They’re everywhere

Why tiny microbes may be a big factor in how climate change unfolds. P2-3

Cuisine
A delight for fish lovers.

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Celebrated Ugandan singer all set to bring Afrobeat to Doha.

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Quiet disquiet

Microbes are the glue that hold ecosystems together. Like all life forms, they will feel the impact of climate change. The way they respond could have huge implications for the rest of us, writes Julia Rosen.

Some scientists are acutely aware of the importance of microbes. But we need to get the word out to everybody else that this is really critical.

— Victoria Orphan, microbial ecologist
climate. They are also the glue that holds ecosystems together. They often form the base of the food web and perform critical duties, such as breaking down organic matter, recycling nutrients and photosynthesising.

Like all life forms, microbes will feel the impacts of climate change. The way they respond could have huge implications for the rest of us. For instance, microbes will help determine whether natural sources of greenhouse gases rise or fall in a warming world. And they are key to ecological resilience in the face of environmental stress.

That’s why a group of scientists issued a consensus statement calling for more research on the topic in a recent issue of Nature Reviews Microbiology. Ominously, they called it Scientists’ Warning to Humanity.

The Los Angeles Times spoke with Victoria Orphan, a microbial ecologist at Caltech who helped write the statement, about why we shouldn’t overlook microbes.

Just so we’re all on the same page, what are microbes? They have one cell, by definition. Most you can’t see with your naked eye. But as small as they are, they are incredibly powerful in terms of the types of chemistry that they can do.

Where do they live? Everywhere. Basically, any place that we would consider habitable for us, we find microbes. And in places that we would consider too extreme for multicellular life, we also find microbes. They are really the champions of colonising every possible liveable space on the planet.

And what do microbes have to do with climate change? Many microbes in the ocean photosynthesise just like plants. They are responsible for generating half of the oxygen in our atmosphere. At the same time, they are also pulling carbon dioxide from the atmosphere into the ocean and turning it into biomass. So they play a huge role as a sink for carbon dioxide, for example.

Methane is another important greenhouse gas. What about that? Methane is largely cycled by microbes. We study one particular process in which two microorganisms collaborate to do this really challenging chemistry of oxidising methane with sulfate. And they do this very effectively. We don’t know the numbers exactly, but the upper estimates are 80% of the methane in ocean sediments is consumed by this team of microorganisms before it reaches the atmosphere.

So, if these microbes weren’t working together, a lot more methane would be getting into the atmosphere.

That’s right. We’re concerned that there’s a lot of discussion about things like deep-sea mining of natural resources. We know so little about these deep-sea habitats. If we start destroying them, this may perturb the system and make these important biological filters less effective.

Have microbes been overlooked in how we think about climate science? It depends on who you ask. Some scientists are acutely aware of the importance of microbes. But we need to get the word out to everybody else that this is really critical.

This is not just in the deep ocean, where I do most of my work, but in every single habitat. Microorganisms are basically determining how much greenhouse gases are emitted from these ecosystems, either as sources or as consumers of those gases.

Can you give an example of how microbes’ response to climate change could amplify the problem? Some scientists are acutely aware of the importance of microbes. But we need to get the word out to everybody else that this is really critical.

This is not just in the deep ocean, where I do most of my work, but in every single habitat. Microorganisms are basically determining how much greenhouse gases are emitted from these ecosystems, either as sources or as consumers of those gases.

What’s an example of a way microbes can help? Methane is largely cycled by microbes. We study one particular process in which two microorganisms collaborate to do this really challenging chemistry of oxidising methane with sulfate. And they do this very effectively. We don’t know the numbers exactly, but the upper estimates are 80% of the methane in ocean sediments is consumed by this team of microorganisms before it reaches the atmosphere.

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FASCINATING: The green and blue swirls of a phytoplankton bloom off the coast of Alaska as seen by a Nasa satellite. These microorganisms help pull carbon dioxide out of the atmosphere.

I think there’s a lot of exciting potential for engineering microbes. But in order to apply this in an effective way, we really need to understand their full impact in ecosystems and how they respond.

– Victoria Orphan

A familiar one is melting permafrost. Basically, you’re taking carbon-rich frozen sediments and you are thawing them. Microorganisms are feasting on this organic carbon and, as an end product of their metabolism, they are producing things like methane. It’s like taking a frozen dinner out of the freezer and thawing it — now it’s become edible.

There’s tremendous amounts of carbon in permafrost that has been stored for many thousands of years, if not longer. But all of a sudden it is being made available all at once. It’s not just the fact that this process is going on, it’s also the speed that then can throw systems out of balance.

Are there ways microbes can help? I think there’s a lot of exciting potential for engineering microbes. But in order to apply this in an effective way, we really need to understand their full impact in ecosystems and how they respond.

My colleague Frances Arnold is sort of the champion for doing directed evolution and making all sorts of very interesting products and things that we never could have dreamed that a microbe could do.

