Community

Vegan diet is linked to significantly lower risk of developing Type-2 diabetes. P4

Community

HOPE commences its yoga classes for the differently abled students and their families. P16

HOPE

COMMUNITY

A looking glass

The consequences of the technological revolution may be even more frightening than thought. P2-3

Cuisine

Energetic peanut butter is superfood. Page 14

Showbiz

Phil Collins is back on the road. Page 15
Technology and the end of future

If we're in ignorance of what our robots are doing, how can we know if we're being harmed, asks Will Self

I suspect your enjoyment — or otherwise — of James Bridle’s New Dark Age will depend very much on whether you’re a glass half-empty, or a glass exactly-filled-to-the-halfway-mark-by-microprocessor-controlled-automatic-pumping-systems sort of a person. I like to think that while I may have misgivings about much of what the current technological revolution is visiting on us, I yet manage to resist that dread ascription “luddite.” It’s one Bridle also wishes to avoid; but such is the pessimism about the machines that informs his argument, that his calls for a new “partnership” between them and us seem like special pleading. As futile, in fact, as a weaver believing that by smashing a Jacquard loom he’ll stop the industrial revolution in its tracks. If we’re in ignorance of what our robots are doing, how can we know if we’re being harmed?

At the core of our thinking about new technology there lies, Bridle suggests, a dangerous fallacy: we both model our own minds on our understanding of computers, and believe they can solve all our problems — if, that is, we supply them with enough data, and make them fast enough to deliver real-time analyses. To the Panglossian prospect of Moore’s Law, which forecasts that computers’ processing power will double every two years, Bridle offers up the counterexample of Gates’s Law, which suggests these gains are negated by the accumulation in software of redundant coding. But our miscalculations concerning the value of big data are only part of the computational fallacy; Bridle also believes it’s implicated in our simple-minded acceptance of technology as a value-neutral tool, one to be freely employed for our own betterment. He argues that in failing to adequately understand these emergent technologies, we are in fact opening ourselves up to a new dark age. He

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Quote Unquote

“Smile in the mirror. Do that every morning and you’ll start to see a big difference in your life.”

— Yoko Ono
Intelligent computer systems are already menacing us with weird products devised algorithmically and offered for sale on Amazon, as well as bizarre and abusive "kids’" videos, which are mysteriously generated in the bowels of the web, and uploaded by bots to YouTube.

The problem is, we have a general idea how the program is doing it — but it can’t tell us exactly; and as Bridle observes, this is tantamount to transgressing the first of Isaac Asimov’s famous Three Laws of Robotics — for if we’re in ignorance of what our robots are doing, how can we know if we’re being harmed?

Intelligent computer systems are already menacing us with weird products devised algorithmically and offered for sale on Amazon, as well as bizarre and abusive “kids’” videos, which are mysteriously generated in the bowels of the web, and uploaded by bots to YouTube. Bridle draws Timothy Morton’s modish conception of the “hyperobject” as a way of discussing our inability to apprehend the totality of the risks embodied in such vast phenomena as machine intelligence and global warming — but I’m not sure that acknowledging the ungraspable nature of anything really helps us to grasp it. Bridle looks to so-called “centaur chess” as a way forward for our wetware computers may now effortlessly beat the grandest of masters at the game, but one of the defeated, Garry Kasparov, has developed a fight-back method, the defeated, Garry Kasparov, has developed a fight-back method, in which humans partnered with computers can indeed regain the podium. On this basis, Bridle argues, it’s possible to conceive of a new kind of "guardianship" of our frazzled planet and its poisoned wells, one in which we all work together. This seems Pollyanna-ish as much as Panglossian to me — I’m more struck by Nicholas Carr’s observation, in his takedown of the coming era of smart cars, The Glass Cage, that our inability to grasp the emergent techno realm may be a function of our having devised tools that do away with our need to use tools.

Most of us already float free from the world of making, doing, extracting and refining — and observe it indolently and imperfectly through the scumbled lens of the cloud. We carry on ditching single-use plastic, and ordering stuff from Amazon, and giving our personal information away promiscuously, not, I’d argue, because global warming and AI are too big to grasp, but because we understand only too well that real change could only be effected by a great mass of individuals. And that, as Bridle acknowledges, is an impossibility, given the new technologies atomise rather than fuse our social formations.

Still, no doubt once the microprocessors malfunction and the pumping system splutters to a halt, we’ll hopefully pick up pretty much where we left off before the Enlightenment — or possibly the Renaissance. One thing about the old dark ages was that they only seemed dark in retrospect, once the dread weight of state power had been reimposed. I bet there were plenty of people besides the Goths (and the Visigoths for that matter), for whom the fall of the Roman empire was a cause for celebration. I realise this isn’t a popular view. And I expect many readers will find Bridle’s perceptive and thought-provoking book terrifying rather than enjoyable — but then as I implied at the outset, I’m very much of the glass half-empty type. — The Guardian
A vegan diet rich in fruits, vegetables, nuts, legumes and seeds, with few animal products, is linked to a significantly lower risk of developing Type-2 diabetes. The study explored that vegan diet is associated with improved psychological well-being in addition to reduction in the risk factors for Type-2 diabetes, and heart diseases.

