Community

Keeping on top of your mental health in today's taxing world can be tough. But a few changes can help.

Unplugged

MANTRA: "I'm a very successful communicator, when I'm concentrating and focusing. It's not a natural thing for me," says Brian Grazer.

Cuisine

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At HBO's Emmy party, the decor was as glitzy as ever. Page 14
“Looking someone in the eyes enables great things to happen”

— Brian Grazer, film and TV producer

“Nobody made a greater mistake than he who did nothing because he could do only a little.”

— Edmund Burke

My curiosity conversations have defined my life. ... Whether it’s with Princess Diana or John Nash, I always knew you had to make a point of being completely present with them.
By Ryan Faughnder

F or Brian Grazer, being a film and TV producer isn’t all about name-dropping celebrities and A-lister lunches at the Palm. OK, some of the job is definitely about that.

But the Oscar winner behind A Beautiful Mind and Apollo 13 and shows including A&E’s Development and Empire says one key to his success has been to connect deeply with other people. That’s probably no surprise coming from Grazer, who co-founded Imagine Entertainment with Ron Howard in 1986, establishing one of the entertainment business’ most enduring partnerships.

In his 2015 book, A Curious Mind, Grazer drew on his habit of engaging in “curiosity conversations” with the likes of scientist Jonas Salk and writer Isaac Asimov. His new book, Face to Face: The Art of Human Connection, explores the virtues of getting people to open up in an era defined by social media and multitasking.

In an interview at his Santa Monica home, the 68-year-old Grazer spoke about why he wrote Face to Face, the future of his company, and how actor Tom Hanks kept him from bailing on the Eminem movie 8 Mile.

Why did you focus this new book on human connection?

My curiosity conversations have defined my life... What’s it with Princess Diana or John Nash, I always knew you had to make a point of being completely present with them, but not until two years ago did I realise that is created through eye contact. If you’re immediately taking this simple step of looking at somebody in the eye, that makes a statement to them: “I see you.” We’re reading people’s energy more than what they say. By looking someone in the eyes, it enables great things to happen.

Face-to-face communication is not something that always came naturally to you. How did you overcome that obstacle?

I was crippled by dyslexia, and I had a hard time reading, and therefore I never wanted to be asked a question in class because I knew I couldn’t answer it. So I developed all these different methods of diverting my eyes so I wouldn’t get picked. ... But then I found that in college, I was one of the smart kids, and it felt really good to be one of the smart kids.

I’m a very successful communicator, when I’m concentrating and focusing. It’s not a natural thing for me. Ron Howard and I were working on our first movie together, Night Shift (1982) with two writers, Lowell Ganz and Babaloo Mandel. In meetings, I’m often not looking at them because I feel like I’m getting away with multitasking. So Ron says gently to me, “You know, when you don’t look at them, it makes them feel bad; it hurts their feelings.”

What was a pivotal moment in your career where this skill helped you? I’m thinking of an awkward meeting you had with Eminem before making 8 Mile.

So I had an office that was very comfortable, and I had a lot of success getting people to communicate in this office. But when Eminem came in, he stared straight out a window. I did everything possible. But he had this impenetrable icy glare.

Eventually, he decided he was going to leave, after about 20 of the longest minutes of my life. Out of desperation, as his hand hit the door to exit, I said, “Oh, come on, you can animate!” I don’t even know why I said that word. I guess because I’d seen the urban side of him, and I’ve seen the really funny and fluid side of him. And then he paused and he came back, to my surprise, and we really opened up to each other. For the next 40 minutes to an hour, he basically told me his story, which became really the body of the movie.

What made you persist in that moment?

I think I was just determined to understand him. He wasn’t yet even near the peak of his career, but he was already at that time today’s genius rap poet, who was doing a really unique thing.

I’ll tell you another story, but it’s unrelated. After a couple years of working with Eminem, we had a script, we had a director, and we were ready to make the movie. And it was when he was having an issue with Elton John, and he seemed homophobic. And I thought, “If I make this movie, I’m empowering that.”

Then, serendipitously, I’m having dinner with Tom Hanks at Giorgio Baldi. And I say, “I’m about to make this movie on this guy, Eminem, and I’m thinking I may be fuelling his power source by making this movie, and I’m thinking he could be homophobic. I don’t want to do that.” And he says, “Are you crazy? That’s another character. ... That’s Slim Shady. He doesn’t even take it seriously. He’s not a homophobe.” ... And I thought, if anyone knows, it’s this guy, Tom Hanks.

One of your most interesting upcoming projects is Hillbilly Elegy, based on the 2016 memoir by J D Vance about his difficult upbringing in rural Ohio. Why did you want to do this adaptation?

Ron and I like making movies about family. Everybody roots for family.

Imagine Entertainment has been an independent producer for several years, after a long relationship with Universal Pictures. How has that changed your business?

We’ve expanded by being independent. ... I think now, with multiple platforms of all types that make all sizes and shapes of narrative content, we’ve come to realise that stories are everything.

... Unless you tell a story that becomes visceral and reaches people, you’re not differentiating yourself from all the clutter. Even as recently as Empire, no-one wanted a 90%-plus African American cast show on network television. But we saw there were certain ingredients that could make that work within the equation of the show. People love watching stories of earned success. People like being in glamorous environments, if it’s earned and juicy. Those are the ingredients that made Empire work.