What’s an example of a way microbes can help the climate? Cows are a huge producer of methane. That methane is produced in their rumens from fermentation of grasses or corn. And the rumen is like a little ecosystem – just like studying deep-sea sediments. So there may be ways that we can better understand how microorganisms are working together to try to either minimise methane production from the start, or try to oxidise that methane before it’s belched out of the cow.

In the consensus statement, you warn that “the impact of climate change will depend heavily on responses of microorganisms.” What do you want people to do with that knowledge? I would like them to not only have an appreciation for the fact that microbes basically rule the planet and we are just, you know, kind of visiting, but also to value and understand the importance of putting in effort in researching this. We’re starting to get on that trajectory, but there still needs to be greater awareness of its importance.

Is there anything else you want us to know? People have gone through this radical change from thinking that microorganisms were dangerous germs to embracing the microbiome.

That’s really wonderful, because people really care about their well-being and health. How then do we translate that excitement and wonder to the natural world around us? I think that is the big challenge.

– Los Angeles Times/TNS
Treatment for toenail fungus is not always necessary

These fungal infections are more likely to happen in your toenails than in your fingernails because toenails often are confined in a dark, warm, moist environment, where fungi can thrive, writes Dr Dawn Davis.

Question: I am in my late 50s, and a few of my toenails have turned a yellowish colour and seem to have thickened. Is this something I should be concerned about? Is there anything I can do to fix this?

Answer: What you’re likely experiencing is a fungal nail infection. Fungal nail infections are common, especially among older adults. As nail growth slows with age, it’s easier for fungus to establish in the nail bed. Treatments are available, although they may take some vigilance and are not always necessary.

Toenail fungus usually is caused by a microscopic organism called dermatophyte fungus. It often begins as a white or yellow spot under the tip of your toenail. But as the infection goes deeper, nail fungus may cause your nail to discolor, thicken and crumble at the edge. These fungal infections are more likely to happen in your toenails than in your fingernails because toenails often are confined in a dark, warm, moist environment, where fungus can thrive. Toes also have less blood flow than fingers, making it harder for your body’s immune system to detect and stop the infection. But it is possible for fingernails to be affected.

Toe nails are made up of multiple layers stacked on top of each other. Toenail fungus can be tough to get rid of because it can get into and in between those layers. It also may sit on top of the nail or grow underneath it. In some cases, fungus can get into the cells that make the nail, called the “nail matrix.” That can make the fungus difficult to eliminate because the cells manufacturing the rest of the toenail are infected.

The older you are, the more likely you are to get toenail fungus. That’s because as you age, your immune system changes. In addition, your nails become more brittle and drier over time, creating more cracks where fungus can live. Fortunately, toenail fungus typically does not lead to bigger medical problems. I generally encourage healthy adult patients with mild toenail fungus to not treat it or to treat it just using topical measures. For example, you can buff the nail down with a file to keep it thin, so the fungus has a less of a home to live in. You should also keep the nail trimmed. If you let your toenails grow long, it creates more places for the fungus to grow. That said, these infections can cause complications, particularly if you have diabetes or a weakened immune system, you have HIV, you’ve had a transplant, or you’re undergoing cancer treatment, for example. In these cases you need prompt treatment for a fungal infection. Left unchecked, the fungus could spread to other parts of your body and make you ill.

When treatment is necessary, it usually involves a topical medication or anti-fungal medications. Oral antifungal medications taken for about six months are the most effective.

These drugs help a new nail grow free of infection, slowly replacing the infected part. For milder infections or if you can’t take the oral options, a topical medication may be appropriate. These medications require regular application for up to a year to prevent new fungal growth. Laser treatments also may be an option, although there’s little data supporting their effectiveness. It’s important to note that reinfection is likely, regardless of treatment chosen, especially as you age. Talk with your healthcare provider about your concern. He or she can help you determine whether treatment is necessary, and, if so, what kind of treatment will work best for your situation.

– Mayo Clinic News Network
Yoga can help cope with mental illness

Mental illness in city dwellers which has emerged as a major problem can be treated to an extent through yoga, say experts.

Though mental illness, as such, cannot be directly treated through yoga, stress, which is one of the major causes, says mental health expert Prakriti Poddar in a statement.

“Stress is one of the major factors that leads to depression and you can deal with stress through yoga. You can learn to calm your responses by extending your reaction time, thereby giving you better control on your emotional reactivity,” she said.

She said that Yoga asanas like Surya Namaskar, Warrior Pose, Tad Asana, Trishonasana and Pranayam could help a person cope with depression and stress.

“Depression is one of the major diseases of the developed world and it is triggered off by one’s inability to cope with stress — emotional and physical. Yoga helps you to calm your nerves, increase your mental strength and help you deal with situations,” she explained.

Poddar said that migration of work force from rural to urban areas also triggered depression. She said that there are studies on stress due to different kind of struggles one has to face due to the migration.

Yoga helps to calm your nerves, increase your mental strength and help you deal with situations.

