Meet the immigrant who's taking Trump to the Supreme Court over DACA. P4-5
Doctor Sleep
DIRECTION: Mike Flanagan
CAST: Rebecca Ferguson, Ewan McGregor, Jacob Tremblay
SYNOPSIS: Years following the events of The Shining, a now-adult Dan Torrance meets a young girl with similar powers as his and tries to protect her from a cult known as The True Knot who prey on children with powers to remain immortal.

THEATRES: Royal Plaza, Landmark, The Mall

Terminator: Dark Fate
DIRECTION: Tim Miller
CAST: Linda Hamilton, Arnold Schwarzenegger, Mackenzie Davis
SYNOPSIS: In Mexico City, a newly modified liquid Terminator – the Rev-9 model – arrives from the future to kill a young factory worker named Dani Ramos. Also sent back in time is Grace, a hybrid cyborg human who must protect Ramos from the seemingly indestructible robotic assassin. But the two women soon find some much-needed help from a pair of unexpected allies – seasoned warrior Sarah Connor and the T-800 Terminator.

THEATRES: The Mall, Royal Plaza
**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 Büsself 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**  
**HEC EMBA Info Session**  
**WHERE:** 14th floor, Tornado Tower, West Bay  
**WHEN:** Tomorrow  
**TIME:** 5pm – 6:15pm  

Learn more about the world-class executive programme. Discover the international diversity of participants, blended learning and international mobility options. Find out how it will help you transform yourself and your career. HEC Paris invites you to this masterclass where Dr. Serge Besanger will share his insights on five global megatrends that he believes will disrupt every industry over the next ten years.
In a crowded office in Baltimore’s Station North, María Perales Sánchez spends most of her days working alongside a group of lawyers to win legal protections for migrant workers. Yet her own status in the United States is uncertain.

Once protected from deportation by a federal programme that covered people whose families brought them to the US as children, Perales Sánchez was left in limbo in 2017. While she was a student at Princeton University, the Trump administration pulled the plug on the Deferred Action for Childhood Arrivals programme.

Princeton and Perales Sánchez decided to fight back. Now, their lawsuit will be heard in consolidation with others next week at the US Supreme Court.

Princeton and other organisations argue they would be poorer without the skills and diversity DACA participants provide.

For Perales Sánchez, the reason is more personal: “I wanted to fight back.”

In a brief submitted ahead of today’s oral arguments, the US Justice Department argues the government’s decision to end DACA was justified because the creation of the program violated federal immigration law.

Today, Perales Sánchez will join about 200 immigrants and supporters on the court steps as they

---

“I’m prepared to keep fighting”

María Perales Sánchez sees her case and her everyday work as part of a broader movement — one of pursuing freedom and the ability to choose where one calls home, regardless of where you were born, writes Thalia Juarez

“I wanted to stand with the migrant community, and this was a very particular opportunity ... not every campus was asking to take on a lawsuit. So, I knew I was at a particular place for a reason

— María Perales Sánchez, migrant rights volunteer
Perales Sánchez said.

On a lawsuit. So, I knew I was at a very particular opportunity not necessary in the legal battle. I felt her leadership and voice were the DREAM Te em, an immigrant despite those risks, "Chang said. "I wanted to stand with the more than 140 businesses, including major companies such as Facebook, Starbucks, Target and Verizon signed on to an amicus brief last month in support of DACA. "By expanding the opportunities available to DACA recipients, this program has benefited America's companies, our nation's economy, and all Americans," they stated. On Twitter, President Trump urged the court to strike down the program and said that Congress will have to find a solution to allow DACA recipients to remain in the United States. "If they do what is right and do not let DACA stand, with all of its negative legal implications, the Republicans and Democrats will have a DEAL to let them stay in our Country," Trump tweeted on October 9. However, it's more complicated than that, said Elizabeth Reyes, associate professor of law at the University of Baltimore. She said it's unlikely Congress will take up the controversial issue. While her case has advanced, Perales Sánchez graduated from Princeton's lawyers met with Princeton's lawyers met with DACA students to determine how to support them, according to university spokesperson Ben Chang. In September 2017, the Trump administration ordered an end to DACA. Perales Sánchez was one of nearly 700,000 DACA recipients left in limbo. After considering the potential risks to herself and her family, Maria, whose courage and commitment continue to shine forth to this day, decided to join the university in filing a lawsuit and to use her own name (rather than proceeding as a Jane Doe) despite those risks," Chang said. Perales Sánchez, who in her senior year was co-director of DREAM Team, an immigrant rights organisation on campus, felt her leadership and voice were necessary in the legal battle. "I wanted to stand with the migrant community, and this was a very particular opportunity not every campus was asking to take on a lawsuit. So, I knew I was at a particular place for a reason," Perales Sánchez said.

Princeton, together with the Centro de Los Derechos Migrante, the nonprofit migrant rights organisation where she now works full-time.

Then, Republican Donald Trump, who had promised on the campaign trail to end DACA, was elected president in November 2016. That month, in response to concern on campus about the possible end of the programme, Princeton's lawyers met with DACA students to determine how to support them, according to university spokesperson Ben Chang. In September 2017, the Trump administration ordered an end to DACA. Perales Sánchez was one of nearly 700,000 DACA recipients left in limbo.

"After considering the potential risks to herself and her family, Maria, whose courage and commitment continue to shine forth to this day, decided to join the university in filing a lawsuit and to use her own name (rather than proceeding as a Jane Doe) despite those risks," Chang said.