For the study, researchers from the University of London, examined 433 people aged mid-50s, on average. Results of the study, published in the journal BMJ, showed that while quality of life, both physical and emotional, improved significantly, depressive symptoms and nerve pain (neuropathic pain) also improved in people on plant-based diet. In addition to a sharp fall of blood glucose levels in those who cut out or ate very few animal products, these participants also lost nearly twice as much weight.

The fall in blood fats, a risk factor for cardiovascular disease, was also greater in those on plant-based diets. Those following a vegan diet were able to discontinue the drugs they were taking for their diabetes or high blood pressure.

“Furthermore, plant-based diets could potentially improve diabetic neuropathic pain and the levels of total cholesterol, cholesterol and triglycerides in Type-2 diabetes," the team said.

**Antacids, antibiotics may up obesity risk in childhood**

Antacids or acid suppressants and antibiotics may alter the type and volume of gut bacteria that have been linked to various aspects of human health, including obesity.

For the study, researchers from Walter Reed National Military Medical in the US examined 333,353 infants among which nearly 46,093 children became obese. The findings further revealed that antibiotics or acid suppressants was associated with a heightened risk of obesity by the age of 3, the average age at which obesity was first identified in these children. This is an observational study and as such cannot establish cause.

According to the team from the varsity, whose study was published in the journal Gut, over prescription of both antibiotics and acid suppressants in young children is a significant problem. - IANS

**Most young deaths occur in summer**

In a significant finding, an analysis spanning nearly four decades has revealed that young men living are overall more likely to die in the summer months.

Published in Elife, the study used data on 85,854,176 deaths in the US between 1980 and 2016 from the vital registration and found that men and women aged 45 years and older remain more likely to die in winter, regardless of the regional climate.

The data was analysed using a technique called wavelet analysis, where death rates are studied through a kind of “moving window” over time, revealing changes.

“It is well established that death rates vary throughout the year, but there is limited information on how this seasonality varies by local climate and how it has changed over time for different diseases and at different ages,” explained lead author Robbie Parks, PhD student at Imperial College London, UK.

“In this study, we set out to comprehensively characterise the patterns of death over different time periods and geographical areas to understand when and where death rates are at their highest and lowest,” added Parks who is with the MRC-PHE Centre for Environment and Health.

The research team found that deaths from overall mortality (any cause of death) in men aged 45 years and older and women aged 35 years and older peaked in December, January or February, and were lowest in June to August.

“Deaths from heart and lung diseases were highest in January and February and lowest in July and August regardless of age,” the team said.

Deaths in children younger than five were highest in February and lowest in August. By contrast, deaths from overall mortality peaked in June and July for males aged between five and 34 years old. Deaths from injuries were highest in the summer for both men and women younger than 45 years old. Over the 37 years, the per-cent differences in seasonal death rates changed little for people aged 45 and older.

“But there was a marked decline in the percent difference between summer and winter deaths in younger people of both sexes, especially in boys," the study noted.

“We have identified distinct seasonal patterns relating to age, sex and disease, including higher summer deaths in young men,” said senior author Majid Ezzati, Professor of Global Environmental Health at Imperial College London. – IANS
Common household chemicals linked to childhood language delays

By Rita Giordano

Prenatal exposure to phthalates, chemicals found in many everyday items, including floor tiles, food packaging, personal-care products, even toys has been linked to language delays in young children, according to an article published in the *Journal of the American Medical Association Pediatrics*.

The findings are the work of researchers in Sweden as well as the United States, including Rutgers University’s School of Public Health and the Icahn School of Medicine at Mount Sinai in New York City.

While prior research raised concerns about the substances’ impact on child neurodevelopment and other health issues, the companion Swedish and American studies are believed to shed new light on the chemicals’ potential for adverse impacts on early childhood speech development.

The studies involved nearly 965 Swedish expectant mothers and 570 US mothers— to - be who gave urine samples during the first trimester of pregnancy. The samples tested for phthalates, a family of substances used to make plastics more flexible and durable, which are known to enter the environment and can be found in the air, food, and water. Phthalates can also be detected in blood and even amniotic fluid.

When the US children in the study were about 37 months old and the Swedish children were about 30 months old, their mothers were asked how many words their offspring used. Use of less than 50 words was considered a language delay.

Both studies found that about 10 percent of the children used 50 words or fewer, and nearly 3 percent understood fewer than 25 words. "Two types of phthalates, dibutyl phthalate and butyl benzyl phthalate, were particularly linked to the verbal delays. Levels of two types of phthalates were found in higher concentrations in those mothers. "Delays in language development are important because they may be early signals of academic issues and a need for special services later in childhood," said Emily Barrett, an associate professor at the Rutgers School of Public Health who took part in the study. "This adds to the growing body of work suggesting that phthalates may be harmful to the developing fetus, and suggests that we may need tighter regulations of these chemicals in the everyday products we use," said Barrett.

