According to a study, orange juice and leafy greens may preserve memory in older men.

Irshad Abdulazeez, a 32-year-old Indian expatriate from Kerala, has mustered up the courage to take on an expedition of Fjällräven Polar.

The gut story
A gut bacterium as a fountain of youth? Well, let’s start with reversing insulin resistance.
Gut and glory

A new study has identified more than one way to nurture bacterium growth in the gut, and offered evidence that it may maintain — and even restore — health as we age.

“Finding the power of gut bacteria in macaque monkeys is a particularly important step forward that supports even more the need for future research in humans.”

— Patrice Cani, Belgian researcher

By Melissa Healy

Move over Bifidobacterium and Lactobacillus. There’s a new health-promoting gut bacterium in town, and it’s called Akkermansia muciniphila. You will not find its benefits at the bottom of a yogurt cup. But a new study has identified more than one way to nurture its growth in the gut, and offered evidence that it may maintain — and even restore — health as we age.

Published this week in the journal Science Translational Medicine, the new research found that in mice and monkeys whose metabolisms had grown cranky with age, taking steps to boost A. muciniphila in the gut reduced the animals’ insulin resistance.

Insulin resistance is the gradual impairment of the body’s ability to efficiently use food for fuel. It is best known as a way station on a patient’s path to developing Type 2 diabetes. But insulin resistance is also linked to a rogue’s gallery of ills, from obesity and inflammation to the sagging immunity and frailty that comes with advancing age. If a readily available means of slowing or reversing insulin resistance could be identified, it might have broad and powerful anti-ageing effects (in addition to protecting some of the world’s 650 million adults who are obese against developing Type 2 diabetes).

First identified in 2004, Akkermansia muciniphila inhabits the large intestine and is thought to account for between 1 percent and 5 percent of all intestinal bacteria in adults. Scientists suspect...
it helps preserve the coat of mucus that lines the walls of our intestines. It may also play a role in making the polyphenols we eat in plant-based foods more available to our cells.

Evidence is mounting that *A. muciniphila* is involved in obesity, glucose metabolism and intestinal immunity.

For instance, a 2018 study of cancer patients suggests that it plays a role in immune response. Compared to patients who failed to be helped by a new generation of immunotherapy, those who did had a greater abundance of *Akkermansia* in their guts.

Researchers took the stool of a patient who responded positively to the cancer-fighting therapy and transplanted it into lab animals with human cancers, the recipients became more likely to respond positively to the same treatment.

In the new research, a team from the National Institute on Aging examined the molecular chain of events that appears to result from *A. muciniphila*’s depletion in mice and macaque monkeys. And they assessed the effects of restoring this gut microbe to elderly animals.

First, they documented that the guts of older animals had markedly smaller populations of *A. muciniphila* than the guts of young animals, and that as *A. muciniphila* became more scarce, so did butyrate, one of the gut’s key protectors.

The deficiency of these two substances caused the mucous walls of the of the aged animals’ intestines to thin and grow leaky. That corrosive process unleashed a chain of events that touched off inflammation, prompted an immune response and, in a final step, increased insulin resistance. Key to that final step was the accumulation in the gut of a specific kind of immune cell called 4BL cells. If the detrimental chain of events was to be disrupted, the researchers surmised.

The researchers also documented what appeared to be a role for *A. muciniphila* in fostering healthy diversity among the garden of other microbes that colonise the gut. In animals with scant populations of *A. muciniphila*, a host of other common gut bacteria — as well as their beneficial byproducts, particularly butyrate — also suffered.

When the researchers gave aged mice butyrate, the result was higher *A. muciniphila* levels and levels of insulin resistance that approached those seen in the younger animals.

They got the same results when they gave aged mice and macaque monkeys the antibiotic enrofloxacin, a broad-spectrum antibiotic used in veterinary medicine. In both animals, enrofloxacin — which is not considered safe for use in humans — routinely wiped out the 4BL cells that were thought to be a key link in the chain leading to insulin resistance.

With them out of the picture, *A. muciniphila* levels rose and insulin resistance largely disappeared, demonstrating their pivotal role.

The results suggest “that the insulin resistance and other pathologies associated with ageing and even frailty can be ameliorated by targeting” the cascade of events that flow from the depletion of *Akkermansia muciniphila*, the study authors wrote.

Belgian researcher Patrice Cani, who is exploring a probiotic form of *Akkermansia* that could increase its presence in the human gut, said the new findings are “perfectly in line” with studies that have shown the bacteria’s impact on insulin sensitivity.

Finding the power of this gut bacteria in macaque monkeys is a particularly important step forward that supports “even more the need for future research in humans,” added Cani, who is based at the Catholic University of Louvain in Belgium.