Perales Sánchez, who in her senior year was co-director of DREAM Team, an immigrant rights organisation on campus, felt her leadership and voice were necessary in the legal battle. "I wanted to stand with the migrant community, and this was a very particular opportunity not every campus was asking to take on a lawsuit. So, I knew I was at a particular place for a reason," Perales Sánchez said.

Princeton, together with
DPS-MIS organises TEDxYouth@DPSMIS

DPS-Modern Indian School (DPS-MIS) recently organised TEDxYouth@DPSMIS. The four prolific speakers used the dais to reach out to the most thoughtful members of the younger generation. Shahnawaz Zali, an Oscar nominee, spoke about the power of the medium of film to address social issues. Ahmed Mohamed detailed his experience as a victim of racism and how he grew from it. Sanah Thakur talked about the fearlessly realising one’s ambitions, while Balakarthiga Muruganathan showed the entire process of a book’s journey from a mind to the shelves.

PICPA Doha holds Basic Arabic Lessons

The Philippine Institute of Certified Public Accountants (PICPA) Doha LLC recently conducted a seminar on Basics Arabic Lessons at Crowne Plaza. The seminar was conducted by Jafar Abdulhamid, PIIQ Arabic Professor and Qatar Museum Honorary Cultural Ambassador. Abdulhamid helped the participants to familiarise them with the proper usage of common and essential daily Arabic phrases. The course of the seminar tackled the Arabic alphabet, short vowels, long vowels, sukoon, tanween, basic Arabic terminologies, and Arabic numbers. Alvin R Polido, Senior Vice President of PICPA Doha, welcomed the gathering and Vernie Chris A. Zabala, Chairman for CPD Accreditation, proposed a vote of thanks.

CIGI to conduct Differential Aptitude Test for Indian students

The Centre for Information and Guidance India (CIGI), a non-profit educational organisation, is all set to hold a Differential Aptitude Test (DAT) for Indian students of Grade IX-XII, studying in Qatar on November 15 at MES Indian School. DAT is a proven scientific test that unveils the structure of a person’s inborn potential or natural ability and it helps the students and parents to choose the right career path. It is an exploratory career-mapping process where in everybody finds their choice. This is a series of objective type multi-choice based written tests for over two hours with regular intervals between tests. The edutainment activities in between will help the students to avoid carry over effect of the previous test. The tests will be given in seven categories, including reasoning, verbal, abstract, numerical, mechanical, space and language with each lasting between 10-20 minutes. Post-test, there will be an Individual counselling session of 15-20 minutes based on the attained results and a graph depicting the aptitude of student will be provided. The schedule for the counselling will be provided on the test day during the registration process.
Hilton Doha the Pearl Residences appoints new GM

Hilton has recently announced the appointment of Hassan El Wahidi as the General Manager of Hilton Doha the Pearl Residences which is due to open later this year at The Pearl-Qatar’s stunning Qanat Quartier, stated a press release. This contemporary property will be the first residence project of ‘Hilton Hotels & Resorts’ in Qatar offering a perfect blend of short and long term accommodation offerings along with distinct food & beverage and leisure facilities. Hassan El Wahidi is a highly skilled hotelier with an international career spanning over 30 years. During this time, he has developed into an accomplished and high performing hospitality industry leader, managing international properties across Europe, Africa and the Middle East in both global resorts and city centre hotels. The majority of his career has been spent with Hilton, where he improved commercial results and drove innovation across management and culinary operations for a variety of signature leisure and business tourism properties including the Hilton Paris Charles de Gaulle, the Hilton Cannes, and the Hilton Mauritius Resort & Spa. His last assignment was in Dubai, where he opened and managed for 6 years a mixed-use development that includes a hotel from Hilton portfolio and retail space with various restaurants, beauty centres and shops. El Wahidi is known as a fine gourmet who has a strong focus on quality and dining excellence as part of his commitment to enhance superior guest satisfaction. Commenting on his new role in Qatar, El Wahidi said, “I am delighted to have been appointed to head up the management of Hilton Doha the Pearl Residences. We look forward to bringing Hilton’s renowned hospitality to the Pearl Qatar by offering stylish residences, tranquil beachfront escapes, transformative spa treatments and innovative dining experiences. I am confident that our team of experienced and welcoming Hilton professionals will deliver exceptional guest service at Hilton the Pearl, where everything you could want in a hotel blends with everything you need in a home.”

MoQ and Sherborne Qatar organise ‘Qatar’s Best Talents – Season 3’

Mall of Qatar, in co-operation with Sherborne Qatar, recently organised ‘Qatar’s Best Talents – Season 3’. The event featured the Prep Musical Theatre, singers and musicians from Sherborne Qatar, Prep and Senior Choir, the Senior string ensemble, the Senior music band and special performance by Lily and Linda. The event also featured international artistes, including Haydee Soul, from Cuba; Andrew Larin, Ukraine; Basil Adam, Syria; Sam Arts, Netherlands; Becki Wolfe, England; and Razwan Bobby Sarwar, England.

Lucy Hancock, Marketing and Events Specialist at Mall of Qatar, said, “Everyone here was super impressed with how fantastic students performed on stage as part of Qatar’s Best Talents.” Sarwar, Head of Music at Sherborne Qatar, also attended the show. The first half of the show opened with Sherborne Preparatory Theatre group performing Arabian Nights from the movie Aladdin, which was followed with prep and senior musicians performing the violin, piano and harp. The Senior string ensemble performed a classical composition and concluded with Lily and Linda singing Shallow by Lady Gaga.

