have been a measure of a hotel’s excellence in the eyes of its customers with more than a million people weighing in on their favourite hotels, cities, resorts and travel experiences.

Wassim Daaje, General Manager of W Doha, said: “Being chosen by Condé Nast Traveler’s readers and by our guests and visitors is a true testament to our commitment to being one of the most sought-after hotels, not only in Qatar, but in the entire region, and we will continue to wow them and offer unexpected experiences that they will never forget.”

W Doha is in line with this mission to continue supporting Qatar National Vision 2030 by promoting the hospitality and tourism sector. We’re also a key player in supporting Qatar’s vision to be a hub for some of the world’s top sporting events including the much-anticipated World Cup 2022.”
LEISURE

Colour by choice

1. BLUE  2. BLACK  3. ORANGE  4. GREEN

Maze
Help the scarecrow find its way to the pumpkin patch.

Connect the dots
Join the dots in order to find out more!

Picture crossword

Puzzle courtesy: halloweek.com

Halloween
Use the pictures below as clues

ACROSS
1. 4.
2. 
5.

DOWN
1. 
2. 
3.

Answer

1. 2.
3. 4.
5. 6.
Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine (3x3) boxes. You are given a selection of values and to complete the puzzle, you must fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9 and none is repeated.

**Super Cryptic Clues**

Across
1 Article about unknown writer (4)
3 A horse is not all bad (8)
9 Stopping in cages for a change (7)
10 Lawful support – setback for the French (5)
11 Races round island to see wrecks (5)
12 Changed course continually - sound diplomacy (6)
14 Death, some say, resulting from fight on seesaw (3,5,2,3)
19 Subject of article written by myself (5)
22 Do what certain people don’t, but do reform (5)
23 A hundred agree about area of land (7)
24 She gets a call and a good clip (8)
25 For a bit of fun, start singing in plane (4)

Down
1 Bill presented to clergyman is correct (8)
2 Took a picture that includes an animal (5)
4 Reunited to produce a profit for a female (8,5)
5 Cilla changed colour (5)
6 Entrance for poor singers (7)
7 Nothing seen on eastern river (4)
8 A foreign festival makes it safe (6)
13 Does this take the boredom out of saving? (9)
15 Gourmet putting dog in eastern dish (7)
16 Animals prepared to rest (6)
18 With a little rubber a secretary may rub out (5)
20 Paradoxically they could be evens (4)
21 Indian instrument is taken up by sailor (5)

**Wordwatch**

**Aposiopesis**
(’ap-uh-sy-uh-PEE-sis)
MEANING:
oun: An abrupt breaking off in the middle of a sentence, as if one is unable or unwilling to proceed.
ETYMOLOGY:
From Latin aposiopesis, from Greek aposiopesis, from apo- (intensive prefix) + siope (silence). Earliest documented use: 1678.
USAGE:
“Particular cases of aposiopesis can – but do not lay it on too thick – give the impression of being so overcome with emotion that you cannot speak.”

**Marcascent**
(mahr-SEES-uhnt)
MEANING:
Adjective: Withering without falling off
ETYMOLOGY:
From Latin marcescent- (beginning to wither), present participle of marcescere (to wither). Earliest documented use: 1727.
USAGE:
“She took up scissors and trimmed the hair above his ears and clipped away the frizzy marcescent strands languishing in the desert of his bald head.”

**Proditomania**
(pro-dit-uh-MAY-nee-uh)
MEANING:
Noun: The feeling or the belief that everyone around is out to get you.
ETYMOLOGY:
From Latin prodere (to betray). Earliest documented use: 1898.
USAGE:
“This writer takes the most pessimistic view of present conditions in France. ... conviction that the nation is invincible by land and by sea, and the concomitant proditomania symptoms of the dire disease which has eaten into the vitals of the citizens of the third republic.”

**Grobian**
(GROH-bee-uhn)
MEANING:
Noun: A coarse, buffoonish person.
ETYMOLOGY:
From German Grobian (boor, lout), a fictional patron saint of boorish and vulgar people, from German grob (coarse, vulgar). In Latin, Grobianus. Earliest documented use: 1621.
USAGE:
“I’m basically a loudmouth grobian who’d rather guffaw than grimace.”

-- wordsmith.org

**Solutions**

Across
1 1722
3 2
9 6
10 4
11 3
12 1
19 9
22 2
23 7
24 5
25 3

Down
1 5
2 6
4 8
5 1
6 7
7 4
8 2
13 1
14 8
15 9
16 2
18 3
19 6
20 1
21 5
22 7
23 4
24 1
25 4

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Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine (3x3) boxes. You are given a selection of values and to complete the puzzle, you must fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9 and none is repeated.
Why horror movies make your heart pound

Flip on the TV, and you’re bound to find shows of horror, mystery and the macabre. Many people love the thrill of terror as suspense builds during a scary movie. These flicks can make your heart pound harder and eyes widen. Fear can cause your heart to race and your body to sweat. A wave of nausea may overwhelm you as your chest tightens and breathing becomes increasingly difficult. Some may appear faint — while others start to tremble.

The question is: Why does your body react when you know that what you’re watching is not real? Dr Regis Fernandes, a Mayo Clinic cardiologist, has some answers. Scary movies. The dread, fear and horror that makes your pulse quicken and palms sweat.

“What happens to the human body when you watch a scary movie... comes from the known fight or flight response. ... When we are being chased by an animal, our instinct is to either fight the animal or flight, which means to run away," Fernandes says. “So, probably, that same mechanism gets triggered when we get scared by watching situations on the screen that are similar to that situation in real life.”

Fernandes says three things happen: Your heart rate increases, blood flow to muscles increases and adrenaline flows.

“It’s similar to exercise,” he says. Fernandes does not suggest replacing exercise with watching scary movies, but he says that the body’s reaction to being frightened is unlikely to hurt healthy individuals.

“If you enjoy that thrill, it’s not dangerous,” Fernandes says. And it seems of us just love the feeling of being terrified.

– Mayo Clinic News Network

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**CANCER**

Is a member of your household away? Your home could be a lonely place for a while. You miss your housemate, but you also enjoy the solitude and the quiet that enables you to catch up on your projects, which may include sleep! Dreams that come to you tonight could bring insights to solutions for business and finance. Write them down in the morning. You’ll want to remember them.

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**LEO**

July 23 – August 22

A social event could land you in the middle of a room full of writers, artists, and teachers. You might not know any of them, but don’t panic. Just listen to what they have to say. Your interest could attract their attention, and you could make some new friends. You might also attract invitations to future parties like this. Accept them! You’ll be glad you did.

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**LIBRA**

September 23 – October 22

You look especially attractive today. Your communication skills are good. Interesting conversations with your friends could reveal parts of you that your friend finds intriguing, and bring up interests in common that you didn’t know you had. Make the most of it!

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**SCORPIO**

October 23 – November 21

Business acquaintances could visit you today. They might stay longer than expected, but this is positive. You’ll have a lot of interesting discussions that open up doors to more promising enterprises and ways to make a success of them. If you get distracted and talk about other things, what does it matter? Relax and enjoy yourself.

