In the Santa Barbara Channel, an underwater sound system tries to keep whales and ships apart. P2-3

**Cuisine**

Everyone loves old-fashioned, spicy Buffalo chicken wings.

Page 6

**Showbiz**

Spider-Man is leaving the Marvel Cinematic Universe.

Page 15
PRAYER TIME

Fajr: 3.50am
Shurooq (sunrise): 5.12am
Zuhr (noon): 11.38am
Asr (afternoon): 3.08pm
Magheeb (sunset): 6.04pm
Isha (night): 7.34pm

USEFUL NUMBERS

Emergency: 999
Worldwide Emergency Number: 112
Kahramaa – Electricity and Water: 991
Local Directory: 180
International Calls Enquiries: 150
Hamad International Airport: 40106666
Labor Department: 44508111, 44406537
Mowasalat Taxi: 44588888
Qatar Airways: 44496000
Hamad Medical Corporation: 44392222, 44393333
Qatar General Electricity and Water Corporation: 44845555, 44845464
Primary Health Care Corporation: 44593333, 44593363
Qatar Assistive Technology Centre: 44594050
Qatar News Agency: 44450205, 44450333
Q-Post – General Postal Corporation: 44464444

Humanitarian Services Office
(Single window facility for the repatriation of bodies)
Ministry of Interior: 40253373, 40253372, 40253369
Ministry of Health: 40253370, 40253364
Hamad Medical Corporation: 40253366, 40253365
Qatar Airways: 40253374

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

Ships and whales: Living on the edge

HURT: A ship struck humpback.

If they’re not coming in wrapped around the bow of a container or cruise ship when they’re coming into a port, they go undocumented

— Sean Hastings, resource protection coordinator

By Leila Miller

The taut rope that was lowering an underwater listening station to the ocean’s floor collapsed on the tug boat’s deck with a slap, signalling to the crew on board that their mission was complete.

They had successfully deployed a sound system in the Santa Barbara Channel. The device could capture whale calls as far as 30 miles away. Cables connected the listening station — about 600 feet below sea level — to a buoy floating on the surface, which would transmit audio frequencies by satellite to scientists on shore.

The effort in early August was the latest attempt to prevent ships from running into whales in the channel, where large commercial boats coming in and out of the ports of Los Angeles and Long Beach cross paths with the feeding grounds of endangered blue, fin and humpback whales.

The initiative, planned to fully launch in early 2020, is designed to alert captains to slow their ships down. The sound system is about two miles from traffic lanes in the channel that thousands of cargo ships traverse every year.

“The Santa Barbara Channel is like a buffet for a lot of whales,” said Douglas McCauley, director of the Benioff Ocean Initiative at the University of California, Santa Barbara, which is sponsoring the $1.5 million project. “That hot spot happens to be right on the marine highway, kind of like the offshore version of the 101 that connects Santa Barbara to the ports of LA/Long Beach.”

In 2007, five blue whales were found dead in the channel. Efforts to reduce deaths have included shifting the ship
Other ideas include expanding an internationally recognised area that ships are to avoid around the islands. A study published last month found that expanding that area could reduce risk to whales.

Traffic lanes and offering financial incentives to companies that follow the National Oceanic and Atmospheric Administration’s request that ships slow down during whale season.

It hasn’t been enough. In 2018, 11 whales in California died in ship collisions, the highest number NOAA’s National Marine Fisheries Service has on record and a surge from the average 1.4 annual deaths over the previous five years. This year, at least 11 whales are known to have died.

The reality is likely far grimmer.

Other groups, such as the Center for Biological Diversity, which have voiced frustration about the lack of action on the part of the shipping industry.

Of special concern are blue whales, a population drastically reduced by commercial whaling. Most of the world’s more than 1,600 eastern North Pacific blue whales migrate up the West Coast every year from their winter habitat off Mexico and Central America, according to NOAA.

For Hastings, even several endangered whale deaths a year is unacceptable.

Their populations are so suppressed that each animal counts in trying to rebuild those calculations,” he said.

Spotting whales from towering ships is difficult. Kip Louttit, executive director of the Marine Exchange of Southern California, a nonprofit that monitors ship traffic, said that a whale’s blowhole can be suppressed that each animal counts in trying to rebuild those calculations,” he said.

And even if a watch officer sees a whale, the ship may not be able to turn fast enough to avoid striking it.

“The watch officers are trying to figure out, is the whale going left, is the whale going right,” he said. “Let’s not have the ship avoid a whale and have a collision with another ship coming another way, or hit an oil platform.”

Scientists have also found that whales rarely react to oncoming ships. They have not evolved to respond to them as threats.

“It’s not like you can get struck by a couple ships and learn,” said John Calambokidis, a biologist at Cascadia Research in Olympia, Washington, who has researched this behaviour.

One solution has shown promise: slowing ships down. In 2008, NOAA required certain ships to travel at 10 knots (about 12 miles per hour) or less in areas along the East Coast to protect endangered North Atlantic right whales. One study found that the likelihood of whales being struck and killed by ships was reduced by 80% to 90%.

“Vessels going faster are much more likely to hit whales, and those whales that are hit are more likely to die when ships travel at faster speeds,” said Paul Conn, a co-author of the study and a statistician at NOAA’s Alaska Fisheries Science Center in Seattle.

But scientists on the West Coast say they’ve been disappointed by efforts to encourage ships to voluntarily slow down. Ships usually travel between 14 and 18 knots per hour along California’s shore. During whale season, which typically lasts from May to November, NOAA recommends that large ships travel no more than 10 knots in areas by the channel. In 2018, about 20% of these ships in the channel slowed down, a rate that “is not good enough,” Hastings said.

He said a programme that offers financial incentives and positive publicity to companies that reduce their ship’s speeds shows a little more promise. It emerged from a partnership called Protecting Blue Whales and Blue Skies, which includes NOAA and several air pollution control districts. It aims to cut air emissions and protect endangered whales in the channel and Bay Area.

It has grown from seven participating shipping companies in 2014 to 15 companies in 2019, said Jessica Morten, a resource protection specialist who helps administer the programme.

Those 15 companies account for 90% of container ship traffic on the West Coast, and Morten said she would like to see more of the participating companies meet the speed reduction criteria.

“I feel frustration, and I know others on my team are a little disappointed that we’re not seeing higher levels of cooperation,” Morten said.

Scientists hope the new sound system will help better define when and where whales are to avoid around the islands. A study published last month found that expanding that area could reduce risk to whales.

In addition, the project’s scientists have built a model that predicts historical data on where blue whales are likely to be.

It could predict that whales may show up earlier than usual during a year with anomalous warm water conditions, said Briana Abrahms, a research ecologist at NOAA designing the model.

