

#EARLY-DIAGNOSIS

Blood Test Could Detect Parkinson's Sooner

A simple blood test would allow us to diagnose the disease earlier and start therapies sooner



A new blood test that detects Parkinson's disease, potentially establishing a way to diagnose the condition before nervous system damage worsens.

The new blood-based diagnostic test would be a major advancement for Parkinson's disease, which afflicts 10 million people worldwide and is the second-most common neurodegenerative disease after Alzheimer's.

Currently, Parkinson's disease is diagnosed largely based on clinical symptoms after significant neurological damage has already occurred," says senior study author Laurie Sanders, an associate professor in the Duke University School of Medicine's departments of neurology and pathology and member of the Duke Center for Neurodegeneration and Neurotherapeutics.

"A simple blood test would allow us to diagnose the disease earlier and start therapies sooner," Sanders says. "Additionally, a clear-cut diagnosis would accurately identify patients who could participate in drug studies, leading to the development of better treatments and potentially even cures."

As a biomarker for their diagnostic tool, Sanders and colleagues focused on DNA damage in the mitochondria. Mitochondria are factories within cells that convert raw energy into a form that powers cells. They contain their own DNA, which can undergo damage separately from the nuclear DNA that encodes most of an organism's genome.

Earlier studies have associated mitochondrial DNA damage with an increased risk of Parkinson's disease, and the researchers had previously reported an accumulation of mitochondrial DNA damage specifically in the brain tissue of deceased



It's Not What It Used To Be...

Indipop's greatest strength, was also its failing – oversubscription. Every Tom, Dick and Harry who could carry a tune wanted to become a pop star. Remember those Pop Star contests and the mediocrity they produced? Viva and Band of Boys were the mere ashes of that smoke. While the programmes earned their respective channels megabucks, it was also the signal for the start of the end.



Uma Sharma
Arbit Correspondent

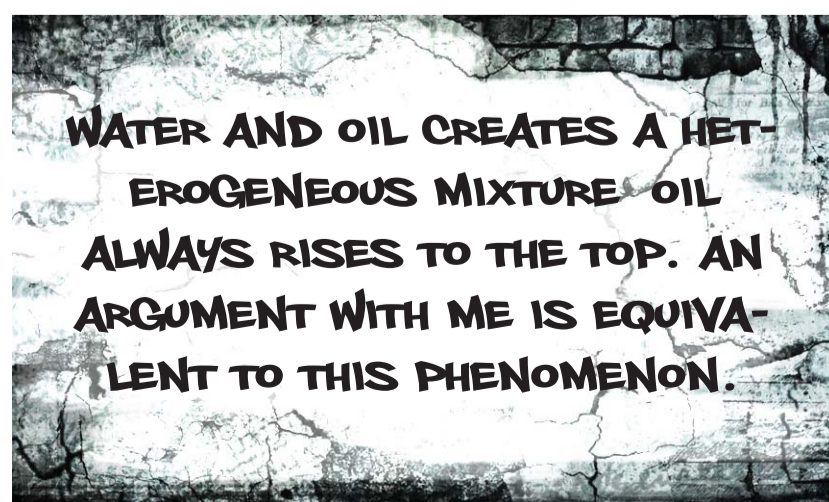
It's 2 p.m. I'm stuck under the Civil Lines Metro Station in bumper to bumper traffic, caused no doubt by the sudden cloudburst. Rain is thundering, horns are honking, and my son, whom I have just picked up from school, is talking incessantly about Chandrayaan 3 and possible explosion scenarios.

The noise is deafening. Suddenly, as if on cue, Spotify sense my mood and atmosphere, and on my playlist pops up an oldie, but goldie, "Indian Rain" by the Colonial Cousins. How the streaming service accurately played exactly what I needed to hear is a scary conversation for another time. Have you watched The Social Dilemma on Netflix? I swear I didn't sleep that night. I was up, disabling all notifications on my phone. But like I said, another time.

Colonial Cousins. The magical collaboration between Leslie Lewis and Hariharan, which pro-



THE WALL



#POP-IN-RAGA

A few months ago, I came across one of those internet gems that seem to populate our social media feeds more often than we'd like to see. But this one definitely struck a chord - "Pretty wild coincidence that the best music ever made just so happens to be all of the stuff I listened to from the ages of 15 to 25."

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"Pretty wild coincidence that the best music ever made just so happens to be all of the stuff I listened to from the ages of 15 to 25."

