Master-trainer Rumz Dominic on Salsation — a fun and functional dance workout. P4-5

Cover Story

SHOWBIZ
I judge my work constantly: Ragini. Page 15

BACK PAGE
Absorbing books to help you hang onto summer. Page 16
Mission Mangal

**DIRECTION:** Jagan Shakti  
**CAST:** Vidya Balan, Anirban Bhattacharyya, Jhuma Biswas  
**SYNOPSIS:** Based on true events of the Indian Space Research Organisation (ISRO) successfully launching the Mars Orbiter Mission (Mangalyaan), making it the least expensive.  
**THEATRES:** The Mall, Royal Plaza

Fast and Furious Presents: Hobbs and Shaw

**DIRECTION:** David Leitch  
**CAST:** Dwayne Johnson, Jason Statham, Idris Elba  
**SYNOPSIS:** Ever since brawling lawman Hobbs, a loyal agent of America’s Diplomatic Security Service, and lawless outcast Shaw, a former British military elite operative, first faced off in 2015’s *Furious 7*, the duo have swapped smack talk and body blows as they’ve tried to take each other down. But when cyber-genetically enhanced anarchist Brixton (Idris Elba) gains control of an insidious bio-threat that could alter humanity forever — and bests a brilliant and fearless rogue MI6 agent (The Crown’s Vanessa Kirby), who just happens to be Shaw’s sister — these two sworn enemies will have to partner up to bring down the only guy who might be badder than themselves.  
**THEATRE:** The Mall

**PRAyER TiME**

<table>
<thead>
<tr>
<th>Time</th>
<th>Prayer</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.57am</td>
<td>Fajr</td>
</tr>
<tr>
<td>5.17am</td>
<td>Shorooq (sunrise)</td>
</tr>
<tr>
<td>11.34am</td>
<td>Zuhur (noon)</td>
</tr>
<tr>
<td>3.03pm</td>
<td>Asr (afternoon)</td>
</tr>
<tr>
<td>5.51pm</td>
<td>Maghreb (sunset)</td>
</tr>
<tr>
<td>7.21pm</td>
<td>Isha (night)</td>
</tr>
</tbody>
</table>

**USEFUL NUMBERS**

<table>
<thead>
<tr>
<th>Service</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emergency</td>
<td>999</td>
</tr>
<tr>
<td>Worldwide Emergency Number</td>
<td>112</td>
</tr>
<tr>
<td>Kahramaa – Electricity and Water</td>
<td>991</td>
</tr>
<tr>
<td>Local Directory</td>
<td>180</td>
</tr>
<tr>
<td>International Calls Enquiries</td>
<td>150</td>
</tr>
<tr>
<td>Hamad International Airport</td>
<td>40106666</td>
</tr>
<tr>
<td>Labor Department</td>
<td>44508111, 44406537</td>
</tr>
<tr>
<td>Mowasalat Taxi</td>
<td>44588888</td>
</tr>
<tr>
<td>Qatar Airways</td>
<td>44490000</td>
</tr>
<tr>
<td>Hamad Medical Corporation</td>
<td>44392222, 44393333</td>
</tr>
<tr>
<td>Qatar General Electricity and Water Corporation</td>
<td>44845555, 44845464</td>
</tr>
<tr>
<td>Primary Health Care Corporation</td>
<td>44593333, 44593363</td>
</tr>
<tr>
<td>Qatar Assistive Technology Center</td>
<td>44594050</td>
</tr>
<tr>
<td>Qatar News Agency</td>
<td>44490205</td>
</tr>
<tr>
<td>Q-Post – General Postal Corporation</td>
<td>44464444</td>
</tr>
</tbody>
</table>

**Humanitarian Services Office**

(Single window facility for the repatriation of bodies)

| Ministry of Interior               | 40253371, 40253372, 40253369        |
| Ministry of Health                 | 40253370, 40253364                  |
| Hamad Medical Corporation          | 40253364, 40253365                  |
| Qatar Airways                      | 40253374                           |

**Quote Unquote**

“Get your facts first, then you can distort them as you please.”  
— Mark Twain
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 color 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 productivity. 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

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.

Ballet Lessons
WHERE: Music and Arts Atelier
WHEN: Ongoing
TIME: 4pm – 8pm
For more information, e-mail at registration@atelierqatar.com or call on 33003839.

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 66523871/3132649.

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 instrumental. 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

The olympic sport using horizontal bar, rings and floor exercises on mats for the children from age 4 till 16.
Where fitness and fun go together

Salsation master-trainer Rumz Dominic tells Mudassir Raja she enjoys teaching dance, bringing positive changes in the learners.

“We have created a friends’ circle. I do not go to the class only to dance or teach dance. I go to the class to see my friends.”