Barrett said the research found that 68 percent of people studied have measurable levels of these chemicals in their bodies.

“Given the prevalence of prenatal exposure to these chemicals and the importance of language development, pregnant women should reduce their exposure to phthalates by choosing scent - free personal - care products and phthalate - free nail polish," said study senior author Shanna Swan, professor of environmental and public health at the Icahn School of Medicine.

However, Swan also noted these chemicals are hard to avoid. Phthalates, Swan said, "are hidden in many household products, like vinyl floor covering and upholstery, and are hard to avoid, since there is no labeling of ingredients in these products."

The researchers said their findings, published Monday, suggest more investigation into the link between these common chemicals and language delays may be warranted. They plan to follow the children they tested and re-examine their language development when they are 6 to 7 years old. – The Philadelphia Inquirer / IANS

**ASSOCIATED RISK:** Prenatal exposure to phthalates, chemicals found in many everyday items, including floor tiles, food packaging, personal-care products, even toys has been linked to language delays in young children.

**RISK FACTOR:** Larger brain consists of more brain cells, which leads to more cell division that can go wrong and create mutations resulting in the increased risk of cancer.

**Bigger brains linked to higher cancer risk**

Having a bigger brain is directly associated with higher risk of brain cancer, says a new research.

The study explored that a larger brain consists of more brain cells, which leads to more cell division that can go wrong and create mutations resulting in the increased risk of cancer.

"Aggressive brain cancer is a rare type of cancer, but once you have it, the chance of survival is relatively low," said Even Hovig Fyllingen, a postdoctoral student from the Norwegian University of Science and Technology.

"Several studies have shown that the size of different organs is an important factor in cancer development. Women with larger breasts have a greater risk of breast cancer. We wanted to check if this was also the case for brain tumours," said Fyllingen.

For the study, published in the *Journal of Neuro-Oncology*, the team from the varisty used MRI scans to measure the size of the brain of 124 patients.

Then 3D models were made from them so that the intracranial brain volume could be measured in millilitres.

The findings of the study revealed that women with big brains have a greater risk of developing brain tumours compared to men with big brains. "Men have a larger brain than women because men’s bodies are generally larger. It doesn’t mean that men are smarter, but you need to have more brain cells to control a large body," said Fyllingen. – IANS

**Novel vaccine may reduce post-stroke blood clot risk**

Researchers have tested a vaccine, S100A9, that may be able to replace oral blood thinners to reduce the risk of secondary strokes caused by blood clots, without increasing the risk of serious bleeding or triggering an autoimmune response, according to a new research.

Oral blood thinners are medicines that help blood flow smoothly through your veins and arteries. According to the study, people who have had a stroke caused by a blood clot often need to take medications that make their blood less likely to clot, which helps prevent another stroke.

“Many stroke patients do not take their blood thinning drugs as prescribed, which makes it more likely they will have another stroke. This vaccine might one day help solve this issue since it would only need to be injected periodically," said Hironori Nakagami, Professor at Osaka University in Japan.

The findings, published in the *Journal of Hypertension*, revealed that the vaccine prevents blood clot formation and protects the arteries from forming new clots for more than two months. The vaccine in mice provided protection against blood clots for more than two months without increasing the risk of bleeding or causing an autoimmune response. In addition, it worked as well as the clopidogrel (oral blood thinner) in a major artery.

Developing a vaccine to replace and/or complement daily, oral medications might save many lives and help prevent both secondary strokes and possibly heart attacks, according to Nakagami.

“There are differences between mice and humans in how the vaccine will be recognised by the immune system. We should be able to overcome such problems and believe this vaccine provides a very promising strategy in secondary prevention of stroke,” he noted. – IANS
We all know and love our peanut butter sandwiches, but we never thought how this delicious and energetic superfood became so popular and became a household product? We have been loving this product since childhood as a part of our school lunches and evening snacks parties. Now a day you get an array of varieties but there are mainly two types of peanut butter available, the regular plain peanut butter and the other fancier one with peanut butter and jelly bean. I myself am a fan of the regular one. Today while we understand and read more about the peanut butter becoming a family tradition, I am sure that you’ll be able to answer a peanut butter trivia after reading this article.

Peanut butter actually dates to Aztec times. The Aztecs mashed roasted peanuts into a paste, somewhat different from what we know of as peanut butter today. But many people have been credited with the title of peanut-butter-inventor, among them is also George Washington Carver. However, he did not invent peanut butter. Instead he promoted more than 300 uses for peanuts, among other crops such as soy beans and sweet potatoes.

