Rajagiri Public School celebrates New Year

GOLDEN GLOBES BECOME PART OF ACTIVISM

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Ajay to start shooting for ‘Total Dhamaal’

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Pulmonologist asks BPS students to practice self-sacrifice & perseverance

There is no magic and no mantra but the key to success lies in perseverance and self-sacrifice’, was the advice Dr Udaya B S Prakash gave to the students of Birla Public School.

Doctor Prakash is Scripps professor of medicine, Mayo Medical School and Mayo Post Graduate School of Medicine and Consultant emeritus in pulmonary disease, critical care, and internal medicine and director emeritus of bronchoscopy and interventional pulmonology at the Mayo clinic and Mayo Medical Centre, Minnesota, USA.

Highlighting the importance of reading Dr Prakash exhorted the children, ‘to read, read and read, as when reading stops learning stops’. Quoting George Santayana, Spanish philosopher, he told the children if you do not read ‘Those who cannot remember the past are condemned to repeat it’ and ‘you will then will have the spectre of reinventing the wheel’.

Mentioning the examples from the lives of Usain Bolt, Martina Navratilova, Subramanyam Chandrasekharan, Dr Prakash highlighted the lessons of perseverance and self-sacrifice. While Martina and Bolt persevered against obstacles and challenges and failed more times than they succeeded, they never gave up. B G Harindranath, Law Secretary, government of Kerala, also addressed the students. Drawing examples from the life of King Solomon, he told students that ‘it was keen observation of life and its intricacies that made King Solomon pronounce judgments that astound the world even today’. The address was animated by a question – answer session. Many a student expressed satisfaction and fulfillment and said they were inspired to define their future goals pretty well. Mohan Thomas, Director and former Chairman, attended the session.

Rajagiri Public School celebrates New Year

A grand celebration was organised by the students of Rajagiri Public School to welcome the New Year on the first working day of January 2018. They began with a special New Year prayer and then the resolutions, followed by the celebration. The programme helped students get enlightened by the divine light to be friendlier, more responsible and more open to the wonders of the world in the New Year.

The children to try and be on their best behaviour throughout this new year and avoid misbehaving as often as they can. A special assembly was conducted by the students of Grade 2 D, guided by Rani Thomas, their class teacher and Sally Thomas and Reema Sumesh, the coordinators.
It was basically an all-black red carpet at the Golden Globe Awards, which meant that visually, it was rather monotonous. There were lovely gowns, chic trousers and the occasional ensemble that left an indelible impression and did what the best red carpet dressing is intended to do, which is to leave you with the sense - true or not - that the star in question has an eye for a creative, daring gesture and is therefore more interesting because of it.

The women and men of Hollywood wore black in support of Time’s Up, an initiative aimed at combating sexual harassment and supporting gender parity across a multitude of industries. The goal was to replace the red carpet fashion conversation with one about gender equity and workplace safety. And mostly, it did.

But the initiative is in its early stages and so there is not so much to say about it other than it exists. And so that important information was disseminated again and again by everyone from Meryl Streep to Sarah Jessica Parker and Reese Witherspoon, as well as by the various grassroots activists who’d been invited to come along as their plus-ones.

It may have been Streep, because of course it would be Streep, who would offer the most quotable comment. “We feel emboldened in this moment to stand together in a thick black line dividing then from now.”

But it was Debra Messing, one of the first women down the red carpet, whose words had a particularly biting ring. The “Will and Grace” star was wearing a black, sparkly tunic over black silk trousers. And when she stopped for the standard interview with E! Entertainment, she quickly made it clear that she had come to speak her mind. Why was she wearing black, asked Giuliana Rancic. She was wearing black to show solidarity with women who have been marginalized and harassed. She was wearing black to underscore the need for gender parity in a broad swath of industries. And, by the way, she was not pleased at all to discover that even E! Entertainment, whose microphone she was speaking into, pays its female broadcasters less than its male ones.
The plan to wear black trickled out slowly. First it was a suggestion, then it was part of an orchestrated multi-point fundraising and sensitivity raising platform. Then it became an all-inclusive, everyone wear black even-you-olds-watch-the-red-carpet-at-home-in-your-pyjamas. It was a protest and then a sign of solidarity and then, well, no one quite knows exactly where it’s heading. The year is young.

