Kids procrastinate or shut down because they fail to see the relevance of a task, prefer other distractions, or struggle with comprehension, organisation or motivation. And nagging isn’t going to work.

P 2-3
Nikki was frustrated. Her daughter Kirsten, 13, had just finished her required summer reading. She needed to write a summary, and Nikki urged her to do it while the details were still fresh.

“It’s June, Mom,” Kirsten said. “I can get to it later.”

I reassured Nikki that it was too early to worry about her daughter’s work ethic.

“A 13-year-old brain is thinking, ‘I don’t have to do it now, so why should I?’” said Peg Dawson, a psychologist and the author of “Smart But Scattered.”

Kids procrastinate or shut down because they fail to see the relevance of a task, prefer other distractions, or struggle with comprehension, organization or motivation. And nagging isn’t going to work.

“Homework is about control,” said Rick Wormeli, an education consultant and author of “Fair Isn’t Always Equal.”

“Kids want a voice, and many would rather have the reputation of being forgetful or irresponsible than admit they don’t know what they’re doing,” he said.

With a little creativity, parents can help kids overcome those barriers to productivity. Here are 10 ways to encourage kids to approach homework with more confidence and less conflict.

1) Establish routines and discourage bad habits.

“The perfect intervention is something that only takes five minutes a day, but you’re willing to do it every day,” Dawson said. “With my kid, I’d say: ‘You have 10 algebra questions. How long do you think it will take?’”

Set the tone with an uncluttered, well-equipped study space, and create a consistent schedule that includes breaks. One child might need to do his homework in the kitchen with a parent nearby, while another works best independently in her bedroom. Some kids reliably follow a planner, while others need checklists.

Prevent bad habits by intervening when kids toggle between texting and studying, sacrifice sleep for gaming, or start work at midnight.

2) Tame and name negative voices.

Train kids to notice defeatist thoughts. When a voice whispers, “You’re not good at math,” they can give it a name, such as Mike. Ask them to choose a different name for a voice that affirms they are good at something. Then say: “It’s not you. Mike is causing you problems.” Follow up with questions: “What does Mike need to feel more confident? What would the positive voice tell Mike to do?”

When there is distance from a problem, kids have an easier time coming up with solutions, said Ana Jovanovic, a psychologist and coach at the online tutoring service Nobel Coaching in Potomac, Maryland. It also helps them understand that their perceived weakness is only one part of their persona. She has kids name their planners to make them harder to reject. They buy into it, saying: “What do I have to do today? I should ask Jake,” she said.

3) Dress for success.

Have your kids choose special learning attire, such as a thinking hat or a pair of glasses, that they wear only while studying. Researchers at Northwestern University found that even adults are influenced by their clothing. When subjects in white lab coats were told they were wearing doctors’ coats, they were more focused than those who were told they were wearing painters’ coats. Similarly, in a study published in the journal Child Development, researchers found that young children persevered longer when they pretended to be a superhero.

4) Let school be the bad guy.

If negotiating homework becomes toxic, it is time to contact the child’s teacher or school counselor. Jennifer Goodstein, a sixth-grade teacher and executive-functioning coach in Bethesda, Maryland, said she tells parents to stop and email her when their child melts down. “We can be the bad guys and say, ‘OK, Brendan, you were fighting with your mother, so you’re going to do the work here,’” she said. She creates a schedule for the child to get help at school.

When Goodstein’s 11-year-old son is frustrated, she will quiz him or help him understand directions. But if he does not understand a concept, she asks his teacher to provide more examples. She also lets the teacher worry about quality. “If he writes two sentences when I think he should write five, and he said that’s all the teacher wants, that’s her job to pull that from him.”

5) Offer options, but inspect what you expect.
Allow kids to choose when they work or how they would like to approach a teacher, but follow up. Kim Campbell, an eighth-grade global studies teacher and consultant for the Association for Middle Level Educators in Minnetonka, Minnesota, said kids promise to connect with a teacher on their own, they need to know what will happen if they do not follow through.

“Allow kids to choose when they work or how they would like to approach a teacher, but follow up.”

1) Create a homework station.
2) Use checklists.
3) Create a schedule.
4) Use a timer.
5) Color code.
6) Mix it up.
7) Check in and check up.

Allow kids to choose when they work or how they would like to approach a teacher, but follow up.

They say they are stupid or stuck.
“I’ll say: ‘Convince me you can’t do it. Give me two examples where you failed.’ “

She then asks kids what would be different if they told themselves they could do it. To build resilience, praise effort and emphasize that the child simply has not mastered a skill yet.

10) Go easy on the pressure. Too much pressure causes kids to push back. “At an age when you’re just starting to discover who you are, you’re already being told who you need to be,” Jovanovic said. “When the gap between who you want to be and who your parents need you to be is big, you start rebelling.”

Instead of fighting, Nikki and Kirsten agreed to an experiment. Nikki would write down her predictions, and they would revisit the issue after Kirsten wrote the essay. When they debriefed, Kirsten admitted she was foggy on the plot but said she was OK handing in mediocre work. “I had a good summer with my friends, and I didn’t spend it obsessing over some dumb paper,” she told her mom. They had different agendas, and that may be OK.

“Kids this age are navigating a much more complicated social world,” Dawson said. “From a human development perspective, that’s probably as important as any academic task.”