Cani and his colleagues have just finished a small study in humans to investigate the safety and the feasibility of taking *Akkermansia* in a form that will boost its populations in the gut — a first. The results to date have been encouraging, he said.

Los Angeles Times/TNS
Orange juice, leafy greens may preserve memory in older men

Men who eat leafy greens, dark orange and red vegetables, berries and drink orange juice may be at a lower risk of developing memory loss in older age, according to a study.

The findings showed that men who ate larger amounts of fruits and vegetables 20 years earlier were less likely to develop thinking and memory problems, whether or not they kept eating larger amounts of fruits and vegetables later.

Men who consumed the most vegetables were 34 percent less likely to develop poor thinking skills than the men who consumed the least amount of vegetables.

Men who drank orange juice every day were 47 percent less likely to develop poor thinking skills than the men who drank less than one serving per month.

This association was mainly observed for regular consumption of orange juice among the oldest men, the researchers found.

“One of the most important factors in this study is that we were able to research and track such a large group of men over a 20-year period of time, allowing for very telling results,” said Changzheng Yuan from Harvard University’s T.H. Chan School of Public Health in Boston.

“Our studies provide further evidence dietary choices can be important to maintain your brain health,” Yuan added.

The study, published in the journal Neurology, looked at 27,842 men, most were four to 17 years old, and all had peanut allergy.

One third of the participants were given a placebo, while the remaining two-thirds were given peanut protein powder as part of an oral food challenge (OFC) in increasing amounts until reaching the “maintenance dose” equivalent of one peanut daily.

“Every three minutes a food allergy reaction sends someone to the emergency room, contributing to the total annual cost of caring for children with food allergy to nearly $25 billion. Despite this, not a single treatment for food allergy has been approved by the FDA,” she said.

However, the drug “is not a quick fix, and it doesn’t mean people with peanut allergy will be able to eat peanuts whenever they want,” the researchers stressed, in the paper published in the New England Journal of Medicine.

For the study, the researchers at the American College of Allergy, Asthma and Immunology (ACAAI) in the US included 496 participants aged from four to 17 years, most were four to 17 years old, and all had peanut allergy.

But it is definitely a breakthrough and “results of this landmark trial are likely to lead to the first FDA-approved treatment for food allergy in 2019,” Ciaccio said.

As a result, people who receive and are able to tolerate this treatment should be protected from accidental exposures, the researchers noted, adding that once someone stops the treatment, there is no longer a protective effect.

For the study, the researchers at the American College of Allergy, Asthma and Immunology (ACAAI) in the US included 496 participants aged from four to 17 years, most were four to 17 years old, and all had peanut allergy.

One third of the participants were given a placebo, while the remaining two-thirds were given peanut protein powder as part of an oral food challenge (OFC) in increasing amounts until reaching the “maintenance dose” equivalent of one peanut daily.

Compared to the placebo group, participants who took AR101 had less severe allergy symptoms.

Furthermore, two-thirds of the people were able to tolerate the equivalent of two peanuts per day after nine to 12 months of treatment, and half the patients tolerated the equivalent of four peanuts.

New treatment shows promise against peanut allergy

In a first, an oral immunotherapy drug derived from peanut protein could help build tolerance and eliminate potentially deadly reactions in children and adolescents with severe peanut allergies.

The study showed that controlled ingestion of the medication, called AR101, derived from peanut protein, could build tolerance as well as reduce severe allergy symptoms.

“Almost 6 million American children are currently living with a life-threatening food allergy,” said Christina Ciaccio, Associate Professor from the University of Chicago in the US.

“Every three minutes a food allergy reaction sends someone to the emergency room, contributing to the total annual cost of caring for children with food allergy to nearly $25 billion. Despite this, not a single treatment for food allergy has been approved by the FDA,” she said.

However, the drug “is not a quick fix, and it doesn’t mean people with peanut allergy will be able to eat peanuts whenever they want,” the researchers stressed, in the paper published in the New England Journal of Medicine.
People who are bullied or experience violence at work are at higher risk of developing heart and brain blood vessel problems, including heart attacks and stroke, according to a new study.

The findings revealed that those who were bullied almost every day had 120 percent higher risk of CVD. Exposure to frequent workplace violence increased the risk of cerebrovascular disease such as stroke by 36 percent.

“If there is a causal link between bullying or violence at work and cardiovascular disease, then the removal of workplace bullying would mean we could avoid five per cent of all cardiovascular cases, and the eradication of violence at work would avoid more than three per cent of all cases” said Tianwei Xu, a postdoctoral student from the University of Copenhagen in Denmark.