The actual invention of peanut butter, its process of manufacture and the machinery used to make it, can be credited to at least three doctors or inventors. In 1884 Marcellus Gilmore Edison of Canada patented peanut paste, the finished product from milling roasted peanuts between two heated surfaces. In 1899, Dr John Harvey Kellogg (the creator of Kellogg’s cereal) patented a process for creating peanut butter from raw peanuts. He marketed it as a healthy protein substitute for his patients without teeth. In 1903, Dr Ambrose Straub of St. Louis, Missouri, patented a peanut-butter-making machine. In 1922, chemist Joseph Rosefield invented a process for making smooth peanut butter that kept the oil from separating by using partially hydrogenated oil. In 1928, he licensed his invention to the company that created Peter Pan peanut butter. And in 1932 he began producing his own peanut butter under the name Skippy.

Some Peanut Trivia:
- Peanuts are actually not nuts, but legumes grown underground.
- China and India are the major producers of peanuts respectively, followed by United States. Georgia and Texas are the two—major peanut producing states in US.
- More than half of the American peanut crop goes into making peanut butter, whereas India and China use it to make other peanut related products and are consumed in various types.
- It takes about 540 peanuts to make a 12-ounce jar of peanut butter.
- Americans eat around 700 million pounds of peanut butter per year about 3 pounds per person.
- An average American child eats 1,500 peanut butter and jelly sandwiches before he/she graduates from high school.

How peanut butter is made commercially?

Peanuts are shelled at a plant and the excess debris is separated. The peanuts are placed in a hot air roaster where the temperature is raised to 240 degrees Celsius to be mixed and then is cooled down. The peanuts are then dropped into a blade air roaster which removes the skin and the bitter “heart.” The shelled, roasted and blanched peanuts are then dropped into a grinder and reduced to a thick paste. The paste is heated to 60 degrees Celsius to be mixed and then is cooled down to 38 degrees Celsius before it is jarred.

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MCC organises 16th Annual Ladies Throwball Tournament

Mangalore Cricket Club (MCC) recently organised 16th Annual Ladies Throwball Tournament at Doha Modern Indian School (DMIS). The two-day tournament ended with a final match between Tulukoota and MCC team. Tulukoota won the tournament. The tournament kicked off with a welcome speech by Sunil D’Silva, President of MCC, which was followed by an oath taking ceremony, conducted by Sports Secretary. Captains of the team along with the Sports Secretary released the balloons to declare the tournament open. Six teams participated in this tournament including Karnataka Sangha Qatar (KSQ), Rising Stars (RS), Konkan Stars (KS), English Modern School (EMS), Tulukoota (TK) and MCC. The teams were grouped in two pools to play the league matches.

Milan Arun, President of Indian Cultural Centre, was the chief guest at the official ceremony that was conducted prior to the final match.

Other dignitaries who attended the event included, Nilangshu Dey, President of Indian Sports Centre; Alan Currie of SNC Lavalin; Sunil D’Silva, President of MCC; and Ryan Renjar, Sports Secretary. These dignitaries were also the guest of honours.

Prakash Noronha delivered the presidential address and thanked all the participating teams, dignitaries, sponsors and audience for making the event successful. Nilangshu Dey presented mementos to participating team captains and support sponsor. Ravi Shetty, Past President of Tulukoota and Bunts Qatar, was awarded with Mother Teresa Social Harmony Award for his contribution in bringing people together.

Naveen D’Souza, General Secretary MCC, introduced Ravi Shetty to the audience. Milan Arun along with Sunil D’Silva honoured Ravi and his wife with a memento, shawl and a fruit basket. Aksnya Shetty and Vijaya Shetty of Tulukoota team won Best Catcher and Best Smasher Award, respectively. Aarti Fernandes of MCC team bagged Best All-rounder award. Lynel Jason Lobo, Official Referee, was also honoured with a memento. MCC team, led by Aarti Fernandes, was awarded with individual trophies, certificates and the Runners up Trophy and Tulukoota team, led by Vijaya Shetty, was awarded with individual trophies, certificates and Champions trophy by Milan Arun.

The event was sponsored by Gulf International Enterprises, SNC Lavalin, J & J Infrastructure, Space Trading, Advanced Technical Services, Intermodal Services Company, Al Balagh Trading, Golden Trading and Decoration, Wings International Trading and Contracting, Canara Jewellers, Greentech, Oxy Print house and Integral Uniforms. Ryan Renjar proposed a vote of thanks and Vanessa Pereira anchored the event.

BPS celebrates the birth anniversary of Sardar Vallabhbhai Patel

Birla Public School (BPS) recently celebrated ‘Rashtriya Ekta Diwas’, the birth anniversary of Sardar Vallabhbhai Patel, an Indian politician who served as the first Deputy Prime Minister of India. The event kicked off with Qatar National Anthem. A P Sharma, Principal of BPS, offered flowers to the photograph of Sardar Vallabhbhai Patel in the presence of staff members and students. He highlighted the importance of unity in the present context of the society. Following the traditional lamp torching, the school choir performed a rendition of the patriotic song, Sare Jahan se acha. The event also featured a documentary highlighting the making of the statue of Sardar Patel in Gujarat, which now has been regarded as the tallest statue in the world. George Edison, Vice Principal of BPS, spoke about the life and contributions of the leader in the independence struggle. He reminded the students of the slogan ‘India’s unity is its strength, but its diversity is its identity’ and urged them to safeguard this identity and accept the differences of every kind in national life. The event was organised by Social Science Department BPS, headed by Rekha George.

