Community
Doha College unveils its new logo and pays tribute to the standing of a British-style education internationally.

P16
Community
Families throng Pakistan Souq Bazaar where as many as 68 stalls with different Pakistani products were on display.

Cover Story
No cure yet, but progress in managing and detecting Alzheimer’s. P4-5

Bollywood
Insecurity should be embraced: Vicky. Page 14

Hollywood
Johansson, Driver excel in bittersweet Marriage Story. Page 15
PRAYER TIME

<table>
<thead>
<tr>
<th>Prayer</th>
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USEFUL NUMBERS

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Humanitarian Services Office
(Single window facility for the repatriation of bodies)

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GULF TIMES
MONDAY, SEPTEMBER 2, 2019

COMMUNITY

COMMUNITY ROUND & ABOUT

Angel Has Fallen
DIRECTION: Ric Roman Waugh
CAST: Gerard Butler, Piper Perabo, Morgan Freeman
SYNOPSIS: Authorities take Secret Service agent Mike Banning into custody for the failed assassination attempt of US President Allan Trumbull. After escaping from his captors, Banning must evade the FBI and his own agency to find the real threat to the president. Desperate to uncover the truth, he soon turns to unlikely allies to help clear his name and save the country from imminent danger.

THEATRES: The Mall, Landmark, Royal Plaza

Sons of Rizk 2
DIRECTION: Tarek Alarian
CAST: Ahmed Ezz, Amr Yusuf, Ahmad El-Fishawi
SYNOPSIS: Two years after their last con and oath to quit a life of crime, four brothers reunite to embark on new adventures.

THEATRES: The Mall, Landmark, Royal Plaza

Quote Unquote
“The best preparation for tomorrow is doing your best today.”
— H. Jackson Brown Jr.

For movie timings and further details please scan the QR code above with your mobile phone camera or visit qatarcinemas.com

For movie timings and further details please scan the QR code above with your mobile phone camera or visit qatarcinemas.com

For movie timings and further details please scan the QR code above with your mobile phone camera or visit qatarcinemas.com
Painting Class
WHERE: Qatar National Library
WHEN: September 22
TIME: 11am — 12pm
Paint with a rolling ball, or a rolling car, or just stomp and drag your fingers, hands and feet! Little children will explore colour and motion using different media in this fun, hands-on activity. Please dress your little ones accordingly.

The Moon and Beyond
WHERE: Qatar National Library
WHEN: September 18
TIME: 6pm — 7:30pm
Celebrate 50 years since the moon landing with a special presentation at the Library, in collaboration with the US embassy in Doha. Dr Mary Ellen Weber, a former Nasa astronaut who flew on two Space Shuttle flights, will talk about her experiences in space and the future of exploring the final frontier. Dr Weber is a consultant in technology, innovation, strategic communications and high-risk operations, and serves on the Nasa Advisory Council Committee on Technology, Innovation and Engineering.

Yoga Class
WHERE: Lululemon, Mall of Qatar
WHEN: Every Saturday
TIME: 8:30am – 9:30am
Join the complimentary in-store yoga classes. No registration or mat is required. The class runs on first come first served basis.

Career Guidance
WHERE: Right Track Consultants, Al Sadd
WHEN: Sunday – Thursday
TIME: 6pm – 8pm
Career guidance for course, country, college and entrance for students of Grade IX-XII, of all curriculum. Career assessments administered for stream preference, career test, branch preference, personality, multiple intelligence and learning styles and productivit. For more information, 55448835.

Arabic Calligraphy Workshop
WHEN: Saturday – Wednesday
TIME: 6pm
Arabic Calligraphy workshop is back. Come and learn the artistic practice of Arabic handwriting and calligraphy at Music and Arts Atelier. The lessons will take place every Saturday, Monday and Wednesday at 6pm. For more information, contact registration@atelierqatar.com

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

Dance and Instrument Classes
WHERE: TCA Campus, Behind Gulf Times Building
WHEN: Wednesday – Monday
Learn the movements of dance styles in Bollywood, Hip Hop and also the musical instruments such as Piano, Guitar, Keyboard for adults as well kids and move in the world of music. For details, contact 66523871/31326749.

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

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

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

The olympic sport using horizontal bar, rings and floor exercises on mats for the children from age 4 till 16.
Hope on the horizon

There are new reasons to think Alzheimer’s can eventually be cured or prevented, perhaps with drugs already on the market, according to a panel of doctors and scientific experts, writes Bradley J Fikes

“We need to continue to refine our understanding of brain resilience. But this is something that can be implemented during the lifespan and can really change the landscape of Alzheimer’s symptomatology.”

— Dr Paul Aisen, head of University of Southern California’s Alzheimer’s Therapeutic Research Institute
Alzheimer’s disease isn’t something you must either passively accept or dread, a panel of doctors and scientific experts told an audience of more than 500.

There are new reasons to think Alzheimer’s can eventually be cured or prevented, perhaps with drugs already on the market, according to the panel.

People can also strengthen their cognitive muscles in advance so their brains can better resist decline, panelists said at the annual ‘Date With A Cure’ held by Alzheimer’s San Diego at Qualcomm Hall in Sorrento Valley, California. And they can help research by volunteering for clinical trials. Hispanics, who are underrepresented in studies, are especially needed.

Gloom descended on the field in March, when clinical testing of a much anticipated drug called aducanumab was halted for lack of efficacy. The drug clears a toxic brain protein called beta amyloid believed to trigger the disease. But the treatment apparently was given too late. So researchers have increased efforts to find drugs to prevent the disease.