The second half opened with the Senior band performing a Stevie Wonder medley and Sir Duke. The event concluded with the Prep and Senior choir singing a Qatari song, a Bollywood song and a song by Gary Barlow - Sing.

Gulf CMS receives ISO certification

Gulf Container Maintenance Services (CMS), a Qatari owned company and the official Container Maintenance Services contractor for Mwani Qatar, has recently received the official accreditation of ISO 9001, ISO14001 and ISO 45001, certification after an audit conducted by the Intertek in July 2019. The scope of certification covers Container Maintenance and Storage handling by Gulf CMS. Hassan al-Naimi, Chairman of Gulf CMS said that Gulf CMS is the first company who started and introduced Container Maintenance Services activities in the State of Qatar. “We believe it is our responsibility to improve the standards of our quality in services as well as health and safety within our environment,” he added. al-Naimi thanked the Ports Authority Mwani Qatar for the opportunity to serve Qatar and to the Gulf CMS team for their hard work and achievements to date.

Dileep Pillai, General Manager at Gulf CMS, said that the new accreditation for Gulf CMS will help the company to be recognised not only in the region but internationally.
Wearable devices

Apps and wearable devices are touted as a way to transform health. But are we too obsessed by the ‘quantified self’?

By James Tapper

Martin Lewis owns his obsessions about counting steps with something approaching pride.

“I’ve never done less than 10,000 steps in any day for the last three years,” he says. “But to be honest, if I do just 10,000 steps, I’m never happy. My average is nearer 25,000. It’s an obsession.”

It’s not as though the founder of Moneysavingexpert.com has nothing else to do. Lewis is seldom off-air, and returns to present another series of The Martin Lewis Money Show on ITV later this month.

He tracks his steps, has a graph of his weightlifting routine, and even keeps track of the Scrabble games he plays with his wife, the TV presenter Lara Lewington. He credits his step obsession – which includes running 25 miles a week with losing weight and helping him reduce symptoms of repetitive strain injury.

“It’s not coincidental that I’m the guy who knows credit rates off the top of his head,” he says. “This is how my brain works.”

Lewis is one of a substantial number of people who has embraced the idea of a “quantified self” (QS), a term invented by former tech journalist Gary Wolf to describe people who measure themselves – their bodies, their behaviour – in pursuit of things like weight loss, better sleep, great fitness: “self-knowledge through self-tracking”.

The movement was prompted by the emergence first of smartphones and then wearable tech – fitness trackers such as Fitbit, the Apple Watch, heart rate monitors and cycling computers. When Apple launched its way back in 2007 it seemed as though the quantified self could be the route to solving problems such as obesity.

It hasn’t quite worked out that way. Breathless investor reports about wearables focus mostly on the popularity of headphnes and earbuds. The number of smart watches sold worldwide in 2018 was 45 million, a tiny number compared with the 1.43 billion smartphones sold in the same year. As for the wearables manufacturers, Fitbit, which had been plateauing, was bought by Google last week. Jawbone went out of business two years ago. Withings was bought by Nokia in 2016: two years later they sold it back to its founder.

But QS isn’t dead – about a third of smartphone users track their health using technology, and there is some evidence that it can work. Vitality, the life insurer, provides disguised Apple watches to members and rewards them if they stay active. A study last year found people on the scheme increased their activity by about 34%. “It can have benefits. It can help people be more mindful of what they’re doing,” says Dr Josie Perry, a sports psychologist. Some wearable devices include a social element, such as Nike+, where users can track their performance against friends, she says. “It seems that the sticky element is the community element, rather than the data element.”

She could be talking about Lewis. “I’m incredibly competitive,” he says. “The poor people who are friends with me ignore me these days. One of my sister’s best friends, Meital, is generally number two, and she’s very happy when she beats me. I remember once I called my sister on a Sunday night when I was walking round the sofa getting steps. She said, ‘you know Meital is walking round the sofa to beat you this week?’ But I was ahead.”

Lewis admits he scaled things back two years ago, when he was doing well over 25,000 steps a day. “It was controlling my life too much. I would say, ‘well, we can’t go out there because I won’t get my steps in’: I genuinely found it dictating where I was going.”

Not everyone has the same motivation as Lewis, though, and some QS acolytes have given up, saying they have learned nothing. The problem is that people using tech often measure the wrong thing, says Jakob Eg Larsen, an associate professor in cognitive systems at the Technical University of Denmark who has been following the QS movement since it was founded.

“You only need a pen and paper, writing things down in a notebook, putting numbers on a spreadsheet,” he says. “One of the reasons why people eventually give up on their fitness trackers is because they might have a question, but they don’t necessarily get an answer if it’s not baked into the technology from a commercial vendor.”

People who report good outcomes tend to have a more scientific approach, Larsen says: asking a question, forming a hypothesis, gathering data, then analysing it. He mentions a case of a man with severe allergies who tracked every meal on a spreadsheet to see what coincided with episodes of allergic reaction. After isolating different types of food and changing his diet, he no longer needed to take medication, Larsen says. Another QS practitioner discovered that her tinnitus seemed less pronounced the more she monitored it.

And the hope is that these individual anecdotes might inform medical research. “There are lots of cases which could be inspiration for academic researchers,” Larsen says.

But people should be cautious about the outcomes of experimenting on themselves, according to Dr Tom Calvard, a senior lecturer in human resource management at the University of Edinburgh Business School.