“Workplace bullying and workplace violence are distinct social stressors at work. Only 10 to 14 per cent of those exposed to at least one type of exposure were suffering from the other at the same time,” Xu said. For the study, published in the European Heart Journal, the team examined 79,201 working men and women, aged 18 to 65, with no history of CVD.

They found that bullying at workplace occurred mostly from colleagues (79 percent) rather than from people outside the organisation (21 percent).

However, violence or threats of violence at work originated mainly from people outside the organisation (91 percent), than from within (9 percent).

The study is observational and, therefore, cannot show that workplace bullying or violence cause cardiovascular problems, only that there is an association. The researchers noted their results are robust and have important implications for employers and national governments.

“It is important to prevent workplace bullying and workplace violence from happening, as they constitute major stressors for those exposed and have policies for intervening if bullying or violence occurs,” they said. – IANS

**Probiotics won't help kids with 'stomach flu'**

Despite a growing trend of giving kids probiotics to treat ‘stomach flu’, a new study shows that these dietary supplements may not actually help ease symptoms of vomiting and diarrhoea.

The study, involving nearly 1,000 children aged 3 months to 4 years, provides evidence against the popular and costly use of probiotics, live microorganisms believed to restore the balance of intestinal bacteria and boost the immune system.

“Probiotics had no effect on the children. Parents are better off saving their money and using it to buy more fresh fruits and vegetables for their children,” said study co-author, Phillip Tarr, Professor at Washington University School of Medicine in St Louis.

The findings, published in the New England Journal of Medicine, showed that a commonly used probiotic is not effective in improving symptoms in young patients with gastroenteritis, popularly known as ‘stomach flu’.

The researchers evaluated a common probiotic known as Lactobacillus rhamnosus GG, or LGG, which is sold over the counter as Culturelle. Certain versions of the probiotic are intended for babies and children. There are no treatments for paediatric acute gastroenteritis other than giving children fluids to prevent dehydration and, sometimes, medication to relieve nausea. The lack of options has prompted some physicians and parents to give ill children probiotics, the researchers said. – IANS

**Antioxidants may prevent cognitive deficits in diabetics**

Regular consumption of antioxidants may help reduce cognitive difficulties in patients suffering from diabetes, suggests a study conducted on mice.

Long-term decline in cognitive function is a common consequence for patients who frequently experience low blood sugar levels when using insulin to manage their diabetes.

The findings showed that stimulating antioxidant defences in mice reduced cognitive impairments, which could help improve the quality of life for diabetic patients.

“Low blood sugar is an almost unavoidable consequence of insulin therapy,” said Alison McNeilly, Principal Researcher from the University of Dundee in Scotland.

“This work demonstrates that by improving the body’s own antioxidant defence system we can reverse some of the side effects associated with diabetes such as poor cognitive function,” McNeilly added.

For the study, the team used insulin to induce repeated bouts of low blood sugar in a mouse model of Type-1 diabetes.

One group of mice were also dosed with the vegetable–derived antioxidant sulforaphane (SFN). Findings, presented at the Society for Endocrinology annual conference in Glasgow, demonstrated that mice treated with SFN showed increased expression of antioxidant markers and decreased free radical cell damage.

In addition, SFN significantly improved cognitive ability in memory tasks.

The concentration of SFN would not be attainable in a normal diet rich in vegetables, according to McNeilly. However, there are numerous highly potent compounds in clinical trials which may prevent cognitive impairments caused by free radicals to help diabetes patients, McNeilly noted. – IANS
Traces of Tex-Mex cuisine

There is a good chance that if you eat out a lot with friends and family then someone in your group must have suggested going out for Mexican food one day or the other. That is the popularity of Mexican food now a day. Mexican cuisine is known for its simplicity and unique flavours and has something to offer for everyone. One word that is mentioned along the Mexican cuisine is ‘Tex-Mex’ so what exactly is Tex-Mex? You may think that it may be a Texas inspired Mexican food or fake Mexican food. The history of Tex-Mex is more complex than some poached and reinvented dishes from across the border. Tex-Mex should be recognised as a regional food that has expanded itself across neighbouring states and even across the United States and now recognised all over the world, morphing and changing along its way influenced by different group of people.

Today Tex-Mex is one of the most prominent scenes of food in Dallas area. Diners are almost never too far from their favourite Tex-Mex restaurant. It is interesting and important to know that before Tex-Mex began to spread across the state of Texas, native Americans living in the state has a significance influence in the area, lending culinary influence of spices and technique to famous Tex-Mex dishes today. Tex-Mex as a term started to show up around 1940’s denoting the Texas and Mexico and later to denote the Mexican people living in Texas area after they both separated, and Texas became a part of the United states of America. Now the word Tex-Mex denotes Mexican food in the style of that Texas region.

