Community

Principal of IIS inaugurates Qatar History Exhibition and Mathematics Lab organised by Ideal Indian School Junior Section.

Community

A female British expatriate uses her mountaineering expeditions to raise money for The Alzheimer’s Research.

Office Trends

Here are 8 workplace trends to look for in 2019. P4-5

Pop Spot

Westlife want a world tour as they make a comeback.

Page 14

Showbiz

Takes hundreds of scratches for one song: Abhay Jodhpurkar.

Page 15
**PRAYER TIME**

- **Fajr**: 4.49am
- **Shorooq (sunrise)**: 6.18am
- **Zuhur (noon)**: 11.47am
- **Asr (afternoon)**: 2.54pm
- **Maghreb (sunset)**: 5.18pm
- **Isha (night)**: 6.47pm

**USEFUL NUMBERS**

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**Quote Unquote**

“Perseverance is failing 19 times and succeeding the 20th.”

— Julie Andrews

**Community Editor**

Kamran Rehmat

e-mail: community@gulf-times.com

**Telephone**: 44466405

**Fax**: 44350474

**The Mall Cinema (1):**
- **Mr. Majnu (Telugu)** 2:15pm;
- **Ball Super: Broly (2D)** 5pm;
- **The Kid Who Would Be King (2D)** 7pm;
- **Nadi Elregal Elserri (Arabic)** 9:15pm;
- **21st Noottaandu (Malayalam)** 11:15pm.

**The Mall Cinema (2):**
- **Wheely: Fast And Hilarious (2D)** 2pm;
- **Vijay Superum Pournamiyum (Malayalam)** 3:30pm;
- **Manikarnika (Hindi)** 6pm;
- **Vijay Superum Pournamiyum (Malayalam)** 8:45pm;
- **Manikarnika (Hindi)** 11:15pm.

**The Mall Cinema (3):**
- **Charlie Chaplin 2 (Tamil)** 2:15pm;
- **21st Noottaandu (Malayalam)** 4:30pm;
- **Serenity (2D)** 9:30pm;
- **Manikarnika (Hindi)** 7:15pm;
- **Seriety (2D)** 9:30pm.

**Landmark Cinema (1):**
- **Vijay Superum Pournamiyum (Malayalam)** 11:30pm;

**Landmark Cinema (2):**
- **Wheely: Fast And Hilarious (2D)** 2:15pm;
- **21st Noottaandu (Malayalam)** 4pm;
- **The Kid Who Would Be King (2D)** 6:45pm;
- **Vijay Superum Pournamiyum (Malayalam)** 9pm;
- **Vijay Superum Pournamiyum (Malayalam)** 11:30pm.

**Royal Plaza Cinema Palace (1):**
- **21st Noottaandu (Malayalam)** 2:15pm;
- **Dragon Ball Super: Broly (2D)** 5pm;
- **Close (2D)** 7pm;
- **Manikarnika (Hindi)** 8:45pm;
- **Vijay Superum Pournamiyum (Malayalam)** 11:30pm.

**Royal Plaza Cinema Palace (2):**
- **Charlie Chaplin 2 (Tamil)** 2:15pm;
- **The Kid Who Would Be King (2D)** 4:45pm;
- **Mary Queen Of Scots (2D)** 7pm;
- **Charlie Chaplin 2 (Tamil)** 9:15pm.

**Glass**

**DIRECTION:** M Night Shyamalan

**CAST:** Anya Taylor-Joy, James McAvoy, Sarah Paulson

**SYNOPSIS:** Security guard David Dunn uses his supernatural abilities to track Kevin Wendell Crumb, a disturbed man who has twenty-four personalities.

**THEATRES:** Landmark, The Mall

**Wheely**

**DIRECTION:** Yusry Abd Halim

**CAST:** Ogie Banks, Gavin Yap, Brock Powell

**SYNOPSIS:** Wheely, a cabbie from the lower ranks of society, faces an uphill battle to save his dream girl from a monstrous 18-wheeler truck who is the mastermind of a luxury car-napping syndicate.

**THEATRES:** Landmark, The Mall
Mehaseel Souq will be open every Thursday, Friday and Saturday until 31st of March. It is a perfect market to get amazing local fresh produce.

MIA Park Bazaar 2019
WHERE: Museum Of Islamic Art
WHEN: Ongoing
TIME: 12pm – 8pm
MIA Bazaar will be having a vibrant mix of 350 stalls. MIA Park Bazaar is a modern version of the old souq tradition. The stalls are going to offer a wide range of gastronomies from all over the world. You can also browse and grab handcrafted artifacts, accessories, canvases, fashion wears, designer ornaments.

Arabic Calligraphy Workshop
WHERE: Saturday – Wednesday
TIME: 6pm
Arabic Calligraphy workshop is back. Come and learn the artistic practice of Arabic handwriting and calligraphy at Music and Arts Atelier.

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.

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Compiled by Nausheen Shaikh. E-mail: gtlisting@gmail.com, Events and timings subject to change
Offices are changing

Companies and building owners throughout the Twin Cities have invested millions this year to redesign and renovate their offices to better suit their organizations and appeal to workers.

Modern kitchens with high-top seating, collaboration areas made for informal meetings, and adaptable office furniture with standing desks have all become the new standard for office renovations. While many of those features are predicted to still be prevalent in 2019, architects and designers say new design trends have emerged, with some clients investing in more privacy for their open offices, heavily branded design that reflects their company ethos, and more adaptable layouts.

BRANDED ENVIRONMENTS
Many clients want their workspace to reflect their company, a marketing tool that helps organizations stand out to prospective clients as well as a way to reinforce company culture among employees. “They are really coming up with unique ways to define themselves,” said Natasha Fonville, brand manager of Minneapolis-based Atmosphere Commercial Interiors. “That beautifully branded experience is really going to keep trending and keep elevating the spaces around us.”