— Rumz Dominic, Salsation master-trainer
“Salsation is different in many ways. It has different methodology, techniques, song choices, and training. The training for zumba dance and for Salsation is totally different. I have been a zumba instructor myself too. But I left zumba to experience something different.”

— Rumz Dominic

They want to just release the stress or negativity. They do it by working out with music and dance. They actually enjoy it — something that we cannot get if we go to routine gyms. The experience gives them entertainment and energy at the same time.

“It is not just about fitness. It is about being the part of a community. We have our classes every Saturday. It is an experience that people enjoy as a community. It gives real feelings of the music. We play mix kinds of music for the participants.”

Rumz enjoys teaching dance to others and to bring positive changes for them. “It means that I am able to change somebody's state. For me, it is a reward if I put a smile on someone’s face. If you can change or improve someone’s energy then why not? This is the easiest way to do it — through dance.

“We just go there and dance. We have created a friends’ circle. I do not go to the class only to dance or teach dance. I go to the class to see my friends. That is the time we all catch up with each other. It is friendship. It is very fulfilling for me. I think lots of people love that (fitness with fun). They come to me because they are looking for something (positive). When I see them smiling and enjoying, it is very satisfying for me.”

Rumz has much bigger plans when it comes to Salsation. “I wish to teach the dance and fitness fun in many other places in Qatar. There are not many dance and fitness centres here. I know there are zumba dance classes and activities. It is everywhere. For me, it is dying as a fun fitness idea because it is everywhere. It is not exclusive anymore; especially, in Gulf region people go for exclusive things and activities.

“Salsation is different in many ways. It has different methodology, techniques, song choices, and training. The training for zumba dance and for Salsation is totally different. I have been a zumba instructor myself too. But, I left zumba to experience something different.”
MES student wins PM Fellowship Award

Sneha Mary Biju, a student of Grade-XII of MES Indian School, recently bagged P M Fellowship award for her performance in the Talent Search Examination 2018, conducted by the Kerala based PM Foundation. The Talent Search examination was conducted with an objective of identifying talented young students who can be qualified for the scholarship award of P M Fellowship for the Undergraduate and Postgraduate programme until the completion of the course. Sneha Mary Biju was among 51 other students including three other contestants of MES shortlisted for Round 2, an online interview. Based on the performance in the round, she was selected for the coveted PM Fellowship among 10 other students. The presentation ceremony of the award for the winners will be conducted soon. The fellowship amount will be provided to the students after the successful completion of their Grade-XII. Hameeda Kadar, Principal of MES, congratulated Sneha for the accomplishment and complimented her. “The school prides in Sneha Mary Biju’s winning this prestigious fellowship award and being the torchbearer to lead the way of success for other,” she said.

ICC bids farewell to long term Qatar residents

The Managing Committee members of the Indian Cultural Centre recently organised a farewell event for C K Krishnan, Chief Whole Sale Banking Officer, Doha Bank, and his wife Mala Krishnan, an active community leader in Qatar, both long term residents of Qatar, at the Ashoka Hall. Krishnan and Mala had moved to Doha in June 2000, after having lived and worked in Dubai, Kuwait and Oman. Back in India, both had worked for State Bank of India. C K Krishnan hails from Thrissur, Kerala and Mala was brought up in Ahmedabad, Gujarat. During his tenure with Doha Bank he headed the USA operations for about 4 years. Mala was a committee member of Indian Community Benevolent Forum, actively involved with various benevolent activities. She has also been a part of Doha toastmasters and ‘Talking matters toastmaster clubs, MES Parent teacher council, conducting communication/personality development workshops in summer camps. Speaking on the occasion, Krishnan and Mala said, “We will miss the affectionate and vibrant Indian community of Doha. Our life has been enriched and the beautiful Doha memories will always be etched in our memories forever. We want to give back to community and would like to be involved with community work in India.” Farewell speeches and notes were given by various notable personalities, including Rajesh Kamble, Counsellor at the Embassy of India and the Co-ordinating Officer of the Indian Cultural Centre; Dr R. Seetharaman, Group CEO of Doha Bank and Pravasi Samman Awardee-2017; Hassan Chougule, Pravasi Samman Awardee-2019, Manikantan AP, President of Indian Cultural Centre; PN Baburajan, President of Indian Community Benevolent Forum, Azim Abbas, President of Indian Business Professional Council; Anjan Ganguly, Joint Secretary of ICC; Rajesh Singh, Head of Finance at ICC; and Pallash Das, Advisory Council member of ICC. Rajesh Kamble and the dignitaries presented a farewell memento, pencil sketch of CK Krishnan, to the couple. Seenu Pillai, the General Secretary of ICC, was the Master of Ceremony.
Try not to undermine your young ones’ ability

Armin Brott writes about how to get your children start doing their homework themselves

Your biggest challenge is going to be to let your children fail. Sounds harsh, but if you’re confident that they can do the work, a bad grade can be a real wake-up call.

