Community

Students, parents and teachers from 84 countries participate in Annual International Day of Swiss International School.

Indian Sports Centre organises ISC AZYM Technologies Yoga Championship at MES Indian School.

Indian Sports Centre

Cover Story

Rattlesnakes have had a busy year. Same for the people who catch them for a living. P4-5

Glitz & Glam

Exalted and uplifted.

Page 14

Showbiz

Jim Bell stepping down as executive producer of NBC's Tonight.

Page 15
**PRAYER TIME**

- Fajr: 4.25am
- Shorooq (sunrise): 5.46am
- Zuhr (noon): 11.19am
- Asr (afternoon): 2.29pm
- Maghreb (sunset): 4.51pm
- Isha (night): 6.21pm

**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, 44593363
- Qatar Assistive Technology Centre: 44594050
- Qatar News Agency: 44490205
- Q-Post – General Postal Corporation: 44464444
- Humanitarian Services Office (Single window facility for the repatriation of bodies):
  - Ministry of Interior: 40253372, 40253372, 40253369
  - Ministry of Health: 40253370, 40253384
  - Hamad Medical Corporation: 40253368, 40253365
  - Qatar Airways: 40253374

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**Quote Unquote**

“Choosing to be positive and having a grateful attitude is going to determine how you’re going to live your life.”

– Joel Osteen

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**Community Editor**

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**Bigil**

**DIRECTION:** Atlee Kumar  
**CAST:** Nayanthara, Joseph Vijay, Jackie Shroff  
**SYNOPSIS:** A do-gooder don wants his footballer son to uplift the life of his people by becoming a champion, but fate draws the youngster into a life of violence. Will he be able to fulfil his father’s dream when an opportunity comes his way seven years later?  
**THEATRES:** Royal Plaza, Landmark, The Mall

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**Joker**

**DIRECTION:** Todd Phillips  
**CAST:** Robert De Niro, Joaquin Phoenix, Zazie Beetz  
**SYNOPSIS:** An original standalone origin story of the iconic villain not seen before on the big screen, it’s a gritty character study of Arthur Fleck, a man disregarded by society, and a broader cautionary tale.  
**THEATRES:** Landmark, The Mall

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**DOCTOR SLEEP**

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 Qatar-India 2019 Year of Culture 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.

Education Fair
WHERE: City Centre Doha
WHEN: November 22 – 23
A one stop place for school leavers. All prospective students who are planning to study in Malaysia are welcome to the exhibition. Come and be a part of the truly Asian culture in Doha.

After School Activities
WHERE: Atelier
WHEN: Ongoing
Music and arts activities for students taking place after they finish their day in school includes Group Music lessons, Hip-hop, Ballet, Drawing and Painting, Drama Theatre & Taekwondo. Ages between 5 and 10 years old after school hours.

Artistic Gymnastic Classes
WHERE: Qatar Academy Msheireb
WHEN: Ongoing
TIME: 3:15pm – 4:15pm
The olympic sport using horizontal bar, rings and floor exercises on mats for the children from age 4 till 16.

Ballet Lessons
WHERE: Music and Arts Atelier
WHEN: Ongoing
TIME: 4pm – 8pm
For more info e-mail at registration@atelierqatar.com or call on 33003839.

Hobby Classes
WHERE: Mamangam Performing Art Centre
WHEN: Saturday – Friday
Mamangam is an art and performance centre started with a vision of spreading our knowledge, interests and experience in various disciplines in arts across different countries for children and adults. Mamangam has become the favourite centre for learning. We offer regular classes in the following disciplines like traditional classical and folk dance forms, art and craft, drawing and painting, personality development and public speaking, Bollywood dance, contemporary, hip hop styles, music both vocals and instrumental. To develop health consciousness, we train them karate, yoga with special sessions for kids and adults. Mamangam has also come up with chess and robotics in regular batches in an attempt to give a better learning experience, as they sharpen their minds and brains too.
For those who wish to register for more details, visit www.mamangamqatar.in

Shape your Leadership
WHERE: HEC Paris, Doha Campus
WHEN: November 10-11
TIME: 9am onwards
HEC Paris In Qatar offers ‘Shape your Leadership’ Executive Short Programme with HEC Paris Associate Professor ‘Valérie Gauthier’.
This two-day programme is designed to help participants grow self-awareness and self-confidence and to learn to build trust as a team leader. It will also enable participants to have a positive influence over their surroundings and to develop strong leadership.
Snakes and safety

Southern California is home to at least half a dozen snake removal services that extricate the animals from their hideouts and take them away, allowing families to safely spend time in their yards, writes Soumya Karlamangla

Bo Slyapich seeks what no-one else wants to find.

On a recent morning, he waded into grass so high and so dense his legs disappeared from view. He crouched low and then lay on his stomach as he scoured the backyard of a house above Pacific Coast Highway.

The homeowner looked on from a safe distance. Luna, the family dog, barked as Slyapich invaded her territory, but kept back as well.

Slyapich was trying to flush out rattlesnakes from under a rock, inside a dirt hole or behind a leafy plant. For 30 minutes he hunted his prey — climbing and crawling, prodding and poking with sticks and tongs — plotting a course with the confidence and caution that come from decades of experience.

