An experimental autism drug will be more extensively tested next year by researchers at UC San Diego.

Pycnanthemum incanum are the champions for landscape, herb garden and pollination.

Against All Odds: Braveheart Sarah Murnaghan defied all expectations.

Cuisine
Pumpkin power: one of the earliest explored foods.

Page 6

Showbiz
Rasika is yet to watch her maiden Malayalam film.

Page 15

The survivor
A historic adult-to-child lung transplant saved this girl, who's now a thriving teen. P2-3
Sarah’s song

Five years after defying research showing people like her hardly ever survive that long, she is a confident 16-year-old who contributed to her mother Janet’s just-published book, Saving Sarah: One Mother’s Battle Against The Healthcare System To Save Her Daughter’s Life

By Marie McCullough

It has been a little more than five years since Sarah Murnaghan left Children’s Hospital of Philadelphia with a new set of lungs, harvested from an adult donor and trimmed down to fit a 10-year-old with cystic fibrosis.

Five years since her parents helped save her life by challenging a national organ allocation system that effectively denied such adult-to-child donations.

Five years since Sarah survived a harrowing array of complications that could have left her brain damaged.

Five years that she has defied research showing people like her hardly ever survive that long.

Now, she is a confident 16-year-old who contributed to her mother Janet’s just-published book, Saving Sarah: One Mother’s Battle Against The Healthcare System To Save Her Daughter’s Life.

The family has moved to Florida, but Sarah and Janet were back in Newtown Square in Pennsylvania recently to promote the book.

A ninth-grade honours student who creates anime fiction, Sarah manages the ongoing challenges of immune-suppressing drugs and cystic fibrosis with aplomb.

At a restaurant, she casually pulled a vial of digestive enzyme capsules out of her purse — pills she needs because the sticky mucus of cystic fibrosis interferes with digestion — and put it next to her plate of fried chicken tenders.

Small for her age due to her health issues, she speaks with gravity that belies her appearance.

Surviving and recovering “made me more mature than other people my age,” she said. “Most teenagers nowadays, like, sometimes they do things that are kind of stupid. A lot of kids are vaping and stuff like that. I think I see the world in a different way than most teenagers do.”

Her mother, sitting beside her, beamed: “Obviously, she’s doing great. I feel very grateful.”

The book is a heartfelt, at times heartbreaking tale that, in the end, is much more about Sarah than the healthcare system. The book does not
mention that very few children have benefited from expanded access to adult lungs. Of 24 children under 12 who have been granted “exceptions” and been wait-listed for adult lungs, only one besides Sarah wound up getting the organ from an adult, according to data from the Organ Procurement and Transplantation Network, which sets allocation policy.

Mostly, these tiny numbers reflect the fact that cutting down adult lungs is a last resort, said Stuart Sweet, a St. Louis Children’s Hospital pediatric lung transplant specialist and a past president of the network’s board.

Still, he said, the Murnaghans’ struggle raised legitimate questions about fairness that led OPTN to search for ways to better serve children. Two years ago, for example, the organisation changed the rules so that child lungs are offered to child candidates and then to adolescents within a 1,000-mile radius before adults are considered.

“Sarah’s case influenced and accelerated the thought process,” Sweet said.

He added, “I’m just so happy Sarah has done well. There is no mention that very few children have benefited from expanded access to adult lungs. Sarah’s case influenced and accelerated the thought process,” Sweet said.

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TRIAL RESULTS: In the first trial, five boys given a single infusion of suramin showed noticeable improvement in social interaction and function.

Each will be paired with a similar boy in a control group who won’t get the drug, for a total of 40 boys. It’s tentatively expected that boys from 5 to 15 will take part, said Dr Robert Naviaux, the UCSD researcher leading the study. The trial focuses on boys because they are far more prone to develop autism than girls. But girls are to be included in later testing.

The drug is suramin, a century-old medicine for sleeping sickness. In the first trial, five boys given a single infusion of suramin showed noticeable improvement in social interaction and function. That improvement faded over two months, although some skills, such as tying shoelaces and new reading words learned, remained.

Treated boys began achieving new milestones such as actively engaging in new language, social games like tag, trying new foods, and taking on new interests in music, dance, sports and science. Two of the boys who were non-verbal spoke the first sentences of their lives after about 1 week. Five control boys who weren’t given the drug didn’t show significant improvement.

Naviaux is also leading a separate study that seeks to predict autism risk at birth. Numerous efforts have been under way to find such predictive evidence, because the earlier children at risk are identified, the better the results of therapy.

The study will examine results from routine tests given at birth and will look for biochemical signatures of a metabolic imbalance related to autism, along with family history. A total of 250 families are being sought. – The San Diego Union-Tribune/TNS

Coffee may prolong lifespan for people with kidney disease

Drinking coffee may help reduce the risk of death for people with chronic kidney disease, suggests a study.

Comparing with people that consumed less caffeine, patients that consumed higher levels of caffeine presented a nearly 25% reduction in the risk of death over a median follow-up of 60 months.

The possible protective effect of caffeine might be related with effects at vascular level as caffeine is known to promote the release of substances, such as nitric oxide, that improve the function of the vessel, the researchers said. “Our study showed a protective effect of caffeine consumption among patients with chronic kidney disease. The reduction in mortality was present even after considering other important factors such as age, gender, race, smoking, other diseases, and diet,” said lead author Miguel Bigotte Vieira from the Centro Hospitalar Lisboa Norte in Portugal.