**Question**: I pride myself on being a very hands-on mom – I drive my kids to all their events, am active in the PTO, and, yes, I often sit with my kids, who just started 4th and 6th grade, while they do their homework. Sometimes I get a little impatient and I give them an answer or two. School’s only been in session two weeks, but I can see that they’re starting to ask for help when they don’t really need it. When I refuse, they whine, and I give in. I can see that I made a mistake by giving them answers in the first place. Is there a way to get them to start doing their work by themselves?

**Answer**: First of all, your kids are lucky that you’re such an involved mom and they should be thankful that you’re so supportive of their education. But, let’s be honest: You’re doing their homework for them, which has zero upside (except, possibly to earn them higher grades, which they won’t deserve anyway, so I’m not sure that counts as ‘upside’). And the downside is that you’re undermining their ability to learn good study habits and to master the material they’re supposed to be learning. Plus, you’re sending a very clear message that you don’t think they’re smart enough to do their own work. From what you say, they’re starting to believe you, and that’s tragic.

As to your question, instead of asking how to get the kids to start doing their work by themselves, you should ask how (and when) you’re going to stop ‘helping’ them (“helping” in quotes because giving them answers isn’t actually helping). The answer is simple: You need to stop cold turkey and you need to do it now. If it makes you feel any better, you’re far from alone. Various studies have found that somewhere between a quarter and half of parents do their kids’ homework for them. On the other hand a few years ago when some friends invited me over late one evening to help their 7th grader on his science-fair project, which was due the next morning. Sounded like fun, but when I got there, their daughter had already gone to bed, leaving three adults to finish the project. And I saw it a lot when grading papers in my daughter’s elementary school classrooms. At least a quarter of them had clearly been written by adults. When I pointed it out to the teachers, they always usually shrugged their shoulders and said that the parents denied having done the work.

Instead of answers, what your children need when they have trouble grasping something is understanding and support. Ask them questions. What’s the actual assignment? What, exactly, don’t they understand? For some kids, the problem is a kind of overload. They can do one problem at a time, but the prospect of having to do 20 is paralyzing. In cases like that, divide the assignment into smaller, more manageable chunks. Take a short break after each chunk and then get back to it.

If one of the kids truly doesn’t understand something or simply isn’t able to keep up with the work, talk to the teacher. He or she may be able to give the child some extra attention and/or some remedial work to get up to speed.

Now that you’re no longer in the business of doing homework for your kids, you’re going to have to get tough. That means cancelling playdates and weekend fun until the kids start doing what they’re supposed to do.

But your biggest challenge is going to be to let your children fail. Sounds harsh, but if you’re confident that they can do the work, a bad grade can be a real wake-up call. It won’t be easy – you’ll be screamed at and accused of being a horrible parent (“if you really loved me you would have helped...”). But don’t ever give in. Minor failures will help your children rebuild their confidence in themselves. And that’s the best thing you can possibly do for them. – TNS
Catching fall colours at Indiana Dunes

Throngs of beachgoers give way to hikers and motorists in search of fall colours and a serene escape into one of the most biologically diverse pieces of property in the National Park Service portfolio – all within an hour's drive of Chicago, writes Lori Rackl.

When Indiana Dunes jumped categories from national lakeshore to national park earlier this year, it joined the elite ranks of the country's most hallowed natural wonders, 61 sites whose esteemed members include Yellowstone and Yosemite.

The Dunes' climb up the National Park Service ladder is really just a matter of perception. The new title doesn't mean more money or resources get pumped into this 15,000-acre swath of marshes, prairies, oak savannas, forests and its namesake sand dunes scattered along a 15-mile stretch of Lake Michigan's southern shore.

But the name change certainly raises the profile of the Dunes, an already popular summer playground that takes on a mellower beauty in the fall. Throngs of beachgoers give way to hikers and motorists in search of fall colours and a serene escape into one of the most biologically diverse pieces of property in the National Park Service portfolio – all within an hour's drive of Chicago.

Drive

The top-notch Indiana Dunes Visitor Centre in Porter makes a convenient jumping-off point for a couple of drives with divergent themes but one common denominator: plenty of pretty scenery.

One route skews toward the sand and sea, aka Lake Michigan, while the other ventures away from the coast to explore cute downtowns and winding country roads. You can find detailed, turn-by-turn directions for both at indiana-dues.com/cars.