Allow kids to choose when they work or how they would like to approach a teacher, but follow up.

7) Establish reward systems. Rewards work best when they are immediate. “You earn them when you do your homework for a week, not a quarter,” Campbell said. “Some parents will say you have to get all A’s for the semester, but long-term goals don’t work.” The payoff can be something small, such as stickers to decorate their notebook. Jovanovic likes anything that personalizes study accessories.

8) Make modifications and connections. “My older son was assigned a diorama, and he wasn’t good with fine motor skills, so we battled,” Wormeli said. That assignment had more to do with suspending things from the ceiling of a shoe box than science, so he contacted the school about adjusting it.

Enhance the homework experience by taking field trips or making connections to sports, popular media or current events. Parents also can make the most of technology. Kids can study with friends online or use apps to make flashcards, break units into smaller exercises or brainstorm ideas for essays.

But don’t do the work for them. As Wormeli said, “What’s the greater gift we can give our kids, that they learn it and it goes into long-term memory, or that they get a false sense of competency?”

9) Identify role models to build grit. Parents can ask kids to name people they admire, such as professional athletes or favorite writers. When the child wants to give up, ask what that role model would do.

Movies also can provide perspective. “Inside Out,” for example, can help kids appreciate the benefit of negative emotions. “When you’re sad, you’re more likely to ask for help and to connect with people,” Jovanovic said. She urges parents to challenge children when they say they are stupid or stuck.

5 out of 10 parents say they have trouble helping their children with homework.

21.9% are too busy
31.6% say their kids don’t want their help
46.5% don’t understand the material

Why do so many parents fear they are falling short? Of those who have trouble...
MES Indian School organises fire safety training

The Health Safety Security and Environment (HSSE) Department of MES Indian School in collaboration with National Fire Protection Association (NFPA) organised a Fire Marshall/Warden training programme at the school campus on October 7.

About 50 teaching and non-teaching members of the school staff attended the programme that had fire extinguishing drill as the highlight of the session.

Qualified and NFPA approved expert personnel, Antony Lewis, Mithun Paramban, Devesh Karan and Abdelaziz Elhadi from Alpha Fire Services W.L.L conducted a four-hour long training session covering extensively on topics such as basic fire fighting system and its uses, identifying right fire extinguisher and how to use them, use of fire hose reels, fire alarm systems, roles and responsibilities of a fire warden and emergency procedure.

As a part of the training session the attendees were equipped with reflective fire safety jackets and actively involved in a fire extinguishing drill, which provided hands-on experience in extinguishing fire. Fire wardens also extinguished fire as per the training instructions.

Hameeda Kadar, Principal officiating addressed the gathering about the importance of the fire warden training and the role of wardens in the event of any fire mishap.

The participants were also awarded with NFPA approved fire warden certificates after the completing the four-hour training session.

Teachers’ Day celebration at Noble International School

Teachers develop learners’ abilities to build a sustainable future with citizens who are able to take action in their own communities and contribute to global challenges.

Noble International School (NIS) celebrated “World Teachers’ Day-2017” on October 7 at Al Hilal Campus as a tribute to the incredible contributions made by the teachers. The celebrations commenced with the Islamic Prayer and extended with mind-blowing programmes by various sections of NIS such as captivating musical drama, incredible group dances, eye-opening mime, an exotic flash mob, quiz of whimsical funny questions, prudent fashion show, gala of advertisements and so on... the programmes turned out to be “corner stone” of NIS.

Shibu Abdul Rasheed, NIS Principal honoured the teachers, on the occasion of World Teachers’ Day, by presenting them cards, inscribed in it the respect and dignity that a teacher hold thereby simultaneously acknowledging them for their hard work, sincerity and effort they put in raising a generation.

“Sentences of appreciation” for every individual staff was read for their “Yeamon’s service”.

Principal also emphasised the vital contribution that teachers make towards education and development and encouraged them to become role models by inspiring young students to grow and succeed in life.

Vice-Principal (CCA) and Vice-Principal (Academics) gave an extra-ordinary speech and thought provoking message to the teachers by insisting them to adopt themselves to the changing trends and be a beacon of light to the students’ all around the world.
There are few harbingers of seasonal change as dramatic as fall foliage. When entire hillsides of hardwood forests transform from varying shades of green into vibrant oranges, yellows, purples and reds, summer is definitively over—no matter what the calendar says.

As days shorten and nights lengthen, the changing leaves deliver a riot of colour that demands to be seen. And travelers of all stripes oblige, pumping billions of dollars into the economies of rural areas where the changing leaves command their own festivals and celebrations.

Naturally, there are leaf-peeping aficionados whose routines are dialed. They’ve got the maps, the weather data, the Thermos filled with coffee, the full tank of gas and reservations at their favorite bed-and-breakfast made months earlier once the leaf-changing forecasts (yes, those exist) began to take form. They’re the ones who are already flooding your Instagram feed with soulful images of vibrant foliage (+autumnleaves).

If seeing them inspires a dual reaction—desire to join in the fun, fear that you’ve already missed it—worry not. Fall foliage is perhaps the most democratic natural phenomenon to witness. Unlike the recent solar eclipse, changing leaves take place every year throughout much of North America and over a relatively long period: we’re talking weeks, not minutes. Better yet, the foliage is easy to observe. Unless you feel like hiking miles into the backcountry to enjoy leaf splendor in solitude, you can watch this unfold from the front seat of your car.