“These results suggest that advising patients with kidney disease to drink more caffeine may reduce their mortality. This would represent a simple, clinically beneficial, and inexpensive option,” Vieira added. For the study, described in the Journal of Nephrology Dialysis Transplantation, the team involved data from 4,863 people.

However, the researchers emphasised that this observational study cannot prove that caffeine reduces the risk of death in patients with chronic kidney disease, but only suggests the possibility of such a protective effect. – IANS

Novel drug may offer treatment for TB

In a first, British scientists have developed a non-antibiotic drug that can one day successfully treat tuberculosis (TB) in humans.

The drug developed by the University of Manchester, works by targeting Mycobacterium tuberculosis (MtB) defences rather than the bacteria itself. It can also take out its increasingly commonly antibiotic resistant strains.

In the study, published in the Journal of Medicinal Chemistry, animals with acute and chronic TB infection were treated with the compound.

The findings showed that the compound does not kill the bacteria directly, but results in a significant reduction in the bacterial burden. “For more than 60 years, the only weapon doctors have been able to use against TB is antibiotics. But resistance is becoming an increasingly worrying problem and the prolonged treatment is difficult and distressing for patients,” said Lydia Tabernero, Professor from the varsity.

“But by disabling this clandestine bacteria’s defences we’re thrilled to find a way that enhances the chances of the body’s immune system to do its job, and thus eliminate the pathogen,” Tabernero said.

MtB secretes molecules called Virulence Factors, the cell’s secret weapon, which block the immune response to the infection, making it difficult to treat.

The team identified one Virulence Factor called MptpB as a suitable target, which when blocked allows white blood cells to kill MtB in a more efficient way.

“The great thing about MptpB is that there’s nothing similar in humans, so our compound which blocks it is not toxic to the human cells,” Tabernero said.

“Because the bacteria haven’t been threatened directly, it is less likely to develop resistance against this new agent, and this will be a major advantage over current antibiotics, for which bacteria had already become resistant,” he explained.

The researchers hope for clinical trials in humans up in four years. – IANS

Larger trial of experimental autism drug planned for 2019

An experimental autism drug will be more extensively tested next year by researchers at UC San Diego, where a small clinical trial showed early signs of effectiveness in 2017.

The trial will be conducted at UCSD and UCLA. It will test the drug on 20 boys, who will get three infusions over three months.

A trial showed early signs of autism drug planned for 2019.

In the first trial, five boys given a single infusion of suramin showed noticeable improvement in social interaction and function.

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Rising global temperatures likely to up heat-related deaths

Countries need to keep global temperatures in check by meeting the goals set out in the Paris Agreement, or more people could die because of extreme temperatures, researchers have warned.

The Paris Agreement, adopted in 2015 under the auspices of the UN Framework Convention on Climate Change (UNFCCC), binds nations to hold warming well below 2 degrees Celsius in global mean temperature, relative to pre-industrial levels. It also urges countries to make additional efforts to limit warming to 1.5 degrees Celsius. The study by researchers from the London School of Hygiene and Tropical Medicine (LSHTM) indicated dramatic increases of heat-related deaths under extreme warming (3 degrees Celsius and 4 degrees Celsius) compared to the mildest threshold (1.5 degrees Celsius), with additional excess mortality ranging from over 0.73 per cent to nearly 9 per cent across all regions. "Our projections suggest that large increases in temperature-related deaths could be limited in most regions if warming was kept below 2 degrees Celsius," said lead author Ana Maria Vicedo-Cabrera.

But previous research has shown that the spurt of asthmatics were more than twice as likely to have more inflammatory cells or eosinophils in morning clinics than in the afternoon.

Levels of eosinophils, a biomarker in sputum are used to guide treatment in severe asthma patients.

Doctor and patients have long known that asthma symptoms are at their worst in the small hours of the morning.

But previous research has shown that the worsening symptoms are biological in cause, rather than a result of lying down.

"These research results are really exciting but at an early stage our aim was to understand a bit more about how the body clock affects the biochemistry of a person with asthma," said lead author Hannah Durrington from The University of Manchester in the Britain.

"But we are pleased because our work should help with the accurate diagnosis and treatment of asthma in the future. We feel it may also have important implications on other lung conditions, as well as outside respiratory medicine," she added.

According to her, the same way that measuring glucose levels in diabetes allows adjustment of insulin dosing, asthma can monitor their dosing, asthmatics can monitor their levels the human body clock could have a significant impact on the way doctors are able to diagnose and treat asthma, according to new research.

The study, published in the American Journal of Respiratory and Critical Care Medicine, examined sputum samples of over 300 severe asthmatics.

"By comparing the immune response of these pairs of patients, we were able to show that the HI virus itself has an influence on the extent and specificity of the antibody reactions," explained lead author Roger Kouyos, at the USZ.

Antibodies acting against HIV bind to proteins were found on the surface of the virus. These envelope proteins differ according to virus strain and subtype, the researchers said.

They therefore examined more closely a patient pair with very similar virus genomes and at the same time very strong activity of broadly neutralising antibodies.