The roughly 20-mile-long ‘Dunes and Lake’ drive includes a leafy segment of US Route 12 as the tree-flanked highway slices through the park. Heading in the direction of Kemil Beach and cruising through the tiny town of Beverly Shores is a highlight of the route, which passes directly in front of five futuristic Century of Progress homes that debuted in 1933–34 at the Chicago World’s Fair. Pull over in one of the 15-minute parking spaces for a closer look at these architectural gems.

If you're feeling peckish, make a pit stop at the nearby Goblin and The Grocer, a new breakfast, lunch and dinner joint with a fire pit on its expansive patio.

The slightly longer ‘Downtowns and Country Roads’ drive spans about 30 miles. It hits downtown Chesterton and Valparaiso, home of the bespectacled, bow-tie wearing king of popcorn, Orville Redenbacher. (The annual Valparaiso Popcorn Festival is Sept. 7.) A statue of the snack-food legend sits in Central Park Plaza. Grab lunch around here, Mediterrana Market Cafe is a solid option, before pulling out of town and heading to the best leg of the route, a series of narrow, rural roads that twist and turn under the shadow of towering trees as you make your way northeast of Valpo.

Need to stretch your legs? Both drives lead to Coffee Creek Watershed Preserve in Chesterton. The plant-rich preserve has a well-maintained network of trails, including a 5K loop around the perimeter. Its pavilion, anchored by a pair of massive stone fireplaces, also makes a cozy spot to picnic.

Want to leave the driving to someone else? The park offers ranger-led shuttle bus excursions Oct. 6 and 27.

Hike

Dozens of miles of trails snake through both the national park and the smaller but equally beautiful state park it surrounds.

Two trails stand out as must-dos in the fall, simply because they showcase such different sides of this national park that boasts more than 1,000 plant species.

One of the trails can be accessed 1.5 miles from the Visitor Center. The Bailly–Chellberg Loop, measuring a little over 2 miles long, wends through ravines carved thousands of years ago by glacial meltwater. In October, these gorges are typically packed with the yellow leaves of soaring sugar maples that light up like the sun, a striking contrast to the Virginia creeper that adds splashes of blood red to the sylvan surroundings.

Vibrant foliage isn’t the only reason to lace up your boots; the route weaves in history, too. Visit the site of a nearly 200-year-old homestead that belonged to some of northwest Indiana's first settlers, the Baillys, who are buried nearby. Another point of interest is Chellberg Farm, where Swedish immigrants once worked the land. These days, the farm’s denizens are chickens, turkeys, goats and cows, making this trail ideal for trekkers.
Indiana Dunes National Park

with kids in tow. The farm is the backdrop for the Apple Festival, Sept. 21-22, a free celebration of fall’s favourite fruit.

On the far west side of the park, the Dune Succession Trail is half as long but easily twice as hard as the Bailly-Chellberg Loop, thanks to the seemingly endless set of stairs that leads to an overlook platform. The payoff is panoramic views to the south of changing leaves – black oak, shagbark hickory and basswood, to name a few – and Lake Michigan to the north.

You can get to this trail, as well as some other ones, by parking at West Beach in Gary. West Beach is the only part of the national park that charges a fee: $6 per car from Memorial Day to Labour Day. (For most of the year, visitors also pay a nominal fee to access Indiana Dunes State Park, home to the area’s three tallest sand dunes. Climb them all, a collective 552 quadriceps-scorching feet, and get a commemorative sticker at the Visitor Centre.)

Be prepared to get some sand in your shoes on the mile-long loop that traces the various stages of dune development. And although it doesn’t qualify as fall colours, the view of Chicago’s skyline less than 30 miles in the distance is pretty sweet any time of year.

Stay

The national park’s Dunewood Campground has more than 60 sites, a few of which are wheelchair accessible, for $25 a night. Half of the campsites can be reserved online at recreation.gov The other half are first-come, first-served. Spots get snapped up quickly by 9am on summer weekends, but demand typically softens in the fall. Facilities include restrooms and showers but no electrical hook-ups. Urbanites can even take a train to their camping adventure: The Beverly Shores stop on the South Shore Line that leaves out of downtown Chicago’s Millennium Station is a quarter-mile north of the campground, which will stay open this year until Nov. 4.

Folks who like trains more than camping may want to bed down in Chesterton at Riley’s Railhouse, an old freight-station-turned-bed-and-breakfast. Stay in a restored rail car or the main building, which is loaded with train memorabilia. You’d better really love trains because they’ll be passing close by, and they’re not necessarily quiet. Rates begin at $140.

In Valparaiso, a new B&B came on the scene last fall. Tucked away on a corner lot in the Historic District just a few blocks from the many restaurants, bars and boutiques downtown, Valparaiso Inn B&B opened in September after an elaborate renovation at this stately home that’s over a century old. Five guest suites, starting at $160.