At the new downtown offices of Sleep Number, the company’s emblem is throughout the space on the wall and ceiling with Sleep Number settings on some of the tables. At Field Nation’s new offices downtown, which were completed this summer, a network of orange piping that runs electricity to light fixtures was designed as a representation of a technological network.

NO RECEPTIONISTS
Some companies have decided to do away with front-desk receptionists, sometimes using technology to direct guests to where they need to go or having a more informal entry area. Betsy Vohs, founder and chief executive of design firm Studio BV in Minneapolis, said 75 percent of her clients don’t really need a receptionist to answer calls or greet guests. “Having them at the front desk isn’t the best use of their time and energy,” Vohs said.

At the new Hopkins offices her firm has helped to design for Digil...
International, the company opted to skip the front-desk receptionist and use the space for an entry lounge with a coffee bar and a digital kiosk.

This past summer, Studio BV designed the offices of Field Nation, which also doesn’t use receptionists.

**MORE AGILE SPACE**

Adaptable space has also become more of a priority as many companies have reduced the square footage dedicated to individual employees. With workers more nomadic, many new offices are currently designed to allow for rearrangement of the furniture layout and changes to walls and partitions.

“I think it’s just a sign of our times that workplaces are being so agile and really adapting to how people work best ... and that’s always evolving,” Fonville said.

At Atmosphere’s downtown office, the walls are moved about once a year. For example, the company recently noticed that employees weren’t using some of the office enclaves, so leaders decided to take out a few walls to allow for more breathing room and larger meeting areas.

**AUDIO PRIVACY**

As offices have become more open, one side effect has been that sound can carry throughout the space, making audio privacy a concern. Many new offices have private call rooms. Companies also have requested other sound-dampening materials such as acoustic foam, felt, drapery and carpet, Vohs said.

The renovated offices of Gardner Builders in Minneapolis, which Studio BV helped design, features cubbies wrapped in acoustic foam.

The recently renovated RSM Plaza downtown has similar cutouts in its lobby. Some companies go as far as installing white-noise machines throughout their offices.

**MOVE OVER, MILLENNIALS**

Much has been said about how current offices have been designed with millennial employees in mind, but designers have already begun to shift gears to interpret how the younger Gen Z might use their spaces. After millennials, defined as being born between 1981 and 1996, Gen Z is the newest defined generation. Gen Z is believed to be more realistic, social change-oriented, tech-integrated and interested in on-demand learning, said Rich Bonnin, a design principal at HGA in Minneapolis.

“These aren’t the decisionmakers now, but they will be,” he said, at a recent broker event at the St. Paul Curling Club organized by real estate company Newmark Knight Frank.

Gen Z workers are more likely to value face-to-face interactions, shared space, choice-rich environments, security and the natural as well as the digital experience, he said.

**WELLNESS**

More architects have begun to incorporate design standards to advance workers’ health and well-being. WELL certification is still a relatively new concept that explores how design can help workers live better through improvements in air, water, light, fitness and other areas. “It has kind of become the new LEED,” said Derek McCallum, a principal at RSP Architects in Minneapolis, which now has WELL-certified staff.

The 428 office building in St. Paul was WELL gold-certified and has high-level air filtration close to hospital grade, added water filtration, and a prominent and open staircase to promote physical activity.

**ENGAGING EMPLOYEES**

Companies are studying and surveying their employees more to make informed design decisions.

For the new headquarters for Prime Therapeutics in Eagan, external consultants studied the company’s previous offices to determine how much square footage per person was being used and the operational costs of the space.

They interviewed employees and observed how they worked. Data showed that desks were sitting empty about 60 percent of the week, with people opting for shared spaces, said Kim Gibson, the company’s senior director for real estate workplace.

“We really wanted to understand how people were working and the things that they desired to help make them more productive,” Gibson said. The data helped Prime Therapeutics and architecture firm HGA create different spaces to accommodate workers, such as one-on-one spaces and private “oasis rooms.”

Some companies have decided to do away with front-desk receptionists, sometimes using technology to direct guests to where they need to go or having a more informal entry area.

**AMENITIES, AMENITIES, AMENITIES**

The amenities race continues for many multitenant offices, with landlords investing heavily in community space and building perks such as modern gyms and lounges with high-end furniture. Many downtown Minneapolis office buildings have undergone recent rehabs of their amenity spaces, including RSM Plaza and the AT&T Tower.

Piedmont Office Realty Trust, the owner of U.S. Bancorp Center, plans to spend about $7.5 million to create a tenant-amenity space on the top floor of the tower. The building is more than 98 percent leased, but the company wanted to continue to improve the building, said Thomas Prescott, executive vice president of the Midwest region of Piedmont.

“It’s the right thing to do, enhancing our asset,” he said. “We’re excited. We’re making a significant investment in a building that’s mostly leased.”

A large stairway will lead up to the space that will feature a full fitness facility, tenant lounge, conference area and a game room with a golf simulator.

— Star Tribune (Minneapolis) / TNS
IIS inaugurates Qatar History Exhibition and Mathematics Lab

Ideal Indian School (IIS) Junior Section recently inaugurated Qatar History Exhibition and Mathematics Lab. Both were inaugurated by Syed Shoukath Ali, Principal of IIS. Addressing the students, Syed Shoukath Ali emphasised on school’s commitment in providing quality education with innovative teaching and learning process. He also appreciated the efforts of all the students and teachers. The inauguration ceremony was attended by Shobhana Menon, Vice Principal of IIS, and Shameim Sheikh, Assistant Vice Principal. The exhibition featured models of historical monuments of Qatar, including Al Zubarah Fort, Al Thaqab Fort and Baladna Farm.