"We discovered that there must be a special envelope protein that causes an efficient defence," explained Alexandra Trkola, virologist and head of the Institute of Medical Virology at UZH.

In order to be able to develop an effective vaccine against HIV-1, it is necessary to pinpoint the envelope proteins and virus strains that lead to the formation of broadly acting antibodies. It is therefore planned to widen the strains of the viruses' genomic RNA indicated that they were probably infected with the same virus strain.

ASSOCIATED RISK: Currently, the world is on a trajectory to reach over 3 degrees Celsius of warming, and if this trend continues there would be serious consequences for health in many parts of the world.

Countries need to keep global temperatures in check by meeting the goals set out in the Paris Agreement, or more people could die because of extreme temperatures, researchers have warned.

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Neutralising antibodies offers hope for HIV vaccine

Researchers are in the process of discovering the factors responsible for the production of antibodies that do not just fight one virus strain, but neutralises almost all known virus strains. This kind of neutralising antibodies are produced by a small number of people who are infected with HIV-1. Previously, the team led by the University of Zurich (UZH) and University Hospital Zurich (USZ), discovered that the virus load and the diversity of the viruses, the duration of the infection, and the ethnicity of the affected person can all influence the body's immune response.

In the new study, another factor was identified. The genome of the HI virus, said Huldrych Gunthard, Deputy Director at the USZ.

They found 303 potential transmission pairs i.e., pairs of patients for whom the similarity of the viruses' genomic RNA indicated that they were probably infected with the same virus strain.
While passing through an empty ground my son pointed out the place where we went for pumpkin patch last year. As a kid he thought about that ground as his playground and me as a chef going there for delicious and huge pumpkins.

That’s what inspired me to write about this humble food item and its health benefits. Pumpkin is a round, smooth with slightly ribbed skin and deep yellow to orange colouration fruit. Yes, pumpkin from a botanist’s perspective is a fruit because it is the product of the seed-bearing structure of flowering plant. Vegetables on the other hand are the edible portions of the plant like, leaves, tubers, roots and bulbs. The thick outer shell contains the seeds and pulp. Mainly pumpkin pulp and seeds are edible. Native to North America Pumpkins are widely grown for commercial use and are used both in food and recreation as ‘jack o lanterns’!

Pumpkins have been cultivated in Central America since 5000BC and were one of the earliest foods the European explored. Within few decades they were grown in England where they were called ‘pompons’ due to their rounded form. Pumpkins then quickly became part of England’s highly developed pie making culture, which had for centuries been producing complex stuffed pastries in sweet and savoury varieties. Sailors then carried pumpkin with them to America and people started liking the taste and started cultivating them. In early colonial times, pumpkins were used as an ingredient for the crust of pies, not the filling.

In United States pumpkin go hand in hand with the holiday season around the corner. This orange, nutritious and versatile fruit features flowers, seeds and flesh that are edible and rich in vitamins. I started eating pumpkins about 10 years back when I joined cruise ship and tasted authentic pumpkin soup, stew, and salads. Pumpkin are widely used for making soups, desserts, bread and pies. Carving pumpkin to make jack o lantern is popular among kids and they are fascinated with its carved-out shapes. Pumpkins are a member of the gourd family which includes cucumbers, zucchini, watermelon, cantaloupe and honeydew melons. These plants are native to America but grow on six continents. There are several pumpkin related annual competitions like largest pumpkin, pumpkin pie making competition, pumpkin carrying and many more. The record for the largest pumpkin pie ever baked was in 2005 and the pie weighed 2020 pounds. Pumpkins are low in calories, fat and sodium and high in fibre. With 90 percent water, they are a good source of Vitamin A, B and potassium, protein and iron.

Chef’s Special

Tarun Kapoor

Pumpkin Pie

Ingredients

- Egg 2 no.
- Castor sugar 1/3 cup
- Brown sugar 1/2 cup
- Salt 1/2 tsp
- Cinnamon powder 2 tsp
- Ginger powder 1 tsp
- Nutmeg powder 1/4 tsp
- Clove powder 1/4 tsp
- Cardamom powder 1/8 tsp
- Lemon zest 1/2 tsp
- Heavy cream 2 cups
- Pie crust 1 no.

Method

To make pumpkin puree, cut pumpkin lengthwise and remove the seeds, rub oil on pumpkin and allow to cool down and scoop out the pulp from the skin. Whisk eggs in a large bowl, mix in the brown sugar, white sugar, salt, cinnamon, ground ginger, nutmeg, ground cloves, cardamom and lemon zest.

Add the prepared pumpkin puree and mix well.

Add cream, and stir until everything is well mixed.

Pour the prepared filling into an uncooked pie shell and bake in a preheated oven at 400-degree Fahrenheit for 15 minutes and then lower the temperature to 350-degree Fahrenheit and bake for 40–45 minutes.

To check the doneness of the pie, pierce a knife, if it comes out relatively clean, the pie is cooked.

Cool the pumpkin pie on a wire rack for 1–2 hours.

Cut the pie into desired shape and garnish with whipped cream.

Note: You can easily find readymade pie shell in almost all hypermarkets.

