Albert Fraind’s job in World War II was to find land mines. This is his awe-inspiring story. P4-5
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GULF TIMES COMMUNITY ROUND & ABOUT

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USEFUL NUMBERS

Emergency 999
Worldwide Emergency Number 112
Kahramaa – Electricity and Water 991
Local Directory 180
International Calls Enquiries 150
Hamad International Airport 40106666
Labor Department 44508111, 44406537
Mowasalat Taxi 44588888
Qatar Airways 44496000
Hamad Medical Corporation 44392222, 44393333
Qatar General Electricity and Water Corporation 44845555, 44845464
Primary Health Care Corporation 44593333
Qatar Assistive Technology 44593363
Centre
Qatar News Agency 44490205
44490333
Q-Post – General Postal Corporation 44464444

Humanitarian Services Office
(Single window facility for the repatriation of bodies)
Ministry of Interior 40253373, 40253372, 40253369
Ministry of Health 40253370, 40253364
Hamad Medical Corporation 40253368, 40253365
Qatar Airways 40253374

Quote Unquote
“Get your facts first, then you can distort them as you please.”
– Mark Twain

PRAYER TIME
Fajr 4.29am
Shoroq (sunrise) 5.51am
Zuhr (noon) 11.19am
Ajr (afternoon) 2.26pm
Maghreb (sunset) 4.48pm
Isha (night) 6.18pm

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

THEATRES: Royal Plaza, Landmark, The Mall

Bala
DIRECTION: Amar Kaushik
CAST: Ayushmann Khurrana, Bhumi Pednekar, Yami Gautam

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

THEATRES: Royal Plaza, Landmark, The Mall

Pranaya Meenukalude Kadal
DIRECTION: Kamal
CAST: Vinayakan, Gabri Jose, Riddhi Kumar
SYNOPSIS: Ajmal, who is a part of the group of people who come together to repair a large boat, falls in love with the boat owner’s granddaughter, Jasmine. Things take a turn when a family member finds out about the affair.

THEATRES: Landmark, The Mall, Royal Plaza

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

Photo Exhibition: ‘Experience Tanzania’
WHERE: Multaqa (Student Center) Art Gallery at Education City
WHEN: Ongoing until December 1
TIME: 4pm
‘Experience Tanzania’ is a yearly project supported by Student Affairs Division of Weill Cornell Medicine-Qatar that allows students and faculty to explore and immerse themselves in Tanzanian urban and rural cultures. During their trip, WCM-Q’s aspiring physicians offer basic healthcare services to the locals as a way of giving back to the community and learn about the lifestyles, traditions, socioeconomic hierarchies and health systems of the local Tanzanian communities.
A collection of photographs of the wildlife, landscapes and people of Tanzania taken by WCM-Q professor Dr Dietrich Büsselberg 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 instrumentals. To develop health consciousness, we train them karate, yoga with special sessions for kids and adults. Mamangam has also come up with chess and robotics in regular batches in an attempt to give a better learning experience, as they sharpen their minds and brains too.
For those who wish to register for more details, visit www.mamangamqatar.in

Shape your Leadership
HEC EMBA Info Session
WHERE: 14th floor, Tornado Tower, West Bay
WHEN: Today
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.

Compiled by Nausheen Shaikh. E-mail: gtlisting@gmail.com, Events and timings subject to change
I went away as a kid into the service and came back an old man. I had experienced life in a different way. I saw death firsthand and lived off the land. I knew what it was like to be hungry and mostly to fear the unknown.

From day to day, you didn’t know if you were going to make it. The first thing that gets into your mind when you see a dead guy is: This could have been me.

I was inducted into the Army on October 16, 1941, when I was 21. My basic training was at Fort Belvoir, Virginia, and then I was assigned to Fort Bragg, North Carolina, to the 9th Infantry Division. I was primarily a riflemen, but my specialty was in high explosives. My job was to find mines. I was at Fort Bragg when the Pearl Harbor attack happened.

Most of the soldiers in my outfit, the 15th Engineer Combat Battalion, were from New England. They were really nice guys, working stiffs like I was, punched a clock.

When my squad looked for mines, we’d have four guys with mine detectors and we’d be about 10 feet apart. We would scan the ground, and when we found a mine, we would mark it with a rod and a flag that said MINE. We’d open up a lane. Then the rest of our outfit would come in and they’d disarm the mines or detonate them. They had the really tough part.

The first casualty in our outfit was a medic. He was on his way to a latrine and a sniper picked him off. That happened in Africa.

In Europe, a good friend of mine from Scranton stepped on an antipersonnel mine and it blew him in half. I was in the area when it happened. I heard the explosion,

Notes from a survivor

Albert Fraind, 99, grew up in Allentown, worked at Mack Trucks and spent three years fighting the Germans in World War II. He took part in eight major campaigns from North Africa to the heart of Germany. He tells David Venditta his story

A fisherman came by and saw that we were in trouble. He had a big wooden boat, and he hauled us in one at a time. He saved all our lives

— Albert Fraind
“One of the most horrendous noises I experienced was lying on my belly with shrapnel flying overhead, sucking air. That was horrible, frightful”
– Albert Fraind

but we heard a lot of explosions and you never knew it was going to be one of us. We covered him with a GI blanket.