— Los Angeles Times/TNS
Six ways to stay healthy when you’re stressed

Keeping on top of your mental health in today’s taxing world can be tough. But a few changes can help lift the burden, writes Sirin Kale

Human beings are not built to endure prolonged periods of stress. If you want to see an extreme example of what it can do to a person, observe prime ministers as they enter and exit Downing Street. Before, fresh-faced, they simmer for the cameras. Afterwards, they are gaunt, grey and lined. It is like watching an accelerated version of ageing, and a reminder of how stress corrodes the human body.

We live in stressful times, though. More people are scratching a living in the gig economy, without paid leave or long-term job security. Austerity has ripped through communities like bullets through plasterboard, destroying the mental health of those forced through communities like bullets through plasterboard, destroying the mental health of those forced through communities like bullets through plasterboard, destroying the mental health of those forced.

The Amazon is burning, state. The Amazon is burning, with the machinery of the welfare state. The Amazon is burning, a no-deal Brexit is looming, a deadline looms will make you feel.

It is no wonder that our mental health services are in crisis, more young people are seeking help for anxiety and schoolchildren are being taught mindfulness to cope with the stresses of social media. According to a 2018 study, 75% of Britons experienced such profound stress in the previous year that they felt unable to cope.

The fact is, stress kills. Prolonged stress has been linked to heart disease, depression and diabetes. But how can you stay healthy when you are stressed? We asked some experts.

Eat Well

The salty-sweet smack of snack foods is often the only thing that gets many of us through stressful times. But the crisis you inhale as a deadline looms will make you feel rotten in the long term.

“When we’re overwhelmed, it’s easy to reach for a quick fix in the form of sugar-rich food and drink,” says Aamina Govindji, a registered dietitian and a member of the British Dietetic Association. “This gives you an instant spike in serotonin, the body’s feelgood chemical, but it won’t last – and neither will the fast rise in your blood glucose levels, which also gives you a temporary high.” Instead, opt for complex carbohydrates such as porridge or wholegrain bread, which will give you the energy you need to face a difficult day.

Taking 10 minutes to eat lunch away from your desk will reduce stress levels and prevent unhealthy snacking. “Eat mindfully,” Govindji urges. “Get away from your desk, chew your food slowly and savour the flavours.” According to research from the American Psychological Association, a third of Americans reach for high-fat, high-calorie foods when stressed. “To avoid this, plan your meals to give you structure and control.” It is unrealistic to expect people to meal-prep during periods of high stress, but a very easy meal plan of porridge and berries for breakfast, a wholegrain sandwich for lunch and vegetable pasta or fish with potatoes and broccoli for dinner is achievable and healthy.

Exercise helps

Many of us are guilty of an all-or-nothing mentality when it comes to fitness. We hammer the gym hard before a holiday, but when life gets in the way, our fitness goes out of the window. However, exercise is a powerful natural stress-reliever that will flood your body with feelgood endorphins.

To motivate yourself, the personal trainer Maiken Skoie Brustad advises you to “remember how great you feel after you train. After exercise, you’ll always feel better.”

If you can’t afford to visit a gym, or have responsibilities that keep you at home, there are plenty of free home-based workouts that can be squeezed into a few minutes. “Write down a cardio circuit of five exercises – three high-intensity exercises, such as running on the spot or squat jumps, and then two ab exercises such as planks or crunches – stick a timer on for 45 seconds and do each exercise for two rounds.”

Don’t feel guilty about taking time out to exercise. “You have to be strict with yourself,” Brustad says. “Say: ‘OK, on Tuesday I will clear an hour out of my schedule,’ and train no matter what. When you’re training, focus on why you’re there. It shouldn’t be a treat to give yourself time to train. It should be a necessary thing for healthy human beings.”

Don’t be afraid to seek professional help

It is not normal to exist in a state of perpetual stress. If you feel you are approaching burnout, your first port of call should be your GP. “We all have stress in our lives,” says Dr Zoe Norris, a GP, “but the definition of anxiety as a disease is different from stress.” If patients come to her complaining of stress, she will ask them whether they have been having palpitations, panic attacks or long-term sleep disturbances. These could all indicate be indicators that they are approaching a clinical threshold for an anxiety disorder.

Even if your stress does not meet the clinical threshold for an anxiety disorder, it is a good idea to be mindful of your stress levels. “Almost every part of the body is affected by experiencing constant stress,” Norris warns. “We are not designed for it as humans.”

Develop coping mechanisms.

“Put into place protective factors that reduce the impact stress is having on you,” Norris says. Exercise, reading or socialising...
Continued from Page 4

with friends are all levelers.

“If you don’t have these coping mechanisms, what happens is that you develop bad coping mechanisms, such as drinking coffee to stay awake, then wine to help you sleep.”

Some stress is unavoidable: a relative dying, for instance. But if your stress is work-related, Norris encourages her patients to speak to their boss. “If their employers aren’t accommodating, they may come to the conclusion they need to find somewhere else to work.”

Stress is a trigger for self-destructive behaviour, such as smoking or drinking too much. “Lots of patients are keen on detoxes or Dry January, but sustained lifestyle changes are better in the long term.”

Try to get enough sleep

When you are stressed, your sleep often suffers. But staying up late in order to tackle a growing to-do list is counterproductive. “If you are suffering from poor sleep, that will make your stress levels higher,” says Dr Guy Leschziner, a neurologist and the author of The Nocturnal Brain. “Getting as much sleep as possible when you’re feeling overwhelmed will help to manage your stress.”

What about sleeping pills?