– Chicago Tribune/TNS
Thousands of spectators rushed to the iconic spots of Qatar on Tuesday when news of the unveiling of the official logo of the FIFA World Cup 2022 spread across the country. Many who had gathered to celebrate football, showed support for Qatar and captured the historic moment live on their mobile phones.

The unveiling of the emblem was projected in synchronisation onto a number of Qatar's iconic buildings, including Katara—the Cultural Village Amphitheatre, Souq Waqif, Burj Doha and Msheireb, among other places.

The unique logo, which symbolises the culture and heritage of Qatar, was received with farefare and cheers.

The central form of the emblem takes inspiration from a traditional woollen shawl that is worn around the Arab and Gulf region. That is one among the many features of the logo that not only makes it unique but also relatable for thousands of people across the region.

Football is as popular a sport in the Arab world as it is elsewhere in the world, and fans of the sport are waiting in anticipation of the day they will be able to watch the World Cup live in Qatar. Now that the logo has been launched, that day doesn’t seem that far anymore!

— Text by Azmat Haroon

Photo Essay

YOUR CHANCE TO BE IN THE FRAME

Here’s your chance to let the world know of your skills and create a buzz. The published images will appear on both our Instagram page (@communitygt) as well as this coveted space. Community invites photographers to let their pictures speak the proverbial thousand words! E-mail your contributions with your full name, contact details and complete description of the images to qatarcommunity@gmail.com

Crowds cheer for Qatar 2022 emblem

Photo by Ram Chand

Photo by Jayaram
Sedentary lifestyle linked to doubled mortality risk

Sedentary lifestyle for 20 years is associated with a two times risk of premature death as compared to those who lead a healthy life, according to a new study.

“Our findings imply that to get the maximum health benefits of physical activity in terms of protection against premature all-cause and cardiovascular death, you need to continue being physically active,” said the study’s author Trine Moholdt from the Norwegian University.

The current study used the data from the first and third surveys.

A total of 23,146 men and women were categorised as inactive, moderate – less than two hours a week and high – two or more hours per week.

Physical activity data were linked to information on deaths until the end of 2013 using the Norwegian Cause of Death Registry.

Compared to the reference group, people who were inactive in both 1984–1986 and 2008–2008 had a 2-fold higher likelihood of all-cause death and 2.7-fold greater risk of dying from cardiovascular disease.

Those with moderate activity at both time points had 60 per cent and 90 per cent raised risks of all-cause and cardiovascular deaths, respectively, compared to the reference group.

“Our data indicate that you can compensate for a previously inactive lifestyle and the sooner you get active, the sooner you will see positive results,” said Moholdt.

The study was presented at the ESC Congress 2019 in Paris. – IANS

ARIES
March 21 – April 19

The day is likely to be somewhat challenging, and it contains some disappointments. You’re liable to feel dejected if you receive a lacklustre response from the world. Apparently, Aries, your performance has lost some of its ability to captivate an audience. Whether you accept this or try to shine up your act is the question of the day!

CANCER
June 21 – July 22

Cancer, today’s your chance to stand up to family members who want to exert too much control over your life. It’s time to bang your fist on the table and say, “Enough’s enough, I’ll like who I want to.” When you insist that well-meaning relatives respect your choices, you’ll tap into a new well of self-respect.

TAURUS
April 20 – May 20

Taurus, you can expect the day to be a bit bumpy. If you were an Olympic athlete, today you’d be standing at the starting line, wondering if you had trained enough for a top-notch performance. Have you had enough practice? Will you make the grade? Issues related to your material resources will certainly be on the agenda.

SCORPIO
October 23 – November 21

Are you hesitating, Scorpio? Do you feel caught between the desire to participate fully in the world and the equally strong desire to remain in your dream world, even at the risk of feeling a little out of it? Who says that these two worlds are incompatible? If you look closely, you will see that you don’t need to choose one or the other.

GEMINI
May 21 – June 20

A planetary configuration like today’s often makes people afraid to start anything that challenges the status quo. This is true for you in your professional life. You should dare to take on more responsibility. The aspects speak of fear only, not of being incapable of succeeding. The saying about fear being the only thing to fear is something you should take to heart right now, Gemini.

CAPRICORN
December 22 – January 19

You’re being called upon to make a commitment or promise, most likely relating to your personal life. Will you take that decisive step? That’s the question today. Over the next few days you will doubtless have to prove what you’re made of. The challenge most likely emanates from your personal relationships. There is no running away this time, Capricorn. It’s time to take a stand.