Tex-Mex, as a style of cuisine, has its roots in the 19th century in San Antonio. While some kind of meat stew has been around since the time humans initially started cooking, Chili Con Carne came into being in Texas some time in 1800’s. Chili stands were popular in several Texas cities including Houston and Galveston but it was The San Antonio chili queens that made Chili Con Carne the bedrock of Tex-Mex cuisine. Chili is the mother of all Tex-Mex dishes. Early Texans used the ingredients that were readily available, which is why traditionally chili is beef based.

Now you will ask what is the difference between the Tex-Mex and Mexican cuisine? To make it simple to understand I would say that use of four key ingredients make it different from the traditional Mexican cuisine. The four key ingredients in Tex-Mex cuisine is cheese, cumin, flour tortilla and beef.

Cheese – great globs of yellow cheese in and on everyting is very Tex-Mex. Another cheese related item is queso dip, which is not traditional Mexican. Although you will find it in all Mexican restaurants because if you do not provide it, the customers complain about its non-availability.

Cumin – cumin isn’t Traditional Mexican spice. It came to North America with people of Canary Islands who were brought by Spanish to work in San Antonio area.

Chef’s Special

Tex-Mex Migas

Ingredients

- Flour tortilla 4 nos
- Eggs 8 nos
- Olive oil 2 tbsp
- Yellow onion, chopped ½ cup
- Jalapeno peppers 2 no
- Salt to taste
- Black pepper to taste
- Cumin powder ½ tsp
- Salsa ¼ cup
- Cheddar cheese ½ cup
- Monterey jack cheese ½ cup

Garnish

- Pico de Gallo to garnish
- Sour cream to garnish
- Guacamole to serve

Method

1. Heat oil in a large heavy bottom pan.
2. Add diced onion and jalapenos and cook till soft and translucent.
3. Meanwhile, place the eggs and salsa in a bowl and season with salt and pepper and whisk to combine well, set aside.
4. When the onion is translucent add the tortillas and cook for one to two minutes or until soft.
5. Reduce the heat to low and add the eggs mixture. Scramble until the eggs are almost set.
6. Sprinkle cheese when cooked and remove from heat.
7. Garnish with choice of garnish and serve hot.

Chef Tarun Kapoor, Culinary Mastermind, USA. He may be contacted at tarunkapoorn@gmail.com
DPS-MIS organises annual inter house activity bonanza

DPS-Modern Indian School recently organised ‘Rendezvous-2018-19’- annual inter house activity bonanza. The event aimed at motivating the students to sharpen their latent talents and develop their leadership, team building and organisational skills in a congenial atmosphere. All four houses of the school including Rose, Lily, Tulip and Lotus participated in the sports and cultural competitions.

Asna Naqee, Principal of DPS-MIS, released the official logo of the event, designed by a DPS-MIS budding artist and declared the meet open. She advised the students to abide by the virtuous principles of life. The inter house sports meet was flagged off by the Asna Naqee, which was followed by a march past, led by Samiksha Arora, School Head girl and Rohit Chari, Head boy. Special awards were given to the promising players of different sports and games. Student mentors of computer and mathematics club were also awarded for their peer assistance and guidance.

NIA celebrates Diwali

North Indians’ Association (NIA) recently organised Deepotsava 2018 as part of Diwali celebrations at Al Fayrouz Ball room Doha Marriott Hotel. Sudhir Gupta, President of NIA, welcomed the gathering. Many notable personalities, including Milan Arun, President of ICC, Hemant Dwivedi, First Secretary at Indian Embassy, Captain Kapi Kaushik, and Hassan Chougule attended the event.

More than 300 people attended the event. The event featured dance performance by Kunal Om, Flamenco artiste. A star comedian also performed at the event with mimicking voice of 52 Bollywood actors. Shilpa Paul, singer, enthralled the audience with her performance. A silver coin was presented to all NIA members along with the gift hampers from Qatari Canadian Trading Company. The administrative activities of the event were managed by Harish Karia, Mukeesh Gupta, Arun Mehta, Girish Gupta, Shyam, Monika Mod, Kiran Dhiman, Renu Malhotra and Chandira Gururani.

The sponsors of the event were Warriors Sports Centre, NBK Shoprite and Gulf Lights along with Qatari Canadian Trading Company, Homer’s Rus, Marhaba Jewellery, Al Maya International and Apparel W.L.L.

Toastmasters Division A, D conduct 4 in 1 educational workshop

Toastmasters Division A and D recently conducted a 4 in 1 educational workshop. Girish Jain, Division A Director, and Ymal Raj, Programme Quality Director of Division D, opened the workshop and welcomed Rajeswar Sundaresan, District 116p Director, and other toastmasters. The workshop aimed at honing public speaking and leadership skills.