A smorgasbord of activists were invited to walk the red carpet with several of the stars most involved in the Time’s Up initiative. Streep was accompanied by Ai-Jen Poo, from the Domestic Workers Alliance, Michelle Williams walked with Tarana Burke who planted the seed for the #MeToo social media movement, and there were other leaders focused on the lives of Latina women, Native American women, farm workers and so on.

“We believe that people of all genders and ages should live free of violence against us. And, we believe that women of colour, and women who have faced generations of exclusion - Indigenous, Black, Brown and Asian women, farm workers and domestic workers, disabled women, undocumented women - should be at the centre of our solutions,” the activists said in a joint statement. “This moment in time calls for us to use the power of our collective voices to find solutions that leave no woman behind.”

The words on the red carpet, sometimes repetitive, often vague, occasionally halting, still managed to bring attention to the issue at hand. But what about the attire? Attire can speak powerfully and eloquently to all sorts of issues, but the decision to wear black on the red carpet comes with a unique set of baggage.

This was the red carpet on which fashion is not supposed to matter. Or perhaps fashion was to matter more than ever. It was a red carpet filled with activists and hashtags, sheer dresses, jet beading, sheer chiffon and lots and lots of borrowed jewels. Specifically, it was filled with custom-made dresses crafted by design houses just for the occasion. And mostly, they received no on-air credit.

Parker, whose pop culture fame is, in part, due to her relationship with the fashion industry, did not mention that she was wearing Dolce & Gabbana on E! Kerry Washington did not name drop Prabal Gurung. Laura Dern didn’t give Giorgio Armani a shout-out.

Fashion got tangled up in activism. And it was never really clear, never quite explained, why mentioning fashion was taboo. Even the colour choice was a bit of a muddle.

Were actresses, who know that all eyes are on their red carpet walk, taking advantage of the power of fashion and bending it to their will? Perhaps. But why change one’s attire in response to sexual harassment? To a great degree, red carpet dressing is a pretty lie. There’s nothing spontaneous or organic or particularly “real” about the images that come from the red carpet. It is a fantasy. Beautiful public relations for everyone concerned.

Maybe the decision to stay mum about fashion on the red carpet was an over-correction. But there were lessons in the way a couple of design houses handled the situation. Marc Jacobs announced that it had dressed Tracy Ellis Ross and included a statement from Ross explaining her aesthetic choices, that read, in part: “I wear black today as a ‘we’ not as an ‘I’, as a celebration of our collective power as women, as an embodiment of sisterhood, solidarity and the work being done to create structural change.”

Fashion can best be weaponised when it’s allowed to speak boldly and loudly. Not when it’s muffled.
ICC-One Toastmasters Club celebrates New Year.

One of the oldest Toastmasters Clubs in Doha - 'ICC-One Toastmasters Club' celebrated New Year and 305th meeting on January 1, 2018 at Hotel Copthorne with theme of 'celebration'. Club President, TM Zakaira Aboobacker opened the meeting and Charter member & past president TM S K Naidu presented the Theme of the Day.

Punjab Music Group presents musical evening, ‘sham-e-ghazal’.

Punjab Music Group presents ‘sham-e-ghazal’ on Thursday, January 18 from 8pm to 12pm.

The event will be taking place at Akbar Restaurant at Swiss Bel Hotel with a free entry family programme. Renowned singer and ‘tabla’ player, Ustad Ghulam Abbas, who was born in Lahore and is a student of Ustad Allah Rakha who is a legendary ‘tabla’ player from India will be performing along with a Pakistani singer, Masroor Fateh Ali Khan, nephew of Nusrat Fateh Ali Khan and a local singer, Waqas Amjad Iqbal.

Singer Nazakat Ali Khan will be performing for the first time on the second day of the program which will take place on January 19 at Gulf Horizon Doha. The event will be sponsored by Doha Bank. Free passes are available at Akbar Restaurant.

Chittagong Friends Forum celebrates Qatar National Day

Qatar based Chittagong Friends Forum (CFF), Bangladesh celebrated Qatar National Day at Salata Park on December 18.