Certain HIV drugs may prevent Alzheimer’s, said panelist Dr Jerold Chun of Sanford Burnham Prebys. These drugs inhibit an enzyme called reverse transcriptase that copies HIV into the genome of host cells. HIV patients, who get these drugs, have an extremely low rate of Alzheimer’s compared to the general population Chun said.

The drugs might work by preventing genetic changes from taking place in the brain of Alzheimer’s patients, caused by units of DNA that jump around the molecule, changing its sequence.

These changes during the patient’s lifetime may explain why anti-amyloid drugs haven’t worked, Chun said. They target a single form of amyloid, while genetic recombination might generate thousands of varieties of amyloid that current drugs can’t touch.

Doctors can prescribe reverse transcriptase inhibitors now to individual patients who in their judgment are at risk for Alzheimer’s as an “off-label” use, Chun said. Risk factors include genetic variants, age and symptoms of early cognitive decline. But to move from these one-off uses to large-scale adoption, controlled clinical trials are necessary.

To give Alzheimer’s drugs their best chance of success, those at elevated risk should be treated before damage begins. Major progress toward this goal has been made.

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To give Alzheimer’s drugs their best chance of success, those at elevated risk should be treated before damage begins. Major progress toward this goal has been made.
Doha College unveils its new logo

Doha College has recently unveiled its new logo and pays tribute to the standing of a British-style education internationally. The refreshed logo, while minimalistic in design and not too different from its predecessor, manages to capture, quite comprehensively, the essence of this leading British International School. The sails, which have always been integral to Doha College’s insignia, represent a transformative and progressive journey commensurate with the positive growth-mind-set philosophy which underpins learning at the college. The gold underline speaks about the college’s reputation for quality, and touches on the sandy tones of its host country, Qatar.

Speaking on the occasion, Dr Steffen Sommer, Principal of Doha College, said, “I am very proud to announce the launch of our refreshed brand as we stride forward as the world’s leading High-Performance-Learning School. It marks the year of our 40th anniversary and the start of a new chapter: the next 40 years of grand, unprecedented successes at Doha College. Our brand and the aspirations it stands for are well known. As we move towards the opening of our iconic 21st-century state-of-the-art campus in September 2020 and grow in size, we are embracing a contemporary identity that moves our history and clearly affirms who we are. Our refreshed identity has our name Doha College in its centre. While staying true to the notable achievements of the last 40 years, the logo encapsulates, in its heart, a modernised identity based on the very essence of what Doha College stands for: As the leading educational establishment in Qatar and one of the most innovative British International Schools worldwide, we are well placed for making a lasting contribution to the shape of a British-style education internationally.”

OIS organises Inter Campus Badminton tournament

Department of Physical Education at Olive International School, Umm Salal Ali, recently organised an Inter Campus Badminton tournament. The competition was held for both boys and girls in Under-14 category. A total of 25 students of Grade V-VIII participated in the tournament. Students for the final were selected on the basis of knock-out round. The tournament was organised by Yogesh Magdum, Hitesh Rane, Anish Babu and Arvind Kanojiya.

The winners in Under-14 Boys, included Ansel Pereira, first position; Naethan Samuel, second; Martin Joseph, third; Shabbil Shaikh, fourth. The winners in Under-14 Girls, included Neha John, first position; Anna Elsa Anish, second; Suditi Padichy, third; and Adhira Muralidhar, fourth.

DPS-MIS organises professional development programme

DPS Modern Indian School (DPS-MIS) recently organised a professional development programme ‘Reciprocity’ with an aim to provide a platform to the teachers to exchange ideas and devise innovative teaching practices to foster student-centred learning. The programme was attended by over teachers from over 11 Indian Schools in Qatar along with DPS-MIS faculty. Dr Tithi Bhatnagar, Assistant Professor and Joint Director at Jindal institute of Behavioural Sciences New Delhi, and Dr Manjushree Palit, Associate Professor and Additional Director at Jindal institute of Behavioural Sciences New Delhi, discussed the domains of subjective well-being and their connection with the classroom experiences. They stressed on creating an effective and student-friendly environment to generate a higher level of subjective well-being. Hassan Chougule, President of DPS-MIS, also graced the occasion and felicitated the instructors.

Speaking on the occasion, Hassan encouraged the teachers to remain updated with the changes in the education process and innovate, create and integrate to generate an everlasting impression on the minds of life-long learners.

The second session, on the topic ‘How to create positive learning environment’ was conducted by Meenakshi Uberoi, Founder Director of De Pedagogics. She shared various strategies to create a positive classroom environment and emphasised on its importance for a memorable teaching-learning experience.
Nepali women mark Teej festival

A group of Nepali women in Qatar recently organised an event to mark Teej festival at Doha Palace Hotel. Teej marks the welcoming of the monsoon season and is celebrated primarily by girls and women, with songs, dancing and prayer rituals for three days. On the first day, women and girls gather in their finest attires, sing and dance to the folk tunes and savour a grand feast. On the second day, they fast for a whole day to pray for longevity and prosperity of their husbands, and unmarried ones fast in hope for a good husband.

The third day is followed by cultural rituals. Speaking on the occasion, Uma Shrestha said, “This place reminds me of back home. I found no difference in terms of celebrations of back home and here in Doha. It’s all the same.” The women were divided into four categories. The first group was led by Rama Tamang, second by Sapana Basnet, third by Nirmala Bista, and fourth by Rekha Shrestha.

