GULF TIMES
COMMUNITY

Cover Story
On thin ice
So many people have had their DNA sequenced they have put other people’s privacy in jeopardy. P4-5

UNCOVERED: Experts say the fact that it has become doable will force all of us to rethink the meaning of privacy in the DNA age.

Community
P6 Jakub Hrinda, Golfer and alumnus of Doha College, recently won Turkish Amateur Open at Belek, Turkey.

P16 To keep blood pressure in check, brushing teeth and using floss is important.

Bollywood
I hope to do more movies: Tara Sharma. Page 14

Hollywood
I had absolutely no value for myself: Demi Moore. Page 15
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PRAYER TIME

Fajr                  4.22am
Shoroq (sunrise)      5.39am
Zuhur (noon)          11.18am
Asr (afternoon)       2.31pm
Maghreb (sunset)      4.57pm
Isha (night)          6.27pm

USEFUL NUMBERS

Emergency               999
Worldwide Emergency Number 112
Kahramaa – Electricity and Water 991
Local Directory          180
International Calls Enquiries 150
Hamad International Airport 40106666
Labor Department         44508111, 44406537
Mowasalat Taxi            44588888
Qatar Airways            44496000
Hamad Medical Corporation 44392222, 44393333
Qatar General Electricity and Water Corporation 44845555, 44845464
Primary Health Care Corporation 44933333
Qatar Assistive Technology Centre 44504050
Qatar News Agency         44450205
Q-Post – General Postal Corporation 44450333

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

“We must accept finite disappointment, but never lose infinite hope.”  
- Martin Luther King, Jr.

First Love

DIRECTION: Paul Soriano  
CAST: Aga Muhlach, Bea Alonzo, Sandy Andolong

SYNOPSIS: In what appears to be a serendipitous encounter upon saving the life of a stranger, the calculated and reserved businessman, Nick meets the impulsive and optimistic photographer Ali, who believes in destiny and carpe diem, or seizing the day.

THEATRES: Royal Plaza, The Mall

Hunter Killer

DIRECTION: Donovan Marsh  
CAST: Ethan Baird, Jacob Scipio, Dempsey Bovell

SYNOPSIS: An untested American submarine captain teams with US Navy Seals to rescue the Russian president, who has been kidnapped by a rogue general. He soon learns that a secret Russian coup is in the offing, a conspiracy that threatens to dismantle the world order.

THEATRES: The Mall, Royal Plaza, Landmark

The Mall Cinema (1):  
Mandharam (Malayalam) 2:30pm; The Princess And The Dragon (2D) 5pm; Badhaai Ho (Hindi) 6:30pm; Badhaai Ho (Hindi) 9pm; Baazaar (Hindi) 11:30pm.

The Mall Cinema (2):  
The Princess And The Dragon (2D) 3pm; Goosebumps 2: Haunted Halloween (2D) 5:15pm; First Love (Tagalog) 7:15pm; Halloween (2D) 9:30pm; Hell Fest (2D) 11:30pm.

The Mall Cinema (3):  
Jarugandi (Tamil) 3pm; Baazaar (Hindi) 6pm; Hunter Killer (2D) 8:30pm.

Landmark Cinema (1):  
Kayamkulam Kochunni (Malayalam) 10:45pm.

Landmark Cinema (2):  
Mandharam (Malayalam) 3pm; Badhaai Ho (Hindi) 6:30pm; Badhaai Ho (Hindi) 9pm; Baazaar (Hindi) 11:30pm.

Landmark Cinema (3):  
Bazaar (Hindi) 3pm; Badhaai Ho (Hindi) 5:30pm; Badhaai Ho (Hindi) 8pm; Baazaar (Hindi) 10:30pm.

Royal Plaza Cinema Palace (1):  
The Princess And The Dragon (2D) 5pm; Hunter Killer (2D) 7pm; First Love (Tagalog) 9:15pm; Halloween (2D) 11:30pm.

Royal Plaza Cinema Palace (2):  
Ana And Bruno (2D) 2:30pm; Badhaai Ho (Hindi) 4:30pm; The King Of Thieves (2D) 7pm; Badhaai Ho (Hindi) 9pm; Baazaar (Hindi) 11:15pm.
EVENTS

Squash Tournament
WHERE: Khalifa International Tennis and Squash Complex
WHEN: Ongoing till November 2
The Qatar Classic 2018 Squash Tournament will see top players from around the world gather in Doha to compete for a championship prize of $177,000, the largest award in the tournament’s history. Players battling it out in this year’s event include rising Qatari champion Abdulla Al Tamimi, rated 28th in the Professional Squash Association (PSA) World Ranking; Germany’s leading squash player, Simon Rösner, rated fifth in the PSA world ranking; South America’s first top ten player, Miguel Angel Rodriguez, rated sixth in the PSA world ranking, as well as many more top-ranked global players.