The event was concluded with Indian national anthem.

Team of DPS-MIS excels in CBSE Qatar Cluster Basketball Competition

The basketball players of DPS-Modern Indian School (DPS-MIS) secured silver medal in the CBSE Qatar Cluster Basketball Competition held at Al Khor International School. The competition for Under-19 group was conducted for both boys and girls. Under-19 and Under-17 Girls’ teams were runners up in their respective category. Asna Nafees, Principal DPS-MIS lauded the participants for their amazing performance.
**STEP ONE**

For the sweet dough, gently warm the milk, butter, brown sugar, vanilla and salt in a small pot. Stir until everything melts together. Measure in 2 1/2 cups of all-purpose flour into the mixture.

**STEP TWO**

Meanwhile, measure the other half of the flour into a bowl of your stand mixer along with the yeast. Add the warm milk mixture to the flour and beat with your paddle attachment or whisk until smooth.

**STEP THREE**

Add the eggs one at a time, beating until smooth before proceeding.
STEP FOUR

2 MIN

Remove and knead until a soft dough forms that is no longer sticky. Let the dough rest for 5 minutes. Place the dough in a lightly oiled bowl, cover and let it rise in a warm place until dough doubles in size, up to 2 hours.

It is important that the bread rise in a warm, draft-free area.

STEP FIVE

5 MIN

Prepare the cinnamon filling. Stir or whisk together the stick of softened butter, brown sugar and the cinnamon in a mixing bowl.

2 TBSP

CINNAMON

250 ML

BROWN SUGAR

1

BUTTER

STEP SIX

10 MIN

Once the dough has risen, knock it down and let it rest for a few minutes. Flour your work surface, the dough, your hands, and a rolling pin. Roll out the dough into a long rectangle shape. About 18 x 12 inches.

To test if ready, use a toothpick: if no excess dough sticks onto it, it’s ready.

STEP SEVEN

3 MIN

Evenly spread the cinnamon filling all over the top of the dough, leaving 1 or 2 inches uncovered along the top edge.

STEP EIGHT

2 MIN

Roll into a long, tight, cigar-shaped log from the covered long edge to the uncovered long edge. Brush the outside of the log with oil or melted butter.

STEP NINE

5 MIN

Slice the cinnamon log into 12 or 16 sections. Turn each one on its side and position evenly in a lightly oiled 15 x 10 inch baking pan.

STEP TEN

45 MIN

Let it rest, uncovered, until the dough doubles in size once again and the rolls swell into each other, filling the pan. When the dough has risen a second time, bake for 40 - 45 minutes.

Remember to wear oven mittens to protect against the high heat.

STEP ELEVEN

5 MIN

When the cinnamon rolls have cooled enough to handle, stir together the glaze ingredients and drizzle all over the rolls.
The success stories of industrious people aren’t circulated simply to generate publicity for the people involved. They have the power to help inspire other people around the world. Such stories can help one discover how people in an industry become a success and how they, like them, need not start out with all the advantages in life.

Pitambar Champai, an expatriate of Nepali community, is one such individual who has chartered success from scratch. Chapagai came to Doha in 2008 with the hope of supporting his family back home in Nepal.

He worked as an office boy with a meagre salary of QR1,000 for three years before he was promoted to the post of Assistant Administrative Officer. The new post added a pinch of basic training and diploma courses in computer.

With experience and perseverance, Chapagai went on to kick off his own business in 2011, with a single employee. His firm has now expanded and employees grown to more than 150. **By Usha Wagle Gautam**

He says. Talking about his working environment, Chapagai says, “I have to be generous and strict at the same time to encourage my workers and boost my business.”

Chapagai has a word of advice for striving entrepreneurs. “First of all, one has to be an expert in the choice of field. One has to start an enterprise with a small capital but aiming it to be high. Nobody is perfect, everybody should stand up on the foundation of his or her mistakes and failures. We should learn from our past experiences which help us to adapt to changing circumstances more easily,” he says.

Back in Nepal, Chapagai has opened a travel agency with 20 workers. Furthermore, he has also invested in hydropower, finance and Sagoon, a social network. He has also built a house in the heart of Kathmandu. Along with his brother here in Doha, he also funded the education of his two sisters. With his clout of success in business, he has put his presence in community sphere and continues to support community organisations.

But Chapagai wants his children to graduate from a Qatari university. “One thing about Qatar is that in this country you get recognised for your qualifications and skills,” says Chapagai.

He wants to watch FIFA World Cup 2022 live in a stadium with his family in Doha.

“That would be my lifetime achievement,” he says.
POOCH CAFÉ
By Paul Gilligan

COME WITH US, HUMBLE EARTH DOG. WE WILL TAKE YOU BACK TO OUR HOME WORLD.