– Text and photo by Usha Wagle Gautam

MES organises friendly volleyball match

With a view to ensure healthy lifestyle among school children and staff, MES Indian School recently organised a friendly volleyball match between students and teachers, as part of extending support to the Fit India Movement, launched by the Prime Minister of India at Indira Gandhi Indoor Stadium, New Delhi. Hameeda Kadar, Principal of MES, unveiled the logo of Fit India Movement and inaugurated the match. The ICT Department of MES telecasted the live match in different sections of the school. “The school encourages and strongly advocates its students maintaining healthy life by participating in physical activities which ensures sound mind in sound body,” said Hameeda Kadar, Principal of MES.
Once a simple means of transport to allow people to get from one place to another, the concept of the car is rapidly changing as the boundaries between our lives and automobiles intertwine. Under the banner ‘STYLE SET FREE’, Hyundai Motor is all set to illustrate its innovative vision of how cars of the future will become individualised living spaces, stated the Vice President and Chief Marketing Officer at Hyundai Motor Company. ‘STYLE SET FREE’ is about creating a perfect space inside one’s car, and asks what it takes to create such a space.

With ‘STYLE SET FREE’, Hyundai considers how future vehicles will offer customers more freedom to design their cars in a way similar to how people design their homes, and shape their automobiles the way they do their lifestyles. The company envisions that interiors will be customisable with organic materials. “In the future, self-driving technology in electrified vehicles will eliminate the need for drivers. This won’t be a luxury. It will be an absolute necessity,” said Wonhong Cho, Executive Vice President and Chief Marketing Officer at Hyundai Motor Company. ‘STYLE SET FREE’ aims to provide a unique-in-car experience that no other automakers have offered so far, but one that customers have been looking for. ‘STYLE SET FREE’ is based on future automotive developments, like autonomous driving. It allows users to fully customise and upgrade their driving environment to create their own life space inside their vehicle through upgradeable products and services. In the future, Hyundai intends to build a self-customising marketplace similar to an app store. Here, customers will have the freedom to select software and hardware for their vehicles to upgrade them according to their needs. With ‘STYLE SET FREE’, the company demonstrates its customer-centric approach to future mobility.

Hyundai will leverage data generated from smart vehicles to launch an open ecosystem that enables a host of ICT subsystems to create a structural flow of public data transmission between vehicles and the environment in which vehicles operate. This will facilitate the widespread adoption of connected cars, further cementing Hyundai’s role as a leader in the future mobility field. Hyundai will showcase the next steps of its ‘STYLE SET FREE’ concept, which anticipates the revolution of the mobility experience through full customisation, with interactive displays at the 2019 Frankfurt International Motor Show (IAA). The 2019 IAA takes place from 10 to 22 September.

Seasonal offerings at Heavenly Spa by Westin

Heavenly Spa by Westin has recently announced new range of services where guests will explore revitalising treatments, fun sports activities and a real wellness retreat, stated a press release.

To start with, the spa is offering a wide array of treatments such as the Oxygen Facial by Intraceuticals. It promises guests of a glowing skin, deeply cleansed, hydrated and rejuvenated. It is also a gentle, non-invasive and relaxing skincare that enhances the complexion for those looking for a deep cleaning and result-oriented facial.

Suite Nails, a unique salon for manicure and pedicure, offers luxurious and personalised nail care in a cozy ambiance and a private, comfortable setting. Services range from regular to gel manicure, pedicure and nail art.

Additionally, Heavenly Spa has recently introduced Squash Academy where guests can take private, semi-private or group classes from experts. The first Squash Tournament has been scheduled to take place at the hotel’s squash courts from August 29th until August 31st.

Also, various classes have been introduced within Westin Workout such as Heavenly Stretch, Yoga Sessions, FloatATF, Kickboxing and Aqua Gym. Sessions are thoughtfully designed and planned to create more interaction to uplift the body and mind. Apart from the group classes, personal training sessions with certified and professional instructors are offered depending on prior reservations.

Elizabeth Dichevicska, Director of Spa and Recreation said “We are thrilled to keep concepts up to date so that it matches all the trends in the market. We strongly believe that our members will be able to find everything they look for in terms of health and beauty at all sessions and experience wellness with each aspect at its best in an exceptional ambiance.”

She added, “Our team of professionals at Heavenly Spa are trained and certified, ready to provide the most interactive fitness classes and relaxing treatments, making sure that our guests are happier and more revived than they arrived.”

AL Emadi Hospital hosts blood donation campaign

As part of its commitment to support the local community, AL Emadi Hospital, in collaboration with Hamad Medical Corporation, recently hosted a blood donation campaign at the Out Patient Clinics building for its employees and public. As a private healthcare provider, this hospital is keen to support the local community and those in need, and aims to raise awareness and educate the staff through this initiative on the numerous benefits of donating blood.

Huge number of employees and people participated in the blood donation campaign. Blood donation offers many benefits to both the donor and the recipient. While the recipient receives the specific blood type they need to recover from illness or injury, the donor also benefits from the process, as donating blood is believed to help in lowering the risk of cardiovascular diseases as well as certain forms of cancer.

AL Emadi Hospital was established in 2004 by Dr Mohamed Abdulla al-Emadi as a private, acute-care, general (medical/surgical) hospital to support the private healthcare sector and deliver comprehensive medical services and healthcare.

In addition to being accredited by Accreditation Canada International, AL Emadi Hospital has also been accredited in September 2015 as a Centre of Excellence in Metabolic and Bariatric Surgery (COEMBS) from The Surgical Review Corporation – United States of America, and was the first hospital in Qatar to receive this prestigious acknowledgement.

