Wave vs waste

Asian countries take a stand against the rich world's plastic waste. P2-3

Cover Story

Sandwich: a story of simple but great meal. Page 6

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Special needs children make best use of internship at Sensory Souk. Page 16
Asia against the rich world

Amid a growing global movement against non-recyclable plastic, Vietnam and Thailand have said they will block all imported plastic waste in the next few years.

The Philippines and Malaysia are also considering outright bans.

China’s ban really changed the landscape. Once they stopped taking in all this plastic, it got people to realize we have a big problem — Richard Gutierrez, founder of BAN Toxics, an environmental action group in The Philippines

By Shashank Bengali

When the MV Bavaria cargo ship chugged out of a Philippine port one morning last month carrying 60 containers of rotted Canadian garbage, it didn’t just end a messy diplomatic spat between the two countries. It also signalled a sea change in the global recycling system.

After years of pressure, Canada had agreed to take back the waste, which had been exported to the Philippines beginning in 2013 falsely labelled as plastic scrap. The shipments were part of a decades-old practice in which rich countries including the United States sent used plastic to Asia to be recycled. Often, the shipments included contaminated waste that couldn’t be recycled but made it past customs checks anyway, and countries had few legal avenues to send it back.

That began to change 18 months ago, when China, the biggest consumer of discarded plastics, banned nearly...
all waste imports to stop the smuggling of non-recyclable scrap. The trade in plastics quickly rerouted to neighbouring Southeast Asian countries that lacked effective recycling plants and disposal laws, leaving much of the waste to be burned or dumped in fields and waterways, creating health and environmental hazards. Now those countries are also closing their doors.

Amid a growing global movement against non-recyclable plastic, Vietnam and Thailand have said they will block all imported plastic waste in the next few years. Taiwan announced it would only accept plastic scrap if sorted into a single type, making it easier to recycle. The Philippines and Malaysia are also considering outright bans and have led the way in demanding that exporting countries take back containers of waste that entered its ports illegally, often with improper documentation. Indonesia said last week it had sent five containers of Canadian scrap paper back to Seattle, the transshipment point, after discovering that used plastic, wood, diapers and shoes were also packed inside.

“Countries in this region are backing this whole idea that they should be dumps grounds for the world’s waste,” said Lea Guerrero, a campaigner with Greenpeace in the Philippines.

The outcry over plastic has echoes of three decades ago, when the US routinely shipped dead car batteries, mercury-laced concrete and other toxic materials to the lightly regulated shores of Southeast Asia. A 1989 global treaty known as the Basel Convention placed significant restrictions on the shipment of hazardous waste to poor countries but left open a loophole for materials — mainly plastic — that were designated for recycling. The US, as one of the few countries that had not ratified the treaty, can export hazardous wastes only under bilateral agreements, one of which it has with the Philippines.

In May, at a meeting in Geneva, representatives of more than 180 countries agreed to expand the treaty to include most plastic waste, placing it under the same trade restrictions as toxic substances. It was a belated acknowledgement that although plastic has long been marketed as a reusable material, much of it cannot be recycled because it is dyed, contains food or liquid residue, or is mixed with other non-recyclable waste.

“Ever since the Basel Convention was developed, there was always an eye toward addressing plastics, but the biggest challenge was the political will of countries to take that on,” said Richard Gutierrez, founder of BAN Toxics and environmental action group in the Philippines.

As long as China was buying more than half the world’s plastic waste — it imported 6.4 million tons in 2017, before the ban was enacted — much of the industrialised world was blind to the fate of its cast-off soda bottles, grocery bags, yogurt tubs and other trash.

Global plastic consumption soared to 400 million tons annually — an amount that is projected to double over the next 15 years — no country could match China’s relatively efficient domestic recycling plants or its massive industrial base that repurposed old plastic into new products.

“China’s ban really changed the landscape,” Gutierrez said. “Once they stopped taking in all this plastic, it got people to realise we have a big problem.”

The Basel amendment, which takes effect in January 2021, requires shippers of plastic scrap to obtain prior consent from the destination country and gives countries the legal authority to refuse unwanted or unmanageable waste.

The case of the Canadian trash in the Philippines shows how countries often have little recourse under existing trade rules to send back illicit plastic shipments.

The roughly 100 total containers that arrived starting in June 2019 were described by Philippine importers as plastic scraps for recycling, but upon customs inspection were found to contain household waste including plastic bottles, plastic bags, newspapers, household garbage and used adult diapers.

Local laws classify those as hazardous materials, and the Philippine government asked Canada to take the shipment back. But for years Canadian Prime Minister Justin Trudeau maintained his government could not intervene because the shipments represented private commercial transactions between Canadian and Philippine companies.

The containers sat in Philippine ports, their contents leaking fluids while festering in the tropical heat.

"When we first discovered this problem in Malaysia, we talked about it as a global problem, and we recognised that we should be a voice for developing countries. If they don’t dump it in my country, they’ll dump it somewhere else. And that has to stop."

– Yeoh Bee Yin, Malaysian environment minister
Regret can damage your mental health

Moya Sarner

There was once a banker in his 50s who had worked seven days a week for 25 years and become a very wealthy man. Then, at the apex of his career, he looked around him and realised that he had entirely neglected his family; as a result, his family had rejected him. The regret was overwhelming, and came out in panic attacks every Sunday. Would this man be able to find a way out of this cruel place he had created for himself?

