Patients taking anti-depressant medications are 40 percent more likely to develop severe gastrointestinal bleeding.

Fun Day Club all set to organise a blood donation campaign today at HMC’s Blood Donor Unit from 8am till 12pm.

Self-taught autistic artist from Philadelphia is gaining praise for his massive building sculptures. P2-3

A perfect fried chicken recipe. Page 6

Grammy-winning singer James Ingram dead at 66. Page 15
Talent finds a way

By Stephanie Farr

Meet Kambel Smith, a 32-year-old self-taught artist with autism whose large and intricate cardboard sculptures of Philadelphia buildings are gaining attention in the art world. Kambel created hundreds of oil paintings before his dad could no longer afford the expensive supplies. Undeterred, Kambel grabbed cardboard from the trash and started to create sculptures of iconic Philadelphia buildings like the Museum of Art and the Divine Lorraine Hotel.

“Sometimes I can’t even watch him do it (create sculptures). The patience it takes ... it will just drive me nuts.”

— Lonnie Smith, Kambel’s father

Kambel spends at least seven hours a day carefully creating his sculptures, according to his dad, Lonnie Smith. "Sometimes I can’t even watch him do it," Lonnie said. "The patience it takes ... it will just drive me nuts.”

As Lonnie Smith was fixing a vent in his home about 20 years ago, his son Kambel’s drawings – crumpled and perfect – came tumbling out.
The drawings Kambel had hidden in the vent told the story of a superhero character he named Survivor. But more important for Lonnie – who had struggled for so long to understand his autistic son – they told Kambel’s story too.

Based on those sketches, Lonnie began telling a story to Kambel and his younger brother, Kantai, who is also autistic, about how autism is a superpower, not a disorder. That story, The Autisarian, is one the single dad and his sons still tell one another to this day.

Encouraged by the story and by his father, Kambel began exploring his artistic talents. Without ever taking an art class, by age 15, Kambel was oil painting landscapes. And when the money for paints and canvases ran out, he began making intricate, large-scale sculptures of Philadelphia buildings from foam and cardboard he found in the trash.

“I just show who I am,” Kambel, now 32, said of his work.

For nearly a decade, Lonnie tried to get his son’s art noticed with small shows at local libraries and senior centres. But nobody came.

Still, Kambel continued to create. His sculptures began to fill the house he shares with his dad and brother, leaving little room for anything else.

“There’s no furniture, but there is art,” Lonnie said of his home. Last September, Kambel was on his front lawn in Germantown spray-painting his massive, seven-piece model of the Philadelphia Museum of Art when his neighbour Barbara Gettes walked by with her daughter. As she admired Kambel’s work, Lonnie came out and shared his son’s story.

“He said he’s really been wanting to get Kambel’s artwork out there for a long time,” Gettes said. “I said I had a great network of creative people, maybe somebody will know something.”

Gettes posted photos of Kambel and his work on Facebook and was able to connect him with curator and gallerist Chris Byrne, co-founder of the Dallas Art Fair and founder of the Dallas Art Fair and owner of the Elaine de Kooning House in East Hampton, NY.

Byrne, a graduate of the University of Pennsylvania and the Pennsylvania Academy of Fine Arts, travelled to Philadelphia to see Kambel’s sculptures in person.

The materials Kambel use and the scale of his sculptures “made my jaw drop,” Byrne said.

Kambel’s sculptures were displayed at the Elaine de Kooning House last year and on January 17, Byrne exhibited Kambel’s sculptures at the Outsider Art Fair in New York City. There, they gained the attention of Holland Cotter, co-chief art critic for the New York Times, and Jerry Saltz, senior art critic for New York Magazine who called Kambel’s work “magnificent.”

The American Folk Art Museum even acquired Kambel’s sculpture of the Divine Lorraine Hotel for its gallery, and the West Collection, housed at the financial services firm SEI in Oaks, purchased Kambel’s sculptures of City Hall and the PSFS Building.

Though Kambel is a man of few words, he said having the attention of the art world has made him feel good.

“It’s really inspiring,” he said. “Keep me going. Keep moving forward.”

Lonnie hopes his son’s art will supersede any pretenses people have about his autism. “He’s an artist,” Lonnie said. “He just happens to be autistic.”

Today, Kambel spends much of his waking life creating sculptures of historical buildings – a process he said takes anywhere from one to three months. He’s drawn to structures because of their shapes and bases his creations only on pictures he finds through Google. Kambel does not draft the buildings ahead of time – he does it all freehand.

Kambel’s sculptures have moved beyond Philadelphia architecture. Most recently, he was hard at work on several Georgia buildings, including the Flatiron Building in Atlanta. On a bitter Friday afternoon, after barely getting the Flatiron Building through his front door, Kambel put on his headphones and listened to indie rock as he spray-painted his cardboard sculpture on his front lawn.

Passing cars slowed to gawk, but he paid no mind.

Byrne, who has watched Kambel work, likened his focus to that of an athlete “in the zone.”

“He’s just operating on a different level than everyone else,” Byrne said.

Now Kambel, his father, and his brother, Kantai, 24, want to inspire others with autism through their Autisarian Network, which was birthed out of the ongoing story Lonnie and his sons created. “An Autisarian is a person who has a superhuman ability left by the so-called disorder, autism,” Lonnie said.

The family has created graphic novels about the superhero science-fiction story and Kantai, whose gift is computer and video game coding, has created a computer-animated movie.

Lonnie said the most important thing other parents of autistic children can do is try to uncover their child’s hidden talent.