The programme was chaired by Forum President S M Farid-ul Haque. Yasin Chowdhury, Omar Faroque Chowdhury, Shahdat Hussain and Shams-ul-Alam were present. After the ceremony, prayers were done for the prosperity of Qatar, strength and long life of the Emir H H Sheikh Tamim bin Hamad Al Thani.
"Padmavati" to release as "Padmavat" on January 25

IANS

After months of uncertainty, Sanjay Leela Bhansali's controversial Hindi film "Padmavati" will release on January 25 as "Padmavat" with a U/A certificate. "It will release as 'Padmavat' on January 25. The film has got U/A certificate," sources at the film's production banner Viacom18 Motion Pictures told IANS.

"Padmavati"—now "Padmavat"—was earlier slated for release on December 1 but the studio had voluntarily deferred it following a long-stretched controversy.

The movie, starring Deepika Padukone, Ranveer Singh and Shahid Kapoor, has been mired in a row after the Shree Rajput Karni Sena claimed it distorted historical facts related to the Rajput community. The group has been persistent in its demand for a ban on the movie despite Bhansali's clarification before a Parliamentary committee that the row over the movie was just based on rumours.

Last month, the Central Board of Film Certification (CBFC) -- in consultation with a special advisory panel—decided it will grant U/A certificate to the movie but subject to five modifications, including title change.

The makers were asked to add disclaimers—one of them regarding not glorifying the practice of Sati and also relevant modifications in the song "Ghoomar" to befit the character portrayed.

An official communication from team "Padmavat" regarding the final modifications has not been made yet.

Film and trade business expert Girish Johar told IANS: "It's a complex situation for 'Padmavat'. They have too short a time before the release, plus there are hurdles for it as certain states have announced a blanket ban, and the Karni Sena continues to oppose the movie. According to the buzz, the "Padmavat" release announcement has also impacted the release date of movies like "Aiyaary" and "Pari".

Ajay to start shooting for 'Total Dhamaal'

Actor Ajay Devgn (pictured) will start shooting for the upcoming comedy film "Total Dhamaal" from today.

Ajay yesterday tweeted: "Kal se karenge 'Total Dhamaal'!" (From tomorrow we'd do 'Total Dhamaal')."

A tweet from the official page of Fox Star Hindi, who will be presenting the film, read: "Presenting more laughter and more madness. 'Total Dhamaal' is our latest collaboration with Ajay Devgn Films to give you your next dose of rib-tickling comedy. Directed by Indra Kumar, this laugh riot is set to release on December 7!"

The film will be jointly produced by Kumar along with Ashok Thakeria and Ajay. The film also stars Riteish Deshmukh, Madhuri Dixit, Anil Kapoor, Arshad Warsi and Jaaved Jaaferi. "Total Dhamaal" is the third film in the comedy entertainer franchise "Dhamaal". It will be directed by Indra Kumar. It is slated to release on December 7.

Sterling K Brown makes history with Golden Globe win

Actor Sterling K Brown (pictured) created history by becoming the first African-American male actor to win a Golden Globe for Best Actor in a Television Drama for the role of Randall Pearson in hit series "This Is Us".

"Now, Dan Fogelman, throughout the majority of my career, I've benefited from colour-blind casting, which means, ahey, let's throw a brother in there. That's always really cool," Brown said while accepting the award.

He continued: "But Dan Fogelman, you wrote a role for a black man that can only be played by a black man. So what I appreciate so much about this is that I'm being seen for who I am and being appreciated for who I am, and it makes it that much more difficult to dismiss me or dismiss anybody who looks like me."

Brown previously won an Emmy for his performance—a historic win as it made him the first black actor to win the Outstanding Lead Actor in a Drama Series since 1998.
Winterberry’s great balls of fire blaze in January’s pale sunlight

The Washington Post

We are told that the sun rises in the east and sets in the west. The gardener, who is more attuned to light and shadow than most, knows that this idea is off quite a bit at this time of year.