This man was a patient of the psychoanalyst David Morgan, of the Institute of Psychoanalysis, who spent several years helping him explore what had compelled him to work so hard and to ignore his children (he has been anonymised and gave Morgan permission to use his case). It became clear that this need to become richer than everyone else had roots in his very early childhood, when he watched his parents nearly starve to death during the 1940s miners’ strike. He had, unconsciously, repeated this by impoverishing his children by not being there for them, in turn impoverishing himself of these loving relationships, in his efforts to overcome the traumatic poverty of his childhood.

That complicated understanding,” Morgan explains, “freed things up, setting his regret in a generational context so he didn’t have to feel quite so guilty for acting something out, because it was beyond his ken. It doesn’t mean that he can’t feel real pain, but that pain is given a sense of history.” This meant his regret could be understood and given meaning – and that changed his life.

Regret can be all-consuming, and it can destroy lives. We can see it all around us, whether it is the man who cannot forgive himself for cheating on his first girlfriend and has not had a serious relationship in 30 years. Or the woman who is so tied up in wishing she’d had a child, friend or loved one, be it a child, friend or spouse, and to find that same space of acceptance and compassion for yourself.

For some people – and for some regrets – Dryden says this process can be swift: he specialises in single-session therapy, where he sees clients only once to help them overcome a specific problem. For other people and other regrets, the process can take much longer. Carine Minne is a consultant psychiatrist in forensic psychotherapy and a psychoanalyst, working in the Portman Clinic, at the Tavistock and Portman NHS Trust and in a high security hospital with disturbed patients, some of whom have committed violent crimes. One important part of her work, she explains, involves addressing the devastating trauma of their childhoods, as well as the horrors they have committed that have brought them into forensic psychotherapy. That, eventually, will involve facing up to regret.

“One of the things I try to do with these kinds of patients is to help them develop an awareness of who they are and what they have done,” she says. “Regret comes in a spectrum” – at one end, there is regret for others; at the other, there is “self-regret”. This is where many of her patients start out: some regret being caught, a lot regret having been transferred to the high-security hospital because it is better to be seen and to see oneself as a criminal than as mentally unwell. But the hope is that over the long course of treatment – between five and 10 years or more for her most disturbed patients – she can repair some of the psychological damage from neglect and abuse in their early lives, and their regret can become focused on others rather than the self.

How to regret

Advice from Catriona Wrottesley, couples psychoanalytic psychotherapist at Tavistock Relationships London

1- Accept there is no solution for feelings of pain, loss and disappointment. They are part of being alive, and can be experienced and survived. Engage with life in all its ups and downs.

2- View regret as an opportunity to do things differently next time, rather than a signal that you should give up trying altogether.

3- If you have caused hurt or harm, instead of beating yourself up, do what you can to repair the damage.

4- Support friends and family through emotional challenges, and allow yourself to be supported, too.

5- Allow yourself to ‘get it wrong’ – The Guardian

LEARNING: The emotion can be all-consuming and destructive, as therapists see only too often. But learning from regret can become a safe haven, rather than as mentally unwell. But the hope is that over the long course of treatment – between five and 10 years or more for her most disturbed patients – she can repair some of the psychological damage from neglect and abuse in their early lives, and their regret can become focused on others rather than the self.

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Fish oil supplements can treat depression

Fish oil supplements may ease depression in some people. Some studies in adults suggest that omega-3 fatty acids may help treat mild to moderate depression, but more research is needed.

Fish oil is a good source of omega-3 fatty acids, which play an important role in brain function. People with depression may have low blood levels of brain chemicals called eicosapentaenoic (i-ko-e-suh-pen-tuh-e-NO-lik) acid (and docosahexaenoic (doe-koe-suh-hek-sub-e-NO-lik) acid). These acids can be found in fish oil.

Eating fish a few times a week may provide your body with these healthy oils. Examples of fish high in omega-3 fatty acids include sardines, salmon, herring, trout and canned white (albacore) tuna.

If you're expecting or nursing, limit your weekly fish intake to 12 ounces (340 grams) of a variety of fish, and make wise choices. This limit is due to mercury levels. For example, salmon is typically low in mercury. But eat no more than 6 ounces (170 grams) of canned white tuna a week because it's higher in mercury than light canned tuna.

However, while it's generally true that the best way to get nutrients is through healthy foods, this is one example where a supplement may help. Some studies have shown that contaminants like mercury do not appear to accumulate in fish oil but remain primarily in the meat of the fish. So if you're concerned about mercury, a high-quality fish oil supplement may help with depression, but ask your health care provider for advice.

Fish oil alone isn’t a depression treatment, but it may be a helpful addition to prescribed medications or other treatment. Although more studies are needed to determine exactly what role omega-3 fatty acids play in depression, it’s possible that fish oil supplements high in omega-3 fatty acids may lower the risk of depression. And omega-3 fatty acids help protect heart health. – Mayo Clinic News Network

Majority of parents don’t know how much exercise children need

More than two thirds of parents don’t know how much exercise their child needs to do to stay healthy, new research has revealed.

Official NHS guidance states that children aged five to 18 should do an hour of exercise every day, but 68% of UK adults didn’t know this or thought the target was lower.