150 Indians from Qatar attend 15th Pravasi Bharatiya Divas 2019 Convention

Some 150 Indians from Qatar recently attended the 15th Pravasi Bharatiya Divas 2019 Convention held in Varanasi, India. The convention included delegates from around the world. The delegates from Qatar joined others for Kumbh Mela at Prayagraj on January 24 and witnessed the Republic Day Parade at New Delhi on 26 January. The event was hosted by Ministry of External Affairs, India and Government of Uttar Pradesh. The delegation from Qatar was led by Rajesh Kamble, Counsellor at the Embassy of India. The event also featured cultural performances hosted by Indian Council for Cultural Relations.

The PBD Convention ‘Role of Indian Diaspora in building New India’ was held at Deendayal Hastkala Sankul Trade Facilitation Centre and Craft Museum at Lalpur in Varanasi. The event was inaugurated by Narendra Modi, Prime Minister of India. The delegates attended various plenary sessions, including developing cyber capacity of India, giving back to India – opportunities and challenges, role of Indian diaspora in capacity building for affordable waste management and solar power and engagement with younger members of Indian diaspora. The event also featured cultural performances hosted by Indian Council for Cultural Relations.

At the valedictory session, Shri Ram Nath Kovind, President of India, presented the Pravasi Bharatiya Samman award to Cdr Purnendu Tiwari from Qatar and 27 other eminent personalities and two organisations of the Indian diaspora for their contributions and achievements in various fields. The award to Cdr Purnendu Tiwari was presented in recognition of his contribution towards capacity building for the Qatar Emiri Naval Forces. The event was compered by Alais Issac. Rijas proposed a vote of thanks.

WMF elects new office bearers

World Malayalee Federation (WMF) recently organised a family get together and elections for its new office bearers at Transtem Training Centre. The event was attended by over 100 members of WMF. Santy Madappatt, Global Spokesperson of WMF, was the chief guest at the event. Abdul Sathar, Qatar National Co-ordinator, welcomed the gathering.

The new office bearers of WMF, include Abdul Sathar, President; Salihudeen and Sonal Sunny, Vice Presidents; Alais Issac, General Secretary; Pramod Vamadevan and Rijas, Joint Secretaries; Shukoor, Treasurer, and Sarath Babu, Jessy, Manjusha, Nahas, Thaha, Biju Mathews and Babu, co-ordinators. The event was compered by Alais Issac. Rijas proposed a vote of thanks.
MES celebrates ‘Tamil Day’

MES Indian School recently celebrated ‘Tamil Day’. Students from Junior Girls’ and Boys’ Section took part in the celebrations. The event featured folk and cultural dances. A presentation highlighting the significance of Pongal, a harvest festival of Tamil Nadu, along with its associated activities was presented by Gohilan and Zaharan, students of grade IX. The students of Junior Girls’ and Boys’ section with academic excellence were also felicitated on the occasion. Hameeda Kadar Principal of MES, said that the programme showcased the rich cultural and traditional values of Tamil State and familiarised the young children about the cultural heritage of the state. Amutha Sumathi, Co-ordinator at MES co-ordinated the event.

NIS hosts book fair

Noble International School (NIS), in collaboration with Crescent Book shop, recently hosted a book fair at Abu Hamour Campus. The fair was inaugurated by Shibu Abdul Rasheed, Principal of NIS. The fair was attended by Shihabudheen and Indira Ajeesh, Head of Sections; Muhamad Hassan, CCA Co-ordinator; and Saiph Mustafa, Librarian.

ICC organises Annual Dance Festival

Indian Cultural Centre recently organised their Annual Dance Festival at Birla Public School auditorium. The event was inaugurated by Manikandan, ICC President, by lighting the lamp. Addressing the gathering, Manikandan lauded the efforts of ICC in keeping up and disseminating the social and cultural traditions among the Indian community in Qatar. Dr Nayana Wagh, member of ICC Management Committee, welcomed the gathering. Vinod Nair, member of ICC Management Committee, proposed a vote of thanks. The event was attended by notable personalities, including Jutas Paul, member of ICC Management Committee. Jafer Khan, Bhuneshwar Padala, Ramachandra Shetty and P Mohsin, ICC MC members, Bharatnatyam and Kuchipudi and various dance forms were performed at the event. A total of 70 students of the Indian Cultural Centre performed 15 dances at the event. The event was attended by over 500 people. The dances were choreographed by Metilda Solomon and Panji Maran Arangetram. ICC Classical Dance teachers, in the guidance of Guru Pramod Marar, Shyam Maran and Mahesh Thirumump. President of ICC along with other dignitaries felicitated the participating students on the occasion. The event was sponsored by Aster Medical Centre. Jafer Khan co-ordinated the event.
**Georgetown Thesis leads to a UN report on Education in Syria**

In 2013, I joined the Georgetown Pre-college Summer (GPS) Programme, which is designed to help prepare high school students for university life. This was an incentive to apply to GU-Q because I learned about the university’s teaching methods and the curriculum. Before that, I took part in GU-Q’s Model United Nations (MIUN) as well as a Crisis Simulation exercise during secondary school,” said Obada. Prior to joining Georgetown in Qatar in 2014, he pursued an interest in Islamic economics. He spent a month at the International University of Islamic Finance in Malaysia, and took what he learned into his years at GU-Q, devoting his time and effort in Georgetown to pursue the goal of serving others in need, exemplifying the university’s value of ‘Women and Men for Others.’

