Sleeping more during weekends may up heart disease

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A new breed of cooks has shaken up the Istanbul food scene with an innovative approach to Turkish cooking, while others are on a mission to show there is more to the nation's cuisine than perhaps the doner kebab.
LOOKING FOR A CAREER IN HEALTH & SAFETY??

GET YOURSELF CERTIFIED INTERNATIONALLY!!
Birla Public School marks World Environment Day

Birla Public school had a festive air yesterday with the school band leading the school in a procession through the whole school spreading the message of protecting and saving the environment. The school was celebrating the World Environment Day.

As part of the celebrations students renewed the triple mantra of ‘reduce, reuse, recycle’, and engaged in activities that will help them live imbuing the principle of sustainable environment. Students deposited waste paper and materials for recycling which they had carried from home in a huge “elite recycle bin” made available at the school premises.

Children dressed up in ‘animal and bird costume’ leading the procession were fascinating.

Students took a pledge to protect the environment. Chrish, a grade IX student, read out the pledge. Drawing attention of the students to the theme for this year’s WED, ‘Connecting People to Nature’, the theme for World Environment Day 2017, Sindhu Nithyananda of grade 10 urged her school mates in the assembly ‘to get outdoors and into nature, to appreciate its beauty and its importance, and to take forward the call to protect the Earth that we share.’

Quoting Alan Edison, she said, “Modern technology owes ecology an apology. Many of the technologies we use every day consume a lot more resources and power than they need to, and using and manufacturing them can create a mess. They cause pollution, emit harmful radiations, consume precious resources and cause pollution at an alarming rate.’

She reminded the school, ‘Stopping pollution is the best solution. Pollution is, indeed, another factor leading to the degradation of the environment. Smoke in the air, carbon in our lungs, chemically altered food on our plates and wilting flowers on our windowsills, these disturbing situations are a result of pollution, a result of our actions.

The greatest threat to our planet is the belief that someone else will save it. This is our planet! We alone have to protect it.’

Abhirami, Angela, Nargees, Revanth, Parvathi, Nayanendhu, Shon, Amil, Joel, Adithya Shwetha, Sneha, Harshini, Jonathan, Advaita and Tanya, students of grades 9 and 10 presented a mime highlighting the need to protect trees and safeguard the environment which rendered the audience spellbound for its powerful message conveyed in simplicity.

It was conceived and directed by Regint, head of Arts Department.

A K Shrivastava, Principal and George Edison, Vice-Principal led the school in printing their palms in green on a life size canvas symbolically signifying to the school that the responsibility of safeguarding the earth lay in each one’s hand and abdication of this responsibility can leave them in an arid land that will threaten the very existence of life on this beautiful planet.

MES wins cricket tournament

MES Indian School won championship in the under 16 cricket tournament organised by Qatar Cricket Association (QCA) at the West Bay cricket ground in Lusail from May 15 to May 26. In the finals, MES defeated Dukhan English Speaking School by 65 runs and became the champions of the under-16 cricket tournament 2017. In its ascent to championship, MES defeated DMIS, Dukan English Speaking School and Pak Shama School during League rounds.

In the semi finals, MES won by 7 runs against Alkhor Indian School to reach the final. Abdulla Ishradulla of MES Indian School was adjudged Man of the Match both in the semi-final and the final and went on to emerge as the player of the tournament.

The team was coached by Anish Anand, teacher Department of Physical Education.

Vcuqatar Summer Art & Design Program for Children & High School Students

For further details & to register: www.qatar.vcu.edu/community/summer-program
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In a bid to banish stereotypes of late-night greasy fast food, Turkish chefs are trying to burnish their image by showcasing the culinary riches the country has to offer.

A new breed of cooks has shaken up the Istanbul food scene with an innovative approach to Turkish cooking, while others are on a mission to show there is more to the nation’s cuisine than the perhaps notorious, doner kebab.

For many outside the country, Turkish food brings to mind images of pitta bread stuffed with shavings of meat roasted on a vertical spit. The doner was brought to western Europe by the Turkish diaspora, especially those in Germany where additions like salad and mayonnaise have made it a heavier meal than in Turkey.

But did you ever try karniyarik, a dish of split aubergines with a meat filling, or cilbir — poached eggs in garlic yoghurt? Ever heard of tulum, a traditional cheese ripened in a goat’s skin, or a dessert called cezerye — caramelised carrot with coconut?

“Turkish cuisine is largely known abroad through doner and kebab,” says Defne Ertan Tuysuzoglu, Turkey director of Le Cordon Bleu, an international culinary academy, which started in Paris and now has campuses all over the world.

“Turkish cuisine is not well known,” agrees Aylin Yazicioglu, executive chef at Istanbul’s Nicole Restaurant. “The food that comes to mind when people talk about Turkey is, unfortunately, all bad examples.