“They’re a double-edged sword,” Leschziner says. He explains that they can be helpful as a short-term solution, when someone is under acute stress. “If your GP prescribes you a short course of sleeping tablets, for a maximum of two weeks, they can be helpful. People can get to a crunch point where they don’t sleep at all and they can end up in a nervous breakdown situation.” But you can’t rely on pills as a long-term solution to stress. “It’s easy to get on a slippery slope. It’s better to resolve your sleep issues by dealing with the underlying source of stress.”

Cognitive behavioural therapy can also help address your anxiety and improve the quality of your sleep.

Get smart about how you cope

“If you feel overwhelmed, it’s usually a combination of work and home-life factors,” says Andrew Kinder, an occupational psychologist and a member of the British Association for Counselling and Psychotherapy.

Develop your support structures. “Look at your relationships,” says Kinder. “Who are your potential allies? It may be family or friends. When people open up, they’re often overwhelmed by how much support is available to them.”

Problem-solving approaches will mitigate extreme stress. If you are worried about debt, for example, tackle it head-on. “Get out the brown envelopes, open them up, start talking with your creditor and negotiate. That will give you more hope than just sitting on it and knowing that it’s festering in the background.”

Remember: your job does not define you

We live in a society that fetishises overwork, whether it is the side hustle you balance on top of your full-time job or the toxic culture of presenteeism that blights British offices. “Ask yourself the question: what do you really care about?” suggests Prof Josh Cohen, the author of Not Working: Why We Have to Stop.

Strip your workload down to the essentials. “Excessive workloads are one of the main sources of stress,” Cohen says. Many things that we do in the workplace to endear ourselves to our bosses or appear more proactive than our colleagues are basically pointless. “There’s so much that’s just window dressing, where you’re being seen to do something.”

Stop doing that and your stress levels may reduce.

To avoid burnout, remember you don’t have to spend every hour in productive or fruitful labour. Sometimes, it is good to just do nothing at all. “Resist a permanent state of task orientation. There are other dimensions of life, and selfishness, that are worth believing in. Reducing yourself to the sum of what you do and identifying yourself so fully with your work won’t do your work any good in the long term. You’ll just end up resenting it.”

– The Guardian

**Genes linked to heart failure identified**

Researchers have found the way for earlier identification of people at risk of heart failure and development of new treatments.

The team identified 14 regions in the human genome associated with the size and function of the left ventricle – each containing genes that regulate the early development of heart chambers and the contraction of heart muscles.

Previous studies have shown that differences in the size and function of the heart are partly influenced by genes but the researchers have not really understood the extent of that genetic influence.

This study has shown that several genes known to be important in heart failure also appear to regulate the heart size and function in healthy people.

“That understanding of the genetic basis of heart structure and function in the general population improves our knowledge of how heart failure evolves,” said study researcher Steffen Petersen.

**AI can lead to more precise results for cardiac MRI**

Cardiac magnetic resonance imaging (MRI) analysis can be performed significantly faster with precision similar to experts when using artificial intelligence (AI) in the form of automated machine learning, according to a new study.

Currently, analysing heart function on cardiac MRI scans takes approximately 13 minutes for humans. Utilising AI, a scan can be analysed with comparable precision in approximately four seconds, according to the findings published in the journal Cardiovascular Imaging.

“Our dataset of patients with a range of heart diseases who received scans enabled us to demonstrate that the greatest sources of measurement error arise from human factors,” researchers said.

“This indicates that automated techniques are at least as good as humans, with the potential soon to be ‘super-human’ – transforming clinical and research measurement precision,” said study author Charlotte Manisty from the University College London.

In the UK, where the study was conducted, it is estimated that more than 150,000 cardiac MRI scans are performed each year.

Based on the number of scans per year, researchers believe that utilising AI to read scans could potentially lead to saving 54 clinician days per year at each UK health centre.

Researchers trained a neural network to read the cardiac MRI scans and the results of almost 600 patients.

However, when the AI was tested in comparison to an expert and trainee on 110 separate patients from multiple centres, researchers found that there was no significant difference in accuracy.

This study highlights the potential that AI techniques could have in the future to improve analysis and influence clinical decision-making for patients with heart disease.”

– IANS
Exotic cherries, perfect fruit to make juice, bake in pies

There is nothing compared to the exciting varieties of fruits Mother Nature provides us during the different times of the year. One such delicious and exotic fruit that caught my attention this week is cherry. Cherries derive their name from the Turkish town of Cerasus and Turkey remains the largest producer of cherries in the world. Cherries have pleased the palates of food lovers for centuries and still continue to do so. The fruit is perfect for consumption, make juice, bake in pies or make preserve. Their bright ruby red colour and tangy taste is sure to delight your taste buds. Cherries were brought to America by ship with early settlers in the 1600’s. Later, French colonists from Normandy brought pits that they planted along the Saint Lawrence River and on down into the great lakes area. Cherry trees were part of French settlers when they settled in cities as Detroit, and other Midwestern settlements.

Cherries may be either deliciously sweet and deep brown red or quite tart and bright red. The two most common varieties are the sweet cherry and the sour (often referred to as tart cherry). Tart cherries have lower sugar content and higher acid content than its sweet counterpart. Cherries are high in vitamin C, carbohydrates and water and include trace amounts of fibre, protein, vitamin A, vitamin B, calcium, phosphorous, iron and potassium. Cherry fruit is easily found in Asia, Europe, North America, Iran, Turkey, Germany and Italy that are the leading cherry producers in the world.