Choir Concert
WHERE: Swiss International School
WHEN: November 3
TIME: 7pm
Don Diri Don, Polish Youth Choir, along with Qatar Youth and Junior Choir, will be performing in Doha. The choir will also spend a week in Doha touring the best Qatar has to offer, and sharing their talent with the larger community through school workshops. For further details, e-mail at info@qyi-choir.com

Breast Cancer Awareness
WHERE: InterContinental Doha
WHEN: Ongoing
InterContinental Doha – The City is organising several activities (especially at its various dining venues) that focus on highlighting the importance of early detection. Try the pink afternoon tea, the extravagant pink Bar Squared Brunch at The Square and pink-themed nights at Strata Restaurant and Lounge.

Ballet Lessons
WHERE: Music and Arts Atelier
WHEN: Ongoing
TIME: 9am – 12pm
By participating in the programme of ‘Our culture is a school’ , Katara Beach School includes Group Music lessons, Hip-hop, Ballet, Drawing and Painting, Drama school includes Group Music lessons, Hip-hop, Ballet, Drawing and Painting, Drama and Theatre & Taekwondo. Ages between 5 and 10 years old after school hours.

Gymnastics World Championships
WHERE: Aspire Dome
WHEN: Ongoing till November 3
Over 700 male and female gymnasts from over 80 countries, including three Team Qatar gymnasts, will compete across 10 days of competition in Doha’s ionic Aspire Dome. Experience the drama, emotions and excitement of gymnastics’ pinnacle event as global superstars go head to head in a bid to be crowned the best in the world.

Aspire Torch Staircase Run 2018
WHERE: The Torch Doha Hotel
WHEN: November 10
TIME: 1pm – 6pm
Aspire Zone Foundation (AZF) announces opening registration for the seventh annual ‘Aspire Torch Staircase Run’ scheduled to take place on November 10. The 2018 edition of the Aspire Torch Staircase Run (ATSR 2018), will offer sports enthusiasts the ultimate challenge of endurance, as runners will have to make their way to the top of the 300m tower to the 51st floor, climbing more than 1,300 steps.

Cycling: Losail Circuit Sports Club
WHERE: Losail Circuit
WHEN: Ongoing
TIME: 5pm
Losail Circuit Sports Club, in association with Qatar Sports For All Federation, invites all cyclists, runners and walkers to train under the floodlights of Losail International Circuit every Wednesdays.

Qatar Finance and Installment Exhibition
WHERE: DECC
WHEN: November 3 – November 15
TIME: 7pm – 10pm
The QFI Exhibition is a 3-day event that brings together the best of Qatar’s finance community, and local and international visitors who are keen to access Qatar’s robust market. We are pleased to present this opportunity to local and international investors, banking, finance and government institutions, along with leading firms in the real estate, investment and fintech sectors.

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.

Hobby Classes
WHERE: Mystic Arts Centre behind Al Hail Focus Medical Centre
WHEN: Wednesday – Monday
Mystic Art Centre, is a holistic performing arts institution and a one stop solution for adults as well as children looking to explore their talents in various art forms. We offer classes in Carnatic Music, Hindustani Music, Karate, Yoga, Zumba, Classical Dance, Salsa, Hip Hop, contemporary and Bollywood dance forms. For details, call 33897609.

Dance and instrument classes
WHERE: TCA Campus, Behind Gulf Times Building
WHEN: Wednesday – Monday
Learn the movement 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/ 31526740.

Compiled by Nausheen Shaikh. E-mail: gtlisting@gmail.com, Events and timings subject to change
A new study argues that more than half of Americans could be identified by name if all you had to start with was a sample of their DNA and a few basic facts, writes Deborah Netburn.

Everyone’s DNA sequence is unique. But for those who wish to maintain their genetic privacy, it may not be unique enough.

A new study argues that more than half of Americans could be identified by name if all you had to start with was a sample of their DNA and a few basic facts, such as where they live and how old they might be.

It wouldn’t be simple, and it wouldn’t be cheap. But the fact that it has become doable will force all of us to rethink the meaning of privacy in the DNA age, experts said.

There is little time to waste. The researchers behind the new study say that once 3 million Americans have uploaded their genomes to public genealogy websites, nearly everyone in the US would be identifiable by their DNA alone and just a few additional clues.

More than 1 million Americans have already published their genetic information, and dozens more do so every day.

“People have been wondering how long it will be before you can use DNA to detect just about anybody.”

— Ruth Dickover, director of the forensic science programme at the University of California
said Ruth Dickover, director of the forensic science programme at the University of California, Davis who have not involved with the study. “The authors are saying it’s not going to take that long.”

This new reality represents the convergence of two long-standing trends. One of them is the rise of direct-to-consumer genetic testing. Companies such as Ancestry.com and 23andMe can sequence anyone’s DNA for about $100. All you have to do is provide a sample of saliva and drop it in the mail.

The other essential element is the proliferation of publicly searchable genealogy databases like GEDmatch. Anyone can upload a full genome to these sites and powerful computers will crunch through it, looking for stretches of matching DNA sequences that can be used to build out a family tree.