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**SAGITTARIUS**

November 22 – December 21

Group activities and other social events should keep you pretty busy. You have a lot of people to see, calls to make, errands to run. This can be a drag, but it’s exciting and exhilarating as well. You’ll be satisfied with the results. Some of the people should be especially congenial and might become friends. Relax and get busy.

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**TAURUS**

April 20 – May 20

You may have a lot of professional or personal calls to make today. E-mails could flood your inbox. A lot of people could vie for your attention. Your ego will receive a much-needed boost from all the acknowledgment. Don’t be embarrassed or guilty. Everyone needs a pat on the back now and then. Relax and enjoy the spotlight!

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**GEMINI**

May 21 – June 20

Recent study of philosophical or spiritual matters might inspire you to express your insights creatively. Whether you choose to write, make music, or paint pictures, you’ll notice a difference in your style. This may not last, as it’s at least partially due to what’s on your mind now, but make the most of it today. You might produce quality work that surprises even you.

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**AQUARIUS**

January 20 – February 18

Have you been trying to learn about a subject for a long time? Have books, lectures, and documentaries on the subject been your primary form of entertainment? Whatever you’ve been hoping to gain from it could come to you today. If it’s a business advantage, you’ve got it. If it’s knowledge for its own sake, you know a lot by now. Whatever it is, bask in the glow of your achievement.

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**CAPRICORN**

December 22 – January 19

Career success, particularly involving writing, teaching, and other communication skills, could come your way today. You may not be aware that it’s coming, so it could be a bit difficult to handle at first. Still, you’ve been working toward this goal for a long time, and you’ll be glad to hear the news. In the evening, go out with friends to celebrate. You’ve earned it!
Stand-up comic Birbiglia finds fun in reluctant fatherhood

By Charles McNulty

Stand-up comics come in a few varieties. Some you’d like to hang out with at a club. Others you’d prefer to keep at a safe distance. A few perhaps you might like to get to know more intimately. Mike Birbiglia is the one you hope takes you to IKEA. The guy writes hymns to his couch. “It’s a bed that hugs you,” he remarks gratefully. Simple, honest pleasures are reassuring in a dude.

Birbiglia’s performance of his one man show The New One at the Ahmanson Theater in Los Angeles is an exercise in apologetic, even chummy, catharsis. Much of the material is drawn to know more intimately.

The New One is a child’s bedtime story about a child who will wreck their lives. He wants to have a baby. Birbiglia objects that he can’t shake the memory of being chained to the rock. Birbiglia’s medical file swarms with horrors. Bladder cancer when he was 19 has kept him on high alert for a sucker punch from on high.

When his doctor told him some bad news after a physical, the words “diabetes” and “Lyme disease” made him feel as though one at a time! he protests. A sleep disorder that’s dangerous not only for him but also for anyone who lovingly endures them. This coup occurs on Beowulf Boritt’s Barrish, is mostly bare, keeping the focus squarely on Birbiglia. A scenic backdrop that even when angry his mode is reassuring in a dude.

A sleep disorder that’s dangerous not only for him but also for anyone in the vicinity requires that he sleep straightjacketed in a sleeping bag in a locked room, which he’s forced to share with a cat that treats him with nature is also soft, gentle and low. An excellent thing. Birbiglia’s patriarchal nature is also soft, gentle and low.

It’s sometimes more pronounced in what he leaves out of his anecdotes than in what he includes. But to his credit, he’s retrofitted his retro material for a new age.

Still, his act depends on the solidarity of men just like himself—married heterosexual city dwellers who a generation ago would have been pushing lawnmowers on weekends—and the women who lovingly endure them. This can feel like a closed circle in 2019. But his proud masculine bumbling isn’t meant to exclude. Its appeal, however, may be more fully appreciated by a certain kind of mainstream audience that doesn’t necessarily think of itself as mainstream.

The production, directed by Seth Barrish, is mostly bare, keeping the focus squarely on Birbiglia. A scenic backdrop that even when angry his mode is reassuring in a dude.

Much of the material is drawn from familiar comic tropes. Birbiglia’s wife decides she wants to have a baby. Birbiglia objects that a child will wreck their lives. He relents and has a harrowing medical procedure and eventually becomes a delighted, disquieted dad.

If The New One is ever adapted to the stage, a blur of Banana Republic. It’s a bed that hugs you, he remarks gratefully. Simple, honest pleasures are reassuring in a dude.

Birbiglia’s performance of his one man show The New One at the Ahmanson Theater in Los Angeles is an exercise in apologetic, even chummy, catharsis. Much of the material is drawn to know more intimately.

REASSURING: Mike Birbiglia performs his one man show The New One at the Ahmanson Theater in Los Angeles.

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PREITY ZINTA'S RECENT PHOTO WITH SALMAN KHAN SEEMS TO BE A HINT THAT SHE IS A PART OF THE UPCOMING DABANGG 3

Does Preity have a cameo in Dabangg 3?

Actress Preity Zinta on Thursday surprised her fans with a series of special pictures with superstar Salman Khan, ushering in a wave of nostalgia on social media.

Preity’s recent posts on Instagram seem to be a hint that she is a part of Salman’s upcoming Dabangg 3.

“Anything can happen on Halloween... Here’s to having some fun and being a little crazy! Perks of showing up on the Dabangg 3 shoot,” Preity captioned one of the images in which she is seen dressed in a blue police uniform, with Salman Khan posing in his Chulbul Pandey avatar.

There is also one photograph where both actors wear their shades on the collar in signature Dabangg style.

Preity posts clearly express her happiness to be on the set with Salman Khan.

“This Halloween I met someone special,” she wrote along with the image.

The posts have divided fans in their speculation. While some are hoping the actress is a part of the new Dabangg film, others feel she was just a casual guest on the set, and nothing more.

Salman and Preity have earlier worked together in films such as Chori Chori Chupke Chupke, Jaan-E-Mann and Har Dil Jo Pyar Karega.

The third instalment of the Dabangg series follows the 2012 release of Dabangg 2. It also features Sonakshi Sinha and Mahesh Manjrekar’s daughter Sanaa.

Dabangg 3 is scheduled to release on December 20. - IANS
Bazm-e-Alig pays tribute to Sir Syed on 202nd birth anniversary

By Mudassir Raja

Azam-e-Alig, AMU Alumni Association's Qatar chapter, recently organised an event to mark the 202nd birth Anniversary of Sir Syed Ahmad Khan at Oryx Rotana. The event was attended by over 200 members of the association gathered to pay their heartiest tributes to the man who was way ahead in his foresight about urgency of the modern education.

Late Sir Syed Ahmed Khan, a Muslim thinker and scholar, is remembered for his devoted services towards the Indian Muslims in the field of modern western and scientific education. The founder of Aligarh Muslim University (AMU) is vastly considered one of the architects of modern India.

The alumni associations of AMU have been very active and dedicated inside and outside India. The overseas alumni associations regularly organise programmes to emphasise the services and vision of Sir Syed whose unflinching efforts introduced the common Indian Muslims to the modern education some 150 years ago.

Born on October 17, 1817 in Delhi, Sir Syed pioneered the modern education for the Muslims in the British India. He founded Mohammadan Anglo-Oriental College in 1875 in Aligarh which later developed into the Aligarh Muslim University. His work gave rise to new generation of Muslim entrepreneurs and politicians.