Southern California is home to at least half a dozen snake removal services that extricate the animals from their hideouts and take them away, allowing families to safely spend time in their yards.

When Slyapich and other experts complete their mission, they often leave awe in their wake.

Rattlesnakes can be found up and down the state, which means, in theory, calls for assistance can come from a variety of locations. But rattlers are frequently associated with hills and mountains, and the multimillion-dollar mansions nestled among them. Slyapich’s clients have included Jamie Foxx, Dwayne Johnson, Howie Mandel, Ellen DeGeneres and Arnold Schwarzenegger.

You might think that the continuing development of what was once wilderness would reduce the rattlesnake population near homes, that our desire to tame nature will, ultimately, drive them away from where humans settle. But it often seems the opposite is true: the encroachment that upends snake habitats may make backyard encounters even more likely.

Slyapich can attest to that — he is called back to the same homes year after year. He visits some properties monthly. One client has spotted more than 100 rattlesnakes on her land.

Slyapich is well aware of the ironies of his job. As he often says to customers: “We build our homes on their homes, we just build nicer ones.”

On this morning, Slyapich, 61, wielded tongs to pick through brush

People think snakes are going to come after them, follow them, chase them down. Snakes don’t do that — especially our snakes

— Bo Slyapich, snake catcher
in the backyard of the home above PCH. The home’s owner, Jonathan Markiles, explained that two days earlier his landscaper spotted a rattler in the garden — a tiny creature shaking its tail in fear.

“Terrorsnakes” and the people who stalk them, Slyapich said. Heavy rains allowed for more vegetation, which created more food for rodents. Fat rodents meant healthier snakes and, then, more baby rattlesnakes, sometimes as many as 20 in a single litter, he said.

“It’s just one of those bumper-crop years,” Slyapich said in a voice that is somehow both gravely and singsong — part-surfer, part-cowboy, fitting for an explorer of the California coast.

But a drought year can mean more business for Slyapich as well. During dry years, snakes leave their homes to find sustenance.

DURING dry years, snakes leave their homes to find sustenance.

Stomping through grass with his knee-high camo boots, Slyapich pointed his thermal gun to the ground to take temperature readings. Because snakes cannot generate their own body heat, they gradient toward land that is 75 to 85 degrees, he said. Locating those spots can help Slyapich locate the snakes.

In the morning chill, Slyapich didn’t find anything in Markiles’ yard. But when he walked into the neighbour’s backyard, he spotted a mouse droppings, which suggested that snakes may have something to eat just a few steps away. If the snake were to return, killing it would be considered self-defence, Slyapich said. The wrangler’s preference is to catch and release the rattlers in the wilderness, but he would rather his clients kill them than be bitten, he said.

“Shovel, shotgun and two-by-four all work.”

Climbing into his fire-engine-red pickup truck, Slyapich said to Markiles: “Hopefully I never hear from you again.” As he drove away, a bright sticker on the back warned: Beware rattlesnakes!

Slyapich’s family moved to Calabasas from North Hollywood in 1964 when he was 6. The boys in the neighborhood treated the nearby mountains as their playground, and the older kids taught him how to catch animals.

His mother, a science teacher, encouraged his curiosity. He handled lizards and snakes, sometimes putting them down his shirt.

“It was the Wild West, so they were basically our play toys,” he said.

A self-described adrenaline junkie, Slyapich spent a decade after college catching sharks as a commercial diver. He then worked as a movie stuntman, but eventually his snake wrangling skills became known among the film crew. Production companies began hiring him to clear sets of snakes before shooting movies and TV shows.

Slyapich looks the way you might expect: biceps bulging from his tank top, skin tanned and weathered from the sun. He usually perches his sunglasses on his shaved head and wears a Bluetooth device in his ear, so he can pick up calls from his customers, no matter where he might be.

About 15 years ago, Slyapich started to offer his services to families and local businesses. For nine months of the year, he is reachable 24/7, answering calls from frightened homeowners who have spotted snakes not just in their yards, but in their car engines, pools, garages, bedroom closets, toilets, stoves, cabinets and refrigerators.

In Southern California, “fires, floods and rattlesnakes” are part of the deal, Slyapich said. “The real estate agents just don’t disclose the rattlesnake part.”

Marla Nelson, one of his longtime clients, lives on 23 acres in the hills just north of Thousand Oaks. Two rattlers have made it inside her house over the past 15 years, but she has spotted even more in the yard.

“I stopped counting at 100 last year,” said Nelson, 73.

A 911 call for a rattlesnake will summon firefighters who will most probably kill the creature on sight with a shovel. If it slithers off, the first responders leave.

A call to Slyapich, which can cost several hundred dollars, triggers a different kind of experience: If the snake has slipped away, he will hunt for it. He climbs into crawl spaces and roots around in damp corners, braving encounters with skunks, rats and spiders, which he despises. When he captures a snake, he donates it to programmes for rattlesnake avoidance training for dogs, or moves it to undeveloped land (though he likes to joke that he keeps it “till the check clears”).