“We’re all becoming lay psychologists, folk psychologists, and that’s troubling because we’re not statisticians, and we’re not expert in interpreting our own data,” he says. “And we can jump to the wrong conclusions.”

There are other ethical issues, such as raised by the technology writer Evgeny Morozov. By measuring ourselves, and taking responsibility for our own health, does this give licence to the authorities to side-line more vulnerable people? For Calvard, the experience of elderly people given a panic button is evidence that this is already happening – it allows the state to narrow its responsibilities to a specific, measurable response rather than a more holistic approach that can’t be proved with data.

When wearable tech is deployed by companies to monitor their own staff, things can become more sinister. Many companies routinely monitor the location of their drivers, which has the twin effect of establishing their safety but also reducing their control. “Surveillance capitalism”, as described by Shoshana Zuboff, leads to Amazon warehouse employees being tracked with wristbands and warned if they are not meeting productivity expectations. The experience of James Bloodworth, who went undercover as an Amazon picker for six months, was that some employees had no time for toilet breaks so used bottles instead. Last year, a US vending machine company even asked its employees to be implanted with microchips.

But is this data worth anything? Does it help a company to know how long it takes an employee to get round a warehouse if it doesn’t also know about the bottles of urine, or how many customers cancel their Amazon accounts when they read about them, or how many politicians decide to attack the company’s tax arrangements as a result?

Even people tracking themselves can discover negative effects from the monitoring alone. “I did a study last year and one of the athletes I spoke to had been injured,” Perry says. “She went for her first run back and it was a beautiful morning, running by the river, and she loved every second. She got back, uploaded her time to [fitness network] Strava, and she could see that her brother had run a bit further, and a friend had run a bit faster. And she said she felt like a failure, all that joy wiped out.”

Lewis insists he could give up. “I’m aware it’s an obsession but it’s not an addiction. I’m deliberately making a choice not to break the obsession because I think it’s a healthy obsession.” But it has had one unexpected effect. Lewis has rearranged his schedule so that he walks to and from work most days – about two hours of steps. He fills the time with phone calls and was embarrassed during one conversation with a cabinet minister that couldn’t be heard above the traffic.

“I bought an expensive set of noise-cancelling headphones,” he says. “So my fitness tracker has actually made me break my own money-saving rule.”

– The Guardian
The enigmatic life of the artiste known as Prince

If you’re craving juicy gossip, plus the ‘bombshells’ that

Prince told his co-writer that they would deliver, expect to be disappointed with The Beautiful Ones, writes Bryan Reesman

These days, social-media-savvy celebs share everything from mundane moments to personal opinions in an effort to connect more readily with their followers. Some know when to abstain but many fail to understand that full disclosure, from endless photo opps to TMI lyrics, does not an icon make. There is something to be said for maintaining a mystique in a tell-all world.

Prince Rogers Nelson keenly understood how to sustain an aura of mystery as a seemingly accessible enigma. His intimate and often provocative lyrical style appealed to both our inner romantics and hedonists, marrying the sacred and the profane, and the masculine and feminine with him, in a way that felt perfectly natural. That overall union often mystified critics trying to box him in and provoked those who derided his raunchy sensibilities. Keeping himself at a distance from his audience, Prince lured them deeper into his invented world. He also slid in social commentary for good measure.

Like his musical career, the long-awaited memoir The Beautiful Ones bends the rules quite a bit. Part of that is because he died at the time that he and co-author Dan Piepenbring – an advisory editor at the Paris Review with no previous book experience then, but a devout Prince acolyte nonetheless – were working out its structure. But Prince wanted his collaborator to integrate his outside observations for a balance that the musician sought in portraying himself as an outsider’s view from the inside. In a way, the two are intertwined, for Prince’s career was an outsider’s view from the inside about the unorthodox ways in which the Purple One operated. In some ways, he handled his many employees and associates like fans – giving them just enough of what they needed to keep them hungry for more. (One funny story recalls how, at a label meeting, Prince announced that it was time for dinner and left the room. The record execs were thrilled – until they realised he was not coming back to get them.)

Beyond his showmanship on and off stage, what can be strongly gleaned from The Beautiful Ones is how, no matter how great the obstacle, Prince always found a way around or past it. His early childhood experiences with visualization (before that was a “thing”) are a testament to that. He learned early on that by staying sharply focused, he could attain the transformation that led to his eventual stardom. What is most illuminating is how, despite his chaotic childhood and the shadows of racism over his life, he maintained a positive, progressive outlook, imagining a better life ahead. Imagining the person he wanted to be.

It makes sense that this story ends as Prince releases and promotes his debut album. This is when Prince Rogers Nelson became Prince. Stripping away all of that mystery might have ultimately proved unsatisfactory. Getting just enough of his personal perspective allows us to identify with his very human qualities. There was a very real man beneath the persona of the music god who dangled forbidden fruit before us.

Besides, the ultimate truth is this: Prince fans did not love him for who he was. They loved him for who he became.

-- Newsday/TNS
Where does your CHOCOLATE come from?

**TYPICAL TRADE VS FAIR TRADE**

**BIG CHOCOLATE COMPANIES**

Cacao is unmonitored and is bought by giant chocolate companies from intermediaries.

Farmers are forced to sell to brokers due to limited market access.

Brokers pay farmers next to nothing.

Leading to illegal child labor:
- Dangerous work
- Long hours
- No education
- Thousands trafficked

Cacao is monitored by independent, nonprofit certifying organizations. These organizations guarantee it was produced and traded in a socially responsible manner.