While I'm not big on reposting, this one immediately went up on my feed, to which an old friend replied with a Wiki link to something called "Reminiscence Bump". To quote wiki, "The reminiscence bump is the tendency for older adults (over forty) to have increased or enhanced recollection for events that occurred during their adolescence and early adulthood. The reminiscence bump can be observed in the distributions of people's favorite books, movies and records." Basically meaning, that our books were better, our movies were superior, and definitely our music was in a league of its own.

The Golden Era of Indipop
The reason I bring this up, is that whilst true, it definitely has no influence on what many of our generation (ageing millennials) consider to be the best time for Indian Pop music. Without a shadow of a doubt, it was the 90s. That sublimely sepiatoned period of life, when cable was new, and so were our cars. SRK was a young,



rising star and the sound of the crackling dial-up tone was the promise of an exciting new future.

One day, Milind Soman burst onto our screens, shirtless, dhoti-clad, in a white haze of smoke as Alisha Chinai crooned about him being "Made in India". The song was released on Channel V and sold over 50,00,000 copies. It was followed closely by the meteoric explosion of "Bolo Tara Ra Ra", which overnight made an astro-

nomical level star out of Daler Mehndi. Badshah and the likes have him to thank for their cult following today.

Romance was in the air. The sweet and innocent crooning of Bombay Vikings, Euphoria, Shaan, Sonu Nigam, Falguni Pathak, Lucky Ali, KK, Silk Route - painted our adolescence with the warmth of first love, or at least the hope of it (thanks to our conservative middle-

class Indian parents of the 90s). And it was not just the music, but the music videos - fresh faced boys and girls (many of whom went on to become big Bollywood stars - like Malaika

And the last nail in the coffin - remixes. The penchant for hashing and mashing every sound emanating from the boombox started with the massacre of Indipop. Remixes were fast, cheap and easy. Basically, the production houses pimped out. They made them racier and explicit, in a bid to attract more attention, however transient, and in the process, destroyed them. Ashes to ashes. Dust to dust. Before I'm accused of being intolerant or worse, a sentimentalist, a final

Arora, Shahid Kapoor, Bipasha Basu, Vidya Balan), set in stories way ahead of their times, be it in the bylanes of Benaras or the sandy dunes of Morocco. It was a far cry from the booze, partying, money and sex espoused in today's music videos. But it worked, because it stood for something.

The Rise.... and the Fall
Indipop's greatest strength, was also its failing - oversubscription.

International Coastal Clean-up Day



Every year thousands of tons of garbage winds up in the oceans, with at least 60% of that being composed of plastic material. Plastics, especially, last a very long time in the ocean and are in such abundance that there are 46,000 individual pieces of plastic litter for every square mile of ocean! This is a dire situation for the health of the earth's oceans, which directly impacts the health of its people. It's time to celebrate International Coastal Clean-up Day and help make the planet a cleaner, happier place for humans, plants, and animals.



#BACK-UP

Take Back Control of Your Photo and Video Storage

Apple's iCloud and Google Photos make file storage easy—as long as your memories stay on someone else's server. There's another way.

Apple and Google have made it incredibly easy for us to back up our precious photos and videos from our phones. It all happens automatically in the background, with no wires or extra software involved, and all that these companies ask in return is a few dollars a month and permission to keep your files on their servers.

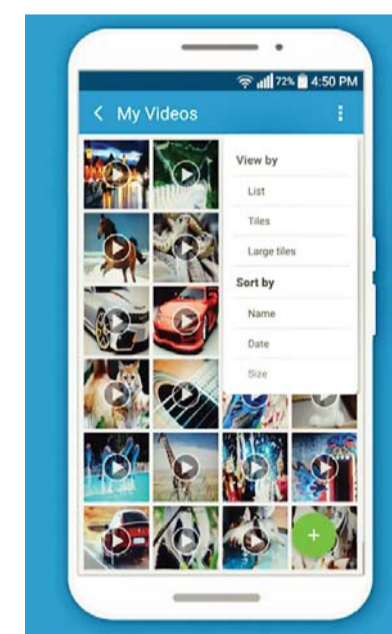
For some though, the disadvantages that come along with this convenience are starting to become more apparent. We're now more locked in than ever when it comes to cloud services and monthly subscriptions, and moving to a different solution or service—maybe because we don't like a change in the terms and conditions—gets increasingly difficult.

There is actually another way, which is to manage your photos and videos yourself. It takes a little longer to set up and maintain, but it means your files stay exactly where you want them to, and aren't sitting on servers owned by someone else. It also means you're better able to choose what you do with your photos and videos in the future.