The survey of 2,000 adults, from YouGov for the Youth Sport Trust (YST), found that only a quarter knew the recommended exercise time for young people, and on average people thought it was 46 minutes.

All Oliver, Chief Executive at YTS, said, “We’ve seen a worrying trend in recent years of a decline in young people’s physical activity, and a squeeze on time allocated to good quality physical education.”

Last year it was reported that pupils were being taken out of PE lessons to give them more time for exam preparation, and 38% of secondary school teachers said PE time for 14- to 16-year-olds had dropped in the past year.

Meanwhile, figures from Sport England showed only 17.5% of children are hitting the 60-minute target daily. They also revealed a disparity between children from different economic backgrounds, with 39% of those from the poorest families doing less than 30 minutes of exercise a day, compared with 26% from richer families. – The Guardian

FOLLOWING PATTERNS: The ML algorithm is able to pull out patterns in the data and predict that patients with certain patterns are more likely to have an adverse event like a heart attack than patients with other patterns.

AI-enabled tool developed to detect heart attacks

Researchers have developed an Artificial Intelligence-enabled tool which uses Machine Learning (ML) algorithms that will soon play a critical role in predicting heart attacks and other cardiovascular conditions.

The Coronary Computed Tomography Arteriography (CCTA) gives highly detailed images of the heart vessels and is a promising tool for refining risk assessment, said researchers in the study published in the journal Radiology.

While earlier tools like the Coronary Artery Disease Reporting and Data System (CAD-RADS) emphasise on stenoses or blockages and narrowing in the coronary arteries, CCTA shows more than just stenoses.

“While CAD-RADS is an important and useful development in the management of cardiac patients, its focus on stenoses may leave out important information about the arteries,” said study lead author Kevin M. Johnson, Associate Professor at the Yale University.

The ML algorithm is able to pull out patterns in the data and predict that patients with certain patterns are more likely to have an adverse event like a heart attack than patients with other patterns.

For the study, the research team compared the ML approach with CAD-RADS and other vessel scoring systems in nearly 7,000 patients. They followed the patients for an average of nine years after CCTA.

It was found that compared to CAD-RADS and other scores, the ML approach better discriminated which patients would have a cardiac event from those who would not.

“The risk estimate that you get from doing the Machine Learning version of the model is more accurate than the risk estimate you’re going to get if you rely on CAD-RADS,” Johnson said. – IANS
A sandwich does not need any introduction. Everyone from a young child to a grown up enjoys this meal in every corner of the world. You can find people eating a variety of sandwiches and they are now an integral part of everyone’s life, whether you like a healthy version or you care just for the rich creamy taste of ranch there is something for everyone when it comes to sandwiches. The name ‘sandwich’ came from the fourth Earl of Sandwich, the British statesman whose name is forever affixed to our lunchtime staple. What people may not know is that the foundation of this comfort food was laid much long before the earl’s time. In fact, Arabs were the first ones to wrap the meat in pita bread much before the Earl came up and popularised the idea of meat between the bread slices to avoid smearing the food on his cards while he was busy playing at the table. But whatever the history may be behind this ever popular food, all that we need is that it is an excellent way to enjoy your popular food items and proteins wrapped in a variety of bread. There is a variety of sandwiches which became popular and are known for their unique way of preparation, bread selection, ingredient selection and the story behind their origin. The following are the most popular and predominant variety of sandwiches.

**The Reuben – In 1925 Grocer Reuben reportedly came up with the idea of the corned beef and sauerkraut sandwich to feed his fellow poker players. This dish eventually landed on the menu of a local hotel and thus became an integral part of everyone’s life, whether you like a healthy version, combine remaining brat, honey, smoked paprika, cayenne pepper and salt in a small mixing bowl and whisk together. Once chicken is done baking, remove from oven and brush spicy honey butter all over each piece until well coated. To assemble, spread ranch over the bottom of each bun and top with a piece of honey hot chicken. Top chicken with shredded lettuce, tomato slices and cheese and more ranch. Place the top bun over each sandwich and serve.**

**Sandwich: a story of simple but great meal**

**Baked honey chicken sandwich**

Method:

Lightly Season chicken breast on both sides with salt and pepper that turns slowly and roast continuously, cooking the meat in its own dripping juices. They are based on doner kebab which means rotating grilled meat. When it was introduced in Greece people called it ‘Gyros’ the Greek name for turn. Likewise when it spread to Middle East they called it ‘Shawarma’ an Arabic word for turning.

**Ingredients**

- Chicken breast 4 no
- All-purpose flour 1 cup
- Panko bread crumbs 1 cup
- Buttermilk 1 cup
- Smoked Paprika powder 1 tsp
- Baking powder 1 tsp
- Salt to taste

**Note:** To make a vegetarian version of this sandwich, replace the chicken with a tofu cheese steak and follow the same directions. For a vegan version, use a tofu steak and use corresponding vegan dairy products.

