

After Winless in World Cup, Rashid Sets Eyes on 2020



KABUL - Following Afghanistan's performance in the ICC World Cup, new captain Rashid Khan has identified fitness and preparation as the two most important areas where work is needed.

Losing all nine of their matches in the round-robin, Afghanistan finished their campaign winless. They came close to defeating India and Pakistan, but couldn't sustain their excellence and ended up conceding those games.

The performance was a bit of a surprise, given how well they had competed in last year's 50-over Asia Cup, where they beat Sri Lanka and Bangladesh, came close to beating Pakistan, and held India to a tie. Rashid said they need to be more prepared, game-wise as well as mentally, to deal with such situations in the future.

"From here, we have to take steps," Rashid told ESPNcricinfo. "We have seen the World Cup, we have seen the oppositions and what should be the proper preparation for them, and we have to be very strong mentally."

He continued: "We have to be fully fit for such competitions and we have to be well-prepared. We are not playing with Associate teams right now, we are playing with the Full Members, so we have to be well-planned and prepared."

For Rashid Khan, the most important thing is fitness. "We have to be very fit. These are the things we need to improve on in upcoming years to be a better side, a side that can beat any team. We have the talent, we have the skills. We just need to bring improvement in that."

Rashid also said that players coming into international cricket should be fully prepared skill-wise and recognised that the next World Cup, in 2023 in India, would be just as big of a challenge ...*(More on P4)...(9)*

Increasing Terrorist Attacks Spell Fear Among Afghans



KABUL - The Afghan people are worrying about their living conditions and the future of their children as terrorist attacks have unprecedentedly increased over the past few months.

Anti-government militants have

intensified indiscriminate violent offensives mostly in the shape of suicide attack which mostly claim the lives of civilians including women and children.

At least eight people, mostly civilians were killed and over 100 others in-

cluding 51 schoolchildren wounded early this month in a suicide car bomb in Kabul, for which the Taliban outfit claimed responsibility.

A sticky bomb tore through a bus carrying civil workers of a company in Kabul, killing ...*(More on P4)...(8)*



Students Banned from Receiving Guests, Canvassing

KABUL - The Ministry of Education (MoE) on Sunday announced banning students from taking part in welcoming parties for foreign and local guests and their presence in election campaigns, warning violators of legal action.

A statement from the MoE received by Pajhwok Afghan News said no one was allowed after this to use school students in welcoming events for both foreign and domestic guests.

Students' participation in election campaign, advertisements and demonstrations was strictly prohibited, the statement said, adding the decision had been made in light of the country's security situation.

The ban was aimed at preventing physical and mental harm of school students, maintaining their impartiality and not engaging them in political issues.

According to the statement, students have been strongly banned from participation in the reception of officials including the Minister of Education.

All violators would be dealt with legally, the statement concluded.

Mahsa's killers sentenced to 30 years in jail each

KABUL - The appellate court of the second police district of Kabul city on Sunday sentenced the murderers of six-year-old girl Mahsa to 30 years in jail each.

Prosecutors said evidence and confessions of the accused made it clear that Sajad Agha and Rohullah had kidnapped and murdered little Mahsa. He said the murderers were eligible to punishment based of the direct appeal of Mahsa parents, in which the two men had been accused of killing her and the voice record of the two in which they demanded \$300,000 in return for releasing the child.

After hearing arguments from both sides, the judge sentenced Saad Agha son of Syed Agha and Rohullah son of Noorullah to 30 years in jail each for kidnapping and killing Mahsa.

As both the accused were under the age of 20, they were not awarded capital punish-

ment.

Mahsa's father termed the court decision as unjust and demanded capital punishment for the accused so others could learn a lesson and such crimes could be prevented in future.

...*(More on P4)...(10)*



Logar: 2 ALP Personnel Killed in Foreign Forces Airstrike



PUL-I-ALAM - At least two Afghan Local Police (ALP) personnel have been killed and as many wounded as a result of a foreign forces' airstrike in central Logar province, an official said on Sunday.