The Benioff Ocean Initiative plans on providing direct updates to shipping companies on the level of risk to whales in the channel. The looming question, however, is whether this will encourage more companies to slow down.

John Berge, a vice president of the Pacific Merchant Shipping Association, said ships might find it hard to be receptive to frequent updates.

“For a planning perspective, and so much of this is when and where you’re going to arrive at your next port of call, knowing something a few hours ahead might be difficult to incorporate,” he said.

But some companies have shown that they can commit to slowing down – at least, when they can build it into their schedules.

A trip between the ports of LA and Oakland typically takes up to 24 hours, but it’s about 30 hours at reduced speed, said Stanley Kwiaton, general manager of port operations for the West Coast for the Mediterranean Shipping Company, which has participated in the incentive programme.

Kwiaton said ships might respond to updates on whale activity with the same flexibility they reserve for changes in the weather.

“More information is better than nothing,” he said. “If they provided us with something, at least the captain is going to assess it.”

Hastings said about 20% of traffic coming out of the ports of Long Beach and LA passes south of the Channel Islands and there has been some interest in diverting more traffic that direction. However, he said, complicating matters is the fact the Navy has a weapons-testing range in the area.

Other ideas include expanding an internationally recognised area that ships are to avoid the area could reduce risk to whales.

Some experts, while appreciative of new approaches, are wary of continuing to invest in solutions that rely on ships voluntarily changing course.

“I’m not sure if this will tip the scale to suddenly make industry much more responsive than it was,” Calambokidis said of the new sound system. — Los Angeles Times/TNS
All you need to know about symptoms, complications and vaccines of Flu

By Dr Jacob Thomas

Qatar generally has a very hot and humid climate during the summers and is very cold during the winters. This year, the summer posed serious health concerns as the high humidity and soaring temperatures affected human lives. Now the school vacation has come to the end and many of the schools will reopen by the last week of this month. Many of the infectious diseases among students are very common in the time of climate change. So every parent needs to be aware these conditions. Influenza is by far the most common disease among students during the school vacation has come to the end affected human lives. Now the influenza and its complications can be deadly. People at higher risk include children under 5 years of age especially those under 2, adults older than 65, residents of nursing homes and other long-term care facilities, pregnant women, people who have a compromised immune system, people who have chronic illnesses, such as asthma, heart disease, kidney disease and diabetes, and people who have morbid obesity, with a body mass index (BMI) of 40 or higher.

Influenza, commonly known as ‘the flu’, is an infectious disease caused by the influenza virus. Symptoms can be mild to severe. The most common symptoms include a high fever, runny nose, sore throat, muscle pains, headache, cough, and feeling tired. These symptoms typically begin two days after exposure to the virus and last for less than a week. The cough, however, may last for more than two weeks. In children there may be nausea and vomiting but these are not common in adults.

For most people, influenza resolves on its own, but sometimes influenza and its complications can be deadly. People at higher risk of developing flu complications, include children under 5 years of age especially those under 2, adults older than 65, residents of nursing homes and other long-term care facilities, pregnant women, people with a compromised immune system, people who have chronic illnesses, such as asthma, heart disease, kidney disease and diabetes, and people who have morbid obesity, with a body mass index (BMI) of 40 or higher.

Symptoms:
- Fever
- Cough
- Sore throat
- Muscle or body aches
- Headache
- Fatigue
- Nausea or vomiting
- Diarrhoea
- Cold and/or flu symptoms
- Eye or skin rash

Complications:
- Pneumonia
- Severe flu-like illness
- Influenza in the early stages of these infections, but flu can be identified by a high fever with a sudden onset and extreme fatigue. Influenza is a mixture of symptoms of common cold and pneumonia, body ache, headache, and fatigue.

Preventions:
1. In case of a child suffering from influenza parents must ensure that the child is not sent to day care or school.
2. Parents must ensure that their children avoid mingling with an infected child.
3. Hygiene is also extremely essential as it ensures a healthy living. Wash your hands often with soap and water or an alcohol-based hand rub.
4. When the climate conditions have worsened, especially when it’s dusty and windy, it is safer for the children to be indoors.
5. Try taking warm food and avoid cold items. Nutrition is very important and must focus on high protein and calorie diet.
6. Warm clothing is a necessity, preferably covering the whole body. Wearing mufflers, gloves and socks should be made compulsory for children below 10 years when going outdoors.
7. Avoid touching your eyes, nose, or mouth. Germs spread this way.
8. Try to avoid close contact with sick people.
9. Practice healthy habits. Get adequate sleep and exercise, manage your stress, drink plenty of fluids, and eat healthy and nutritious diet.
10. Cover your nose and mouth with a tissue paper when you cough or sneeze. Throw the paper in the trash after you use it.
11. Flu vaccines are available. Immunisation at the correct time is extremely important. It is better to be taken during the months between September – November. It is very safe and has no side effects. It is highly recommended that children above the age of 6 months be vaccinated (especially those going to day cares). For children who have not been vaccinated earlier, 2 doses of vaccine separated by at least 4 weeks, and for others, one vaccination every year is recommended.

Dr Jacob Thomas is a Neonatologist and Paediatrician at Aster Hospital, Doha.

Do you have the Flu?

Symptoms of influenza can start within one to two days of infection. Usually the first symptoms are chills or sensation of feeling cold, but fever is also common early in its course, with body temperatures ranging from 38 to 39°C. Many people are so ill that they are confined to bed for several days, with aches and pains throughout their body, which are worse in their backs and legs. Symptoms of influenza may include:

- Fever and extreme coldness
- Cough
- Nasal congestion
- Runny nose
- Sneezing
- Body aches, especially joints and throat
- Fatigue
- Headache
- Irritated, watering eyes

Early Symptoms: Usually the first symptoms are chills or sensation of feeling cold, but fever is also common early in its course, with body temperatures ranging from 38 to 39°C.

Causes:
Influenza is a cold weather illness. This is because the influenza virus is transmitted through airborne respiratory droplets that have been introduced into the air through coughing and sneezing. When a person who has influenza coughs or sneezes, he/she propels the virus into the surrounding air which is then inhaled by others.

When a child is infected with viral fever, close proximity with other children results in faster transmission of the virus, resulting in several others being infected. The immunity in a child is low as compared to an adult hence the chance of being infected is extremely high. Closed environment is another reason for the spread of the infection.
Brain will not work optimally and "The receptor from the gut to which could lead to weight gain. Rather than focusing on your food, peaceful, if possible, perhaps gastrointestinal issues. Well can also cause or exacerbate eating mindlessly without chewing says Killiner. Sitting hunched over, reaching for more without realising leave you hungry and unsatisfied. It is in it. Healthy leftovers from the night before, bulked up with extra vegetables or a salad, can be a good option, says Gillian Killiner, a diettian and spokeswoman for the British Dietetic Association. Shopbought convenience food “should be the last resort”; she says. “It can be laden with pro-inflammatory ingredients, especially cheap vegetable oils and fillers, which do not provide long-acting energy, so you leave hungry and unsatisfied.”