AL Emadi Hospital is also the first private healthcare facility to be accredited in the State of Qatar by the Ministry of Public Health as CME Facility Accredited Provider. Moreover, the hospital’s Chairman, Founder and General and Bariatric Surgery Senior Consultant, Dr Mohamed al-Emadi, has received the “The Surgeon of Excellence in Metabolic and Bariatric Surgery” certificate for his distinguished career and achievements in bariatric and metabolic procedures.
Some memoirs look deeply inward, examining how the self is formed in the crucible of the world. Susan Straight’s *In the Country of Women* works in the opposite way: addressed to the author’s three daughters, this is a book that spirals outward, gathering and illuminating stories of ancestors, family and community.

It’s a book with more people in it than an encyclopedia—it’s so many it can be difficult to keep track of everyone—and its universe of people and stories is complex, layered and ultimately ravishing.

Straight, the author of eight novels, is a Californian, and she sees herself in the words of Joan Didion’s California essay *Some Dreamers of the Golden Dream*. Her people are working-class women, many times married, mothering their own children and those of others, living among lemon groves and tumbleweeds and Santa Ana winds. “I wanted,” she writes, “to write about us.” Her “us” includes the family of ex-husband Dwayne Sims, her high school sweetheart and father of her daughters. She is white, he is American-African; together they are “the child of immigrants, married to the child of people once enslaved.”

Straight recalls a graduate school classmate sneeringly asking her in a workshop, “Why do you keep writing about all these working-class people?” Writing these families’ stories, in the context of American history, politics and literary taste, is itself a radical act.

Among the book’s great characters are Dwayne’s foremothers. They include women like Fine, born during Reconstruction, orphaned at 6, taken (but not taken in) by a white family, growing up dirt poor and bearing three children as a teenager.

“There was inside her a core of fury and independence and self-preservation, the genetic heritage of survival,” Straight writes as she maps Fine’s journey from Tennessee to Texas. There was Daisy, born in Mississippi, whose mother was run down by a car driven by white men before the car came. Daisy’s mother threw her 5-year-old daughter out of harm’s way. “Violence like that enters the blood,” Straight writes. “Changes the DNA.” Daisy grew to mother four daughters and travelled to California to make the family’s home in Riverside. She died the year before Straight married her grandson.

Straight’s family tree has its own strong women—a strict Swiss nurse, sisters who left the Colorado prairie to travel west (in this book, everyone ends up going west). Still, it’s the American-African women, including her own daughters, that this book celebrates.

When Dwayne first brought her home, a skinny white girl, Straight writes that she “felt the stares of amusement, protective suspicion and sidelong glances.” But his mother, Alberta, shepherded her inside to make a plate, and in time she grew to belong to this sprawling African family, to take her place among the aunties who oversee all the younger generations. As the mother of three daughters, she learned to do their hair. “In our family, and in American-African communities at large like ours, the care and maintenance of your hair meant more than just barrettes and ponytails; your hair reflected our pride and care and love,” she writes. While other white women failed to understand, caring for her daughter’s beautiful curls “was the truest part of my existence as a mother.”

“They never tell us about the odysseys of women,” Straight writes in the book’s prologue. *In the Country of Women* offers a corrective, providing a boldly woman-centric view of history, as large as migration and as small as the act of braiding a child’s hair. It’s a book about survival, motherhood, and love, and it’s as big and messy and beautiful as all of these things.

— *Newsday/TNS*
An unprecedented belt of Sargassum, the world's largest "macroalgae" bloom, now stretches from West Africa to the Gulf of Mexico—and it's likely here to stay.

Source: Chuanmin Hu and Mengqiu Wang of University of South Florida; Woody Turner of NASA; Science magazine

Graphic: Helen Lee McComas, Tribune News Service

Weighed more than 20 million tons in 2018—heavier than 200 fully loaded aircraft carriers

Vast growth of free-floating brown algae, shaped by ocean currents

Bloom was encouraged by plentiful seeds from previous year, winter sea nutrients off West Africa and nutrients in spring or summer from Amazon River; not known whether fertilizers are a cause

Contrary to legend, not a hazard to shipping

Great Atlantic Sargassum Belt

2011 New Sargassum bloom formed

2012, 2014-2019 Growth has occurred every year, shows no signs of dispersing

In open ocean, provides habitat for porpoises, sea turtles, eels, other sea life

Along coast, Sargassum collects and rots, as shown here in Cancun in 2015

Source: Chuanmin Hu and Mengqiu Wang of University of South Florida; Woody Turner of NASA; Science magazine

Graphic: Helen Lee McComas, Tribune News Service
Exposure to sun can increase skin cancer risk in athletes

Exposure to the ultraviolet (UV) rays, which most often comes from the sun, can cause skin cancer in athletes, according to a new study. According to the researchers, limiting the sun exposure and applying sunscreen regularly can protect the skin from the harmful ultraviolet radiations of the sun and keep skin problems at bay. “Sun protection in athletes is especially important as multiple studies demonstrate an elevated risk of skin cancer for those who regularly participate in outdoor sports or exercise,” said study researchers W Larry Kenney from Penn State University.

“Surprisingly, fewer than 25 per cent of surveyed athletes reported regular use of sunscreen, so there is clearly more awareness-raising that needs to be done,” Kenney said.

Athletes ranging from hikers, to tennis and runners exceed the recommended ultraviolet exposure limit by up to eight-fold during the summer and autumn months. While regular physical activity is associated with a reduced risk of most cancers, skin cancer is an exception. For malignant skin cancer, those in the 90th percentile for physical activity have an increased risk of cancer than those in the 10th percentile. Sun protection in these groups is especially important as multiple studies demonstrate an elevated risk of skin cancer for those who regularly participate in outdoor sports or exercise.