Try e-cigarettes

If nicotine patches don’t work, e-cigarettes are definitely worth a try. A recent study found them to be almost twice as effective at helping smokers quit. “There’s that behavioural component, which some other medications for stopping smoking don’t have,” says Nicola Lindson, a behavioural medicine researcher at the University of Oxford. “Vaping gives people something to do with their hands and can help with the social element of smoking, too. We do still need more data on the safety of e-cigarettes, but we are pretty certain that they’re a lot less bad for your health than smoking.”

Seek support

National Institute for Health and Care Excellence guidelines emphasise that behavioural support, not just pharmacotherapies, is crucial to successfully quitting smoking. Whether this comes in the form of family or friends, or counselling from your local Stop Smoking service, this can help give smokers a motivation to quit.

Avoid triggers

Every smoker has triggers that make them crave a cigarette. Aveyard says changing your daily routine to avoid those temptations is important in the early stages of quitting. “People usually smoke in a very stereotyped manner, at particular times. If you can break those routines, then you will reduce the chances of giving in to temptation and allow your brain to recover.” The Guardian

Five ways to quit smoking

By David Cox

Getting on with it is the most important thing. But there are tricks to make sure you don’t give in to the inevitable cravings.

Quit now, rather than later

Smokers who try to gradually taper down the amount they smoke are less likely to quit than those who do so abruptly. “The problem with quitting smoking is it’s something you can always do tomorrow,” says Paul Aveyard, a professor of behavioural medicine at the University of Oxford. “Committing to a day and making that the day, is the key to success!”

This is because of the way the brain learns and unlearns patterns of addiction. “The urge to smoke can be unlearned, providing you never have a cigarette at those moments of temptation,” he says. “So having a sneaky one now and again is just going to prolong the agony.”

Don’t be afraid of nicotine

The NHS recommends that a combination of nicotine replacement therapies – such as a nicotine patch along with faster acting forms, such as gum or nasal spray – is far more effective than relying on a single therapy. Many smokers don’t use as much nicotine as they should when trying to quit, says Leonie Brose, of King’s College London’s National Addiction Centre. “The general thing is not to be afraid of nicotine replacements. A patch is a good baseline, but you also need something that acts quickly.”

Get a motivation to quit.

This includes financial, emotional and physical stress. “Often situational stress assists it, as people move from a robust support system to a limited one. Loneliness steps in as the sense of belonging depletes,” she stated.

She further said that most companies are now incorporating a well-being programme to provide a holistic approach towards the well-being of employees.

“Yoga has become a part of corporate wellness programs and has huge benefits for the employees as it lowers stress levels, relaxes the mind, makes the body flexible and invites an overall feeling of well-being. This improves the performance of the employee and promotes a sense of friendship,” she said.

Children can also be taught yoga form a young age to help them cope with pressures, personal and professional, when they attain adulthood.

According to various studies, around 14 per cent of the global burden of disease is attributed to neuropsychiatric disorders.

Mental health literacy among adolescents is very low and only 29 percent could identify depression while others remained unaware of the problem.

Parental disharmony, peer pressure and examination stress can trigger off depression in children. – IANS
A delight for fish lover

If you are afraid to cook fish at home because you think that you will spoil it, or your dish won’t be up to your expectation then cod is the fish for you. It cooks quickly, it is difficult to overcook (unless you just forget about it) and is easy to flavour the way you want. The meat is chunky and flaky, and the fillet is thick enough for anyone to enjoy as a complete dish.

Last week I made a dish and would like to share that recipe with all the readers in this week’s column. I used the cod fish to make a baked cod fish fillet with parsley tahini sauce. Cod is a salt water fish and you tend to feel thirsty after you consume it.

There are mainly three variety of cod fish Atlantic, Pacific and Greenland cod. They inhabit cold waters of Atlantic and Pacific Ocean. Cod fish are usually found at the bottom of the sea on a depth of 20 to 200 feet. Cod fish has been eaten since centuries by mankind due to its taste and sweet white meat. Certain species of fish like rock cod, reef cod and coral cod have the word “cod” attached to their name, but they are not actually cod family and not truly genetically related to cod. An average cod fish is 51 inch in length and can weigh between 55 to 77 pounds. However there have been much larger cod fish too. Cod fish is a good source of meat and fish oil and contains vitamins like E, A, D and omega 3 fatty acids.

‘Fish n Chips’ is a popular fast food in Europe, especially England and is almost served in all the restaurants. Cod fish is the first preference for making fish n chips. The fish fillet is breaded and deep fried and served with crispy fries. Cod fish is often rated after salmon fish for the omega fatty acids and its nutritious meat. This fish is low in calories and its consumption in moderate quantity along with a proper diet chart also helps in reducing weight and maintain a healthy body. The cod fish has an almost beard like barbel on their chin that acts like a sensory organ for finding food. Cod fish eats other cods, eels, mackerels, squid and crabs. Life span of cod depends on the species however some varieties can live upto 25 years.