In early winter, the sun clings to the southern horizon and sleeps a lot. This skulking can have its benefits. In the mornings now, the sun creeps around my neighbour’s shed to throw light on a stand of winterberry hollies in a far corner of the garden. These are the hollies that are naked in winter except for generous clusters of large red berries. After a few years, they are eight feet tall, six feet across and heavy with fruit.

The gardener will take any shrub that peaks in January, and the winterberry holly and its related hollies don’t hold back. It falls to the gardener to position them where the berries can be illuminated by the low sun. Putting them in a dark corner would reduce the berry set and also rob the holly of its dazzling display.

Only the plants with female flowers produce fruit, but you have to add a male to the mix. I planted three fruiting winterberries along with a single non-fruiting male, positioned on the edge of the display. In May, the bees in search of nectar take the pollen from the male and fertilize the female blossoms. By late summer, the fruit is conspicuous even though the shrubs are smothered in pretty, elliptical leaves, free of the spines we associate with holly. The foliage turns yellow in the fall and looks good amid the bright red berries, but the plant comes into its own once the leaves drop. Suddenly, the branches seem to have captured strings of pearls that have fallen to earth, except they’re red.

I planted these shrubs five years ago, and the first year I wondered if they were going to survive because they were half dead. Winterberries are native to wetlands and heartily dislike dry conditions, especially when it’s hot. (This makes them a great choice for problem wet areas of the yard). I watered them when I remembered but because they were out of the way, they were neglected for the most part. For the first few years there was little fruit. Last year, lo, they put on a good show. This year, they are spectacular. Moral: Plant for tomorrow, not today.

The species winterberry, Ilex verticillata, is found in wetlands from Nova Scotia to Texas, but there is a great variation and unpredictability in habit, size and even leaf shape. So garden winterberries tend to be named varieties. Horticulturists divide them into southern types, vigorous with fewer darker stems, and northern types, with slower growth, earlier flowering and smaller leaves.

It’s important to get a male plant that blooms at the right time. For southern types that would be Southern Gentleman, for northern ones, Jim Dandy. Growers who raise winterberry for florists’ cut sprays like the early season varieties such as Maryland Beauty and Christmas Cheer. A number of more compact varieties are available for smaller gardens, though you’d still need a second, male plant for fruit.

The most common of these is Red Sprite, whose oversized fruit appears on a shrub that is just three to four feet tall. A variety named La Have is even smaller. Sparkleberry was developed at the National Arboretum by crossing the winterberry with its Chinese cousin, Ilex serrata. The resulting plant has glossy red fruit that is large and remarkably persistent through the winter months. Its male consort is Apollo. Both are for large gardens; they grow 12 feet high and as wide.

For some reason, the birds and the squirrels have left the winterberry display untouched (so far), and are happy instead to nibble away at the berries in the old American hollies along another side of the garden. If you have a bit of space for two or more medium-sized shrubs, winterberry hollies will lend an air of native beauty and provide a path through the darkness of the season now upon us.

Gardening tip: As much as food, songbirds need clean water through the winter for drinking & bathing. Birdbaths should be replenished regularly with fresh water.

As much as food, songbirds need clean water through the winter for drinking & bathing. Birdbaths should be replenished regularly with fresh water.
Let’s face it: Slow cookers are popular, but dull. Mute. Kinda sleepy. Even on its highest setting (of three total), my six-quart All-Clad slow cooker doesn’t simmer stock or sizzle diced shallots. Sometimes I’ll reset it in the middle of cooking, just to hear that indifferent chirp. “She’s not dead yet,” I say to myself, relieved.

Hugh Acheson, the sharp, often pithy James Beard award-winning chef/restaurateur, “Top Chef” judge, author and self-proclaimed “pot stirrer” on Twitter, is not dull. And this, I imagine, is why his publisher asked him to write a book about slow cookers.

Plenty of chefs have written for home cooks in the past couple of years — Portland, Oregon’s Naomi Pomeroy, New York’s Missy Robbins and Marcus Samuelsson, England’s Yotam Ottolenghi, Sweden’s Magnus Nilsson — but “it’s so unique for a person with that experience and that level of authority to want to do something as humble as a collection of recipes for slow cookers,” says Clarkson Potter’s Francis Lam, Acheson’s editor on the project. It’s hard to imagine Acheson, with his tightly cropped haircut and his jeans turned up at the cuffs, moving his tattooed arm toward one of these electric countertop mini-ovens and hitting “DOWN” or “UP” to set the time, then walking off to take out the dog or whatever. And that’s the selling point: People will be curious to see what this pairing looks like.