One of the most common and popular variety of cherries is the Maraschino Cherries, the kind most often used in drinks, ice creams, sundaes, desserts and is made from sweet cherries. The Maraschino cherry originated in Yugoslavia and northern Italy. This cherry was imported to the United States in The 1980’s as a delicacy to be used in the country’s finest restaurants and hotels. In 1896, US cherry processors began experimenting, using a domestic cherry called Royal Anne with added almond oil, this cherry became so popular that the imported variety is no longer used but the name is still maraschino due to its popular name. The ultimate celebration of cherries is the National Cherry Festival, which is held every year in July in the ‘Cherry Capital of the World’ – Traverse City, Michigan. This festival originated from a spring ceremony known as the ‘Blessing of the Blossoms’. Thousands of visitors come from all over the world to celebrate the festival and enjoy cherries in almost any edible form possible.

How to choose cherries
If possible, the best way is to eat the cherries before you buy, you will instantly know if you like it or no. Sweetness varies from farm to farm and tree to tree and week to week. Always look for shiny, plump cherries with fresh green stems and dark colouring for their variety.

How to store cherries
The best way to store the cherries is to keep them unwashed and stems attached in a paper bag, loosely covered container or loosely closed plastic bag in the refrigerator until you are ready to use them. If you want to keep the cherries around for longer than a few days, pit and freeze them, you can add them directly in your baking recipes without defrosting.

How to pit cherries
Rinse cherries in cold running water before consumption. To pit cherries push off the stem and insert the end of a medium large paper clip into the stem hole. Snag the pit and scoop it out. Sour cherries are the easiest to pit, but with left hand and just a little digging and twisting, the paper clip method is effective for sweet cherries too. Use or freeze the cherries immediately after pitting. Fresh cherries simply shine in any dessert, especially when enveloped in a flaky, buttery crust and baked until the juices are bubbly and syrupy.

Recipe:

**Cherry Coconut Tarts**

**Ingredients**
- All-purpose flour 1 ½ cup
- Shortening ½ cup
- Salt ½ tsp
- Sugar ½ cup
- Cornstarch 1 tsp
- Butter 1 tbsp
- Coconut, grated 1 cup
- Almond extract few drops

**Method:**
- To toast the grated coconut over slow heat in oven till light brown, keep aside.
- Preheat the oven at 220 degree Celsius.

**How to make the tart**

1. Roll out the dough and refrigerate for 30 minutes.
2. Evenly spread the cherries and a little sugar on each tart shell.
3. Bake 8-10 minutes or until golden brown, cool for 5 minutes before removing tart shells from custard cup. Cool completely on wire rack.
4. For the filling, in a large saucepan, combine sugar and cornstarch.
5. Drain cherries, reserving 1 cup juice. Set cherries aside, stir reserved juice into sugar mixture until smooth.
6. Bring to a boil, cook and stir 2 minutes or until thickened.
7. Remove from heat, stir in cherries, butter, almond extract and half of grated coconut.
8. Allow to cool at room temperature, spoon about ¼ cup filling into each tart shell.
9. Garnish with remaining grated coconut and refrigerate for 2 hours, serve cold.

**Note:** To make the above recipe simple you can buy readymade tart shells available in different sizes and make a filling and then assemble the tart with your prepared filling.

Chef Tarun Kapoor, Culinary Mastermind, USA. He may be contacted at tarunkapoors1@gmail.com
Students of DPS-MIS take part in CBSE Gulf Sahodaya Polemic Challenge

Nakshatra Gayan and Sanish Sajan Varghese, students of Grade XI at DPS-Modern Indian School (DPS-MIS) recently represented Qatar at CBSE Gulf Sahodaya Polemic Challenge post qualifying as the best team at SIS Inter School Polemic Challenge. The students spoke on ‘Progress in Artificial Intelligence will revolutionise school education’. Nakshatra Gayan bagged the first runners-up award. Asna Nafees, Principal of DPS-MIS, congratulated the participants on their success.

FCC to organise Annual Asian School Fest - Asian Schools Fiesta 2019

Friends Cultural Centre is all set to organise the Annual Asian School Fest – Asian Schools Fiesta 2019 under the banner of Qatar Charity from October 18 till the second week of November. The registrations for the students in Indian schools in Doha will be conducted for four days, October 18, 15 and November 1 and 8. The contest has been divided into five groups, including Kids 1, for the students of KG I-II, Kids 2, Grade I-II, Sub Junior, Grade III-IV, Junior, Grade V-VII, and Senior, Grade VIII-XII. Competitions allotted for the various categories, include Kids 1, Join the dots and colour and Action Song, Kids 2, Draw and colour, storytelling and folk dance, Sub Junior, Complete the picture and colour, poem recitation, folk dance, western keyboard and oppana, Junior (Individual), Water colour painting, clay modelling, elocution, poem recitation, mono-act, news reading, keyboard, Senior (Individual), pencil drawing, craft installation, elocution, poem recitation, mono-act, western keyboard and declamation. Online registration closes on October 5.

NIS observes World Ozone Day

Noble International School (NIS) recently observed World Ozone Day. The celebration featured special assembly, speeches and quiz competitions to highlight the need to help preserve the ozone layer and to help reduce products that add to its depletion. Speaking on the occasion, Shiblu Abdul Rasheed, Principal of NIS, quoted easy and possible methods in our day-to-day lives to help tap the emittance of CFC. Jayamon Joy and Robin K Jose, Vice Principals at NIS, along with Shihabudheen, Head of Section at NIS, also spoke on the occasion. Nizar K and Indira Menon, Head of Sections at NIS, also attended the assembly.
THE BEST TIME OF DAY TO DO EVERYTHING

Exercise.
Research suggests exercising before breakfast is most helpful for losing weight and boosting energy levels. The reason may be that it sets up the body for an all-day fat burn.