A discussion about cod fish is incomplete without mention of cod liver oil. I still remember my father used to feed cod liver oil capsules to me and my brother during winters. Most of the cod liver oil is extracted from the Atlantic cod. Cod liver oil has been used for centuries to relieve joint pain and treat fragile bones in children.

Although cod liver oil is a fish oil supplement, it is quite different than regular fish oil. Regular fish oil is extracted from the tissue of oily fish tuna, herring, anchovies and mackerel, while cod liver oil as the name suggests is extracted from the livers of cod fish. The liver is a rich source of vitamins like, Vitamin A and D which makes its impressive nutrient profile. A single spoon of cod liver oil provides 90% of the daily requirements for Vitamin A and 113% of your daily requirements for Vitamin D. Vitamin A maintains healthy eyes and brain function and skin and Vitamin D maintains healthy bones and regulates Calcium absorption in body.

Baked Cod Fish with Parsley Tahini Sauce

**Ingredients**

- Serves
- Cod fish fillet 1,200gm
- Oil 3 tbsp
- Salt to taste
- Black pepper to taste
- Tahini ½ cup
- Lemon juice ¼ cup
- Garlic grated 1 tsp
- Parsley chopped 1/3 tbsp
- Garnish
- Lemon slices to garnish
- Clarified butter to garnish

**Method:**

1. Prepare the cod fish and cut into fillet and place aside.
2. Pat dry the fish and prepare the oven at 190 degree Celsius for baking.
3. Place the cod fish fillets in a baking tray and season them with salt, pepper and oil.
4. Bake the fish at 190-degree Celsius for 20-22 minutes or until the fish flakes with a fork.
5. In the meantime, prepare the sauce to accompany the fish.
6. In a bowl combine tahini, lemon juice, warm water, grated garlic, parsley chopped and salt pepper and whisk to make the sauce.
7. Once the fish is cooked add the prepared sauce and serve it hot.
8. Serve the baked fillet on a bed of rice and steamed vegetables.

**Note:** You can use a glass casserole for baking the fish and once the fish is cooked add the prepared sauce and serve it hot. Always use the freshest possible fish from an approved source to be sure about equality of the fish.

Chef’s Special

Chef Tarun Kapoor, Culinary Mastermind, USA. He may be contacted at tarunkapoorn3@gmail.com
NPRC organises interactive programme

Nepali Public Relations Committee (NPRC), sister organisation of Nepali Congress Party (NC), recently organised an interactive programme as a part of national awareness initiative series spearheaded by NC. Chitra Lekha Yadav, former minister, former vice-speaker and parliamentarian of Nepal, was the chief guest on the occasion.

Speaking on the occasion, Yadav informed the participants about the initiative and said that the workers abroad including Qatar contribute to the large chunk of Nepal’s economy, so assessing their aspirations is equally important. “We also wanted to include non-resident community across the world as a part of our party’s initiative,” she said. She also requested all the Nepalis to abide the rule and regulation of Qatar.

Speaking on the occasion, Bimal Subedi, NC leader, requested the party high official to continue with such initiatives.

The programme was chaired by Shankar Neupane, and was facilitated by Aziz Ali. Kedar Bhusal welcomed the gathering.

– Text and photos by Usha Wagle Gautam

SIS organises Inter-School Teacher’s Empowerment Programme

Shantiniketan Indian School, on behalf of Qatar Chapter of CBSE Gulf Sahodaya, recently organised an Inter-School Teacher’s Empowerment Programme. Teachers of eleven Indian Schools in Qatar, including MES Indian School, Ideal Indian School, Al Khor International School DPS-Modern Indian School, Olive International School, Pearl School, Loyola International School, Bhavans Public School, Birla Public School, Rajagiri Public School and Shantiniketan Indian School participated in the programme on ‘Active Learning Pedagogy for the Primary Section.’

Heena Imran Dhondne, Head Teacher of SIS Junior Section, was the resource person. Teachers discussed various topics, including active learning methods, inclusion, equity, personalised instruction, differentiated instruction, collaboration, creativity, critical thinking and communication. Participants in groups analysed ways in which they could include innovative and creative activities in the teaching learning process to meaningfully engage children and to make learning enjoyable and effective. Dudley O’Connor, Vice Principal and Staff Professional Development Co-ordinator of SIS, thanked the participants and the resource person.

Doha Chapter of ICAI organises interactive yoga session

The Doha Chapter of the Institute of Chartered Accountants of India (ICAI) recently organised a yoga session to mark International Yoga Day at Birla Public School. The session was attended by over 70 members of the chapter.

The session was conducted by Ashish Gahlawat, Yoga practitioner at the Embassy of India. He conducted basic Yoga postures which can be practised daily along with breathing techniques to relax the mind and body. Captain Kapil Kaushik, Defence Attaché at the Embassy of India, was the chief guest on the occasion. Speaking on the occasion he emphasised on the benefits of yoga and that it should be done consistently. Rukkaiya Pachia, Chairperson of ICAI – Doha Chapter, welcomed the gathering.