Don’t eat at your desk Enjoy your food somewhere peaceful, if possible, perhaps outdoors. If you eat at your desk, you will probably carry on working rather than focusing on your food, which could lead to weight gain. “The receptor from the gut to brain will not work optimally and leaves you feeling unsatisfied and reaching for more without realising what you have already consumed,” says Killiner. Sitting hunched over, eating mindlessly without chewing well can also cause or exacerbate gastrointestinal issues.

Maximise your workout

Five ways to have a healthier lunchtime

By Emine Saner

From making your own lunch to working out during your office hours. Here’s how you can have a healthier lunchtime:

Make your own lunch
It is cheaper and you know what is in it. Healthy leftovers from the night before, bulked up with extra vegetables or a salad, can be a good option, says Gillian Killiner, a diettian and spokeswoman for the British Dietetic Association. Shopbought convenience food “should be the last resort”; she says. “It can be laden with pro-inflammatory ingredients, especially cheap vegetable oils and fillers, which do not provide long-acting energy, so you leave hungry and unsatisfied.”

Don’t eat at your desk Enjoy your food somewhere peaceful, if possible, perhaps outdoors. If you eat at your desk, you will probably carry on working rather than focusing on your food, which could lead to weight gain. “The receptor from the gut to brain will not work optimally and leaves you feeling unsatisfied and reaching for more without realising what you have already consumed,” says Killiner. Sitting hunched over, eating mindlessly without chewing well can also cause or exacerbate gastrointestinal issues.

Maximise your workout

How to minimise scars caused by acne or injury

Moisturising and massaging can speed up the healing process, but if you still find your scars distressing, a variety of treatments are available, advises a consultant dermatologist. Scars are one of the body’s ways of repairing itself. If skin is damaged, your body works to form fibrous structures to mend the wound. Unfortunately, the resulting scar will look and feel different from the surrounding skin. There are different causes of scarring, but surgery or acne are particularly common. When a scar appears, it often looks angry and red, but will usually fade over several months. There are things you can do to help. One way to reduce scarring is to moisturise and massage developing scars for five to 10 minutes every day. This helps to stimulate blood flow, which is good for scar remodelling. Some people use specialist skincare oils, but the massaging is more important than the product used. If you have a scar that is healing, it is important to refrain from exercising or moving around, as the tissue may begin to move apart and the scar will take on a larger, rugby-ball shape during remodelling. If you smoke, stop: as well as all its other health risks, smoking has a negative effect on healing and the scar will end up looking much worse. If a scar causes pain, the NHS may be able to help, but for less serious scars that still cause distress, dermatologists have a variety of treatments aimed at reducing their appearance, including dermarolling (using a small wheel covered with tiny needles to gently prick the face) or subcision (a minor surgical procedure). Overall, though, the best way to reduce scarring is to treat the underlying problem. This isn’t always possible for surgery or burn scars, but many patients have long-lasting scars from acne. Had they sought treatment sooner, they might have less severe scarring or none at all.

– The Guardian

Moisturise: One way to reduce scarring is to moisturise and massage developing scars for five to 10 minutes every day. This helps to stimulate blood flow, which is good for scar remodelling.

Cellphone breaks not good for your brain: Study

Using a cellphone to take a break during mentally challenging tasks does not allow the brain to recharge effectively and may result in poorer performance, a new research has found.

“Cellphones may have this affect because even just seeing your phone activates thoughts of checking messages, connecting with people, access to ever-refilling information and more, in ways that are different than how we use other screens like consoles and laptops,” said Terri Kurtzberg, Associate Professor at Rutgers University in the US.

Published in The Journal of Behavioural Addictions, researchers analysed 414 college undergraduates who were asked to solve sets of 20 word puzzles.

Some were given a break halfway through, during which they were told to choose three items to buy within a specific budget, using either their cellphone, a paper circular or a computer.

The participants who took phone breaks experienced the highest levels of mental depletion and were among the least capable of solving the puzzles afterwards.

Those who took a break on their cellphone took 19 per cent longer to do the rest of the task and solved 22 per cent fewer problems than those in the other break conditions.

Their post-break efficiency and quickness was comparable to those who took no break. Their number of word problems solved after the break was slightly better than those who took no break, but worse than all other participants. – IANS
Everyone loves old-fashioned, spicy Buffalo chicken wings

W e all love spicy stuff whether it is the spicy curry with rice, the spicy chicken or the spicy potato chips. One such spicy dish that I will talk about is the Buffalo chicken wings!

Everyone loves old fashioned tender, crispy and spicy Buffalo wings. There is nothing better than enjoying a plate full of wings while watching a big game or at a party at restaurant or at your friend’s house. Next time you are out for wings or invite your friends over impress your friends with this cool recipe and the story related to its origin and its evolution.

I am sure you all are aware about this favourite finger food item and its spicy delectable sauce. Now you’ll be wondering how to make Buffalo sauce. Buffalo sauce is basically a glorified version of hot sauce, jazzed up with the addition of melted butter. Addition of butter makes the sauce smooth, mellows down the extra hot spicy sauce and obviously adds all the goodness of butter to it. It is very easy and perfect on just about anything.

Hot sauce is a combination of hot peppers, salt and vinegar, whisk some melted butter and you have created a classical Buffalo sauce. I personally like the Buffalo sauce all the time over hot sauce because of its smooth and rich taste. To make Buffalo sauce, combine two parts of hot sauce with one part of melted butter. The commercially available Buffalo sauce contains oil instead of the butter to make it vegan and keep the cost under control.

This dish was invented by mistake in 1964 and became an instant hit. A large wrong shipment of chicken wings inspired the restaurateur to come up with a new recipe. You won’t believe that this popular dish is even younger than Barak Obama. It is like a perfect marriage – spicy buttery sauce with crispy fried chicken wings, On September 5, New York will hold its annual National Buffalo wing festival – a two day celebration for all things related to this legendary dish. A lot of Buffalo chicken wings in various forms have been and will be consumed on that day in the years to come.