“This was one of the most important values. I kept it in mind throughout my studies and hands-on training I did through organisations and agencies like Silatech and Reach out to Asia (ROTA) where I worked to provide jobs for Arab youth in the Arab world and in Asia. It also was a value I drew on as a member of the team selected to represent Qatar in the 2016 World Humanitarian Summit in Istanbul,” he said.

“For my research, I contacted a non-governmental organisation to obtain raw data and statistics on schools in Syria. From these statistics, my main question was to understand for how the war affected schools, and how the presence of schools in different areas of influence affected their existence and operation.”

This research led him to take part in a United Nations activity in the Netherlands in the summer of 2018, developing a case study on emergency education, with a focus on Syria, a report which was subsequently published.

**Mohammed Parakkadav launches new book**

Mohammed Parakkadav, journalist, recently launched his book Asifinu Pulleellaa. The book was released by KC Abdulatheef, President of Center of Indian Community, by handing over the book to SAM Basheer, President of KMCC. MT Nilambur presided over the event. The event was attended by Suhail Wafi, Yatheendran Master, Shihida Jaleel, Mohammed Firoz, Aziz Akkara, Aashiq Ahmed, and Thanzeen Kuttyady.

**IIEE-SQC organises an orientation session**

Integrated Institute of Electrical Engineers-State of Qatar Chapter (IIEE-SQC) recently organised an event ‘Orientation of Officers, Plans and Programs and Team Building’ at Marriott Hotel. The event highlighted the roles and responsibilities of each member of Board of Directors. Robert U Mabulay, Adviser at IIEE-SQC, conducted the re-orientation on the practice of Robert’s Rule and IIEE Protocol. Mario B Morales, President of IIEE-SQC, presented the plans and programmes to the Board of Directors, advisers and former presidents. Don’ly Macaraeg officiated the team building.
Porsche Design and PUMA enter a strategic partnership

According to a press release, Porsche Design and PUMA have entered into a strategic partnership to bring a new line of high-end sportswear, footwear and accessories to the market starting in the Spring/Summer 2019 season. Combining the design heritage of the two globally renowned brands, the Porsche Design Sportswear Collection, available early March 2019, features engineered products that will perform at the top level and stand for the fusion of lifestyle and performance wear. This has resulted in a dynamic collection with its own identity, which is supposed to appeal to customers expecting uncompromising aesthetics and performance. The new collection meets the needs of those accustomed to the best in high-quality sportswear. Both brands are rooted in the world of motorsport and bring complementary traits to this newly established partnership. Porsche Design brings its unique design philosophy, its engineering mindset and strong expertise in the premium segment to this collaboration, while PUMA’s sports expertise can be seen in advanced cushioning systems, seam-sealing knits and lightweight fabrics. “With PUMA we have found a qualified partner, who shares the same values related to technological innovation and functional design. We are very much looking forward kicking-off this partnership and to lift the Porsche Design Sportswear Collection to new heights over the following years. The new Spring/Summer 2019 Collection is just the starting point of this valued partnership,” said Jan Becker, CEO of Porsche Design Group.

“We are really excited to start working with such a renowned partner like Porsche Design,” said Bjørn Gulden, CEO of PUMA. “Their active lifestyle heritage fits perfectly to our ambition to bring the track to the street and merge sport innovation with lifestyle products. With our long experience in motorsport, we will be working with Porsche Design to innovate footwear and apparel styles of high quality and technical engineering.” A collection ranging from active wear to sports-infused lifestyle wear, the full product range delivers technology, quality, sophistication and style with a clear vision serving the 24/7 needs of the modern sportive urbanist. This is just the top of the iceberg, because there’s more to come in the near future.

St Regis Doha hosts an exquisite Afternoon Tea masterclass

According to a press release, The St Regis Doha hosted an exquisite Afternoon Tea masterclass in collaboration with award-winning Master Patissier Eric Lanlard highlighting the brand’s signature ritual. Comprising of two exclusive sessions for adults as well as for children, the masterclasses combined Lanlard’s superlative baking techniques with the timeless tradition of Afternoon Tea, that is synonymous with the St. Regis brand. The ‘Afternoon Tea Masterclass’ provided guests with a unique take on sweet and savoury Afternoon Tea treats experiences. During the sessions, Master Patissier Lanlard shared secrets behind his signature desserts in an informative and captivating manner, whilst engaging participants with the secrets behind his bespoke bakery techniques. A dedicated ‘Tiny Tea Masterclass’ saw children combine creativity and fun in a class where they learnt about Lemon Curd Cupcakes. The young guests also enjoyed a book reading session hosted by Qatar based children’s book author Johanna Handley. “One of the most delightful aspects of the Afternoon Tea ritual is the ceremony and the bespoke service making it an immersive experience and a delightful indulgence savoured at leisure rather than simply grabbing a cup on the go”, said Candice D’Cruz, Vice President, Luxury Brands at Marriott International, Middle East and Africa. Eric Lanlard, Master Pâtissier said, “I truly enjoyed hosting this delicious event at the iconic The St. Regis Doha and look forward to more events in 2019.” He added: “You can forget about lunch or dinner, but I am passionate about the ritual of Afternoon Tea – an opportunity to stop and enjoy a moment of luxury in the middle of the day. I am really excited to be able to share my love of baking, some tips and tricks of the trade in this series of fun and exclusive masterclasses.”
**Science Matters**

**The chemistry of kimchi: tangy, fermented cabbage**

Korea’s famous cabbage dish owes its complex, buttery, spicy flavor to at least 77 different molecules, which develop as it ferments.