To test the growing power of these sites, researchers led by Columbia University computer scientist Yaniv Erlich set out to see whether they could find a person’s name — and, thus, his identity — if all they had to go on was a piece of his DNA and a small amount of biographical information.

They started with a full DNA sequence from a person whose genetic information was published anonymously as part of an unrelated scientific study. (They had actually identified this woman in a previous study, but for the purposes of this work, they pretended they didn’t know who she was.)

Erlich and his collaborators uploaded her genetic code to GEDmatch and ran a search to see if she had any relations on the site. They found two: one in North Dakota and one in Wyoming.

The researchers told they were all related because they shared a number of single nucleotide polymorphisms, or SNPs. These are single letters in specific spots among the roughly 3 billion A’s, C’s, T’s and G’s that make up the human genome.

The more SNPs people share, the more closely related they are. By comparing the DNA of all three relatives, Erlich’s team was able to find a common ancestral couple that were the Utah woman’s great-grandparents.

Next, the researchers scoured genealogical websites and other sources for additional descendants of that long-ago couple. They found 10 children and hundreds of grandchildren and great-grandchildren.

Then they started culling their massive list of descendants. They eliminated all the men from the sample, then those who were not alive when the Utah woman’s DNA was sequenced. The authors also knew that their subject was married and how many children she had, which helped them zero in on their target.

After a long day of painstaking work, they researchers were able to correctly name the owner of the DNA sample.

The authors said the same process would work for about 60 percent of Americans of European descent, who are the people most likely to use genealogical websites, Erlich said. Though the odds of success would be lower for people from other backgrounds, it would still be expected to work for more than half of all Americans, they said.

To come to this conclusion, the researchers analysed a different database consisting of 1.28 million anonymous individuals who had their DNA sequenced by MyHeritage, a DNA testing and family history company where Erlich is the chief science officer.

If you can find a person’s third cousin in a genealogical database, then you should be able to identify the person with a reasonable amount of sleuthing, Erlich said. So the team checked to see how many relatives on the order of a third cousin or closer they could find for each individual in their data set.

They found plenty: 60 percent of the 1.28 million people were matched with a relative who was at least as close as a third cousin, and 15 percent had a relative who was at least as close as a second cousin.

The findings were published in the journal Science.

So far, 72-year-old Joseph James DeAngelo is the most famous person to be identified this way. You may know him better as the suspected Golden State Killer, charged with 13 counts of murder and 13 counts of attempted kidnapping.

When law enforcement officials used a publicly accessible DNA database to catch DeAngelo in April, it was only the second time in crime-solving history that the strategy was implemented successfully.

Since then, at least 13 additional suspected criminals have been identified in the same way.

“The solving of the Golden State Killer case opened this method up as a possibility and other crime labs are taking advantage of it,” Dickover said. “Clearly a trend has started.”

Private citizens are benefiting from the technology as well. Adoptees have found biological parents and siblings, and others have found distant cousins who can shed new light on a family’s origins and heritage.

But as more of us upload DNA to publicly searchable databases, the implications can be creepy.

“When the police caught the Golden State Killer, that was a very good day for humanity,” Erlich said. “The problem is that the very same strategy can be misused.”

Think of foreign governments using this technique to track down American citizens, he said. Or protesters and activists being pursued in this way.

Erlich and his co-authors proposed a mitigation strategy that would make it harder to upload an unknown DNA sequence to a genealogical database and search for a match.

They suggest that direct-to-consumer DNA testing companies put a special code on the raw data files they send to their customers. Genealogy sites could then agree to allow people to upload DNA sequences only if they have a valid code. This would ensure that people could conduct searches related only to their own DNA.

A system like this would not prevent law enforcement from using genealogical databases to search for suspects, Erlich said.

The ultimate goal is to allow people to use their DNA to find out more about their own families without sacrificing their privacy, Erlich said. Just this year, his adopted cousin found a biological sister who lives halfway around the world, he said.

“This is why we have this technique,” he said.

— Los Angeles Times/TNS
DC alumnus wins Turkish Amateur Open

Jakub Hrinda, Golfer and alumnus of Doha College (DC), recently won Turkish Amateur Open at Gloria Golf Course Belek. Jakub won with the score of -3 after a play-off where he had to birdie the last hole to gain victory. Jakub will also play in the NCAA 1st Division College golf in the USA, representing George Washington University.

Jakub was in Grade X at DC when he made history by becoming the youngest player to appear in Qatar Masters 2015, European Tour event. He qualified for the event having won the Qatar Open that year, and has since become a multiple winner of the Faldo Series in the Middle East, Slovakia and Italy, and was a medallist in Faldo Series Grand Finals in Greenbrier and Mission Hills.