Interested? The first thing to do, suggests ecologist Amy Miller of the National Park Service, is decide which geographic region you want to go to, then check state forestry websites for foliage reports to plan your trip. In addition to New England, Miller also recommends the species-rich hardwood forests in the Great Lakes region (think Minnesota’s Boundary Waters); the Appalachians and Smoky Mountains; and, farther west, the extensive stands of quaking aspens in central and southern Colorado. “Driving Independence Pass from Buena Vista to Aspen is absolutely gorgeous when the leaves change,” she says.

But first, the northeast. New England has historically reigned supreme for leaf-peeping, with Vermont’s storied sugar and red maples offering magnificent palettes that pair well with the state’s ubiquitous covered bridges. The forests in Maine’s Rangeley Lakes region become “utterly spectacular in the fall,” says Gale Ross, the state’s fall foliage spokeswoman. “Many visitors come on coastal cruises; they arrive in port, rent a car, drive in any direction and are awed by the scenery.”

Though the splendor’s timing varies, “fall foliage begins roughly between late August to mid-September in Alaska and northern Canada and can extend into late November in the southern United States,” Miller says. “Leaves also tend to start turning earlier at higher elevations, with the color working its way down to lower elevations later in the season.”

Still not sure where or when to go? Head to the Fall Foliage Prediction Map, hosted by Smokymountains.com. Using historical data and information from the National Oceanic and Atmospheric Administration, the map anticipates peak foliage throughout the Lower 48 from August through October, and prospective leaf-peepers can see where foliage forecasts align with their travel periods.

Travellers should note any recent weather abnormalities in their desired destinations. Miller advises.

Excessive heat or drought can stymie leaf colouration, just as wet temperatures can forestall it, and drastic wind events can whip the leaves from their branches before they have a chance to turn.

“Drought and/or extreme heat during the growing season can stress trees enough to cause them to turn colour early, or to just turn brown and lose their leaves,” Miller says. “Milder moisture stress may delay the onset of colour.”

And once you decide where and when to go, make reservations.

Lodging fills up fast with leaf-peepers and, in some areas, hunters. Most peepers rent a car or drive their own, though Amtrak employs its “dome car” on the Adirondack route, from Albany, New York, to Montreal. This car, which is first-come-first-served, features an upper level with windows on all sides, delivering what Amtrak calls “panoramic views of magnificent scenery.”

Having witnessed fall foliage throughout the northern United States every year for the past two decades, I can attest that this is no exaggeration.

Whether you make an annual pilgrimage to watch nature transform or it’s your first time considering it, the experience is up there with watching Old Faithful—or a volcano—erupt.

Join in the awe. Drive a scenic byway in Colorado. Stop for a maple creemee in Vermont. (It’s soft-serve ice cream.) Get gas anywhere along the Blue Ridge Parkway, and you’re ensured a show.

If you fancy working up a sweat on your way to the foliage, there’s no end of trails and locales happy to oblige. Consider Alaska’s open tundra and Idaho’s remote Frank Church River of No Return Wilderness.

Just make your plans now. Although leaf season can stretch through November, once they’re gone, they’re gone.
Harmful oral habits - All we need to know

Omal habits in children bring about harmful unbalanced pressures to the immature soft gum ridges and which changes the position of teeth and occlusions, which may become abnormal if these habits are continued for a long time. The cause, age of onset, self-correction and treatment modalities for the various habits differ greatly. Hence for a successful management of the habits, an understanding of the dental complications and manifestations of the habit should be pursued.

Harmful Oral Habits

These harmful oral habits have an adverse effect on the teeth and their supporting structure such as pressure habits like thumb sucking, lip sucking and tongue thrusting, non-pressure habits like mouth breathing and biting habits such as nail biting, lip biting, bruxism and cheek biting.

Thumb and Digit Sucking Habit (Finger Sucking)

It is considered as placement of the thumb or one or more fingers into the mouth. Thumb and digit sucking is one of the commonly seen habits that most children indulge in.

Effects of thumb sucking are forward placement of upper front teeth (protruded front teeth), backward placed lower teeth (retruded lower teeth), increased overjet, front teeth open bite, narrow upper arch.

Orthodontic treatment for thumb sucking

Factors considering for the treatment of thumb sucking includes the frequency, duration and intensity of the habits and the history of feeding pattern (bottle feeding) along with the clinical examination of the mouth and Childs finger.

Orthodontic appliance treatment are basically reminding appliances that assist the child who is willing to quit the habit but it is not able to do so as the habit has entered a subconscious level. The appliances used are removable appliance such as roller appliance, palatal crib, spur/ racks etc. In fixed appliance triple loop corrector, blue grass appliance, Teflon roller appliance, quad helix and Hay Rakes can be used.

Tongue Thrusting Habit

Tongue thrusting is said to be present if the tongue is observed thrusting between and the teeth did not close in centre occlusion during swallowing and it is also a condition in which the tongue makes contact with any teeth front to the molar during swallowing.