“Find the gift because I think all of them have it,” he said.

As for Kambel’s gift, Lonnie doesn’t know where it’s going next, but he can’t wait to see.

“You’re not just born with the ability he has just to be here,” Lonnie said of his son. “That’s for a reason and I think he’s starting to show that reason now.”

— Philly.com/ TNS
If you are in the habit of popping antidepressant pills used to treat anxiety, obsessive-compulsive disorders and post-traumatic stress disorder, then you could be at a risk of intestinal bleeding which can range from mild to severe and can be life-threatening.

Gastrointestinal bleeding, also known as gastrointestinal haemorrhage, is all forms of bleeding in the gastrointestinal tract from the mouth to the rectum. Patients taking anti-depressant medications classified as selective serotonin reuptake inhibitors (SSRIs) are 40 percent more likely to develop severe gastrointestinal bleeding.

“The type of saturated fats we consume can put us at risk of a heart attack, according to a recent study suggesting that eating plant-based proteins can decrease chances of the disease instead.

The study showed that people whose diets contain relatively little palmitic and stearic acid, saturated fats composed of 16 or more carbon atoms (longer-chain saturated fats) that are typically found in meats can affect our risk of a myocardial infarction or heart attack. Moreover, individuals who eat more saturated fats with 14 or fewer carbon atoms (shorter-chain saturated fats) that are typically found in dairy products have lower risk of heart attack.

“Our analysis of the diets of large groups of individuals in two countries over time shows that the type of saturated fats we consume could affect our cardiovascular health,” explained lead author Ivoine Sluijs, postdoctoral student at the Utrecht University in the Netherlands.

For the study data from approximately 75,000 people were analysed by the team among which nearly 5,000 people experienced heart attack.

“We found that eating relatively little of the longer chained saturated fatty acids and consuming plant-based proteins instead was associated with a lower risk. Substitution of those saturated fats with other energy sources such as carbohydrates did not affect the risk to develop myocardial infarction,” said Sluijs.

Although diets vary by nationality and other factors, the most frequently consumed saturated fat is palmitic acid, with 16 carbon atoms, followed by stearic acid, with 18 carbon atoms, both of which are found in meat products, as per the study published in the International Journal of Cardiology.

Shifts in fat intake should align with the recommended healthy dietary patterns, which emphasise limited intakes of red and processed meat and added sugars, lower salt intake, replacement of refined grains with whole grains, and higher consumption of fruits and vegetables, the team suggested. – IANS

Anti-depressants raise risk of intestinal bleeding

“Whenever physicians discover their patients are taking any combination of these medications, they should begin assessing the risks and benefits and determine whether there are alternative treatment plans,” Yue said.

“For example, physicians should periodically assess antidepressant use even when patients are stable on therapy.”

Yue also recommends physicians monitor their patients closely for symptoms of gastrointestinal bleeding during the first 30 days of SSRI therapy, especially if patients are taking concurrent medications that may increase bleeding risk. – IANS

Women more prone to depression after stroke

Women, please take note. Women are twice more likely to suffer from severe depression after a stroke than men, as researchers have found that 20 percent of women suffered from severe depression compared to 10 percent of men.

The study also found varying patterns of symptom progression; that long-term increased symptoms of depression are associated with higher mortality rates; and that initially moderate symptoms in men tend to become worse over time.

“...we can’t pinpoint exactly why depression is more common among women...” said lead author Salma Ayis from the School of Population Health and Environmental Sciences at King’s College London in UK.

“What is common to both sexes is the dramatic decrease in the likelihood of survival as depression symptoms increase. We believe, therefore, that by monitoring symptoms of depression in stroke survivors and acting accordingly, clinicians may be able to provide better long-term care.”

For the study, published in the European Journal of Neurology, the research team followed the progress of symptoms over five years after stroke onset in 2,313 people (1,275 men and 1,038 women).

Patients who had their first-ever stroke between 1998 and 2010 were recruited to the study and were monitored until July 2017. Participants’ mental health was assessed and cross-referenced with their physical health and socio-demographic data.

Stroke is a life-threatening medical condition that occurs when blood flow to part of the brain is blocked. An estimated, one in six people worldwide will have a stroke in their lifetime and there are more than 100,000 strokes in the UK every year.

Although severity and symptoms are wide-ranging, about a third of all survivors experience depression following their stroke; approximately 400,000 people in the UK today. – IANS

ODDS-ON: Patients taking anti-depressant medications classified as selective serotonin reuptake inhibitors (SSRIs) are 40 percent more likely to develop severe gastrointestinal bleeding.

LOWER RISK: Individuals who eat more saturated fats with 14 or fewer carbon atoms that are typically found in dairy products have lower risk of heart attacks.

Saturated fats can put your heart at risk

The type of saturated fats we consume can put us at risk of a heart attack, according to a new study suggesting that eating plant-based proteins can decrease chances of the disease instead.

Although SSRIs are among the most frequently prescribed as they are relatively low-cost, effective and safe, they carry risks for gastrointestinal and intracranial bleeding particularly when they also use common over-the-counter pain relievers.

The most common and concerning interactions occur with nonsteroidal anti-inflammatory drugs (NSAIDs) including Ibuprofen and naproxen, anti-platelet medications such as aspirin and clopidogrel, the study said.

“The real risk comes from the assumption that each of these drugs is relatively safe and benign. But they all carry a risk for bleeding, and that risk increases when these medications are taken concurrently,” said lead author Wei Cheng Yue, Assistant Professor at the University of North Texas Health Science Centre.