In more than 50 years of handling serpents, Slyapich said he has never been bitten. Rattlers, whose bites can be fatal, don’t strike unless antagonised or taken by surprise.

“People think snakes are going to come after them, follow them, antagonise or take surprise. Scientists say they have innate distrust them. Scientists say they have an unjust reputation, “ said Slyapich.

In the Harry Potter books, villain Voldemort’s pet, Nagini, is a snake. The fearless Indiana Jones hates one thing: snakes.

Calling someone “a snake” isn’t a compliment.

“It’s not really fair — snakes are given an unjust reputation,” said Nicholas G. Sauer, director and Rutgers University psychology professor Vanessa Lobue. “What else are 40% of adults professing to be afraid of? Other than death?”

Back at Naor’s house, Slyapich stuck his head in a cabinet under the backyard barbecue. He shined a flashlight under an outdoor storage unit lifted a few inches from the ground. He tipped back the lawn furniture to peek under it.

He speculated that when landscapers mowed the nearby hill two weeks ago, they sent the snakes to Naor’s front yard. But on this visit he didn’t find any.

The home’s snake fencing is secure and the backyard is tidy, ideal for keeping snakes out, he told Naor, who remained jumpy. Slyapich wrapped her in a hug.

“You’re not getting picked on — it’s just what’s going on this year,” he said. “You’re in the family now, I’m here to take care of you.”

Then Slyapich headed back to his home in Calabasas to wait for the next call. He will work nonstop until sharks go on vacation in late November, when snakes go into hibernation.

Slyapich is considering a cruise or a camping trip, but leaning toward a few weeks at sea. The last time he went camping, he caught several snakes.

— Los Angeles Times/TNS
Swiss International School (SIS) recently marked its Annual International Day, a celebration of diversity. The event kicked off with a Parade of Nations. Students, parents and teachers from 84 countries, including Malawi, Seychelles, Australia, France, Germany, Sweden, Saint Kitts and Nevis, Trinidad and Tobago, Jamaica, Romania, United Kingdom, Switzerland, Philippines, China, Japan, South Korea, Hong Kong, Kenya, Nepal, Poland, Portugal, Brazil, Ecuador, Venezuela, Argentina, Canada, Tunisia, Algeria, Egypt, Morocco, Pakistan and India showcased their cultural elements and costumes. The event featured 55 stalls of 38 different countries segmented into different villages within ‘Continental Village’, including Europe Village, represented by UK, France, Portugal, Netherlands, Romania, Greece, Germany, Switzerland, Austria and Belgium, Africa Village, represented by Egypt, Algeria, South Africa, Morocco and Tunisia, South America Village, represented by Argentina, Colombia, Ecuador, Peru, Brazil and Venezuela, North America Village, represented by Canada, United States of America and Mexico, Asia Village, represented by Qatar, Turkey, Lebanon, India, Pakistan, Syria, Palestine, Jordan, South Korea, Malaysia and Philippines, and Oceania Village, represented by New Zealand and Australia. The stalls featured various traditional cuisines and elements. Tomasz Sadzinski, Deputy Head of Mission, Head of the Political, Economic and Consular Section and Consul of the Republic of Poland, also attended the event and donated books for the library at SIS.

The students from the Philippines performed at the event. Katrina, the Music Teacher at SIS, along with Ann, Teacher Assistant at SIS; Teagan, teacher of Grade-I; and Eva, teacher at SIS, also performed at the event. The event was organised by Juliana Ionita.

The students of Pak Shamaa School and College (PSSC) recently bagged first position in Inter-School Science Project Competition hosted by the Bright Future International School. The team of PSSC, included Muhammad Uzair, Muhammad Ismail, Muhammad Hassan and Muhammad Usman, students of Grade X, under the supervision of Ismat Ullah Marwat. They presented the project on ‘Air Pressure to Generate Electricity’. The project working model demonstrated how to use air pressure to produce electricity. Nabila Kaukab, Principal of PSSC, congratulated the students on their success and putting efforts. She also encouraged the students to participate in such kind of events further.
NIA marks Deepotsava -2019

North Indians' Association (NIA), one of the prominent socio-cultural organisation affiliated to Indian Cultural Centre (ICC), under the aegis of Embassy of India, recently organised an event to mark Deepotsava –2019, the festival of lights, at Intercontinental Doha, The City. P Kumaran, Ambassador of India, was the chief guest on the occasion. The event was attended by over 550 guests, including diplomats and other notable personalities. Sixteen professional artistes from India performed various cultural dances including Flamenco, Kathak Dances Fusion and Malkhamb at the event. A classical fusion dance of Bharatanatyam, Kathak, Odissi was also performed as a tribute to Mohandas Karamchand Gandhi, Indian lawyer, anti-colonial nationalist, and political ethicist, to mark his 150th Birth Anniversary. The event also featured various retro and Bollywood performances by Kunal O, Flamenco Dance maestro, and Aditi Bhagwa, Indian film actress and Kathak dancer. Jyotsna Navandar, singer and lyricist from India, also performed on the occasion. The sponsors of the event, included Lulu Group, Teyseer Motors, title sponsors; Vodafone, Doha Bank, Al Muftah Group, 360 Realtors, main sponsors; and Shreeji and Pista House Restaurants, Gulf Gate, Gulf Lights, SATCO, Mehta Properties, WishBox, NBK-Shoprite and Mega Mart, HomesRus, Marhaba Jewellery, Al Maya International Apparel WLL, Malabar Gold & Diamonds, Jumbo Electronics, MP Qatar Trading Co WLL, Flavors restaurant, ScorePlus, Al Muftah Rent a Car, Zafrran Dining, Indigo Airlines, Aalishan and Royal Istanbul Restaurants, support sponsors.