The fiery heat and complexity of cabbage kimchi mellows into a lovely sauce for the bird here.

You’ll need a 6- to 8-quart slow cooker.

Light soy sauce is thinner and saltier than regular soy sauce, but you can use regular soy sauce here.

Serve with pickled vegetables, such as carrots, okra and daikon.

Make Ahead: This chicken tastes even better after a day’s refrigeration.

Ingredients
One 3- to 3 1/2-pound chicken, cut into 8 pieces (giblets and wing tips removed)
Salt
1 tablespoon canola oil
2 shallots, minced
One 4-inch knob fresh ginger root, peeled and minced (3 tablespoons)
1 cup sake (may substitute Chinese rice wine or dry sherry)
1 1/2 cups no-salt-added chicken broth
2 1/2 cups chopped cabbage kimchi, with juices
2 tablespoons light soy sauce (see headnote)
Pinch crushed red pepper flakes
2 tablespoons fresh lime juice
Cooked rice with cilantro and mint, for serving

Steps
Pat the chicken pieces dry, then season liberally with salt all over.

Heat the oil in a large skillet over medium heat. Once the oil shimmers, work in batches to brown the chicken pieces on both sides, transferring them to a plate as you go. (This should take about 10 minutes on the skin side and 3 minutes on the second sides.)

Once all the chicken’s done, add the shallots and ginger to the skillet and cook for about 3 minutes, stirring, until softened. Pour in the sake; increase the heat to high and cook for about 2 minutes, or just long enough for the wine to evaporate.

Transfer the shallot mixture to the slow cooker, then add the chicken pieces and broth. Add 1 1/2 cups of the kimchi and its juice, plus the soy sauce. Cover and cook on LOW for 4 hours.

Uncover and add the crushed red pepper flakes and the lime juice, stirring gently to incorporate. (The chicken will be falling-apart tender.)

Divide the chicken, its kimchi sauce and some rice among individual wide, shallow bowls or plates. Top each portion with some of the remaining cup of kimchi, and place a few pickled vegetables on the side of each one. Serve warm.

Nutrition: Per serving (not including rice, cilantro and mint): 680 calories, 39 g protein, 14 g carbohydrates, 44 g fat, 12 g saturated fat, 140 mg cholesterol, 1,260 mg sodium, 3 g dietary fiber, 5 g sugar.
The doors of the Airlink 100 bus from Edinburgh airport hissed open at what we thought was the stop nearest to our hotel. The desk clerk I’d emailed said the stop was directly in front of the hotel, which was supposed to be close to the city centre. As the bus pulled away, we did not appear to be either opposite the hotel or near the centre of anything, except a row of low-rise brown stone structures and a four-lane road.

We set off walking in the direction of the right stop, we hoped, dragging carry-on bags behind us as buses and cars whizzed past the narrow sidewalk. Just as I was settling in to the familiar hopeless mind-set of Day 1 in a new foreign city, jet-lagged, sleep-deprived and, more or less, lost, I glanced off to the right. There below us, a wide, swiftly moving stream of dark water flowed away beneath the graceful arch of a stone bridge, draped with vines, sheltered by ancient shade trees and bordered with quaint, stucco cottages with peaked roofs like something out of the Brothers Grimm. The cottage closest to the road had a red sandstone plaque built into the wall above the lone window and beneath the chimney. In gothic type, it read, “In accordance with the will of George Pape of Coltbridge House these cottages were built for the use of three poor widows in all time coming. A.D. 1894.”

It was the first of what I came to think of as our Edinburgh Harry Potter moments - when the ordinary Muggle reality suddenly parted to reveal something magical. As it turned out, this wasn’t entirely fanciful thinking on my part. I only discovered later that J.K. Rowling herself said, in a 2008 speech accepting the Edinburgh Award, “Edinburgh is very much home for me and is the place where Harry evolved over seven books and many, many hours of writing in its cafes.”