Two workshops, including ‘Refine Your Speech with Dialogues’ and ‘Enrich Your Speech with Humor’ were presented by Manzoor Moideen and Girish Jain. The modules on ‘Team Building with Pathways’ and ‘Conflict Resolution’ were presented by Anil Mohamed and Marzoor P M. The workshop was anchored by Poornam Rathod and Sabeena M K.

Over 100 toastmasters attended the event. The event was concluded with the felicitation of the trainers. Suhaar Pandavath proposed a vote of thanks. Other division officials who attended the workshop included Rajesh V C, Dinesh Kumar, Nizaruddheen S A, D S Murthy, Anil Prakash, Irfan Taj, Nikofer Samal, Sudharva D V and Elizabeth Kirti.
10 Steps to Heal Leaky Gut

1. Consider intermittent fasting or a liquid diet. Fasting can be done in 16 hour or 24 hour time frames. Consider fasting twice per week as it gives the GI tract needed rest from the burden of digestion. If you go the liquid diet route, stick to bone broth, meat and vegetable stocks, or fresh vegetable juices. These liquids can be nutrient dense and are gentle on the gut.

2. Have your doctor test you for other hidden food allergies. This will allow you to eliminate potential sources of food based inflammation and persistent gut damage.

3. Have your doctor test you for gut infections. Often times a yeast overgrowth, a bacterial infection, or an imbalance in gut bacteria can contribute to persistent problems.

4. Avoid difficult to digest foods like dairy, beans and FODMAPS. These foods may be gluten free, but they are naturally harder to digest, and they can slow down your GI recovery.

5. Be wary of any medications that block stomach acid or reduce pain (NSAIDS). These medications alter your ability to digest and also strip away the GI mucosa important in regulating leaky gut.
Gut Syndrome Naturally

6. Practice deep breathing exercises before eating. The act of deep breathing slows down the part of your nervous system that inhibits digestion, and activates the hormones that aid in digestion.

7. Move your body. The act of moderate walking (4-5 miles daily) stimulates the nerves that help maintain gut motility. Most people sit at a desk all day working. This sedentary lifestyle can actually contribute to a neurological slow down of your gut function.

8. Take a high quality probiotic. You will need at least 80 billion CFU’s per day. Probiotics help digest your food and regulate your immune response. Many probiotics are grown on corn and cause a reaction in gluten sensitive people.

9. Consider a strong digestive enzyme formulation. Those with gluten sensitivity commonly suffer with enzyme deficiencies, and these important proteins are necessary to break down your food and allow for proper nutrient absorption.

10. Use a supplemental source of immunoglobulins. These immune proteins are helpful in binding gut pathogens (bacteria, yeast, virus), supporting gut immune function, and supporting gut barrier function.
QTTA, ISC all set to organise ‘ICTTT – Doha Bank Challengers Trophy’

Qatar Table Tennis Association (QTTA), in association with Indian Sports Centre (ISC), is all set to organise ‘Inter Community Table Tennis Tournament (ICTTT) – Doha Bank Challengers Trophy’ on November 29 and 30 at Qatar Table Tennis Training Centre. Last year around 250 participants from over 22 communities including France, Egypt, Indonesia, India, Lebanon, Philippines, Nepal, Pakistan, Thailand, South Korea, Bangladesh, Ghana, Tunisia, Libya, Vietnam, Sudan, Yemen, Iraq, Sri Lanka, Poland and Qatar participated in the tournament. The Overall Champion Trophy was bagged by India and Runners up was Philippines.

This year the tournament will feature categories including Boys and Girls Under 18 Individuals, Men between 18 to 40 category, Men above 40 category, and Women above 18 category. In addition, the tournament will include Team championship consisting of Two singles and One Doubles in all the categories.

An organising committee has been formed including community leaders of various countries to organise the tournament. Qatar Volunteers would be volunteering at the tournament. The formal inauguration of the tournament will be held on November 29 at 6pm, which will be followed by a prize distribution ceremony on November 30 at 5pm.

In a recent press conference, Ali Sultan al-Muftah, General Secretary of QTTA, welcomed the media representative and briefed about the tournament and QTTA’s support to promote Table Tennis in Qatar. Nilangshu Dey, President of Indian Sports Centre, expressed his gratitude to partner with QTTA and thanked them for their support in promoting Table Tennis among the expatriate community members. The press conference was attended by notable personalities, including Ali Sultan al-Muftah, General Secretary of QTTA; Hassene Dahmini, Technical expert at QTTA; Nilangshu Dey, President of ISC; Mohd Habibun Nabi, General Secretary at ISC; and Simon D Silva, Head of Indoor Sports at ISC.