PISCES
February 19 – March 20

The forecast today is stormy. You may have sensed that there was some tension clouding the conversation at home. Resentments were left unsaid and subtle power games were played without resolution. Today, Pisces, it all becomes too unbearable for you. Regardless of the risks involved, you will take measures to clear things up.
Wordsearch

Adjacent letters have a relationship. They may be synonyms, antonyms or words that work in a sentence together.

Codeword

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

Sudoku

Sudoku is a puzzle based on a logical grid. The grid is also divided into nine (3x3) boxes. You are given a selection of values and to complete the puzzle, you must fill the grid so that every column, every row and every box is repeated.

Adam

Pooch Cafe

Garfield

Bound And Gagged
Super Cryptic Clues

**Across**
1. Month not the first that may be triumphal (4)
2. More than one lawman spoils artist (6)
3. Road not repaired in storm (7)
4. Excellent fish (5)
5. Join in the fun, it entertains (5)
6. Direct order that means one can pay later? (6)
7. Hustle poor detective (6)
8. Financial plan: move before end of August (6)
9. Island that is carried round? (6)
10. Tendon is put back in original condition (5)
11. Lions, we hear, were nosy (5)
12. Cleaner more confident about officer (7)
13. Type of home insurance makes you happy? (6)
14. An Asian country also varies (4)

**Down**
1. Liar must reform to show regard for others (8)
2. Soldier after lead for cat or dog (5)
3. Weight carried by expert without hesitation (2,4)
4. Black is black in retail event (5)
5. Constant bearing (7)
6. Condiment for Jack Tar (4)
7. Express sorrow, not convincing conservation group (6)
8. Feeling poorly, omit one (7)
9. Consequence of firing in the air? (6)
10. New Escort model is a tight fit (6)
11. Girl's beginning to enter with no clothes on - that may be to attract attention (5)
12. Girl seen in Oregon or Massachusetts (5)
13. Some impressive picture? (4)

**Wordsearch**

**Codeword**
TERRIFIC NEW DOCUMENTARY:

**Miles Davis: Birth of the Cool**

By Rick Bentley

In the first 20 minutes of the terrific new documentary *Miles Davis: Birth of the Cool*, we see the jazz legend grow up in St. Louis, move to New York, enrol at Juilliard, join Charlie Parker’s band, marry classical textures with bebop on the landmark album from which the film takes its title, fall in love with Juliette Greco, get hooked on heroin and then kick the habit.

That’s a movie in and of itself.

Davis contained multitudes, changing jazz many times over with his endless innovations and reinventions. The extraordinary thing about Stanley Nelson’s documentary is that it captures all the beauty and ugliness of Davis’ life, explaining how he relentlessly pushed jazz forward and the costs that came with that single-mindedness.

To quote Davis: Music is a curse. It comes before everything.”

Davis’ words are heard throughout *Birth of the Cool*. Essentially, he narrates the movie with Nelson employing actor Carl Lumbly to read portions from Davis’ candid autobiography in the musician’s distinctive rasp. Lumbly isn’t the only one imitating Davis in the film. Just about everyone interviewed here – and it’s an illustrious lineup that includes the likes of Herbie Hancock, Wayne Shorter, Ron Carter and Quincy Jones – takes an affectionate stab at Davis’ voice whisper.

The trumpet was Davis’ primary way of communicating with the world, and Nelson makes a case that the vulnerable beauty of much of his music, notably the ballads he played with a Harm on mute, was a way of revealing himself beyond his hardened personas. Hancock likens that elegant sound to “a stone skipping across a pond … he just touched on the waves.” The great saxophonist Jimmy Heath sums it up in a single word: “Tasty.”

Of course, beauty was just one aspect of Davis’ artistry, and *Birth of the Cool* does an admirable job in assessing every period of his singular career with an informed passion for the music.

There’s footage of Davis with the quintet that included John Coltrane and Cannonball Adderley, the group heard on *Kind of Blue*, the modal masterpiece that musician Joshua Redman calls “the sacred text.” We see him labour to create the lush orchestral albums with arranger Gil Evans, as well as create a signature hard bop sound with a new quintet featuring Shorter and Hancock and then revolutionise the art form again with the jazz-rock fusion classic *Bitches Brew*.

But Birth of the Cool attempts to understand the man as much as the music, and Nelson, a veteran documentary filmmaker who has won three Emmys and a Peabody Award, approaches his subject with both an empathy and unflinching honesty.

Frances Taylor, Davis’ first wife who died last year at the age of 89, provides insight into the musician’s darker side. Davis was jealous, possessive and abusive. After Taylor, a talented dancer, won a role in the original Broadway cast of West Side Story, Davis told her to quit. “A woman should be with her man,” he said. She acquiesced.

“I was in love with him. I quit the show,” Taylor says, her voice still tinged with regret. She eventually left Davis, tired of his physical abuse.