The city’s remarkably consistent buildings of mottled brown stone blocks, the most spectacular of them with sharply peaked roofs and ostentatious turrets, are clear inspiration for the architecture of the Hogwarts School of Wizardry.

Edinburgh is a great city for wandering and discovery. One morning we noticed a sign by the storybook riverside cottages we’d noticed on our first day pointing toward something labelled Water of Leith. It turned out to be a walking path running 12 miles along a small, scenic river through the city to the port of Leith, where among other things the Royal Yacht Britannia was moored and open for tours. To us, the real attraction was the path itself, dipping down from the busy surface streets into a tree-shaded, watersothed landscape that might have been in the deep countryside, complete with weeping willows and small waterfalls, and occasionally emerging into architecturally stunning neighbourhoods dominated by buildings from the 18th and 19th centuries.

A short distance along, another path splits off up a forested hillside leading to the city’s modern art museum. A mile or so beyond that yet another path leads to the 70-acre Royal Botanic Garden Edinburgh, a spectacular array of specimen trees and plantings from around the world (with its own cafe and restaurant). Some detour signs had been put up (by the fools on the town council, we were inevitably informed) where the path had been partially eroded. By the end of our trip, we were thoroughly charmed. I thought back to a moment as we were checking in 10 days earlier. I had anxiously asked the hotel clerk if he thought the rain would continue all week. He looked up and smiled charmingly. “People come to Scotland for our personality,” he said. “Not our weather.”

But the truth was, the weather wasn’t all that bad. All you had to do was wait 15 minutes.
Night shifts may up risk of common cancers among women

IANS

If you are a woman and have been assigned night shifts at workplace for long, be a little concerned about your health. According to new research, continuous shifts at irregular hours may increase the risk of common cancers among women.

The researchers found that overall, long-term night shift work among women increased the risk of cancer by 19 percent.

Of all the occupations analysed, nurses had the highest risk of developing breast cancer if they worked the night shift.

“Our study indicates that night shift work serves as a risk factor for common cancers in women,” said Xuelei Ma, co-author of the study from West China Medical Center of Sichuan University in Chengdu, China.

For the study, published in the journal Cancer Epidemiology, Biomarkers & Prevention, researchers performed a meta-analysis using data from 61 articles comprising 114,628 cancer cases and 3,909,152 participants from North America, Europe, Australia and Asia.

The articles consisted of 26 cohort studies, 24 case-control studies and II nested case-control studies. These studies were analysed for an association between long-term night shift work and risk of II types of cancer.

When analysing specific cancers, the researchers found that this population had an increased risk of skin (41 percent), breast (32 percent), and gastrointestinal cancer (18 percent) compared with women who did not perform long-term night shift work.

A further analysis was conducted which looked specifically at long-term night shift work and risk of six types of cancer among female nurses.

Among female nurses alone, those who worked the night shift had an increased risk of breast (58 percent), gastrointestinal (35 percent) and lung cancer (28 percent) compared with those that did not work night shifts.

“Nurses that worked the night shift were of a medical background and may have been more likely to undergo screening examinations,” the researcher suggested.

Proper exercise may reverse damage to ageing heart

If done enough and properly, exercise may reverse damage to sedentary, ageing hearts, say researchers, adding that it may also help prevent risk of heart failure in future.

To reap the most benefit, the exercise regimen should begin by late middle age (before age 65), when the heart apparently retains some plasticity and ability to remodel itself.

In an earlier study, researchers found that the exercise needs to be performed four-to-five times a week.

“Based on a series of studies performed by our team over the past five years, this ‘dose’ of exercise has become my prescription for life,” said Benjamin Levine, lead author of the study and Director of the Institute and Professor at University of Texas Southwestern Medical Centre.

For the study, published in the journal Circulation, participants were divided into two different groups, one of which received two years of supervised exercise training and the other group, a control group, which participated in yoga and balance training.

The regimen included exercising four-to-five times a week, generally in 30-minute sessions, plus warm-up and cool-down.