“We see this changing slowly. We’ll do our best to change it.”

‘Rustic and different’

At Nicole, diners are offered a multicourse tasting menu of local products aimed at showing off the best that Turkish cuisine has to offer.

“I believe that in a world geared towards the ‘local’, we’ve started to understand the value of our cuisine. We’ve started to realise the value of our products,” says Yazicioglu.

“In our country, everything is available throughout the four seasons.”

Turkish food, she says, has much to offer and needs to promote its greatest assets, such as olive oil.

But to truly change perceptions, more work is required. “I can say there’s been a movement but it would be very strong to talk about a revolution. The conditions are not yet ripe for a revolution,” she says.

Arnaud De Clercq, who has taught at the Istanbul branch of Le Cordon Bleu for the past two years and has worked in Michelin star restaurants in France, described Turkish cuisine as “very rustic” with its focus on sauces, ragouts and stews.

“It is close to the traditional French cuisine: beef bourguignon, veal blanquette, lamb navarin — all this you can find here, but a bit different.”
Ottoman appetisers

He singled out Turkish meze, the selection of small dishes served as an appetiser at the start of a meal. “When the Ottoman Empire expanded, it also spread its kitchen,” he said. “You can find Turkish meze in all regions, in all countries and each country adapted it to its own taste, like in Lebanon, in Syria or in Jordan.”

Turkish chef Serkan Bozkurt from the Chef’s Table Culinary Academy, an Istanbul-based cooking school, said perceptions about Turkish cuisine were changing.

Today, he said, Turkish restaurants and cafes were blossoming in Europe, with chains like the bakery Simit Sarayı and the Kahve Dünasyı coffee shop opening up in London and other places.

Cheese-lovers’ paradise

Despite the somewhat limited perception of Turkish food overseas, the cuisine has a wide variety of regional differences, with specialities from the western Aegean differing sharply from those in the eastern Black Sea region.

Antakya in the southeast has a rich culinary heritage inspired by Aleppo in Syria, while specialities on the Black Sea include dishes such as mühlama, an unusual fonfue made with cornflour, butter and cheese.

In a huge country, which spans 784,000 sqkm — an area bigger than Germany, Poland and Austria together — the cooking styles are very varied, from the herbs and vegetables used in the Aegean, to the meat-dominated specialities of the east, Bozkurt said.

Its cheeses alone are likely to impress — Turkey has dozens of varieties, which differ sharply from region to region, he said.

“I always say if a week-long cheese tour was organised in Turkey with trips to its seven regions, people would get dizzy!”

“Turkish cuisine is not confined to meat and kebab,” he said.
LG introduces smart home vision

Family, food, culture and traditions are key elements that are of central focus during the holy month of Ramadan and now with smart appliances, homemakers are able to take advantage of trendsetting technology to prepare meals that healthy, delicious and perfect for not just a home for today, but for a smart home of the future.

Ramadan is the season whereby people enjoy mouth-watering dishes prepared with a variety of ingredients that include dates and fruits, various meats, rice and bread and more. Homemakers cook up the most decadent meals for their family and friends to enjoy during Iftar or Suhoor and now with smart technology, they can be confident that their meals not just look and taste delicious, but are extremely healthy as well.

“Technology has evolved exponentially, even in the kitchen, providing homemakers with smart appliances that are eco-friendly, accessible and can cook up an exceptional meal. We are pleased to offer our latest smart home appliances in the region and provide the tools necessary for consumers to embrace a healthy lifestyle,” said Yong Geun Choi, President of LG Electronics Gulf.

One such technology is the ergonomic NeoChef that features a simplified intuitive control interface to streamline operation and a range of hygiene-enhancing features such as Anti-Bacterial EasyClean that help users keep their ovens as clean as possible. The NeoChef also packs a number of customised features designed to increase cleanliness and streamline the cooking experience. The Anti-Bacterial EasyClean feature makes cleaning the microwave interior simple and straightforward. The microwave’s interior can be thoroughly cleaned twice as fast and with half the effort required for conventional microwaves. In fact, it takes just three wipes to thoroughly clean the NeoChef while conventional microwaves typically require seven. The coating also makes it harder for dangerous contaminants to take root, eliminating 99.99 percent of harmful bacteria.

In addition, the NeoChef can be used for melting ingredients such as chocolate or cheese and precisely preparing a variety of foods with its specialized settings. LG’s advanced microwave can even be used to make healthy, lactobacilli-infused yogurt more quickly than most home yogurt makers. The microwave’s Healthy Fry feature is even capable of preserving the distinct taste of each dish while making them healthier, with less oil and 72 percent less fat.