Speaking on the occasion, she highlighted that this Yoga session is being conducted in line with the International Yoga Day celebrations held across the world. Sandeep Chowdhry, Vice Chairman of ICAI Doha Chapter, proposed a vote of thanks.
The upper 2 levels are active immunity and based on vigorous biology.

The lower 2 levels are passive immunity and based on balanced chemistry.

“Healthy plants can become completely reproductively flowering”

- John Kemp
The plant's immune pathways (SAR and ISR) are triggered by microbes in the plant's microbiome, both in the rhizosphere and the phyllosphere or by other immune triggers resulting in increased concentrations of immune compounds and plant secondary metabolites.

Plants develop increased resistance to the entire beetle family including Japanese beetles, corn rootworm beetles, squash bugs, Colorado potato beetles, cucumber beetles, and marmorated stink bugs, nematodes such as root rot nematodes, and viruses.

Plants require the correct microbes in the plant microbiome to trigger the immune response to reach this stage of health.

Plants begin absorbing the majority of their nutrition in the form of microbial metabolites which are extremely energy efficient, and they begin storing surplus energy in the form of lipids.

Plants develop increased resistance to all of the airborne fungal and bacterial pathogens such as downy mildew, powdery mildew, late blight, fire blight, rust, bacterial speck, and bacterial leaf blight which land on the leaf surface and release peptidolytic enzymes, because the waxes and oils on the leaf surface serve as a shield to prevent the enzymes from working.

Plants require a very aggressive plant microbiome in the rhizosphere to begin absorbing the majority of their nutrition in the form of microbial metabolites to reach this stage of health.

The plant begins converting all of the soluble nitrogen compounds to amino acids and complete proteins so that 100% of all the nitrogen in the plant is converted to a complete protein in every 24-hour photosynthesis cycle. The result is there are no nitrates and no ammonium remaining in plant sap in every 24 hour photosynthesis cycle.

Plants become resistant to insects with simple digestive systems, especially larval and sucking insects such as tomato horn worms, cabbage loopers, corn borers, corn ear worms, aphids, leafhoppers, white flies, and thrips.

Plants require adequate levels of magnesium, sulfur, molybdenum, and boron to reach this stage of health. "Boron is not directly involved in protein synthesis but contributes additional pest resistance.

The volume of photosynthesis increases anywhere from 50-60% and the carbohydrate profile changes to be composed of a high proportion of complex carbohydrates with low levels of non-reducing sugars in the plant sap.

Plants develop resistance to soil-borne fungal pathogens such as Verticillium, Fusarium, Rhizoctonia, Pythium, Phytophthora, and others.

Plants require adequate levels of magnesium, iron, manganese, nitrogen, and phosphorus to reach this stage of health. "Phosphorus is not directly involved in photosynthesis but is needed for photosynthesis metabolism with increased sugar production.

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The varieties of Omani dates

A wide variety of Omani dates are among the many unique everyday items found at Doha’s Omani Souq, located behind the Central Market. Omani dates are popular for many reasons but perhaps the one thing that makes them stand out the most is the sheer number of the variety of dates found in the Sultanate. Oman has more than 250 indigenous varieties of dates. The most relished varieties among these known for their taste and succulence are the Khalas, Khunaizi and Fardh dates.

The Ash Patash and Al Nagal varieties are among the first to hit the market during the harvest season in Oman, but not as sweet as the ones that follow. As the harvest season progresses, dates of the Al Khunaizi variety, popular for being the most sugary in taste, and Al Khalas, billed as the most delicious, also enter the Omani market.

Dates in Oman can be categorised into two groups. The first group is categorised under table dates. The number of palm trees in Oman for this category is an estimated 5.1 million, which accounts for 64 percent of the total production. Dates of this category are typically consumed in raw form by people in various ways. These include dates such as Khalas Al Dhahira, Abu Naranja, Khaneesi, Khasab and Fardh, among others.

The second group is categorised under manufacturing dates, which are not suitable for human consumption. These dates cannot be consumed raw by people, and so they are used as fodder for animals or by humans after processing. These date varieties (approximately 2.9 million palm trees) include Mabsali, Umm Al Sala, Shahl and Salani.

Plan a trip to the Omani Souq and learn about the varieties of dates that have arrived in Qatar this season!

Text by Azmat Haroon, photos by Shaji
Pooch Café
By Paul Gilligan

I wonder what proves hamsters to run around on those wheels?

I dunno, let’s take him off and see what happens.