Students of DPS-MIS attend workshop

The debater students of DPS-Modern Indian School (DPS-MIS) along with their faculty member, Jaya Majumder, recently attended a workshop ‘Argumentation’ organised by QatarDebate at The Students Centre, HBKU, Qatar Foundation. The workshop was conducted by Amina Awartani, Debate instructors of QatarDebate Training Programme. She focused on how to set an argument and how to handle them. The students were given different motions and were asked to prepare arguments based on principle, value, the outcomes and the solutions.
Supporting art and women empowerment

Hobby House Qatar, a community-driven project, is bringing people together in an artistic way. It is a creative and community event company, writes Mudassir Raja.

“We are all born with a natural drive inside us to create something.” This is the motivational message Rochelle Zonnenberg, a startup entrepreneur and founder of Hobby House Qatar, shares with all those who carry some kind of creative strain and want to follow their passion.

Rochelle, an Indian expatriate living in Qatar for 14 years, started her own company in 2017 as she wanted to do something of her own. “I have a degree in Mass Communications with major in advertising, I have earlier worked in the hospitality sector in Qatar. I got married and had a baby. That was the switch. I wanted to start something of my own. That was the trigger,” Rochelle said in an interview with Community.

Hobby House Qatar is a community-driven project. The business model is bringing people together in an artistic way. It is a creative and community event company.

“Our workshops provide the tools and knowledge to do art. We offer a unique environment that gives art space to breathe, flourish, and grow. Our mentors help the participants learn, enhance and excel at a skill while engaging with other talented artists and craft enthusiasts. The participants can choose to express themselves through different mediums, including water colours, calligraphy, macramé, embroidery, punch needle, cake decoration, gardening, mandala art and many more.”

“We genuinely believe we do not create for others. We do not create to impress. We create, because we can. What if you do not know what you are supposed to create? The answer is quite simple. Just try something,” the art enthusiast said.

Rochelle, who comes from a family of artists and designers, believes art has been deep rooted in her since childhood. “I personally like to design by myself. There has always been a need in Doha to do something like this. I, however, did not have enough time to do this. With art and business activity, it is also a bit of women empowerment along with sustainability. People come to Doha and they do not know where to start from. We try to give them a common ground of interest. You could be a great computer engineer but you can also have good artistic skills. You can do both at one time. There is no need to excel in just one thing.”

Hobby House Qatar came into being because of Rochelle’s own needs. “I have been in Doha for a long time and did not find a good place where I could brush up my own artistic skills. There were courses for four to five weeks but it was difficult for me with children to go around the city. As a mother, I also need some time for myself. So, I started doing workshops with friends and people from the community. Everybody was so excited about it. The demand started increasing. I realised that it was a need of many people who wanted to express themselves artistically. The company is also a kind of community venture as well. We also support small startups.”

The entrepreneur thinks that for a woman to be an entrepreneur, it depends on different dynamics. “As a mother, it depends on the dynamics that you have at your home such as how much support you have and how much time you can manage. If you are willing to do it, there is nothing that can stop you. It depends on what works for you as a mother and as a family. There is no easy way out anyway [smiles]. It is hard to be an entrepreneur and a mother.”

The expatriate entrepreneur lauds the country and the local community for being so accommodative. “There is demand. There is support. There is participation. People show up and they are very interested. “There is respect for the kind of work I do in the community. It is a safe and secure atmosphere. You are just seen as someone bringing more to the country. You are accepted very well. This is in the DNA of some sort in Qatar.”

When asked how the startup helps her irrespective of financial gains, Rochelle said, “I have always been proactive for women empowerment. At a personal level, it is very motivational – satisfaction that no finances can give you. Our activities inculcate a sense of community among people. We make them sit with each other and share the experience of something that they love. Our mentors at the workshops are from all over the world. We are a melting pot at Hobby House Qatar. “People from different countries and culture live in Qatar. In our workshops when a diverse gathering is involved in a creative activity, the participants are able to break down all the barriers. They share their different experiences with each other. The sharing also becomes a very unique experience. They just love commonness of art.”

The entrepreneur is upbeat about the feedback she gets from the participants. “We have been receiving very positive feedback. They love the idea to take some time off from their daily mundane work and indulge in creative activities.”

“In our future works, we plan to focus more on women empowerment. We are also planning to make arrangements for the sale of the creative works. We want to give these women a chance to earn through their creativity. We are going to introduce ‘Do It Yourself’ projects.”