Causative factors effecting tongue thrusting are Genetic factor which are specific anatomic or neuromuscular variations in the oro-facial region that can initiate tongue thrusting. Learned behavior habit is a predisposing factor that can lead to tongue thrusting which is caused due to improper bottle feeding, prolonged thumb sucking, prolonged tonsillar and upper respiratory tract infection, constricted dental arches, enlarged adenoids and large size tongue.

Orthodontic Treatment for tongue thrust:

The treatment of tongue thrust involves interception of the habit followed by treatment to correct the malocclusion. Pre-orthodontic myofunctional trainer, fixed orthodontic treatment with braces, fixed or removable tongue crib and Frankel IV appliance are the treatment options.

Mouth Breathing Habit

Mouth breathing is the habitual breathing through mouth instead of nose. The mode of breathing influences the posture of the jaw, the tongue and to a lesser extends the head. Thus it seems quite logical that mouth breathing can result in altered jaw and tongue positions which could alter the oro-facial equilibrium thereby leading to malocclusion.

Causative factors of mouth breathing habits are developmental and morphological anomalies influencing nasal breathing. Partial obstructions due to deviated nasal septum, due to allergic conditions, abnormal nasal polyps, enlarged adenoids or tonsils and obstructive sleep apnoea syndrome.

Clinical Features of mouth breathings are large size prominent gums, protrusion with spacing of upper front teeth, open bite, increased over jet, short and incompetent lips, long narrow face, constricted maxillary arch, back teeth cross bite and narrow nose passage.

Orthodontic treatment for mouth breathing habit

Habitual causes can be treated by using myofunctional appliances like oral screen, head gear maxillary splint therapy, maxillathorax myotherapy along with various lip exercises and by correcting the malocclusion.

Lip Habits

Lip biting most often involves the lower lip which is turned inwards and pressure is exerted on the inner surfaces of the upper front teeth.

Orthodontic treatment for lip biting

Treatment of lip biting and lip sucking can be done by using oral shield appliance therapy and lip bumper.

The writer will be visiting Aster Medical Centre from October 20-29.
Elementary school children with cleft lip, cleft palate and other facial anomalies may struggle more than older kids with anger, anxiety, depression and stress, according to a recent study.

Compared to older kids and teens, those between ages 8 and 10 have the highest risk for psychosocial dysfunction, the study team reports in Plastic and Reconstructive Surgery.

“The ultimate goal for all of us who work in craniofacial surgery is to help kids feel better and grow up normally,” said senior author Dr. Justine Lee of the University of California, Los Angeles David Geffen School of Medicine.

“At first, we weren’t looking for differences in age but other factors such as health insurance, socioeconomic status or how many surgeries they had over time,” she said. “It surprised us to find out how tough elementary school was, realizing somebody else is different and noticing your own differences.”

The researchers surveyed 99 patients at the UCLA Craniofacial Clinic ranging in age from 8 to 17 years. The survey asked the girls and boys to recall how they felt in the past week and how social interactions made them feel.

When researchers split participants into groups aged 8-10, 11-13 and 14-17, they found that the 8-10 age group showed the highest anxiety and depression and had the lowest peer-relationship scores overall.

The youngest age group also had the most severely affected children. In particular, 30% of those between ages 8 and 10 had severe anxiety scores and 37% had severely low peer relationship scores. The 11-13 age group had the lowest anger scores.

“Some surgeons like to wait before doing certain reconstructive surgeries, but it’s good to know that we need to be more aware of the appearance concerns in the 8-10 age range,” said Dr. Russell Reid, director of the cleft and craniofacial services program at the University of Chicago Medical Center.

“We’ve assumed that teens were more aware of their surroundings and self-perception, but we need to be sensitive to issues that affect our elementary-age patients and their daily living.”

Lee and colleagues are working on several follow-up studies regarding psychosocial stress in children with facial birth defects and finding that parents believe high school is a more fragile time than elementary school.

“For some reason, those children are doing worse,” Lee said. “We’re not sure if it’s the general immigrant experience or a particular effect of craniofacial anomalies.”

Reid said that he and colleagues plan to begin using the survey from this study to understand patients’ stress in the Chicago area, looking at the “before” and “after” effects of surgery on anxiety, depression and anger.

“We also want to follow our patients as they get older and begin to function in society,” Reid said. “Not only peer outcomes but how they feel as they integrate into society, jobs and their careers.”

Craniofacial surgery often means more to the patient than a physical change, he added.

“It’s not only about fixing a structure; it’s about taking care of the whole child.”

Similarly, parents should remain aware of how their children perceive themselves and feel about their social status, Lee added.

“Kids go through a lot of things growing up, and anomalies add another stress on top of that,” she said. “It’s important for everyone to celebrate and be proud of their differences, no matter what it is.”

All parents can be supportive, whether or not their children have facial anomalies, Lee said.

“Words and actions can be hurtful and have long-lasting impacts. Be careful and aware and take that additional step of consideration.”

Researchers have found that all forms of victimisation -- bullying, cyberbullying and harassment -- can damage the entire school environment.

The study, published in the Journal of Child & Adolescent Trauma, measured the impact of polyvictimisation -- exposure to multiple forms of victimisation -- on school climate at the middle- and high-school levels.

The results showed that bullying, cyberbullying and harassment were significantly associated with decreases in perceptions of school safety, connection, and equity.