Smart cooking provides user-centric solutions in the kitchen for both homemakers and chefs – whether it is for the holy month of Ramadan or any day of the week during the year, smart cooking is all set to redefine the future in relation to cooking healthy meals and saving money. Emerging technologies such as smart scales have the potential to track the weight of each ingredient and alert users of the correct measurements for their recipes. In addition, smart utensils and plates cater to the user’s health and well-being.

Bazm-e-Alig Qatar organises Iftar

Bazm-e-Alig Qatar organised an Iftar at Qatar Grand Palace Hotel on June 1. More than 125 members of Bazm-e-Alig were graced the occasion. The programme started with the recitation of Holy Quran by Hafiz Hamad. Aqil Mahmood conducted the proceedings in a befitting manner and welcomes all the guests.

Then renowned Islamic scholar Sheikh Shamim Salafi spoke on the subject “Change yourself in this Ramadan”.

He said that change is possible as long as one is willing to change. Moving ahead with his captivating speech he mentioned about some of the good habits which he encouraged to inculcate in daily life such as taking care of poor neighbours, donating part of your money, working voluntarily in the cause of Allah, reciting Holy Quran on daily basis and reading books to increase your knowledge.

After Iftar Aqil Mehmood recited a very nice Na’at-e-Pak.

PAAQ holds Iftar meet

PAAQ holds Iftar meet

SMO College Alumni Association Qatar (PAQQ) held an Iftar meet & Annual General Body meeting at Crystal Palace Hotel. President Rafiq Thangal presided over the function.

Abdul Azeez presented the annual report. Moideen Kutty C (President), Shahnas Babu (Gen Secretary) & Sadarul Anam (Treasurer) are elected as new office bearers of PAAQ for the next two years. Abdul Azeez, Fayaz, Riyas, Hakeem, Nabsha, Ismail, Sharafa, Habeet, Haseeb, Suhai, Sabir, Mubashir, Younus & Shukoor led the programme. Abdul Azeez welcomed the gathering and Shahnaz Babu proposed vote of thanks.
AACEI selects new managing body; holds Iftar

On the occasion of Ramadan, AACE International Qatar Section (AACEI) organised an Iftar gathering at Misk Restaurant, Rotana City Center, Doha.

After the Iftar buffet, the event was followed with a short presentation where the previous year’s committee was officially dissolved.

The outgoing president thanked all committee members for their contribution over the last year and wished all the best to the new president Mohamad Daaboul and introduced the new committee members to the members.

The new members are: Past President Dev Tamboli; President Mohamad Daaboul; President Elect - Lucia Vernon; Vice President – Manish Agrawal; Secretary – Ryan Ace Tan; Treasurer Millind Deshmukh; Director Publicity - Avinash Gaikwad; Director Administration - Mohamad Nizar; Director Mentoring - Paul Gregg; Director Education - Saad Hijazi; Director Membership - Mohamad Nada; Director Events - Amro Said Moustafa Ahmed.

Mövenpick Hotel celebrates Ramadan with lavish Iftar

Mövenpick Hotel Doha cherishes the holy month of Ramadan by offering an array of traditional Iftar specialties and authentic selection of oriental beverages at Seasons Restaurant.

Embracing the spirit of the holy month, guests are invited to taste a decadent spread of sumptuous traditional specialties, international favourites and local delicacies from the Iftar buffet, with chefs demonstrating their expertise at the live cooking stations. The buffet is priced at QR100 per person, including Ramadan beverages, and available from sunset until midnight.

Families and groups of 10 or more as well as companies wishing to organise private Iftar events can avail of special rates and customised menus.

Sweets lovers can indulge in mesmerising scents and flavours of the signature Chocolate Hour from 6.30pm to 7.30pm, with its rich selection of all sorts of desserts and chocolates. For those in love with coffee, traditional Arabic drinks will be served in the exclusively designed Ramadan corner.

In addition to the festive gastronomic experience, guests can turn an initially planned Ramadan dining visit to a remarkable staycation with a tailor-made room package at just QR499 per night, including delicious Iftar buffet at Seasons Restaurant and breakfast buffet or in-room Shoor (to be chosen by the guest upon check-in). This offer is available until June 27. For bookings, call +974 4429 1111.

Come for an intimate Ramadan experience at Mövenpick Hotel Doha and turn your evening into a memorable journey with your family or friends this Holy Month.

Naseem Al Rabeeh offers Ramadan health package

Naseem Al Rabeeh Medical Centre has come up with a Ramadan health package for just QR125 which consist of 27 laboratory tests along with Cardiology and General Medicine Consultation.

The aim of this package is to provide the general public a routine health check-up during Ramadan and post Ramadan.

This offer is valid from till July 31, 2017 in Naseem Al Rabeeh Medical Centre, C Ring Road branch. For more information, contact 44652121/44655151.
FOOD

TIM CARMAN
The Washington Post

Make Ahead: The spiced butter can be refrigerated for several months. The berbere seasoning can be stored in an airtight container at room temperature for up to 6 months.