For gosh sakes, Fred, stop snoring!
Super Cryptic Clues

Across
1 Laboratory glass for experiment underground? (4,4)
5 There’s still one abominable snowman (4)
8 Slender girls’s first object (5)
9 Brisk movement of small snowman (4)
12 Famous public school (6)
13 Discrimination in moving rejected by Duke (5)
14 Southern shopping area accepted by experts (7)
15 Leader of people entertained images (6)
18 Dance in Burma, after a fashion (5)
20 Odd trinkets containing uranium (7)
22 Perspire when cooking a former GI? (5)
23 Gently strike a girl - on the fashion (5)
24 Horrible setting for old material (5)
25 Card game providing something for one to do (4)
26 Taste our fresh fish (3,5)

Down
1 Giant bird a non-starter (5)
2 Short cut in translating English (7)
3 Drunk reluctant to part with money (5)
4 Sculpture reportedly transported (6)
5 A bird regrets losing its wings (5)
7 Working properly as a monk? (6)
8 A bird regrets losing its wings (6)
9 Brisk movement of small snowman (4)
10 Back university for religious (2,5)
11 Close to neckwear, item of lingerie (7)
14 Southern shopping area accepted by experts (7)
15 Leader of people entertained images (6)
16 Joiner in Rhode Island with hear in cold spell (3,3)
17 Regard wise man we might ordered to take five (7)
18 Dance in Burma, after a fashion (5)
19 Accommodation for travellers in remote land (5)
21 Joiner in Rhode Island with hear in cold spell (3,3)
22 Perspire when cooking a former GI? (5)
23 Gently strike a girl - on the fashion (5)
24 Horrible setting for old material (5)
25 Card game providing something for one to do (4)
26 Taste our fresh fish (3,5)

Achilles’ heel or Achilles heel (uh-KIL-ee heel) MEANING: noun: A seemingly small but critical weakness in an otherwise strong position.
ETYMOLOGY: After Achilles, a hero in the Greek mythology. When Achilles was a baby, his mother Thetis dipped him into the magical river Styx to make him invincible. She held him by the heel which remained untouched by the water and became his weak point. He was killed when the Trojan prince Paris shot an arrow that pierced his one vulnerable spot: his heel. After him, the tendon in the lower back of the ankle is also known as the Achilles tendon. Earliest documented use: 1705. USAGE: “The danger of being seen as courting noxious supporters is a long-standing worry for right-of-center politicians.”

Selfie (SEL-fee) MEANING: noun: A self-portrait, typically taken with a phone camera.

A photograph taken by a cell phone is called a selfie, not cellfie (or cellphie), though that would make sense too. The selfie craze has spread widely. Our fellow creatures on this planet have gotten into the game as well, though it’s not known whether they post those pictures on their Instagram (and make a living as an influencer).

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Wordwatch

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Sudoku

Yesterday’s Solution

The Mall Cinema (1): Unda (Malayalam) 2:30pm; Aladdin (2D) 5pm; Mahadesh Shaf Mohamed Hussein? (Arabic) 7:15pm; Child’s Play (2D) 11pm.
The Mall Cinema (2): Toy Story 4 (2D) 2:15pm; Toy Story 4 (2D) 4pm; Toy Story 4 (2D) 5:45pm; Men In Black International (2D) 7:30pm; Men In Black International (2D) 9:30pm; Men In Black International (2D) 11:30pm.
The Mall Cinema (3): Sindhuabaddh (Tamil) 2pm; Pokemon Detective Pikachu (2D) 4:15pm; Toy Story 4 (Tamil) 4:45pm; Kabir Singh (Hindi) 8:30pm; Unda (Malayalam) 11:30pm.
The Mall Cinema (4): Unda (Malayalam) 11:30pm.
The Royal Plaza Cinema Palace (1): Toy Story 4 (2D) 2:15pm; Toy Story 4 (2D) 4pm; Toy Story 4 (2D) 6pm; Men In Black International (3D) 7:45pm; Child’s Play (2D) 9:45pm; Men In Black International (2D) 11:30pm.
The Royal Plaza Cinema Palace (2): Unda (Malayalam) 2pm; Pokemon Detective Pikachu (2D) 4:15pm; Kabir Singh (Hindi) 6:15pm; Unda (Malayalam) 9:15pm; Child’s Play (2D) 11:30pm.
The Royal Plaza Cinema Palace (3): Shadaa (Punjabi) 2:15pm; Sindhuabaddh (Tamil) 4:45pm; The Dead Don’t Die (2D) 7:15pm; Above Suspicion (2D) 9:15pm; Kabir Singh (Hindi) 11:15pm.
It is always fun to have some outdoor time with children, but ensuring that they are safe from the sun is very important, say experts.

Rajesh Vohra, CEO – Artisan India, in assistant with Chicco Baby Research Center, shared some tips:

- Apply sunscreen: Make the usage of a sunscreen a must before stepping out. Your toddler’s skin is sensitive and needs attention, especially during the peak summer. A layer of protection against UVA, UVB and infrared rays on toddler’s skin should be the agenda. Look for features like broad spectrum, water resistant and easy to apply.

- Sunglasses: Try to protect your baby’s eyes and skin from direct exposure of sun. It is essential to make sure that your baby wears sunglasses.


- Seek shade in extreme sunlight: Whenever the sun is at its peak and temperature is high, it’s good to keep babies in the shade to avoid sunburn.