Osama Shamsi, General Secretary of Bazim, welcomed the gathering, which was followed by the recitation of the Holy Qur'an by Hafiz Hamad Khaleeq.

Nadeem Mahir, President of Bazim, welcomed the chief guest, guest of honour and other dignitaries on the occasion.

An informative presentation on Sir Syed, Aligarh Muslim University and Azam-e-Alig was also part of the event, which was followed by a quiz competition on the life and works of Sir Syed, conducted by Arshad Amim, Joint Secretary, and Tarig Rashid Khan, Treasurer of Bazim.

Professor Abdul Raheem Kidwai, Director University Grant Commission, Human Resource Centre at Aligarh Muslim University, India, was the chief guest on the occasion. Speaking on the occasion, Professor Kidwai lauded the efforts of Sir Syed. He said that it is always heartening to remember the personalities who have made unmatched contributions towards the educational growth of the Muslims in the Indian subcontinent. The Aligarh alumni need to follow the spirit and teaching of Sir Syed who always laid stress on getting the contemporary modern education.

The professor also congratulated the members of Azam-e-Alig for arranging the programme to commemorate the achievements of Sir Syed.

Asif Armi, Managing Director of Shezon Media Pvt Ltd in New Delhi, was the guest of honour. He also highlighted the ideology of Sir Syed and its relevance in the contemporary world. The guest also thanked the alumni association for inviting him to the event.

Moosa Zainal Moosa, ex-adviser to the minister of culture and heritage and patron of Azam-e-Alig, welcomed the chief guest and all the members. Speaking on the occasion, he said that education is the first key to the success of any nation. Sir Syed not only envisioned it during his times but also took practice steps to educate the Muslims in the British India.

Nadeem Mahir urged the members of Bazim to unite and work toward the cause of Sir Syed. He also outlined the objectives and the priorities of Azam-e-Alig and the idea behind the formation of the association in 1988.

Mahir said, “Our aims and objectives include; awarding of scholarships to deserving students at AMU, providing material support to AMU and its affiliated institutions, arranging literary, cultural, sporting, and networking events, honouring outstanding individuals and organisations with appropriate achievement awards, providing assistance if needed to newly arrived AMU alumni and their families in Qatar, and arranging annual Sir Syed Day and benefit dinner.”

He added, “Azam aims to keep alive Sir Syed Ahmad Khan's dream of ensuring equality for all and particularly the underprivileged through education, by supporting AMU and its students in their academic efforts, and by organising events to highlight AMU’s role in creating a modern India.”

The organisers presented mementos to the chief guest and guests of honour. Bazim also felicitated Aaleena Fayaz, a student of Grade-X at MES Indian School, who has topped in Urdu subject. She scored 99 percent marks in the subject. The chief guest presented certificates to the winners of painting and running competitions held in April this year.
If your wrinkles bother you there are things you can opt for to minimise developing wrinkles.

What makes Keanu Reeves so great? Two Chicago writers reflect in a new essay collection. P2-3

Utilising cockpot in everyday cooking. Page 6

Stand-up comic Birbiglia finds fun in reluctant fatherhood. Page 15
Raving about Reeves

Chicago authors Larissa Zageris and Kitty Curran have penned a homage to Keanu in For Your Consideration: Keanu Reeves. It’s a pop-culture smorgasbord that reveals the hows and whys of the celebrity’s staying power, writes Darcel Rockett.
Keanu Reeves. The name evokes visions of a rain-soaked Johnny Utah from Point Break or a very bronzed Prince Siddhartha in Little Buddha or the cancerous and weary John Constantine in the 2005 eponymously named film where hell and heaven is a day at the office. Reeves is a name so renowned that he played himself in Always Be My Maybe and the voice of a namesake kitten in the 2016 Key and Peele film Keani. Chicago authors Larissa Zageris and Kitty Curran have penned a homage to Keani In For Your Consideration: Keanu Reeves. They are also the authors of My Lady’s Choosing: An Interactive Romance Novel (2018) and the novella Taylor Swift: Girl Detective – The Secrets of the Starbucks Lovers (2016).

Their latest book, an essay collection that’s part of a new series on celebrities from Quirk Books, dissectes Reeves’ celebrity on many planes: through the lenses of conspiracies, memes, fan fiction, ethnicity and artistic collaboration. It’s a pop-culture smorgasbord that reveals the hows and whys of the celebrity’s staying power in the film industry since Bill & Ted’s Excellent Adventure (1989). “We live in a world where you feel like if you don’t have it figured out, you’re done, hang it up and that’s not true. You keep at it,” Zageris said. “That’s kind of a metaphor of (Reeves’) story. Yes, people loved him, but culturally he was a joke for something that he was mocked for which is now appreciated. I think he's someone that people have long treasured, that people, like: maybe it was the wrong thing, but it wasn’t the wrong thing.”

Curran: “He’s just a nice guy, say the authors.

Curran: “He’s a celebrity “all the fangirls and secure fanboys” can get behind because he’s just a nice guy, say the authors.

Chicago authors Kitty Curran (left) and Larissa Zageris wrote a book of essays about the staying power of Keanu Reeves’ celebrity career in For Your Consideration: Keanu Reeves (Quirk Books)

Zageris: I think Speed and The Matrix made him a household name. Point Break is what people might think, but initially when it came out, people were, like, this is ridiculous. It’s become a belated cultural juggernaut since. But, in my soul, it was Speed and Constantine.

Curran: I think that’s the one that turned him into an icon/star, like a movie star.

Zageris: He just keeps going. Every decade he has some big turn. I think he’s someone that people have long treasured, that people can get into. He’s done beautiful work in My Own Private Idaho and he’s a lovely, sweet-hearted fool in Parenthood. He’s really played a lot of shades; ... way more than people expect.

Is there enough material there to create a Keanu Reeves amusement park?

Curran: There probably is. We have Bill & Ted world with all the time travel; then you have Matrix land, where you go on a quest in some sort of altered reality; then you have John Wick world, which is the nightlife area for the adults and also with a little shooting range. I think we can do this pretty easily.

Zageris: You can do a lot of air guitar competitions. You can have an emotional roller coaster that can be his career track – a roller coaster through different worlds, an emotional roller coaster.

Curran: And he’s been in enough spooky things for there to be a killer haunted house: You have the Bram Stoker area, the Constantine area, and you have the guy from The Gift.

If you get the chance to meet him, what would you ask him?

Curran: May I touch the hem of your garment?! I think there would be a lot of hyperventilating.

Zageris: I think I would ask him what his dream project would be, because then I would be like: How are we going to write that for you? I would want to weasel my way into a creative collaboration with him. I would be, like: ‘Let’s do an Inside the Actor’s Studio with every single one of your movies.’ Tell us tales.

— Chicago Tribune/TNS

ENDERING: Keanu Reeves is a celebrity “all the fangirls and secure fanboys” can get behind because he’s just a nice guy, say the authors.

Every time you turn around either men are emboledned to behave bad or you’re finding out something about them where you’re, like: “Seriously?! “Keanu is someone who hasn’t let anyone down.