In 2015, Jakub shared the podium of the Qatar Junior Open with fellow DC student and winner Mikkel Mathiesen. Jakub has played at various tournaments including Commercial Bank Qatar Masters, D+D Real Slovakia Challenge, The Golf Citizen Classic, Chagsha Championship, JR World Florida Challenge and. His upcoming schedule includes tournament in South Africa, Malaysia and a few amateur entries into professional tournaments in the spring of 2019.

QDC celebrates World Food Day

Qatar Design Consortium (QDC) recently celebrated World Food Day by organising ‘Salad Preparation Competition’ for its staff members.

Q-PEC organises beach cleaning drive

Qatar Power Engineering & Contracting (Q-PEC) recently organised a beach cleaning drive 'Clean Environment - Healthy Atmosphere' in association with Al Wakrah Municipality. Over 150 employees volunteered for the drive. Irshad Ahmed Mr, General Manager of Q-PEC, said, “Q-PEC policy aims at preserving the environment. Around 300 gift bags with slogans promoting cleanliness were distributed amongst the families present at the beach.” The company also arranged shuttle buses to take volunteers to the beach site at Al Wakrah. Volunteers were provided with cleaning equipments and tools including gloves and garbage bags.
Katara hosts the ‘Orchestra of the Filipino Youth’

Katara – The Cultural Village Foundation, in association with the Embassy of Philippines, recently hosted ‘Orchestra of the Filipino Youth’ for a performance at the Opera House Katara. The musical event was attended by Alan L. Timbayan, Ambassador of Philippines, along with other diplomats and Ahmed al-Sayyed, Vice General Manager of Katara. Lead by Joshua Dos Santos, Conductor of the orchestra, the orchestra played 15 symphonies of prominent composers. Timbayan welcomed the guests and praised Qatar for its keenness to promote and support cultural talents all over the world. Dos Santos said, “It is a great achievement and success. We recently initiated to perform internationally and Qatar is our first station. They granted us this pleasure to perform here.” Members of Filipino community in Doha along with other music lovers attended the event in large numbers.

VCUarts Qatar to host exhibition by Siglinde Langholz

Virginia Commonwealth University School of the Arts Qatar (VCUarts Qatar) is all set to organise an exhibition ‘Living Meshes’ by Siglinde Langholz, Mexican artist, that will explore experimental processes and challenge conventional viewpoints of what art really is.

The exhibition will open at the Gallery at VCUarts Qatar in Education City. The opening reception will take place in the presence of the artist on October 31 at 6pm. The exhibition, which will run until December 8, will allow the audience to touch, be a part of the artwork, draw, create 3D printed objects, smell, and leave traces in the gallery. The exhibition will work as an incubator for thinking in the act. The art pieces will also activate relational methods that will provoke the audience to look at the living world in Mexico and Qatar in different ways.

Participants of Qatar Foundation’s free Art Trails tour will also be visiting the exhibition at 12:30pm on November 1 and will be given a guided tour by Siglinde Langholz. Siglinde Langholz considers how activating relational encounters can impact the creation of art. Her art processes explore the ramifications and intersections between biology, architecture, and philosophy and how these generate new approaches to her creative research. These explorations trigger new ways to encounter her installations, textile work, sculptures, and new media projects.

Her work has been exhibited internationally, including at exhibitions at Mexico City, Puebla, Yucatan, and Tijuana in Mexico, and also in Montreal, Canada, and Maine and Michigan in the United States.

DPS-MIS organises festival assembly

DPS-Modern Indian School (DPS-MIS) recently organised a festival assembly ‘Festival – Indian and Qatar’ for the students of class preparatory D, G and L. The assembly kicked off with a prayer. Students of class preparatory L performed a peppy dance at the event, which was followed by national songs by the students of class preparatory G, and a performance by students of class preparatory D, showcasing the traditions of Qatar. Asna Nafees, Principal of DPS-MIS, spoke about the importance of different festivals at the event. Memento, made of terracotta clay, was presented to the principal. The assembly was concluded with the national anthem.
W Doha Hotel & Residences has recently announced to host the Spanish Extravaganza World Tour Festival at the hotel, bringing the best of Spain’s gastronomy to food connoisseurs in the country. Supported by the Spanish Government and the Embassy of Spain, the four-day festival will be held from November 1 to November 4.

According to the press release, W Doha is flying in a 2-star Michelin Chef, two tapas gurus and one paella master from Spain exclusively for this fine dining experience. Throughout the four-day world tour, there will be a pop-up restaurant in an undisclosed location, a paella feast at Market by Jean-Georges for lunch and dinner and a Spanish tapas fiesta dinner at Wahm.

Food enthusiasts in Qatar will be able to truly savour in some of Spain’s symbolic dishes prepared by notable Chefs in the industry. A 2 Michelin star dinner will be prepared by Chef Fernando Arellano, served in a pop-up restaurant in an undisclosed location. Dinner will be served twice throughout the evening: from 7pm till 9pm and then from 9:30pm till 11:30pm. This will also be marked by a live Flamenco performance, immersing guests in the country’s flamboyant cultural spectacle.