1. **Basic ingredients**
   - Napa cabbage (chopped, salted to soften it, then drained)
   - Garlic
   - Korean powdered red pepper*
   - Ginger
   - Carrot shreds
   - NOT American or Mexican red pepper flakes

2. **Changes in the jar**
   - **Bacteria** eat starches and sugars and make acids, especially lactic acid
   - **The acids and salt** keep harmful bacteria from growing in the kimchi
   - **Some acids** taste sour; other organic compounds taste sharp, fruity or buttery

3. **What are these white spots? Mold??**
   - Sensitive new DNA study* found the white colonies that may grow on kimchi are non-harmful strains of **yeast**
   - * Whole-genome sequencing

4. **Same process, different ingredients**
   - **Horseradish kimchi**
   - **Chive kimchi**

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*Source: National Research Council of Science & Technology (Korea); World Institute of Kimchi; American Chemical Society; TNS Photos Graphic; Helen Lee McComas, Tribune News Service*
Person to person: How to become a strong, successful communicator

Would you like to negotiate better business deals? Or, would you like to set boundaries with tough people who bully you at work? Your voice represents a lot of things. For example, it’s your tool for opening career doors, defending yourself in certain situations, and maintaining a large part of your identity.

Most people who know you can easily recognize you by your voice. And, they’ve learned to react to your voice by how you’ve presented yourself in the past. Here are some basic tips for how to talk so others will listen:

- Keep calm. Why? People respect a calm person. Others will believe you mean what you say, if you deliver your message in a steady, impactful way.
- Deliver positive messages. If you’re always negative, your friends and associates will learn to turn a deaf ear. Keep in mind that it’s almost impossible to “sell” an idea that isn’t presented in a positive light.
- Don’t act like a know-it-all. No one will discredit theirs. Use some humble language, even when you’re delivering good news. For example, say, “I could be wrong, but I think our department is going to win an award this year.”
- Try to deliver win/win strategies. For instance, tell your kids, “If you get your rooms clean and help me put away the groceries, we’ll make some time to watch a movie this afternoon.” Help others see the reward of cooperating with you.

Learning to guard your language, so that it defines you in a positive light, is productive. We all like leaders, for example, who say: “We can figure these problems out.”

“I used to beat myself up and proclaim what a fix I was in,” says a sales manager. “One day, my wife videotaped my complaints. I was shocked. My first thought was this: I wouldn’t want to work for that guy.”

Kevin says he started writing down positive affirmations every night. He goes over these positive statements every morning for ten minutes.

“I’ve literally learned to ‘speak’ the kind of language that I am.”

At work, my associates like to hear my pep talks every morning. They tell me they draw energy from my powerful attitude about getting things done.” If we look back in history at some of our powerful communicators, we can see they literally changed the course of history. Imagine Abraham Lincoln, Winston Churchill, Martin Luther King or John F. Kennedy speaking in limb, negative ways. That kind of language might have destroyed their accomplishments.

“I’m trying to speak more confidence into my marriage,” says a man we’ll call Brian.

“I’ve noticed my wife and I get along better these days. I tell her we’ll get our problems ironed out and we’ll have a date night every weekend. We have a lot going on with illnesses in both our families. However, I keep speaking in a positive way to bolster my wife’s spirit. The minute your language is more powerful and positive, the better you’re going to feel.”

Words provide the “fuel” for the journey you are making in this world. Start tracking how you present your ideas and notice how closely your experiences follow your predictions.

“When I get discouraged,” says a friend of ours we’ll call Karen, “I start encouraging myself by saying things will get better. It’s amazing how this seems to work.”

LIFESTYLE/HOROSCOPE

ARIES
March 21 — April 19

Your intuitive abilities should be operating at a very high level today, Aries. You might inadvertently receive some positive psychic messages about your future, and this could prove very exciting. These insights could be a source of inspiration that propels you to accomplish wonders in some aspect of your life. This could turn out to be a self-fulfilling prophecy! Make the most of it.

CANCER
June 21 — July 22

Your financial situation could get a strong boost today, Cancer. This might be due to a contract you’ve just signed, perhaps involving some work you will do on your own rather than for an employer. The project may have strong personal significance. The creative arts could be involved, as well as technology. Be prepared for a busy day.

LIBRA
September 23 – October 22

Your physical energy is likely to be high today, Libra, so you might not feel like staying indoors. Take care of your body first, and get in a good workout. You may also want to explore, perhaps by driving out of town for the day or going to an amusement park. You may not feel this energetic very often, so it’s best to make the most of it when you can.

CAPRICORN
December 22 — January 19

Capricorn, and want to get them out of the way before doing anything else. You will definitely get your message across, because your communicative abilities are very strong. Words combine with feelings to create understanding between you and just about anyone, whether you’re talking on the phone or writing.

TAURUS
April 20 — May 20

A friend could introduce you to an exciting new person for whom you feel a very powerful connection, Taurus. This meeting could prove exciting, but stay calm and remain objective. If your feelings are too obvious, he or she could well lose interest before anything has time to develop! Just be yourself, enjoy the company, and have fun. That’s all you need do at this point.

LEO
July 23 – August 22

Your financial situation could be greatly boosted by a development you hadn’t expected, Leo. Perhaps some investments suddenly skyrocket in value, or maybe the homes in your neighbourhood are suddenly worth more than you thought. Whichever it is, don’t try to cash in on it right now. Chances are the value of your investment will increase to continue. Hang in there and watch it grow.

SCORPIO
October 23 – November 21

An exciting rush of physical passion could hit you today when you’re introduced to an interesting new person, Scorpio. Take care not to wear it on your face. You generally don’t like to reveal that much of yourself? Besides, you won’t want this person to think you’re too obvious. Try to stay focused and remain objective. Then consider whether it’s a good idea to pursue this attraction.