According to Yue, a significant portion of SSRI prescriptions are written by primary care physicians.

The risk of bleeding is well established but not well known among patients, she said, while encouraging physicians to take a full inventory of the medications their patients take, including over-the-counter NSAIDs.
Hearing loss can contribute to mental decline, dementia

By Rachel V. Thomas

Hearing loss can lead to impaired memory and higher risk of dementia and ensuing Alzheimer’s disease in older people, health experts say.

Deafness, according to the World Health Organisation (WHO), refers to the complete loss of hearing ability in one or both ears, while ‘hearing impairment’ refers to both complete and partial loss of hearing ability.

Nearly 360 million people, nearly one-tenth of them children, suffer from hearing loss worldwide.

“Yes, hearing loss can lead to cognitive decline. Our two senses, vision and hearing, contribute to our cognitive development. When we are not able to hear well, most of the information that is delivered to us that way is not received properly. This way, less hearing slowly contributes to cognitive decline,” said Suresh Singh Naruka, Senior Consultant – ENT at Indraprastha Apollo Hospitals.

“It is important to understand that brain development and cognition development is a slow process. Intelligence is not a static thing; it is a dynamic and continuous process. It may not be visible in a day or two, but over a period of time one can witness the decline in cognitive behaviour,” Naruka added.

A study led by researchers at Brigham and Women’s Hospital in the US suggests that hearing loss is associated with new onset of subjective cognitive concerns which may be indicative of early stage changes in cognition.

The study, published in the Alzheimer’s and Dementia journal, examined 10,107 men aged 62 years.

The team found that compared with men with no hearing loss, the relative risk of cognitive decline was 30 percent higher among men with mild hearing loss, 42 percent higher among men with moderate hearing loss and 54 percent higher among men with severe hearing loss but who did not use hearing aids. The findings may help identify individuals at greater risk of cognitive decline. It may help identify individuals at greater risk of cognitive decline and could provide insights for earlier intervention and prevention, the researchers said.

Moreover, “while hearing loss can lead to impaired memory and higher risk of dementia in older people, in children it hampers with development of speech and brain development”, said Virender Singh, Consultant – ENT, Fortis Hospital, Shalimar Bagh India.

According to a 2016 study published in the Indian Journal of Otolaryngology and Head and Neck Surgery, 63 million people (6.3 percent) suffer from significant auditory loss in India.

Four in every 1,000 children suffer from severe to profound hearing loss. With over 100,000 babies that are born with hearing deficiency every year, the estimated prevalence of adult-onset deafness was found to be 7.6 per cent and childhood-onset deafness to be 2 per cent.

“Hearing loss is a much neglected phenomenon in our country. Congenital deafness or any neonatal disease such as prolonged jaundice, meningitis or prolonged labour leading to delayed oxygenation can cause mild to profound hearing loss in neonates,” Singh said.

Hearing loss in children can hamper the development of speech and the brain. This can lead to shutting the child from worldly sounds, resulting in a disconnect from the social world.

“Early corrective measures in the form of hearing aid, cochlear implant, medications and corrective surgery should be taken as soon as possible to prevent any complications that arise from hearing loss,” Singh suggested.

SCREEN TIME AHEAD OF BEDTIME SABOTAGES SLEEP

Using mobile phones or watching TV in a dark bedroom just ahead of bedtime can sabotage your sleep more than when used in a well lit room or not using them at all, researchers say.

“While previous research has shown a link between screen use and the quality and length of young people’s sleep, ours is the first study to show how room lighting can further influence this,” said lead author Michael Mireku from the University of Lincoln in the UK.

Insufficient sleep is associated with impaired immune responses, depression, anxiety and obesity in children and adolescents.

The study, published in the journal Environment International, found that night-time use of phones, tablets and laptops is consistently associated with poor sleep quality, insufficient sleep, and poor perceived quality of life.

For the study, the research team collected data from 6,616 adolescents aged between 11 and 12 and more than 70 per cent reported using at least one screen-based device within one hour of their bedtime.

They were asked to self-report a range of factors including their device use in both bright and darkened rooms, their weekday and weekend bedtimes, how difficult they found it to go to sleep and their wake up times.

The results showed that those who used a phone or watched television in a room with a light on were 31 per cent more likely to get less sleep than those who didn’t use a screen.

The likelihood increased to 147 per cent if the same activity took place in the dark.

It has been reported that globally, 90 percent of adolescents are not sleeping the recommended nine to 11 hours per night, which has coincided with an increase in the use of screen-based media devices.

Previous studies have shown that sufficient sleep duration and quality are vital in childhood to maintain physical and mental development.

LINK: Insufficient sleep is associated with impaired immune responses, depression, anxiety and obesity in children and adolescents.
Fried chicken is a common food item all over the world with various recipes. Fried chicken is like a religion to many people and they swear by their own recipes and family traditions. Today, I will discuss in detail about fried chicken – from the history of fried chicken, the process of cooking it, and its variety of sauces to serve. Fried chicken is a common food item all over the world and they all have their own versions of the recipe. In Asia, the chicken is fried in such a way that the skin is extremely crunchy, but the white meat is relatively soft, and is served with salt pepper and prawn crackers in China and Hong Kong. It is a popular item served during Chinese weddings too. The chicken is usually eaten as a snack. In Korea, fried chicken is eaten as a bar food and as a snack. The chicken is usually seasoned with spices after it is fried. Korean chicken is small as compared to the ones available in the United States so the Korean restaurants fry the chicken whole and then cut them into small pieces before serving. Small wings and drumsticks are very popular in Korean restaurants.