Especially in Europe, we blew up pillboxes. You couldn’t destroy them, you’d have to have an atomic bomb for that, but we could disable them. We’d destroy the inside.

There was a pillbox that my squad had to disable. It had wooden boxes of TNT, 40 pounds of it. The pillbox was inactive. If there were Germans in it, they weren’t firing, or they were hiding somewhere else. We had to prepare the fuse, and we had to know how much time we’d have after we set it.

We timed the fuse for four minutes and lit it. I was the last guy out. I turned to my foxhole buddy and said, “You know what this means.” “Yeah, you’ve got to go down there and see what happened,” I said. “I can’t ask anybody to go, but I want you to come with me.” So we went down there.

What happened was, I was panicking after we lit the fuse – I had to get out of there and I slammed the door shut and the fuse was under the door. It burned to the door and stopped. It was a heavy steel door, flush with the floor. I should have closed it partly. We reall the fuse and got away from there, and this time the pillbox blew.

The danger in horseplay

The war in Africa was a different kind of war that we weren’t trained to do. In Europe, you knew where the enemy was. In the desert, you had to look for them. We went on patrol at night time to make contact. At the Kasserine Pass (in Tunisia), we were supporting services on the periphery. We got some of the shelling, but we weren’t in combat. We were behind the guys in the front lines, and when they retreated, we just packed up and followed them.

After the African campaign, we invaded Sicily. Most of our combat was in the area of Mount Etna, the volcano. It was woods like the Poconos. The Germans were retreating, and the natives took good care of us. They made spaghetti. We paid them with cigarettes, instant coffee, tea bags. We gave the kids chocolate candy. We dealt with mines, but they weren’t as extensive as they were in Africa and later on in Europe.

One day we were on R&R, rest and recuperation. Three of us were swimming in our skivvies in the Mediterranean, horsing around. We didn’t know it, but we were shifting out, caught in the undertow. How were we going to make it back? One guy lost it completely. I had to turn him around to hold him, because if I faced him, he’d grab ahold of me and we’d both go down. I could hold him with one arm, because he wasn’t struggling, he was so out of it.

My other buddy, Billy Davidson, was giving up, willing to die. He said to me, “Save yourself.” He was within my reach, so with my other hand, I held onto him by the back of his skivvies. I said, “Don’t fight the ocean. Just keep your head up, save your strength.”

I knew what I was doing. When I was a kid, I was a good swimmer. I was a junior lifeguard and I was on the swim team at Jordan Park. But I was a kid, I was a good swimmer. I knew what I was doing. When I was a kid, I was a good swimmer.

A fisherman came by and saw that we were in trouble. He had a big wooden boat, and he hauled us in one at a time. He saved all our lives. When he brought us to shore, he took off. They laid us out on the beach and we couldn’t move. We were exhausted.

We went on to England to prepare for the invasion of Europe. On June 10, 1944, D-Day plus four, we crossed the English Channel on an LCT, a landing craft tank, and landed in Normandy at Utah beach. The LCT didn’t bring us all the way in to shore. When it stopped, we walked down the ramp into water up to our waists. We held our rifles up. The noise was deafening. There were shells popping all over, dead bodies scattered around. The beach was so crowded with men and material, it was impossible to find each other. You didn’t know who was beside you, only that he was a soldier, too. I didn’t see anyone else in my outfit for 10 days. It was chaos.

I was on the beach and inland a little bit for five days. Then our commanders started pushing us off the beachhead because we had to make way for stuff coming in. We encountered paratroopers hanging in trees – dead. The Germans had killed them in the trees.

Gnawing hunger, bitter cold

When you’re hungry, that’s an itch you can’t scratch. In France, we were held up at the hedgerows. Kitchen couldn’t get to us. My buddy pulled onions for dinner. Raw onions burn all the way down. A day later, you drink water and it burns all the way down.

In the Euretgen Forest (on the border between Belgium and Germany), there was a lot of frostbite. People had frozen feet, and we didn’t eat. Where would we go to eat? Our kitchen couldn’t get up there to feed us.

I was fortunate. I didn’t get frostbite, and neither did my foxhole buddy Joe Dempsey – he was a detective from Brooklyn. During the Battle of the Bulge, it was 8 degrees and we couldn’t dig a foxhole. The Germans had artillery that was considered an air burst. It would hit the tops of the trees. The trees were sometimes sheared in half, and a lot of them were turned over. Joe and I would crawl under these fallen trees in the snow and hug each other to keep warm.

Sometimes I wonder how I ever got through that, not only me but all of us there.

One of the most horrendous noises I experienced was lying on my belly with shrapnel flying overhead, sucking air. That was horrible, frightful.

At Eischen (in Belgium) we came to a forced-labour camp. There were French, Italians and other nationals in there. They would do farmers’ work in the fields. An old guy, a German civilian, ran the place. We didn’t know it was a camp until we got to the gate. Some of the prisoners came running up to us. They were the walking dead, skinny as hell. We couldn’t do anything for them. That was for our rear echelon.