Students of DPS-MIS excel at Qatar Preparatory Schools Debate League-I for Boys

The students of DPS-MIS recently excelled at Qatar Preparatory Schools Debate League-I for Boys that took place at Al Yarmouk Preparatory School for Boys. The students of DPS-MIS won the league among 108 debaters of 36 teams from 28 schools of Doha.

Sannidhya, Paul and Atharv, students of DPS-MIS, won all four rounds and bagged the first position, which was followed by Nirat, Aryan and Vidit with fourth position and Jaefar, Mubeen and Rudra with fifth position. In the individual category the position holders included, Atharv, first position; Paul, second position; Sannidhya, third position; Nirat and Rudra, fifth position; Vidit, ninth position; Aryan, 11th position; Mubeen, 24th position; and Jaefar, 41st position.
Super Cryptic Clues

fiddletick (fi-delt-ik) MEANING: noun: 1. The bow with which the fiddle is played.
ETYMOLOGY: From hide, from Old English hid(ge) + (we)sticca. Earliest documented use: 1420s.
NOTES: The use of the word to refer to something of little value may be related to the fact that the verb fiddletick has a contemptuous meaning: to fiddle or to do something frivolous, to do something aimlessly. How did the bow of a violin end up being a synonym for nonsense? No one knows, but any comedian would tell you that words ending in K sound funny. And when you have a word starting with F and ending in K, well, it would be a crime not to employ it as an interjection.
USAGE: “There is no attitude, nor the slightest trace of imperial snobbery. Empress?”

upbeat (uh-poot) MEANING: noun: An unaccented beat before the first beat of a measure. Adjective: Cheerful, optimistic.
ETYMOLOGY: From up + Old English beatan (beat). Earliest documented use: 1869.
USAGE: “As John Spangenberg of Damascus was readying his blooms for the show, he remained upbeat despite it all. ‘I probably lost a quarter of my garden in the spring,’ he said.”

orchestrate (er-kuh-strayt) MEANING: verb tr.: 1. To compose or arrange music for performance by an orchestra. 2. To arrange elements of a situation to achieve a desired result.
ETYMOLOGY: From Latin orchestra, from Greek orkestra, from orkestheia (to dance).

Wordwatch

Sudoku

The Mall Cinema (1):
1. Taxiwala (Telugu) 11:30pm; 2. Robin Hood: Origins (2D) 7pm; 3. Robin Hood: Origins (2D) 11:15pm; 4. Robin Hood: Origins (2D) 9pm.
The Mall Cinema (2):
1. Ralph Breaks The Internet: Wreck It Ralph 2 (2D) 11:15pm; 2. Ralph Breaks The Internet: Wreck It Ralph 2 (2D) 7:15pm; 3. Robin Hood: Origins (2D) 5pm; 4. Robin Hood: Origins (2D) 9pm; 5. Robin Hood: Origins (2D) 11:30pm.
The Mall Cinema (3):
1. Drama (Malayalam) 2:15pm; 2. Kaatrin Mozhi (Tamil) 5pm; 3. Bel Canto (2D) 7:30pm.

Yesterdays Solutions

Across: 1 Pass up; 5 Seldom; 8 Roast; 9 Navajo; 10 Report; 11 Prose; 14 Assessor; 16 Morass; 18 Master carpenter; 20 Second; 22 Detailed; 25 Weden; 27 Retain; 28 Tirade; 29 Extol; 30 Sanded; 32 Yields.

Down: 1 Panama; 2 Save; 3 Proposer; 4 Labour candidate; 5 Stream; 6 Drop; 7 Matins; 12 Mention; 13 Frantic; 15 Share; 17 Suede; 19 Patently; 20 Sports; 21 Dawnd; 23 Divers; 24 Sten; 26 Hall.

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COMMUNITY

LEISURE

Super Cryptic Clues

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Study says hot bath may improve inflammation and metabolism

Lifestyle/Horoscope

If you are unable to exercise, a hot water treatment may help improve inflammation and blood sugar (glucose) levels, particularly in overweight men, suggests a new study. Physical stress such as exercise can increase the level of an inflammatory chemical (IL-6), which activates the release of anti-inflammatory substances to combat unhealthy high levels of inflammation, known as chronic low-grade inflammation. However, a hot-water immersion may improve aspects of the inflammatory profile and enhance glucose metabolism in sedentary, overweight males and might have implications for improving metabolic health in populations unable to meet the current physical activity recommendations, said researchers including Christof Andreas Leicht from the Loughborough University in the UK.