Ingredients
For the spiced butter
1 pound (4 sticks) unsalted butter
1 clove garlic, minced
1 shallot, minced. One 1-inch piece peeled ginger root, smashed
2 1/4 teaspoons coriander seed
1 1/2 teaspoons cumin seed
3/4 teaspoon fenugreek seed
3/4 teaspoon ajwain seed
1/2 teaspoon freshly ground black pepper
1/4 teaspoon ground cinnamon
1/4 teaspoon ground turmeric

For the vegetables
2 pounds sweet potatoes, peeled and cut into 1/2-inch slices
2 tablespoons grapeseed oil
6 whole cloves garlic (unpeeled)
Coarse salt
1 tablespoon store-bought or homemade berbere
8 ounces fresh green beans, trimmed and cut into 1-inch lengths
1 medium red onion, chopped
One 3-inch piece peeled ginger root, grated or minced
2 jalapeño peppers, stemmed, seeded and minced
1 1/2 cups water
1 or 2 medium carrots, scrubbed well and cut into 1/2-inch dice (1/2 cup)
1 tablespoon chopped chives

Steps
For the spiced butter: Melt the butter in a saucepan over low heat. Stir in the garlic, shallot, ginger, coriander, cumin and fenugreek seeds, ajwain, black pepper, cinnamon and turmeric. Cook for 20 minutes, stirring occasionally; if the solids begin to brown, pull the pan off the stove top for a while.

Remove from the heat; skim off all the foam and any floating seeds. Let sit for 10 minutes, or until the butter’s milk solids have sunk to the bottom of the saucepan. Strain through the cheesecloth into a clean container with a tight-fitting lid, discarding any solids. Cool completely, then cover and refrigerate until ready to use. The yield is about 1 1/2 cups. You’ll need 2 tablespoons for this recipe; refrigerate or freeze the rest for up to several months.

For the vegetables: Preheat the oven to 400 degrees.

Toss the sweet potato slices with the oil and spread out on a rimmed baking sheet. Scatter the unpeeled garlic cloves on top; roast for about 20 minutes, then transfer the garlic to the cutting board. Return the sweet potatoes to the oven and roast for another 20 minutes, until tender.

Place the roasted sweet potato slices in a large mixing bowl, then squeeze in the roasted garlic cloves, discarding their skins. Use a fork to reduce the mixture to a chunky mash, then fold in the berbere.

Meanwhile, bring a deep saucepan of salted water to a boil over high heat. Fill a mixing bowl with water and ice. Add the green beans to the pot; once the water returns to a boil, cook for 3 minutes. Drain and immediately transfer to the ice-water bath. Once they have cooled, drain and pat dry.

Melt the 2 tablespoons of spiced butter in a large skillet over medium heat. Add the red onion, ginger, jalapeños and a pinch of salt; cook for about 5 minutes, stirring a few times, until the onion has softened. Add the 1 1/2 cups of water; once that has begun to bubble, add the carrot and cook for 10 to 15 minutes or until almost all the liquid has evaporated.

Stir in the mashed sweet potatoes and green beans; cook until evenly heated through. Remove from the heat; stir in the chives and taste for salt, adding more as needed. Serve hot.

NOTE: To make a berbere seasoning blend, combine 2 teaspoons coriander seed, 1 teaspoon fenugreek seed, 1/2 teaspoon whole black peppercorns, 3 or 4 allspice berries, seeds from 6 green cardamom pods and 4 whole cloves in a small, dry skillet over medium heat. Toast the spices for about 4 minutes, until fragrant. Let cool, then add 1 1/2 cup dried onion flakes and 5 stemmed and seeded dried arbol chiles. Grind the mixture in a dedicated spice grinder to a powder, then transfer to an airtight container; add 2 tablespoons smoked Spanish paprika, 2 teaspoons kosher salt, 1/2 teaspoon freshly grated nutmeg, 1/2 teaspoon ground ginger, 1/2 teaspoon ground cinnamon. The yield is about 3/4 cup. Store at room temperature for up to 6 months.

Nutrition: Per serving (based on 6): 230 calories, 4 g protein, 37 g carbohydrates, 9 g fat, 3 g saturated fat, 10 mg cholesterol, 280 mg sodium, 6 g dietary fiber, 9 g sugar.

IF TAR AT THE BLU

Break your fast with family and friends this Ramadan at Hyde Park Coffee Shop. Indulge in our extensive iftar buffet with traditional cuisine, international delights, live cooking stations, Ramadan beverages and desserts. QR 140 Per Person. Special rates for groups. Daily from sunset to 8:00 pm

For bookings and reservations please call 4428 1555 or email us at fbrreservations.doha@radissonblu.com

Ramadan Kareem
Short ribs

S
hort ribs marry with many flavor combinations, and they taste much more expensive than they are,” chef Marc Samuelsson notes. “I chose plum sauce as an accent to this super-delicious braise; it adds an elusive flavor.