After the Germans were driven off the Rhine at Remagen, they zeroed in on the bridge and fired 88 millimetre shells every 10 minutes. It was harassing fire. When the shelling stopped, you looked at your watch and said, I’ve got 10 minutes to get the hell out of here. We ran across, and when we got to the other side, they started shelling again. The Germans had rigged the bridge with explosives, but it never blew up. A few days later, the bridge collapsed.

When we were held up in a town in Germany, we usually stayed in a house. A couple of us guys were in this one house, and a woman lived there. She was a teacher and spoke English well. We got to talking to her, and she couldn’t believe that we didn’t rape or kill her. The German people had been warned about Americans. She made us some scrambled eggs in a big frying pan and said, “I’ve got to tell you something.” She had a young daughter. We said, “Where is she?”

There was a mat on the kitchen floor, and she pulled it away and there was a trap door. The kid, 12 years old or so, was hiding under the trap door. We gave her cake and candy.

When we came to the Elbe River, there was hardly any fighting, only snipers. We weren’t aware that we shouldn’t be going any farther. The Russians weren’t supposed to go any farther than the Elbe on their side. We got over on the wrong side and our officers stopped us when they got orders from headquarters. We had to turn around and go back.

The war was over. I got through it all without a scratch – me and my buddy from Brooklyn. We were just plain lucky.

His 100th birthday is in February.
– The Morning Call (Allentown, Pennsylvania) / TNS
What’s wrong with modern shooter games?

by Edwin Evans-Thirlwell

The id Software founder talks about secret rooms, the value of guns and what the controversial genre has lost since the 1990s.

“Give us more guns!” is a common battle-cry among players of first-person shooters, the videogame industry’s bloodiest genre. Doom co-creator John Romero has a rather different opinion.

“I would rather have fewer things with more meaning, than a million things you don’t identify with,” he says, sitting in a Berlin bar mocked up to resemble a 1920s Chicago speakeasy. “I would rather spend more time with a gun and make sure the gun’s design is really deep – that there’s a lot of cool stuff you learn about it.”

Over two decades since Romero, John Carmack and the other founders of id Software inaugurated the first-person shooter with Wolfenstein 3D, the genre has changed beyond recognition. Doom’s grungy helmets have given way to the authentic militarised killing of Call of Duty and the Pixar stylings of Overwatch. Romero himself has been somewhat estranged from shooters since releasing the widely panned Dalkatana in 2000. But he’s made headlines recently by creating a couple of surprise expansions for Doom, and his forthcoming sci-fi blaster, Blackroom, is an object of much interest among patrons of the old school.

When I meet Romero after a media showing of Empire of Sin, his partner Brenda Romero’s Prohibition-era gangster game (hence the speakeasy), I’m eager for his thoughts on how today’s shooters differ from the pixelated provocateurs of the 1990s. His eyes brighten when I start talking about demons and power-ups.

Modern shooters are too close to fantasy role-playing games in how they shower you with new weapons from battle to battle, Romero suggests. This abundance of loot – which reflects how blockbuster games generally have become Netflix-style services, defined by an unremitting roll-out of “content” – means you spend much more time comparing guns in menus as savouring their capabilities. It encourages you to think of each gun as essentially disposable, like an obsolete make of smartphone.

“The more weapons you throw in there, the more you’re playing an inventory game.”

Romero contrasts this to the sparing design of the original Doom, which launched in 1993 with a grand total of eight guns. “For Doom, it was really important that every time you got a new weapon, it never made any previous weapons useless. That was a critical design characteristic. We’re going to add a new thing that can’t negate anything that came before. So how do you get the chaingun and not cancel out the pistol? It’s to do with how much ammo it eats, and how inaccurate it is over distance – the pistol eats less ammo and is extremely accurate at a distance.”

Doom is also a game that knows how to keep a secret. It isn’t just a first-person simulator but a treacherous, vaguely avant-garde work of 3D architecture. Its levels are mazes of hidden rooms and camouflaged doors that screech open behind you – sometimes revealing a pile of ammunition, sometimes disgorging enemies into areas you’ve cleared. Today’s shooters set less store by secret spaces, Romero says, because they cost so much to make. Where Wolfenstein 3D was created by a dozen people in a matter of months, the likes of this year’s Call of Duty: Modern Warfare is the work of hundreds, and cost tens of millions of dollars. This expense discourages designers from adding anything that isn’t absolutely essential.

Romero noticed this trend while designing 1996’s Quake, which featured more elaborate, polygon-based environments than Doom with richer, naturalistic lighting.

“Doom was easy to make secret rooms for. You just drew a few lines and put a door there. It’s not even a minute. With Quake, it was a lot more work, because in Quake, every single room was made up of six planes – you have to put the floor in, the wall back, the ceiling. You have to add the light in and make sure it’s the right brightness, that it hits each corner of the room. It took a lot more work to build Quake levels, and it’s got worse from there. And because it takes so much longer, people just don’t want to do secret areas, because how many people are going to see them?”