Chef Tarun Kapoor, Culinary Mastermind, USA. He may be contacted at tarunkapoor83@gmail.com

Pumpkin power: one of the earliest explored foods

Photo by the author
Nepali women celebrate Teej festival with zeal

By Usha Wagle Gautam

Nepali community organisation recently organised an event as part of the celebrations of Teej festival at Gulf Horizon Hotel. Teej is a Hindu festival celebrated primarily by girls and women, with songs, dances and prayer rituals as a welcome to the monsoon season. Married women observe Teej by fasting for a day to wish for a long and healthy life of their husbands, and, unmarried ones do so to wish for a wise future husband. Sporting red saris with heavy jewellery, around 100 Nepali women attended the event to exchange the greetings.

The event featured dance performances on Teej folk songs. Bimala Parajuli, a participating dancer, said, “I’ve never learnt dancing specifically. I dance with spontaneity and this time of the year, I get to dance from my heart.”

Where Radika Thapa, Neela Thapa, Kamala Dhungana, Kalpita Maskey, Shiwani Bhattarai and Deepa Aryal Sharma, performed on folk song dhaliki dhaliki nachau, Gauri Kanjil and her group, including Sarmila Khattiwada, Sona Rijal, Shraddha Katiwal, Srijana Khadka and Shijrana Shrestha took gender equality as a core to their performance and Samjana Pudasahini along with her group, including Srijana Shrestha, Sabitri Thapa and others performed on folk song Teej ko rhar aayo barilai.

Anu Bhattarai, a resident of Doha said, “This year I’ve also brought my daughter with me. It’s like a déjà vu, I felt like I was celebrating the festival in my village with my sisters, mothers and aunts.” Sharmila Khattiwada and Sarita Gurang, participants of the festival, expressed their contentment for being the part of the event. Sarita said, “I never get tired by dancing on Teej.” Sapana Basnet, Co-ordinator of the festival, said that event is an attempt to bring all Nepali women together on a single platform. She said, “Celebrating Teej outside Nepal with others is novel.”

Shila Gangakoti, a resident of Doha, performed on seven songs at the event. The event was concluded with a dinner.

IOSH Qatar Branch holds monthly meeting

Institution of Occupational Safety and Health (IOSH) Qatar Branch recently held its monthly branch meeting at Radisson Blu Hotel. The meeting kicked off with a briefing on housekeeping and emergency safety procedures by Alan Crawford, Chair of IOSH Qatar Branch, which was followed by an introduction of two guest speakers to the attending members. Around 120 members attended the meeting.

Gordon Penney, first speaker of the event, spoke on the power and influence of health and safety personnel in enhancing and improving the health and safety culture of individual companies and Muhammad Ali Zaher, the second speaker, spoke about IOS 45001. He outlined the importance of the new IOS in the improvement of workplace health and safety conditions. The meeting was concluded with a group photograph.
HOW TO SET UP YOUR DESK FOR PRODUCTIVITY

Choose your **office colors** carefully (green is balancing, blue stimulates concentration).

A warmer environment (68 to 77°F) could improve your accuracy and productivity.

Keep only items you need daily on your desk. Consider a **left-to-right workflow**.

Limit personal decorations. **Try just 3**.

Adjust your seat so your armrests are parallel to your desk.

Type with your **wrist** at an angle of 90 degrees.
PRODUCTIVITY & ERGONOMICS

Place monitor 20-40" from your eyes and away from glare. Top of monitor should level with or below your eyes

Noise-cancelling headphones drown out distractions

Your chair and desk height

Arms and thighs roughly on floor, feet flat on the floor

Natural light improves mood, focus, and sleep

Plants can boost productivity by as much as 15%
I was Fourth of July week and Minnesota Conservation Officer Mike Fairbanks had just come on shift when he heard his radio crackle with reports of a missing boy.

Fairbanks radioed back that he and his partner were available to help in the search being quickly organised by Itasca County sheriff's deputies.

By the time Fairbanks arrived on the scene, deputies were combing the boy's rural home, yard and outbuildings. But Fairbanks and Si, his 6-year-old partner, went in a different direction.

"He got a scent from something and started to go and I just let him go. He's trained to follow the freshest human scent so he doesn't need any article of clothing or anything like that," Fairbanks said of Si, a German shepherd police dog and Fairbanks' partner in the field for the past five years.

Si followed the trail across the road and down another where, a half-mile from the child's house, where they found some small footprints in the mud.

"The kid was barefoot. He was 3 years old and had a history of seizures. He was nearly overdue for his seizure medications," Fairbanks said.

The officer and Si continued on the scent until they got about a mile from the child's home. "When we first saw him and called his name he started to run. He was scared," Fairbanks said. "But we caught up and got him back home. It was a pretty good find for Si!"

A few hours later Fairbanks got a call to help another conservation officer near Bigfork. The officer had pursued a suspect on an ATV when the guy crashed and fled on foot.

"We got up there and Si got the scent and he tracked him right into his campsite. Then we went back and Si found the drug paraphernalia the guy had thrown while he was running," Fairbanks said.

All in a day's work for Fairbanks and Si, one of five K-9 conservation officer teams that the Minnesota Department of Natural Resources has in the field across the state.

Fairbanks, 40, joined the DNR in 2005 after a stint as a Leech Lake officer near Bigfork. The officer had a call to help another conservation officer teams that the Minnesota Department of Natural Resources in the Chippewa National Forest. He was born, raised and still lives in Deer River.