Curran: We grew up with Bill & Ted, and I have yet to meet anyone who is part Asian, part white who grew up in the ‘80s who wasn’t slightly obsessed with Keanu, because he literally was the only celebrity like us. It was very rare in the ‘80s to have someone of Asian descent whose storylines weren’t all about being Asian. As a kid, my options were: Jubilee from the X-Men cartoon and Keanu. Those were my Asian diaspora icons that were like me.

Which film really put Reeves into the acting stratosphere?

Curran: John Wick. He just keeps going. Every decade he has some big turn. I think he’s someone that people have long treasured, that people can get into. He’s done beautiful work in My Own Private Idaho and he’s a lovely, sweet-hearted fool in Parenthood. He’s really played a lot of shades; ... way more than people expect.

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— Chicago Tribune/TNS

REEVES AT A GLANCE

What can average people take away from his greatness?

Curran: Not feeling ashamed or afraid of putting yourself out there and being sincere and just going for what you love and dreaming. It’s something that he was mocked for and is now beloved for. Don’t shy away from your weird.

Zageris: And find joy in life and find joy in work. I think that’s two things that he has said in one way or another in almost every interview he’s granted. It’s easy to discount that he’s a big movie star, but he works for it. He works with what he’s got and works to get better with what he has.
Weathering those wrinkles

If your wrinkles bother you there are things you can do to minimise developing wrinkles

WRINKLES are a natural part of ageing, especially for the face, neck, hands and forearms. But some people are more prone to wrinkles based on sun-exposure and other factors. Although genetics mainly determine skin structure and texture, sun exposure is a major cause of wrinkles, especially for fair-skinned people.

While some people welcome their wrinkles, as a sign of character, if your wrinkles bother you there are things you can do to minimise developing wrinkles.

**Protect your skin from the sun:**
Protect your skin and prevent future wrinkles by limiting the time you spend in the sun and always wearing protective clothing, such as wide-brimmed hats, long-sleeved shirts and sunglasses. Also, use sunscreen when outdoors, even during winter. The American Academy of Dermatology recommends using a broad-spectrum sunscreen with an SPF of 30 or more. Apply sunscreen generously, and reapply every two hours — or more often if you’re swimming or perspiring.

**Use products with built-in sunscreen:**
When selecting skin care products, choose those with a built-in broad-spectrum sunscreen — meaning it blocks both UVA and UVB rays.

**Use moisturisers:**
Dry skin shrivels plump skin cells, which can lead to premature fine lines and wrinkles. Though moisturisers can’t prevent wrinkles, they may temporarily mask tiny lines and creases.

**DON’T SMOKE:** Even if you’ve smoked for years or smoked heavily, you can still improve your skin tone and texture and prevent future wrinkles by quitting smoking.

**Eat a healthy diet:** There is some evidence that certain vitamins in your diet help protect your skin. More study is needed on the role of nutrition, but it’s good to eat plenty of fruits and vegetables.

**Alternative Medicine**
Many over-the-counter wrinkle creams and lotions promise to reduce wrinkles and prevent or reverse damage caused by the sun. But these products are not likely to reverse damage caused by the sun. Even if you’ve

**COMMON:**
Green, black and oolong tea contain compounds with antioxidant and anti-inflammatory properties. Green tea extracts are the ones most commonly found in wrinkle creams.

**TEMPORARY SOLUTION:**
Though moisturisers can’t prevent wrinkles, they may temporarily mask tiny lines and creases.

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Nutrients to enhance immunity

By Barbara Quinn

Flu season is here again. And this year’s vaccine is designed to protect against four different flu viruses, says the Centre for Disease Control (CDC). So when I went for my yearly poke in the arm, I was informed – by reason of my age – that I would receive the ‘high dose’ flu vaccine – four times as potent as the regular flu shot.

Guess that’s good. Our ability to fight off infections and viruses weakens as we age. So an extra boost of immunity can help fend off serious complications.

Besides yearly flu shots, our nutritional status is key to a strong immune system, says the Academy of Nutrition and Dietetics. These nutrients (in the right balance) are vital immunity enhancers:

Protein is the backbone of our body’s defence mechanism since antibodies and other immune cells are made of protein. We don’t need to eat like cavemen to get adequate amounts, however. Many experts recommend we eat a protein-containing food with each meal including eggs, milk, yogurt, cheese, soy foods, fish, poultry and meat.

High quality protein can also be found in combinations of vegetables, whole grains, beans and nuts.

Vitamin A strengthens and regulates one of the most important immune organs of the body – the skin. And that includes our digestive tract and lungs. Think bright orange, reds and greens when you’re looking for vitamin A-containing foods: sweet potatoes, carrots, kale, spinach, red peppers, apricots and eggs (yolk). Also look for foods “fortified with vitamin A” such as cereal or milk, says the AND.

Vitamin C is a major player on our immunity team. It stimulates the formation of antibodies that bind up dangerous toxins before they wreck havoc in our bodies. Since our bodies don’t store much vitamin C, we need foods rich in this vitamin daily. Good sources include oranges, grapefruit, tangerines, strawberries, papayas, red peppers, and tomatoes.

Vitamin E works with vitamin C to maintain healthy cells so they can resist unwelcome guests. Vitamin E generally resides in whole grains or fortified cereals, seeds (such as sunflower seeds), nuts and vegetable oils.

Zinc plays a powerful role in wound healing and a strong immune system. Its most potent sources include lean meats, poultry, seafood, milk, whole grains, beans, seeds and nuts. One caution with taking zinc supplements, however: While adequate amounts of this mineral are essential for strong immunity, higher than recommended doses can actually weaken the body’s ability to fight off viruses and infections.

Probiotics – the good bacteria we find in cultured foods such as yogurt and kefir and also in supplements – are making a name for themselves as immune enhancers. Although researchers still haven’t identified all the specific strains of healthful bacteria that work together to enhance our immune system, we do know that various types of dietary fibre are needed to “feed” these beneficial bacteria in our guts. That means, during this flu season and year-round, we can add an extra boost of immunity with high fibre foods such as vegetables, fruit, whole grains, beans and nuts. – The Monterey County Herald/TNS

Multitasking makes teens feel both positive and negative

Multitasking makes adolescents feel both more positive as well as more negative about the main task they are trying to accomplish, says a new study.

The study, published in the journal Human Communication Research, found that when adolescents combined something they had to do (like homework) with media use (such as texting with friends), they said the homework was more rewarding, stimulating or pleasant.

But they also reported feeling more negative emotions about the homework, such as finding it more difficult or tiring.

“It suggests that adolescents may be less likely to multitask if they already find their tasks rewarding,” said study co-author Zheng Wang, Professor at the Ohio State University in the US.

The study involved 71 adolescents aged 11 to 17 living in the Midwest. All participants reported their activities, both media-related and non-media related, three times a day for 14 days on a digital tablet device.

At each time point, they listed a main activity they were doing (such as homework or chores), and whether they were doing any media multitasking (such as texting or playing video games) at the same time. For each main activity, they rated to what extent they felt seven emotional responses (three positive and four negative).

The results showed that the teens in the study were media multitasking about 40 percent of the time that they were performing other activities.

According to the researchers, both positive and negative emotions initially increased when participants said they were multitasking.

But the longer they were working at any main task and multitasking, the less they felt these negative and positive emotions, the study said.

