Community
Pakistan Women Forum - Qatar organises an event to mark International Women's Day.

Community
Gilgit Wonder Boys win Sohni Dharti’s first ever Football Tournament 2019.

A new wave
Scientists test bio-synthetic discs in goats in goal to fix back pain. P4-5

POPSPOT
Lewis’ Someone You Loved a hit on charts Page 10

SHOWBIZ
Aparshakti is not in race of being a hero. Page 11
**PRAYER TIME**

<table>
<thead>
<tr>
<th>Prayer</th>
<th>Time</th>
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<tbody>
<tr>
<td>Fajr</td>
<td>4.31am</td>
</tr>
<tr>
<td>Shoroq (sunrise)</td>
<td>5.47am</td>
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<tr>
<td>Zuhr (noon)</td>
<td>11.44am</td>
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<tr>
<td>Asr (afternoon)</td>
<td>3.08pm</td>
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<tr>
<td>Maghreb (sunset)</td>
<td>5.43pm</td>
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<tr>
<td>Isha (night)</td>
<td>7.13pm</td>
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**USEFUL NUMBERS**

- Emergency: 999
- Worldwide Emergency Number: 112
- Kahramaa – Electricity and Water: 991
- Local Directory: 180
- International Calls Enquiries: 150
- Hamad International Airport: 40106666
- Labor Department: 44508111, 44506537
- Mowasalat Taxi: 44498888
- Qatar Airways: 44466666
- Hamad Medical Corporation: 44392222, 44393333
- Qatar General Electricity and Water Corporation: 44845555, 44845464
- Primary Health Care Corporation: 44593333, 44593363
- Qatar Assistive Technology Centre: 44504050
- Qatar News Agency: 44502005
- Q-Post – General Postal Corporation: 44464444

**Humanitarian Services Office**

(Single window facility for the repatriation of bodies)
- Ministry of Interior: 40253371, 40253372, 40253369
- Ministry of Health: 40253370, 40253364
- Hamad Medical Corporation: 40253364, 40253365
- Qatar Airways: 40253374

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**Quote Unquote**

“One who deceives will always find those who allow themselves to be deceived.”
— Niccolo Machiavelli

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**COMMUNITY**

**Kamran Rehmat**

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**Fax:** 44350474

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— Niccolo Machiavelli

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**Thirumanam**

**DIRECTION:** Cheran

**CAST:** Cheran, Sukanya

**SYNOPSIS:** The film revolves around an engaged couple who convinces their respective families about their plans to lead life together. However, they realise that both the families are poles apart when they start the wedding preparations. The film touches upon almost all aspects which are quintessential in a wedding.

**THEATRE:** The Mall

**THEATRE:**

**Landmark Cinema (1):**
- Mr. & Ms. Rowdy (Malayalam) 2pm; Bell Bottom (Kannada) 4:45pm; Badla (Hindi) 7pm; Badla (Hindi) 9:15pm; Badla (Hindi) 11:30pm.

**Landmark Cinema (2):**
- Captain Marvel (2D) 2pm; Captain Marvel (2D) 4:15pm; Captain Marvel (2D) 7pm; Captain Marvel (2D) 9:15pm; Captain Marvel (2D) 11:30pm.

**Landmark Cinema (3):**
- Thirumanam (Tamil) 2:15pm; Captain Marvel (2D) 5pm; Boomerang (Tamil) 7:15pm; Arctic (2D) 9:45pm; Gully Boy (Hindi) 11:30pm.

**Landmark Cinema (1):**
- Bell Bottom (Kannada) 2:15pm; Sathru (Tamil) 4:30pm; Bell Bottom (Kannada) 6:45pm; Badla (Hindi) 9:15pm; Sathru (Tamil) 11:30pm.

**Landmark Cinema (2):**
- Captain Marvel (2D) 2:30pm; Captain Marvel (2D) 4:45pm; Captain Marvel (2D) 7pm; Captain Marvel (2D) 9:15pm; Captain Marvel (2D) 11:30pm.

**Landmark Cinema (3):**
- Badla (Hindi) 2:15pm; Sathru (Tamil) 4:30pm; Bell Bottom (Kannada) 6:45pm; Badla (Hindi) 9:15pm; Sathru (Tamil) 11:30pm.

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**Royal Plaza Cinema Palace (1):**
- Captain Marvel (2D) 2:15pm; Captain Marvel (2D) 4:30pm; Captain Marvel (2D) 6:45pm; Captain Marvel (2D) 9pm; Captain Marvel (2D) 11:15pm.

**Royal Plaza Cinema Palace (2):**
- Boomerang (Tamil) 2:15pm; Badla (Hindi) 4:45pm; Badla (Hindi) 7pm; Badla (Hindi) 9:15pm; Total Dhamaal (Hindi) 11:30pm.