Making a fried chicken may sound easy to you but it involves some prep work, knowledge about temperatures and time to get a perfect crispy outside and juicy tender inside. The world-famous KFC chicken started by Colonel Harland Sanders was adamant that his chicken to be pan fried while operating his restaurant, but he was also unhappy with the fact that the traditional method took more than half an hour, far too long for a conventional restaurant. Sanders purchased one of the first commercial pressure cookers ever produced in 1939 and converted it into a pressure fryer and found that the resulting chicken was as good as his pan-fried chicken and cooked in half the time. Not only his development set the cooking time in half but also paved the way to take his home fried chicken to a restaurant kitchen and expanding that one restaurant to all over the world.

There are three popular techniques for frying the chicken – pan frying, deep frying and pressure frying. Pan frying requires a shallow pan and fat to fry the chicken. The fat is heated to a temperature hot enough to seal the outside of the chicken pieces. Once the chicken is sealed the temperature is reduced to cook the chicken, some people also add butter in the end to give more buttery taste to the chicken. Deep frying requires the chicken to be fully submerged in hot fat. The chicken pieces are floured or battered. The basic ingredients are eggs, milk and leavening. Constant temperature is maintained throughout the cooking process. Pressure cooker uses a pressure cooker to accelerate the process. The moisture inside the chicken turns to steam and increases the pressure in the cooker, lowering the cooking time needed. The steam also cooks the chicken thighs, but still allows the pieces to be moist and ten floured or battered and then placed in the hot fat. The lid is placed on the pressure cooker, and the chicken pieces are thus fried under pressure.

Tips for a perfect fried chicken:

1. Use peanut oil to fry the chicken as it maintains the heat more evenly.
2. Remove from fat and allow to rest before serving.
3. Check the internal chicken temperature with a probe after 15 minutes, if it reads at 170 degrees Fahrenheit it is cooked.
4. Skin on chicken is preferred over skinless.
5. Marinating or soaking the chicken in brine or buttermilk for 30 minutes increases the tenderness and develop great flavour profiles.
6. You can coat the chicken in cornmeal to make it more crispy.
7. Let your chicken air dry for 20 minutes after coating to get a crispier crust.
8. Season the flour used to coating the chicken for more even seasoning.
9. Heat the frying oil to 375 degrees Fahrenheit to avoid chicken absorbing too much oil during frying.

Ingredients

- Free range chicken 2 nos.
- Vegetable oil for frying
- All-purpose flour 5 cups
- Salt 2 tbsp
- Black pepper ground 2 tbsp
- Garlic powder 2 tbsp
- Onion powder 1 tbsp
- Cayenne pepper 2 tsp
- Buttermilk 2 cups

Method:

1. Joint the chicken to fryer pieces and keep aside.
2. Preheat the oil in a fryer or heavy bottom pan to 375-degree Fahrenheit.
3. In a separate bowl combine flour, salt, black pepper powder, garlic powder, onion powder and cayenne pepper and mix well.
4. Pour the buttermilk into another bowl to immerse the chicken.
5. Take the chicken pieces and lightly dust them with flour mixture, then dip them in the buttermilk until they are coated, and then place them in flour mixture.
6. Take the pieces that are in the flour mixture and aggressively push the flour mixture into the wet chicken.
7. Make sure the chicken is thoroughly coated and gently immerse the pieces in hot oil.
8. Repeat with the remaining chicken pieces.
9. Check the internal chicken temperature with a probe after 15 minutes, if it reads at 170 degrees Fahrenheit it is cooked.

Chef's Special

The best size chicken is 4-pound fryer. Skin on chicken is preferred over skinless. Marinating or soaking the chicken in brine or buttermilk for 30 minutes increases the tenderness and develop great flavour profiles. You can coat the chicken in cornmeal to make it more crispy. Let your chicken air dry for 20 minutes after coating to get a crispier crust. Season the flour used to coating the chicken for more even seasoning. Heat the frying oil to 375 degrees Fahrenheit to avoid chicken absorbing too much oil during frying. Use peanut oil to fry the chicken as it maintains the heat more evenly.

Chef's Special Fried Chicken

Ingredients

- Free range chicken 2 nos.
- Vegetable oil for frying
- All-purpose flour 5 cups
- Salt 2 tbsp
- Black pepper ground 2 tbsp
- Garlic powder 2 tbsp
- Onion powder 1 tbsp
- Cayenne pepper 2 tsp
- Buttermilk 2 cups

Method:

1. Joint the chicken to fryer pieces and keep aside.
2. Preheat the oil in a fryer or heavy bottom pan to 375-degree Fahrenheit.
3. In a separate bowl combine flour, salt, black pepper powder, garlic powder, onion powder and cayenne pepper and mix well.
4. Pour the buttermilk into another bowl to immerse the chicken.
5. Take the chicken pieces and lightly dust them with flour mixture, then dip them in the buttermilk until they are coated, and then place them in flour mixture.
6. Take the pieces that are in the flour mixture and aggressively push the flour mixture into the wet chicken.
7. Make sure the chicken is thoroughly coated and gently immerse the pieces in hot oil.
8. Repeat with the remaining chicken pieces.
9. Check the internal chicken temperature with a probe after 15 minutes, if it reads at 170 degrees Fahrenheit it is cooked.