The Hamburger – Hamburger is a sandwich of one or more of the beef patties served with cheese, tomato, onion, pickle, mustard, ketchup and relish. Several different inventors have claimed to be in the limelight to be the creator of the best hamburger maker and inventor. One of these claims comes from the Menches brothers, who reportedly sold a ground beef sandwich at the 1885 county fair in Hamburg, NY. Another tall takes us to 1885 Countingy fair where 15 year old Charlie stuffed his meatballs between bread to make it easier for his customers to eat it with ease while at the fair. Another version which is the most popular is that relates this food to Hamburg, Germany where beef steaks were served between bread slices.

The Po’ Boy – New Orleans version of the sub or hoagie, depending on what part of country you hail from was supposedly invented by French Quarter restaurant owners Clovis and Bennie Martin in 1929. The Poor Boys “were the city’s striking street car conductors, who the Martin brothers fed for free with extra-large sandwiches on rectangular bread. Shawarma or Gyros – People often confuse between them as they are very similar. The meat is shaved from a cone or skewer that turns slowly and roast continuously, cooking the meat in its own dripping juices. They are based on doner kebab which means rotating grilled meat. When it was introduced in Greece people called it ‘Gyros’ the Greek name for turn. Likewise when it spread to Middle East they called it ‘Shawarma’ an Arabic word for turning.

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Chef’s Special

Black pepper to taste
Unsalted butter ¼ cup
Honey ¼ tsp
Cayenne pepper 1 tsp

For sandwich
Bread buns 4 no
Shredded lettuce 1 cup
Butter milk ranch ½ cup
Tomato slices 4 no
Cheddar cheese 8 no

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Chef Tarun Kapoor, Culinary Mastermind, USA. He may be contacted at tarunkapoor83@gmail.com
Odissi folk dancer conducts workshop at ICC

Bhavna Sagar Naik, an Odissi folk dancer, recently conducted a workshop on Odissi at Ashoka Hall in Indian Cultural Centre. Odissi also referred to as Orissi in older literature, is a major ancient Indian classical dance of Odisha—an eastern coastal state of India. It is one of the 8 forms of classical dances of India. The workshop included Introduction to Odissi, body conditioning, Mudras, Chalis, Chauka, tribanga posture and basic stepping in Odissi, and Yoga for dancers.

Bhavna Sagar Naik is an Odissi, Folk, Bollywood dancer and choreographer and have been learning, practising and performing for over 22 years. She has a teaching experience of 16 years. She started Odissi training under Smt Asha Nambiar in Mumbai at the age of 8 and is currently practising with Smt Madhulita Mohapatra in Bengaluru. She has won many titles, including Natyanjali, Swarasadhana, and Shardha Sangeet.

DPS-MIS organises ‘Rendezvous Inter-House Activity Festival’

DPS-Modern Indian School (DPS-MIS) recently organised ‘Rendezvous Inter-House Activity Festival’ for Middle Section of DPS-MIS. The festival featured various activities, including cooking without fire, group song, just a minute, story writing, debate, junk art, group dance, T-shirt painting, greeting card making, poster making and hand writing. Speaking on the occasion, Asna Nafees, Principal of DPS-MIS, highlighted the importance of discipline and advised the students to abide by the rules and regulations and use social media ethically.

YOUNG WRITER: Diana Odam Manniyil, a student of Grade X at Shantiniketan Indian School, recently bagged first position in Article Writing - Under Teen Category at Literary Fest 2019 organised by FCC. Dr Subhash Nair, Principal of SIS, along with Shihabudeen Pulath, Senior Vice Principal, and Dudley O’Connor, Vice Principal, congratulated the winner.

WINNER: Mridhul, a student of Grade VIII at Shantiniketan Indian School, recently bagged silver medal in Karate Championship 10-12 year age category organised by Indian Cultural Centre at Simaisma Youth Centre.
Earthquake Myths and Legends

TRUE OR FALSE?
People are more likely to die when running or trying to escape buildings during an earthquake.

TRUE OR FALSE?
Calling is more effective than texting after an earthquake.

TRUE OR FALSE?
People are more likely to die from fires that follow from an earthquake than the actual earthquake itself.

In case of an earthquake, remember to:

DROP!

COVER!

HOLD ON!
Disaster movies are known for over-the-top destruction and larger-than-life heroism, and San Andreas has both! Fortunately the real earthquakes in California’s future won’t be anything as extreme as those in the movie.

**TRUE OR FALSE?**
The San Andreas fault is neither long and deep enough to have a magnitude 9 or larger earthquake as depicted in the movie.

**TRUE OR FALSE?**
Earthquake prediction is possible through magnetic and electric signals.

**TRUE OR FALSE?**
The official Tsunami warning radio broadcasts and the use of sirens demonstrates how scientific information can save lives.

After an earthquake, you need to:

- Watch out for aftershocks
- Connect with others
- Help others
One of the things that people in Qatar love the most about the country is the quality and variety of food they get here – be it Karak or Majbous. But if you were to ask one thing that bewilders them the most every other day, many will tell you that it’s the awe-inspiring structures. It’s no secret that Qatar is an architectural gem, with a number of iconic buildings and structures spread across the country.

From towering skyscrapers to beautifully designed museums, here are my top picks for the most iconic buildings in the country.

Abdullah Bin Zid Almahmud Cultural and Islamic Center: Located close to the Doha Corniche, this mosque is a famous landmark in Doha. The most unique feature of the mosque would be the spiral shape of the minaret. The mosque itself is simple yet the interior is so calm and peaceful. The minaret rises confidently amidst the other surrounding constructions. No stay in Qatar will be complete without a visit to this unique place.