“The longer the teens working at any main task and multitasking, the less they feel negative and positive emotions.” – IANS
Utilising crockpot in everyday cooking

Last week I attended product training for a newly installed automatic steam kettle in my newly opened facility in Atlanta. That advanced kettle reminded me of a small crockpot cooker that I have in my house and that became the inspiration for this week’s write up on crockpot cookers and cooking techniques.

Crockpot cookers have been around for so long that almost every household has one, whether they use it to its full potential is debatable. This write up will make you more aware about the crockpot and how to utilise it in everyday cooking. People tend to use the terms ‘Crock Pot’ and ‘Slow Cookers’ interchangeably, but they are not in fact interchangeable. I explain it as all crockpots are slow cookers, not all slow cookers are crockpots. Crockpots are to slow cookers as Kleenex are to tissue or band aids are to bandages, Crockpots have a stoneware pot that is surrounded by a heating element, whereas a slow cooker is typically a metal pot that sits on top of a heated surface. Crockpots have just two settings Low wattage (Bringing them in the range of 93°C or 200°F) and High wattage (Bringing them in the range of 148°C or 300°F). Most modern slow cookers on the other hand have a third lower warming option too.

Crock pot device was inspired by a Jewish mother and her love for traditional beans called cholent. The traditional beans were left in the oven when it was turned off after use and the beans would cook in the residual heat overnight and would be ready next day. The lady’s son invented a device that would provide slow and steady heat as he wanted to help her mother cook her favourite dish using the slow and long process. From a humble bowl of beans stew grew a kitchenware empire and the product found its way in almost every household. In the 1970’s the son sold his design to Rival Manufacturing, who rebranded his beanery and put it on the market as ‘The Crockpot’. It was marketed towards working mothers who could put food in the pot before leaving for the office and come home to a cooked meal. The crockpot sold millions through the 70’s. The Crock Pot – ‘Cooks all day while the cook’s away’ – was popularised. The original Crock Pot design has changed little over the years, but now the insert is removable, a major improvement. Some models also have a timer function to allow cooking for a specific amount of time.

Today’s recipe is a crockpot chili, although it requires some prep time but it is totally worth it. I am sure your chili will rock at any pot luck or a chili cook off. Be creative with your chili and incorporate some accompaniments like baked potato, chilli dogs, chilli mac, and chilli philly steak, grilled cheese, French fries, Navajo taco (Native American style of taco), chilli salad, chilli vegetable bowl and so on. For a lighter side dish serve along with winter fruit salad or citrus green salad. While we are talking about the toppings that you can serve along with the prepared chili.

**Toppings for the chilli**

You can use freshly grated cheddar cheese, sour cream, crushed tortilla chips, crackers, crispy corn chips, chopped chives, chopped cilantro, fresh guacamole, diced fresh onion and tomato, sliced jalapenos, sour cream are some of the toppings that you can serve along with the prepared chili.

**Slow Cooker Beef Chili**

**Ingredients**

- Ground beef 900gm
- Olive oil 1 tbsp.
- Garlic, minced 3 cloves
- Yellow onion, diced 1 no.
- Serrano pepper 1 no.
- Beef stock 2 cup
- Red kidney beans 400gm
- Black beans 400gm
- Crushed tomato 400gm
- Chilli powder 2 tbsp.
- Paprika ½ tbsp.
- Cumin powder 1 tbsp.
- Salt to taste
- Crushed black pepper to taste

**Accompaniments**

- Sour cream ½ cup
- Green onions ½ cup
- Corn chips to accompany

**Method:**

Heat olive oil in a large skillet over medium heat. Add ground beef and cook until browned for 3-5 minutes. Add garlic, onion, and chilli, salt and pepper and cook for 5 minutes.

Place the prepared beef mixture into a slow cooker and add the stir ingredients. Stir until combined.

Cook for 6-7 hours over low heat or 5-6 hours over high heat.

Check if the beef is thoroughly cooked and stir to combine well.

Serve hot garnished with diced green onion, corn chips and sour cream on the side.

**Tips for making a delicious chili**

Slow cook the chili on low heat setting for 6-8 hours so that the flavours can marry each other and all the ingredients have a chance to get ultra-tender and still remain juicy as it is cooked over gentle heat. Remember gentle slow heat is good to cook any proteins. Try and cook your chili a day prior to what you want to serve it and warm it up in slow cooker to serve next day. Combine all the ingredients and wait for the slow cooker to work out the magic in the ingredients and let it turn them into a delectable combination of flavours, taste and aroma. Be generous with the amount of fat that you use in the recipe as fat will keep the meat moist and will enhance the overall taste of the dish.
**Graduates of Texas A&M talk about FIFA World Cup 2022 Qatar stadiums**

Two graduates of Texas A&M University at Qatar, including Abdulla al-Fehani and Khalifa al-Mana recently visited Texas A&M to represent the Supreme Committee for Delivery and Legacy and present the FIFA World Cup 2022 Qatar stadiums that they are working on. Al-Fehani, class of 2008, is the project manager of the Al Rayyan Precinct stadium and Al-Mana, class of 2009, is a senior project engineer on the Al Thumama Stadium. Their visit was part of the Supreme Committee’s presentation to the campus community on engineering sustainability given by Orjan Lundberg, sustainability and environmental subject matter expert.

**Students of CMU-Q win big at Oman Collegiate Programming Contest**

A team of students, including Mohammed Nurul Hoque, Muhammad Ahmad Khan and Zaryab Shahzad at Carnegie Mellon University in Qatar (CMU-Q) recently bagged the winning title at Oman Collegiate Programming Contest (OCPC), hosted by Sultan Qaboos University in Muscat. Over 30 teams participated in the tournament. A second team from CMU-Q, which included Kevin Isufaj, Swapendi Sanyal and Omar Sinan, secured fourth position in the competition. Both teams were coached by Eduardo Feo Flushing, a postdoctoral research associate at CMU-Q.

**GQA organises 3-A-Side Penalty Shoot-out Tournament**

Goan Qatar Association (GQA) recently organised 3-A-Side Penalty Shoot-out Tournament at Al Markhiya Stadium. Mallu Rajas and Choniz Poo recently bagged the Championship trophy for the Men and Women’s categories, respectively. Over 30 teams participated in the tournament. In the Men’s finals, Mallu Rajas defeated Atnache Ghaal by 5-4. Nikhil Dev and Rinees T P, players of Mallu Rajas, bagged the title of top scorer and best goalkeeper, respectively. Jessica Fernandes bagged the Golden Glove and Amrit Kaur’s the highest scorer trophy. Anuja Sanguelkar and Jessica Pires Carvalho were the chief guest on the occasion and Keara Rodrigues, the guest of honour. Lubino Soares, Vice President of GQA welcomed the gathering and Priya Pereira, General Secretary of GQA, proposed a vote of thanks. The president and GQA Committee Members congratulated all the players for their performance and for their commendable sportsmanship.
What is the right time-management strategy for your personality?

Social Butterfly

Characteristics
Outgoing, enjoys conversation and being with people

Strengths
Drawn to people and environments, natural collaborators

Challenges
Because they enjoy being in a flurry of activity, butterflies can be easily distracted.

Expert Advice
“Social butterflies should create an interactive work environment to facilitate group-oriented goals and tasks.”