“For each form of victimisation, school climate measures go down precipitously, so if we only centre the conversation about kids who are being bullied that limits it to ‘that’s not my kid’,” said study author Bernice Garnett, Associate Professor at University of Vermont in the US.

“But if we change the conversation to bullying can actually damage the entire school climate, then that motivates and galvanises the overall will of the school community to do something about it,” Garnett added.

Based on data from the 2015 Vermont Middle and High School Pilot Climate Survey, the findings highlight the need for comprehensive policies that address all forms of victimization to offset further erosion to safe and equitable school environments, which is tied to educational outcomes.

Prior research had shown that students from vulnerable populations are most frequently victimised. The new study found female and transgender students were more vulnerable to polyvictimisation.
My family is a seasonal cliche. Last spring we went on a spring-cleaning frenzy and scrubbed out our garage, closets and pantry, giving away outgrown items and using up every can of beans and box of pasta we could. During the summer, we moved on to eating corn, tomatoes and watermelon almost every night, often staying up to watch the later sunset. And now that it is fall, we are gathered around college football games eating bowl after bowl of chili with scoop after scoop of guacamole on top.

There are scientific reasons for these seasonal platitudes, and it is no surprise that during each season nature provides us with the foods our bodies need for optimal health.

In the spring, people generally want to feel lighter after the heaviness of winter weather, sweaters and so much time indoors, so getting rid of unwanted items and reducing clutter is a no-brainer. The spring harvest brings us bitter greens such as arugula to detoxify our liver from the fats and heavier foods we ate all winter, also making us feel lighter.

In the summer, we are generally more active, spend more time outdoors, and enjoy an extra hour or two of daylight, so our bodies require the added energy we get from the natural carbohydrates and sugars found in summer fruits and vegetables such as corn, peas, peaches, cantaloupe and strawberries. We also need more water when the temperatures rise, so liquid-rich foods such as watermelon and cucumbers sustain us.

As we begin to feel the crisp, cool air of fall and winter, our bodies start to crave fewer raw salads and more cooked, warming foods such as soups, stews, meats and avocados. The fall harvest begins with an abundance of apples, which are high in fiber and pectin to help cleanse the intestines and support digestion, specifically the digestion of fat.

This makes sense, as a winter diet contains foods higher in fats and protein such as meats and nuts. The cold winter air and wind dries out the earth, and our bodies can become dry, too, a sensation we feel in our throats and sinuses. To counteract the drying effects of winter, we draw on nature’s high-protein, high-fat diet in the form of warm, heavy, oily foods that replenish our depleted moisture reserves. Bananas, avocados, beets, winter squash, nuts, meat, deep-sea fish and olive oil all help keep our bodies warm, moist and nourished. If we continue to eat only foods that are cooling to our bodies such as cucumbers, strawberries and melons, our sinuses can become unhealthily dry and more susceptible to colds and flus.

Nature’s menu rotates for a reason: 1. If you didn’t jump on the spring-cleaning bandwagon, dig through your pantry and refrigerator and discard expired items. Make a list of pantry essentials, then take inventory to see what you have and what you need. If you are using an online meal-planning service, input your pantry inventory so you can keep track of it and regularly replenish it through automatic grocery lists.

2. You will probably use your oven a lot more often than you did in the summer, so clean it.

3. Gather recipes that are more appropriate for fall such as soups, stews, chilies, curries, root vegetables and heavier meats.

4. Shop at farmers markets to get a sense of what is in season. Based on these seasonal foods, begin tapering your intake of raw vegetables and broadening the variety of root vegetables you cook, such as beets, parsnips, carrots, butternut squash and sweet potatoes. Choose sweet, sour and heavy fruits such as oranges, bananas, avocados, grapefruit, pineapples and mangoes over berries and stone fruit. All of these vegetables and fruits are rich in vitamins A and C to boost immune health before the cold and flu season begins.

5. Use a variety of healthy fats such as coconut oil, olive oil, flaxseed oil, walnut oil and ghee. Snack on nuts and seeds.

6. Eat whole grains such as brown rice, quinoa, millet and barley. They are full of dietary fiber for healthy digestion, iron for blood health, B vitamins for energy and the antioxidant vitamin E for cellular health.

7. Make a homemade, nutritious stock to use in soups, stews and sauces.

8. Add warming spices to your dishes such as ginger, cinnamon, cumin, cardamom, mustard seed, clove and fennel.

9. Add wintergreens such as Swiss chard, collards, kale and spinach to soups, smoothies and pasta dishes.

10. Hearten your smoothies by adding almond butter, raw cacao and hearty greens such as kale.
Avocado Falafel

**Ingredients**

About 100g Tortilla chips  
2 large eggs  
1 1/2 cup Avocado Chunks  
1/2 cup cooked Chickpeas, drained  
1/2 cup shredded Cheddar cheese  
1/3 cup boiled corn  
3 tbsp roughly chopped fresh cilantro  
2 green onions, roughly chopped  
1 clove garlic, chopped  
1 jalapeno pepper, seeded and roughly chopped  
2 cloves garlic, chopped  
1 1/2 tsp salt  
1/2 tsp chipotle chili powder  
2 tbsp all-purpose flour  
2 cups canola oil  
1/3 cup sour cream  
1 tbsp fresh lime juice

**Method:**

Place tortilla chips in food processor; pulse on and off until fine crumbs. You should have around 3/4 cup. Remove and set aside.