A perfect fried chicken recipe

Chef Tarun Kapoor, Culinary Mastermind, USA. He may be contacted at tarunkapoors@gmail.com
DMIS organises event to mark 70th Republic Day of India

Doha Modern Indian School (DMIS) recently organised an event 'Responsible Freedom' for the students of Grade-I to celebrate the 70th Republic Day of India. The symbolic tri colour flag of India was explained to the students. The event featured various cultural performances by the students.

AMC all set to open its first Multispecialty Medical Centre

Asian Medical Centre (AMC), a division of Asian Medical Group GCC, is all set to open its first Multispecialty Medical Centre in Al Wakrah today at 4pm. The new facility will be jointly inaugurated by Fahad Fasil, South Indian Cine Artist, and Munavvar Al Shihab Thangal, Youth Leader and Social Activist, in the presence of Syed Thangal, Chairman Asian Medical Group, Sharafudheen V P, Executive Director and other dignitaries. In the initial phase of opening, Asian Medical Centre will offer a comprehensive range of medical services, including internal medicine, ENT, paediatrics, ophthalmology, dental surgery, obstetrics and gynaecology, dermatology, orthopaedics, general surgery, in-house pharmacy, medical lab and radiology. Syed Thangal, Chairman of Asian Medical Group, said that Asian Medical Centre will be starting major super specialities as well in its immediate second phase of operations. Syed Thangal added that Asian Medical Centre is committed to offer all basic and extensive range of quality healthcare services for all residents in proximity to Al Wakrah Municipality.

QMASS elects new office bearers

Qatar Mahe Souhrida Sangamam (QMASS), a socio-cultural organisation for the Indian expatriates hailing from Mahe and neighbouring regions of India, recently elected its new office bearers. The new office bearers include Shuhaih Mahe, President, Thaju Mamas, General Secretary, Sreevesh Sreedhar, Treasurer, Ulhas Kayakandy, Vice President, Mohamed Rafat, Secretary, Fahad, Joint Treasurer, Rikov Ramachandran, Cultural Secretary, Shajahan Chakekkara, Joint Cultural Secretary, Anees CH, Sports Secretary, Sonesh TP, Joint Sports Secretary, Rozwan Chakekkara, PRO, Faisal Kandoth, Joint PRO, Sibeeh TK, Auditor, Mammadhan MamballyMubarak Abdul Ahad and Rijal Kidaran, Advisors, Liber Parambath, Qcare Secretary, Faisal Kidaren, Joint Qcare Secretary, and MP Saleem, Patron.

OIS marks 70th Republic Day of India

Olive International School (OIS) recently celebrated 70th Republic Day of India. The event kicked off with a special assembly, which was followed by a march past and a speech by one of the faculty members of OIS. The students of OIS were dressed up as freedom fighters.
Tips for dry eyes in cold weather

**USE A HUMIDIFIER**
If you spend time in heated environments, use a humidifier to add some moisture back into the air. This can help restore humidity, and moisture to the eyes.

**DRINK LOTS OF FLUIDS**
Keeping your body hydrated will help maintain moisture in your eyes.

**SEE YOUR DOCTOR**
Occasional bouts of dry eyes can eventually progress into dry eye disease.

**PROTECT YOUR EYES**
If you know you’ll be outdoors in harsh conditions — sun, or wind — make sure to wear eye protection like a sunhat with a visor, or from getting hit by debris.

**DIVERT HEAT FROM FACE**

You might not feel it at the time, but blowing heat directly onto your face is drying up moisture in your eyes. Turn the vents in your car down toward your lower body to prevent this direct contact.

**SYMPTOMS OF DRY EYES**

- **BURNING SENSATION**
- **ITCHY EYES**
- **ACHING, SORE, OR FATIGUED EYES**
- **DRYNESS**
- **RED EYES**
- **SENSITIVITY TO LIGHT**
- **BLURRED VISION**

*You will be exposed to harsh weather conditions; extreme cold outdoors may make sure you check the interior temperature or a heat source to keep your eyes healthy.*
Touching the base of Cuban Revolution

Tony Perrottet’s new chronicle of the rebellion, *Cuba Libre!: Che, Fidel, and the Improbable Revolution That Changed World History* reads like a novel that captures ‘history’s most unlikely revolution’ in all its wild absurdity. By Michael Schaub

Sixty years after the Cuban Revolution deposed dictator Fulgencio Batista and installed revolutionary leader Fidel Castro, it’s still hard to believe that the audacious rebellion worked.

There’s no reason it should have, the rebels were outmanned, outmatched and outgunned, going up against a strong army backed by the United States.

The story of the years-long guerrilla war would beggar belief had it been the product of an author’s imagination. So it’s no surprise that Tony Perrottet’s new chronicle of the rebellion, *Cuba Libre!: Che, Fidel, and the Improbable Revolution That Changed World History* reads like a novel, it’s a fascinating page-turner that captures ‘history’s most unlikely revolution’ in all its wild absurdity.

Perrottet sets the scene with an account of how Cuba found itself in a bloody battle for its soul. He profiles Jose Marti, the 19th-century poet who agitated for Cuban independence from Spain, who inspired young Fidel Castro. He also explains how Batista rose to power from against a strong army backed by the United States.

The story of the years-long guerrilla war would beggar belief had it been the product of an author’s imagination. So it’s no surprise that Tony Perrottet’s new chronicle of the rebellion, *Cuba Libre!: Che, Fidel, and the Improbable Revolution That Changed World History* reads like a novel, it’s a fascinating page-turner that captures ‘history’s most unlikely revolution’ in all its wild absurdity.