THERE YOU WILL EXPERIENCE PLEASURES AND WONDERS BEYOND YOUR WILDEST IMAGININGS.

BY THE WAY, EARTH DOG, MAKE SURE NOT TO STICK YOUR HEAD OUT THE WINDOW.

AND TURN OUT THIS FENDER!

HEY, NICE TRUCK!... WANT TO SEE SOMETHING COOL?

IF YOU TWIST THE HOOD...

THEN FOLD THE WHEELS UNDER...

THIS ISN’T A TRANSFORMER, IS IT?

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1. Look back on the time when Clare lost a pound? (6)
2. In general, the fellow is a turncoat (6)
3. Having fewer hours at work, hold a kilo (5)
4. Concentrating hard, aim (6)
5. From Greek echos (echo) – phobia (fear). Ultimately from the Indo-European root wegh (to go or to transport in a vehicle), which also gave us ophelia, away, weigh, Norwegian, wag, wagon, devisive, vex, previous, walled, and earing. Earliest documented use 1885.
6. From Greek eukatastrophe (happy ending) noun: A happy ending, especially one to which a sudden turn leads to a favorable resolution of the story
7. Earliest documented use 1944.
8. Antonym: throw-up (5)
9. A son of the sea or salt, greased and loaded (5)
10. In general, the fellow is a turncoat (6)
11. Continues with the story, as you sense, chump! (6)
12. Put the money back and have date you remove (4,3)
13. A late-night flight or overnight flight. With a flash. (2)
14. A happy ending, especially one to which a sudden turn leads to a favorable resolution of the story
15. A happy ending, especially one to which a sudden turn leads to a favorable resolution of the story
16. A happy ending, especially one to which a sudden turn leads to a favorable resolution of the story
17. The phenomenon of a person’s eyes appearing red in a photograph taken with a flash. (4,2,3,6)
18. Continue with the story, as you sense, chump! (6)
19. William Shakespeare, from the play seemingly resonated with and play seemingly resonated with and
20. Antonym: throw-up (5)
21. The phenomenon of a person’s eyes appearing red in a photograph taken with a flash. (4,2,3,6)
22. The phenomenon of a person’s eyes appearing red in a photograph taken with a flash. (4,2,3,6)
23. A happy ending, especially one to which a sudden turn leads to a favorable resolution of the story
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29. A happy ending, especially one to which a sudden turn leads to a favorable resolution of the story
30. A happy ending, especially one to which a sudden turn leads to a favorable resolution of the story
31. A happy ending, especially one to which a sudden turn leads to a favorable resolution of the story
New tool to track alertness at work

To track level of alertness during work, a team of researchers has developed a tool that tracks alertness by measuring pupil size, captured through a burst of photographs taken every time users unlock their smartphones.

The findings, published in the journal ACM Digital Library, showed that the pupil-scanning reliably predicted alertness. Since our alertness fluctuates, if we can find a pattern it will be very useful for people and organisations, said lead author Vincent W S Tseng from the Cornell University in New York.

Traditional methods of analysing alertness tend to be cumbersome, often including devices that must be worn. Researchers wanted to create a way to measure alertness unobtrusively and continuously.

"Since people use their phones very frequently during the day, we were thinking we could use phones as an instrument to understand and measure their alertness," Tseng said.

"And since people’s eyes are affected by their alertness, we were thinking that when people are looking at their phones, we could use a moment to measure their alertness at that point," Tseng added.

When people are alert, the sympathetic nervous system causes the pupils to dilate to make it easier to take in information. When they’re drowsy, the parasympathetic nervous system causes the pupils to contract, the team said.

For the study, the research team included two studies conducted over two years. The new tool could be particularly useful in healthcare, since medical professionals often work long hours doing intricate and important work. For example, clinicians typically look at devices during surgery and a front-facing camera on the devices could track their alertness throughout procedures, Tseng said.

But understanding alertness patterns could be helpful to people in many kinds of workplaces, Tseng added. - IANS

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**ARIES**
March 21 — April 19

Will you go out with me? Be careful if a person says yes when you ask that question today, Aries. You could take the nature of this situation to the extreme. Saying yes doesn’t mean you’re suddenly in charge of his or her life. Nor are you responsible for anything that person does or how they feel. If you’re still asking the question without getting any positive responses, don’t worry. Keep trying.

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**TAURUS**
April 20 — May 20

Powerful issues arise in your life that make it difficult to find peace, Taurus. Perhaps your first tendency is to confide in your partner. More than likely, this person is contributing to the difficulties you’re now having. Your best bet is to spend some time alone. If you’re already alone, so much the better. Cherish this time instead of letting it make you mad.

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**GEMINI**
May 21 — June 20

You may be trying to get to the end of the road too quickly without really enjoying all the steps along the way, Gemini. This is especially true when it comes to any sort of artistic project or partnership that you might be involved in at this time. If you aren’t savouring every part of your journey, then perhaps this isn’t the path you should be on.