When it comes to women empowerment, Rochelle sees it as a part of the vision of Qatar. “All local Qatar women who come to our workshops are actually working women. There is a certain kind of encouragement for them to go out and work. “For me, women empowerment is being able to make choices for yourself and not be defined by anybody else that what you need to be. It is to be able to choose for yourself the life you want to live.”
**“Our workshops provide the tools and knowledge to do art. Our mentors help the participants learn, enhance and excel at a skill while engaging with other talented artists and craft enthusiasts”**

— Rochelle Zonnenberg, Founder of Hobby House Qatar

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Science Matters

Where do heavy metals come from?

New observations of exotic “neutron stars” produced an answer to an old mystery: How were the universe’s heavy elements – those more massive than iron – formed?

The elements arose in three ways:

**Big Bang’s original products**

Three lightweight elements were created out of primordial matter in the Big Bang 13.8 billion years ago:

1. Hydrogen
2. Helium
3. Lithium

**Dust from exploding stars, the next 23**

From time to time, a star will contain too much gas or use up all its hydrogen and helium fuel and explode in a catastrophic blast.

**Supernova**

- Atoms crash together, forming larger atoms, ejecting new elements into space

**Neutron star collisions: The heavies**

New study of a 2017 neutron star collision showed signs of metal heavier than iron.

**Neutron star**, dense remnant of a supernova; a mass of neutrons packed tightly by gravity

About 10 km (6.2 mi) across; mass equal to 1.4 suns

**Familiar examples:**

- Neutron stars collide, new atomic nuclei form
- They take up protons and become atoms of heavy, new elements
- Some familiar examples:

Source: Daresh Watson of University of Copenhagen; Nature journal
Graphic: Helen Lee McComas, Tribune News Service
Deep sleep can calm, reset the anxious brain

Researchers have found that the type of sleep that most apt to calm and reset the anxious brain is deep sleep, also known as non-rapid eye movement (NREM) slow-wave sleep, a state in which neural oscillations become highly synchronised, and heart rates and blood pressure drops.

A sleepless night can trigger up to a 30 per cent rise in anxiety levels, researchers from the University of California said. “We have identified a new function of deep sleep, one that decreases anxiety overnight by reorganising connections in the brain,” said study senior author Professor Matthew Walker.

“Deep sleep seems to be a natural anxiolytic (anxiety inhibitor), so long as we get it each and every night,” Walker added. “Our study strongly suggests that insufficient sleep amplifies levels of anxiety and, conversely, that deep sleep helps reduce such stress,” said study lead author Etienne Simon.

In a series of experiments using functional MRI and polysonmography, among other measures, researchers scanned the brains of 18 young adults as they viewed emotionally stirring video clips after a full night of sleep, and again after a sleepless night. Anxiety levels were measured following each session via a questionnaire known as the state-trait anxiety inventory.

After a night of no sleep, brain scans showed a shutdown of the medial prefrontal cortex, which normally helps keep our anxiety in check, while the brain’s deeper emotional centres were overactive. After a full night of sleep, during which participants’ brain waves were measured via electrodes placed on their heads, the results showed their anxiety levels declined significantly, especially for those who experienced more slow-wave NREM sleep.

“Deep sleep had restored the brain’s prefrontal mechanism that regulates our emotions, lowering emotional and physiological reactivity and preventing the escalation of anxiety,” Simon said.

Beyond gauging the sleep-anxiety connection in the 18 original study participants, the researchers replicated the results in a study of another 30 participants. Across all the participants, the results again showed that those who got more nighttime deep sleep experienced the lowest levels of anxiety the next day.

The finding was published in the journal *Nature Human Behaviour.*

Aries

March 21 – April 19

Today you want to get together with your friend. You’ll probably do that, but it may be difficult and only arranged at the last minute. Don’t panic if you can’t reach your friend during the early part of the day. Don’t give up. You’ll have a great evening.

Cancer

June 21 – July 22

Money matters may need attention today. Bills need to be paid, checks deposited, or contracts executed. The relief you get from handling this should lift your spirits considerably. Get out in the fresh air, take a walk, and work off some of your energy. Get the endorphins going. Phone a friend and spend the evening on the town. You’ve worked hard and you deserve it.

Libra

September 23 – October 22

Group activities or meetings could prove fraught today as those around you get pulled into discussions about which they feel strongly and on which they don’t all agree! This isn’t a good day to get involved in heated discussions even if you find the idea tempting. Stay out of it! Find someone who’s also staying out of it and talk to that person.

Capricorn

December 22 – January 19

Legal papers regarding money that you may have been working on for a while should finally be done today. This should lift your spirits if for no other reason than to have it all out of the way! You should feel especially talkative, enthusiastic, and passionate. You may want to schedule a evening with your friend. Have fun!

Taurus

April 20 – May 20

A woman, perhaps a colleague who’s very bright and sometimes annoying, could visit you today. If you aren’t careful, this person could goad you into a heated discussion or arouse your insecurity. Try to distance yourself. This person has issues of her own to deal with that have little if anything to do with you. Be polite and understanding and then show her the door!

Leo

July 23 – August 22

You’re in a great mood, and you’re raring to go at just about anything. Your physical energy is high, so some exercise is indicated. Possibly sports. You might want to take a short trip out of town or embark on a new course of study or try your hand at writing. Your enthusiasm and optimism are high, so the sky’s the limit.