Moving Photos and Videos Off of Your Phone

The first step here is getting everything out of the cloud that is in the cloud. The best way is to download your photos and videos to a computer hard drive. With iCloud, this is done automatically in Photos on macOS (just make sure Download Originals to this Mac is enabled under iCloud in the app settings), and you can also use iCloud for Windows to do it on Windows. For Google Photos, head to Google Takeout to download everything.

You can turn off automatic iCloud backup of your photos and videos on an iPhone by heading to Settings, tapping your name at the top, then iCloud and Photos. There's a similar option in the settings for Photos on macOS. In the Google Photos mobile app, you can tap your profile picture (top right) and then choose Photos settings and Backup.



and disable the Backup option. This then leaves you with the question of how to get any new photos and videos you take on your phone off your device and on to your computer, where they can join everything

you've just downloaded from the cloud. If these files are only stored on your mobile device, they'll all be lost if something should happen to your smartphone, so you want to be transferring them on a regular basis.

An old-fashioned USB cable will do the trick rather well. You can plug your iPhone directly into a computer and then use Finder or Photos (on a Mac) or File Explorer or the native Photos app (on Windows) to transfer files across. The process is the same as moving any other files around on your system, and once these copies have been created, you can free up space on your phone (if you need to) by deleting the originals.

A syncing app such as Dropbox will move photos and videos from your smartphone to a desktop computer wirelessly, but you'll then need to move them out of the Dropbox folder on your Mac or PC—otherwise you'll quickly fill up your free allocation of storage and be back in a position where your photos and videos are stored on servers in the cloud rather than your own hardware.

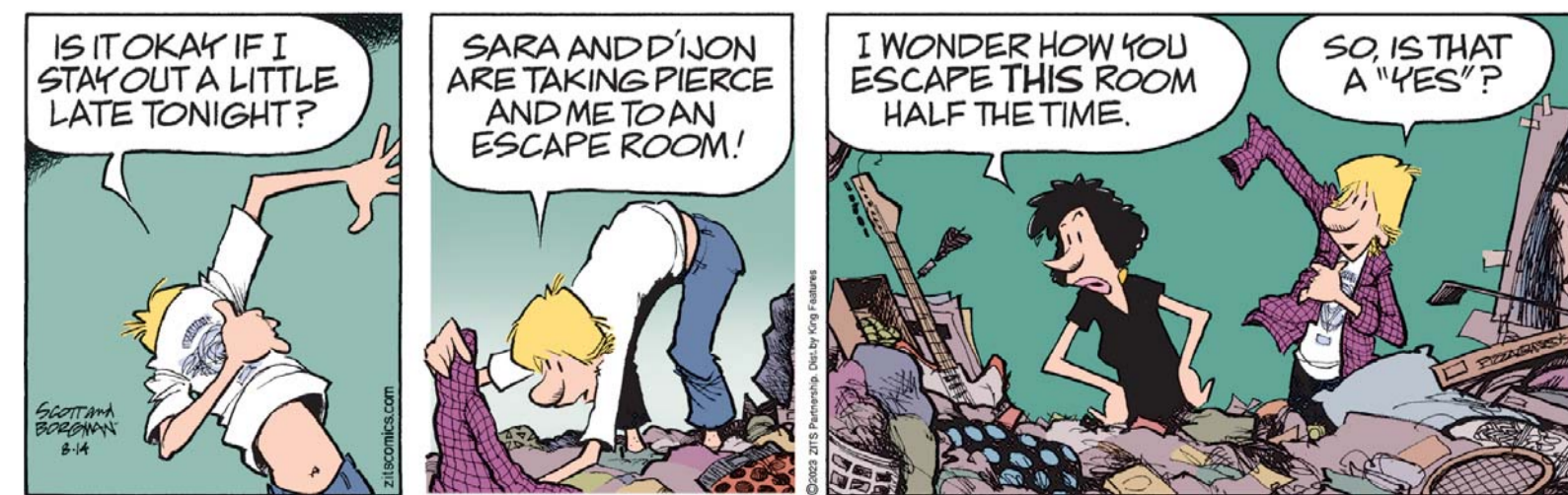
Making Backups of Your Photos and Videos

You're going to want extra backups of the photos and videos on your computer, even if you're keeping duplicates on your phone as well. If something should happen to either device, you'll be left with just a single copy of your precious files—and that's not ideal. Before you think about how to back up these files, you should also think about how you want to organize them.

One of the disadvantages of pulling your photos and videos out of the services offered by Apple and Google is that you lose the powerful search and sorting features they provide—although the default photo management apps on both macOS and Windows do replicate some of this functionality. If you want to be able to find snaps and clips easily, think about sorting them into folders based on the month and year they were taken in.

By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman

BABY BLUES