Serves 4

You’ll have extra braising liquid. Freeze it in ice cube trays, and you’ll have flavor bombs to use in pan sauces or pasta.

Ingredients
4 (230g/8oz) boneless short ribs
Coarse sea salt and freshly ground black pepper
2 tbsp grapeseed oil
1 onion, chopped
1 carrot, chopped
2 celery stalks, chopped
1 lemongrass stalk, trimmed, smashed and finely chopped
3 garlic cloves, chopped
1 (2.5cm/1in) piece ginger, peeled and finely chopped
120ml/4fl oz dry red wine
750ml/26fl oz beef or chicken stock
120ml/4fl oz plum sauce
60ml/2fl oz soy sauce
2 sprigs thyme
2 sprigs flat-leaf parsley
2 bay leaves
Horseradish, preferably freshly grated, for serving

Directions
Preheat the oven to 160°C/325°F/Gas Mark 3.

Pat the meat dry with paper towels and season with salt and pepper.

Heat the grapeseed oil in a large casserole over a medium-high heat. When it shimmers, add the short ribs and brown on all sides, about 2 minutes per side. Put them aside on a plate.

Add the onion, carrot, celery, lemongrass, garlic and ginger to the pot. Season with salt and cook, stirring often, until the onion softens, about 5 minutes. Pour in the wine and cook, stirring to dissolve any of the brown bits that may still be on the bottom of the pot. Add the stock, plum sauce, soy sauce, thyme, parsley and bay leaves, and bring to a simmer.

Return the short ribs to the pot, along with any of the juices, cover, and braise until the meat is fork-tender, about 1 ½ hours.

Transfer the meat to a plate. Strain the braising liquid into a fat separator. Discard the bay leaves and put the vegetables into a food processor. Process until smooth.

Add 360ml/12½fl oz of the defatted braising liquid to the processor and pulse to combine. Return the sauce to the casserole and check for salt and pepper.

Bury the short ribs in the sauce, cover and leave on the back of the stove until you’re ready to serve.

Reheat the short ribs in the sauce.

Divide the short ribs between four shallow bowls. Top each with a spoonful of sauce. Put the rest of the sauce in a bowl for passing round at the table, along with a bowl of horseradish if you’d like.

BRAKE YOUR FAST AT THE AL JAWHARA RAMADAN OASIS.

Inspired by the traditional heritage of Qatar, the elegant and spacious Al Jawhara Ballroom is your Ramadan Oasis in the heart of West Bay. Break your fast and sample our carefully crafted selection of vibrant and authentic culinary creations offered for Iftar and Sohour. Guests will also have a chance to win exciting prizes daily.

Iftar Buffet - Sunset to 20:00 | Sohour Buffet - 21:00 to 02:00 | QAR 195 including Ramadan beverages
Private Majlis - QAR 1500 for 4 guests | Social Majlis - QAR 750 for 4 guests

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Sleeping more during weekends may up heart disease

Do you tend to sleep more on weekends than on week days? Beware, you are more likely to experience ‘social jet lag,’ which is associated with the increased risk of heart disease, researchers warned.

The findings showed that each hour of social jet lag — which occurs when one goes to bed and wakes up much later on weekends than during the week — is associated with an 11 per cent increase in the likelihood of heart disease.

Social jet lag also leads to poorer health, worse mood, as well as increased sleepiness and fatigue.

“These results indicate that sleep regularity, beyond sleep duration alone, plays a significant role in our health,” said lead author Sierra B. Forbush, research assistant from the University of Arizona in the US.

“This suggests that a regular sleep schedule may be an effective, relatively simple, and inexpensive preventative treatment for heart disease as well as many other health problems,” Forbush added. According to the American Academy of Sleep Medicine recommendations, adults should sleep seven or more hours per night on a regular basis to promote optimal health.

For the study, published recently in the journal Sleep, the team analysed survey responses from 984 adults between the age of 22 and 60 years. Social jet lag was assessed using the sleep timing questionnaire and was calculated by subtracting weekday from weekend sleep midpoint.

Overall health was self-reported using a standardised scale, and survey questions also assessed sleep duration, insomnia, cardiovascular disease, fatigue, and sleepiness.

Even mild sleep apnoea may up hypertension & diabetes risk

IANS

Young and middle-aged adults suffering from mild-to-moderate obstructive sleep apnoea with symptoms such as snoring and excessive daytime sleepiness, may be at an increased risk of developing hypertension and diabetes, researchers say.

Obstructive sleep apnoea is a potentially serious chronic disease that involves the repeated collapse of the upper airway during sleep.