Place eggs, 1 cup of the avocado, the chickpeas, cheese, corn, cilantro, green onions, garlic, jalapeno, 1 tsp of the salt and the chili powder in food processor. Pulse on and off, stopping to scrape down side once or twice, until mixture is combined and finely chopped.

Transfer mixture to bowl; fold in flour and tortilla crumbs until well combined.

Heat oil in medium skillet over medium heat. Using two spoons, dollop generous tablespoon of mixture into hot oil. Repeat, using half of the mixture to make 10 falafel in skillet. Cook 3 to 4 minutes, turning once halfway, or until golden brown and crisp. Remove with slotted spoon and drain on paper towel-lined plate.

Repeat with remaining mixture. Makes 20 falafels. 

**For the dip:**

Add remaining avocado to clean food processor. Add sour cream, lime juice and remaining 1/2 tsp salt; purée until smooth. Add a little water if you prefer a thinner sauce.

Transfer falafel to serving platter and serve warm with avocado dipping sauce.

Aisha Rafiq

Avocado chutney (Dip)

**Ingredients**

Avocado: 1 large  
Onion: 1/2 cup  
Tomato: 1/2 cup  
Green coriander: 1/2 cup  
Green chilies: 2 to 3  
Lemon juice: 2 lemons  
Mint leaves: 1/4 cup  
Salt to test

**Method**

Put a line vertically in the avocado and split it in two halves. Take out the seed and with the help of a spoon scoop out all the pulp. Add the pulp with onion, tomato, green coriander, chilies and salt and blend in a blender for about a min. Squeeze the lemon juice and mix well. Serve fresh or refrigerate in an air tight container.

Pankaj

Greek Avocado Toast

**Ingredients**

2 avocados, pits removed  
1/2 lemon  
salt as desired  
Freshly ground black pepper  
Pinch of crushed red pepper flakes  
4 slices sourdough bread, toasted  
1/2 cup crumbled feta  
1/2 cup halved cherry tomatoes  
1/2 cucumber, chopped  
1/2 cup chopped olives  
1/4 cup chopped dill  
Extra-virgin olive oil, for drizzling

**Method**

Remove avocado halves from skin and place in a medium bowl. Immediately squeeze some lemon juice over the avocado. Season avocado with salt and pepper and mash with a fork. Taste for seasoning, adding more lemon juice if desired. Spread mashed avocado onto toast then top with feta, cherry tomatoes, cucumber, olives, and dill. Drizzle with olive oil and serve.

Amna Chohan
Microsoft admits Windows phones are dead for consumers

IANS

A

fter struggling to sell Wind-

dows smartphones for quite

some time as Google’s

Android and Apple iOS Operating

Systems (OS) surged way ahead,

Microsoft has finally admitted that

the software giant will no longer
develop new features or hardware
for Windows 10 mobiles.

In a series of tweets, Joe Belf-
iore, Corporate Vice President in
the Operating Systems Group at
Microsoft, has revealed that the
Windows operating system will only
help with bug fixes and security
updates for the existing users.

“Of course we’ll continue to sup-
port the platform... bug fixes,
security updates. But building new
features/hw [hardware] aren’t the
focus,” Belfiore tweeted late on
Sunday.

Belfiore, who himself has
switched to Android, advised Win-
dows users to move to Android or
iOS or any other platform that
makes sense for them.

“As an individual end-user, I
switched platforms for the app/hw
diversity. We will support those
users too! Choose what’s best 4 u,”
he tweeted.

Bill Gates has already stopped
using Windows phone.

The devices that currently use
Windows OS are HP Elite x3,
Microsoft Lumia 950 XL, Microsoft
Lumia 950 and Nokia Lumia 930,
among others.

HP Inc is also halting
production of its flagship Windows
handset. The company recently
said it won’t add any new handset
to its existing “Elite” Windows
smartphone lineup.

Belfiore also admitted that
Microsoft will still support
Windows 10 customers who want
to use Android and iOS on their
phones.

“We have tried very hard to
incent app devs. Paid money..,
 wrote apps 4 them.. but volume of
users is too low for most companies
to invest,” Belfiore posted.

According to market research
firm Kantar, Windows phones
account for just 1.3 percent of the
market -- from 2.4 percent last year
-- in the US.

Even though Microsoft has
reported a fall in Surface PC line
and Windows phones revenues, the
Redmond-based tech giant is
reportedly aiming for new devices
called “Surface Phones” and has
made its patent public.

According to media reports,
India-born Microsoft CEO Satya
Nadella has confirmed that
Microsoft will “make more phones,
but they will not look like phones
that are there today.”

It appears that Microsoft is not
cut for the smartphone market.

In his recently-launched book
“Hit Refresh,” Nadella revealed that
he was against the idea of
purchasing Nokia in 2013 -- a deal
that was finally proved wrong.

Microsoft purchased Nokia for
$7.9bn in 2013. In mid-2016, Micro-
sold its feature phone business
and rights to use the Nokia brand
to Finnish firm HMD Global -- lay-
ing off thousands in the process.

Nadella, in his book, said his
biggest disappointment was its
human cost. “In retrospect, what I
regret most is the impact these lay-
offs had on very talented,
passionate people in our phone
division,” Nadella wrote.