AQUARIUS
January 20 – February 18

Good news about money could create some excitement in your household today, Aquarius. One of your goals might be to invest some of the funds in fixing up your living situation. You might even consider moving or purchasing a new home. You may kick around a lot of ideas about how to spend the windfall, but don’t go too crazy. Hold on to some of that money as a nest egg.

GEMINI
May 21 – June 20

Some exciting career developments could have you flying high today, Gemini. Perhaps you’ve just reached a long-term goal or managed to get a break that tells you that your goals are now within reach. Whichever it is, you’re likely to be on the receiving end of some congratulations, perhaps from unexpected people. More income could also be in the offing. Whatever it is, you’ve earned it!

SAGITTARIUS
November 22 – December 21

Chores that need to be done around the house could be at the top of your priority list today, Sagittarius. A female visitor, perhaps your mother, could come by and making your place look great will preoccupy you. Don’t do any more work than you absolutely have to. You won’t want to be too tired when she arrives.

Today you may have some important phone calls to make.

VIRGO
August 23 – September 22

An intriguing new neighbour, perhaps someone you’re attracted to, could move in near you, Pisces. This might prove very exciting. You will probably strike up a conversation and enjoy talking with him or her. Whether you choose to pursue this attraction depends on both of your current situations, but at the very least, you will make a new friend.
Wordsearch

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

Shaping Up

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Sudoku

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Puzzles courtesy: Puzzlechoice.com

Codeword

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

Sudoku

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Adams

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ZZZ!

No.

ZZZ.
```

Codeword

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

Sudoku

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Garfield

```
I'M GOING TO READ A BOOK A DAY!

WOW, THIS IS LONG. MAYBE A BOOK A WEEK

OH, FORGET IT. I'LL GO SEE A MOVIE BASED ON A BOOK OR JUST WATCH THE TRAILER
```

Codeword

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

Sudoku

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```

Bound And Gagged