“Whoever gets her is a lucky...,” Davis said, using a particular vulgarity that he used often. At least that’s what Taylor heard he said. “And he was right,” she says, with a hint of mischief.

Davis absorbed considerable racism throughout his life, and it fuelled much of his anger and bitterness. Smoking a cigarette outside New York’s Birdland nightclub between sets in 1959, just days after the release of *Kind of Blue*, Davis encountered a police officer who told him to move.

When he didn’t budge, an off-duty officer blindsided him. The film shows several photos of Davis, his shirt and jacket covered in dried blood, his face frozen in a look of astonishment.

“That incident changed me forever,” Davis said. “It made me much more bitter and cynical than I might have been.”

The considerable achievement of *Birth of the Cool* comes from the way it understands those words and places them in the context of American history. You’ll want to listen to Miles’ music after watching the film and, when you do, you might feel it a little deeper.

– Los Angeles Times/TNS

---

**A personal examination of heroism**

By Glenn Whipp

Hollywood has shaped our view of heroism as explosive high-octane action against some gigantic world threat. In rare occasions, acts of heroism have been reduced to individuals’ defiance, such as in *In High Noon* or *All the President’s Men*. When that happens, it is easier to relate to what it would be like to be willing to sacrifice everything in the name of doing the right thing.

*Official Secrets* is a personal examination of heroism that shows how one person’s decision can be a powerful and life-changing act where the obligation to not be silenced outweighs all potential negative consequences.

The film from director Gavin Hood (*Eve in the Sky*) is the true story of Katherine Gun (Keira Knightley), a British intelligence specialist who comes across a memo in 2003 that shakes her to her core. President George W. Bush is looking to send troops into Iraq, and the National Security Agency is enlisting the help of British intelligence agencies in collecting compromising information on United Nations Security Council members to blackmail them into voting in favour of an invasion.

Gun knows if the British agree to the plan, the result would be an air war in Iraq precipitated by false information and manipulation. She struggles with the ramifications – chiefly, the impact on her husband, who is a Muslim seeking to stay in England – but she finally decides it would be impossible to live with herself if she remained silent and war erupted in Iraq.

She leaks the memo, which triggers the movie’s narrative of what to do with the information. Martin Bright (Matt Smith), a reporter with the British newspaper *The Observer*, gets the memo and wants to expose the Americans’ actions. This sets off a series of debates over the memo’s authenticity and if real, the fallout that will come from revealing state secrets.

Hood manages to create a huge amount of tension in the mundane workings of a newspaper much in the same way Steven Spielberg generated a deep sense of anxiety with *The Post*, which focused on the decision by the Washington Post to release the Pentagon Papers. Even when freedom of the press should be the driving factor, both productions dig deep into other factors such as exposure of credibility, a negative public reaction, knee-jerk advertisers’ responses and the basic fear of doing the right thing for the wrong reasons.

Where Hood takes his work to a higher level is through Gun. Even when the film begins to slip into a legal and ethical vortex, Hood keeps bringing the story back to how all this was ignited by the decision of one brave person. He never tries to make Gun a hero but lets her actions speak for themselves.

Just as Paddy Chayefsky did with 1976’s *Network*, Hood shows there comes a point where even the most average citizens are going to become mad as hell and decide they aren’t going to take it anymore. Knightley brings Gun’s decision to life in a deeply convincing manner. There’s no flag waving on her part, just a look on her face and a tone in her voice that reflects a person acting in the only way they see fit. – TNS
BUSY: Eighteen-year-old Kaia has a hectic work schedule.

Why teen model Kaia feels she is 70

Model-actress Kaia Gerber, who is just 18, feels like she is living a life of a 70-year-old woman, owing to her hectic work schedule.

“When I’m working, I don’t have the energy to even flirt with anyone. I’m sorry, I just can’t... But I’m not losing hope in all this,” Kaia said in an interview to British Vogue, while opening up about her work schedule, and how work has aged her beyond her years.

“I have backgammon at my house, and that’s all a girl needs. When I’m home, I’m living the life of a 70-year-old woman... I’m an old soul,” she added, according to a dailymail.co.uk report.

Kaia is the daughter of American businessman Rande Gerber and supermodel Cindy Crawford. She began modelling at the age of 10 and she has also featured in the movie Sister Cities.

LEARNER: Timothee Chalamet says he has a lot to learn about acting.

Chalamet is ‘still learning’ as an actor

Actor Timothee Chalamet says he has a lot to learn about acting.

“I feel that I’m really still learning, and I’m trying to chase whatever is the best version of an actor that I can be,” Chalamet told hollywoodreporter.com.

The 23-year-old had bagged a nomination in the Best Actor category at the Oscars for his role in the 2017 romantic drama Call Me By Your Name. His new film, David Michod’s The King, was premiered at the Venice Film Festival. The film is inspired by William Shakespeare’s Henry V.