Microsoft is set to roll out the
“Fall Creators” update for Windows
10 on October 17 which will include
Virtual Reality (VR) and Mixed Real-
ity (MR) support sans the mobile
experience.

AOL to shut AIM Messenger after two decades

IANS

O

nline service provider AOL said it will
shut its pioneering AOL Instant Mes-
senger (AIM) on December 15.

The company reportedly has no planned
replacement for the platform in the times
when social apps such as Google’s Gchat (now
known as Google Hangouts), Facebook and
WhatsApp have taken over.

“We know there are so many loyal fans who
have used AIM for decades; and we loved
working and building the first chat app of its
kind in 1997,” AOL wrote on the AIM help page.

AOL introduced AIM as a standalone app
in 1997. It featured “Away Messages” that were
the ancestor to the modern-day tweets and
status updates.

“That led to AOL’s fall from grace, going
from being valued at $224bn in today’s money
to just $4.4bn when it was sold to Verizon in
2015,” TechCrunch reported.

AIM was a dominating instant messag-
ing platform ever since it was founded in
the year 1997.

It has battled for supremacy with rivals
such as ICQ, and messengers from Yahoo and
MSN.

MSN Messenger shut down in 2014 and
Yahoo Messenger also shut down in 2016.
Zubair Khan evicted from Bigg Boss 11

IANS

Zubair Khan, ousted from reality television show “Bigg Boss 11”, has filed a written complaint against the show’s host and superstar Salman Khan.

The Mumbai Police yesterday, however, said it has refused to entertain the complaint and has directed the complainant to the concerned police station in Lonavala.

In his complaint, among other things, Zubair has accused Salman of allegedly threatening him in the Saturday night episode of the “Bigg Boss” elimination show.

Salman Khan reportedly blasted Zubair for allegedly misbehaving with some housemates, to which the latter hit back claiming he had all knowledge of the superstar’s “connections and liaisons”.

An official of Antop Hill Police Station said that late on Sunday, Zubair had submitted a written complaint against Salman.

“He has lodged a noncognisable complaint and transferred it to the concerned police station in Lonavala, Pune district, which has jurisdiction to investigate it,” the official said, requesting that he not be identified.

The official said that since the show is being shot in Lonavala and the alleged incident involving the aggrieved complainant took place there, Mumbai Police have no jurisdiction in the matter.

The police have advised him to approach the concerned local police station in the hill station, around 125 km from Mumbai, for redressal in the matter.

Zubair also claimed that “Bigg Boss” is “fully scripted” and slammed it as a “fake reality show”. In his complaint, Zubair said he “consumed pills to get out of the ‘Bigg Boss’ set”. He had made an exit from the set due to his health before the eviction episode on Sunday.

Salman had announced that Zubair had secured the least number of votes and were eliminated for the season.

Before the show, Zubair had earlier claimed he was related to don Dawood Ibrahim’s late sister Haseena Parkar, and threatened fellow contestants to not tick him off as he can be dangerous and kept repeating that he comes from Dongri.

Neelima Rani to produce new television series

IANS

Popular Tamil television and film actress Neelima Rani is all set to take the plunge as a producer with upcoming Tamil mega serial titled “Niram Maaratha Pookkal”. This will be her maiden step in her production career. “Getting into production has been my dream for nearly two decades. My husband and I have started a banner called Isai Picture and we have this show coming up. It’s a triangular love story and we’ve shot in Muttam, Nagercoil and Kanyakumari,” Neelima said recently. Her production stint won’t stop with the daily soap. “We are finalising the script to announce our first film production. We should be able to make an announcement by this year-end,” she said. Neelima has starred in over 80 soaps and in about 50 films.

‘Padmavati’ trailer gives hope for Indian cinema

IANS

History was made yesterday when the trailer of Sanjay Leela Bhansali’s “Padmavati” came to us. In one word, the experience is indescribable. “Padmavati” seems to be a glorious celebration of heroism and valour brought to us in the deepest shades of love passion and sacrifice.

Deepika Padukone looks ethereal as the Maharani, while Shahid Kapoor as the king looks poised and prepared to wage any war that destiny or Bhansali may have lined up for him.

Clearly, “Padmavati” will be one more feather in Ranveer Singh’s cap. To the role of the invader, he brings all the aggression and madness of a warrior on the edge.

The brief trailer has breathtaking aerial shots of Ranveer’s army marching towards invasion. I saw a shot of Deepika running towards the balcony of her palace for a better view of her invader’s progress. It reminded me of Aishwarya Rai running to the door of her husband’s home for one last glimpse of the dying “Devdas”.

The trailer of “Padmavati” lifts sagging spirits and gives us hope for Indian cinema. Who dares to create such panoramic epic images in today’s age? Who but Sanjay Leela Bhansali?
‘Blade Runner 2049’ earns $31.5m in opening weekend

Dave McNary
Reuters

“Blade Runner 2049” is heading for a downbeat $31.5m opening weekend at 4,058 sites in North America. Sunday’s estimated result throws serious doubt onto what had been high hopes for a box office success story. In one of the most surprising turnarounds in recent years, “Blade Runner 2049” fell far short of expectations, which had been in the $45m to $50m range at the start of the weekend amid stellar reviews, strong advance ticket sales, and the revered status of 1982’s original “Blade Runner.”