Driver

Characteristics
Comfortable in social situations, may be ambitious and driven

Strengths
Motivated, self-sufficient, and focused when tackling important tasks

Challenges
Self-sufficiency can become a weakness when drivers need help but won’t seek it.

Expert Advice
“Drivers do well at individual tasks that require persistence — but may need to have an authority figure mandate when they need to seek out further assistance.”
**PROFESSOR CHARACTERISTICS**
- Takes a balanced approach to work and problem-solving, may be self-sufficient and a good communicator.

**STRENGTHS**
- Moves to complete tasks to satisfy intellectual curiosity.

**EXPERT ADVICE**
- "A need for order and balance predisposes professors to follow a balanced approach to time management. They need to focus on tasks that are intellectually challenging and within their expertise."

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**CREATIVE CHARACTERISTICS**
- Adaptable, enjoys discovery and being creative.

**STRENGTHS**
- Being less structured, finding ways around roadblocks.

**EXPERT ADVICE**
- "Creative people need to find a way to allow more freedom in the work process while adhering to deadlines. They do their best in an environment that fosters their creative abilities."

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**PHILOSOPHER CHARACTERISTICS**
- Thinks, tends to be logical and embraces different cultures.

**STRENGTHS**
- Accepts diverse concepts, integrates different points of view and opinions to arrive at unique solutions.

**EXPERT ADVICE**
- "Because they're interested in different forms of knowledge, updates of their progress need to exist so that they are not losing focus on the tasks that are currently assigned to them."

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Students of Compass to swim across Qatar to Raise Awareness for the Unicef Global Goals

The students of Compass International School Doha (Compass) are all set to take part in a swimming challenge to swim across Qatar on November 3 till November 7. Believed to be the first swimming challenge of its kind in Qatar, students at the school's Gharafa campus will swim 90,000 metres to raise awareness for the Unicef Global Goals. Goal 3: Good Health and Well-Being.

Karen Wilson, Head of Campus Gharafa said, “This is an exciting challenge and one which will inspire our students to be active and to challenge themselves.” At Compass International School Doha, our philosophy is ‘Be Ambitious’ and this challenge certainly demonstrates the ambition of our entire school community.”

Division A of Toastmasters International conducts workshop

Division A of Toastmasters International recently conducted an educational workshop. Dinesh Kumar, Director of Division A, opened the workshop and welcomed the gathering. Thavalan K, District Programme Quality Director, was the chief guest on the occasion. The workshop was conducted by Rangamani Ravi and Girish Jain, Doha Toastmasters Club and John Henrym, Galfar TM Club. The topics, included ‘Master Your Voice’, ‘Dark side of Toastmasters’, ‘Don’t just talk’ and ‘Connect with the Audience’. The workshop was attended by over 100 members of toastmasters fraternity. Subair Pandavath, Division A Programme Quality Director, proposed a vote of thanks. The workshop was attended by notable personalities, including Niloufer Samal, Sonia Jain, Hameed M T, Saisat Mishra and M K Sabeena.

W Doha Hotel voted as ‘one of the top hotels in the ME, first in Qatar’

W Doha hotel and residences has recently been voted at the 32nd annual Readers’ Choice Awards – luxury travel magazine – by Condé Nast Traveler as one of the top hotels in the Middle East and the first within Qatar, stated a press release. More than 600,000 Condé Nast Traveler readers across the globe submitted a record-breaking number of responses rating their favourite hotels and travel experiences from around the world.

The Readers’ Choice Survey began in 1988. Since its inception, the awards have been a measure of a hotel’s excellence in the eyes of its customers with more than a million people weighing in on their favourite hotels, cities, resorts and travel experiences. This year’s list included some of the most prestigious and renowned hotels and resorts in the Gulf and Middle East.

“Being chosen by Condé Nast Traveler’s readers and by our guests and visitors is a true testament to our commitment to be one of the most sought-after hotels, not only in Qatar, but in the entire region, and we will continue to wow them and offer unexpected experiences that they will never forget,” said Wassim Daaje, General Manager of W Doha. “We pride ourselves for setting a benchmark in the industry with our bold and innovative approach to hospitality and have successfully positioned ourselves as the leading lifestyle hotel in Qatar. We are also very proud to be ranked the top hotel in Qatar from the list and in the Middle East as we continue our commitment to Qatar’s growing leisure and tourism industry and its position as a must-visit destination in the region and the world. Promoting tourism is one of the national priorities of the State of Qatar and the W Doha is in line with this mission to continue supporting Qatar National Vision 2030 by promoting the hospitality and tourism sector. We’re also a key player in supporting Qatar’s vision to be a hub for some of the world’s top sporting events including the much-anticipated World Cup 2022.”
**Colour by choice**

1. BLUE
2. BLACK
3. ORANGE
4. GREEN

**Maze**
Help the scarecrow find its way to the pumpkin patch.

**Connect the dots**
Join the dots in order to find out more!

**Picture crossword**

Halloween

Use the pictures below as clues

ACROSS

1. PUMPKIN
2. MOON
3. BATS
4. SPOOK
5. WITCH

DOWN

1. SPACE
2. BROOM
3. SPIDER

Answer
Sudoku

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine 3x3 boxes. You are given a selection of values and to complete the puzzle, you must fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9 and none is repeated.

Super Cryptic Clues

Across
1 Article about unknown writer (4)
3 A horse is not all bad (8)
9 Stopping in cages for a change (7)
10 Lawful support - setback for the French (5)
11 Races round island to see wrecks (5)
12 Changed course continually - sound diplomacy (6)
14 Death, some say, resulting from fight on seesaw (3,5,2,3)
17 The rest of Spain? (6)
19 Subject of article written by myself (5)
22 Do what certain people don't, but do reform (5)
23 A hundred agree about area of land (7)
24 She gets a call and a good clip (8)
25 For a bit of fun, start singing in plane (4)

Down
1 Bill presented to clergyman is correct (8)
2 Took a picture that includes an animal (5)
4 Reunited to produce a profit for a female (8,5)
5 Cilla changed colour (5)
6 Entrance for poor singers (7)
7 Nothing seen on eastern river (4)
8 A foreign festival makes it safe (6)
13 Does this take the boredom out of saving? (9)
15 Gourmet putting dog in eastern dish (7)
16 Animals prepared to rest (6)
18 Indian instrument is taken up by sailor (5)
20 With a little rubber a secretary may rub out (5)
21 Paradoxically they could be evens (4)

Solution

Solutions

Wordwatch

aposiopesis (ap-uh-sy-uh-PEE-sis)
MEANING:
noun: An abrupt breaking off in the middle of a sentence, as if one is unable or unwilling to proceed.
ETYMOLOGY:
From Latin aposiopesis, from Greek aposiopesis, from apo– (intensive prefix) + isopan (to be silent), from isope (silence). Earliest documented use: 1879.
USAGE:
“Particular cases of aposiopesis can - but do not lay it on too thick - give the impression of being so overcome with emotion that you cannot speak.”

marcescent (mahr-SES-uhnt)
MEANING:
adjective: Withering without falling off.
ETYMOLOGY:
From Latin marcescent- (beginning to wither), present participle of marcescere (to wither). Earliest documented use: 1727.
USAGE:
“She took up scissors and trimmed the hair above his ears and clipped away the frizzy marcescent strands languishing in the desert of his bald head.”