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**CANCER**
June 21 — July 22

When your heart is gently touched, it feels loving, generous, and supportive of everyone. Cancer. If your heart is lonely it feels deserted by everyone. It would be impossible to try to make sense of why things need to be so extreme for you, but the fact of the matter is that you don’t need to figure it out rationally. You only need to accept that this is how you feel.

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**LEO**
July 23 — August 22

You may be like a giant trying to befriend a small bug, Leo. You have absolutely nothing in common and don’t even speak the same language. With one accidental move, you could easily squash that little bug. This isn’t to say that you can’t learn to become best friends. Just know that this kind of relationship is going to take some work.

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**VIRGO**
August 23 — September 22

There is irony in today’s situation, Virgo. The only real remedy for situations like this is to accept them and joke about it. If you try to take yourself too seriously, especially when it comes to art, you will inevitably fail. Your heart is sensitive and your emotions profound. Bring yourself into balance by laughing instead of crying about the events of the day.

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**LIBRA**
September 23 – October 22

The hungrier you get, the more determined you will become, Libra. Be careful that your determination doesn’t turn into desperation and neediness. It’s unattractive and will get you nowhere. Keep on supporting everyone, Cancer. If your heart is lonely, it feels deserted from the outside. Try not to get too upset when tension rises because of someone trying to throw their weight around without considering the other person’s feelings.

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**SCORPIO**
October 23 – November 21

If you’re in the market for friendship, Scorpio, whether with a new partner or rekindling the relation with a friend, be careful. Small issues could rage out of control today. Extreme conditions are likely to occur, thanks to your sensitive emotions combined with a surge of energy from the outside. Try not to get too upset when tension rises because of something unimportant.

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**SAGITTARIUS**
November 22 – December 21

Things may get a bit difficult in your life because of someone in the partnership who isn’t necessarily taking a very realistic approach to the situation. Sagittarius. There’s a bit of a power play going on as someone tries to throw their weight around without considering the other person’s feelings. Tension is brewing, and you’d be wise to deal with it now.

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**CAPRICORN**
December 22 – January 19

Your creative juices are flowing freely, Capricorn, but there appear to be a roadblock. Something or someone apparently doesn’t want you to continue down the path you’re on. Perhaps he or she is scared that you’re going to discover a whole new passion in life that they don’t necessarily agree with. Don’t forget who is running your show - you and no one else.

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**AQUARIUS**
January 20 – February 18

At the end of the day, you’re the one who has to look in the mirror and know who you are, Aquarius. Think about this the next time you’re tempted to make a rude comment or spread a displeasing fact about someone else. One side of you may be able to rationalise behaviour that the other side simply despises. Today look at both of sides of yourself, not just the one that please you.

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**PISCES**
February 19 – March 20

When it comes to romance, your body is apt to turn to jelly today. You may be so emotional that you can’t function. Pisces. That’s love. And even though it can be relaxing, it can also be debilitating. You could deliberate for hours about an issue because you don’t want to make a move without your partner’s input. If you don’t have a romantic partner now, find one soon, but not today.
Phil Collins is back on the road

The English singer's first tour in more than a decade.

By Mikael Wood

T
take a look at me now,” Phil Collins pleaded to open his concert at the Forum in Inglewood, and that’s precisely what we’d come to do.

The English singer’s first tour in more than a decade, Not Dead Yet (as he’s calling the production that stopped here recently for its final North American date) is part of a surprising burst of activity for Collins, who in 2011 had announced that he was retiring.

Two years ago, he released his 80s’-era solo albums — including blockbusters like Face Value and No Jacket Required — then released a frank auto-biography, also titled Not Dead Yet, before hitting the road.

Of course, comebacks are commonplace in pop; we’re almost certain to see Paul Simon or Elton John, to name two of the many veterans who’ve recently mounted so-called farewell tours, sink back onstage in the not-too-distant future.

And yet there’s been something unusual about Collins’ return — something that made you want to check in on him. For starters, he didn’t go out with the usual niceties about wanting to spend more time with his family. Instead, he told Rolling Stone that, having put up for years with jokes about his milquetoast appeal, he longed to “write this Phil Collins character out of the story.”

Then he suffered injuries to his back and foot that have left him unable to stand for long periods of time, for example, like the two-hour concerts he’s been playing around the world.

So the draw of Sunday’s sold-out gig was the opportunity it presented to understand why, beyond the financial rewards, this 67-year-old artiste has set aside physical pain and creative frustration to un-retire.

 Spoiler alert: I didn’t quite sort it out.

A real possibility, though, is his desire to show off one of his children.

As longtime fans know, Collins initially found fame as the drummer of Genesis, the prog-rock band in which he backed Peter Gabriel before Gabriel left and Collins took over as front man. But gone evidently are the days when Collins could comfortably play. At the Forum, he used a cane to shuffle over to a revolving office chair, where he plodded down with a remarkable lack of vanity and proceeded to perform nearly the entire show.