Drink coffee.
The stress hormone cortisol, which regulates energy, generally peaks between 8 a.m. and 9 a.m., so you likely don’t need the boost until after 9:30.

Do focused work.
Your "biological prime time" refers to the hours of the day when you have the most energy. To find your BPT, try cutting all caffeine and alcohol from your diet, eating as little sugar as possible, and waking up without an alarm, while keeping a log of your hourly energy levels. Yours might not start at 10 a.m.

Interview for a job.
This is likely the most convenient time for the interviewer. They won’t feel rushed, and they’ve probably had time to check their email and get ready.
Take a break.
Research suggests that the best time to take a break is midmorning. It's easier to restore your gradually diminishing mental resources when you take a break closer to the start of the workday.

Hold a meeting.
A study found that 3 p.m. on a Tuesday is the best time for a team meeting. That's when everyone is most likely to be available.

Take a nap.
Midafternoon is the best time to take a nap. We typically experience some sleepiness after lunch, plus a nap at this time is less likely to interfere with nighttime rest than naps later on.

Do creative work.
Scientists say tasks that require a lot of attention also exhaust your inhibition, or your brain's capacity to filter out unnecessary information. So consider tackling creative tasks right after work.

Sources: The New York Times; Joe.ie; Chris Bailey, "The Productivity Project"; Glassdoor; Journal of Applied Psychology; Mayo Clinic; When Is Good; Cognition
Eye-tracking technology could help make driving safer

Researchers have developed two new applications of eye-tracking technology which could help make driving safer.

"Prior to a crash, drivers can be easily distracted by an alert from a collision avoidance warning — a popular feature in new vehicles — and we feel this could be a growing problem in distraction-related vehicle crashes," said researcher Jung Hyup Kim, Assistant Professor from the University of Missouri in the US.

"Therefore, a two-way communication channel needs to exist between a driver and a vehicle. For instance, if a driver is aware of a possible crash, then the vehicle does not have to warn the driver as much," Kim said.

However, if a vehicle provides an alert that, by itself, creates a distraction, it could also lead to a crash, said the researcher.

For the study, the researchers watched how people’s pupils changed in response to their physical reactions to a collision avoidance warning by a vehicle-assisted safety system.

Researchers believe they have enough data to begin the next step of developing a two-way communication model.

A person’s pupil could also help scientists find a way to decrease distracted driving crashes through a first-hand perspective into a driver’s behaviour, said the study.

Using a driving simulator, the researchers evaluated a driver’s physical behaviour in real-time by focusing on the driver’s eyes as the crash happened.

"We saw the size of a person’s pupil changed depending on the behavioural response to the severity of the accident," Kim said.

The study was presented at 2019 International Conference on Applied Human Factors and Ergonomics in Washington. – IANS

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**ARIES**
March 21 – April 19

Things aren’t necessarily going to go well today, Aries. There is the potential for conflict. You may feel a bit lost in the fog. Strap on your compass and you will be fine. Realise that you will make it through this day much better if you approach every situation from the other person’s perspective. Think more of others than of yourself. Be sensitive and receptive.

**CANCER**
June 21 – July 22

Think about old times and people with whom you’ve had strong connections, Cancer. Remember the good times you shared with people of common interests and similar hobbies. Be sentimental and mushy. Mend bridges and bring resolution to sticky issues. Be harmonious with the people and situations around you. World peace begins with you. Incorporate more of this ideal into your life.

**LIBRA**
September 23 – October 22

Many people spend their whole adult lives trying to discover their true self. Libra. A great deal of social conditioning by parents and our environment plays a role in shaping our minds. Realise that many of these influences don’t necessarily ring true with your inner self. Take this day to uncover some of those early influences and discard the ones that don’t belong to you.

**CAPRICORN**
December 22 – January 19

Your intuitive side is aligning with your rational side today, Capricorn. Listen to your emotions. Take a sensitive approach to all people and situations. Your head may be up in the clouds. Take elements of this lofty perspective and incorporate them into your conscious mind. Run away with your fantasies. Nurture your loved ones.

**TAURUS**
April 20 – May 20

Today is a day of reckoning in some ways, Taurus. Attention to detail is important, but make sure it doesn’t become your only focus. Situations are likely to crop up in which you’ve analysed and considered every single detail but failed to see the big picture. This is a wonderful day to remedy such situations. Take care of anything that needs a broader perspective.

**LEO**
July 23 – August 22

You may have to make some serious adjustments to your approach today in order to chime in with the energy of the group, Leo. Adapt a more inwardly directed attitude and see what you can learn by tuning into others’ subtle messages. The masculine and feminine sides of your nature are working harmoniously. You might find that they’re both asking for a quiet night in.

**SCORPIO**
October 23 – November 21

Today is an extremely creative day for you, Scorpio. You should allot time and space to pursuing an artistic goal. You’re like a magician who has the power to bring fantasies to life. Spread the magic to others and don’t second-guess your incredible healing ability. You have a strong presence that radiates powerfully. Be charitable and generous to others.

**GEMINI**
May 21 – June 20

Be more sensitive to other people’s space today, Gemini. Respect their feelings and give them room to breathe. This is a great day to pursue creative projects. Do things involving art or music. Sing, play an instrument, or give your music collection a boost. There are opportunities open now that involve other people who share the same interests as you.