At the end of the two-year study, those who had exercised showed an 18 percent improvement in their maximum oxygen intake during exercise and a more than 25 percent improvement in compliance, or elasticity, of the left ventricular muscle of the heart.

Sedentary ageing can lead to a stiffening of the muscle in the heart’s left ventricle, the chamber that pumps oxygen-rich blood back out to the body.

“For the study, published in CMAJ (Canadian Medical Association Journal), the team looked at the effect of repeated influenza vaccinations in the current and three previous seasons in people aged 65 years and older admitted to 20 hospitals to determine whether repeat vaccination reduced severe influenza.

The prevention of severe and fatal infection caused by influenza was observed mainly in patients who were vaccinated in both the current and previous seasons, which reinforces the recommendation of annual vaccination for influenza in older adults, the study noted.

Vaccination cuts influenza risk in older adults

Older adults, who are more prone to catching flu, can reduce the risk by going through repeated influenza vaccinations, says new research.

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The prevention of severe and fatal infection caused by influenza was observed mainly in patients who were vaccinated in both the current and previous seasons, which reinforces the recommendation of annual vaccination for influenza in older adults, the study noted.
Apple urged to shield kids from ill effects of iPhone addiction

Two key Apple shareholders have requested the Cupertino-based iPhone maker to take urgent steps to safeguard young users from the ill-effects of iPhone addiction.

In a letter, Apple shareholders Jana Partners and the California State Teachers’ Retirement System, who according to a Wall Street Journal report together control about $2bn worth of Apple shares, told the company to make its products safer for the younger users in the US.

“We have reviewed the evidence and we believe there is a clear need for Apple to offer parents more choices and tools to help them ensure that young consumers are using your products in an optimal manner,” the letter read.

Citing latest research into depression linked to smartphone use among students, the letter urged Apple to invest in further research towards handling this issue. Enhancing mobile device software so that parents (if they wish) can implement changes so that their child or teenager is not being handed the same phone as a 40-year old, is one of the suggestions. The letter proposes modifying initial setup on an iPhone to let parents set an age and appropriate limits on screen time and social media that their kids can access.

Likewise, parents could be given options to monitor how an iPhone is used.

SpaceX launches secretive Zuma spacecraft

SpaceX began the new year with a mystery-shrouded mission to deliver a government spacecraft, called Zuma, into orbit, the media reported.

After more than a month of delays, a SpaceX Falcon 9 rocket vaulted toward the skies at 8pm on Sunday with the secretive payload. It launched from Cape Canaveral Air Force Station in Florida, reports CNN.

The space exploration firm, which is headed by Tesla (TSLA) CEO Elon Musk, had initially scheduled the Zuma mission last November.

Last week, SpaceX finally declared that both the rocket and the payload were “healthy” and ready for launch.

On Sunday, Zuma was delivered to low-Earth orbit, which is typically defined as any orbital path less than about 1,200 miles above the Earth’s surface, according to NASA.

When asked about the project in November, Northrop Grumman (NOC) -- the Virginia-based aerospace and defense company that built the spacecraft -- declined to give any details about which arm of the government funded it.

“The US government assigned Northrop Grumman the responsibility of acquiring launch services for this mission,” the company said in a statement.

Intel & AMD herald 8th-gen processor with Radeon Graphics

Collaborating with longtime rival chip manufacturer AMD, Intel Corporation yesterday announced the 8th-generation Intel Core processor with Radeon RX Vega M Graphics that has special features for gamers, content creators and fans of Virtual Reality (VR) and Mixed Reality (MR).

The new 8th-gen chipset will come in two configurations—one with “Radeon RX Vega M GL Graphics” (65W total package power) and the other with “RX Vega M GH Graphics” (100W total package power) which features an unlocked configuration. Earlier in November, the chipset major first shared details about this new addition to the 8th-gen Intel Core processor family that brings together the Intel quad-core CPU, Radeon RX Vega M graphics and 4GB dedicated HBM2 using Intel’s “Embedded Multi-Die Interconnect Bridge” (EMIB) technology.