Sharing his experience of working with actors Ben Mendelsohn and Sean Harris in The King, Chalamet said: “These are two visceral actors. I’ve learned from everyone but I’ve had particularly educational experiences with them.”

COMPETITOR: Ragini Khanna says she only competes with herself.

Sunny Deol shares tips for budding actors

Sunny Deol feels just learning dance and building muscles doesn’t make you an actor. Acting is a lot more than that.

“Acting is not an easy profession. Although you don’t need certificates to enter this profession, you need to have the art (of acting) within you. These days, people build bodies and learn dancing. Those, however, are just part of your skills – that’s not acting. Acting is about determination, it is a dream and you have to be really passionate about movies. Only then can you start enacting,” the National Award-winning actor said.

“Only having talent is not enough, you should be strong as a human being, learn to face the difficulties, and move ahead with honesty. That is important,” added Sunny, who impressed the nation with his acting skills in Ghulam, Damini, Gadar: Ek Prem Katha, Border among other films.

The Ghulam Once Again helmer is returning to direction with the romantic film Pal Pal Dil Ke Paas, which also serves as a launchpad for his son Karan Deol. As the release date is nearing, the 62-year-old actor admits being nervous about whether the audience will like his son or not.

“It’s a mixed feeling. I am happy that D-day is here, because we have been working on the film for quite some time. As a father, I am also nervous, though I am glad that people have liked the teaser. That has reduced my nervousness a bit,” he said.

Directed by Sunny Deol, Pal Pal Dil Ke Paas hits the theatres on September 20. The film stars debutants Karan Deol and Sahher Bambba.
Absorbing books to help you hang onto summer

By Laurie Hertzel

It’s hard to believe that it’s now September. Given that I still have to pause and think before writing “2019” instead of “2018,” this is hardly fair. It feels like the year has barely begun. Instead, we’ve crested the apogee and are barrelling straight toward you-know-what.

What we need, folks, are books to help us cling to summer. Maybe not cling as we might to a life raft — I don’t want to be melodramatic, and the changing leaves are pretty — but maybe cling as we might to a beloved relative who is heading out of town for eight months. These books will keep the feel of hot sun on your head and sand between your toes.

1. The Magic Summer by Noel Streatfeild. When their father falls ill overseas and their mother flies off to be at his bedside, four English siblings are sent to Ireland to live with their eccentric great-aunt in her falling-down house outside of Cork. There’s a mystery here, with a runaway boy, but read this for the glorious descriptions of an Irish summer — gardening, fishing, singing to the seals on the beach. If you can find the edition with the Edward Ardizzone illustrations, all the better.

2. A Midsummer Night’s Dream by William Shakespeare. A king, a wedding, a magic spell involving a donkey, a play-within-a-play, the very puckish Puck and love going in all directions, mostly wrong. This most frothy of Shakespeare’s plays is set in an ancient forest, in midsummer, among the trees and the fairies.

3. The Feast of Love by Charles Baxter. You can’t read one without the other — this delightful re-imagining of A Midsummer Night’s Dream begins when protagonist Charlie Baxter goes for a midnight midsummer stroll and encounters love, love stories and love going in all directions.

4. Beautiful Ruins by Jess Walter. Set in sun-drenched Italy and sun-drenched California, this entertaining novel tells the story of Pasquale, who comes to California looking for the woman who stole his heart 50 years ago in Italy.

5. Maine by J. Courtney Sullivan. It’s a familiar plot device — members of a far-flung family reuniting for a special event. In Sullivan’s novel, three generations head to the old family beach house one June for their annual reunion. The story is told through the eyes of four of the women, including the family’s 83-year-old matriarch.

6. Wish You Were Here by Stewart O’Nan. O’Nan’s prequel to Emily, Alone (and sort-of sequel to Henry, Himself) has the Maxwell clan gathering at their summer cottage on New York’s Lake Chautauqua to get it ready to sell after Henry’s death. Nostalgia, quibbling, quarrelling, lust and petty thievery mingle with the sand, the seagulls and the loss.

7. Queen Sugar by Natalie Baszile. Charlotte Bordelon’s father has died and left her an unusual legacy — an old, failing sugar cane farm in Louisiana. She heads to the sultry, steamy South from her home in California to save the farm against all odds — including a hurricane, greedy white entrepreneurs and Charlotte’s own evil half-brother.

8. Instructions for a Heatwave by Maggie O’Farrell. During the hottest summer that England has seen in decades, Robert Riordan cleans out his bank account and disappears. As his wife, Gretta, summons their children back home to sort things out, family secrets begin to emerge. — Star Tribune