The ultraviolet radiation spectrum is categorised by wavelength as UV-A (320-400 nm), UV-B (200-320 nm) and UV-C (200-290 nm) and the biological effects vary per type. UV-A constitutes around 95% of ultraviolet radiation that reaches the earth’s surface, with the remainder being UV-B. In the skin, UV-A is able to reach the skin’s blood circulation but most of UV-B is absorbed in the outer layers of the skin (called the epidermis and upper dermis) due to its shorter wavelengths. Skin pigmentation is another factor that affects our response to sun exposure.

The study is scheduled to be presented at the Physiological Society’s Extreme Environmental Physiology meeting (02-04 September, 2019) in the UK.

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**LIFESTYLE/HOROSCOPE**

**Exposure to sun can increase skin cancer risk in athletes**

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**ARIES**

March 21 – April 19

Something strange may happen today. Someone in your family may approach you for having chosen your profession. It may be that your career has little connection with what people have traditionally done in your family. But just because a tradition is lost doesn’t mean that it must be mourned. Aries. Listen to your heart. If you’ve chosen a profession that you’re truly meant for, you will know it.

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**TAURUS**

April 20 – May 20

 Authorities who have been your guides up to now may confront you. The hour is here to set aside your fears and lead yourself along your path. This is undoubtedly a very positive state of affairs. It means that you’re maturing, Taurus. Besides, there’s nothing to stop you from asking for help from time to time, should you need it.

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**GEMINI**

May 21 – June 20

The day is likely to be confrontational. The latest developments in your career have offered you so little encouragement that you’re tempted to cut back on your efforts, but your financial situation is forcing you to try even harder. The flashes of insight you gain today will provide some valuable information.

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**CANCER**

June 21 – July 22

You’re likely to experience a day of thoughtfulness and reflection. Cancer. Your state of mind will resemble that of a person who has just rebelled against everything and is now in search of a new vehicle for self-fulfillment. Others seem to be trying to exert pressure on you. Will you yield or will you listen to your inner voice? You will know the answer by the end of the day!

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**leo**

July 23 – August 22

The day may give you great insight into the decisions you face concerning your future. Now is the time to decide on your priorities. Do you want a career right away or would you prefer to continue your studies? Are you satisfied with your love life and family relationships? It’s possible that a major upheaval in one of these realms will affect all the others. It will be interesting!

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**LIBRA**

September 23 – October 22

You may have planned to isolate yourself in order to get things done, but that won’t be possible. It’s like a force is destabilising your professional life. Nothing seems to go right today. Everyone may be disagreeing, misunderstandings may crop up, things could be delayed, and communications are likely to be scrambled. You will be asked to take sides in a conflict. Libra. Try to stay neutral.

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**SCORPIO**

October 23 – November 21

People seem fussy about your way of doing things today, Scorpio. Try as you might, it seems there’s no pleasing the authorities. You, one of the world’s great escape artists, would be well advised to choose this opportunity to do a vanishing act. However, if the financial health of your home is at stake, it would be better to stay and face the music.

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**VIRGO**

August 23 – September 22

Prepare for a somewhat stressful day, Virgo. Your family life may be marred by some disagreements. There’s some likelihood you will feel as though your territory is being invaded and your range of action limited. But you have no intention of surrendering. You’ve a right to a room of your own. You will fight for it tooth and nail!

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**SAGITTARIUS**

November 22 – December 21

Your characteristic independence may play some tricks on you today, Sagittarius. What you say won’t be approved of as easily as usual. Even though you have quite a bit of freedom, there are others who assume that you feel you don’t have enough. There’s no way to please everybody. This concern is their problem, not yours. Do the people you associate with daily really understand who you are?

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**CAPRICORN**

December 22 – January 19

Here is a day that may make you think you aren’t exactly in the right place in your profession. Capricorn. Could it be that your current position is too traditional? You’re someone who wants to expand on all the ideas that you have at any given moment. It would seem that your superiors aren’t evolving in the same way. If this is the case, take the necessary action.

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**AQUARIUS**

January 20 – February 18

Some past stories may come back to haunt you today, Aquarius. If you once held a government post, for example, a journalist could uncover some error that you made years ago and publish it in today’s newspaper! Everyone has to deal with the jealousy of others at some point in their lives. So prepare yourself and fight back!

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**PISCES**

February 19 – March 20

You may be taking stock of your professional life, Pisces. If this is so, be careful to balance strategy with personal objectives. If you’re a journalist, think about writing for yourself as well as the paper. You could write novels, poetry, or plays. It doesn’t matter what you create so long as it accurately reflects what you feel and is quite apart from your professional life.
**Wordsearch**

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

**Codeword**

**Sudoku**

Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine 3x3 boxes. You are given a selection of numbers and you must fill the grid so that every column, every row, and every 3x3 box contains all of the digits from 1 to 9.