Farmers form democratic co-ops allowing them to pool resources for processing and selling.

Equal Exchange works directly with co-ops to offer:
- Above-market premiums
- Advanced credit
- Farmer control of their businesses

Equal Exchange buys from co-ops directly. 50% of premiums paid to farmers in cash.

Reinvestment:

Co-ops located in:
- Dominican Republic
- Peru
- Ecuador
- Panama

YOU CAN'T FEEL GOOD when large chocolate companies don't even know where their product comes from.

YOU CAN FEEL GOOD about where your chocolate comes from and who made it.

70% of the world's cacao comes from West Africa.*

*Where forced child labor on cacao farms is a well-documented problem.

*Where forced child labor on cacao farms is a well-documented problem.
Children and teenagers with abnormal heart rhythms (cardiac arrhythmias) are more likely to have depression, anxiety and attention deficit hyperactivity disorder (ADHD) as compared to those of similar ages without chronic medical conditions, researchers have warned.

“This may be the first study of this size looking at children and teenagers with various cardiac arrhythmias that have been diagnosed with or are taking medication for anxiety and depression,” said study’s lead author Keila N. Lopez from Baylor College of Medicine in the US.

Higher rates of depression, anxiety and ADHD have previously been described in young adults born with structural heart defects (congenital heart disease).

For the study, the researchers analysed the records of more than a quarter of a million children admitted to or seen in the emergency room of Texas Children’s Hospital between 2011 and 2016. They reviewed data on more than 7,300 children with abnormal heart rhythms and compared them to children with congenital heart disease, cystic fibrosis, sickle cell disease and children with none of these chronic conditions (controls).

“We chose cystic fibrosis and sickle cell disease because they are chronic diseases that are managed with medications and usually involve multiple hospitalisations,” Lopez said.

They found more than 20 per cent of kids with abnormal heart rhythms, congenital heart disease and cystic fibrosis had been diagnosed with or prescribed medication for depression and/or anxiety, compared with five per cent of children with sickle cell disease and three per cent of the control group.

Kids with abnormal heart rhythms were nine times more likely to be diagnosed or treated for anxiety and depression and almost five times more likely to be diagnosed or treated for ADHD, compared to kids without any of the identified chronic diseases in the study.

Kids with abnormal heart rhythms were one and a half times as likely to be diagnosed or treated for anxiety and depression than those with cystic fibrosis, and more than five times as likely to be diagnosed or treated for anxiety and depression than those with sickle cell disease, the study said.

The study is scheduled to be presented at the American Heart Association’s Scientific Sessions 2019 – November 16–18 in Philadelphia, US. – IANS
**Wordsearch**

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

```
AMAZON  COQUETTE  FEMALE
GODDESS  JEZEBEL  MADONNA
MINX     NYMPH    VIRAGO
BELLE    DAME     FEMININE
HEROINE  LADY     MAID
MISS     VAMP      WOMAN
BLUESTOCKING DAMSEL  GIRL
HOYDEN   LASSIE   MATRON
MOTHER   VESTAL   
```

**Codeword**

```
6  1  8
4  7  5  6
4  1  5
5  6  1  4
3  
2  8  7  1
5  2
4  5  8
```

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 each number exactly once.

**Adam**

```
WHAT ARE YOU DOING?
WAITING
I CAN'T WRITE WHILE I'M DIGESTING. ALL MY THINKING BLOOD IS TIED UP IN MY STOMACH
THINKING BLOOD?
OH, I HAD A BIG BREAKFAST. MY STOMACH NEEDS TO CONCENTRATE
```

**Pooch Cafe**

```
YIKES, I HOPE THIS GUY DOESN'T BREAK OUT A THERE AND CHARGE AT US.
RELAX, YOU DON'T HAVE TO BE ABLE TO OUTRUN HIM, YOU JUST HAVE TO BE ABLE TO OUTRUN THECHEMIST GUY IN THE SHOP.
I'M TIRED OF MAKING EVERYONE ELSE FEEL SAFE!
```

**Garfield**

```
I'M NOT A MORNING PERSON
AND, COME TO THINK OF IT...
I'M NOT ACTUALLY A PERSON
```

**Bound And Gagged**

```
HEY, SARGE! WHY DO THEY CALL THIS GUY "TONY" THE TOE?
```

**Sudoku**

```
6
4 7
4 1
5 6
3
2 8
5 2
4 5
8
```

Codeword courtesy: Puzzlechoice.com

Sudoku courtesy: Puzzlebox.com
Super Cryptic Clues

Across
1 Graduate following copper in island (4)
3 Squatter composing chamber music (8)
9 Actors on holiday begin a voyage (4,3)
10 Let everyone go to town centre (5)
11 Another name for Alice Turner? (5)
12 Observation concerning German currency (6)
14 Essex porter in new train (6,7)
17 Hard work put in by chef for tea? (6)
19 Country where native leader is seen in Roman costume (5)
22 Country seen when one’s left Indonesia (5)
23 It’s able to grow wild like an animal (7)
24 Elegant Central European editor (8)
25 The French, in the modern era, are first (4)

Down
1 Two birds seen at dawn (8)
2 A herb for Mr Fawlty (5)
4 Nat King Cole song that will always be remembered? (13)
5 Get weapons again to back military leader (2-3)
6 General disorder? That’s swell (7)
7 News broadcast that’s stitched together? (4)
8 Realm in which no maid is in distress (6)
13 Attacked animal was sick (8)
15 One who doesn’t believe in Castro? (7)
16 Compound left by smoker of marijuana? (6)
18 A friend covered with very large gems (5)
20 Racket for when one is playing? (5)
21 Walk with difficulty, having wilted? (4)

Solution

Wordsearch

Codeword
Name: Rex Orange County!