"Si is not big for a police dog, 75 pounds, but people think he looks like a wolf," says Fairbank, Minnesota conservation officer.

"He's made a couple cases finding spent shell casings on the road, for a road hunting case. He found them right through the snow. And shell casings around deer bait piles."

Extra ducks in the canoe? A pre-season deer hunting behind the shed? Si will find it, helping Fairbanks enforce the state's conservation laws. "I take him in the boat or canoe, out in the four-wheeler, wherever I go," Fairbanks said. "He's not aggressive at all with other dogs."

But Si is also trained to protect his handler, and he was pre-selected for police work even as a puppy to be an eager and aggressive dog.

"They are very high energy. They really don't make great house pets," Fairbanks said. "They're great with my kids, they can pull on his ears and pull his tail and stick their hands into his mouth and he doesn't care a bit. But you can't leave him at home alone or he'd tear the house up. He needs to burn that energy off every day!" Only now, after five years together and now that Si has mellowed a bit, can Fairbanks open the compartment between the front seat of his patrol truck and the back where Si sits. "If I opened it a crack before he'd have his head up there and grab a cellphone cord or radio charger and it would be history," Fairbanks said.

Fairbanks spends hours each week talking to ice fishermen and, if they have any extra fish stashed in the snow, he'll dig them out. He doesn't give up until he finds it."

I instinctively knows when Fairbanks is a bit nervous: "It goes right down the leash," the handler noted.

"If I'm into a deer camp group or whatever and someone starts to get a little too loud, or starts pacing, or whatever, you can just watch Si key-in on that guy. He goes on point or whatever, you can just watch Si key-in on that guy. He goes on point or whatever and someone starts to approach me at all," Fairbanks said. "People tend to listen a lot better when he's with me."

Fairbanks said. "In fact, so far, Si hasn't had to use his take-down skills on any suspects, so-called 'apprehension' in K-9 terms.

Around Si, the bad guys "usually give up before it gets to that point," Fairbanks said. "In fact, so far, they always have!" -- Duluth News Tribune/TNS
Colour by choice

1. RED  2. YELLOW  3. GREEN  4. BLUE  5. ORANGE
6. BROWN  7. PURPLE  8. PINK  9. GREY

Maze
Help the pilot find his way to the airport.

Connect the dots
Join the dots in order to find out more!

Picture crossword
WEATHER
USE THE PICTURES BELOW AS CLUES

ACROSS
1. SUN
2. RAIN
3. FOG
4. CLOUD
5. WIND

DOWN
1. Cloudy
2. Rainy
3. Sunny
4. Windy
5. Foggy

Puzzle courtesy: hellokids.com

Answers

Friday, September 14, 2018
GULF TIMES | COMMUNITY | 11
COMMUNITY CARTOON

Pooh Café
By Paul Gilligan

PAPER TRASH GLASS CATS

DANG. NOTHING AGAIN.
AREN'T PEOPLE CONSCIENTIOUS ABOUT THE ENVIRONMENT?

ARMY BASE GOLF COURSE

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Super Cryptic Clues

ACROSS
3. A miss who doesn’t! (10)
8. In the main, she returns the love (6)
9. One joined up with Ed (4)
10. Having more to offer than the others? (10)
11. I make the point and withdraw (3)
12. To be candid, unattractive (5)
13. ‘Phooey, take it back!’ and others? (10)
14. Saying you’re right sick of it (4)
15. Besides, as a learner, see it differently (4)
16. Goes round, which is a mistake, by all accounts (4)
17. The decorators are half the vermilion is running (5)
18. Others (4)
20. Should be fast, but some of the vermillion is running (5)
22. Butter being very popular with dogs (4)
24. Shanghai will be found unforgettable (7)
25. Tell you when you can eat (4)
26. ‘On the bend, catch: it’s very slow’ (5)
27. ‘...and want one to behead a man, too’ (4)
28. What a bore the mason is! (10)

DOWN
1. Making a sincere attack in the counter-argument (8)
2. The row is about Doctor Wood (6)
3. ‘25 Across’ has got on to the chap in command (7)
4. With a quick attack, taking power in it (5)
5. Blow! The gardener won’t like that! (4)
6. To the friend back home, it’s relevant (8)
7. Across: ‘25 Across’ has got on to the chap in command (7)
8. ‘...and want one to behead a man, too’ (4)
9. ‘Just as short as before? Not these days (2,6)
10. Resolute in business (4)
11. Before the rain, check the others (4)
12. Lure the half score that have got out with something sweet (6)
13. Called, personally (4-6)
14. From Italian (Naples dialect) polcone nella (a short, fat buffalo, principal character in Italian puppet shows), diminutive of polpilena (turkey pullet), ultimately from Latin pullus (young chicken). From the resemblance of punchinello’s nose to a turkey’s beak. Earliest documented use: 1662. USAGE: “Unlike Mr. Donahue, she doesn’t automatically sympathize with every oddball and Punchinello who feels mistreated.”
15. A grotesque or absurd person. (pun-chuh-NEL-o)
16. Goes round, which is a nickname for Giovanni. The term has its origin in the comedy theater commedia dell’arte popular in 16-18th century Italy. Giovanni, Italian form of the name John, was originally the generic name of the servant, a stock character who tried to mimic his master, himself a clown. Earliest documented use: 1596.
17. From Italian (Naples dialect) polcone nella (a short, fat buffalo, principal character in Italian puppet shows), diminutive of polpilena (turkey pullet), ultimately from Latin pullus (young chicken). From the resemblance of punchinello’s nose to a turkey’s beak. Earliest documented use: 1662. USAGE: “This is one of the zaniest and most delightfully wacky plays to ever grace any stage at Bard on the Beach.”
18. ‘Phooey, take it back!’ and others? (10)
19. To the friend back home, it’s relevant (8)
20. Tolerate; 4 Distressing news; 5 Delays; 6 Late; 7 Across; 12 Stewart; 13 Trample; 15 Lille; 17 Tango; 19 Implying; 20 Temper; 21 Report; 23 Nelson; 24 Keep; 26 Pool.