**Adam**

**Pooch Cafe**

**Garfield**

**Bound And Gagged**
Super Cryptic Clues

Across
1 Old Greek warrior catching cold in choppy sea (8)
6 Your uncle's hairstyle? (3)
9 Noble number (5)
10 Be like Norman William, sounding like a nut (7)
11 Spare book (7)
12 Drink rum in outskirts of Torquay (5)
13 Some legal issue about farm production (6)
15 Nureyev, say, caught plunging into European river (6)
19 Story about second-rate furniture item (5)
21 Coward, say, did this? (7)
23 See real novel, free (7)
24 Hang about a country in Africa (5)
25 A tool may be observed (3)
26 Reprimand man and do his turn (5)

Down
2 Advice doctor leaves wretched scoundrel (7)
3 Bury some painters (5)
4 Key for cupboard? (6)
5 A star turn in a star turn (7)
6 Tied up in spring (5)
7 Boy seen in Welsh port (5)
8 One with wheels – American or Greek high-flier (6)
14 Small bomb not the last on a Caribbean island (7)
16 Bones in fish too short (7)
17 Provocative article in Communist newspaper (3,3)
18 Laugh about being taken in by fraud (6)
19 Mountain lakes making sailor extremely nervous (5)
20 Feel miserable when not on deck? (5)
22 The vehicle a joker boarded? (5)

Solution

Wordsearch

Codeword
Insecurity should be embraced: Vicky

By Durga Chakravarty

Actor Vicky Kaushal, who has tasted the highs of high in a career just spanning four years, admits that being an actor comes with its share of insecurities.

"Of course (being an actor comes with insecurities), and it is a very human thing. Everyone feels insecurity and in this profession you get so much love that the stakes of insecurities become higher. Several 'what ifs' creep in because nothing is permanent. No success or failure is permanent. No good or bad time is permanent. So, it leads to insecurities," Vicky said in a telephonic chat from Mumbai.

The actor says it is important to be surrounded by people who know you for the person you are.

"For me, it is important to surround myself with people who know me for the human being I am and not the actor. I am with my family and I am very close to my college friends. I get my grounding from them. So they help me be secure and help me be in touch with who I am," he said.

"Without success or failure that the person that I am... But I think insecurities are a very human things and we should embrace them and live through it and flush them out. Live them and flush them out as they will teach you things." Vicky's filmography is loaded with hits each different from one another. He ventured into the world of acting in 2013 with the critically acclaimed film Masaan and was later seen in successful movies like Dungri, Sanju, Mamanruzaam and Uri: The Surgical Strike, which earned him a National Award for Best Actor.

"Of course there is pressure. But it is a healthy pressure. It is a pressure that I am craving for and I have been wanting. When you begin, when you give auditions and struggle and looking for opportunities that time you think that people believe in you and give you more responsibilities and they give you more work. This is what you were looking for when you started."

The 31-year-old star says he has "lived many years of struggle" and is now welcoming the pressure with open arms. "Now (when I am) getting this pressure, I don’t take it in a negative way. Instead I welcome it, and I really like this pressure because I have worked hard to get this pressure (on me). So, this pressure will bring out the best in me. I will do something because of the pressure and it will be at least good work," he said.

After his last release Uri recorded blockbuster returns and also won him a National Award as Best Actor, Vicky is currently seen in the music video Pachtaoge with actress Nora Fatehi.

"I remember the 1st time I heard Shubh Mangal Savdhan, it started off as a sweet, funny, quirky film. The team and Aanand (producer Aanand L. Rai) sir refused to tell me anything about the film and it got me very curious and then it reached the scene, biscuit scene and I was in splits. I literally slow clapped and realised what a genius script Shubh Mangal Savdhan was," Vicky said.

"It was truly a very special film because of the way the entire crew bonded. Just very special happy memories," she added.

Vicky re-collected her memories working with actor Ayushmann Khurrana in the film.

"We are so comfortable with each other that we would really improvise, help each other do better and of course R S Prasanna – the director, who had made the original in Tamil, and Hitich (Kewalya) were a dream team. Hitich’s dialogues were the icing on the cake. They were so witty and smart," she added.

"I am a nineties kid and for those children Pachtaoge music I get a smile on my face, I did. People who cannot see those music videos?"

Vicky is currently seen in the music video Pachtaoge.

"For me, it is important to surround myself with people who know me for the human being I am and not the actor. I am with my family and I am very close to my college friends"

– Vicky Kaushal

Genuine: Bhumi Pednekar calls the movie a special film with a genius script.

Bhumi reminisces Shubh Mangal Savdhan days

As Shubh Mangal Savdhan clocked two years on Sunday, actress Bhumi Pednekar went down memory lane and called it a “special film” with a “genius script”.

"I remember the 1st time I heard Shubh Mangal Savdhan, it started off as a sweet, funny, quirky film. The team and Aanand (producer Aanand L. Rai) sir refused to tell me anything about the film and it got me very curious and then it reached the scene, biscuit scene and I was in splits. I literally slow clapped and realised what a genius script Shubh Mangal Savdhan was," Bhumi said.

“It was truly a very special film because of the way the entire crew bonded. Just very special happy memories,” she added.

Bhumi re-collected her memories working with actor Ayushmann Khurrana in the film.

“We are so comfortable with each other that we would really improvise, help each other do better and of course R S Prasanna – the director, who had made the original in Tamil, and Hitich (Kewalya) were a dream team. Hitich’s dialogues were the icing on the cake. They were so witty and smart,” she added.

Shubh Mangal Savdhan talked about the topic of erectile dysfunction.

“The film dealt with such a sensitive topic, had a comic take on it and packed these beautiful characters and turned it into a film which a family can enjoy together is pure genius to me. It’s such a sweet love story,” she said.

Bhumi said she loved portraying the “naive, free spirited, weirdly traditional and at the same time, modern” character Sugandha.

“She is full of spunk and her coming-of-age through the film with the way she handles the situation is quite bold and strong,” she added.

– IANS

Fun: Radhika Madan says: it was fun shooting for Angrezi Medium with the two actors.