The findings showed that mild sleep apnoea in young adults was strongly associated with a risk of developing hypertension by four times.

Similarly, compared to individuals without sleep apnoea, moderate sleep apnoea was associated with the risk of developing diabetes by almost three times.

“Given the stronger association of sleep apnoea with metabolic abnormalities in this age group, emphasis should be placed on yearly monitoring of indices of metabolic symptoms and lifestyle interventions, such as weight control, healthy diet, regular exercise, and stress management,” said lead author Yun Li, postdoctoral researcher at the Pennsylvania State University.

If left untreated, sleep apnoea can result in a growing number of health problems, including: High blood pressure, Stroke, Heart failure, irregular heart beats, and heart attacks. “Early detection and treatment of mild-to-moderate sleep apnoea is warranted in order to prevent future cardiometabolic disease.” Li added. For the study, published recently in the journal Sleep, the team conducted twin studies involving a sample of 1,741 adults.

Participants completed a detailed medical history interview at baseline and were evaluated in a sleep centre during an overnight sleep study. Those without hypertension or diabetes at baseline were followed up after 10 years.

New gene therapy may ‘turn off’ asthma

Reseachers have developed a new gene therapy that may help to ‘turn-off’ the immune response which causes allergic reaction such as asthma, or potentially lethal food allergies, researchers have found.

“When someone has an allergy or asthma flare-up, the symptoms they experience results from immune cells reacting to protein in the allergen,” said Ray Steptoe, Associate Professor at the University of Queensland in Australia. The findings showed that the single treatment may give life-long protection from asthma as well as those who have severe allergies to peanuts, bee venom, shell fish and other substances by desensitising the immune system to tolerate the protein.

“The challenge in asthma and allergies is that these immune cells, known as T-cells, develop a form of immune ‘memory’ and become very resistant to treatments.” Steptoe said.

“We have now been able ‘wipe’ the memory of these T-cells in animals with gene therapy, de-sensitising the immune system so that it tolerates the protein,” he added.

For the study, detailed in the journal JCI Insight, the team took blood stem cells, and inserted a gene which regulated the allergen protein and put that into the recipients.

“Those engineered cells produced new blood cells that express the protein and target specific immune cells, ‘turning off’ the allergic response.” Steptoe noted. The eventual goal would be a single injected gene therapy, that is simpler and safer which could be used across a wide cross-section of affected individuals, he said.
‘Wonder Woman’ dominates US box office

AFP

It took a long time for Wonder Woman to get her due. Long after such male characters as Superman, Batman, Iron Man and even Aquaman and Ant-Man made the leap from comic books to the silver screen — and 76 years after she first appeared in print — “Wonder Woman” the film made a splashy debut this weekend on North American screens, netting just over $100m.

The Warner Bros and DC Comics film had generated a huge buzz, based partly on a critical reception that was unusually warm for a superhero film: it got a 93 percent rating on the Rotten Tomatoes website. The movie was helped as well by the attraction of Israeli star Gal Gadot, known for her part in the popular “Fast and Furious” series, North American screens, netting just over $100m.

The film’s estimated $100.5m take for the three-day weekend helped director Patty Jenkins break another glass ceiling, with the best domestic opening for a female director.

And it placed the movie far above the second-leading film, another new release, “Captain Underpants: The First Epic Movie,” which took in $23.5m, according to website Exhibitor Relations.

“I agree that within this genre, it’s difficult to do something new, and usually, you just see killing one another — in outfits and blowing up cities. Like, I know there’s a thing called Infinity War, which is like, ‘we need more war for all time?’” In an interview with Screen Slam for his film “Wonder Woman”, the actor took a jibe at the third “Avengers” movie when he was asked if adding a theme of humanity to the usual blockbuster action was something that drew him to the DC film, reports express.co.uk.

Pine said: “One of the reasons for sure. She, in particular — Patty (director Patty Jenkins) was a great reason why I wanted to be involved. I met her. I hadn’t read — there was no script. Then she told me what she wanted to do: the story, my character, and Gal’s (Gal Gadot) character.

“I don’t — really, like, Infinity War? We need more war for all time?”


Katie Holmes enrols at Harvard University

Actress Katie Holmes has enrolled in Harvard University’s Business Of Entertainment, Media And Sports programme. Holmes, 38, is attending classes under her company’s name Noelle Productions Inc, which is taken from her middle name, reports pagesix.com.

The course, according to the school’s website, promises to teach students how to launch and manage creative products and portfolios, manage talent and develop other important strategies.

Professor Anita Elberse, Holmes’s teacher, shared a photograph on Instagram featuring her famous new students, including Irish rugby player Jamie Heaslip, former American football player Rashean Mathis, basketball player CJ McCollum and footballer Gerard Pique, who is married to singer Shakira. Holmes also shared the same image on social media and wrote: “I’m so thankful and excited to be Harvard Business School with so many brilliant people. Anita Elberse.”