proditomania (pro-dit-uh-MAY-nee-uh)
MEANING:
noun: The feeling or the belief that everyone around is out to get you.
ETYMOLOGY:
From Latin prodere (to betray). Earliest documented use: 1898.
USAGE:
“This writer takes the most pessimistic view of present conditions in France. ... conviction that the nation is invincible by land and by sea, and the concomitant proditomania symptoms of the dire disease which has eaten into the vitals of the citizens of the third republic.”

grobian (GROH-bee-uhn)
MEANING:
noun: A coarse, buffoonish person.
ETYMOLOGY:
From German Grobian (boor, lout), a fictional patron saint of boorish and vulgar people, from German grob (coarse, vulgar). In Latin, Grobianus. Earliest documented use: 1621.
USAGE:
“I’m basically a loudmouth grobian who’d rather guffaw than grimace.”
Why horror movies make your heart pound

Fear can cause your heart to race and your body to sweat. A wave of nausea may overwhelm you as your chest tightens and breathing becomes increasingly difficult. Some may appear faint — while others start to tremble.

The question is: Why does your body react when you know that what you’re watching is not real? Dr Regis Fernandes, a Mayo Clinic cardiologist, has some answers.

Scary movies. The dread, fear and horror that makes your pulse quicken and palms sweat. “What happens to the human body when you watch a scary movie — comes from the known fight or flight response. … When we are being chased by an animal, our instinct is to either fight the animal or flight, which means to run away,” Fernandes says. “So, probably, that same mechanism gets triggered when we get scared by watching situations on the screen that are similar to that situation in real life.”

Fernandes says three things happen: Your heart rate increases, blood flow to muscles increases and adrenaline flows.

“It’s similar to exercise,” he says. Fernandes does not suggest replacing exercise with watching scary movies, but he says that the body’s reaction to being frightened is unlikely to hurt healthy individuals.

“If you enjoy that thrill, it’s not dangerous,” Fernandes says. And it seems of us just love the feeling of being terrified.

— Mayo Clinic News Network

LIFESTYLE/HOROSCOPE

Friday, November 1, 2019

Aries
March 21 — April 19

A social event, perhaps related to business, could put you in touch with an old friend or two you haven’t seen for a long time. You’ll have a wonderful time catching up. In fact, you have more in common now than you did before. If you’re single, you might think of this person as a potential life partner. Go slowly, but have fun!

Taurus
April 20 — May 20

You may have a lot of professional or personal calls to make today. E-mails could flood your inbox. A lot of people could vie for your attention. Your ego will receive a much-needed boost from all the acknowledgment. Don’t be embarrassed or guilty. Everyone needs a pat on the back now and then. Relax and enjoy the spotlight!

Cancer
June 21 — July 22

Is a member of your household away? Your home could be a lonely place for a while. You miss your housemate, but you also enjoy the solitude and the quiet that enables you to catch up on your projects, which may include sleep! Dreams that come to you tonight could bring insights to solutions for business and finance. Write them down in the morning. You’ll want to remember them.

Leo
July 23 — August 22

A social event could land you in the middle of a room full of writers, artists, and teachers. You might not know any of them, but don’t panic. Just listen to what they have to say. Your interest could attract their attention, and you could make some new friends. You might also attract invitations to future parties like this. Accept them! You’ll be glad you did.

Virgo
August 23 — September 22

If you’ve been reading about health and fitness and putting what you read into action, today you might suddenly feel the results of your efforts. You feel physically and mentally strong, healthy, and energetic. This could put you in just the right mood to give some extra attention to the matter. Take care not to obsess over it. You’re doing fine.

Libra
September 23 – October 22

You look especially attractive today. Your communication skills are good. Interesting conversations with your friends could reveal parts of you that your friend finds intriguing, and bring up interests in common that you didn’t know you had. Make the most of it!

Scorpio
October 23 – November 21

Business acquaintances could visit you today. They might stay longer than expected, but this is positive. You’ll have a lot of interesting discussions that open up doors to more promising enterprises and ways to make a success of them. If you get distracted and talk about other things, what does it matter? Relax and enjoy yourself.

Sagittarius
November 22 – December 21

Group activities and other social events should keep you pretty busy. You have a lot of people to see, calls to make, errands to run. This can be a drag, but it’s exciting and exhilarating as well. You’ll be satisfied with the results. Some of the people should be especially congenial and might become friends. Relax and get busy.

Capricorn
December 22 – January 19

Career success, particularly involving writing, teaching, and other communication skills, could come your way today. You may not be aware that it’s coming, so it could be a bit difficult to handle at first. Still, you’ve been working toward this goal for a long time, and you’ll be glad to hear the news. In the evening, go out with friends to celebrate. You’ve earned it!

Aquarius
January 20 – February 18

Have you been trying to learn about a subject for a long time? Have books, lectures, and documentaries on the subject been your primary form of entertainment? Whatever you’ve been hoping to gain from it could come to you today. If it’s a business advantage, you’ve got it. If it’s knowledge for its own sake, you know a lot by now. Whatever it is, bask in the glow of your achievement.

Pisces
February 19 – March 20

Some interesting dreams could come to you tonight. Don’t be fooled by confusing symbolism. These dreams could shed light on business concerns you’ve been trying to work out. Make a list of the symbols and see what they’re trying to tell you. Then if it makes sense, act on it. Your dreams are probably only revealing what your subconscious has already worked out.
Stand-up comic Birbiglia finds fun in reluctant fatherhood

By Charles McNulty

Stand-up comics come in a few varieties. Some you'd like to hang out with at a club. Others you'd prefer to keep at a safe distance. A few perhaps you might like to get to know more intimately.

Mike Birbiglia is the one you hope takes you to IKEA. The guy writes hymns to his couch. “It’s a bed that hugs you,” he remarks gratefully. Simple, honest pleasures are reassuring in a dude. Mild-mannered to the point that even when angry his mode is apologetic, Birbiglia slides across the stage, a blur of Banana Republic. His solitary presence is curious company at the vast Ahmanson Theatre, where The New One, his set of comedy about reluctant fatherhood that went to Broadway and will premiere on Netflix on Nov. 26, opened Friday. Have we caught him purring around the house on a Saturday afternoon?

Let’s call the experience relaxed. There’s no great pressure to laugh. The show is 85 minutes or so of comedy foreplay. His delivery delays punchlines only to heighten the strangeness of the humorous payoff. A dianist with first-hand experience of existential extremes, he mines the muddle of a life spent making nice as darkness rolls in.

Much of the material is drawn from familiar comic tropes. Birbiglia’s wife decides she wants to have a baby. Birbiglia objects that a child will wreck their lives. He relents and has a harrowing medical file swarms with horrors. Bladder cancer when he was 19 has him on high alert for a sucker punch from on high.

When his doctor told him some bad news after a physical, the conjunction “and” fitted between the words “diabetes” and “Lyme disease” made him feel as though he had been told at a parent-teacher conference that his kid was getting straight Ds and had also been harassed a teacher. “One at a time!”