Aspire Tower: This building is 300ft tall tower which was completed in November 2007. Another landmark of Doha, this tower consists of the immensely popular 360° revolving restaurant. When the tower is all lit up at night, it becomes a spectacular sight to see.

Text and photos by Mohamed Samad Imran M
@imran_ismarbaan

The architectural wonders of Qatar
Yesterday’s Solution

Sudoku

Solution

Wordwatch

achillize (uh-hi-liz)
MEANING: verb tr. To harass or chase.
ETYMOLOGY: After Achilles, a hero in the Greek mythology. When his close friend Patroclus is killed by Hector, a vengeful Achilles chases Hector around the wall of Troy three times. Also, he causes great carnage among Trojans. Earliest documented use: 1672. Also see Achilles’ heel.
USAGE: “Parker ‘ hectored and achillized all the nonconformists.’ ”

bippodrome (hip-uh-drom)
MEANING: noun. A stadium for horse races, chariot races, horse shows, etc.
ETYMOLOGY: From Greek hippo (horse) + dromos (running). Ultimately from the Indo-European root ekwo- (horse), which also gave us equestrian and equine. Earliest documented use: 1549.
NOTES: Match fixing has been around for as long as humans have been having matches. Today’s word shows it going as far as ancient horse racing.
USAGE: “The smaller fairs were the backbone of the IMCA [International Motor Contest Association] schedule and these were routinely hippodromed.”

chivalry (shiv-uh-ree)
MEANING: noun. 1. The ideal qualifications of a knight: courtesy, honor, bravery, gallantry, etc. 2. The institution of knighthood, a group of knights, a gallant deed, etc.
ETYMOLOGY: From Old French chevalerie, from chevalier (knight), from Latin caballus (horse). Earliest documented use: 1297.
USAGE: “If Ambler details the death of chivalry, she also exposes the dark underbelly of that very culture — a culture that feared outsiders and prized violence, while purporting to embody the values of ‘honour’ and bravery.”
— wordsmith.org

Super Cryptic Clues

Across
1. A petty officer, say, reveals defector (8).
9. Turning up with mother’s cats (5).
10. Callas confused by a place where she sang (2,5).
11. Right conclusion? That’s us! (7).
14. Word for a change (8).
15. Pass on what could make an impression (3).
16. Annoying smoker I put out (7).
17. Number swimming in Tyne (6).
18. Legal procedure, please (6).
19. spouse and broken (7).
20. Kid influenced by sound (5).
21. Horses from the farm are saddled (5).
22. Horses from the farm are saddled (5).
23. A street in dire need in part of landscape (3).
24. Pooh’s friend, extremely short, has place to sleep (5).
25. Ask family insistently for a second English degree? (6).
26. Pooh’s friend, extremely short, has place to sleep (5).
27. Has place to sleep (5).

Down
1. In enclosure with last bits of hot jalapeño pepper (7).
2. South American greeting of hot jalapeño pepper (7).
3. Claim knotty legal point (6).
4. Spare change for fruit (5).
5. State (6).
6. Winds or unsettled weather (6).
7. Legal procedure, please (6).
8. Catch up with a Greek city-state (6).
9. Save change for fruit (5).
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99. Save change for fruit (5).
100. Save change for fruit (5).

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

The Mall Cinema (1): Thamasha (Malayalam) 2pm; Article 15 (Hindi) 7pm; Thottappan (Malayalam) 11:30pm.
The Mall Cinema (2): Sindhu baad (Tamil) 2:30pm; Aladdin (2D) 5pm; John Wick 3: Parabellum (2D) 7:15pm; Annabelle Comes Home (2D) 9:35pm; Baaji (Urdu) 11:30pm.
The Mall Cinema (3): Toy Story 4 (2D) 2:30pm; Toy Story 4 (2D) 4:30pm; Kabir Singh (Hindi) 9:30pm; Yesterday (2D) 11:30pm.
Landmark Cinema (1): Uda (Malayalam) 2:15pm.

Landmark Cinema (2): Aladdin (2D) 4:30pm; Annabelle Comes Home (2D) 5pm; Sindhu baad (Tamil) 5pm; House Owner (Tamil) 11:30pm.
Landmark Cinema (2): Toy Story 4 (2D) 2:30pm; Article 15 (Hindi) 4:30pm; Article 15 (Hindi) 6:30pm; Article 15 (Hindi) 9pm; Annabelle Comes Home (2D) 11:30pm.
Landmark Cinema (3): Kabir Singh (Hindi) 2:15pm; Thamasha (Malayalam) 5:15pm; Men In Black International (2D) 7:30pm; Yesterday (2D) 9:30pm; Thottappan (Malayalam) 11:30pm.
Royal Plaza Cinema (1): Toy Story 4 (2D) 2:30pm; Toy Story 4 (2D) 4:30pm; Article 15 (Hindi) 6:30pm; Article 15 (Hindi) 9pm; Annabelle Comes Home (2D) 11:30pm.
Royal Plaza Cinema (2): Sindhu baad (Tamil) 2:30pm; Baaji (Urdu) 5pm; Annabelle Comes Home (2D) 7:30pm; Men In Black International (2D) 9:30pm; Anna (2D) 11:30pm.
Royal Plaza Cinema (3): Thamasha (Malayalam) 2:15pm; Kabir Singh (Hindi) 4:30pm; Yesterday (2D) 7:30pm; Hanna’s Homecoming (2D) 9:30pm; House Owner (Tamil) 11:15pm.
Researchers have found that implementing a nutrition care plan at home for patients at risk for malnutrition had a dramatic impact on helping keep them out of the hospital. “Our goal as a home healthcare provider is to help patients get back on their feet as quickly as possible and to keep them out of the hospital,” said study lead author Katie Riley from Advocate Aurora Health in the US.