The first plate of Buffalo wings was served in 1964 at a family-owned establishment called the Anchor Bar in Buffalo. The wings were the brainchild of Teresa Bellissimo, the restaurant owner’s wife who covered them in her own special sauce and served them with a side of blue cheese and celery because that’s what she had available. Frank’s red hot pepper sauce is considered ideal to make the Buffalo wing sauce. Proper Buffalo wings should be snapped in half to resemble small chicken drumsticks rather than their original, harder to eat akimbo shape. They are then deep fried without any coating or breading, after which they are slathered in that zesty bright orange sauce – a combination of melted butter, hot sauce and red pepper that coats your fingers and somehow still manages to get all over your clothes no matter how careful you are. After that, the chicken wings phenomena began, the football fans have made this “hot spicy chicken wing” a traditional snack to eat while watching football. One interesting fact about the Buffalo chicken is that ranch is the most widely consumed dipping sauce along with it instead of the classical accompaniment of blue cheese sauce may be because it is easier to handle all that spice with a buttermilk based dip on the side.

Buffalo chicken wings

**Ingredients**
- Chicken wings 16 pcs
- All-purpose flour ⅓ cup
- Paprika powder ¼ tsp
- Cayenne pepper 1/4 tsp
- Salt to taste
- Oil to deep fry
- Unsalted butter ¼ cup
- Hot sauce ¼ cup
- Black pepper ground 1/3 tsp
- Garlic powder 1/3 tsp
- Celery sticks to accompany

**Method:**
In a mixing bowl combine flour, paprika powder, cayenne pepper and salt and combine well.

Place chicken wings in a separate bowl and sprinkle flour mixture over them until they are evenly coated.

Cover the bowl and refrigerate for 30 minutes.

Heat oil in a deep fryer to 180 degree Celsius, the oil should be just enough to cover the wings entirely.

Combine the butter, hot sauce, pepper and garlic powder in a small saucepan over low heat.

Stir together and heat until butter is melted and mixture is well blended.

Remove from heat and reserve for serving.

Fry coated wings in hot oil for 10–15 minutes, or until parts of wings begin to turn golden brown.

Remove from heat, place wings in serving bowl, add hot sauce mixture and toss together to coat the sauce.

Serve hot with celery sticks and blue cheese dip or ranch dressing on the side.

**Chef’s Special**
Chef Tarun Kapoor, Culinary Mastermind, USA. He may be contacted at tarunkapoork@gmail.com
MNO marks 25th International Day of the World’s Indigenous People

Mangol National Organisation Qatar Chapter (MNO) recently organised an event to mark 25th International Day of the World’s Indigenous People. Biru Lama, President of MNO Qatar, welcomed the gathering and highlighted the status and social scenario of Indigenous People of Nepal on the occasion. The event was attended by notable personalities, including Sanjay Angdembe, former President of MNO Qatar; Sangram Gurung, Adviser at MNO Qatar; Gyanendra Ekten, Secretary; Bel Bahadur Lama, Spokesperson; Kishan Rai, Publicity Co-ordinator; Dhanraj Tamang, Cultural Programme Co-ordinator; Sony Rai, Cultural Programme Assistant Co-ordinator; and Yubraj Gurung and Dan B. Cole.

Speaking on the occasion, Til Vikram, Senior Correspondent at MNO Qatar, highlighted the diehard need for the unity of indigenous people of Nepal for the reformation of religious, cultural, economic, education and political aspects. He said that more than 80% of indigenous people have done well socially, linguistically and culturally but are still deprived from political, economic and educational rights. Dhirjan Gurung, Sunil Mager, Binda Angdembe, Ganga Tamang, Shusila Tamang performed at the event. The event was hosted by Dhirjan Gurung, popular Nepali singer.

MES conducts teachers’ in-service programme

MES Indian School recently conducted a three-day in-service cum orientation programme for its teachers. Inaugurating the session, Hameeda Kadar, Principal of MES, highlighted the importance of acquiring vital information about the teaching-learning process and the need for effective use of knowledge imparted from such orientation programmes. She also urged the teachers to update their teaching strategies to lead students to the ever-changing demands and expectations of the world today.

A total of 320 teachers attended the session with Aman Sood, an experienced professional in Ed-tech as the resource person for the topics, including Professional Development Plan and Touch DS, and Meenakshi Uberoi, from Pearson Education, specialised in conducting workshops dealing with topics related to inclusive learning and effective teaching methods for 21st century learners. A power-point enabled session was carried out by Jency George, Department of English at MES, on classroom management styles and strategies, while the Department of Counselling highlighted about stress management and effective communication. Physical Education Department conducted a body and soul fitness session where teachers were given yoga training and general health tips to be followed. An ERP training session in the new study modules was conducted by the ICT Department of the school. The orientation programme was co-ordinated by Sudheesh, Department of Physics.

NIS organises medical emergency training

The Health Club of Noble International School (NIS), in collaboration with Badr Al Sama Medical Centre, recently organised a medical emergency training programme for the faculty members of NIS. Rinu Joseph, Marketing Manager at Badr Al Sama, along with Dr Anas and his team trained the teachers to deal with emergency situations like unconsciousness, choking management, CPR, URP and others that require spontaneous actions to be made by the witnesses. The Physical Education department and other teachers who have experience in the medical field actively contributed to the training programme. Indira Ajeesh, Head of Section at NIS, conveyed her gratitude to Dr Anas and his team.
Cognitive bias

When it comes to assessing risk, we frequently make choices because our brains take many shortcuts to make a decision; a choice. Since the 1960s, researchers have been researching these failings, and here are some that can cause us problems:

**ANCHORING EFFECT**
Relying too much on the initial piece of information offered when making decisions.

- "The first test seemed OK. Do we need to look any more?"

**AVAILABILITY HEURISTIC**
Overestimating the importance and likelihood of events given the greater availability of information.

- "I saw something very similar to this on LinkedIn. We need to take it seriously."

**BANDWAGON EFFECT**
Uptake of beliefs and ideas increases the more that they have already been adopted by others.

- "The whole department knows there's no problem here."

**BELIEF BIAS**
Basing the strength of an argument on the believability or plausibility of the conclusion.

- "I didn't quite follow your argument but the conclusion seems about right."

**BLIND SPOT BIAS**
Viewing oneself as less biased than others.

- "Let's ignore Sarah's views on this one. She's biased."

**CLUSTERING ILLUSION**
Erroneously overestimating the importance of small clusters or patterns in large data.

- "This is the second week in a row that this has happened. There must be a problem."

**CONFIRMATION BIAS**
Focusing on information that only confirms existing preconceptions.

- "We did loads of simulations. Most of them showed there's no problem."

**COURTESY BIAS**
Giving an opinion/conclusion that is viewed as more socially acceptable so as to avoid causing offence/controversy.

- "The last time we discussed this the meeting lasted for hours. Let's move on."