Yesterdays Solutions

Across: 1 Gambit; 5 Dahlia; 8 Olive; 9 TinseI; 10 Litter; 11 Extra; 14 Flat-race; 16 Sprats; 18 Flawless diamond; 20 Terror; 22 Napoleon; 25 Penny; 27 Presto; 28 Ingots; 29 Rowan; 30 Repeat; 31 Gallon.

Down: 1 Get off; 2 Mind; 3 Tolerate; 4 Distressing news; 5 Delays; 6 Late; 7 Across; 12 Stewart; 13 Trample; 15 Lille; 17 Tango; 19 Implying; 20 Temper; 21 Report; 23 Nelson; 24 Keep; 26 Pool.

Wordwatch

zany (ZAY-nee) MEANING: adjective: Amusingly strange, comical, or clownish. ETYMOLOGY: From Italian zanni, from Italian zanni, a nickname for Giovanni. The term has its origin in the comedy theater commedia dell’arte popular in 16-18th century Italy. Giovanni, Italian form of the name John, was originally the generic name of the servant, a stock character who tried to mimic his master, himself a clown. Earliest documented use: 1596.

sage (SAHJ) MEANING: noun: A person characterised by self-deprecation and awareness of irony. ETYMOLOGY: After Eiron, a stock character in ancient Greek comedy. It’s from Greek eiron (dissembler), which also gave us the word irony. Eiron is the opposite of Alazon. He uses self-deprecation and feigned ignorance to triumph over Alazon. Earliest documented use: 1872. USAGE: “Her eiron, her dissembler in this contrived mythical story, is the cyborg, a hybrid creature who takes pleasure in the confusion of boundaries between machine and organism, between human and animal, and indeed between social reality and fiction.” — wordsmith.org
Chinese medicine ingredient may help reduce obesity

A herbal ingredient used in traditional Chinese medicines may help you to reduce your body weight, a new study has found. The scientists were able to show that the herbal active substance, celastrol — used in Chinese medicines — leads to a significant weight loss and an improvement of diabetes in obese mice.

The findings showed the celastrol specifically activates satiety centres in the brain, which play a central role in the control of body weight. “Normally, those affected lose their satiety because the corresponding hormone leptin no longer works. The drug celastrol we investigated restores leptin sensitivity and hence satiety,” said lead author Katrin Pfuhlmann from Helmholtz Zentrum München — German Research Centre for Environmental Health.

The study, published in the journal Environmental Health, pointed out that the herbal active substance, celastrol, has great potential, “The satiety hormone leptin in humans and the mouse is almost identical, so celastrol has great potential,” the report said.

The clinical trials are currently under way in the US. “The satiety hormone leptin in humans and the mouse is almost identical, so celastrol has great potential,” the researcher said.

Overweight and obesity may increase the risk of many health problems, including diabetes, heart diseases and certain cancers. — IANS