Financial pressures aside, the decline of secret rooms in shooters also reflects the growing popularity of realistic settings where such spatial intrigues might look out of place. Even when set in make-believe places, today’s shooters favour a gritty, grounded aesthetic that leaves less room for experimental design. “Every shooter takes place in the world somewhere,” Romero says. “There’s nothing crazy, it’s not like going to Xen in Half-Life. They always look really nice, but the abstract level style – I don’t see that around as much.”

In setting their sights on realism, shooters have opened themselves up like never before to criticism of the politics of their representations. Doom was reviled in the press for glamorising violence, but its cartoon gore seems harmless alongside the apparent historical revisionism of Call of Duty in particular. The shooter will always be gaming’s most controversial genre, Romero comments. “It’s all about guns, and guns are the things that are killing everybody in the United States. It’s definitely the hot button genre. Other games like League of Legends or strategy sims, they’ll never be as controversial, because it’s not the same feeling. You’re not shooting people dead in first-person.”

If big budget game design has drifted away from Doom, the game’s many modders have kept the old id Software spirit alive. Fans have released thousands of custom Doom levels since 1993, ranging from unlicensed Batman adaptations to The Adventures of Square, which swaps Doom’s squalor for eye-popping rainbow hues. Romero has contributed a few mods of his own. Earlier this year he released Sigil, an unofficial Doom epilogue which ranks among his finest creations.

Sigil puts many of Romero’s claims about the strengths of 90s shooter design into practice. When I first played Sigil I was only used a couple of times in the original game. The Eye is now a switch – you can shoot it to activate mechanisms such as secret doors and sunken bridges. As you move from level to level, the Eye becomes harder and harder to discover: finding it often means resisting Romero’s sneaky efforts to lure you in a particular direction. This encourages you to think about Sigil not just as a player, but as a fellow game designer.

For Romero, Sigil demonstrates that the shooters of the 90s aren’t just worth returning to, but worth building on – an idea borne out by recent, retro-themed shooters like DUSK and Amid Evil, which offer up their own, devilish twists on Doom and Quake.

“Stuff that could have been done 25 years ago but was never thought of, I did with Sigil. And it’s like, yeah, this is cool. It’d be cool if more shooters had this.” – The Guardian
WCM-Q first-year students learn First Responder skills

First-year medical students at Weill Cornell Medicine-Qatar (WCM-Q) recently completed a day-long First Responder training course at the college. Under the supervision of qualified emergency medical professionals from Hamad Medical Corporation, the 41 students spent the day learning key first responder skills, including assessing pulse and breathing, immobilising injured patients, dealing with seizures, anaphylactic shock, hyperthermia and heart attacks, as well as clearing airways and giving artificial respiration.

The course, which is part of the medical curriculum, presents one of the first opportunities WCM-Q students have to start attaining practical physician skills following two years of largely theory-based study on the Pre-medical curriculum. During the day, the students moved between five different stations, learning about a different area of emergency medicine at each one before trying out the skills themselves using a variety of learning aids and tools, such as medical manikins and lifelike anatomical models, a spinal board and a bag valve mask ventilator, among others.

Rei Mynderzi, First-year WCM-Q student of the Class of 2023, said, “I really enjoyed the course, especially learning how to deal with hyperthermia, seizures and heart attacks because these are the sorts of cases I think we would be most likely to encounter. The scenarios also helped me get used to the idea of being responsible for a patient’s well-being and being able to take action to help them and potentially save their life, which is a big source of motivation.”

The HMC doctors who delivered the training, included Dr Adel Ahmed Fray Zahari, Chief Specialist at Al Khor Hospital; Dr Anjali Ali Gauhar, Associate Consultant at Al Wakra Hospital and Educational Lead of the Emergency Medicine Residency Training Programme (EMRTP) at HMC; Dr Lubna Gamal Tawil, Senior Resident on the EMRTP; Dr Mahmoud Ahmed Abdelhaim Saqr, Associate Consultant at Hamad General Hospital and a Core Faculty of the Emergency Medicine Fellowship; Dr Zahra Malek, board eligible at EMRTP; and Dr Hany Kamel, Consultant in the Emergency Department at Hamad General.

Dr Stella Major, WCM-Q Associate Professor of Family Medicine in Clinical Medicine, said, “The First Responder course is a real milestone for first-year students because this is the point at which they really start to feel like doctors and begin attaining the practical skills that they need, as well as beginning to truly understand the responsibilities the role entails. I was extremely pleased and impressed by the mature and serious way they engaged with the learning exercise, and I’m very grateful to our colleagues from Hamad Medical Corporation for sharing their expertise with us today.”
We all take some aspects of our lives for granted, and grocery shopping can be one of them. Consider this scenario: what if you had to dash around several stores all over the city to find just the right type of bread, fruits or vegetables? Worse yet, what if the right type of food stuffs you were looking for were simply not available at any grocery store in the country? Sounds like a scary nightmare, right? Well, this was a regular occurrence for Muneera al-Kubaisi while she was on a weight-loss diet in 2014.