**VIRGO**
August 23 – September 22

You should feel a renewed sense of confidence today that will help anchor your emotions and give strength to your thoughts and ideas, Virgo. Don’t take a pessimistic attitude toward everything around you. Look at the good instead of the bad. By maintaining a negative viewpoint about things, you’re only adding to the problem. You have every right to be happy.

**LIBRA**
September 23 – October 22

There’s nothing worse than last-minute details, Sagittarius. Concentrate on an important upcoming event. Make sure you have everything in line now so you don’t get caught dealing with that one thing that ends up putting a monkey wrench in your plans later. Anticipate the problems that you’re likely to encounter and take actions now that will nip these situations in the bud.

**CAPRICORN**
December 22 – January 19

Your nurturing instincts are strong today, Pisces. This is an excellent day to reveal your opinions. You’ve probably been sitting in the background, quietly observing and collecting data for quite some time. Now is the time to come out of the shadows and let your conclusions be heard. Don’t let others push you around. Take a stand for what you know is right.
Poochergeist

I can sense the presence of the ghosts of dead goldfish that used to live in this bowl.

They’re not in here, but they’re close by.

I guess they’re clinging to the spot where they last saw their bodies.

Wherever that might be.

Be careful putting the cat out, he’s in a bad mood.

No problem.
**Super Cryptic Clues**

**Across**
1. Second highest position, say (5)
2. Mushrooms amusing American soldier (5)
3. Man involved with a girl on the side (8)
4. Money from Lancashire (4)
5. Viewers in theatre yesterday (4)
6. Clare's changed colour (7)
7. Naked lord to cavort in London thoroughfare (3,4,4)
8. Stopping in cages for a change (7)
9. Produce artwork that's required by supermarket chain (4)
10. After restraint certain to get cover again (8)
11. Orchestra leader to write tune out of doors (4-3)
12. Oration broadcast somewhere in Canada (7)
13. Small bird at rear of ship (5)
14. Alarming and difficult? Not so, after a close shave (5)
15. Powder found in metal container (4)

**Down**
1. Severely criticise translated tales (5)
2. Urge principal to be intellectual (7)
3. Benevolent sort (4)
4. A woman's happiness (8)
5. More pleasant resort &c” first in Riviera (5)
6. Stained form as a substitute (7)
7. After restraint certain to get cover again (8)
8. Orchestra leader to write tune out of doors (4-3)
9. Small bird at rear of ship (5)
10. Alarming and difficult? Not so, after a close shave (5)
11. Powder found in metal container (4)

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**Sudoku**

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**Solution**

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**Wordwatch**

- **gorbellied** (GOR-bel-eed)
  **Meaning:** adjective: Having a large belly; fat.
  **Etymology:** From gorbellied (large belly), from gor (gorre) + belly, from Old English belig. Earliest documented use: 1529.
  **Usage:** “Saint Thomas, Stephen, smiling, said, whose gorbellied works I enjoy reading in the original.”

- **eventide** (EE-vuhn-tyd)
  **Meaning:** noun: The evening time.
  **Etymology:** From Old English aefen, aefen (evening) + tid (time). Earliest documented use: before 1000.
  **Usage:** “Morning flowers lifted their petals from their eventide repose.”

- **cacophony** (kuh-KOF-uh-nee)
  **Meaning:** noun: A harsh mixture of sounds.
  **Etymology:** From French cacophonie, from Greek kakophonia (harsh sounding), from kakos (bad) + phone (sound). Kakos is ultimately from the Indo-European root kakka-/kaka- (to defecate), which also gave us poppycock, cucking stool, cacology, and cacography. Earliest documented use: 1656.
  **Usage:** “The goat’s noisy discontent joined in the cacophony of human and animal sounds.”

- **indefeasible** (in-di-FEE-zuh-buhl)
  **Meaning:** adjective: Not subject to being revised, defeated, or annulled.
  **Usage:** “The document states, ‘The Hellenic Republic considers itself to be a proud and indefeasible member of the European Union and an irrevocable member of the euro zone.’”

- **teddy bear** (TED-ee bear)
  **Meaning:** noun:
  1. A stuff ed toy in the shape of a bear.
  2. Something or someone (especially a large or hairy person) who resembles a teddy bear in appearance or being endearing.
  **Notes:** The story goes that, on a hunting trip, Teddy Roosevelt wasn’t able to find an animal to kill. So his people found a black bear and tied the poor animal to a tree inviting Teddy to shoot. Teddy refused (but instead ordered his people to kill the bear to put him out of his misery). Inspired by this a toymaker created a stuffed bear and called it Teddy’s bear. It sold!
  **Usage:** “Dipa’s coach is Bishweshwar Nandi, no teddy bear himself. The two often have clashes.”

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**Solutions**

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**For movie timings and further details please scan the QR code above with your mobile phone camera or visit qatarcinemas.com**
At HBO’s Emmy party, the decor was as glitzy as ever

By Amy Kaufman

There were at least 100 of them, would-be partygoers languishing in line on Melrose Avenue. It was muddy, and the hairspray was no longer holding. But HBO had won more Emmys than any other network on Sunday night, with nine – and 34 overall, counting the earlier Creative Arts Emmys – so they waited.

It was still unclear what would await the guests inside the Pacific Design Center, where the cable outlet has held its signature post-telecast bash for years. With beloved money-makers Game of Thrones and Veep all wrapped up, would the party serve as a lavish swan song? Or as the first big event following AT&T’s acquisition of Time Warner, might it have a subdued energy?