Sharmila K, Senior Consultant Neonatologist and Pediatrician, Apollo Cradle Jubilee Hills, suggested:

- Prickly Heat: The most common skin problem an infant can get because of clogging of skin pores and accumulation of sweat. These can be controlled by frequent application of lotions such as calamine or a moisturiser, especially on the skin folds, like neck, thighs, groin area behind knees and elbows.

- Sunburns: Any child over 6 months with sensitive skin needs proper sun protection. Infants are recommended to stay indoors. Older kids (1-5) should have sunscreen applied at regular intervals and use of hats and shades should be encouraged.

- Dehydration: While breastfed babies are safe due to intake of mother’s milk, infants who are formula fed or have started consuming food must be given extra water after food. To avoid dehydration, they can be fed the fruits with high water content like watermelon and oranges at regular intervals.

- Fevers: Fevers are most common in newborns during summer. Over-wrapping them should be avoided and they should be clothed loosely. When you notice a temperature rise in the kids, give them a bath. This cools the baby immediately.

- Diarrhoea: Loose motions in exclusively breastfed baby is uncommon. Babies who are fed food or water are more prone to stomach infections. If there is blood in stools, visit the doctor immediately as it might be dysentery and would need antibiotics. – IANS

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**LIFESTYLE/HOROSCOPE**

**Aries**

March 21 – April 19

Things may get quite intense today, Aries. There will be a great deal of information coming your way, but it might not all be that good. It seems that someone is putting a roadblock in your path, making it difficult for you to pass. Don’t let this stop you. Use your creativity to find ways around any obstacles. Experiences like these only make you stronger.

**Cancer**

June 21 – July 22

Physical activities may be at the top of your priority list today. Cancer. You might want to go to your favourite restaurant and have a great meal, appetisers, and dessert. Or you might want to take your friend for a complete spa treatment. Whatever your desires, exercise some restraint. You can get too much of a good thing!

**Libra**

September 23 – October 22

Strong forces may act up today and ask you to stand up a little straighter than usual, Libra. Keep your shoulders back and be proud. Don’t think any less of yourself just because there is disagreement between you and others. Maintain respect for your opinions. Say things with confidence and don’t back down, but be prepared to defend your views.

**Capricorn**

December 22 – January 19

Today is an excellent day to say exactly how you feel, Capricorn. Your thinking is sharp and clear. Once you start talking, you may never stop. People will listen extra carefully to your words. You have a great deal of influence, so realise how much impact you have on the environment. You will be able to accomplish a lot.

**Scorpio**

October 23 – November 21

You look especially attractive today, Scorpio, and it’s doing wonders for your self-esteem. Even members of your household notice. But you probably feel more like staying in than going out. If you want a friend to notice how you look, it might be a good idea to extend an invitation to visit your home. You will get to stay in and still be admired by the one you like the most!

**Aquarius**

January 20 – February 18

You might find that your brain is moving in the slow lane today, Aquarius. It may even be creeping over to the breakdown lane. You might find that it’s a bit harder to make your witty rebuttals in conversation. Take your time and make sure you choose your words carefully. Communicating with others might be a bit like pulling teeth.

**Pisces**

February 19 – March 20

Words may not be the best way to communicate things today, Pisces. Body language, touch, and taste will be much more effective. You will find that your senses are heightened. Let your feet follow your nose and go enjoy a good meal with someone special tonight.

**Taurus**

April 20 – May 20

Too many invitations to social events may come today, Taurus. This might be one evening when you want to relax at home, but you won’t want to say no to anyone. Analyse each invitation. Consider the location, host, other guests – whatever seems most significant to you. Attend only the ones you think you will really enjoy. Follow your heart.

**Leo**

July 23 – August 22

Relationship matters may prove too intense today, Leo. You may be having a rough week. Your friend may be especially demanding of your time. This might be a good day to schedule some time alone. Go for a massage, sauna, or hot tub – by yourself – and simply relax. That way you will be more refreshed when you meet with your friend in the evening.

**Virgo**

August 23 – September 22

Your mind should be clear today and communications should go extremely well for you, Virgo. Very few words will be needed to get your point across. You will connect to people on many levels. Realise that you have important information to share with those around you. Your critical, practical, grounded opinion plays a key role in the activities of the day.

**Sagittarius**

November 22 – December 21

Your thinking is steady and reserved today, Sagittarius. Your mind is right in line with your ego, and you will be able to accurately verbalise what is going on inside. You might be a bit reserved in how much you tell people. It could be that others are holding back information from you. Proceed with caution and be honest in all your dealings.

**Gemini**

May 21 – June 20

Today you might work on your spiritual practice or studies, Gemini. You could read a book on the subject, attend a lecture, or practice some kind of discipline such as yoga or meditation. The only caveat is don’t try to do too much at once. You could tire yourself out. Concentrate on one thing at a time. The information will still be there tomorrow!
When They See Us director responds to Trump’s comments

By Ashley Lee

When They See Us spans 25 years, beginning with the teens’ first interrogations in 1989, featuring their 2002 exoneration, and culminating with the settlement reached with the city of New York in 2014. Michael K. Williams, Vera Farmiga, John Leguizamo, Felicity Huffman, Niecy Nash, Blair Underwood and Joshua Jackson are among the ensemble cast.