Police spokesman Shahpur Ahmadzai told Pajhwok Afghan News that foreign forces raided an ALP check-post in the Omarabad area of

Pul-i-Alam, the provincial capital, late on Saturday night.

He said two ALP men were killed and as many wounded and some of their vehicles and weapons destroyed in the airstrike.

The incident happened due to lack of coordination between foreign and Afghan forces, he said.

Ismatullah, ...*(More on P4)...(11)*

Outlook Horoscope

Aries (Mar. 22-Apr.20)



Jul 22, 2019 - Something or someone may prod you to take action today, Aries. It may be best if you beat them to it and motivate yourself. Break away from the herd and go wherever you want to go. It's likely that you will run into conflict regarding an issue you feel strongly about. People may be stubborn, so prepare for a stalemate rather than any sort of resolution.

Taurus (Apr.21-May 20)



Jul 22, 2019 - You might experience a great deal of emotional confusion, Taurus. There's a debate brewing inside you, and you're having a hard time deciding whether to be practical or more fanciful. Looking to others for help may only add to the problem, so take other people's advice with a grain of salt. If nothing seems clear, wait out the storm and proceed when you have a better handle on

Gemini (May 21-June 20)



Jul 22, 2019 - It will be a challenge to keep your emotions on an even keel today, Gemini. Conflict may be brewing and you might fear it could get out of hand. Everything will work out. Don't add to the pressure. The best solution is to escape into reverie and come back to Earth when the storm has passed. Don't try to untangle the knots if they won't give.

Cancer (June 21-July 20)



Jul 22, 2019 - Tension may arise today, Cancer. It's possible that you're either too dreamy or too practical to deal effectively with the issue. It's important to strike a balance. The toughest part will be finding others who agree with you. The people you're in conflict with aren't likely to budge from their position. You may have to be flexible in order to reach a com-

Leo (July 21-Aug. 21)



Jul 22, 2019 - Yesterday's trajectory may run into trouble today, Leo. Your intrinsically dreamy nature is dragging down the action you initiated. This conflict could create tension that will be difficult to resolve. Your emotions may deceive you, so try not to get pulled off course by a passing whim. Try to keep your feelings grounded.

Virgo (Aug. 22-Sep 22)



Jul 22, 2019 - Try to align your mind with your emotions today, Virgo. It's possible that a powerful yet subtle force is slowly pulling you off track. If so, you should think about taking a break and doing some fast-paced physical activity to get your heart rate up and blood pumping. Jogging will help clear your head and enable you to think more rationally about decisions you need to make.

Libra (Sep 23-Oct. 22)



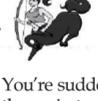
Jul 22, 2019 - An emotional issue could be rubbing you the wrong way, Libra. Your impulse is to escape. Try to do so in a healthy manner. Go see a movie or read a book. Don't fall prey to the temptation to indulge in alcohol or food. This will only push the problems away temporarily. When they resurface again, they may be even harder to handle.

Scorpio (Oct.23-Nov.22)



Jul 22, 2019 - Your artistic side wants to take to the airwaves in some way, Scorpio. Perhaps you should consider building a website or becoming a commentator on a local radio show. Your dreams need a vehicle in order to reach their audience. Find the means. You have the ability to inspire a many people. Take this ability seriously and make use of your creative talents.

Sagittarius (Nov.23-Dec.20)



Jul 22, 2019 - It may be apparent that what was so light and active yesterday is running into a few roadblocks today, Sagittarius. You're suddenly heading into a brick wall with some of the projects you've been working on. Suddenly there's a more reserved tone to things and you may lose precious momentum. Use this time to back off and reassess the wisdom of your direction.