Radhika excited to work with Irrfan, Kareena

Actress Radhika Madan is excited about sharing the screen space with Irrfan Khan and Kareena Kapoor Khan in the forthcoming film Angrezi Medium.

“It was fun shooting for Angrezi Medium. I am really excited about release of the film. I just want something like a poster, teaser or anything to just release so that, I can share it with you all,” Radhika said while interacting with the media at a beach cleanup drive here on Saturday.

Angrezi Medium, directed by Homi Adajania, is a sequel of the 2017 film Hindi Medium. In the film, Radhika reportedly plays Irrfan’s daughter.

“Irrfan is magic. He is a gem of our industry. I am blessed to get an opportunity to work with him at such an early stage of my career. And the same goes with Kareena. She is gorgeous... she is a diva and such a brilliant actor,” she said about her co-stars in the film.

Angrezi Medium also features Deepak Dobriyal, Pankaj Tripathi, Kiku Sharda, Ranvir Shorey, Dimple Kapadia and Manu Rishi in key roles. The film is slated for a 2020 release. – IANS

BOLLYWOOD
By Michael Phillips

**HOLLYWOOD**

**Is Zendaya dating her Euphoria co-star Jacob Elordi?**

Actress Zendaya has sparked rumors that she is dating her Euphoria co-star Jacob Elordi. While she was spotted enjoying a vacation in Greece with him. Zendaya and Elordi can be seen walking side-by-side as they toured the Acropolis of Athens in a photograph posted on Instagram by a fan, reports usmagazine.com.

Zendaya, who was previously linked to her Spider-Man: Far From Home co-star Tom Holland, was dressed casually in a white cropped T-shirt and jeans, while Elordi wore a matching ensemble.

According to an eyewitness, the duo “looked like they were getting a little cozy. At one point, they were walking with each other and being a little flirty.”

The actors were also seen posing in front of similar backdrops in other shots taken by fans.

Zendaya’s friend Darnell Appling and stylist Law Roach have also accompanied the pair on the getaway. It seems that the trip was a part of the celebration of the actress’ birthday on September 1 (yesterday). – IANS

**Beyoncé accused of fraud by wedding planner**

Grammy Award-winning singer Beyoncé Knowles has been accused of fraud by a wedding planner, who has been battling for years over the Blue Ivy trademark.

Beyoncé has named her first child Blue Ivy. She has been caught in a legal battle with wedding planner Veronica Morales over her company’s title since 2017 – the year when Beyoncé decided to trademark her daughter’s name. The singer says she has been using the name for years.

Morales has claimed that Beyoncé has committed fraud by submitting a sworn declaration to the United States Patent and Trademark Office stating that she had “a bona fide intention” to use the Blue Ivy Carter trademark in business, reports celebrityinsider.org.

Morales has also accused Beyoncé of failing to provide critical documents with evidence of how she intended to use the trademark in the first place. She also said that Beyoncé is trying to get her hands on the “coveted trademark fraudulently”.

“Beyoncé has apparently been very detached from the case in general, refusing to respond to various inquiries related to it and acting inappropriately,” according to Morales.

Morales also pointed out that rapper and Beyoncé’s husband Jay-Z even spoke to Vanity Fair admitting they had no intention of using the Blue Ivy mark to sell products but wanted to prevent others from profiting. She believes Beyoncé never planned to use the trademark in business, and just wants to stop others from using the mark. – IANS

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**Johansson, Driver excel in bittersweet Marriage Story at Venice Film Festival**

By Michael Phillips

Here’s the awards-season value of the Venice International Film Festival in two easy words: Marriage Story. Thanks to the festival, now I know the name of one of the year’s highlights.

As the end credits rolled on the 8:30am Thursday world premiere screening of writer-director Noah Baumbach’s superb new film, starring Scarlett Johansson and Adam Driver in career-best performances, you could feel it.

The movie worked. The funny parts worked, and the serious parts stuck.

The movie worked. The funny parts worked, and Adam Driver in career-best performances, you could feel it.

The movie worked. The funny parts worked, and Adam Driver in career-best performances, you could feel it.

It’s a remarkable scene that worked, and the serious parts stuck. Its blend of comedy and drama, of brutally funny segments and lacerating verbal arias, was virtually miraculous. One monologue, delivered by a canny divorce attorney played by Laura Dern (a cinch for a supporting actress Oscar nomination; Driver and Johansson are cinches in the lead categories) provoked spontaneous applause.

This was not the dress-up opening-night crowd. This was the bleary-eyed press and industry crowd.

And now, Marriage Story, Baumbach’s film opens theatrically Nov. 6, with Netflix streaming beginning Dec. 6.

The awards-season value of Venice is simple. If a movie’s good, and starts here, the festival on the Lido across the lagoon from Venice proper looks like it knows what it’s doing.

In the first scene of Marriage Story the marriage has already tipped into the red zone. A mediator has instructed Los Angeles native Nicole (Johansson) and New York-based theatre director Charlie (Driver) to write detailed lists of what they love, or used to love, about each other. We learn a lot about these characters through this common, straightforward device. And through these characters, and we learn soon enough that this will be a story also involving the couple’s 8-year-old son, Henry (Azhy Robertson), the riddles of how people fall together as well as fall away are illuminated.

For now it’s enough to say that Baumbach has deftly avoided Kramer vs. Kramer deck-stacking (we were never really supposed to care about Meryl Streep’s side of the story). He seems newly energized behind the camera, and in the editing room, shaping the scenes with editor Jennifer Lame to surprising rhythms throughout Marriage Story.