The four-part Netflix project debuted on May 31 to critical acclaim and soon led to real-world fallout for the authorities involved. Fairstein, the head of the sex crimes unit in the Manhattan district attorney’s office at the time of the case, and who had prospered in her second career as a crime novelist, was dropped by her book publisher and her agency after a viewer-led petition went viral. (It currently has more than 200,000 signatures.) She also resigned from her board positions at Vassar College and charitable organisations God’s Love We Deliver and Safe Horizon.

Fairstein subsequently penned a Wall Street Journal op-ed calling When They See Us “a series so full of distortions and falsehoods as to be an outright fabrication...” Ms. DuVernay does not define me, and her film does not speak the truth.” Similarly, Elizabeth Lederer, the lead prosecutor in the case, was fired from her teaching post at Columbia Law School, after a petition by the Columbia University Black Students’ Organization calling for her removal received nearly 10,000 signatures. Students previously pressed the university to remove Lederer in 2013, without success. Why are such steps of “restorative justice” only happening now, even though the Central Park Five were exonerated by DNA evidence and a confession from the true perpetrator in 2002 and were the subject of a well-received Ken Burns documentary in 2012? Locke explained that this project in particular might be resonating with audiences to the point of demanding action because of its detailed exploration of gaslighting.

“We are living in a time of cognitive dissonance, which is how you have Linda Fairstein’s tongue talking all the stuff she’s talking about,” Locke said. “Lies [are] so easy bent to where you question your own sanity,” she continued. “That’s another reason why I think it resonates in this particular time: We are living in another time where we are being gaslit on a daily basis.”

“This exact thing could happen, and things that are very similar to this are happening right now as we sit here,” Swicord added.

DuVernay also shared that she has grown close to the five free men, they think the city should have never settled that case. So, we’ll leave it at that.”
Celebrated Ugandan singer all set to bring Afrobeat to Doha

Joseph Mayanja aka Jose Chameleon to perform at the Fabric Lounge of Grand Regal Hotel Doha on July 12

By Mudassir Raja

It goes without saying that Doha has fast become a place where artistes from across the world love to perform. Different expatriate communities have been inviting singers from their countries to enjoy their culture and music in Doha. Among this diaspora, there are expatriates from different African countries living in Qatar in large numbers. The time has come for them to enjoy a live show with perhaps one of the most famous African musician visiting Doha.

On July 12 Joseph Mayanja (aka Jose Chameleon) will take the stage at Fabric Lounge of Grand Regal Hotel Doha. Chameleon is a Ugandan Afrobeat artist and the most popular musician of his generation in East Africa.

Chameleon sings in Luganda, English and Swahili languages—making him one of the most celebrated singers in many African nations. This has enabled him to win a number of awards across the word. For over two decades, he has been actively singing.

Chameleone’s career began at a young age in 1996 as a DJ at the Missouri nightclub in Kampala. He was later signed to the Kenyan record label Ogopa DJs, where he broke through with his first single *Bagayo* that featured Kenyan artiste Redsan.


Mohammad Wasswa, a Ugandan expatriate, is MD of Mulongo Events. He speaks highly of Chameleon and hopes the music show will be a successful fun.

He said: “This is going to be our seventh show in Qatar. Nobody has so far invited an African musician of Chameleon’s stature. The show is bound to become a history as the singer will perform for the first time in Doha. ‘I believe on the show day, all the roads will lead to the venue as the artist will will set the stage on fire with his energetic performance.’

Mohammad said: “In March 2014 at the Lugogo Cricket Oval Stadium in Kampala, Chameleone broke the record for the largest audience of any East African performer, drawing an estimated 40,000 fans to his Tubonge Live concert. He has also won the Legendary African Award in 2018.

‘He mainly sings in Swahili language that is understood in countries like Uganda, South Africa, Kenya, Tanzania, Rwanda, Burundi, and Congo.”

The organiser further said: “We have regularly been organising musical shows for the African expatriates. They live and work away from their homes and become homesick. They need to get refreshed and enjoy their native music and culture. Such events provide them opportunity to get fresh energy while listening to the music of their choice.

“The upcoming show will give the expatriates in Doha to listen to live music by the legendary singer. I believe they are going to love it as there will be thrilling music and energetic dances. It is also nice for them and me to be here as Doha is a place where you can enjoy multiculturalism and your own native culture at the same time.”

The show will start at 9pm and the gates will be open at 5pm. The show will also be attended by DJ Sean Mannie, DJ Emma and DJ Kayson. Julius Semakula (stage name Slash The Eage), a popular Ugandan artiste based in Doha, will perform for the curtain-raising act for the show.

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Doha artist: Julius Semakula (stage name Slash The Eage), a popular Ugandan artiste based in Doha, will perform for the curtain-raising act for the show.

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