Perrottet sets the scene with an account of how Cuba found itself in a bloody battle for its soul. He profiles Jose Marti, the 19th-century poet who agitated for Cuban independence from Spain, who inspired young Fidel Castro. He also explains how Batista rose to power from

The Cuban military quickly made short work of the would-be revolutionaries, killing or arresting about 60 of them. The remaining insurgents went into hiding and recruited new members, launching periodic guerrilla attacks and slowly wearing down Batista’s troops.

The climax of the revolution came in the final months of 1958, culminating in the Battle of Santa Clara. After the rebels captured the city, Batista fled to the Dominican Republic. Castro celebrated with a two-hour speech at a Santiago hotel, proclaiming: “For the first time, the people will have what they deserve. ... This war was won by the people!”

Perrottet provides enough context for the reader to understand what came before the revolution, but doesn’t get too bogged down in history, including only what’s relevant to the story of how a relentless dictator came to be deposed by a small group of scrappy rebels that included “kids just out of college, literature majors, art students, and engineers.”

The book focuses more on the revolutionaries and their operations than their politics, perhaps because, as Perrottet notes, Castro “wanted power above all else: ideology came a distant second. In fact, nobody in the Movement was plotting a socialist utopia. Among them were Celia Sanchez, a “blur of nicotine-fueled energy ... whose lifetime of experience ... infused the rebellion and at many key moments kept it alive;” and Don Soldini, “a loudmouthed Staten Island kid from a radical family,” one of many Americans who traveled to Cuba to offer their services to Castro and his crew.

Perrottet does an excellent job capturing the absurdities that came with the revolution. He opens the book with the story of Castro’s remarkable appearance on The Ed Sullivan Show in 1959.

The book focuses more on the revolutionaries and their operations than their politics, perhaps because, as Perrottet notes, Castro “wanted power above all else: ideology came a distant second. In fact, nobody in the Movement was plotting a socialist utopia. Among them were Celia Sanchez, a “blur of nicotine-fueled energy ... whose lifetime of experience ... infused the rebellion and at many key moments kept it alive;” and Don Soldini, “a loudmouthed Staten Island kid from a radical family,” one of many Americans who traveled to Cuba to offer their services to Castro and his crew.

Perrottet does an excellent job capturing the absurdities that came with the revolution. He opens the book with the story of Castro’s remarkable appearance on The Ed Sullivan Show in 1959, after performances by acrobats, Irish singers and a stand-up comedian. After Castro’s interview, Perrottet writes, “the show rolled on to its next variety segment: a fashion show for poodles.”

Interesting times require interesting authors to do them justice, and Perrottet proves himself more than up to the job. *Cuba Libre!* brings history to life with thorough research and wildly addictive writing.
**Colour by choice**

- Colour by numbers:
  - 1. YELLOW
  - 2. ORANGE
  - 3. GREEN
  - 4. BROWN
  - 5. BLUE

**Maze**

Help the cook find his way to the lobster.

**Connect the dots**

Join the dots in order to find out more!

**Picture crossword**

**COLOURS**

USE THE PICTURES BELOW AS CLUES

**ACROSS**

1. ODE
2. NAO
3. BATH
4. NURSE
5. DOCTOR
6. CURE
7. TYPE
8. ENSUE

**DOWN**

1. DOCTOR
2. TAP
3. SICK
4. BATH
5. TREAT
6. DOCTOR
7. NURSE
8. CURE

**Hint:** Use the pictures below as clues.
safari  (sah-FAIR-ee)  MEANING: noun: An expedition to observe (or, in the past, to hunt) wild animals in their natural habitat. verb. intr.: To go on such an expedition. ETYMOLOGY: From Swahili safari (journey), from Arabic safari (of a journey), from safar (journey). Earliest documented use: 1889. USAGE: “In this vision, the arrival of a wandering tiger becomes a positive event for villagers, an opportunity to offer tourists homestays, or put on small-scale safaris.”

ACROSS
1. Hands over the results of a test (6)
2. Stick with a tartan design (6)
4. Mouth.
5. Something.
6. Lump or a large amount of something.
7. A splinter.
8. A thin or slight person.
9. A assembly in which all members are present.
10. A space in which air or another gas is at pressure greater than the atmospheric pressure.
11. Earth cooled or heated for a chamber for heated or cooled air.
15. Earliest documented use: 1674.
22. Earliest documented use: 1674.
23. Earliest documented use: 1674.
25. Earliest documented use: 1674.
27. Earliest documented use: 1674.
29. Earliest documented use: 1674.
30. Earliest documented use: 1674.

DOWN
1. A writer has to put up with being repressed (4-2)
2. Objections raised by the end (4)
3. A person looking to find support taken in by a soothsayer (8)
4. The fruits of discussion? (10.5)
5. About the money that’s late (6)
6. At the time when either (3.3)
7. Coming from the Pope, he puts nun back in charge over (6)
8.终端 part – the coda (7)
9. Joy’s relations are about to appear (7)
10. Remarks when the team are (6)
11. It’s not too late to put it back into mineworking (2,4)
12. Terminal part - the coda (7)
13. Joy’s relations are about to appear (7)
14. Fatuous writer turned it out (5)
15. A platform for Elmer (6)

Yesterday’s Solutions

DOWN: 1 Steps 2 Actresses 3 Deep depression 4 Salient 5 Divulge 7 Green 8 Dishonest 9 Double negative 14 Addressed 16 On average 18 Satiate 19 Dessert 22 Sight 24 Treat.
Aerobics can delay age-related cognitive decline: Study

While most studies on exercise and cognition have focused on the elderly, a new study suggests that aerobics can even prevent or slow the appearance of at least some age-related cognitive changes in young and middle-aged adults.