For the study, published in the Journal of Applied Physiology, the team included a group of sedentary, overweight men who participated in both hot-water immersion and ambient room temperature (control) trials separated by at least three days. In the hot water trial, the volunteers sat immersed up to their necks in 102-degree Fahrenheit water. The research team measured the men’s heart rate, blood pressure and body temperature every 15 minutes throughout both the control and immersion conditions. Blood samples were taken again two hours after each session.

The researchers found that a single hot-water immersion session causes the elevation of IL-6 levels in the blood and increased nitric oxide production, but did not change the expression of heat shock proteins 72 – another protein suggested to be important for health. However, a two-week treatment period in which the men participated in daily hot-water baths showed a reduction of fasting blood sugar and insulin levels as well as improved low-grade inflammation at rest.

— IANS

TAURUS
April 20 – May 20
Are you tired, Taurus? It’s no wonder. You’re so eager to be useful that you’ve run yourself ragged over the past few weeks. As you may have noticed, the world is so apathetic now that every movement requires enormous effort on your part. Why not settle down and rest today? That would be the wisest and most reasonable thing to do. You will still be needed tomorrow.

GEMINI
May 21 – June 20
The planets are moving you into a new cycle, Gemini. Soon you will be in a new “story.” You will have to take stock of what you’ve learned in previous weeks. Who you are is related to the degree of peace you have in your life and whether or not you’ve been able to resolve some conflicts. Did you learn your lessons well? Without a doubt, you have a gift for calming tense situations.

CANCER
June 21 – July 22
Have you done the cleaning that the planetary configurations asked you to do in recent weeks, Cancer? If this is the case, today you should start to feel less weighed down by the conventions in your life. You’ve undoubtedly solved some of the problems in your relationships. You will feel as if you’re in a kind of renaissance through the next cycle.

LEO
July 23 – August 22
The social agitation that has been in your life for the last three weeks is coming to an end, Leo. The celestial energy will help you learn some lessons and prepare for the next cycle. It would be great if you had some success and honours, because this would help you confront the coming weeks. It will be a time of meditation and feeling a little bit disconnected from the world.

VIRGO
August 23 – September 22
This is the end of the first stage in your “socialisation,” Virgo. Are you satisfied with the people you’ve met? You can usually make the most out of these encounters, but did your political savvy let you down? Did it lead you in directions you didn’t want to go? Take advantage of this pause to catch your breath and figure out where you are today and where you want to be tomorrow.

LIBRA
September 23 – October 22
This is the end of the voyage you’ve been on over the past few weeks, Libra. You undoubtedly saw some interesting sights. Whether you were on an inner or outer voyage, the cosmic energy will bring you to a safe harbour. Unpack your bags carefully, as they’re filled with treasures and souvenirs. You will want to put them around the house as happy reminders of how much you’ve grown.

SCORPIO
October 23 – November 21
After the events of the last few weeks, do you still want to continue acting like the same person? This is always a good question to ask with a celestial atmosphere like today’s. People generally feel that they have a chance to get out of old systems and relationships. But people always hesitate to do this because of a fear of the future. Don’t waver. Take the next steps!

SAGITTARIUS
November 22 – December 21
The day ahead should give you an opportunity to analyse the events of the past three weeks, Sagittarius. You will draw many important conclusions about your life. You may conclude that matters have evolved little, if at all. This is discouraging, to be sure, but don’t place too much trust in appearances. Remember, things aren’t always as they seem.

CAPRICORN
December 22 – January 19
If you feel as though you aren’t making sufficient progress toward your goals, use this day to correct your aim. Are you disappointed with your life? You may have devoted a great deal of energy to it lately without seeing much payoff. Wait a few more days before you make any drastic decisions about the future, Capricorn.

AQUARIUS
January 20 – February 18
Are you feeling somewhat annoyed today? This is hardly surprising since the day inspires you to take a long, hard look at what’s happening with your life. It’s as though you suddenly realise that decisions you make may have impacts that reach far and wide. But don’t let that stop you from committing yourself to a course of action. Aquarius. Be adventurous!

ARIES
March 21 – April 19
Perhaps you notice some weariness today, Aries. You have been much more active than usual for the past few weeks. You’ve been meeting new people, having new experiences, attending meetings, and perhaps even taking short trips. In the long run, will any of it further your goals? That’s the question you have to answer today.

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Ralph explores virtual world, says co-director

By Sugandha Rawal

A long with a heart-warming tale of friendship, Ralph Breaks the Internet puts the spotlight on the dark side of the Internet, and co-director Phil Johnston says they wanted to explore the good and bad of the virtual world with the animated film.

With Ralph Breaks the Internet, Johnston along with Rich Moore is bringing the second chapter from the story of the adventures of Wreck-It Ralph and Vanellope von Schweetz, on the big screen once again. The sequel of Wreck-It Ralph balances between the good and bad. Though the core theme revolves around the emotions of friendship, it doesn’t shy away from tackling important social issues like bullying and online trolling.