**ENDOWMENT EFFECT**
The tendency for people to ascribe more value to things merely because they already own/have them.

- "I know it will cost a fortune to fix but it cost us £15,000. We can't just throw it away."
In risk, humans often fail to make rational decisions. Mental shortcuts that prevent us making the correct decision have been identified and labelled dozens of them. These are known as cognitive biases. The notion of cognitive biases was first introduced by psychologists Amos Tversky and Daniel Kahneman in the early 1970s. Their research paper, "Judgment Under Uncertainty: Heuristics and Biases," in the Science journal has provided the basis of almost all current theories of decision making.

**ORIGIN**
The notion of cognitive biases was first introduced by psychologists Amos Tversky and Daniel Kahneman in the early 1970s. Their research paper, "Judgment Under Uncertainty: Heuristics and Biases," in the Science journal has provided the basis of almost all current theories of decision making and heuristics. Professor Kahneman was awarded a Nobel Prize in 2002 after further developing the ideas and applying them to economics.

- **GAMBLER'S FALLACY**
  Believing that future probabilities are altered by past events, when in fact they are unchanged.

- **HYPERBOLIC DISCOUNTING**
  Preferring a smaller, sooner payoff over a larger, later reward.

- **ILLUSION OF VALIDITY**
  Overestimating our ability to make accurate predictions, especially when data appears to tell a coherent story.

- **OSTRICH EFFECT**
  Avoiding negative financial information by pretending it doesn't exist.

- **POST-PURCHASE RATIONALIZATION**
  Tendency to retroactively ascribe positive attributes to an option one has selected.

- **REACTIVE DEVALUATION**
  Devaluing an idea because it originated from an adversary or opponent.

- **RISK COMPENSATION**
  Taking bigger risks when perceived safety increases; being more careful when perceived risks increase.

- **STATUS QUO BIAS**
  Preferring the current state of affairs over change.

- **STEREOTYPING**
  Assuming a person has characteristics because they are a member of a group.

**EXAMPLES OF COGNITIVE BIAS**

- **The conveyor belt broke three times last month. It's pretty unlikely it'll happen again.**
  - **GAMBLER'S FALLACY**
- **Let's just get the deal done ASAP.**
- **This worked fine in the factory in Korea. It should work fine here.**
  - **HYPERBOLIC DISCOUNTING**
- **Looks like we've run out of time to discuss this.**
- **We made a good call on that one.**
- **Our competitors are only doing well because their products are cheap.**
- **Now we've got the new equipment we can cut the time spent on maintenance.**
- **If it ain't broke, don't fix it.**
- **Dave from tech is worried - but frankly the tech team are always pessimists.**
  - **OSTRICH EFFECT**
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  - **OSTRICH EFFECT**
Home remedies for eye strain

Eye strain occurs when your eyes get tired from intense use, such as while driving long distances or staring at computer screens and other digital devices. Eye strain doesn’t have serious or long-term consequences, but it can be aggravating and unpleasant. It can make you tired and reduce your ability to concentrate. It usually goes away once you rest your eyes or take other steps to reduce your discomfort. But in some cases, signs and symptoms of eye strain can indicate an underlying eye condition that needs treatment.

**Signs and symptoms of eye strain include:**
- Sore, tired, burning or itching eyes
- Watery or dry eyes
- Blurred or double vision
- Headache
- Sore neck, shoulders or back
- Increased sensitivity to light
- Difficulty concentrating
- Feeling that you cannot keep your eyes open

**Common causes of eye strain include:**
- Looking at digital device screens
- Reading without pausing to rest your eyes
- Driving long distances and doing other activities involving extended focus
- Being exposed to bright light or glare
- Straining to see in very dim light
- Having an underlying eye problem, such as dry eyes or uncorrected vision (refractive error)
- Being stressed or fatigued
- Being exposed to dry moving air from a fan, heating or air-conditioning system

Consider these lifestyle tips and home remedies to reduce or prevent eye strain:

- **Adjust the lighting.** When watching television, it may be easier on your eyes if you keep the room softly lit. When reading printed materials or doing close work, try to position the light source behind you and direct the light onto your page or task. If you’re reading at a desk, use a shaded light positioned in front of you. The shade will keep light from shining directly into your eyes.
- **Take breaks.** When doing close work, take occasional breaks and rest your eyes by looking away from the digital screen.
- **Limit screen time.** This is especially important for children, who may not make the connection between extended viewing, eye strain and the need to rest their eyes regularly.
- **Use artificial tears.** Over-the-counter artificial tears can help prevent and relieve dry eyes. Use them even when your eyes feel fine to keep them well-hydrated and prevent a recurrence of symptoms. Your healthcare provider can suggest which eye drops might be best for you. Lubricating drops that don’t contain preservatives can be used as often as you need. If the drops you’re using contain preservatives, don’t use them more than four times a day. Avoid eye drops with a redness remover, as these may worsen dry eye symptoms.
- **Improve the air quality of your workspace.** Some changes that may help prevent dry eyes include using a humidifier, adjusting the thermostat to reduce blowing air and avoiding smoke.
- **Check the lighting and reduce glare.** Bright lighting and too much glare can strain your eyes and make it difficult to see objects on your monitor. The worst problems are generally from sources above or behind you, including fluorescent lighting and sunlight. Consider turning off some or all of the overhead lights.
- **Use a document holder.** If you need light for writing or reading, use an adjustable desk lamp. Close blinds or shades, and avoid placing your monitor directly in front of a window or white wall. Placement of an anti-glare cover over the screen can be helpful.
- **Adjust your monitor.** Position your monitor directly in front of you about an arm’s length away so that the top of the screen is at or just below eye level. It helps to have a chair you can adjust too.
- **Use a document holder.** If you need to refer to print material while you work on your computer, place it on a document holder. Some holders are designed to be placed between the keyboard and monitor; others are placed to the side. Find one that works for you. The goal is to reduce how much your eyes need to readjust and how often you turn your neck and head.
- **Adjust your screen settings.** Enlarge the type for easier reading. And adjust the contrast and brightness to a level that’s comfortable for you.

**Tips for computer work**

Computer use is a common cause of eye strain. If you work at a desk and use a computer, these self-care steps can help take some of the strain off your eyes.
- **Blink often to refresh your eyes.** Many people blink less than usual when working at a computer, which can contribute to dry eyes. Blinking produces tears that moisten and refresh your eyes. Try to make it a habit to blink more often when looking at a monitor.
- **Take eye breaks.** Throughout the day, give your eyes a break by looking away from your monitor.

Try the 20-20-20 rule: Every 20 minutes, look at something 20 feet away for at least 20 seconds.
- **Check the lighting and reduce glare.** Bright lighting and too much glare can strain your eyes and make it difficult to see objects on your monitor. The worst problems are generally from sources above or behind you, including fluorescent lighting and sunlight. Consider turning off some or all of the overhead lights.
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- **Adjust your screen settings.** Enlarge the type for easier reading. And adjust the contrast and brightness to a level that’s comfortable for you.