Scorpio

October 23 – November 21

The possibility of impending changes in your personal or professional life could have you feeling worried and insecure. Don’t be. If anything, you’ll benefit from these changes. There could be a lot of tension and stress in the air, and it will be hard to avoid picking up on this energy. Try to relax! Let yourself be carried along by the current.

Aquarius

January 20 – February 18

Some bad experiences regarding career, family, travel, or education could have a friend, colleague in an explosive mood today. This person could be unpredictable now – happy one minute and in the depths of gloom the next. Don’t try to give advice or cheer up him or her. It will only result in anger. Stay out of the way and let your friend work through it.

Sagittarius

November 22 – December 21

You may have been making plans to take a long trip or return to school for an advanced degree. Until now you may have put it off. You’ve finally stepped over the line and made the decision to do it. There’s no stopping you! You may spend a lot of time on the phone gathering information and making preliminary arrangements.

Virgo

August 23 – September 22

Today you might feel a strong psychic link with a friend who lives far away that you haven’t seen for a long time. You might wonder what this person is up to and this could be a bit worrying. Don’t be shy. Call! One way or another, you should know what’s happening. It could be that your friend is just having a bad day. Provide a sympathetic ear!

Pisces

February 19 – March 20

Job stress might be getting to you. Drinking a lot of water would be a good idea. Moderate amounts of exercise and rest are also indicated. Don’t eat very spicy foods. This is a good day to catch up on reading, studying, or research. Your physical self may not be what it should be, but your brain is sharp.
**Wordsearch**

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E P Y U A E T P T R I T A B P
P E L F L Y M T E M R M T C E
T I U T F D V S P U Y A E Y W
N D V E D D M P M V A T P L M
O P Y P W C B P I C A M P V T
I V L R P P E P L O U U A O E
T L A A E T M I C E I T T O P
I A T C T A I I L M G I P U P
T P E I I R T O I T T T P W P O
E P P E T T R E D E E P H E P
P E E R E T O L P P P E I T Y
U T T P E T U N I A P T P R G
L S A P M F H R C R U M P E T
A D R P E C H Y F A P T E L B
P E D G E S N I P P E T T Y 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.

**Codeword Solutions**

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CARPET PETREL TRUMPET
PETITE TAPPET PETAL
PUFFET LIMPET PETUNIA
CRUMPET PETROLEUM WHIPPET
PETITION TIPPET PETARD
SNIPPET PARAPET POPPET
LAPPET PETTICOAT
```

**Sudoku**

```
  3  7  2
  8  6  3  9  5  7
  8  2  4  5  9
  7
  9
  6  7  2  1
  5
  9  2  4  8  3
  7  2
  3
```

**Pooch Cafe**

**Garfield**