By Geoffrey Rowlands

Rex Orange County has to be one of the most unusual stage names chosen by any solo artist. This is not a Dusky Springfield, Elton John or Lana Del Rey. There is nothing so conventional in the moniker selected by the young man born 21 years ago as Alexander O’Connor.

“The Orange County came from a nickname I was given by one of my old teachers,” he explained. “He used to call me O.C. as a shortened version of my name, O’Connor.”

There was a TV show in the mid-2000s called The O.C. The letters stood for Orange County which was where the show was set. I just extended my O.C. nickname to become Orange County although I have to be honest and admit I never watched the TV show.

“The Rex part came about because I didn’t think my real name sounded too good. Alex Orange County was a bit of a mouthful. Rex didn’t sound too different from my real name and I couldn’t think of anyone else named Rex. There was the actor, Rex Harrison, but he’d been dead for about 25 years. I thought Rex would be something a bit different and people would remember someone named Rex Orange County.”

Music had always played a part in his own life. He sung in a choir when only five or six and grew up in the village of Grayshott, near Haslemere, just south-west of London, listening to bands such as Queen, ABBA, Green Day and Weezer.

He started playing drums and harmonised hopes of performing in either a rock band or jazz ensemble. But fate took a hand at the age of 16 when he earned a place at the BRIT School in Croydon.

“I was just one of four drummers in my year. I’d like to think I would still be playing music if I hadn’t gone to the BRIT School but I definitely wouldn’t have been where I am today.”

“Being there opened my eyes and ears to all kinds of new music. I played in several groups at the school all performing different kinds of stuff. It was everything from African jazz to stuff like Arctic Monkeys songs.”

“Spending so much time with people who were not only playing but experimenting with music every day made me reconsider my own prospective career. I began to think I might prefer to be the main man at the front of the stage, the guy who creates and sings the songs, rather than just the drummer at the back.”

“I took singing lessons at school, learned to play the guitar and piano and began working on my own project. I started producing using the Logic digital audio workstation and suddenly I found I was a solo artist.”

In 2015, he self-released his debut album, bcos u will never b free. It was filled with melancholic sung-rap lyrics about the tribulations of teenage life. Heartbreak had provided artistic inspiration.

“I was really angry and kind of sad. There was also a bit of self-pitying and self-loathing. It was all because of a certain situation with someone. I’m proud of the album and still think it’s good but I’m very happy to have moved on in my life.”

The album was only available via digital download on SoundCloud so did not trouble the charts. But it enabled Rex to secure a management deal and attracted the attention of Odd Future co-founder Tyler, the Creator.

“Tyler emailed me to say he liked my songs. I was a big fan of his music but I didn’t believe the e-mail was from him. I thought someone was just playing a trick on me. But then he hit me on Twitter and we got talking. The next thing I knew, he was flying me out to Los Angeles to work with him on a couple of songs for his Flower Boy album.”

“He already had everything written for Boredom and was basically just waiting on my vocals. But ‘Foreword’ still needed to be written. This was my first experience of writing on the spot, in the studio and in front of other people.

“I think the pressure of wanting to have my voice on Tyler’s album actually made me write better than I ever had. We finished the song, recorded it and felt so proud of what we’d achieved.”

The critical acclaim for his work with Tyler, the Creator led to a much wider audience being interested to hear Rex Orange County’s 2017 album, Apricot Princess. Although it did not make the Billboard 200 or UK Albums chart, there were decent placings in other listings most notably a number eight spot on the Billboard Independent Albums chart.

There was a marked change in the songs on Apricot Princess compared to those on his first album. They reflected the personal happiness he had found in his life with girlfriend and fellow singer, Theo.

“The lyrics on my first album were really aggressive. I was totally open in what I was saying and didn’t much care what people thought.

“I was basically saying I was really sad, that was what I wanted people to know. But I wasn’t in that position any more. I thought more carefully about the new songs. I wanted them to express a mix of emotions and not make the lyrics quite so definite. I wanted people to maybe interpret them in different ways relating to their own circumstances and experiences.”

Music industry insiders who vote in the BBC Sound of polls were impressed enough to place Rex Orange County in second spot, behind Norwegian singer / songwriter Sigrid, in the BBC Sound of 2018 poll.

“Doing so well in that poll definitely got more people interested in listening to my music. There was a very positive step forward in my career. Another factor was being featured on Spotify’s RISE artist development programme. I also did live performances with artists such as Frank Ocean and Skepta. Everything was moving in the right direction.”

Having self-released his first two albums, Rex was delighted to sign a record deal with Sony Music. He had his first placings on the official UK singles chart with 10/10 and Face to Face. But no-one could have predicted the incredible international success of his latest album, Pony. It shot straight to number five in Britain and surpassed this by entering the Billboard 200 at number three.

“The reviews were very positive but the chart positions are way beyond my wildest dreams. It’s great that people have responded so positively to my music.