— Mayo Clinic News Network
Colour by choice

Maze

Help the bus find its way to the bus stop.

Connect the dots

Join the dots in order to find out more!

Picture crossword

Halloween

ACROSS

1. 2. 3. 4. 5.

DOWN

1. 2. 3. 4. 5.
Pooch Café
By Paul Gilligan

Hey, I'm missing my flea collar.

What the--? Mine's gone too!

This is so weird!

Boozy & Googi
By Zana Summers

The shark family goes to the zoo.
Sudoku

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Across
1 Actors with strongly marked accents in TV programme? (9)
8 Girl’s coming back for racing driver (5)
9 Butler worried about old affliction (7)
10 Everyone needs youth leader as confederate (4)
11 A metal? A metal in fruit! (8)
13 Make certain points by river (6)
14 Think logically about a child (6)
17 I plan too carelessly, but it’s not mandatory (8)
19 Dummy left in baby’s bed (4)
21 Woman at sea in yacht (7)
22 Good girl seen in mirror (5)
23 Is Buddhist priest ill in capital? (9)

Down
2 Joint in middle of Warsaw causes annoyance (7)
3 First-class fuel for stoves (4)
4 An animal let out other animals (6)
5 Novelist that is associated with small dogs (8)
6 Scottish port getting round embargo (4)
8 Transport once for drama instructor (10)
12 Little brother chose awful jewellery (8)
15 Aunt Sal chopped up fruit (7)
16 Hat seen in canal (6)
18 Lean nurse (4)
20 Where the Taj Mahal is depicted in diagrams (4)

Solution

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Wordwatch

space cadet
(SPAYS kuh-det)
MEANING:
noun:
1. A trainee astronaut.
2. A person who behaves strangely or appears to be out of touch with reality.
ETYMOLOGY:
From Robert Heinlein’s 1948 novel Space Cadet. Why the second sense of the term? The book inspired TV and radio shows and comics and the term became popular. Eventually, the meaning shifted and now a space cadet is one who is spaced out or has their mind in space, probably as a result of drug use. Earliest documented use: 1948. Other words coined by Robert Heinlein that have become words in the English language are grok and waldo.
USAGE:
“It seems odd to think of how [Kate] Bush was once popularly perceived: not with the reverence she’s held in now, but as a dippy space cadet with a penchant for saying ‘wow.’”

pythagorize
(puh-THOG-uh-ryz)
MEANING:
verb intr.: To philosophize or speculate in the manner of Pythagoras or the Pythagoreans.
verb tr.: To convert (a person or thing) into another.
USAGE:
“Your presupposed celestial unity shall make all kinds of words spring up in you; and when your scattered numbers resonate, pythagorize within your constellations.”
By Ruben Dario (translated by Elinor Randall); Quoted in The Oxford Book of Latin American Poetry; Oxford University Press, 2009.

malaprop
(MAL-uh-prop)
MEANING:
verb intr.: To misuse a word by confusing it with a similar-sounding word, producing a humorous effect. For example, “pineapple of perfection” for “pinnacle of perfection” (from the play The Rivals).
USAGE:
“Why not throw caution to the birds, as he had malaproped, and make the call?”

nestorize
(NES-tuh-ryz)
MEANING:
verb tr.: To fill someone with the idea of being very wise.
ETYMOLOGY:
After Nestor, king of Pylos, who was the oldest and wisest of the Greeks and served as a counselor in the Trojan War. Earliest documented use: 1612.
USAGE:
“I must stop this sort of Nestorizing to myself and save it for the lecture platform and the press.”
— wordsmith.org
Here are some ways to make your home safe for your pet

For people, pets are a member of the family. They provide companionship and countless memories that last a lifetime. Having a pet-friendly home increases the likelihood that these memories will be positive. These tips can make pet ownership simpler, and create a safer, healthier environment for your four-legged companion.

Pet-friendly flooring
Carpeted flooring can be a challenge for pet owners. Carpet traps unpleasant odours and is difficult to clean. Hardwood, bamboo, laminate and other alternatives — when properly maintained — offer a surface that's easier to clean, doesn't trap allergens and doesn't hide fur or other debris. Experts like Lumber Liquidators offer a wide selection of flooring options, so you're sure to find a style and look that will complement your home properly maintained — offer a surface that's easier to clean, doesn't trap allergens and doesn't hide fur or other debris. Experts like Lumber Liquidators offer a wide selection of flooring options, so you're sure to find a style and look that will complement your home and is perfect for your pet.

A space to call their own
Many pets seek shelter when startled by loud noises. Whether it's the clap of thunder or the sound of the door being opened, pets can send your animal fleeing (or peeing). Having a dedicated space for your pet, be it a mushroom, doorless closet or comfy bed, provides a safe place for your animal during times of stress. Also, pets need a little down time every once in a while. A cozy nook away from direct sunlight provides a perfect place for them to relax and recharge.

Picking the best paint
Even the cleanest of pets can leave marks on your walls. Choosing the right paint can make the difference between a permanent stain and one that's easily removed. Lower sheens can be difficult to clean, so opt for semi-gloss or satin. Also, depending on your climate, you may prefer a light or dark paint colour. Light colours can help keep your pet cool by reflecting the sun, while darker colours absorb the sun's heat and can warm the home environment.

Protect your curious pet
Pets are inherently curious. If it's within reach, chances are it will be investigated with a detective's attention. Even if the food is safe for pets, the packaging may be harmful. Medications, cleaners and cosmetics should also be kept on high shelves or behind a locked cabinet. Most pet owners know to keep food and toxins off accessible surfaces, but it's easy to forget something on a bedside table or the edge of a counter. Pets require time, attention and love. They will return the favour more naturally in an environment that's comfortable and safe. Consider these tips for creating a pet-friendly home.

LIFE STYLE/HOROSCOPE

ARIES
March 21 — April 19
Love is in the air for you, Aries. You will be rewarded handsomely because you have so many things to offer. Spread your love everywhere. Skip from place to place and person to person, receiving smiles of pleasure. Put your worries aside. There's every reason to be happy. Laughter keeps you young.

TAURUS
April 20 — May 20
You feel indecisive when it comes to a romantic situation, Taurus. You might ask yourself questions about how to proceed. Don't get overwhelmed by all the possibilities. Take things one step at a time. The more you read into each small gesture, the crazier you will drive yourself. Don't run around in circles. Confront the issues.