### Lifestyle/Horoscope

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<tr>
<th>Sign</th>
<th>March 21 — April 19</th>
<th>April 20 — May 20</th>
<th>May 21 — June 20</th>
<th>August 23 — September 22</th>
<th>September 23 — October 22</th>
<th>October 23 — November 21</th>
<th>November 22 — December 21</th>
<th>February 19 — March 20</th>
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<tbody>
<tr>
<td><strong>aries</strong></td>
<td>New beginnings and promising new opportunities may appear from a distant state or foreign country. Aries, your adventurous side is excited and enthusiastic, but the side of you that wants to stay settled could put up some resistance. Don't feel you have to jump into anything. Get all the facts and assess the situation objectively. Think seriously about it all. What do you most want?</td>
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<td><strong>taurus</strong></td>
<td>A financial windfall might open new doors for you, Taurus, and you could consider making some major changes in your life. You might think about moving to a nicer home. Romance is definitely on your mind. If you aren't already involved in a domestic situation, you might consider it seriously right now. Change can be frightening, but these changes are good. Don't hesitate.</td>
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<td><strong>cancer</strong></td>
<td>Have you been working out, following a new dietary programme, or both, Cancer? If so, today you could look in the mirror and for the first time see some tangible and positive results. You're probably looking and feeling great. Don't abandon your efforts; you'll want to continue the progress. Keep the energy flowing by going for a run or other workout, then treat yourself to a small indulgence.</td>
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<td><strong>leo</strong></td>
<td>Have you been thinking about relocating, Leo? The siren song of distant states or exotic lands may play constantly in your ears. Foreign cultures could inspire you artistically, spiritually, and personally. This is actually a time when few things are out of your reach. If you're serious about this, look into it. You can decide once you have all the facts.</td>
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<td><strong>virgo</strong></td>
<td>An opportunity to bring in extra income might arrive today, Scorpio. This probably involves a special, temporary project, but it could prove enjoyable and profitable. A love partner might want to participate, too. Think about it before committing. Talk to people who have done this before. It's worth a try, anyway.</td>
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<td><strong>libra</strong></td>
<td>Expect some positive changes in a current partnership, Gemini. If this is a business partnership, a new agreement between you shows promise of success and good fortune. If this is a romance, you might be so perfectly compatible that you're considering moving to the next level of commitment. Any new partnership begun today should be promising and bring you whatever you hope to gain.</td>
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<td><strong>scorpio</strong></td>
<td>This is a day of fresh beginnings for you, Sagittarius. Accomplishments in the past foster a new sense of self-confidence, along with optimism and enthusiasm for the future. Travel lies ahead, and possibly advancing your education in some way. Romance also looks promising. Go for a facial or massage today, or buy some new clothes.</td>
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<td><strong>aries</strong></td>
<td>Expect something new to take place regarding your home today, Virgo. Someone could come for a visit or even move in. You could be redecorating, landscaping, or buying new furniture. There is always the possibility that you're moving. Whatever the changes, they're likely to be positive despite the messy and disruptive process of making them. You've got a lot to look forward to!</td>
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<td><strong>capricorn</strong></td>
<td>If you've never tried your hand at the arts, Capricorn, this is the day to do it. Your imagination and ingenuity are flying high, and your aesthetic sense is acute right now. If you aren't already involved with such activities, look online or in the paper and see what classes or workshops are offered in your area. Get a friend to go with you. You'll probably have a great time!</td>
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<td><strong>aquarius</strong></td>
<td>You could encounter a potential romantic partner today, Aquarius. You'll probably meet this person at a group event and hit it off immediately. This person is likely to be bright, physically attractive, kindhearted, and sensitive. If you're single and available, don't pass up this opportunity. Take advantage of the event to get to know each other. Who knows where this might lead?</td>
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<td><strong>pisces</strong></td>
<td>A lot of changes could be taking place in your life now, Pisces. Even though most of them are positive, the upheaval can be unsettling right now. Don't give in to panic. Nothing needs to be done that you can't handle. Take each task one step at a time. As you vault each hurdle, the road ahead seems that much smoother. When you arrive, all will be well. Keep going!</td>
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Dedicated streaming service for classical music launches with over 1 million tracks

A new streaming service devoted exclusively to classical music has launched in the US, Britain and The Netherlands. Called Primephonic, the platform claims to have nearly all classical music ever recorded, with more than 1 million tracks available at the push of a button.

Catalogues on offer include those from Warner Classics, Sony Classical, Universal Music Classics, Deutsche Grammophon, Decca and EMI, in addition to more than 400 other labels worldwide. Users can search by composer, title, artist, musical period and genre; background information, including colourful anecdotes about the artists and recordings, is also available.

Another interesting feature uniquely tailored to the classical music listening experience is the option to compare different recordings of the same work side-by-side. In a genre that dates back hundreds of years and has seen compositions recorded many different times by all sorts of artists, this can give listeners a crucial perspective on the evolution of the same work.

“Streaming has revolutionised the way the world listens to music, but it has failed to revolutionise classical music,” said Primephonic Chief Executive Thomas Steffens. “As a classical music lover myself, I have often experienced the frustrations of listening to classical music on today’s existing streaming services.”

Another chief concern for Steffens was a sustainable business model that provides fair revenue for classical artists. To this end, the company has developed a pay-per-second model that takes into consideration the long-form nature of classical compositions and compensates accordingly. – Los Angeles Times/TNS

Rasika is yet to watch her maiden Malayalam film

By Natalia Ningthoujam

Actress Rasika Dugal, known for starring in critically acclaimed movies Qissa and Kahaani, says she was so upset with director Rajeev Ravi for deleting a huge chunk of her scenes in his 2016 film Kammathapadam that she chose not to watch it.

Kammathapadam is her first Malayalam film, but it was certainly not a dream debut as she only had a few scenes with its lead actor Dulquer Salmaan.

“Rajeev had a four-hour film a week before it got released. He had to edit the entire Mumbai section of the film which was quite a huge chunk. Rajeev was my senior at FTII (Film and Television Institute of India). He was extremely apologetic,” Rasika said.

“People see the film. Then they ask me why I did such a small part. That is annoying because that was not what I had done. But sometimes things happen. Not everything is in your control.”

“Director's cut was to be released. It was a beautiful character and I want to see whether that works or not. I haven’t seen the four-hour version. In fact, I haven’t seen any version of the film because I was so upset that he cut out my portions! Even Dulquer was upset.

“Rasika did have a good time shooting. I always find it very fascinating to interact with stars because they have such a surreal life which is different than mine and it’s so nice to watch them negotiate all these things. It’s always a treat to work with a star and Dulquer is a really nice guy. I had a lot of fun hanging out with him,” she said.