"Whenever I was on a certain set of diet, I found myself going to three or four or five supermarkets to get all (items on) my shopping list. So, that was difficult," says Muneera al-Kubaisi, founder of Good Life Market. That is how she came up with the idea of a startup, which she describes as a “one-stop-shop” for all things healthy and organic.

While Good Life obtained its Commercial Registration Number in 2016, the store opened its doors for the public in 2018, according to al-Kubaisi. One key proponent that encouraged al-Kubaisi to become an entrepreneur was social media. Around the time she was on the weight-loss diet, al-Kubaisi said that she had a huge following on Instagram because she shared her hobby of baking with her ‘thousands’ of followers. But when she started posting about her diet on her social media accounts, she soon found out that many of her local followers were facing similar struggles. "It was apparent that we were all doing the same thing, we were ordering (healthy food items) online, bringing stuff with us (from overseas trips), and I was like, 'You know what? Someone might as well open one place that has everything.'"

While Good Life promises the convenience of having all diet-friendly materials under one roof,
al-Kubaisi acknowledges that the store is “still not there, yet.” Still, for a business that is still in its first year, the consumer response has been amazing and supportive, according to her. “The reception has been really well,” she said.

Being the first-of-its-kind has got some drawbacks and advantages, however since Good Life is still in its infancy, the store is finding hard to satisfy all requests. “What people miss out in this situation is that it requires patience, for us to grow and to be able to cater to all what they want,” she added.

The second obstacle that al-Kubaisi said she faced while establishing her business was securing the finances. She said “For start-ups that have a niche audience, there are not many governmental or semi-governmental institutions that sponsor such projects.” As a result, al-Kubaisi said she had to look for alternative means of financing her business idea. “I had to rely on personal loans and help from friends and family in order to get the business started,” she said. She also pointed out that banks rejected her loan applications because her business did not have enough deposit money to secure a payback guarantee, “If I had that amount of money, why would go to the bank in the first place?” she adds, “Finances was a big obstacle, and it still is.”

Juggling between her day job as an auditor at the Qatar Credit Bureau, running her business and maintaining a social life has also been an ongoing struggle for al-Kubaisi. She said that throughout all this all she had the support of her close friends and social media followers, whom she refers to as, ‘family.’

Speaking about the health and nutrition market in Qatar, al-Kubaisi said that she acknowledges that the products she offer in her store and the ones available elsewhere are expensive, “But, it’s not my product, it’s the health and nutrition industry, it is an expensive industry, considering that it’s a new one.” She added that the price of healthy food keeps people from buying them or switching to a healthy lifestyle. “At the same time, it is about priority. In our community, people have different priorities when it comes to like what’s expensive and what’s not, and it’s just about showing them a different narrative and showing people ‘Your health is just as expensive as the pair of shoes that you will be buying’.”

She said that people would appreciate healthier, albeit slightly more expensive, alternatives if they are made to appreciate their well-being. She noted that children in “our communities grow up seeing their parents or grandparents as diabetics or with high-blood pressure, and the children consider this to be normal…and it is not.”

The Good Life Market founder also commented on the increasing number of people participating in diets by saying that while it has become trendy for people to do so for the sake of likes and followers on social media, “it is not a trend I am mad at…if someone is working out because everyone else is working out, they might as well do it…This is probably the only situation where I don’t care if it’s trendy or not, if someone is working out or eating healthy, I am happy for them.”
Let’s go to Baladna Farm

Spread over an area of 3,840 hectares, Baladna Farm is about 50 kilometres away from Doha city on Shamal Road en route to Al Khor. It features a nicely manicured garden that includes a children’s play area with slides and swings. Moreover, the farm has a fair-sized zoo that hosts many animals, hence, attracting visitors of all ages. Entry to the farm is free and visitors can explore the daily processes at the farm such as milking and feeding of the animals. A visit to the Baladna Farm also turns into an educational excursion for everybody, especially the young ones. The farm hosts Baladna restaurant that uses the high-quality local farm produce such as milk, cheese and meat.

Its decor is based on a rustic theme matches well with the general ambience of the farm. Spectacular decorative pieces arranged all across the restaurant elevate the ambience further. The farm is a great place for weekend outings or as a stopover point while going on a long drive on the Shamal Road. It is also a place where children can interact with domestic animals and learn more about local culture and heritage.

—Text and photos by Shabna Shanid
How meditation can help you make fewer mistakes

Researchers have found that meditation could help you to become less error prone. According to the health experts here, meditation also helps in rejuvenating the mind, mental well-being, better concentration power along with improved memory.

Practically stress and unwanted tension are some of the major reasons of short term forgetfulness and unfocused behaviour, the experts added.

Manish Gupta, Senior Consultant, Department of Neurology at Jaypee Hospital, Noida, said that meditation helps in rejuvenating the mind and gives relief from stress.