EMIB acts as a high-speed intelligent information bridge between the GPU and HBM2 and reduces the usual silicon footprint to less than half that of discrete components implemented separately, the company claimed. Forthcoming devices that will feature this processor will include the thin and lightweight 2-in-1s from Dell and HP as well as the NUC that Intel had introduced. The Intel NUC is a four-by-four inch mini PC with a customisable board that accepts a wide variety of memory, storage and operating systems.

Meanwhile, with 14.6 percent market share, Samsung Electronics replaced chip maker giant Intel to become the top player in the global semiconductor industry in 2017, market research firm Gartner said.
BABY BLUES

HAGAR THE HORRIBLE

A dystopian thriller set in the year 2030 that sees the world in a permanent state of economic recession and facing serious environmental problems as a result of global warming.

Note: Programme is subject to change without prior notice.
CROSSWORD

ACROSS
1 Cote calls (6)
5 “My word!” (7)
6 Recipe measure (7)
12 — Major (6)
13 Seminary subj. (8)
14 Luau dance (9)
15 End-of-week letters (9)
16 Rage (6)
17 Sport shirt brand (6)
20 At the home of (Fr.) (7)
22 Intersection concern (9)
26 Conestoga, for one (6)
29 Curator’s focus (7)
31 Unsigned (Abbr.) (7)
32 Glamorous Gardner (9)
33 Cornfield intruder (9)

DOWN
10 — mo (5)
11 Writer’s block? (8)
18 Aachen article (6)
19 Stolen (6)
21 Mayhem (7)
23 Medicinal plant (7)
24 Dream (9)
25 Type of crossword (7)
26 RStamp (6)
27 Novelist (7)
28 Eager achiever (7)
29 Composer (5)
32 Creamy pasta sauce (5)
35 Endangered species (5)
36 Small batteries (6)
38 Pageant crown (6)
39 Summa cum — (7)
41 Lightweight (5)
42 Bloodline (7)
43 Void partner (7)
44 Undo a dele (9)
45 Bright (5)
46 I love (5)
47 Be sick (5)

Solution time: 24 mins.

Yesterday’s answer 1-4

CONCEPTIS SUDOKU

CONCEPTIS Sudoku is a number-placeing 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
Qatar's Favourite...
India's Treasure

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**Golden Globes Awards 2018**

<table>
<thead>
<tr>
<th>Category</th>
<th>Winner</th>
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<tbody>
<tr>
<td>Best Film – Drama</td>
<td><em>Three Billboards Outside Ebbing, Missouri</em></td>
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<tr>
<td>Musical or Comedy</td>
<td><em>Lady Bird</em></td>
</tr>
<tr>
<td>Best Director</td>
<td><em>Guillermo del Toro, The Shape of Water</em></td>
</tr>
<tr>
<td>Best Actor – Drama</td>
<td><em>Gary Oldman, Darkest Hour</em></td>
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<tr>
<td>Best Actress – Drama</td>
<td><em>Frances McDormand, Three Billboards Outside Ebbing, Missouri</em></td>
</tr>
<tr>
<td>Best Actor – Musical or Comedy</td>
<td><em>James Franco, The Disaster Artist</em></td>
</tr>
<tr>
<td>Best Actress – Musical or Comedy</td>
<td><em>Saoirse Ronan, Lady Bird</em></td>
</tr>
<tr>
<td>Best Supporting Actor</td>
<td><em>Sam Rockwell, Three Billboards Outside Ebbing, Missouri</em></td>
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<tr>
<td>Best Supporting Actress</td>
<td><em>Allison Janney, I, Tonya</em></td>
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<tr>
<td>Best Foreign Language Film</td>
<td><em>In the Fade (Germany, France)</em></td>
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<tr>
<td>Best Animated Feature Film</td>
<td><em>Coco</em></td>
</tr>
<tr>
<td>Best Screenplay</td>
<td><em>Martin McDonagh, Three Billboards Outside Ebbing, Missouri</em></td>
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<tr>
<td>Best Original Score</td>
<td><em>Alexandre Desplat, The Shape of Water</em></td>
</tr>
<tr>
<td>Best Original Song</td>
<td><em>This is Me, The Greatest Showman.</em> Music and lyrics by Benj Pasek, Justin Paul*</td>
</tr>
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