```
REMEMBER, KIDS...
```

```
ALWAYS GIVE 100 PERCENT!
```

```
Um, except when donating blood?
```

```
Thank you, Captain Obvious
```

**Bound And Gagged**

```
Your Honour, we believe the defendant is a flight risk.
```
Super Cryptic Clues

Across
1 Nora Batty, seeing river in Italy (4)
3 Prison band causing upset (8)
9 Demonstrate brother coming back for saw (7)
10 Money supplied by baker (5)
11 Wants river to flow round between poles (5)
12 Trial for gold trade? (6)
14 Essex town of raw fenlands? (7)
17 Abandon the Waste Land (6)
19 Capital I invested in settee (5)
22 Anything should if this should (5)
23 Pariah not at home with actors (7)
24 Best sellers concealed in oak chest? (3,5)
25 Father always creates a disturbance (4)

Down
1 Mountain climber suffering in taluspin (6)
2 Putting one's head in this may make one so wretched (5)
4 Enter with a pair of boots, possibly, to resolve Hamlet's dilemma (2,2,2,3,2,2)
5 Like a mad dog worrying a bird (5)
6 I caught a sort of antelope in this country (7)
7 Olympians in the gallery? (4)
8 A puzzle served half after a meal (6)
13 Troops finding child on railway (8)
15 French number in cargo (7)
16 Like plants; they are worth having (6)
18 Surplus actor in small role (5)
20 Learner entering just to show natural ability (5)
21 Common food that comes from no shops (4)

Solution

Wordsearch

Codeword

Answers
The past decade in Pakistan Fashion Industry, social media, streetwear, street style and luxury wears have been on the rise. It has been minimalism, maximalism and minimalism again. Now, as a new decade dawns, the cycle is beginning all over again. And this time it seems to solidify the power of super brands and luxury couture, while also birthing a new generation of savvy independents whose influence far exceeds their size. The recently showcased collection ‘Lost in my French garden’ by Hassan Riaz at Fashion Pakistan Week — Winter Festive ’19, was a clamouring proof of it, with looks that captured elusive insouciance — the undone ruffles and layers, the waves of embroidery — but also ones that paid homage to Paris, the fashion capital of the world.

Hassan transported showgoers back to the 18th century with some silhouettes with a flair for the dramatics as a through line. Fantastical flourishes were omnipresent and the evolution of Parisian fashion was translated in between the lines, largely the story of liberation — first from fascinator hats, then from skirts, and finally from teetering stiletto heels. His mesh of traditional French embellishments of bold beadings, applique work, cut-work, and embroideries with experimental and regular silhouettes was the dizzying, super-surrealist cascade of eye crystals. The large three-dimensional florals and uniquely placed sequins were interesting.

His runway started with Sadaf in emerald green pencil skirt paired with candy pink applique work and closed with a real bang of French ruffles in yellow and white, showstopped by actress Nimra Khan. Gogi advocated fiercely, for sheer sleek jackets, exaggerated shoulders, and body-hiding luxury jumpsuits, while simultaneously creating sexy little scarf dresses, miniskirts, and see through pants with pointed busts.

There were looks that demanded a red carpet or a high street appearance day — an asymmetric explosion of lace and ruffles anchored by half of a tailored jacket — and others that demanded a very chic day (a patched, striped shirtdress with swaggering sleeves and a sleek bodice). Few looks appeared eccentrically stitched together from old slips and patterns of cut-outs that deserved to be psychoanalysed. But to the extent that the feisty Wizkid usually indulges his colourful tendencies, the sum of these impressively executed parts actually felt less profoundly melancholic, more palpably enchanting. This came through in the seductive bias cut and drape of certain otherwise minimalist dresses, and the maximalist monochromatic embroideries that turned the final looks into couture-like creation.

However, Hassan clarifies that he had no intention of taking it along the couture lines. “A lot of people confused French garden and related the collection to French couture, which is not true. ‘Lost in my French garden’ was used as to describe the adoption of the beautiful and vibrant French tulip colours and details of embellishment derived from the organic and planned landscaped of French gardens with different attractive elements found around their gardens which can easily be embraced in the collection.”

Did Hassan get lost in that elaborate collection of mish and mesh. “For some it might be elaborate and for some it may not be. I won’t say it was too elaborate or all over the place, it was just very detailed. Some of the pieces in this collection were showcased at London Fashion Week last edition, where they were highly appreciated. I believe the runway shows in Pakistan still have to go a long way for the acceptance of experiment and innovation.”

But a detailed collection of such can be nearly of no use, to the designers, fashion goers and buyers, if not translated well to the rack. “Rack is something which everyone considers while designing, but it doesn’t mean that it stops you from creating new market and something unique. We’re already in demand for our this festive collection, that shows that is has been already accepted by the masses for the racks. They’d buy it, just the way it was showcased, except a few tweaking and here and there; fulling our purpose of providing uniqueness and something new for the market,” said Hassan.
Jim Bell stepping down as executive producer of NBC’s Tonight

By Stephen Battaglio

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im Bell, a veteran producer who has overseen NBC’s crown jewels Tonight, Today and the Olympics, is leaving the network after a 30-year run. Bell served as executive producer of The Tonight Show with Jimmy Fallon since October 2018 after leading NBC’s Olympics coverage for six years. Fallon’s programme has trailed CBS’ The Late Show with Stephen Colbert in the ratings as Colbert has become the leading late night commentator on the Trump administration.

In a statement issued Monday, Bell said when he agreed to take over Tonight, he “would only commit for a year” and has chosen to move on.

“The past year with Jimmy and the terrific team at the show has been a blast, and I will always be grateful for this opportunity. But after serious contemplation, I realised I did not want to extend my time at the show,” Bell said. “Those thoughts are part of larger ones I have been having about my career, and what has emerged for me is a strong desire to delve into something new – to build on my experience in news, sports and entertainment so I can broaden and deepen my leadership role in the content universe.”