Daniel López and Álvaro Fuentes, Tapas gurus Chefs, will work their magic in creating an innovative selection of tapas, made with the finest Spanish ingredients. The fiesta will be held throughout the duration of the festival at Wahm from 5pm till 11:30pm with Spanish beats and a live Tapas station, prepared by the 2 Tapas gurus.

In addition, the festival will also include a special Mediterranean Paella lunch and dinner at Market by Jean-Georges prepared by Paella Master Chef Javier De Dios. Chef De Dios will reinvent century old flavours to offer a delectable range of meat, seafood and vegetarian paella varieties on the table as sharing style for diners. Earlier this year, the Spanish Extravaganza World Tour Festival showcased a vibrant culinary experience in Singapore and after it’s pit stop in Doha the tour will continue to Mumbai and New Delhi, India.

Minor Hotels hosts ‘Chocolate Training Workshop’

Minor Hotels, owner of renowned international hospitality brands like Anantara, Tivoli and Oaks, operating a portfolio of world-class properties in town such as Banana Island Resort Doha and Souq Waqif Hotels, recently hosted a chocolate training workshop, in collaboration with ‘Felchlin’, renowned chocolate leader, from Switzerland. The workshop was attended by pastry chefs specialising in the chocolate field from prominent hotels from all over the town.

According to the press release, during the workshop, which was held for the first time in Qatar and the region, Chef Simon Badertscher from ‘Felchlin’, who is considered as one of the leading chefs in the chocolate industry, briefed the attendees on ‘Felchlin’s large and high-class chocolate collection and exclusive couvertures characterised of the highest standards and quality. In addition, Chef Badertscher showcased his talent, experience and skills in making various types of chocolate and took the participants in an amazing culinary chocolate journey.

On this occasion, Babu Basker, Cluster Executive Pastry Chef of Minor Hotels in Doha, said, “We are honoured to welcome Chef Simon Badertscher from ‘Felchlin’ in Doha, and delighted to host all pastry chefs specialising in chocolate from different hotels. The renowned Swiss company ‘Felchlin’ has a rich legacy in the chocolate industry, which dates back to 1920.”

“During the event, various types of chocolate and its couverture were highlighted in addition to the best ways and methods of preparing it. I believe that through the audiences’ integration and interaction with Chef Simon Badertscher during the workshop, we have achieved the desired objectives of sharing knowledge with our colleagues in town and create an everlasting communication among the participants,” he added.

“At Minor Hotels, we are keen to provide local markets with the expertise of the world’s leading hospitality companies, thereby enhancing the experience of chocolate lovers in the country. Such endeavours create a strong bond between us and offer us great strides to further grow the expance of hospitality industry of Qatar and offer our chocolate lovers a great indulgence. In the future too, we would keep on contributing significantly in raising the level of service, aimed at benefiting the tourism sector of the country,” he concluded.
Pioneer in treatment of children with rare paralysis

Dr Amy Moore is the first to perform nerve transfer surgeries on the legs of children with Acute Flaccid Myelitis, a rare polio-like condition that causes muscle weakness and paralysis.

TREATMENT: Dr Amy Moore has been performing nerve transfer surgeries on the legs of children with Acute Flaccid Myelitis, a rare polio-like condition that causes muscle weakness and paralysis.

VIRUS: Children with acute flaccid myelitis experience weakness in their arms or legs, and some require ventilators to breathe.

By Blythe Bernhard

Washington University surgeon has pioneered a technique to attempt to restore some function in the legs of children paralysed by a virus that attacks their spinal cord. Dr Amy Moore is the first to perform nerve transfer surgeries on the legs of children with Acute Flaccid Myelitis (AFM), a rare polio-like condition that causes muscle weakness and paralysis, and has captured the attention of federal health investigators and the media.

Since June 2017, 10 children have travelled from out-of-state to St Louis for the procedure. The oldest was 11.

“Children with AFM experience weakness in their arms or legs, and some require ventilators to breathe. Most can improve over time with physical therapy, but doctors are still searching for more effective treatments,” Moore said. “Moore has been performing nerve transfers on people with traumatic injuries for years by taking a working nerve from another part of the body and rewiring it to activate a paralysed muscle. For children with AFM, Moore typically transfers working nerves from the child’s toes to the damaged hip, hamstring or quadriceps muscles to stimulate the muscle again to stabilise the hip, bend the knee or strengthen the leg.”

Moore explained. "There’s a window of opportunity where the muscle stays alive and can receive electrical activity from the brain," like replacing a broken switch for a still-functioning light bulb, Moore explained.

Sophia Gary of Orlando, Fla, was diagnosed with AFM in 2016 when she was 2. “She started out with a cold, and then she just woke up and said ‘Mommy, I can’t walk’,” said her mother, Amanda Gary.

When physical therapy failed to garner much improvement in her weakened right leg, Sophia's parents searched for other options. “We came across this surgeon in St Louis. She was taking a leap of faith and trying these nerve transfers in the legs,” Gary said.