Cooper & Shayk take daughter out for a stroll

Actor Bradley Cooper and Irina Shayk were spotted taking a walk with their newborn daughter Lea De Seine here. Cooper, who welcomed the child in April, was cradling his daughter in a purple blanket, while Shayk pushed the stroller and their pet dog on June 3, reports dailymail.co.uk. The actor had tied his long hair into a bun and was spotted wearing a grey T-shirt.

Meanwhile, Shayk was spotted donning flare-hem jeans with a red sweater that had “SATURDAY” written across the front in white letters. Cooper and Shayk have appeared less in public since Lea’s birth.

Chris Pine slams ‘Avengers: Infinity War’ title

Actor Chris Pine has an issue with the title of Marvels film “Avengers: Infinity War”, and wonders do “we need more war for all time?” In an interview with Screen Slam for his film “Wonder Woman”, the actor took a jibe at the third “Avengers” movie when he was asked if adding a theme of humanity to the usual blockbuster action was something that drew him to the DC film, reports express.co.uk.

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“I agree that within this genre, it’s difficult to do something new, and usually, you just see a bunch of people killing one another — in outfits and blowing up cities. Like, I know there’s a thing called Infinity War, which is like, ‘we need more war for all time?’”

What to expect at Apple’s 2017 developers conference?

With Apple’s Worldwide Developers Conference (WWDC) just around the corner, technology enthusiasts the world over are speculating on what new revelations the Cupertino-headquartered tech giant will make. Topping them would be clues to the new iterations of iOS, macOS, tvOS, and watchOS.

“Topping them would be clues to the next iPhone. To be organised in San Jose, California, this year’s conference might see plenty of surprises. According to a report in The Verge, Apple would announce the next iterations of iOS, macOS, tvOS, and watchOS. “All four of Apple’s big platforms are on yearly release cycles, with announcements in June, developer previews shortly thereafter and public releases in the fall. This year shouldn’t be any different,” the report said.

Last month, Bloomberg reported that iOS 11 would have “an updated user interface” and we could possibly see this announcement being made at the event. Reportedly, Apple is working on a “dark mode” for the entire operating system, which changes most backgrounds from white to black. If Apple introduces the rumoured OLED iPhone, the dark mode would save battery by letting the screen keep more pixels turned off.

Also, Apple might update its apps, like Mail and Safari, to allow the stylus to be used for annotations. Users can also expect improvement in the iPad with the introduction of support for multiple user accounts.

Given the success of Samsung Pay and the recent launch of LG Pay, Apple might also bring improvements in Apple Pay. Last year, Google Assistant gave a tough competition to Siri. The competition went to another level with the launch of Samsung’s Bixby. Apple’s digital assistant Siri might get smarter to counter its rivals.

As far as hardware is concerned, Apple might launch Siri speaker to rival Amazon Echo and Google Home. The tech titan could also bring updated MacBooks and MacBook Pros with some spec bumps.

The company might also bring an update for the MacBook Air. It has been two years since Apple updated the device. It is a possibility that tech aficionados might be in for a treat if Apple decides to delve out some information regarding the iPhone it will launch to celebrate the tenth anniversary of the revolutionary device.

Japan arrests 14-year-old for creating ransomware

Japanese authorities yesterday arrested a 14-year-old boy for creating a ransomware virus similar to WannaCry which was responsible for global cyberattacks last month.

The boy, a student at a secondary school in Osaka prefecture, is accused of creating the ransomware -- a malware, or malicious software programme that limits or prevents users from accessing the computer or files unless they pay a ransom -- through free encryption software, Efe news reported.

The student, who admitted to the allegations, then uploaded it to a foreign website and taught users of the platform to download and use it, according to sources quoted by the Kyodo news agency.

This ransomware, which has been downloaded 100 times, allowed the user to infect the victim’s computer and asked for virtual currency as ransom, although the economic toll has not yet been confirmed, added the same sources.

The young boy, who supposedly learned by himself how to create this type of programme, revealed to the investigating authorities that he only wanted to become famous, according to state television channel NHK.

His arrest comes after WannaCry’s ransomware hit at least 150 countries and health centres in the UK, large companies in France and Spain, railways networks in Germany, public institutions in Russia and universities in China.

Some 600 Japanese companies, including Hitachi and Nissan, were affected by this cyberattack. Japanese IT security company Trend Micro has detected more than 65,000 ransomware attacks over the past year in Japan, a figure 10 times higher than that of the previous year.

Google’s virtual assistant ‘Home’ facing glitches

Google pinned a lot of hope on its virtual assistant ‘Home’ to take on Amazon’s ‘Alexa’ but it appears that it has gone bonkers with the users reporting indifferent behaviour from ‘Home’.