Bell also had a seven-year run as executive producer of NBC’s Today from 2005 to 2012 during Matt Lauer’s tenure as co-anchor. According to three executives at NBC, there are no indications Bell’s departure is related to the company’s issues with Lauer, who was fired in November 2017 for sexual misconduct, which have come under scrutiny again since the publication of former NBC News correspondent Ronan Farrow’s book Catch and Kill.

Farrow has alleged that NBC executives were aware of Lauer’s behaviour at Today. NBC News has countered that it had no complaints against Lauer before an employee came forward about an incident at the 2014 Winter Olympics that led to his immediate dismissal. In Farrow’s book, the employee, Brooke Nevils, contended she was raped by Lauer, an allegation he has denied.

Bell’s successor at Tonight is writer and producer Gavin Purcell, who recently signed a scripted and unscripted producing deal with Universal Television. Purcell, who previously had a five-year run at the programme, will serve as showrunner for an interim period. A statement from NBC said Purcell’s return means a greater emphasis on the show’s digital content.

Bell used his vast experience in live TV production to bring more currency to the long-running Tonight franchise. The show added a Sunday telecast to follow Sunday Night Football and live broadcasts to follow the Democratic primary debates. – Los Angeles Times/TNS

From Knives Out to Uncut Gems, four must-see movies of the holiday season

Among the year’s strongest upcoming releases are movies that first screened for audiences at film festivals including Sundance, Cannes, Telluride and Toronto. Here are four of my favourites from the festival circuit.

Clemency

A maximum-security prison warden enduring a slow spiritual death with every lethal injection she administers. Alfre Woodard gives one of her finest, most unnerving performances. The movie, directed with galvanizing force and concentration by Chióné Chukwu, proves worthy of her gaze; it deservedly won the top prize for American dramas at Sundance.

Knives Out

Someone’s bumped off the world’s bestselling mystery writer in this dazzling throwback to the country-house whodunit. Plopped with confounding ingenuity by writer-director Rian Johnson and splendidly acted by an ensemble that includes Ana de Armas, Christopher Plummer, Daniel Craig, Toni Collette, Jamie Lee Curtis and Chris Evans, it’s a wry postmodern sendup that also happens to be an instant classic of the form.

Uncut Gems

It should be common knowledge by now, but just in case: Adam Sandler has given great dramatic performances before (Punch-Drunk Love, The Meyerowitz Stories). But he has never been greater, or sweeter, than he is as a master of high-wire hustle-and-bustle in this latest sustained anxiety attack of a thriller from New York brothers Josh and Benny Safdie. – Los Angeles Times/TNS
ISC organises ISC AZYM Technologies Yoga Championship

Indian Sports Centre, under the patronage of Embassy of India, recently organized ISC AZYM Technologies Yoga Championship at MES Indian School. Over 150 participants took part in the Team and Individual Championship category. Each station had two judges, time-keeper and a station manager. Abdulrahman EP, Vice President of ISC, was the chief guest on the occasion. The management committee members of ISC, including Ashique Ahmed, Safeeru Rahman, Arun Kumar and T S Sreenivas also attended the event. Fifty trophies were awarded to top 3 winners of each categories. MES Indian School bagged the Champion School title. The event was co-ordinated by Nisha Agarwal, Joint Secretary and Head of Yoga at ISC.

Speaking on the occasion, she appreciated the efforts of Physical Education teachers of the participating schools in preparing the students for the championship. She lauded her team for their teamwork to manage the show. Nisha further mentioned the initiative of ISC Yoga committee in providing free weekly training sessions to the students in preparation for the CBSE National Yoga Championship 2019 by the experts of the field, including Ashish Gahlawat, Yoga Trainer from Indian Council for Cultural Relations (ICCR) deputed at the Embassy of India, and Krupa Iyengar Krishna, Yoga committee member. Abdulrahman EP addressed the gathering and thanked participants, winners, schools and ISC Yoga team. He highlighted the role of ISC in bringing sports and fitness events for the community. He also stressed on the need of having a healthy lifestyle through sports activities.

The winners of the competition in team category, included P Vidyusha, Akshita and Hania, students of MES Indian School, first position in U-12 Girls; Varuna, Khansa and Anamithra, DPS-Modern Indian School, second; Meenakshi, Jeevika and Anamithra, DPS-Modern Indian School, second; Anitha, Zad and Ashwath, DPS-MIS, third; Shreyee, Rakesh and Samyukta, Bris Public School, first in U-19 Girls; Sahaanaa, Suhasini, Vathsala and Mithra, BPS, second, Aleena, Aamna and Liyana, third, Sahl, Abdulta and Muhd Athif, MES, first in U-19 Boys; Mishel, Devadathan and Mohd Ashfaq, MES, second; Sahaanaa, Kaviya and Mithra, BPS, second; Aleena, Aamna and Liyana, third; Sahl, Abdulta and Muhd Athif, MES, first in U-19 Boys; Mishel, Devadathan and Mohd Ashfaq, MES, second; Sahaanaa, Kaviya and Mithra, BPS, second; Aleena, Aamna and Liyana, third; Sahl, Abdulta and Muhd Athif, MES, first in U-19 Boys; Mishel, Devadathan and Mohd Ashfaq, MES, second.

The winners of the competition in individual category, included P Vidyusha, MES, first in U-12 Girls; Hania, MES, second; Fatima, DPS-MIS, third; Ashram, BPS, first in U-12 Boys; Ashwath, DPS-MIS, second; Athwif, OIS, third; Shreyee, BPS, first in U-19 Girls; Liyana, MES, second; and Devaranitha, Rajagiri Public School, third; Mishel, MES, first in U-19 Boys; Athif, MES, second; and Sahl, MES, third.

In open yoga women category, the first position was bagged by Shikha Rana, which was followed by Anjali Pimple and Sugasi Vijayakumar with second and third position, respectively. In open yoga men category Kamalakannan Nagaram won the title.

ICC organises event featuring Indian classical dances

Indian Cultural Centre (ICC), in association with Skills Development Centre, recently organized an event ‘Nrithyollasa’ featuring Indian classical dances, including Bharatanatyam, Mohiniyattam, Kuchipudi and Kathak. The event was attended by notable personalities, including KM Varghese, Chairman of ICC Advisory Council, P N Baburaj, President of Indian Community Benevolent Forum, Milan Arun, past president of ICC, and KM Basheer, KMCC, President. The event was anchored by Nayna Wagh, Head of Cultural and Education Activities for ICC. Manikantan, President of ICC, welcomed the gathering and Anjan Kumar Ganguli, Joint Secretary of ICC, proposed a vote of thanks. The performing artistes were presented with the plaque of appreciation and certificates on the occasion.