In January, Moore transferred nerves from Sophia’s abdomen to two of her quadricep muscles and grafted another nerve like an ‘extension cord’ to the muscles. Since the surgery in January, Sophia, now 4, has muscle twitches but still can’t bear weight on her leg or walk without a brace, her mother said.

Moore said she expects to see continued improvement in Sophia for two years after the surgery. As her work gains attention, Moore said she expects other parents to seek help for their children.

“I expected it to work and now that I’ve seen it work, I’m encouraged," she said. “I know I can help them. I want the doors to open.” – St Louis Post-Dispatch/ TNS
Science Matters

Giraffe has mom's spots

A new study found which aspects of a giraffe's markings are inherited from its mother – and the study's method could be used for figuring out how other animals inherit their markings.

Anne Innis Dagg, the first giraffe field researcher in Africa, showed in 1968 that giraffe markings may be inherited, but her analysis came from a small zoo population

Survival of young giraffes is related to spot pattern, which may help camouflage them from predators

Researchers analyzed Masai giraffes and showed that spot patterns do affect calves' survival

They also confirmed that the markings are heritable – passed from mother to calf

How to make sense of spots

The researchers used digital images and modern image analysis software

The software examined the geometric characteristics of the giraffes' spots

1 – Circularity
   How close spot is to a perfect circle

2 – Solidity
   How smooth and complete the spot's edges are

Two characteristics of mom's spots are most strongly passed on:

Source: Derek E. Lee, D.R. Cavener and Monica Bond of Pennsylvania State University; Wild Nature Institute; Peer J journal

Graphic: Helen Lee McComas, Tribune News Service
Eating spinach, beetroot could help prevent vision loss: Study

Eating vegetable nitrates, found mainly in green leafy vegetables and beetroot, could prevent macular degeneration, a common cause of vision loss in people over age 50, new research has found.

People who ate between 100 to 142 mgs (milligrams) of vegetable nitrates each day had a 35 per cent lower risk of developing early age-related macular degeneration (AMD) than people who ate less than 69 mgs of vegetable nitrates each day, showed the findings published in the Journal of the Academy of Nutrition and Dietetics.

Spinach has approximately 20mg of nitrate per 100g, while beetroot has nearly 15mg of nitrate per 100g.

“This is the first time the effects of dietary nitrates on macular degeneration risk has been measured,” said lead researcher Bamini Gopinath from Westmead Institute for Medical Research in Australia.

For the study, the researchers interviewed more than 2,000 Australian adults aged over 49 and followed them over a 15-year period.

“If our findings are confirmed, incorporating a range of foods rich in dietary nitrates — like green leafy vegetables and beetroot — could be a simple strategy to reduce the risk of early macular degeneration,” Gopinath said.

The research did not show any additional benefits for people who exceeded 142mgs of dietary nitrate each day.

Age is the strongest known risk factor for AMD and the disease is more likely to occur after the age of 50.

There is currently no cure for the disease. — IANS
Wordsearch

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

Music Makers

BACH COPLAND HANDEL RAVEL
BARBER DELIUS HAYDN ROSSINI
BARTOK DUKE HOLST KATE
BEETHOVEN DVORAK LISZT VERDI
BEZET ELGAR MAHLER WAGNER
BRAHMS GLUCK MOZART
CHOPIN GRIEG ORFF

Codeword

Sudoku

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

Bound And Gagged

The toil and trouble have given you acid reflux.

Puzzles courtesy: Puzzlechoice.com
Super Cryptic Clues

ACROSS
1. ’Not Enough Loot For A Share-out’ (Funny title!) (3,6)
2. Stand, for clothes (3-2)
3. Pipsqueak going to an overseas port... (5)
4. ...or harbour, to perform (9)
5. Away - but only on loan? (3,7)
6. Squeeze by quietly and move very slowly (4)
7. The man gains weight (7)
8. Position at the meeting-place (7)
9. Deny having said otherwise and swear to it (7)
10. It's very big and you make it smaller, we're told (5)
11. The hints are clear and the nose is twitching (9)
12. It's very important to get the mood (10)
13. upright as one is, turning to crime (7)
14. The editor's grabbed, the next, reset (7)
15. At first, getting no return from garden produce (5)
16. In which you get well by yourself? (9)
17. Called Lew, upset about the quarrel (7)
18. What the clamp did when forced into service? (7)
19. Giving a light knock, having returned (5)
20. In which you say, is weird (5)
21. Generous when on the loose (4)
22. The Nest, you say, is weird (5)
23. With one's eyes open and on the ball (4-5)
24. What the clamp did when forced into service? (7)
25. In which you say, is weird (5)
26. At first, getting no return from garden produce (5)
27. In which you say, is weird (5)
28. Patience that '23' near snapped (9)