The film’s ringer of a scene arrives late in a long legal battle (Dern, Alan Alda and Ray Liotta offer three priceless portrayals of divorce-hardened lawyers) between Nicole and Charlie. The soon-to-be-ex’s have done pretty well keeping it civil, if cool, up until the scene in question. Then, in the vein, vitriolic spirit of August Strindberg (never mind that piker Ingmar Bergman), things get extraordinarily ugly.

It’s a remarkable scene that took two days to film, Baumbach acknowledged in the post-screening press conference Thursday.

“To have these two actors completely lose themselves at the same time they remained in absolute control – that was such a privilege and so exciting,” he said.

“It was also harrowing. It was hard. We’d have to stop, they’d go to their dressing rooms, I’d walk around the block and when I was in the editing room, Jen (editor Lame) and I would just have to stop watching, after take after take after take.”

But, he said, “In many ways it was the most rewarding experience I’ve ever had as a director.”

Baumbach, whose 2013 divorce from actress Jennifer Jason Leigh surely informed the screenplay every which way, first met with Johansson about the project at a point when Johansson was going through her own divorce.

Baumbach had no idea at the time. But as Johansson said Thursday, the project “felt sort of fated, in a way. It was a really cathartic experience. And it came at just the right time.”

For his part Driver simply added: “I was lucky I got to say the things I got to say, and that Scarlett was my scene partner!” – Chicago Tribune/TNS

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**LEGAL BATTLE:** Beyoncé Knowles has been caught in a legal battle with wedding planner Veronica Morales over her company’s title since 2017
Families enjoy festivities at Pakistan Souq Bazaar

By Mudassir Raja

It was a holiday fiesta for the Pakistani community in Qatar as families and children thronged Regency Hall where stalls of delectable traditional cuisines, handicrafts, clothes, shoes and other daily use items were displayed with ostentation.

The hall was packed from the moment its gates opened at 2pm till its closing at 9pm. The facility turned into a festivaival of sorts as families came, shopped, dined, and hung around enjoying different musical and dance performances.

The Pakistan Souq Bazaar was organised by Amer Saeed Khan, founder of BPF Group of Companies, with support from the community representatives, and the Embassy of Pakistan. At the end of the event, the organisers formally launched Pakistan Souq, an online portal for business community and the Pakistani expatriates living in Qatar. The Souq bazaar launch also included competitions, entertainment and raffle draws with prizes for visitors.

There were as many as 68 colourful stalls with different Pakistani products on display. There were handmade traditional clothes and shoes from different parts of Pakistan, as well as attractive handicrafts, jewellery, makeup material and henna designs, among many other items.

Further, there were 10 food stalls offering authentic Pakistani cuisine such as biryani, haleem, goal gappay, kufi and other sweets. Families, especially children, relished the food in an ambience of festivity.

Umm-e-Mohammad, a Pakistani woman, had a stall offering traditional Balochi clothes, specifically hand-made. “I am from Balochistan. I bring traditional clothes used especially for marriages from Balochistan. These are all handmade. Strictly speaking, all the clothes we have brought from Makran. It shows Balochi culture. We have many people living in Qatar from Balochistan, we regularly import the clothes as there is sufficient demand.

“These clothes are strictly made by hand at house. We have already been selling our clothes online. The Souq offers us an opportunity to further display our culture to the people in Qatar. The Balochi people gift such kind of clothes to their daughter on the eve of marriages.”

Shoaib Baloch, an active member of the Baloch community in Qatar, said: “We have brought traditional things in the Souq to show the Pakistani community at large and other expatriate communities that these items are available in Qatar. Even Qatari people also like to wear Balochi attires after making little alterations.”

There were some business people who have come from Pakistan to take part in the Souq. One of them was Ammara Abrar, CEO of Green Acre company. She co-partnered the event. She said: “We have brought different products from Pakistan to market in Qatar. The items include pearls, handmade shoes, clothes, bedsheets. We wanted to show the people in Qatar that the products of high quality are made in our country. We wanted to have made-in-Pakistan items here.

Later in the evening, the organisers held the official launch ceremony that was attended by the officials from Pakistan embassy and noted members of the Pakistani business community. The national anthems of both Qatar and Pakistan were sung with enthusiasm. A cake cutting ceremony was also held to formally launch Pakistan Souq portal.

Speaking on the occasion, Amer Saeed Khan said: “Pakistan Souq is a unifying facility offering access to e-commerce, e-business services, business forums, job portals and career counselling for SMEs and startups.”

He added: “We provided free of cost stalls to all the retailers and cottage industry people. We will also provide them online space at our portal to further promote these industries. For this event, we have gathered almost all business community of Pakistan in Qatar. He thanked the embassy officials and community representatives for helping him in organising the event successfully.

Idress Ansar, a noted Pakistani businessman and community leader, said: “We as Pakistani expatriates will always support everyone who works for the development of our country. All members of Pakistan Business Form extend full co-operation to Amir Khan. The Pakistani business community in Qatar is like a bouquet and Amir Khan is going to be a beautiful addition into it. We appreciate his innovative initiative.”

Masood Gul, Charge d’Affaires at the Embassy of Pakistan, said: “We always support any growth in the trade relations with other countries. When the idea of the Pakistan Souq was presented to the embassy, we were very delighted. This [the portal] is a very important aspect of our exports with Qatar. The customers will get direct access to the Pakistani products online.

“Pakistan’s trade with Qatar is increasing. It has already gone double since the blockade of Qatar. The portal will further enhance the trade between the two countries.”

Pakistani embassy officials, organisers and noted members of the community seen during the official cake cutting ceremony of the Souq.