```
DOCTOR, DID YOU OR DID YOU NOT ADVISE MY CLIENT TO USE A HEATING PAD ON HIS BACK?
```

Codeword

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

Sudoku

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```
**Super Cryptic Clues**

**ACROSS**
1. They make one dogmatic about the ebb and flow in waters (3,5)
5. Remains, or trudges off (6)
9. Long to talk about, or gossip (8)
10. A car in ice skids, lady (6)
12. Get back, in a terrible rage, before (6)
13. Meet a no-good with a horse (4,4)
15. Won’t stand for left-overs warmed up, ’e won’t! (6,6)
18. Let everyone know what you look forward to when packing (5,2,5)
23. Went back on what one had said and retired (8)
24. Many are held back by the party machine (6)
26. The clergymen, little lady, have transport (6)
27. Tell the canvasser to skedaddle and have a gun battle (5,3)
28. One of the seas in which the fish swam (6)
29. Travelled without a ticket but was let off (4,4)

**DOWN**
1. Safe, as there’s a dog, you notice, guarding (6)
2. Get upset about the triumph - a little envy? (6)
3. Don’t accept there’s a diminution (7)
4. He’ll tell you there are otters about (4)
6. Trudge off with a priest (7)
7. Your chum lets the rain seep through and you get soaked (8)
8. That’s nothing to the strides made in medicaments (8)
11. The act’s being performed and it excites one (5,2)
14. Nonsense written about an isolated cove (7)
16. With the storm having died down, will be forgotten (4,4)
17. A bit quiet: there’s something going on (8)
19. After treatment, needs a gold filling and you authorise it (7)
20. Shut out while Toby makes a bed in it (7)
21. Prefer ‘rosette’ (6)
22. Green has courage (6)
25. The lady love is in footwear (4)

**Yesterday’s Solutions**

**ACROSS:** 1 Kicked off  6 Medoc 9 Owing  10 Emanation 11 Started out  12 Fell  14 Praline 15 Emerged 17 Feelers 19 Setters 20 Also  22 Fairly warm 25 Direction  26 Using 27 Rapid 28 Heavy meal.

**DOWN:** 1 Knows  2 Chinaware 3 Eight times  4 Overdue  5 Feature  6 Mean  7 Drive  8 Concludes 13 Sentry duty 14 Puff-adder 16 Grenadine 18 Spanish 19 Syringa 21 Scrap 23 Mogul 24 Iced.
Westlife want a world tour as they make a comeback

By Geoffrey Rowlands

Boy band comebacks are not all as successful as Take That. Members of Blue spend more time on reality TV shows than in the music charts. Despite all of the money Backstreet Boys have earned from their Las Vegas residency, they have not had a significant hit single since Incomplete peaked at number 13 on Billboard’s Hot 100 in 2005. Don’t Go Breaking My Heart, lead single from DNA, the group’s newly released ninth studio album, stalled at number 63. Hopes were high though for Irish quartet Westlife to experience a hugely successful comeback. Nicky Byrne, Kian Egan, Shane Filan and Mark Feehily have enjoyed a blaze of publicity while promoting Hello My Love, their as-yet-untitled comeback single made number 13 a big disappointment. They didn’t even top the chart in their native land. Despite her single having been in the chart for 13 weeks, Ava Max’s Sweet But Psycho still kept Westlife from the number one spot in Ireland. So, it is not a Take That-like comeback after their near seven-year hiatus. But things could have been worse. Hello My Love may yet top the Irish chart, though there seems little prospect of a number one in any other country.

Their as-yet-untilled comeback album will be released later this year while the 12 dates on Westlife’s British and Irish concert tour sold out so quickly that additional demand has led to the schedule being extended to 32 shows. These concerts will be followed by more gigs throughout the world.

“Of course it would have been nice to get another UK number one,” Kian stated. “We had seven successive UK chart-topping singles and 14 in all so we’d love to have more. Hopefully, we will. But if our new single doesn’t reach number one, the demand for our concert tickets clearly shows the fans are still interested in us.”

“We’ve had so many people from all over the world asking us to perform in their country,” Nicky added. “We’re in Singapore this week and we are determined to get to everyone eventually. We will perform for all the people in every country that wants to see Westlife at some point. We won’t step away from this until we’ve managed to tour the world.”

“We will get through so many airports on our tour,” Mark smiled. “Places like Hanoi and Manila are definitely on the list. There will be so many firsts for us. We really can’t wait to get on stage all over the world.”

Although the boys insisted they were still great friends when Westlife split up in 2012, admissions were subsequently made of friction and arguments within the group.

“You get that kind of thing among any group of people who have been together for such a long time,” Kian remarked. “What arguments we might have had were really something and nothing, no big deal. Everything is behind us now anyway. We’re having a great time being together again as friends.”

While their comeback single may not have fared quite so well as the group might have hoped, Westlife see their return to the music scene in terms of a five-year plan.

“We haven’t actually put a time frame on anything,” Shane stated. “But we did look at the amazing success Take That have had in their second time around and that’s the kind of thing we’re aiming for but over the course of several years. “We have people like Ed Sheeran and Steve Mac writing our new material so we’re creating credible new songs, not just rehashing our old hits. We might not become as successful as in our earlier career but that wouldn’t be for the lack of trying or because we didn’t have great new songs.”

Although Benny revealed no specific details, his words suggest financial rather than technical issues have created the problem. However, there is optimism that everything should be worked out as is reflected in Benny suggesting the possibility of another new ABBA song.

“We did the two new songs (I Still Have Faith In You and Don’t Shut Me Down) to put them in the show. But they will now have been released before the show launches so we should really do another new song for the show. “I haven’t spoken with the others about this but I think they will approve. We all had such a good time recording the first two new songs. It was like no time had passed rather than 35 years. We were having fun and happy so I don’t think anyone would object to repeating what was a joyful experience.”

How long the ABBATARS show might be delayed is another matter. Six to eight months has been mentioned though this is pure speculation. Any further developments will be reported here in due course.
Richard Madden might leave 

**Bodyguard for James Bond**

Bodyguard TV series producer has said that actor Richard Madden is in talks to play James Bond in the film franchise.

With that, Madden’s future in Bodyguard has been thrown into doubt, reports dailymail.co.uk

Madden, 32, took the title role in the TV series as bodyguard David Budd. A second series is expected but an unnamed producer on the show said: “We don’t know if Richard will do series two. It depends what happens with James Bond, we don’t know yet.”

There has been increasing speculation about Madden replacing Daniel Craig in the most coveted role in the movies. And it is understood that James Bond producer Barbara Broccoli has been in touch with Madden.

Before he starred in Bodyguard, Madden played Robb Stark in TV series Game Of Thrones. The eighth and final season of the hit series will bow out in April 2019. It airs in India on Star World.

**Bateman offers advice to struggling actors**

Actor Jason Bateman, who won the Screen Actors Guild (SAG) Award for the Best Actor in TV Drama for Ozark, in his acceptance speech paid tribute to the struggling actors.

Bateman gave an inspiring speech on Sunday night and assured the aspiring artists that they are all one job away from making it, reports eonline.com.

He said: “You wonder if you’re any good because what we’re doing is we’re just liars up there, you know, and we’re wondering if people are buying it. Everybody is just a job away.

“For me it was Arrested Development. I am very, very grateful to that show. I just want to say to the people at home and not working as frequently as they want, you’re just one job away. You’re plenty talented. Hang in there.”

The 50-year-old dedicated his award to his family for making it possible.

“You without, none of it would be enjoyable and probably wouldn’t be possible. So I love you more than I even tell you.”