“I hope they appreciate the honesty in my songs. I’ve never tried to write like any other artists, not even those I really admire. I’ve always believed as long as you’re being yourself and writing songs that you really want to write, it’ll be the best thing you can do.”

in brief

Melanie C

Fresh from performing sold-out stadium shows with The Spice Girls, Melanie C has just released her latest solo single, High Heels. She has previously enjoyed several smash hit solo songs including a pair of UK chart-toppers. But it was 2013 when 45-year-old Melanie’s name last appeared in the singles chart listings. Even this was not her own song. She was a guest artist on Matt Cardie’s track, Loving You. High Heels stems from her other shows during this past summer. In addition to being part of The Spice Girls reunion tour, Mel headlined a series of Pride concerts across Britain, Europe and South America. She appeared in collaboration with London nightclub Sink The Pink who recruited five of their best drag queens to back Meli’s performances. They again join Melanie in the official video for High Heels which is posted at www.youtube.com/watch?v=KuedP6NUvY0

I love Sink The Pink’s warmth and inclusivity,” Mel stated. “It’s a place where everyone can be themselves and feel completely relaxed about being so. High Heels is a frivulous riot of a song. It encapsulates the feeling of an amazing night out and everything that goes into getting yourself ready for it.”

John Legend

American singer / songwriter John Legend has offended many people with his reworking of Frank Loesser’s classic song, Baby It’s Cold Outside.

Written in 1944, the song became a regular Christmas favourite after being performed in the 1949 film, Neptune’s Daughter, and winning the Oscar for Best Original Song. Baby It’s Cold Outside has since been recorded by a whole string of artists through the recording by actor and singer Dean Martin for his 1959 album, A Winter Romance, is generally regarded as the definitive version.

Dean’s daughter, actress and singer Deana Martin, is among those criticising John Legend for changing the song lyrics on his reworking of Kelly Clarkson. In this era of the “Me Too” movement, some people construed the original lyrics as being suggestive of harassment. But Deana, and many others, claim John’s new lyrics actually made the song far more explicit.

“I do not change the lyrics,” Deana insisted. “It’s absurd. His new words make it more sexual. If John Legend didn’t like the lyrics then he should have written his own new song and left Baby It’s Cold Outside alone. It’s a classic, perfect song.”

Dean Martin’s version can be heard at www.youtube.com/watch?v=CFqo0CFDEc
**FRIENDS:**

Actor Robert Downey Jr., left, with late Stan Lee. — IANS

Standing arm-in-arm with Lee, he wrote in the caption of a photograph of the Iron Man actor: “It’s amazing. It’s a supernatural thriller. And I think it’s quite different. And I think it’ll make people happy because it kind of brings closure to The Shining.

We’re all waiting to see what happens,” Curran told IANS.

**Doctor Sleep:**

Doctor Sleep takes forward the story of Danny Torrance (played by Ewan McGregor), 40 years after his stay at the Overlook Hotel in The Shining.

Actress Rebecca Ferguson is seen as cult leader Rose the Hat, who feeds off the shine of innocents in her quest for immortality, in the film. Warner Bros. released the film in India on November 8.

“I really like horror movies. So I think taking experience and watching horror movies really helped me relate to the film. And I worked with my acting coach a lot for Abra (who has the shine),” she said.

Talking about the character, the child actor said: “It was amazing working with Mr. Ewan and the whole cast.”

**Robert Downey Jr pays tribute to Stan Lee**

Actor Robert Downey Jr. is a fan of Marvel icon Stan Lee while accepting Male Movie Star trophy at this year’s People’s Choice Awards. While accepting the honour, he kept his speech short, but made sure to heap praise on the man who co-created Iron Man/Tony Stark, among other classic Marvel superheroes, reports dailymail.co.uk.

“Well look, I just got to come up here and open the show so I’ll just say thank you Disney, thank you Marvel, thank you Russo brothers,” the actor said.

“And most of all, to the late, great Stan Lee, this is for you, buddy,” added the actor, who bid adieu to his character’s name is Karan. He belongs to people who do not give up,” Ali told IANS.

**Doctor Sleep star Kyleigh Curran: Film brings closure to The Shining**

**FRIENDS:**

Actor Robert Downey Jr. pays tribute to Stan Lee

Robert Downey Jr. will next be seen in the Netflix original film House Arrest, a comedy that chronicles the story of a man who has not stepped out of his flat for nine months.

Given the story idea, as also the fact that the humour required the protagonist to be caught inside his own home with nobody to help him, Ali recalls the shooting experience was “claustrophobic”.

“It was claustrophobic even on the set, because there were 60 to 70 people inside one flat. We shot at the same location for 25 days. We thought it would be easy but actually it wasn’t. So, we used to keep playing games. Every third night, we used to step out and chill after the shoot,” Ali told IANS.

**Jhalki isn’t a children’s film but about child labour: Director**

Filmmaker Brahmabandh S. Siligti’s upcoming feature Jhalki addresses the issue of child labour and trafficking. He says although the film is shown from the perspective of a child, it is not a children’s film. Rather, the narrative highlights their suffering.

“Jhalki is not a children’s film. It is a really many children suffer, owing to the practice of trafficking and child labour. But it is an engaging story for children because of the treatment of the narrative. The protagonist of the film is a nine-year-old girl named Jhalki, and we, as audience, see the world through her eyes. There is a beautiful folk song that is dying. We revived it in the film. We also used the hand shadow art as a new storytelling form. There are elements of fantasy that children have that we included,” said the filmmaker, about the film that features two young actors, Aarti and Goraksha, along with Boman Irani, Sanjay Suri, Divya Dutta, Tannishtha Chatterjee and Govind Namdev.

The film shows how a little girl fights for her young brother who is a victim of human trafficking and child labour. The filmmaker says the story alters the gender narrative in Bollywood.