“Hence up to some extent it is helpful in making a person deal things with more patience and quiet mind. It also entirely depends upon the types of meditation one is doing, like sitting and following certain breathing exercise pattern to calm the mind, focusing on one point for a long time with quite mind,” Gupta told IANS.

“As per techniques, these activities definitely help in making a person more focused. Undoubtedly a calm mind can do things better than a mind full of mess,” Gupta said.

The research, published in the journal Brain Sciences, tested how open monitoring meditation or, meditation that focuses awareness on feelings, thoughts or sensations as they unfold in one’s mind and body — altered brain activity in a way that suggests increased error recognition.

They found that 20 minutes of meditation can enhance the brain’s ability to detect and pay attention to mistakes.

It makes people feel more confident in what mindfulness meditation might really be capable of for performance and daily functioning right there in the moment, the study said. According to Pallavi Joshi, Clinical Psychologist at Sri Balaji Action Medical Institute, New Delhi, traditionally meditation has always been suggested to be added in the daily routine so as to reduce regular mental problems.

“As per today’s lifestyle time has come on fast pace, a single mind has to deal with a number of things in a single time, hence being forgetful, making silly mistakes frequently is nothing new,” Joshi told IANS.

“Meditation helps in bringing the entire thought process to one point and relax, it clears our vision and fortunately while preparing for meditation we try to settle our physical, emotional and mental status which culminates in not only good meditation, but additional effectiveness at the level of balanced emotional and mental well-being, better concentration power, improved memory, lesser forgetfulness,” she explained.

– IANS
**Wordsearch**

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Y D Y X S E I L L O H L S H W
J R E P H U E W F E S K N I K
E R G E F O U R T O P S T T Y
T I V Y P L A C N U P O G E B
H A D R N B L E R L Y F E S S
R N F N B A E A G L E S N R S
O S Y A O U D B E M S E E E E U
T M D V Q L W Y E E R T S N P
U W O N Y D B B L E N C I N R
L I P E O Y O T B E G C S I E
L N C O A M A G P A E E O P M
D G R L D E S R O C U T E S E
E S W O B P A O F A C E S S S
G L N H C C B E A C H B O Y S
A P A P O Y C P N N G T E S I
```

**Codeword**

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

```
| A | B | B | C | D | E | E | E | F | F | G | H | I | J | K | L | M | N | O | P | Q | R | R | S | S | T | U | U | U | V | W | X | Y | Z |
```

**Sudoku**

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<td>1</td>
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</tbody>
</table>
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**Pooch Cafe**

```
There's happy. He's always smiling.

I wonder if they named him that because he's happy, or if he became predisposed to happiness because of his name?

That's an interesting psychological question.

This feather stuck in my collar won't stop tickling me.
```

**Garfield**

```
Remember...

If you can't say something nice...