Despite not getting his ‘director’s cut’ launch in the south film industry, she is willing to take up more regional movies.

“I would love to do Malayalam films because there is so much talent in that film industry,” says Rasika Dugal.

She spent a lot of time with Manto and Safiya’s daughters. Much of the information and anecdotal information were shared with her... stories that family knew about which you can’t find in books.

“Therefore, it is priceless. Most of it made its way to the script. When I first read the script, what stood out to me was that... I was familiar with Manto — the writer, but this was the first time that I was getting to know Manto — the person through Safiya and daughters... And to find out that he was a doting husband and a loving father, it was a very new information for her.

“Sometimes when there is less information on a character, it makes your job easier because people don’t come with a preconceived notion. That pressure is on Nawazuddin Siddiqui (who plays Manto in the film) because people have an idea of the writer.

“But yes, having no information is also difficult. That part of the job was taken care of by Nandita Das (the film’s director) beautifully.”

Desire: “I would love to do Malayalam films because there is so much talent in that film industry,” says Rasika Dugal.

Freaking Out: Kendall Jenner

Reality TV personality-model Kendall Jenner flies to Paris amid ‘freak out’ during NYFW

Reality TV personality-model Kendall Jenner flies to Paris amid ‘freak out’ during New York Fashion Week (NYFW) after not being booked to walk in any shows. Her last public appearance saw her rub shoulders with Kate Moss in the front row of the Longchamp showcase.

But Kendall Jenner, having not walked a single show during New York Fashion Week’s Spring/Summer ’19 run, was pictured leaving The Mercer hotel to head to Paris, France on Sunday evening – four days before the coveted event is through, reports dailymail.co.uk.

Kendall’s premature departure from the fashion event comes after the model, who has admitted suffering from anxiety and panic attacks, revealed she was forced to distance herself from the mayhem on Friday night after having a ‘freak out’ Kendall, 22, who is one of the world’s highest-paid models, was seen getting done with the whirlwind week as she touched down at Charles de Gaulle airport — just a day after admitting she had taken some time out of the madness following a ‘freak out’! The Keeping Up With The Kardashians star attempted to keep a low-profile as she touched down in the French capital — two weeks before the city’s Fashion Week kicks off on September 25. She opted for comfortable but cool travel togs in an over-sized hoodie and black sweatpants, with the heat eventually prompting Kendall to remove the former and reveal her classic white vest top. – IANS
couple of weeks ago I was walking a trail and had one of those OMG moments as I spotted a plant 20 feet away and could tell it was a champion of pollinators. At the risk of being a plant geek, I will tell you it was amazing to watch the bees, swallowtails, and hairstreaks all on a frenzy to get to the flowers. When this happens you simply have to take notice as this is not an everyday occurrence in the garden.

The plant was a native called the hoary mountain mint. Botanically speaking it is known as Pycnanthemum incanum, pronounced pick-NAN-the-mum in-Kan-um. Your first thought may be that I am going to write about a ‘mint’ but I assure you these are champions. There are roughly 20 species found in the United States and Canada and the Herb Society of America named it Notable Native in 2016.

While others tout their aromas, oils, medicinal, or cooking uses I am simply talking about one of the best pollinators in the world. Those with silver/whitish foliage like the Hoary Mountain Mint and the silver green Clustered Mountain Mint are also striking in the garden when grown either with other silver-leaved plants or against a backdrop of typical dark green leaves. In Georgia, the Clustered Mountain Mints bloom from the end of May until frost while the Hoary Mountain Mint starts a little later. Further north they may not start blooming until June and July. While it might not capture your attention with its incredible colour it will simply mesmerise you with the sheer number of pollinators it attracts. You simply can’t walk away from the plant as you want to watch all that is happening and see what flying creature might come in next.

You may find yourself asking, ok, what about the flowers. The Clustered Mountain Mint Flowers have small white two-lipped flowers that may also exhibit lavender hues and purple spotting. They, too, are borne in terminal clusters. In the end, though you really find yourself wondering how those tiny pink flowers could be so delectable to the insect world. The Mountain Mints seem to have found their niche in the plant mail order marketing programme versus the typical garden centre. No doubt there are those glorious garden centres that can testify that they sell them, and believe me we all stand and applaud. The consensus is the name Mountain Mint is a little misleading, and that you’ll find them in open woods, thickets, and fields from the Gulf States to Maine. The best place to plant them in the landscape, to me, is in dry to medium, moist, but well-drained soil and grown at the woodland edge.

I have seen them performing in full sun but it seems a little afternoon shade is appreciated. You may be thrilled to know deer avoid these plants. In addition to the two I have been touting the North American Butterfly Association is also high on Narrow-leaf Mountain Mint, Pycnanthemum tenuifolium, and the Virginia Mountain Mint, P virginianum, that is endangered or threatened in some states. The silvery sheen from the bracts opens the door for a lot of landscape companions. I can only dream about the result if they were grown with spotted bee-balm Monarda punctata, Joe Pye Weed, Eutrochium purpureum, Hummingbird Mints (Agastache species and hybrids) like Blue Fortune, and Common Boneset, Eupatorium perfoliatum. It would be a backyard pollinator heaven – TNS