The study also found that aerobics training increases executive function – cognitive processes important for reasoning, planning and problem-solving – in adults as young as 20, although the effect was stronger with increasing age.

Aerobic exercise is any type of cardiovascular conditioning which can include activities like brisk walking, swimming, running or cycling.

“Executive function usually peaks around age 30 and I think that aerobic exercise is good at rescuing lost function, as opposed to increasing performance in those without a decline,” said Yaakov Stern, faculty member from the Taub Institute of Columbia University in the US.

For the study, researchers assigned 132 adults aged between 20 and 67.

Participants were tested for executive function, processing speed, language, attention and episodic memory prior to being assigned to groups and at 12 and 24 weeks.

The findings, published in the journal Neurology, showed that after 24 weeks, there was a significant improvement in executive function in the aerobics group for participants of all ages and the greater the participant’s age, the greater the improvement in executive function.

However, aerobics did not improve cognitive function in processing speed, language, attention or episodic memory for participants of any age, findings further showed. – IANS

**ARIES**
March 21 – April 19

Generally you avoid politics in any group you belong to, Aries, but today you might get caught up in the fray in order to support a friend. This goes against your grain. Be sure and assess the situation carefully before getting too involved. Friend or not, you aren’t going to want to alienate anyone in the group. Think about it. Is it worth it?

**TAURUS**
April 20 – May 20

Changes you’re making at home might necessitate your planning extra time, Taurus. Perhaps you’re waiting for a guest whose plane got delayed, or your shopping trip takes much longer because you can’t find what you’re looking for. Whatever it is, don’t panic. Just try to stay rational and think about other options or alternatives.

**GEMINI**
May 21 – June 20

Are you involved in a search through every store for a particular item, Gemini? You might be looking for a long time. The object you need won’t be found at the local mall. Secondhand shops, obscure boutiques, antique stores outside town – all of these are more likely to have what you want than any shop you’d normally frequent. Be brave and take a chance. You might really enjoy it.

**CANCER**
June 21 – July 22

If you’ve given up on something you’ve lost, Cancer, you might get a real surprise tonight when a dream sheds light on where you might find it. It’s important that you either get up and search for the object immediately or write the dream down in as much detail as you can remember. Otherwise, this could be one of those dreams that disappears as soon as you wake up, and you won’t want that.

**LEO**
July 23 – August 22

A business partner might be in a foul mood and not very likely to tell you why, Leo. It won’t be all that easy to deal with, but it probably doesn’t relate to any trouble between you. Therefore, it’s best to let your partner work it out alone. Take care to stay cool and keep a safe distance between you, at least for today. The mood should pass by tomorrow.

**LIBRA**
September 23 – October 22

A goal you’ve recently been on the verge of attaining may suddenly hit unexpected setbacks, Libra. However major or minor they are, it’s going to be disheartening. The only thing you can do is pick up the pieces and move on. The goal isn’t dead in the water. There are only some extra tasks that need to be done before you achieve it. Do what you have to, and hang in there.

**SCORPIO**
October 23 – November 21

You could be introduced to a new person today Scorpio. He or she may be someone who will play a very important role in your life at one point. You will feel an instant connection and find out you share a passion for the same kind of things. This person could turn out to be a very good friend, and romance is also very likely. Take it slowly and see what happens.

**SAGITTARIUS**
November 22 – December 21

Is there a secret you’re obsessed with unveiling, Sagittarius? Something strange could be going on in your neighbourhood, or it might be an intellectual puzzle. Whatever it is, you’re determined to discover the truth. You may do things you wouldn’t normally do. Don’t be too pushy with questions. Confining your research to books, newspapers, and the web. You can find a few clues without alienating anyone.

**CAPRICORN**
December 22 – January 19

Various intellectual or humanitarian subjects you’ve been reading about have changed your value system, perhaps subtly, Capricorn. You may not notice it until you hear someone mention beliefs like those you used to hold. It might be uncomfortable to realise that such profound changes have occurred in you, but it’s only a natural part of personal growth. Everything changes, so why not you?

**AQUARIUS**
January 20 – February 18

A temporary separation from a love partner might have you in a very gloomy mood, Aquarius. Attempts to reach your friend by phone might prove fruitless. You might grow more and more frustrated and angry. There isn’t much you can do other than leave messages. Don’t let your insecurity get the best of you. Find something else to do until your friend has a chance to call. Better late than never.

**PIRUS**
February 19 – March 20

Expect to be frantic if you have to take care of something that’s time critical today, Pisces. People and situations aren’t in your favour. Everything will seem like a challenge. Prioritise tasks and do them slowly and cautiously one at a time. If you push too hard, you will make mistakes and wear yourself out. The world won’t end if you don’t finish all your tasks.
Grammy-winning singer James Ingram dead at 66

By Rachel DeSantis

Grammy-winning singer and songwriter James Ingram, who topped the charts with hits like Baby, Come to Me and Somewhere Out There, has died, according to his close friend, actress Debbie Allen. The musician was 66.

“I have lost my dearest friend and creative partner James Ingram to the Celestial Choir,” Allen wrote on Twitter. “He will always be cherished, loved and remembered for his genius, his love of family and his humanity. I am blessed to have been so close. We will forever speak his name.”

TMZ reports Ingram died after a battle with brain cancer.