“The Internet sort of invites a lot of issues to be dealt with. Because there are so many things that are right with it and so many things which are wrong with it,” Johnston said in an exclusive interview.

“We wanted to explore both sides of it. Both the things that are remarkable and amazing, the friendships that can be formed in the online community but also the more toxic elements like bullying and trolling and things like viruses – the darker side of the Internet.”

Johnston thinks “a movie which is about friendship particularly with one of the friends being insecure with self-doubt facing Internet does allow you to explore some of the more complicated sides of human emotions from joy to sorrow”.

“I think the Internet does allow you to tackle things that might be difficult to do in a movie that takes place in real world,” he added.

This time, Ralph and Vanellope go on a journey to explore the world of Internet, where they hope to find a replacement steering wheel for Vanellope’s own racing game, the arcade classic Sugar Rush. The Walt Disney Animation Studios’ project will release in India today, (November 23).

Talking about the second instalment, the director said: “We didn’t start thinking seriously about making a sequel unless we had a good story. But we had a concept on one of the great thing – Internet. What will the movie be about came to us when we were re-watching the first movie.”

He continued: “The first part had a sweet ending. But the more we thought about it, it seemed a little emotionally unhealthy that Ralph feels this way. What if the other person doesn’t think of him as a best friend? What would happen if Vanellope didn’t love him? How would Ralph feel without her? What will that do to him?”

“And that is when we realised that Ralph has a lot of growing and maturing to do. And we felt that there is another story to be told.”

What about the third part?

“It is interesting that when we finished the first movie we thought that was it. We are done and story has been told. And then with a little bit distance from it, we found this story. I think right now it feels to me that these two movies serve as a very nice and complete story of a friendship that goes from childhood into adulthood – even though our characters’ ages are sort of irrelevant – but that is how I think about it right now.”

“I personally can’t think of another story that I am eager to tell. But I am also tired and maybe after some time off, I can think about it,” said Johnston, who has also worked on Zootopia, Cedar Rapids and A Merry Friggin’ Christmas.

William Sadler joins Alice Fades Away

Actor William Sadler will star in Ryan Bliss directorial Alice Fades Away.

Being jointly produced by Bliss, Anthony Ambrosino, Andrew James, and Janine Moore, the film centres on a troubled woman in the 1950s New England stumbling upon an isolated farmhouse and being taken in by its idealistic residents – until a murderous figure from her past arrives, reports variety.com.

The film is Bliss’ feature directorial debut. The production recently shot scenes at the Great House on Castle Hill in Massachusetts.

Apart from Sadler, the film also features actors like Ashley Shelton, Blanche Baker, Paxton Singleton and Joanna Pickering.

– IANS
Indian expat seeks support to attend expedition in Norway

By Mudassir Raja

There's a saying “On a harsh expedition, there's no place for someone who does not intend to finish it.” It explicitly indicates that one needs to have courage and firm determination to step forward for a back-breaking expedition.

Irshad Abdulazeez, a 32-year-old Indian expatriate from Kerala, has mustered up the courage to take on an expedition offering tough weather challenges including high altitude cold temperatures. Born and brought up in Kerala, he has been living in Qatar for five years. Besides his courage, Irshad needs a lot of online support to be selected for Fjällräven Polar 2019.

Community recently caught up with Irshad to talk about his plans and the expedition in Norway.

Talking about his background, the Indian expatriate said, “I have been working in Qatar in automobile sector since June 2013. I have a diploma in automobile engineering. I’m quite excited about adventures and trekking. I am an aspiring outdoorsman.”

Regarding how he came to know about Fjällräven Polar, an international polar expedition covering 300 kilometre of Arctic wilderness between Norway and Sweden, he said, “I visited Norway in 2016 for a few days. When I was in a hostel in Oslo, I learnt about the expedition from one of my roommates. ”

Community is currently funding support to Irshad to help him be part of the expedition. People can vote Irshad at https://polar.fjallraven.com/contestant/?id=5207&fbclid=IwAR067jWJUGMSUs8cCgpo7WylWnmYiryngIQO8woldnuNY1OLFMRqBh0Xiy

ADVENTUROUS: Irshad Abdulazeez, a 32-year-old Indian expatriate from Kerala, has mustered up courage to take on an expedition of Fjällräven Polar, offering tough weather challenges including high altitude cold temperatures.

ARDUOUS: Fjällräven Polar is an annual competition that is held along the route of Norway-Sweden. Each participant is provided with eight husky dogs and sledges in order to accomplish the task of travelling for seven days over a stretch of 300 kilometres.