DOWN
1. It's very big and you make it smaller, we're told (5)
2. The hints are clear and the nose is twitching (9)
3. It's very important to get the mood (10)
4. Upright as one is, turning to crime (7)
5. Deny having said otherwise and swear to it (7)
6. In the aftermath, teach (5)
7. Predilections for prison songs (9)
8. In the aftermath, teach (5)
9. In the aftermath, teach (5)
10. What the clamp did when forced into service? (7)
11. What the clamp did when forced into service? (7)
12. In which you say, is weird (5)
13. In which you say, is weird (5)
14. In which you say, is weird (5)
15. In which you say, is weird (5)
16. In which you say, is weird (5)
17. In which you say, is weird (5)
18. In which you say, is weird (5)
19. In which you say, is weird (5)
20. In which you say, is weird (5)
21. In which you say, is weird (5)
22. In which you say, is weird (5)
23. In which you say, is weird (5)
24. In which you say, is weird (5)
25. In which you say, is weird (5)
26. In which you say, is weird (5)
27. In which you say, is weird (5)
28. In which you say, is weird (5)

Yesterday’s Solutions

Across: 1 Demand; 4 Combined; 10 Andante; 11 Eastern; 12 Epic; 13 Boiler-suit; 16 Second; 17 Conduct; 20 Recover; 21 Teller; 24 Correspond; 25 Bees; 27 Russian; 29 Conifer; 30 Seconded; 31 Course.

Down: 1 Dead easy; 2 Made it clear; 3 Nine; 5 Overlook; 6 Bestridden; 7 Nee; 8 Denote; 9 Lemon; 14 Uncalled for; 15 Indonesian; 18 Response; 19 Preserve; 22 Scores; 23 Knock; 26 Undo; 28 Sec.
I hope to do more movies: Tara Sharma

By Natalia Ningthoujam

Actress Tara Sharma is happy to be the creator, writer and co-producer of her successful project, "The Tara Sharma Show," but says once in a while it's nice to get offered a film with a good script. She has made her acting comeback with a short film and a feature movie, but she wants more.

Tara, who was once known as the Lirl girl, made her Bollywood debut in 2002 with the multi-starrer Om Jai Jagdish. She then featured in hit films like Khosla Ka Ghosla, Masti and Page X.

She was last seen on the big screen in the 2012 film Jomi Love.

Now, she is back to acting.

"I have been tied up with my show and kids. But I have always wanted to act again. I think somewhere I lost confidence. Suddenly, out of the blue Anusha Bose (director of the short film Shame) called me up," Tara said.

"She said 'There's a tiny role, but would you like to do it?' I said 'Sure! I have never been a believer in size. I have been a believer in a good project. Even if I am a fly on the wall, I am happy to do it if it's a good project.'"

"It was short, but it was really fun. It kind of helped me to get back my confidence. It's very short, but a dramatic role."

"Royal Stag Barrel Select Large Short Films showcased four short films, including Shame at the ongoing Jio MAMI 20th Mumbai Film Festival with Star.

Unfortunately, her other film, Kadakh, got removed from the fest’s line-up in the wake of the #MeToo movement as the movie also has actor Rajat Kapoor, who was accused of harassment.

"Asked if it's unfair to others involved in the film, Tara said: “Of course, a movement has to create the right impact positively on the society. Unfortunately, there is a lot of collateral damage. So, when a film is removed, a lot of people suffer."

"What is right or wrong, I am nobody to comment. It is disappointing for us.”

Nevertheless, Tara is thrilled to be a part of the feature film and doing a "bigger role. I am inching towards acting more and more. I hope to do more movies."

Since she is a mother now, she feels she has more in her to give as an actor.

"I feel so many things – giving birth, growing up in many ways, living life more ... My father passed away. There's so much emotion," she said. - IANS

Uri will be a special film in my career: Yami Gautam

Actress Yami Gautam, who is gearing up for the release of her forthcoming movie Uri, says it will be a special film for her career.

"It’s going to be one of the most enriching times. Thank you Dr Mammohan Singhji for your journey,” the actor said, who kind of walked in the former prime minister’s shoes.

Anupam says it has been “a great learning experience.”

"One thing is sure ‘history will not misjudge you,’ he added.

He also shared a photograph with actress Suzanne Bernert, who is essaying the role of UPA Chairperson Sonia Gandhi in the film.

The film is based on a book by Sanjaya Baru, a former media adviser to Mammohan Singh. Akshaye Khanna features as Baru, and Divya Seth Shah plays Mammohan Singh’s wife Gusharan Kaur in the movie.

The film is going to be a special film for her career.

"It’s going to be one of the most special films of my career. The way Aditya Dhar has written and directed it and Vicky (Kaushal) and the entire cast has put in a lot of hard work," Yami said.

She says the film had to be shown to every Indian in the country. "Uri is going to be a special film. It is based on a true event which is important not just for me as an actor but as even a citizen. It was something which had to be shown. People should know what it takes to be in those shoes and do what it actually takes to keep us safe the way we are," she added.