Paying attention to nutrition care helps promote patients’ strength and prevents them from going back to the hospital, which ultimately reduces healthcare costs, she said.

For the study, published in the Journal of Parenteral and Enteral Nutrition, more than 1,500 home health patients were followed for 90 days.

The research found that when patients at risk for malnutrition received a comprehensive nutrition care program to aid in their recovery, risk of being hospitalised was significantly reduced by 24 per cent in the first 30 days, nearly 23 per cent after 60 days and 18 per cent after 90 days.

It was also found that healthcare costs were reduced by more than $2.3 million or about $1,500 per patient at risk for malnutrition.

“Healthcare systems are driven to improve patient care while reducing costs. Our research shows that prioritising nutrition across different settings of care – from hospital to home – can significantly cut costs while improving patients’ health,” said study co-author Suelo Sulio. – IANS

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**Home nutrition care can keep patient out of hospital**

**ARIES**

March 21 – April 19

Enjoy the day today, Aries. Take control of the situation and make the most of whatever comes your way. Do it with a smile. There’s a great deal of fun-loving, excited energy ready for you to draw upon. Get your ideas out to others. Communicate your thoughts. Attend a party or two. You’re the epitome of the social butterfly. Make sure to wear your best attire.

**TAURUS**

April 20 – May 20

Your flexible nature may get you in trouble today, Taurus. Personalities may clash when no one is willing to lead. Be aggressive without being manipulative. Keep it light. Don’t try to pin anyone down. Your nature is open and expansive. Give other people the freedom they want. Unexpected events may dramatically change the course of the day, so don’t be upset if things don’t go as planned.

**GEMINI**

May 21 – June 20

Things will flow smoothly for you, Gemini. There’s barely a reason for you to lift a finger. You have the good fortune of enjoying this day with very little effort on your part. Keep in mind that if you decide to get something done, you will be extremely successful and able to accomplish quite a bit. You’re in sync with today’s energy.

**CANCER**

June 21 – July 22

People aren’t going to want to be quite as intense as you require today, Cancer. Things are light and airy. You may find that no one is in the mood to delve as deeply as you want to go. Use the day to relax and release control for a while. Take deep breaths and long walks. Go for a bike ride or short road trip. Crazy, unexpected events may crop up throughout the day. Be prepared for surprises.

**LEO**

July 23 – August 22

It may be hard for you to make a decision about anything today, Leo. Things may seem wishy-washy and unclear. Don’t worry about it. There is plenty of air to fuel your fire. Be aware that people may pop up from the past and unexpected events may disrupt the flow throughout the day. Best-laid plans are apt to be broken. Don’t sweat it. Just go with the flow.

**VIRGO**

August 23 – September 22

Things probably aren’t going to go exactly as you planned today, Virgo. Realise that people may act in erratic, powerful bursts, especially when it comes to emotional issues. Your feelings may be a bit distant, and you may find it hard to get in touch with what’s really going on inside you. Do your best to maintain a positive attitude. That’s all anyone can ask.

**LIBRA**

September 23 – October 22

Today is an excellent day for you, Libra. Events will flow quite smoothly. The only thing to be aware of is that your emotions may seem rather erratic and unwieldy. There’s a great deal of power behind your words and people are sure to listen. They would be smart to do so. What you have to say will be right on target with today’s energy.

**SCORPIO**

October 23 – November 21

You may be indecisive today, Scorpio. You may not be able to find solutions you can live with. You don’t need to finalise anything now. Use this day to lay low and gather data. People may seem rather insensitive and erratic. Go with the flow. You have a great deal of warmth and passion to share. You may find that a strong, unpredictable force is affecting your emotions.

**SAGITTARIUS**

November 22 – December 21

There is plenty of air to fuel your fire today, Sagittarius. You’re able to get quite a bit done. Multitasking is key to accomplishing what you want to do. An element of the unexpected is likely to add a surprising dimension to the day. You’re able to communicate freely, and you will likely be on the same page with the people you meet.

**CAPRICORN**

December 22 – January 19

You may need to make some slight adjustments in order to get through to people today, Capricorn. The pace may be a bit faster than you’d like. Remember that people aren’t mind readers. They won’t be sensitive enough to pick up on your subtle messages. If you want to get something across, state it clearly and succinctly. Feel free to explore the unconventional and bizarre.

**AQUARIUS**

January 20 – February 18

Today is an excellent day for you, Aquarius. You will receive some bursts of unexpected energy that help you accomplish whatever it is you wish to do. You should enjoy a favourable mood and good relations with others all day. Enjoy yourself and feel free to indulge in things that make you happy. Spend time with your family and let them share in your positive energy flow.