Say something sarcastic.
```

**Bound And Gagged**

```
I love Instagram.
```

---

Codeword courtesy: Puzzlechoice.com

Wordsearch courtesy: Druzybug.com

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 block contains each of the digits 1 to 9 once and only once.

Sudoku in a puzzle based on a 9x9 grid. The grid is also divided into nine 3x3 boxes. You are given a selection of numbers and to complete the puzzle, you must fill the grid so that every column, every row and every 3x3 block contains each of the digits 1 to 9 once and only once.
Super Cryptic Clues

Across
4 Plans to produce starch (6)
8 A cricket ground for the aristocracy (5)
9 Instrument making some kaleidoscopic colours (7)
10 Man left in - he made people laugh (7)
11 Stagger from a labyrinth (5)
12 Irishmen name passengers (9)
17 Sailor a foot nearer the stern (5)
19 X, defined by the crossword setter - that’s what we hear in bar (7)
21 Food for stolen animals (3,4)
22 Slip back over river for daggers (5)
23 Slough produces gold in bulk (6)
24 On Friday satellite TV is lively (6)

Down
1 Course for 99 in college (6)
2 A wreath of flowers for Judy? (7)
3 Support for an artist (5)
5 Replacement for the acre (7)
6 Woman distributing hoard (5)
7 Many small kernels (6)
9 Poor female swan on river steamship (9)
13 He appears in panto, but put on weight (7)
14 Agrees with boringly orthodox people (7)
15 On the border a month of malicious damage (6)
16 Wooly garment for a cow? (6)
18 Current tour without upper-class thespian (5)
20 A tree that’s cared about (5)

Solution

Wordsearch

Codeword
Think of ethnic wear, and the first natural association is a growing tribe of indie labels that have extended their pared-down sensibility and sustainable mindset to traditional silhouettes. The line between inspiration and adoption is often blurred, especially in fashion. Nobody knows this better than the ethnic community, whose consecrated prints, hand-burnished leatherwork, and beaded appliqués and embroideries have been imitated by local and international fashion houses for centuries. Often it even happens that designers travel to those ethnic places, place orders, corporate ethnic designs in their collections and don’t even give enough credit to those skilled ethnic workers. This type of cultural appropriation, where labels draw from deep-rooted design codes without crediting the culture they are taking them from, is particularly harmful to indigenous people, who have been, and continue to be, marginalised — rather invisible for the world. In these dark days, one good thing about fashion is the way young designers are using their platforms to enlighten, and to effect positive change.

Thankfully, Pakistani indigenous fashion is finally gaining some ground on international platform thanks to Stella Jean, an Italian designer. Jean should be more than proud of her ability to use her fashion for good. Her activism goes far beyond slogan tees and hashtags and actually incites economic and social change. With her penchant for ethical fashion, Stella had previously worked with artisans from other countries, intermingling their craft with her design sensibility. Now, she decided that she wanted to work with the craftswomen of the Kalash. Stella recently showcased her collection employing Kalash embroideries, from the remote valleys of the Chitral region of Pakistan, at Milan Fashion Week earlier last month and then at Fashion Pakistan Week Winter Festive 19. Stella herself lived in Chitral for about two weeks to learn about the embroidery techniques women use to adorn their dresses before collaborating with Chitral Women’s Handicraft Centre, founded by the 22-year-old Karishma Ali for the collection, in her endeavour to help build an Italy-Pakistan bridge. The women in Kalash embroidered fabric according to her instructions, patterns and sketches and then their finished work was sent to her in Italy, where the final garments were stitched. Tedious but worth it, socially and commercially.

Stella’s collection at FPW featured waisted sundresses in crisp stripes, logoed sports jersey with slim tailoring — bright embroideries and even brighter prints. Her sense of shape and silhouette is her most exciting calling card. These were happy summer clothes, with circle-skirted dresses, puff-sleeved blue and white shirting, off-the-shoulder necklines and tiered skirts — it was the best collection that went on the runway of FPW this season, and the best how she employed ethnic values with modern silhouettes; spot-on trend-wise for the season. The colourful stitching wrapped around dresses, adorned belts, and decorated the hemlines of Jean’s summer dresses.

Jean’s multicoloured canvas served as an apt homage to the beauty and skill that is inherent to Pakistan. The Kalash embroideries stood out as did the truck-art prints. The well structured white dress with its swathes of layers and blue embroidered border and peeking blue leaves, worn by model Mushk Kaleem, was the highlight.

But, in a room full of people donning the staples, how do you make yourself stand out? Jean’s piece is ideal for a woman who likes to keep it traditional yet make a statement.
Yami Gautam opens up about her complex as a kid

Bollywood actress Yami Gautam plays a pivotal role in the Ayushmann Khurrana-starrer Bala, which talks of the self-acceptance and questions the yardstick of beauty set by society. The actress says as a teenager she had her share of struggle with her personality and physical appearance.

“During my growing-up days, I was very skinny and everyone would tell me I was weak because I was tiny. Being a Punjabi from Chandigarh, I was surrounded by those with wide-structured hands. In comparison, I would look weak. I ate everything to gain weight but I didn’t realise my body structure was narrow. Once my mother noticed such a thing was upsetting me, she said, ‘never ever think that you are weak just because you are skinny. You are a strong girl. One day, you will see how strong and beautiful you are.’ Yami told IANS.

Yami said her mother’s words helped her deal with the issue that was otherwise created by society. Being a celebrity, public speaking is a part of her lifestyle today but Yami says she was once an introvert child, adding that she had stage fright.

“I remember I had to recite a poem in school. I went in prepared but when I was on stage in front of a room full of audience, I froze. I was nervous and God knows how I just uttered those lines and ran away. That was me as a grown-up child. So, yes, I had to work hard to overcome such a thing, because as an actor I am supposed to be free, I should not have inhibitions. Most of the feedback I have received (for Bala) is that I was very uninhibited,” shared the actress.

The story of Bala revolves around the struggles of a young man, played by Ayushmann, to deal with premature balding, which gives him low self-esteem because society makes fun of him and people call him “takla”. Ayushmann and Yami apart, the film also stars Bhumi Pednekar. Yami plays a model and social media sensation named Pari, who is also a brand ambassador of a fairness cream.

While the character appears to be eye-candy, at the end of the film, her character raises an important question on self-acceptance.