On the drums was his 17-year-old son, Nicholas, who was, simply put, a beast — thrashing powerfully in Easy Lover and In the Air Tonight (with its immortal drum fill) yet nimble and swinging in Sussudio and I Missed Again.

If Collins put this tour together to give Nicholas the chance to shine in a super-accomplished band — one that also featured bassist Leland Sklar, backing vocalist Arnold McCuller and former Genesis guitarist Daryl Stuermer — then he must be pleased to find that the kid is earning his keep.

Yet you also got the impression that Collins doth protest too much when he talks of withdrawing from the pop-cultural conversation. He clearly still cares about how he and his music are perceived — and that he feels the time may finally be right to help along his critical rehabilitation.

Like everything else from the 80s’, some of Collins’ tunes, with their slick textures and clean melodic lines, seem to be echoing in modern pop. Listen hard enough here — pretty easy to do given that there was nothing in the way of movement to distract you — and you could hear what Bruno Mars and the Weeknd have borrowed from Who Said I Would and In the Air Tonight.

Even You’ll Be in My Heart, Collins’ drippy ballad from Disney’s late-90s’ Tarzan, elicited cheers from a crowd peppered with more 20- and 30-somethings than you might’ve expected.

As eager as he may have been to appear in touch, though, Collins at times made you wonder how deeply he’d thought through the story he was telling — whether he’d found a reason for being in 2018 or was merely onstage again because he hadn’t figured out how not to be.

He prefaced the emotionally ravaged Against All Odds by promising the audience, “We’re gonna have some fun.” And he followed the sublimely menacing In the Air Tonight with his bouncy rendition of the Supremes’ You Can’t Hurry Love — right up there with the most incoherent transitions of all time.

And then there were the retrograde politics.

While introducing band members, Collins doled out various compliments to the men regarding their instrumental abilities. Eventually, he got to one of his excellent backing vocalists, Bridgette Bryant, whose mother was in the house, Collins noted.

“I do hope she approves of what you have on,” he said. “Not too risque.” He waited a beat. “That’s a shame.”

A harmless come-on from an admiring grozer? Sure, maybe. But the belittling of Bryant’s talent suggested how hard old reflexes die. — Los Angeles Times/TNS
HOPE offers yoga for differently abled students, their families

By Mudassir Raja

Yoga exercise has fast become a regular feature in educational institutions in Qatar. The educators see yoga as an exercise that can boost concentration of young students during their academic activities. Since yoga is thought to be helpful for improving overall output of an individual, the teachers for differently abled students have also been bringing the exercise into play for their students’ with special needs.

HOPE (Help, Opportunity, Participation, and Education) Qatar Centre for Special Needs recently commenced its yoga classes for the differently abled students at the centre. HOPE is a pioneering centre providing education to children from all nationalities, with a range of intellectual, behavioural and physical disabilities since 2005.

Starting off with two batches for the senior and intermediate students at HOPE, the sessions are conducted by Rekha Sharma, Certified Yoga Trainer, and are integrated into the curriculum in a manner that helps the students to focus more on the academic and therapeutic programmes at the centre.

Speaking on the occasion Dr Rajeev Thomas, Founder and Managing Director of HOPE Qatar, said, “The vision of the centre was to bring about holistic development in the students under its care. It means to expand the opportunities for the students to achieve their full potential through multidisciplinary approaches that go beyond academics and therapies.”

Elaborating on the benefits of yoga for the differently abled students, Rekha Sharma said that traditionally yoga had been proven to have a deep level of therapeutic effect on the mind and body.

“The programme at HOPE Qatar Centre ensures that each child attending the yoga sessions is given basic exercises that can help their breathing, concentration, and physical dexterity. This in turn ensures that the children especially those with behavioural and attention issues are benefited once they go back to their academic sessions after attending the yoga classes,” she noted.

HOPE Qatar, on the occasion, also extended the yoga classes to mothers and siblings of the children and youth with disabilities, even if the child is not a student at HOPE. “Mothers and other family members of differently abled individual undergoes a large amount of stress in taking care of the person with special needs,” noted Dr Rajeev.

“As part of our community outreach programme, HOPE wants to help these family members even if their child is not studying at our centre to overcome their stress and re-energise to be able to have a better balance in life through the yoga sessions,” he added. “Though currently we offer the programme only for mothers and sisters, we are open to the idea of starting sessions for fathers and brothers as well in the future. It is our way of giving back to the society.

“Some of our students who have challenges related to attention and hyperactivity are expected to gain immensely from this programme,” said Mamta Yash, Special Education Co-ordinator at HOPE Qatar.

“HOPE Qatar has introduced yoga sessions for the students as part of the curriculum after carefully evaluating the benefits for our students,” said Geetha Shoji, Co-ordinator at HOPE.

“Across the world, even in European countries many schools are introducing yoga as a part of the academic programme. The immense benefit of this programme for the students will be realised shortly,” she added.

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