**PISCES**

February 19 – March 20

Things may be moving a bit too quickly today for you to grab hold of anything, Pisces. There’s an element of the unexpected entering into the equation. Be prepared. The mood of the day is especially light and perhaps a bit superficial. People may not be entirely reliable. If there’s something you absolutely need to do, consider doing it by yourself.
Watts essays strong women in Ophelia and The Loudest Voice

By Chris Hewitt

Despite being separated by about 600 years and an ocean, Naomi Watts’ next two roles have a lot in common. The British/Australian actor plays Hamlet’s mother, Danish Queen Gertrude, in Ophelia, which opens today in theatres and on streaming services. And, coming to Showtime starting Sunday, she’s Minnesota native Gretchen Carlson in The Loudest Voice, a seven-part miniseries about Roger Ailes (Russell Crowe), whose throne atop The Loudest Voice means not living her dreams. Watts believes Carlson and Gertrude worked to make things better for those who would come after them. In Ophelia, Gertrude plays a much more central role than she does in Hamlet, as a warrior and adviser to Ophelia, whose intelligence and power she helps direct.

“Ophelia is a total reinvention, but we tried to keep the tone so it would thrill the old fans, the die-hard Hamlet fans, but at the same time show younger generations there’s a reason for Shakespeare’s stories to stay alive today,” Watts said.

Watts plays Gertrude as a pragmatist whose decision to marry the man who murdered her husband seems to be the result of not having many options. Ophelia appealed to Watts because it gave her a chance to figure out what Gertrude wants, and to play a dual role: not just Gertrude but also her sister, Mecbilde, a mysterious outcast who coaches Daisy Ridley’s character who adopted an alternate identity. (Watts has an opinion about prequel, and she’s unable to say much about it.)

Carlson was a star at Fox only to see her career derailed when she refused Ailes’ advances. “She was not going to be pushed away, disposed of. She stood up to him,” said Watts, 50, a two-time Oscar nominee for 21 Grams and The Impossible. “Even in the span of my career, I’ve witnessed a massive change. We were told, ‘You’ll be washed up by 40,’ and now, here I am a decade after 40, with both of these projects. Ophelia, especially, is a female-driven movie that is directed by a woman and adapted from a woman from a book that was written by a woman."

Carlson’s settlement with Fox included $20 million, an apology and a nondisclosure agreement, so Watts could not meet with the TV host. But video and a dialect coach, who helped with Carlson’s Minnesota accent and her accentless anchorwoman accent, prepared Watts to tackle the violinist/Virginia Woolf scholar who was named one of Time magazine’s 100 most influential people of 2017.

“I have a hard time with all accents. The thing about Gertrude is that, like all newscasters or anchorwomen, they get rid of their accents, so you only hear it in a word or two,” said Watts. “With her, you hear it in ‘Minnesota.’ It’s like when I say ‘Australia’ (which Watts says quickly, like ‘Austrilya’). You don’t say ‘Aus-tra-li-a.’ You say it like you live there, even if you’ve changed how you say all your other words. So I worked on it — it seemed like the most prominent vowel shape in Minnesota is the long ‘o’ sound.’”

Watts said playing an actual person, rather than a fictionitious queen, came with added responsibilities: “I hope this will reach people who feel like they can come forward and tell their versions of these humiliating experiences. That behaviour is not to be tolerated anymore. The change is in motion and it will evolve over time, but at least we can feel encouraged that the next generation is going to have an easier time.”

Watts was looking forward to working on Mumbai Saga

Actor Suniel Shetty says the team of Mumbai Saga will start shooting for it by the end of August or the beginning of September, and he is looking forward to working on the gangster-drama film.

Set in the 1980s and 1990s, Mumbai Saga revolves around all that went into transforming Bombay to Mumbai.

Asked when he will begin shooting for Mumbai Saga, Shetty said: “I feel we will start shooting for that film towards the end of August or in the beginning of September. I am looking forward to working on it because the film has a really interesting story and there are really good bunch of actors who are working in it.”

Suniel was interacting with the media at the special screening of Article 15 recently. “I was looking forward to watching the film (Article 15) because I have worked with director Anubhav (Sinha) in Dus, so I know how good he is at his work. I have watched the trailer of the film.” — IANS

NEW PROJECT: Suniel will start shooting for Mumbai Saga by the end of August.

Sonakshi’s Khandaani Shafakhana to release on Aug 2

Actress Sonakshi Sinha’s upcoming film Khandaani Shafakhana will now release on August 2 instead of July 26, and will clash with Parineeti Chopra and Sidharth Malhotra-starrer Jabariya Jodi at the box office.

Yesterday, Sonakshi took to social media to announce the change in the release date. “Jann hitt mein jaari ek surochna Khandaani Shafakhana ab haqq se khulega August 2 ko.”

Directed by Shilpi Dasgupta, Khandaani Shafakhana also features Varun Sharma and rapper Badshah in key roles. Based in Punjab, the film portrays Sonakshi as a happy-go-lucky Punjabi girl who adores her family and will go to any length to see them happy even if it means not living her dreams.

Sonakshi essays strong woman in Ophelia and The Loudest Voice

EXCITED: Sonakshi is happy to play the role of a small town girl in the film.