The film also stars Vicky Kaushal, who will be seen playing the role of an Indian commando who is involved in the 2016 surgical strikes.

Based on the surgical strikes of 2016 carried out by the Indian Armed Forces, Uri traces the significant event.

It also features Kirti Kulhari and Pateksh Rawal in lead roles. Produced by RSVP movies, Uri will hit the theatres on January 11, 2019. - IANS

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Rami Malek says he has put down the stick measuring himself

Actress Demi Moore, who was honoured with the Woman of the Year Award by women's recovery centre and sober living programme Peggy Albrecht Friendly House here, says there was a time when she never felt good enough.

Moore, who has come a long way since she first became a star with her career making turn in 1985's St. Elmo's Fire, said it was early in her career that she found recovery, reported variety.com

"I was spiraling down a path of real self-destruction and no matter what success I had I just never felt good enough," Moore said at the event on Saturday.

"I had absolutely no value for myself and this self-destructive path, it really quickly brought me to a real crisis point," the Ghost star said.

"It wasn't clear at the time, maybe it was divine intervention, but two people who I barely knew stepped up and took a stand for me and presented me with an opportunity, which I guess was more like an ultimatum - unless I was dead, I better show up."

Without divulging the details of what and why she went through, she said she was given a chance to redirect the course of her life "before I destroyed everything."

"Clearly they saw more in me than I saw in myself and I'm so grateful because without that opportunity, without their belief in me, I wouldn't be standing here today," Moore said, according to variety.com

Sharing some words of encouragement, she added:

"Life is certainly not a straight line and I think everybody here has dealt with not feeling good enough at some point in their lives. I know that in a moment of great struggle for me, I reached out to a wise teacher and I expressed my fear that I wasn't good enough and she said, 'You will never be good enough but you can know that value of your worth.' Put down the measuring stick."

"So today, I put down the measuring stick and I thank you for this beautiful acknowledgment and the opportunity to know the value of my worth," – IANS

Dwayne Johnson reflects on fatherhood

Actor Dwayne Johnson says he doesn’t mind his daughter Jasmine waking him up to play after he has had an exhausting day at work.

The actor took to Instagram to reflect on the ups and downs of fatherhood on Saturday, reports accessonline.com

"Working late and had only three hours sleep when this tornado busts in our bedroom, jumps on me and pleads with me to get up and take her to my closet (she keeps toys in my closet) to play," he wrote.

"We get there and then – surprise – she refuses to play and just wants me to hold her while she makes noises."

Despite his exhaustion, Johnson powered through, remembering the sweet side of Jasmine’s antics.

"Tired as all hell, but thought there’s going to come a time, years from now, when jumping in my arms is the last thing she wants to do and ain’t going to be cool anymore," he reflected.

"So I’ll always take these moments while I can," added the father of three.

He also shared a photograph of the father-daughter moment, Johnson can be seen cradling Jasmine, two, in his arms as she pursed her lips. – IANS

I had absolutely no value for myself: Demi Moore

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To keep blood pressure in check, don’t forget to brush and floss

By Melissa Healy

Struggling to bring your high blood pressure under control, even with the help of medications? Open your mouth and say ‘aha!’ if you see tooth decay or gums that are sore, bleeding or receding. You may have found the culprit.

Researchers reported that in adults whose hypertension was being treated with medications, systolic blood pressure got higher as the health of their teeth and gums declined.

Hypertension is a primary or contributing cause of more than 1,000 deaths a day in the United States. Yet only 54 percent of those with the condition have brought their blood pressure readings under control with some combination of medication, diet and exercise.

The new study is in line with a mountain of research linking gum disease with higher rates of heart, blood vessel and kidney disease, all organs that are affected by high blood pressure. And it breaks new ground by detailing how poor dental health upends efforts to bring hypertension under control.

Indeed, the study found that people with untreated hypertension and healthy gums had blood pressure readings roughly equal to those of people who took medication for their hypertension but also suffered from gum disease.

In other words, poor dental health largely negated the effects of taking blood pressure medication. The new research doesn’t establish that gum disease causes hypertension and its negative health effects. Many researchers suspect that, like stiff blood vessels, sore and bleeding gums are just one more manifestation of inflammation throughout the body.

Nor does the study show that patients whose dental health was poor had systolic blood pressure readings that were 3 mm HG higher, on average, than similar patients with healthy gums.

The new study is in line with a growing body of research finding that oral health is key to overall health and well-being.

For instance, researchers at UCLA. “It’s suggested by this data, but would need to be proven,” Fonarow said.

In the meantime, he said, the existence of a link is clear: Patients with hypertension should understand the importance of having a dental home, seeking routine follow-up, and practising good oral care, "says Charlene Niemi, Director of Health Literacy for Care Harbor, California.

By Melissa Healy

According to research, patients whose dental health was poor had systolic blood pressure readings that were 3 mm HG higher, on average, than similar patients with healthy gums.