Instead, the film grossed only a moderate $12.7m on Friday, including $4m from Thursday night previews. Saturday saw an 11% decline to $11.4m and Sunday’s projected total was $7.4m.

The key factors for the underperformance were the movie’s 163-minute running time -- which limits the number of showings each day -- plus far less traction among younger moviegoers than anticipated.

“The core of enthusiastic and loyal ‘Blade Runner’ fans were over 25 and predominantly male and propelled the film as expected to the top spot, but a lengthy running time and lesser interest among females made it tougher for the film to reach the original weekend box office projections,” said Paul Dergarabedian, senior media analyst.

According to PostTrack, males over 25 represented 50% of the audience and females over 25 were 27%, while males under 25 represented 15% of moviegoers and females under 25 were 8%. Males gave the movie an A CinemaScore, while females gave it a B-.

Warner Bros. is handling domestic distribution on “Blade Runner 2049,” starring Ryan Gosling and Harrison Ford, through its output deal with Alcon Entertainment.

Financed by Alcon and Sony and laden with special effects, the film carries a $150m price tag. Denis Villeneuve helms the sequel film, which is set in a bleak 2049 Los Angeles with Gosling starring as an LAPD officer dealing with replicants seeking freedom.

Warner Bros. domestic distribution president Jeff Goldstein said “Blade Runner 2049” had fallen short of expectations in mid-sized and smaller markets along with the South and Midwest, where the running time and Major League Baseball playoffs appeared to have held down attendance.

“We did well in the major and high-profile markets. Alcon and Denis made an amazing movie. The audience for it was narrower than we anticipated.”

Tom Petty album sales soar after death

AFP

Rock star Tom Petty returned Sunday near the top of the US album sales chart after his sudden death at age 66.

Petty’s 1993 “Greatest Hits” compilation was in second place on the Billboard chart for the week through Thursday, with sales jumping 2,231 percent from a week earlier, tracking service Nielsen Music said.

But he still came below Canadian country star Shania Twain whose first album in 15 years, “Now,” debuted at number one.

Twain, who was the one of the most successful artists of the 1990s, wrote an album with themes of personal restoration after a rough spell that included a high-profile divorce and struggles with her voice.

She far outpaced one of the other prominent releases of the week -- “Younger Now” by Miley Cyrus, a return to country roots by the singer who has become better known for her provocative stage persona.

Petty -- an often dark, Southern-influenced rocker whose hits included “I Won’t Back Down,” “American Girl” and “Free Fallin” -- died of a cardiac arrest on October 2, a week after he completed a tour for the 40th anniversary of his band The Heartbreakers.
WHEN KINGSMAN’S HEADQUARTERS ARE DESTROYED AND THE WORLD IS HELD HOSTAGE, THEIR JOURNEY LEADS THEM TO THE DISCOVERY OF AN ALLIED SPY ORGANIZATION IN THE US CALLED STATESMAN, DATING BACK TO THE DAY THEY WERE BOTH FOUNDED.

DIRECTOR: MATTHEW VAUGHN

NOTE: PROGRAMME IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.
CROSSWORD

ACROSS
1 Cookware
2 “Veep”
38 Light-headed
5 Hay unit
9 “Veep” ailer
12 Mayberry moptop
13 “Young Frankenstein” role
14 “A mouse?”
15 Listen
17 In the style of
18 Vast expanses
19 “Strange as it seems…”
21 Infinitesimal part
22 Parsley piece
24 Huron, for one
27 Resort
28 Repair
31 Kimono
32 Smack
33 Honest politician
34 Albacore, e.g.

DOWN
3 Bell or Barker
6 Light play
7 Oil cartel
8 Fork
9 Legend
10 Phone part
11 Jacob’s twin
12 Infinitesimal
13 Awareness of Madrid
14 Count
15 Year in
16 Nine Helmets
18 Poorly lit
19 Hands (out)
20 Infinite
21 Simile
23 Canape
25 Horse
26 Cordelia’s dad
27 Roe
28 Given
29 Cagers’
30 Morning moisture
31 Big
32 Stuff
33 Hands (out)
34 Part
35 About
36 Expert
37 Guilt
38 Legend-ary loch
39 Hands (out)
40 Camden bridge
41 Eagle’s
daughter
42 Lighten
43 Ergo
44 Here’s
tightest
45 Back
46 Cupid’s alias
47 Equinoctial
48 Rendezvous
49 Equinox
50 Prattle

SOLUTION: USA OR CANADA

Difficulty Level: *

Yesterday’s answer 10-5

CONCEPTIS SUDOKU

By Dave Green

Conceptis Sudoku: Conceptis Sudoku is a number-placing puzzle based on a 9×9 grid. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3×3 box contains the same number only once.

Difficulty Level: *

Yesterday’s answer

ALL IN THE MIND

ANGUS YOUNG, BRIAN MAY, CARLOS SANTANA, DAVE GILMOUR, EDDIE VAN HALEN, ERIC CLAPTON, GARY MOORE, JAMES HETFIELD, JEFF BECK, JIMI HENDRIX, JIMMY PAGE, JOE SATRIANI, KURT COBAIN, MARK KNOPFLE, SLASH, STEVE RAY VAUGHAN, TOM MORELLO, ZAKK WYLDE.
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