GEMINI
May 21 — June 20
Things should go quite well in the department of love today, Gemini. Pursue creative projects in social environments. The more time you spend with others, the more fulfilled you'll be by sundown. You're fuelled by others' energy. Spend time with the people you love and you'll feel a solid sense of self-worth.

CANCER
June 21 — July 22
Stay busy today, Cancer. Keep your mind occupied with basic tasks that need doing. You can accomplish a lot by multitasking, writing down a plan, and sticking to it. There is no shortage of things that need to be done so stop procrastinating. If you feel stuck on something, don't be afraid to ask for help. Friends and co-workers are your greatest resources right now.

LEO
July 23 — August 22
You're at an emotional climax now, Leo. Things are coming to a critical point. Little issues in your relationships that you've ignored are coming back to haunt you. Someone could be trying to cross you at this time, or maybe it just feels that way. Don't get overly paranoid. The whole world isn't out to get you.

VIRGO
August 23 — September 22
You may feel confused, Virgo. If so, take a breath and slow down. Being frantic will only run you in circles. Your heart and mind are buzzing in all directions, so try to settle down. Don't feel like you need to come up with any particular solutions. Trying to pin things down will only frustrate you and waste your time.

LIBRA
September 23 — October 22
Embrace your loved ones, Libra. Let your heart lead the way. Things will flow your way if you let them. Don't try to fight the good fortune that comes. If you try to force the door open, it won't budge. Knock gently and it will open by itself. You mind is quick today. Get things moving in a positive direction. Jump on the uphill spiral to success.

SCORPIO
October 23 — November 21
Listen to the birds today, Scorpio. They have a song for you, telling you to be happy. Take time to do things that make you feel good. Connect with creative people and projects that get your artistic juices flowing. Keep things light and uplifting. It may be hard to make a decision about anything right now, but don't let that keep you from being productive.

SAGITTARIUS
November 22 — December 21
There is power behind your heart, Sagittarius, and you might come across more forcefully than usual in the love and romance department. This is a good day to make a bold move toward someone. Your internal fire burns more brightly than ever. Share this warmth. Spreading your love will ensure that people are happy to keep you warm on days when your fire sputters out.

CAPRICORN
December 22 — January 19
You might feel like your heart requires a bit more attention than usual, Capricorn. There could be a close loved one who is even needier than you. Either way, this situation is going to cause tension in an important relationship. If you're not currently involved with someone, this is probably for the better. Things aren't always as they seem.

AQUARIUS
January 20 — February 18
Things go well in your love life today, Aquarius, but only if you let them happen. You must first open your arms to give and receive. If your arms are full of laundry, it will be harder for people to hug you. Take your clothes to the cleaners and keep your arms free to receive the love you need. Remember that giving is as important as receiving.

PISCES
February 19 — March 20
Spend time with someone you love today, Pisces, but keep things light and easy. Don't go too deep, and don't expect others to necessarily feel the things you feel. You might feel slighted when others don't give you the attention that you think you deserve. Don't take it personally. Others may be unfocused and short of attention. Don't expect any major commitments or deep conversations right now.
Varun, Alia collaborate for a project

Student of the Year co-stars Varun Dhawan and Alia Bhatt have joined forces, this time for charity.

Varun has announced the next instalment of her closet sharing initiative ‘Mi Wardrobe is Su Wardrobe’. After actors Anushka Sharma and Sonakshi Sinha, Varun is the third celebrity guest to share handpicked favourites from his personal wardrobe, for charity.

“Varun is making his Mi’s debut and I’m really thankful to him for being a part of this initiative! We need to start adopting a more conscious approach towards buying and discarding garments. We want to encourage more and more people to consider adding quality, pre-owned garments to their wardrobes and to help our environment by reducing waste,” Alia said.

Proceeds from this wardrobe will support Salaam Bombay Foundation, which works with adolescents growing up in urban slums, to keep them in school through multiple programmes that impact their education, health, and livelihood.

Speaking on the association, Varun said:

“Sharing a garment is the most fun form of recycling it and keeping it away from landfills. Mi Wardrobe is Su Wardrobe not only gives fans across the world the opportunity to own a garment from my personal closet, but together, we’re also doing our bit for the environment.”

The wardrobe is available on Saltscout.com, an online platform for charity auctions and sales.

Trying not to cry: Jolie on dropping son to college

An emotional Angelina Jolie tried “not to cry” while dropping off son Maddox to college in South Korea.

The 16-year-old is attending Yonsei University in South Korea to study biochemistry, and Jolie dropped him off at the school in-person, reports hollywoodlife.com.

“I leave today, I’m trying not to cry,” the Oscar-winning Hollywood actress said in a video, shared on Instagram by a user on Wednesday, August 21.

The mother-son duo were all smiles in the photographs and videos shared on the users account, as Jolie took the time to chat with her son’s fellow students and even offered to take a photograph with the excited group.

The video was taken in a building on-campus. Jolie told the group that she and Maddox were in Seoul for a few days before classes get started.

“We’ve been in Seoul – we were (also) here a little while ago when we first went to Yonsei,” the Malignent: Mistress of Evil star said.

Maddox’s decision to attend the South Korean college came after months of US and international campus tours – including a stop by NYU – before he settled on Yonsei.

“Isn’t it a great school?” Jolie said in the video.

Maddox was homeschooled for his elementary and high school education.

Spider-Man is leaving the Marvel Cinematic Universe

By Ryan Faughnder

Spider-Man appears to have taken his last swing through Walt Disney Co.’s Marvel Cinematic Universe.

Kevin Feige, the president of Disney-owned Marvel Studios, will no longer produce the Spider-Man movies released by rival studio Sony Pictures after the two companies failed to come to a new agreement, according to three people familiar with the matter who were not authorised to comment.

Disne, which had a major hand in producing megahits Spider-Man: Homecoming and its recent sequel Far From Home, wanted to take a 50% co-financing stake in future Spider-Man films, these people said. But Sony, which is riding high on the success of the Spider-Man movies, was unwilling to give up such a large portion of its most valuable franchises.

Another major factor in negotiations was the growing demands on Feige’s time, said people with knowledge of the situation.

Disney wants the highly successful producer to focus on the Marvel characters it owns, which recently expanded to include the X-Men characters. Disney acquired the X-Men rights as part of its purchase of 20th Century Fox. Feige also has been tasked with shepherding a significant lineup of original Marvel Studios shows for the company’s all-important streaming service Disney+, which is expected to launch Nov. 12 in a high-stakes gamble to take on Netflix. Also on Feige’s plate: building the next phase of Marvel movies, including the long-anticipated Black Widow feature and a fourth Thor film. It’s unclear how, exactly, Spider-Man would have fit into the next round of Marvel Studios movies if the studios had been able to reach a deal.