Capricorn (Dec.21-Jan19)



Jul 22, 2019 - The pace of things is likely to slow compared to what it was yesterday, Capricorn. This is probably best. Take this time to plan and stabilize. You've plowed, sown, and reaped the fields. Now stop and assess what you've produced and decide what to do with it. Take things one step at a time and don't get ahead of yourself. Be patient and things will naturally come your way.

Aquarius (Jan 20-Feb.18)

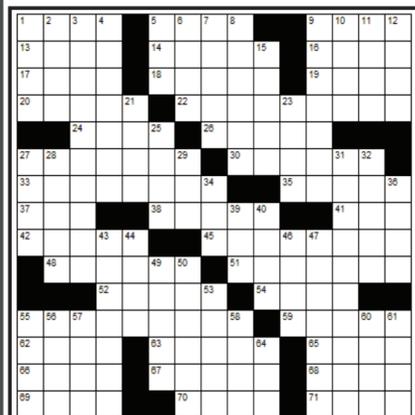


Jul 22, 2019 - There may be dreaminess about your emotions today, Aquarius, which could keep you from focusing on the task at hand. The aspects dictate that people may be stubborn and confused - and you're likely to be one of them. Your mind may seem to be going in two different directions and you aren't sure which way to proceed.

Pisces (Feb.19-Mar.20)



Jul 22, 2019 - Little voices whisper in your ear and ask you to take flight and join them in the clouds, Pisces. There's tension between what your heart and mind tell you. They're pulling you in very different directions. Don't be surprised if today's energy leaves you confused by sunset. Don't stress about making hard decisions or commitments.



Across

1. Portent, 5. Countertenor, 9. Party thrower, 13. Spouse, 14. Dams, 16. Poems, 17. Not right
18. Language of ancient Rome, 19. Ill, 20. Flurries, 22. Wildfowls, 24. Part in a play,
26. Finally (French), 27. Appeal, 30. Root vegetable, 33. A maiden of Odin (Norse mythol,
ogy), 35. French for "Room", 37. Frozen water, 38. Utilizers, 41. Flee, 42. Platters, 45. Long
flat pasta, 48. Sleeping sickness carrier, 51. Braggart, 52. Backward-looking, 54. Color of the
sky, 55. Residents, 59. Bolt, 62. Rich soil, 63. Subsidized, 65. Not Mama, 66. Leisure
67. Hotel offering, 68. Decorative case, 69. Beasts of burden, 70. Knife, 71. A musical pause,

Down

1. "Wise" birds, 2. Bearing, 3. Easy, 4. An interconnected system, 5. Hole-making tool, 6. Bound
7. Church offering, 8. The far east, 9. A cry of praise, 10. Norse god, 11. Religious offshoot,
12. Sounds of disapproval, 15. Foul-up 21. Kill, 23. Knights, 25. Beige, 27. Keen, 28. Implied
29. "___ the season to be jolly", 31. Unable to read, 32. Aircraft, 34. Snake-like fish, 36. Arab
chieftain, 39. Thorax protector, 40. Prig, 43. Earwax 44. Stair, 46. Big party, 47. Supplanter
49. Piggens, 50. Greek god of darkness, 53. Course around a star or planet, 55. Margarine,
56. Cajole, 57. Carryall, 58. Bristle, 60. Creative work, 61. Pause, 64. Cotillion girl,

Yesterday's Solution

ANGEL STAFF AGES
GORSE LOPE PRAT
OVINE ERST PERU
GAMEKEEPER REED
BUSH RID DON
UNIT NEON STAFF
TIGRESS SENT TLE
TOWER TRUE GOU
AGO TERE EPEE
JAMMED GODS
AWOL EMUL STIFTER
MALT SILD LADLE
BRAN SNAG OCEAN
SERIE AIRY STIAND

auditorium, banjo, beat
bloat, brown, brush,
caper, check, coast dance
eager, ease, garden,
gems, great, meals
most, motor office
people, pious, preserve
pretty, problem, promise
remain, repeat, riot