He has also directed episodes of the Netflix show Ozark. He made his feature directorial debut with the 2013 comedy Bad Words, followed by 2015’s The Family Ring.

**Takes hundreds of scratches for one song: Abhay Jodhpurkar**

Abhay Jodhpurkar says he was replaced by big names like Arijit Singh and Sonu Nigam in the past.

After making his Bollywood debut with a “dream” project, starring Shah Rukh Khan, last year, another of singer Abhay Jodhpurkar’s Bollywood songs is now out.

He says getting these films was not easy as in the past, he has been replaced by “big names” like Arijit Singh and Sonu Nigam. He has no regrets though as he feels that all newcomers have to go through it and that it takes hundreds of scratches for one song to materialise.

“I had done a lot of scratches while I was travelling to Mumbai (from Chennai where he was studying). I had done songs in the past which were supposed to release in my voice. Unfortunately, they couldn’t release as the films’ producers wanted big names or music labels wanted Arijit or Sonu Nigam. My voice has been replaced several times, but it’s okay!” Abhay said in a telephonic interview.

“I guess that’s how it is supposed to be. That’s how the journey of a newcomer happens in Bollywood. It takes hundreds of scratches for one song to materialise. Everyone has gone through it and I have no regrets,” he added.

Mere naaum tu, which featured in SRK-starrer Zero, had instantly become a hit. He teamed up with music maestro A.R. Rahman and singer Arjun Chandy for Wad naam Phur from the forthcoming film The Fakir of Venice, starring Farhan Akhtar and Annu Kapoor.

Abhay is now in Bollywood, but is a known name in south Indian film industry. He has worked in south Indian films like Kadal, Jomonte Suvisheshangal and Koode.

“I didn’t have an agenda per se when it came to playback singing. I was always passionate about music and just learn it for the love of it, but I never thought that I would have a playback singing career,” he said.

Things changed when he moved to Chennai a few years ago for B-Tech.

“I was also doing part music at A R Rahman KM Music Conservatory. That was the time when my interest shifted more towards music than academics. I finished my B-Tech. Ultimately, my calling was Carnatic music or world music,” said Abhay.

Talking about south Indian films, he shared: “It has been a long journey of singing in south Indian films despite me not knowing the languages. It was a challenge.”


“I thought that ‘Okay, let’s try’ and make it big in Bollywood because I was getting saturated in south,”

SRK is not the first superstar that he has sung for. He has even lent his voice to movies starring Pritthviraj Sukumaran and Dulquer Salmaan.

“IT is extremely important (to have a superstar starring in the film that he sings in). They give you face value. They are the ones who embody the character of your voice. “When SRK is lip-syncing to a tune, it has that power and impact. Having a big star attached to it, has a bigger reach and impact,” he said.

**Manikarnika crosses Rs40 crore in opening weekend**

Kangana Ranaut’s Manikarnika: The Queen Of Jhansi minted Rs 42.55 crore at the box office in its opening weekend.

Manikarnika: The Queen Of Jhansi, which captures the life story of Rani Lakshmibai, released in India on Friday. Kangana essays the role of Rani Lakshmibai.

According to the film’s publicist, the movie collected Rs8.75 crore on day one, Rs16.1 crore on day two and Rs15.70 crore on day three — taking the total to Rs42.55 crore.

The movie is doing “exceptionally well” in Delhi NCR, Uttar Pradesh, Punjab and Rajasthan. Gujarat has seen more than 100 per cent growth over Saturday-Sunday, reports the statement.

As per trade expert Taran Adarsh, the film had an excellent weekend.

“The film crosses Rs40 crore mark after a sluggish start (Day 1)... Kangana’s biggest opener... Delhi, NCR, UP, Punjab and Rajasthan have performed best,” he tweeted.

Produced by Zee Studios in association with Jain and Nishant Pitti, the movie also features Ankita Lokhande, Atul Kulkarni, Vaibhav Tatwawaadi and Danny Denzongpa.

**Kangana Ranaut essays the role of Rani Lakshmi in the movie.**
Remembering granny

A female British expatriate uses her mountaineering expeditions to raise money for The Alzheimer’s Research. By Mudassir Raja

"If you’re lucky enough to still have grandparents, visit them, cherish them and celebrate them while you can.” Due apologies with the liberties taken from Regina Brett’s, an American columnist and motivational speaker’s, quote. All childhood memories are often cherished with great nostalgia. However, the memories of a grandmother or grandfather are the best ones. Grandchildren often remember and tell stories about their grandparents to other people. Don’t they?

Charley Barnard has her own way of remembering her grandma and turning her memories for a noble cause. Her grandmother suffered from Alzheimer’s and now Charley is raising money for Alzheimer’s research purposes.

Charley is a 27-year-old British expatriate working in Qatar. She is a teacher and also a mountaineer. She has been going on different expeditions only to raise awareness about Alzheimer’s and raise money to support the research on the disease. Community recently caught up the campaigner to talk about her aims and efforts.

Talking about herself, she said, “I am originally from Yorkshire, England. I was a student at the University of Leeds. I’m a Bachelors in History. After completing my degree, I went on to become a primary school teacher in the UK. A few years ago, I took a break from teaching and went on for travelling around Central and South America. I moved to Qatar in 2017 to resume my teaching career here.” Charley has always loved hiking and mountaineering. She has climbed some peaks and plans to surmount the higher ones. “I always wanted to climb Everest base camp and I always looked forward to the challenge. I climbed the Everest base camp in December 2017. The entire hiking process took me 13 days and I reached over 5,000m. It was winter with temperature as low as minus 27 degrees. It was really tough.

“Prior to this, I had climbed Mount Kilimanjaro (a dormant volcano in Tanzania), The Yorkshire Three Peaks, The UK Three Peaks and various other volcanoes. I was asked by one of my closest friends if I would be interested in joining her to Everest over the Christmas holidays and I totally went on to grab the opportunity.

“I always enjoy hiking and mountaineering. One day I thought to start using my endeavours and challenges in creating awareness about Alzheimer’s and inspiring people around the world to raise funds to support the research about the disease.” Charley came to know about the disease and related complications as her grandmother suffered from Alzheimer’s. Her efforts towards raising money for the research explicitly shows her love for her grandmother.

She said, “My grandmother Betty Mitton was always the key person in my life. From very a young age, I have been exposed to how Alzheimer’s changes a person completely. It is heartbreaking. I watched my grandma slowly forget every single person close to her and lose all the ability to look after herself. She died in 2009 at the age of 87. After her death The Alzheimer’s Research charity became even closer to my heart.”

Charley says she has just started asking for the charity. She however has plans for bigger challenges. “I hope this is the start of my many fundraising activities to raise money. I’m thinking to involve more and more people and undertake more and more challenges. People around me really appreciate the idea and co-operate with me in every possible way. Though so far the money raised can easily travel to all parts of the world for mountaineering.”

She thinks that living in Qatar can be helpful for her in carrying on her campaign to a next level. She said, “I came to Qatar to join a very close friend of mine, who had moved here. Though the life is different from the UK, but I feel very comfortable and have started making new friends. I have friends from other countries including America and Australia and they have all me in the campaign. I think Qatar is a good place from where I can easily travel to all parts of the world for mountaineering.”

Talking about her prospect plans, she said, “Though it is just the beginning but I am determined to carry forward the cause. My immediate plan is to climb Mont Blanc (the highest mountain in the Alps) in the summers and hopefully raise more money for the charity.”