Deadline first reported the severing of ties between Sony and Disney. Representatives for Sony, Disney and Marvel Studios declined to comment.

A person close to Sony said negotiations were “ongoing” raising hopes among superhero film fans on social media that the two sides would come back to the table. But multiple people disputed that notion, saying the talks were dead.

The apparent collapse of discussions ends what was seen as a highly unusual pact between two Hollywood competitors. Disney in 2015 allowed Feige, one of the industry’s most successful movie producers, to reboot its rival’s most important film franchise. In exchange, Disney was able to put the web-slinger in its own series of superhero movies, including Captain America: Civil War, Avengers: Infinity War and this year’s Avengers: Endgame.

For Marvel fans and the two studios, the arrangement was good while it lasted.

The deal allowed Sony to retolt its prized superhero at a time when the studio had run out of ideas for the Marvel property. Sony, which finances the Spider-Man movies, reaped the profits and kept its key piece of intellectual property alive.

Disney, for its part, was warm to the deal in part because the Burbank-based entertainment giant owns the lucrative merchandising rights for Spider-Man. Marvel also received a small share of the box-office receipts from the Spider-Man films.

The results were impressive. Spider-Man: Homecoming, starring Tom Holland as Peter Parker, was a major success, grossing $880 million worldwide in 2017. This year’s follow-up, Spider-Man: Far From Home, has taken in $1.11 billion.

However, Disney ultimately decided it didn’t make sense to have one of its most important filmmakers working for another studio if it couldn’t own a significant financial stake in the movies.

Sony, meanwhile, had found success on its own with Venom, the anti-hero movie starring Tom Hardy. Venom is one of the Spider-Man-related characters Sony owns, and the film was not made as a part of the larger superhero universe spearheaded by Disney. Venom grossed $86 million in box office receipts.

The Culver City studio, led by Sony Pictures Entertainment Chairman Tony Vinciquerra and motion picture group Chairman Tom Rothman, is also making a movie starring Jared Leto as Spider-Man character Morbius, which is planned for release next summer. Sony also scored with last year’s Oscar-winning animated feature Spider-Man: Into the Spider-Verse.

Sony executives, people familiar with the matter said, were confident they could continue the Spider-Man franchise, even without Feige. Holland is still on board for future movies, sources said.


Disney bought Marvel Entertainment in 2009 for $4 billion, giving it access to a host of superheroes but not Spider-Man. Sony sold the Spider-Man merchandising rights to Disney in 2011. – Los Angeles Times/TNS

Charitable: Varun Dhawan, left, and Alia Bhatt have joined forces for charity.

LAST SWING: Kevin Feige, the president of Disney-owned Marvel Studios, will no longer produce the Spider-Man movies released by rival studio Sony Pictures.
Inspiring Pakistani cancer survivor dedicates life to youth empowerment

By Mudassir Raja

A youth, when at home, should be filial and, abroad, respectful to his elders. He should be earnest and truthful. He should overflow in love to all and cultivate the friendship of the good. When he has time and opportunity, after the performance of these things, he should employ them in polite studies. This was once said by Chinese philosopher Confucius. It is universally believed that youth hold the future of the world and they need to be trained accordingly at their most formative years.

This is the spirit with which Abdul Samad Khan lives. A Pakistani corporate adventure trainer, and social entrepreneur, Abdul Samad has devoted himself to the cause of youth leadership training – a change that was ushered in his life after he survived cancer.

A trainer of international recognition, Samad considers youth empowerment as a purpose of life that inspires him to help young people discover and maximise their potential. He is currently in Qatar and has been sharing his expertise and experiences at different social and professional forums of the Pakistani community.

Community recently sat with the passionate dreamer who expressed strong belief to live an impactful life for himself and others. The founder and CEO of Youth Impact, a not-for-profit organisation that focuses on social leadership development among youth, said: “For the last seven years, we have been working on youth leadership development. Our mission is to develop purposeful and character-based young social leaders. Our methodology is to have nature and wilderness-based youth development programmes. We take the youth to wilderness and through adventurous activities, involve them in practical experiences and challenges.”

The organisation runs an annual event with the name of ‘Markhor’ – Pakistan’s premium wilderness based youth leadership development conference held annually in the Himalayas.

“The project is inspired by the national animal of Pakistan that is Markhor. We have derived the spirit of Markhor that revolves around self-pride, resilience, strong character, adaptability, resourcefulness, and survival instinct. Every year from Pakistan and other countries, we select 100 young boys and girls – ageing 17 to 24 years. In the last six years, we have trained 539 young people. We had our first conference in 2013. “The five-day experience carries components such as adventure, hiking, camping, and survival skills. We also inculcate leadership skills and mindset. Thirdly, we create a sense of togetherness among the participants to build a community. We also invite Pakistani social leaders and role-models and they spend time with the youth. This year the conference will take place at Shogran in Kaghan valley from October 2 to 6. The youth after completing the programme has to work with some social enterprise in Pakistan for three months.”

Further elaborating the concept, Abdul Samad, who has so far conducted youth leadership trainings in Australia, USA, UK, Turkey, Sri Lanka, Tanzania, and Malaysia besides Pakistan, said: “We have a vision for 2030 Pakistan. Through this programme, we want to have trained youth assuming different leadership roles. We are cultivating among the youth a sense of purpose and culture of giving back to the society.”

An IT graduate, long-time corporate trainer and certified ‘Train the Trainer’, Samad saw a change in the purpose of his life after he survived cancer. “The disease, the treatment and survival actually changed my whole outlook towards life. I decided to focus more on training the young people instead of training the corporate leaders. It gave a purpose to my life. Secondly, I noticed that there has been a lot of focus on youth training in the world, especially in the developed countries. So, I decided to do something for the Pakistani youth. So far, I have trained about 23,000 young people through different programmes. I am running a programme for high school students called ‘Learning ka Wheel’ or Wheel of Learning. Our yet another programme is ‘Chasing Show Leopard’ where the young people are taken to snow covered areas and taught how to survive. Our ‘It Is Outdoor Karachi’ programme focuses on underprivileged young people. We also run course for madrassa students and jail inmates.”

Abdul Samad, who also sees these training programmes as his spiritual journey, further said: “To formulate leadership training courses for different levels, we studied the life of Prophet Muhammad (Peace Be Upon Him) dividing into three phases. The first phase was from his birth to when he was 20-year-old. The second phase was from 20 to 40 years of his life and the third from 40 year to the year of his death. We picked his leadership characteristics from all his life and designed the course for different age groups.”

About his visit to Qatar, Abdul Samad said: “I wanted to introduce my concept to the Pakistani community here. We have had very fruitful discussions and meetings at different forums. We believe that if we get an opportunity, we can start our programmes for the youth in Qatar as well.”