On her role, Sonakshi had earlier said: “I am extremely happy to be part of this film which is so close to the world around us, to step into the shoes of a small-town girl, and face the hilarious, madcap challenges thrown at her. Full of flavour, fun and emotions.” — IANS

BOLD VOICE: Naomi Watts as Gretchen Carlson in The Loudest Voice.

By Chris Hewitt

Despite being separated about 600 years and an ocean, Naomi Watts’ next two roles have a lot in common. The British/Australian actor plays Hamlet’s mother, Danish Queen Gertrude, in Ophelia, which opens today in theatres and on streaming services. And, coming to Showtime starting Sunday, she’s Minnesota native Gretchen Carlson in The Loudest Voice, a seven-part miniseries about Roger Ailes (Russell Crowe), whose throne atop The Loudest Voice means not living her dreams. Watts believes Carlson and Gertrude worked to make things better for those who would come after them. In Ophelia, Gertrude works a much more central role than she does in Hamlet, as a warrior and adviser to Ophelia, whose intelligence and power she helps direct.

“Ophelia is a total reinvention, but we tried to keep the tone so it would thrill the old fans, the die-hard Hamlet fans, but at the same time show younger generations there’s a reason for Shakespeare’s stories to stay alive today,” Watts said.

Watts plays Gertrude as a pragmatist whose decision to marry the man who murdered her husband seems to be the result of not having many options. Ophelia appealed to Watts because it gave her a chance to figure out what Gertrude wants, and to play a dual role: not just Gertrude but also her sister, Medbilde, a mysterious outcast who coaches Daisy Ridley’s character. Viewers could interpret the sisters as entirely separate people or two halves of the same woman. (Watts has an opinion but doesn’t want to forestall conversation by sharing it.)

In fact, that’s yet another quality that links many Watts roles. There’s a point in Mulholland Drive where her character seems to split in two, and Carlson has to maintain a public calm in The Loudest Voice even as Alies is making her work life a nightmare. In her recent TV series, Gypsy, Watts also played a character who adopted an alternate identity.

All of which is to say that Watts’ next project is the Game of Thrones prequel, and she’s unable to say anything about the character she plays. But don’t be surprised if it turns out to be characters, plural. — Star Tribune (Minneapolis) /TNS
Special needs children make best use of internship at Sensory Souk

By Mudassir Raja

Most of the special needs parents will tell you that even if they don't have the power to make life 'fair', they have the power to make life joyful and that is the goal they strive to achieve.

In their efforts to make everyday life joyful of a child with special needs, parents constantly look for opportunities to get support from the society. With the advancement in technology and research, the newer concepts and accessories for children with special needs are becoming innovative as well as more easily accessible.

Sensory Souk is the first company in Qatar to provide professional therapy tools, developmental toys and specialist educational products for children with special needs. The Souk recently organised its very first school internship programme with students from Phoenix Private School’s Special Education Need department.

Raana Smith, US expatriate, and Alison Saraf, British expatriate in Qatar, are two proud and brave mothers, and each of them has a son with special needs. They enjoy the experience of raising children and appreciate every little achievement of their sons in their day to day lives.

They have turned into trainers and entrepreneurs providing necessary awareness and equipment to meet the requirements of children with special needs. Together they have co-founded Sensory Souk that is located in Royal Plaza. Being mothers of children with learning differences, they previously found it difficult to find quality education products in stock in Doha to support their children's therapy and learning.

Nine students with additional learning needs participated in several tasks including: application and interview, inventory processing, marketing displays, and check-out process and bagging purchases. Talking to Community, Raana said: “The students performed their roles with ease and confidence and did a fantastic job with the tasks at hand. Sharp and clever, all of these students brought their unique talents to the workplace and showed that given the right environment, kids with additional needs are just as capable, creative, and engaging as any other child of their age.

“It was a great experience for our team at Sensory Souk and we look forward to opening up this programme to other schools here in Qatar. I would extend special thanks you to Ayesha Ahmed from Phoenix Private School for collaborating with us on the programme.”

Raana added: “The number one thing that you need to do is to advocate for your child. You are the person behind it all. It takes management. For me, it has been an emotional journey because I did not understand what he [my son] was undergoing. When you have the information, you see a change and a shift in your whole family life.”

Aisha Ahmed, also a British national, holds an MPhil degree in psychology. She works with Phoenix Private School as SEN co-ordinator. He herself has a 14-year-old autistic son. She said: “It was an amazing tour for our children to Sensory Souk. The nine children aged from six to nine year. They were give first-hand experience about how to have an interview for different jobs. They were taught how to sell different things and handle the customers at a shop. They also learnt how to manage shelves and how to check stocks.”

The school coordinator further said: “I have been in touch with the owners of Sensory Souk. They are doing brilliant work and have a facility where people can buy all accessories for the children with special needs. It is also a very helping idea to start an internship programme for the children with special needs. We believe that if given right kind of environment, the children with special needs can act as the normal children of their age do.”

Speaking about different activities carried out by Phoenix Private School, she said: “The SEN department has made liaison with different organisations in Qatar such as Qatar National Library, Al Rayan TV station, Al Wa’ah Centre for Special Needs etc. The school believes in providing proper environment to the children with special needs. We educate our teachers and normal students about the children with special needs. All students get education in normal classes.”