The decor was as glitzy as ever: Silver-and-gold disco themed, with a multi-faced Emmy head floating over the bar. The buffets were gone in lieu of plated options – salmon, chicken or beef – and pizza bars. But it was still packed to the gills, with most of the evening’s big winners dropping in for at least 30 minutes. But unlike previous years, when stars were assigned tables by show, this time the most high-profile guests got private seating areas. Lest they be forced to interact with the sweaty masses, the casts of Game of Thrones and Chernobyl were cordoned off, lounging in booths where they didn’t have to field selfie requests.

Yet arguably the most famous celebrity at the party, Drake, was somehow the most accessible. The rapper, who also serves as a producer on Euphoria, stood at the centre of the room near show stars Alexa Demie and Sydney Sweeney for an hour and a half. Sure, he was encircled by at least four low-key security dudes, dressed in black sweatshirts. But they didn’t stop onlookers from approaching their client, including a trio of ladies who spotted the musician, rapidly applied lip gloss and mouthed: “Let’s go.”

Drake departed by 10:30pm, just before Euphoria’s star Zendaya arrived. She had changed out of her Poison Ivy-inspired show look and into a daintier floral gown with a knotted train. She found a seat next to Miss J. Alexander and tracked down some pizza. Then she took out her phone and began scrolling through Instagram.

The Game of Thrones crew was in a more celebratory mood, picking up a best drama win for the show’s final season. Gwendoline Christie – she and Succession star Nicholas Braun were the easiest to spot in the crowd, given their height – was now wearing a pantsuit and sneakers and seemed to be hugging someone new every few seconds. Sophie Turner mingled with friends sans her husband, Joe Jonas, who was out on tour. And Emilia Clarke lasted half an hour longer than Drake, a bodyguard leading her toward the exit around 11pm.

By then, most of the Saturday Night Live posse had already left – Aidy Bryant, Beck Bennett, Kate McKinnon – save for producer Lindsay Shookus. She was not clutching the hand of rumoured beau Jon Hamm, but rather her new Emmy as she chatted with Succession star Jeremy Strong.

Another would-be couple nowhere to be found? Margaret Qualley and Pete Davidson. The Fosse/Verdon actress arrived instead with another man, whom she was quite openly affectionate. Just as the party looked to be running out of steam, the lights dimmed and the DJ was joined by a pair of drummers. Dancers dressed in head-to-toe gold sequins hopped onto platforms, moving their arms in trippy waves to Gloria Estefan.

“Let’s be like a C-3PO,” said a female onlooker, both mystified and transfixed.

At the exit, there was no gift bag – only free bottles of Voss water. The ladies who had earlier stuffed their purses with tubes of lip gloss at the Lorac touch-up station felt good about their life choices. – Los Angeles Times

**No reason to complain: Gul Panag on her Bollywood journey**

Actor Gul Panag says that Bollywood has just one part of her life and she has had a great journey in the industry.

Gul won the Miss India title in 1999. She also represented the country at the Miss Universe pageant. Her notable films include Don, Dhoop, Manorama Six Feet Under and Ab Tak Chhappan 2.

Talking about her journey in the Hindi film industry, Gul Panag said here on Monday: “Bollywood has been just one part of my life’s journey. I think it has been a great journey and I have no reasons to complain.”

Gul is also a half-marathon runner, an avid biker and a certified pilot.

A health activist and fitness advocate, Gul co-founded a health and fitness startup, MobileFit, in 2017. She was also an Aam Aadmi Party candidate from Chandigarh for the 2014 general election.

How does she maintain her professional and personal life balance?

She said: “I think life presents many opportunities to you. You can either choose to take them all up or you can say I am in very comfortable zone and I don’t want to do anything. I feel that I am one of those people who see whichever opportunity comes my way. If it’s exciting, I take it with my both hands.

“So, whether it’s an opportunity to drive Formula E car or Formula one car, I take that up. Apart from that, I am a licensed pilot. I hold a private pilot license. I think it depends on what is important to you. If you want to keep trying new things then you will always find time.”

She is also seen in the web series The Family Man along with Manoj Bajpayee. Gul said: “I am working in digital format for the first time with Amazon Prime Video’s The Family Man. It has been mounted on global scale of Amazon Prime Video. I am feeling truly grateful that I got the opportunity to be a part of such an amazing project.” – IANS

**MULTIFACETED:** Gul Panag says that Bollywood has been just one part of her life.

**NEW PROJECT:** Aditya Seal has been chosen as the leading man in a dance-horror-comedy film.

India Dance, a reality show that HBO judges, will get an opportunity to feature in his upcoming film.

“We are in the final leg of the show and the winner will definitely feature in the film. Apart from that, I am looking to rope in a few other contestants as well, those whose skills have impressed us,” Bosco said. – IANS

**At HBO’s Emmy party, the decor was as glitzy as ever**

**FABULOUS:** The partygoers arrived at the entrance to the HBO Emmy party.

**CELEBRITY:** Sophie Turner attends Emmy Awards ceremony.

**ADITYA IN BOBCO MARTIS’ UPCOMING FILM**

Actor Aditya Seal, who was last seen in Student of the Year 2, has been chosen as the leading man of choreographer-director Bosco Leslie Martin’s dance-horror-comedy film.

Bosco said: “Aditya is a multi-talented artiste, who is a skilled dancer, actor and action performer. His potential has not been fully tapped till now.”

“He fits the leading character’s shoes perfectly, and his personality will blend well with that of this character. We are finalising the screenplay and should start the pre-production work by October. We plan to roll by February 2020,” he added.