“This story breaks the gender stereotype and without being preachy establishes a new-age narrative. In the film, the sister is in search of her brother to protect him from the danger of child labour and trafficking. From childhood, boys are told to protect girls — and that is their prime responsibility.

**Ali Fazal: Hollywood is changing because of the web**

Ali Fazal will next be seen in the Netflix original film House Arrest, a comedy that chronicles the story of a man who has not stepped out of his flat for nine months.

Given the story idea, as also the fact that the humour required the protagonist to be caught inside his own home with nobody to help him, Ali recalls the shooting experience was “claustrophobic”.

“It was claustrophobic even on the set, because there were 60 to 70 people inside one flat. We shot at the same location for 25 days. We thought it would be easy but actually it wasn’t. So, we used to keep playing games. Every third night, we used to step out and chill after the shoot,” Ali told IANS.

**Jhalki:**

The poster of the film was released at Cannes Film Festival earlier this year, followed by screening at various film festivals including New York Indian Film Festival, the Boston International Film Festival and the Singapore South Asian International Film Festival.

The story starts at that point. He is not trapped. He is not psycho or a murderer. It’s a voluntary house arrest — and there are interesting reasons behind this, which is what the film is all about. There is not one specific reason, he has just had enough of a lot of things. The film is an out and out comedy. It’s hilarious.” Ali has lately also been busy in Hollywood, shooting for Kenneth Branagh’s new Hercule Poirot project, Death On The Nile. The film stars Branagh as Poirot and is toplined by Wonder Woman fame actress Gal Gadot. Also featuring in the ensemble cast are Tom Bateman, Annette Bening, Russell Brand, Armie Hammer, Sophie Okonedo and Letitia Wright.

Asked, how does he manages working in so many different platforms together, the actor smiled. “I sometimes wish for more time in a year. But it’s good that I am working this way — I always wanted that.”

With the web coming in, the canvas has become bigger. I had never done anything of the scale of Mirzapur before. So, it was a gamble, a risk. But I liked the script. I felt it was something new. Also, Hollywood is changing because of the web. Any shoot with the web is a three to four-month commitment. You have to keep some time for yourself in the middle so that you can have a work-life balance,” he said.

Directed by Samit Basu and Shashank Ghosh, House Arrest also stars Jim Sarbh, Shriya Pilgaonkar and Barkha Singh. — IANS
MMQ organises annual mega event

Maharashtra Mandal Qatar (MMQ), a non-profit socio-cultural organisation under the patronage of the Embassy of India and Indian Cultural Centre, recently organised its Annual mega event ‘Deepotsav 2019 – Sur Niragas Ho’ as a part of Qatar-India Year of Culture 2019 at DPS-Modern Indian School (DPS-MIS). Rahul Deshpande and Priyanka Barve, renowned classical artistes from India, performed at the event. Barve is known for playing Anarkali in Feroz Khan’s Broadway adaptation of Mughal E Azam which is all set to be showcased in Qatar in December as well.

The chief guests at the event, included Hemant Dwivedi, First Secretary Culture and Education at the Embassy of India, and Hasan Chougule, President of DPS-MIS. Neelambari Savardekar, President of MMQ, welcomed the chief guests. Rahul Deshpande and Priyanka Barve, classical singers, also performed at the event. Neelambari Savardekar presented annual report on the occasion. The event featured various competitions, including rangoli, lantern making, diya painting, card making, toran making, katha making and faral making. The event was attended by over 600 people.

MES releases annual day logo

MES Indian School recently unveiled the logo of its 45th Annual Day celebration ‘Mesmerise’ scheduled to take place later this month. M C Muhamed, Director of Transport and Director Academic and Cultural and Co-curricular Activities at MES, unveiled the official logo, designed by Suresh L H, Department of Fine Arts at MES. Speaking on the occasion, Hameeda Kadar, Principal of MES, recounted the past glory of the school and insisted the students to uphold those long-cherished values. Faisal Mayan C H, member of MES Governing Board, also attended the event. Anushir Abdul Razak Cultural Secretary at Boys’ Section, welcomed the gathering and Meenakshhi Gopakrishnan, Cultural Secretary at Girls’ Section, proposed a vote of thanks. The event was coordinated by Rajendran S.

ICC organises classical dance performance

Indian Cultural Centre (ICC) recently organised ‘Samarpapanam’ – a classical dance performance as a tribute to Swathi Thirunal by renowned artistes, including Dr Gayathri Subramaniam, from Trivandrum, and Archana Chetana, from Bangalore, at ICC Ashoka Hall. The event was attended by over 200 members of Indian community. Gayathri Subramaniam, Film Censor Board Member, India, is a recipient of Kerala Sangeetha Nadaga Academy Award from the Government of Kerala. She received fellowship from the Government of India in Bharathanatyam. Gayathri received Senior Scholarship for dance from Department of Culture, Government of India in the year 2002. Archana and Chetana are professional dancers with an expertise in Indian Classical Dance, Bharathanatyam style, disciples of Guru B Bharanumati and Guru Sheeta Chandrashekar. Hassan Chougule, President of ICC, presented a plaque of appreciation to the performing artistes. Venkata Rao, President of Karnataka Sangha Qatar, an associate organisation of ICC, also felicitated the artistes. Manikantan A P, President of ICC, welcomed the gathering and Bhumbleswar Padala proposed a vote of thanks. The event was anchored by Vinod Nair, Vice President of ICC.