The virtual assistant is spitting out errors instead of controlling smart home devices and answering questions. “According to multiple online complaints, there’s a Google Home outage affecting a significant portion of users,” tech website Android Police reported yesterday.

To know if Home is affected, users need to use a trigger phrase and it will respond with “Hmm, something went wrong. Try again in a few seconds,” or “There was a glitch. Try again in a few seconds.”

“Most users say the issues started popping up in the last day or two and today Google Home has a nearly 100 per cent failure rate,” the report said.

What is interesting is that other devices with Google Assistant are working fine. While some owners reported that a hard reset of ‘Home’ fixed the issue, many others still had problems after resetting.
A German soldier tries to determine if the Dutch resistance has planted a spy to infiltrate the home of Kaiser Wilhelm in Holland during the onset of World War II, but falls for a young Dutch woman during his investigation.
CROSSWORD

ACROSS
1 Not naked
2 "Darn you" Yankee's
3 Long.
4 Meager
5 Distress
6 Deposit
7 Leading lady?
8 Foot part
9 "Choc-o-
10 Solution
11 Hamlet, e.g.
12 "Skyfall" star Craig
13 Family girls
14 Hill dweller
15 Prompt
16 Vend
17 One of eight
18 Navy underoer
19 Pair with an air
20 "Time to get moving!"

DOWN
1 Post-op area
2 "Damn you" Yankee's
3 Tennis
4 Negation
5 Afluent
6 Wall
7 Type of call
8 Xanadu" band
9 Its has its
even
10 Teen's
eve
11 Cows and Guy
12 Author
13 Bar
14 Rival
15 Bill
16 Vague
17 Measure
18 "Serpico"
19 10 of Hot tubes
20 Hide
21 Hunter
22 Bar
23 Vogue
24 Measure
25 Police
26 Officers
27 Diner
28 Unusual
29 New
30 Inside Story
31 Dire
32 Road
33 Al-Merida
34 Four-leaf
clover
35 Sausage
36 "I'm in
deep!"
37 "I'm
desperate!"
38 Coaster
39 Woe
40 "Science
Guy"
41 Worker
42 "I have
enough"
43 "Catch a
cold"
44 "I'm
in a
jam!"
45 "I'm
at
in!"

SOLUTION: TODAY'S CROSSWORD CLUE:

6-8

Yesterday's answer: 6-8

CROSSWORD CONCEPTS

SUDOKU

Concepts Sudoku: Concepts Sudoku is a number-placing puzzle based on a 9×9 grid. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column, and each 3×3 box contains the same number only once.

Yesterday's answer

ALL IN THE MIND

ACCOMPLICE, ALIBI, ARREST,
BAIL, CHARGE, CLUE, COPS,
CRIME, CRIMINAL, CROOK,
DETECTIVE, EVIDENCE,
EXTORTION, FELON, FINE,
FORGERY, FRAUD, FUGITIVE,
GANGLER, GUILTY,
HOMICIDE, HOODLUM,
ILLEGAL, INNOCENT, JAIL,
JUDGE, JURY, LARCENY,
LAWYER, MOBSTER, OFFICER,
OUTLAW, PATROL, PENALTY,
PERPETRATOR, POLICE,
PRISON, PRIVATE EYE, PROOF,
ROBBER, SHERIFF, SLEUTH,
SUSPECT, THIEF, WITNESS.

DOHA TODAY BRAIN TEASERS

TUESDAY 6 JUNE 2017

Yesterday's answer

CRYPTOQUIP

Last week's Cryptic: HAD CIVIL WAR
GENERAL WILLIAM NEEDED A LARGE PET
DOG, MIGHT HE HAVE CHosen A SHEPHARD?

Today’s Cryptic Clue: N equals D

TRANSLATION:

Yesterday’s Cryptic: HAD CIVIL WAR
GENERAL WILLIAM NEEDED A Lfluge PET
DOG, MIGHT HE HAVE CHosen A SHEPHARD?

Today’s Cryptic Clue: N equals D

ACCOMPLICE, ALIBI, ARREST,
BAIL, CHARGE, CLUE, COPS,
CRIME, CRIMINAL, CROOK,
DETECTIVE, EVIDENCE,
EXTORTION, FELON, FINE,
FORGERY, FRAUD, FUGITIVE,
GANGLER, GUILTY,
HOMICIDE, HOODLUM,
ILLEGAL, INNOCENT, JAIL,
JUDGE, JURY, LARCENY,
LAWYER, MOBSTER, OFFICER,
OUTLAW, PATROL, PENALTY,
PERPETRATOR, POLICE,
PRISON, PRIVATE EYE, PROOF,
ROBBER, SHERIFF, SLEUTH,
SUSPECT, THIEF, WITNESS.
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