“She is a loud and over-the-top character, but deep down she mirrors an important part of the society. She is the question that we need to ask, as to why we see ourselves through the lens of society when it comes to appearance and the definition of beauty, and why do we question ourselves instead of practising self-acceptance,” pointed out Yami, who made her mark with her roles in Vicky Donor, Kaabil, and Uri: The Surgical Strike. —IANS

Chris Evans, Scarlett Johansson snub Scorsese’s Marvel criticism

Actors Chris Evans and Scarlett Johansson have opened up about the ongoing debate over the Marvel brand of superhero films, which started after Hollywood auteur Martin Scorsese criticised the genre saying he did not mention Scorsese’s name, as cinema.

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SUCCESSFUL: In the Marvel Cinematic Universe, Chris Evans plays Captain America and Scarlett Johansson is seen as Black Widow.

The 1993 Diwali release Baazigar was one of Shah Rukh Khan’s earliest blockbusters. Abbas-Mustan’s thriller, co-starring Kajol and Shilpa Shetty, is still remembered for the dialogue “Haar kar jeetne waale ko baazigar kehte hai” and its music, besides SRK’s antithero avatar.

The film completed 26 years on Tuesday, and Kajol shared a quirky boomerang video on Instagram, ushering a wave of nostalgia.

In the video, Kajol is seen winking her left eye to the beats of the film’s superhit song, ‘Ye haal hai kaukam’. “Oops! still don’t have black eyes... #26YearsOfBaazigar,” she wrote.

Baazigar was the first of many blockbusters that SRK and Kajol would see at the box-office over the years to come, and the film also marked Shilpa’s Bollywood debut. The film is broadly based on a 1991 British thriller titled A Kiss Before Dying.

Baazigar chronicled the story of a young man, played by Shah Rukh, who takes an unusual route to unleash vendetta on a tycoon (Dalip Tahil), who had destroyed his parents.

The film also featured Rakesh and Johnny Lever. —IANS
**Why it’s important to travel with family**

By Lynn O’Rourke Hayes

We can all be grateful for the opportunity to travel. Here are five reminders of why exploring the world with our family matters.

1. **You’ll see the world through the eyes of a child.**
   Travel with a child and you can’t help but slow down, to see things differently. You’ll share their delight in all things bright, colourful and on the move. You’ll notice the ladybug on the leaf and the helicopter overhead. You’ll discover new textures and notice the fragrance of flowers. (Because little people will.) Chances are their sweet smiles will be conversation starters and you’ll share stories and experiences with other parents and grandparents. No matter where you wander, you’ll be creating memories that will last long after the strollers are stowed and the price of admission.

2. **You’ll learn something new.**
   Why not use your next vacation to learn a new sport or explore a new hobby? Will you strap on skis for the first time, climb into the saddle or make your way to the pickle ball court? Tap into the early interest your child may be showing for art, music or sport. Traveling together for the opportunity to explore the world is a top priority.

3. **Your stress levels will lower.**
   There is plenty of research indicating that a change of scenery and a break from the daily demands of work will put a smile on your face. Whether you breathe deeper, exercise more or simply unplug, chances are you’ll feel renewed and have a more relaxed connection with family members. Opt for beach time, a backcountry ski adventure, resort time, or a cruise through unfamiliar waters and your whole crew will return home recharged and ready to tackle the challenges of daily family life.

4. **You’ll share your values with the next generation.**
   As you wind your way through traffic jams, wrangle the lines at TSA checkpoints or process the news that your luggage is lost, you’ll be modeling how best to handle life’s small challenges. They’ll be watching how you respond to delayed flights and how you treat those who serve your family meals, restore order in your hotel room or drive the airport shuttle bus. It’s an opportunity to encourage understanding, compassion and kindness in the next generation of world travelers. And by choosing to plan a family vacation, you are communicating that time with family is a top priority.

5. **You’ll broaden your perspectives.**
   Whether you travel to the next county or around the world, moving out of your comfort zone or everyday routine will enhance your family’s understanding of our world.

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**New survey reveals holiday travel planning trends**

One of the busiest travel seasons of the year is right around the corner. As the holiday season approaches, new research from the Travel Channel reveals insight into the travel plans and preferences of Americans—most importantly, how many of them are planning to take an end-of-year vacation.

Clearly, US travelers have been saving vacation days. The Travel Channel survey found that 67% of Americans plan to use vacation days and/or paid time off to hit the road this holiday season. Nearly a quarter of these travelers (24 percent) are planning to travel for longer than six days. Forty-two percent of respondents said that they are traveling to their hometown to visit family and friends, while 48% indicated that they are travelling elsewhere.

Get ready for busy roadways during Thanksgiving and winter breaks. The vast majority of travelers (72 percent) said that they will drive to their destinations. Forty-four percent are planning to travel by air.

The holidays don’t come cheap. The Travel Channel research showed that nearly one-third (28 percent) are planning to travel in economy class. And 43% indicated that they are travelling elsewhere. Forty-two percent said that they are planning to travel by car. Twenty-eight percent want to travel by train or bus, while 26% said that they are planning to travel by plane.

As you wind your way through the holiday season, you’ll be creating memories that will last long after the strollers are stowed and the price of admission.

Mariel Clark, vice president of digital video and editorial for the Travel Channel, provided a number of tips.

For families travelling in groups, she advises keeping options open:

“When travelling with a large group or multiple generations, not everyone will be interested in the same activities. Be sure to allow for some time to divide and conquer, giving everyone the space for their must-see activities,” she said.

Involving older kids in travel plans is also a smart move, noted Clark.

“If travelling with a teenager, make them a stakeholder in the trip by having them pick activities they’ll enjoy, too,” she said.

Streamlining your gear is a good way to make travelling with small children a breeze.

“If travelling with a young child, downsize your bulky stroller for a simple umbrella stroller to travel— it’s easier to carry, fold and pack,” said Clark.

“Pack by outfit, especially for younger kids,” she added. “Try co-ordinating pants, shirts, underwear and socks in a stack together with PJs. Repeat for the number of days in the trip and add extras like jackets, as needed.” —TNS