A sleep disorder that’s dangerous not only for him but also for anyone in the vicinity requires that he sleep straitjacketed in a sleeping bag in a locked room, which he forced to share with a cat that treats him with barely tolerated discomfort. When his wife got pregnant, Birbiglia couldn’t shake the memory of being straitjacketed in a straitjacketed in a sleeping bag in a locked room, which he forced to share with a cat that treats him with barely tolerated discomfort.

Beneath the conventional surface, however, lies a Prometheus who can’t shake the memory of being chained to the rock. Birbiglia’s medical file swarms with horrors. Bladder cancer when he was 19 has kept him on high alert for a sucker punch from on high.

When his doctor told him some bad news after a physical, the conjunction “and” fitted between the words “diabetes” and “Lyme disease” made him feel as though he had been told at a parent-teacher conference that his kid was getting straight Ds and had also been harassed a teacher. “One at a time!” he protests.

A sleep disorder that’s dangerous not only for him but also for anyone in the vicinity requires that he sleep straitjacketed in a sleeping bag in a locked room, which he forced to share with a cat that treats him with barely tolerated discomfort.

Mike Birbiglia performs his one man show The New One at the Ahmanson Theater in Los Angeles.

REASSURING: Mike Birbiglia performs his one man show The New One at the Ahmanson Theater in Los Angeles.

God – but if he did, he’d be the butt of them. His wife, he says, speaks to him in a voice “that has a thread count of 600” a remark reminiscent of King Lear’s line about Cordelia (“Her voice was ever soft, Gentle, and low, an excellent thing in woman”). Birbiglia’s patriarchal nature is also soft, gentle and low. It’s sometimes more pronounced in what he leaves out of his anecdotes than in what he includes. But to his credit, he’s retrofitted his retro material for a new age.

Still, his act depends on the solidarity of men just like himself – married heterosexual city dwellers who a generation ago would have been pushing lawnmowers on weekends – and the women who lovingly endure them. This can feel like a closed circle in 2019. But his proud masculine bumbling isn’t meant to exclude. Its appeal, however, may be more fully appreciated by a certain kind of mainstream audience that doesn’t necessarily think of itself as mainstream.

The production, directed by Seth Barrish, is mostly bare, keeping the focus squarely on Birbiglia. A scenic coup occurs on Beowulf Boritt’s set, but this is a comedy show, not a play or work of performance art. The amplification that’s required for such a large house is off-putting, At points of heightened emotion, the sound is deafening. It’s a sign that something is out of whack between artiste and venue.

Not that you’d hold it against Birbiglia, who’s so agreeable that you’re happy to hear more about his new couch or latest health scare. A big kid while onstage, he’s always admirably himself. And like those friends who stay in our good graces, he knows just when to leave.

– Los Angeles Times/TNS

Does Preity have a cameo in Dabangg 3?

Actress Preity Zinta on Thursday surprised her fans with a series of special pictures with superstar Salman Khan, ushering in a wave of nostalgia on social media.

Preity’s recent posts on Instagram seem to be a hint that she is a part of Salman’s upcoming Dabangg 3.

“Anything can happen on Halloween... Here’s to having some fun and being a little crazy! Perks of working together in films such as Dabangg series follows the 2012 release of Dabangg 2. It also features Sonakshi Sinha and Mahesh Manjrekar’s daughter Sailee. Dabangg 3 is scheduled to release on December 20. - IANS

HINT: Preity Zinta’s recent photo with Salman Khan seems to be a hint that she is a part of the upcoming movie.
Bazm-e-Alig pays tribute to Sir Syed on 202nd birth anniversary

By Mudassir Raja

Bazm-e-Alig, AMU Alumni Association’s Qatar chapter, recently organised an event to mark the 202nd birth Anniversary of Sir Syed Ahmed Khan at Oryx Rotana. The event was attended by over 200 members of the association gathered to pay their heartiest tributes to the man who was way ahead in his foresight about urgency of the modern education.

Late Sir Syed Ahmed Khan, a Muslim thinker and scholar, is remembered for his devoted services towards the Indian Muslims in the field of modern western and scientific education. The founder of Aligarh Muslim University (AMU) is vastly considered one of the architects of modern India.

The alumni associations of AMU have been very active and their heartiest tributes to the man who was way ahead in his foresight about urgency of the modern education.

The organisers presented mementos to the chief guest and guests of honour. Bazim also felicitated Aaleena Fayaz, a student of Grade-X at MES Indian School, who has topped in Urdu subject. She scored 99 percent marks in the subject. The chief guest presented certificates to the winners of painting and running competitions held in April this year.

CHIEF GUEST: Professor Abdul Raheem Kidwai, Director University Grant Commission, Human Resource Centre at Aligarh Muslim University, India, speaking on the occasion.

Nadeem Mahir, President of Bazim, welcomed the chief guest, guest of honour and other dignitaries on the occasion. An informative presentation on Sir Syed, Aligarh Muslim University and Bazim-e-Alig was also part of the event, which was followed by a quiz competition on the life and works of Sir Syed, conducted by Arshad Amin, Joint Secretary, and Tanig Rashid Khan, Treasurer of Bazim.

Professor Abdul Raheem Kidwai, Director University Grant Commission, Human Resource Centre at Aligarh Muslim University, India, was the chief guest on the occasion. Speaking on the occasion, Professor Kidwai lauded the efforts of Sir Syed. He said that it is always heartening to remember the personalities who have made unmatched contributions towards the educational growth of the Muslims in the Indian subcontinent. The Aligarh alumni need to follow the spirit and teaching of Sir Syed who always laid stress on getting the contemporary modern education.

The professor also congratulated the members of Bazim-e-Alig for arranging the programme to commemorate the achievements of Sir Syed.

Asif Azmi, Managing Director of Shezen Media Pvt Ltd in New Delhi, was the guest of honour. He also highlighted the ideology of Sir Syed and its relevance in the contemporary world. The guest also thanked the alumni association for inviting him to the event.

Moosa Zainal Moosa, ex-adviser to the minister of culture and heritage and patron of Bazim-e-Alig, welcomed the chief guest and all the members. Speaking on the occasion, he said that education is the first key to the success of any nation. Sir Syed not only envisioned it during his times but also took practice steps to educate the Muslims in the British India.

Nadeem Mahir urged the members of Bazim to unite and work toward the cause of Sir Syed. He also outlined the objectives and the priorities of Bazim-e-Alig and the idea behind the formation of the association in 1988.

Mahir said, “Our aims and objectives include: awarding of scholarships to deserving students at AMU, providing material support to AMU and its affiliated institutions, arranging literary, cultural, sporting, and networking events, honouring outstanding individuals and organisations with appropriate achievement awards, providing assistance if needed to newly arrived AMU alumni and their families in Qatar, and arranging annual Sir Syed Day and benefit dinner.”

He added, “Bazim aims to keep alive Sir Syed Ahmed Khan’s dream of ensuring equality for all and particularly the underprivileged through education, by supporting AMU and its students in their academic efforts, and by organising events to highlight AMU’s role in creating a modern India.”

The organisers presented mementos to the chief guest and guests of honour. Bazim also felicitated Aaleena Fayaz, a student of Grade-X at MES Indian School, who has topped in Urdu subject. She scored 99 percent marks in the subject. The chief guest presented certificates to the winners of painting and running competitions held in April this year.