Ingram was nominated for a whopping 14 Grammys and took home two trophies throughout his decades-long career, which started when he left his hometown of Akron, Ohio, for Los Angeles at just 18 with his band Revelation Funk.

The group struck out when it came to making it big and soon disbanded, but Ingram stuck around in Hollywood, singing and playing piano in studio sessions with Ray Charles and recording vocals for Marvin Gaye.

Ingram’s career took off in 1981 when the legendary Quincy Jones took him under his wing on his album The Dude. "I hung up on Quincy,” Ingram told the Chicago Tribune in 2012. “I was never a singer. I never shopped a deal, none of that. My wife said, ‘James, that was Quincy! He called back, and we started talking. I said, ‘Yeah, that’s me.’ He put that on his album.”

Also included on the album was One Hundred Ways, which earned Ingram his first Grammy for Best Male R&B Vocal Performance.

Ingram continued to churn out hits, like the 1982 Patti Austin duet Baby, Come to Me. The track topped the Billboard charts a year after its release thanks to renewed interest after it was featured prominently in the soap opera General Hospital.

The musician’s first solo album, It’s Your Night, was released in 1983, and featured another hit: Yoh Mo B There, a duet with Michael McDonald. The song earned the pair a Grammy for Best R&B Performance by a Duo or Group with Vocals.

That same year, Ingram also co-wrote the Michael Jackson hit P.Y.T. (Pretty Young Thing).

Ingram’s next major hit came in 1986, when Somewhere Out There, a duet with Linda Ronstadt, was included on the soundtrack of the animated film An American Tail.

The track won Song of the Year at the 1988 Grammys, and peaked at No. 1 on the Billboard charts. Ingram went on to release another four albums throughout his career, with the final one being 2008’s Island (In the Light). – New York Daily News/TNS

Smollett took himself to Northwestern Hospital, and is currently in good condition.

TMZ reports Smollett’s attackers were two white men who yelled, “This is MAGA country,” while carrying out the assault.

The gossip site also reports that the chemical substance was bleach, and that Smollett suffered a fractured rib, but has since been released from the hospital.

A rep for the star did not immediately respond to a request for comment.

Smollett is a former child star who has appeared in films like The Mighty Ducks and North, though his most notable role is as Jamal Lyon in the Fox drama Empire.

He’s been a series regular since the show premiered in 2015, and has won a slew of NAACP Image Awards for the role. – New York Daily News/TNS
Donating blood to save lives

By Mudassir Raja

By taking part in a noble cause like blood donation, an individual not only saves someone else’s life but also improves his or her health as well. It is a life-saving gift from one man to another irrespective of the religion, nationality or any other social factor. Qatar has a heterogeneous population with people coming together from different backgrounds and it won’t be erroneous to say that blood donation is indeed one way of reaching out and helping each other. Fun Day Club is a community group formed by expatriates from India. The club organises different community meet-ups, cultural and art programmes, and welfare activities. The club, in collaboration with Hamad Medical Corporation (HMC), is all set to organise a blood donation campaign ‘Be Proud Of Yourself’ today. The donation drive will take place at HMC’s Blood Donor Unit from 8am to 12pm.

Talking to Community, Subramanya Hebbagelu, Patron of Fun-Day Club, said, “I am not a medical expert but I know and understand the importance of blood donation. Every three seconds, somebody is in need of blood in the world. One donation can help save three lives. There are no boundaries like race, religion, sex, or nationality for the blood donation. It improves heart and liver health and reduces heart attack risk by 88%. It also lowers the risk of stroke by 52%. It also helps in burning calories as one pint of blood (450ml) burns 650 calories. The donation also enhances new blood cell production. It reduces cancer risk. A donor can also have free blood screening.”

Sharing how he became a volunteer for the blood donation drives, he said, “I experienced two incidents in my life that made me realise that how important blood donation is. A few years ago in India, a friend of mine met an accident. One of his legs was amputated due to excessive bleeding and absence of timely availability of blood. Had we been able to arrange two A+ blood donors in time, my friend could have avoided the wheelchair for rest of his life. “The second incident was also in India. At my workplace, one of my colleagues suddenly collapsed and went unconscious during the office hours. Doctors diagnosed him with a cardiac arrest and suggested an immediate bypass surgery. The doctors asked us to arrange B+ve blood. This time, our own colleagues including me donated and that timely help saved our friend’s life.”

He added, “I moved to Qatar some 11 years ago. I started taking part in different campaigns for blood donation in 2009. Then we formed this club to continuously carry out the drives. I do it because for me this is a very noble health charity. You do not know who the recipient is going to be. It is also our duty to contribute to Qatar in a positive way as it is our second home.”

Ajay Kumar, President of Fun Day Club, said, “Our club has actively been participating in blood donation activities for the last five years in collaboration with different community organisations. We mobilise our community through social media and we always have very positive response. For today’s campaign, we have already got registration from 400 people. “All the community people are requested to join hands with us in this noble cause and actively come forward to donate blood. We always provide food and juices to all the volunteers after the donation. We also give them certificates in recognition of their contribution to the humanity. The HMC also provides certificates to the volunteers.”

He further said, “Under the health regulations, a donor needs to be in Qatar for six months before he can donate the blood. People who have been staying for six or more than six months are eligible for the donation. I wanted to go to India but postponed my trip because I wanted to donate blood.”

Those who wish to donate blood (Qatar Only) at HMC Donors Unit Qatar today can register their names by joining the Whatsapp Group: https://chat.whatsapp.com/B6IoU8Wym0U5Kw6pPp6