It is a Zee Studios production. Shariq Patel, CEO, Zee Studios, said: “We are happy to have a young, talented performer like Aditya on board. It’s a never-seen-before genre that we are bringing to Indian audiences, especially targeted at kids, pre-teens and teens. The film will be mounted on a huge scale with an interesting ensemble cast.”

Some of the participants of Dance India Dance, a reality show that HBO judges, will get an opportunity to feature in his upcoming film.

“We are in the final leg of the show and the winner will definitely feature in the film. Apart from that, I am looking to rope in a few other contestants as well, those whose skills have impressed us,” Bosco said. – IANS
Guidelines of the Contest:
Following the given mood board/theme board, participants need to design any two unisex sample of a T-shirt for a sporting event.

Eligibility to Apply:
1. Grade-X pass students.
2. Each participant is only allowed a submission of two designs.
3. Designs should be strictly hand sketched and coloured.
4. Strict plagiarism rules apply: Any inspired/plagiarised design can lead to the disqualification of the contestant.
5. No digital designs would be accepted.
6. Each sketch should be submitted in standard A4 size, should be drawn with standard HB pencil/black marker and can be coloured in any medium. The sketch should include other details, including fabric options, colour options, trims options etc.
7. Any embroidery or other surface technique on T-shirt should be sketched separately along with the T-shirt design in order to understand the participant’s concept.

Judging criteria:
The final judgement will be based on the following criteria. Each contains 25 marks:
1. Concept
2. Creativity
3. Design Details
4. Product Feasibility

About the Mood Board:
From historic era to the present day fashion trends, the visuals in the theme board highlight Qatar’s architecture to its glitz-glam ever changing fashion trends and colours. What’s new? What’s classic? And is everything collaborating and coming back together? We leave it to you, to your perception and view of fashion in Qatar.

Agha M Qasim Hussain

Agha M. Qasim Hussain, Director of Strategic Growth and Planning at Integral Services Company WLL, one of Qatar’s oldest and largest uniform supplier, is responsible for overseeing the strategic growth of the organization, a sector he has largely contributed to his past 8 years at the organisation.

He is known among his peers as a passionate businessman with a clear vision to develop and expand his family business. His ideas are fresh and relevant to local businesses and needs. Over the course of past 8 years, he has revamped the business model to make it more customer based... Qasim’s brainchild, Suits and Boots, helped add the retail segment into the company.
Doha-based British-Pakistani music composer fast finding feet

By Mudassir Raja

The creative adult is a child who survived. This was once said by Ursula Leguin, a famous American writer. Creative strains remain intact in the artistic individuals who look for a proper opportunity to express their creative abilities.

Razwan Bobby Sarwar is a Doha-based British-Pakistani who has fast been finding his feet in Qatar as a music composer. A music teacher and composer, Razwan recently got a new feather in his plume after his Arab music composition was selected by BBC to play for its production on World Athletics Championships Doha 2019.

As the games will kick start today, the British media house is all set to run the melodious composition of Razwan who has used different instruments to create the Arab composition.

Razwan who works as the Head of Music at Sherborne Qatar recently spoke with Community about his composition and the students’ choir that he leads. “It all started when BBC approached me through the school and requested Arab/Middle Eastern music to be composed for their production for the athletics championships. I accepted the challenge.”

Razwan who holds professional education in music from England, further said: “The BBC wanted to have the composition of Arab music. I used different traditional Arab instrument such as Arabic drum, Zilher, and darbuka – Arabic tabla. The two minute-long music composition sounds beautiful Arab/Middle Eastern music.”

Razwan, who has been in Qatar for about four years, said: “I am actually experienced in creating fusion of Western and South Asian/Bollywood music. As the South Asian music is not much different from Arab music, I became successful in bringing out a composition that gives real Arab taste. I applied modern music technology to record different instruments at one time. I did not collaborate with any instrumental players this time but used the help of technology.”

The composer who manages the music department of the school is also all set to lead the choir of 100 young students who will perform in Katara on October 3. “The event is being organised by Katara in collaboration with South African embassy and Sherborne Qatar. ‘Cantus’ – A Celebration of Voice and Instrument will be held in Drama Theatre at 7pm. As I manage the music and drama at the school, I will lead the young choir for the concert.”

Razwan got real inspiration for music from his father, who was also a musician. He started playing music when he was only 10 years old. The composer further said: “My school was awarded the best repertoire award during the Primary School Choir Competition in February 2019.

“I have also been composing and recording music for different media houses around the world including England and Pakistan. I have also composed four Bollywood songs. The songs are independent music. I have also worked with Sheikh Faisal Bin Qassim Al Thani Museum. I am also in contact with Qatar’s prominent musician Dana Alfardan and we are planning to co-ordinate for a music project soon. I have also played music with famous Pakistani singer Rahat Fateh Ali Khan and Indian singer Neha Kakar in Qatar.”

Razwan, who believes in continuous learning, said: “I am a big believer in continuous learning in order to broaden my knowledge and experience. I am able to establish a supportive relationship with not only learners but also their parents and fellow teachers all with the aim of promoting and reinforcing a learner’s independence and self-esteem.”

Razwan is all praise for Qatar because of the opportunities the country has thrown at him so far. “I am lucky that I am in Qatar. I have been given different opportunities. Even the BBC opportunity I got while being in Doha. Further, the place is very peaceful and conducive to create and compose music. The people here also appreciate and encourage music artists!”

“I am a big believer in continuous learning in order to broaden my knowledge and experience. I am able to establish a supportive relationship with not only learners but also their parents and fellow teachers all with the aim of promoting and reinforcing a learner’s independence and self-esteem.”

— Razwan Bobby Sarwar