**Royal Plaza Cinema Palace (3):**
- Mr. & Ms. Rowdy (Malayalam) 2:30pm; Total Dhamaal (Hindi) 5:15pm; Arctic (2D) 7:30pm; Look Away (2D) 9:30pm; Boomerang (Tamil) 11:30pm.
MIA Park Bazaar 2019
WHERE: Museum Of Islamic Art
WHEN: Ongoing
TIME: 12pm – 8pm
MIA Bazaar will be having a vibrant mix of 350 stalls. MIA Park Bazaar is a modern version of the old souq tradition. The stalls are going to offer a wide range of gastronomies from all over the world. You can also browse and grab handcrafted artefacts, accessories, canvases, fashion wears, designer ornaments.

Mehaseel Festival
WHERE: Katara Cultural Village
WHEN: Ongoing till March 31
Mehaseel Souq will be open every Thursday, Friday and Saturday until 31st of March. It is a perfect market to get amazing local fresh produce.

Dragon Boat Championships
WHERE: Grand Hyatt Doha
WHEN: March 23
TIME: 7am – 9pm
The 2019 Dragon Boat Corporate Cup Championship will take place on March 23 at the Grand Hyatt Doha. Come watch hundreds of recreational corporate dragon boat teams competing for the coveted gold cup.

Artistic Gymnastics Classes
WHERE: Qatar Academy Mshelreb
WHEN: Ongoing
TIME: 3:30pm – 4:15pm
The olympic sport using horizontal bar, rings and floor exercises on mats for the children from age 4 till 16.

Masterclass of Authentic Indian Yoga
WHERE: Ceremonial Court, Qatar Foundation
WHEN: March 17
TIME: 7pm – 9pm
As part of Qatar-India 2019 Year of Culture celebrations, Qatar Museums and Qatar Foundation are pleased to inform that Indian Sports Centre, under the patronage of Embassy of India, is conducting a master class of authentic Indian Yoga. Class is open to adult students of all levels. Please wear comfortable and non-revealing clothes. Bring your own yoga mat. Admission is free.

New Media + New Museum
WHERE: Education City
WHEN: Today
TIME: 7pm – 9pm
Storytelling in exhibitions has become increasingly important, and melded with technology can create immersive, active spaces for visitors, a far cry from the passive viewing of objects often thought of as a typical museum experience.

Open Evening
WHERE: Stenden Qatar, Cafeteria
WHEN: Tomorrow
TIME: 3pm – 6pm
Stenden Qatar is hosting an open evening, free for public, including parents and students.

The stalls are going to offer a wide range of gastronomies from all over the world. You can also browse and grab handcrafted artefacts, accessories, canvases, fashion wears, designer ornaments.

Syria Matters Exhibition
WHERE: Museum of Islamic Art
WHEN: Ongoing till April 30
TIME: 9am – 7pm
Museum of Islamic Art (MIA) in Doha presents a major exhibition, co-curated by MIA Director Dr Julia Gonnella and Rania Abdellatif, as part of the MIA ten-year anniversary celebrations.

Mamangam Performing Art Centre, is welcoming all cyclists, runners and walkers and invites all cyclists, runners and walkers to train under the floodlights of Losail International Circuit every Wednesdays.

After School Activities
WHERE: Atelier
WHEN: Ongoing
Music and arts activities for students taking place after they finish their day in school includes Group Music lessons, Hip-hop, Ballet, Drawing and Painting, Drama Theatre & Taekwondo. Ages between 5 and 10 years old after school hours.

Arabic Calligraphy Workshop
WHERE: Stenden Qatar, Cafeteria
WHEN: Saturday – Wednesday
TIME: 3pm – 6pm
Arabic Calligraphy workshop is back. Come and learn the artistic practice of Arabic handwriting and calligraphy at Music and Arts Atelier. The lessons will take place every Saturday, Monday and Wednesday at 6pm. For more information, contact registration@atelierqatar.com

Ballet Lessons
WHERE: Music and Arts Atelier
WHEN: Ongoing
TIME: 4pm – 8pm
For more information, contact registration@atelierqatar.com or call on 33003839.

Hobby Classes
WHERE: Mamangam Performing Art Centre
WHEN: Wednesday – Monday
Mamangam Performing Art Centre, is a holistic performing arts institution and a one stop solution for adults as well as children looking to explore their talents in various art forms. We offer classes in contemporary, Bollywood, hip-hop and Indian classical dance forms, along with classes for music, art and crafts, karate and yoga. Additional services include dance education and choreography. For details, call 33897609.

A R Rahman Concert
WHERE: Khalifa Stadium
WHEN: March 22
TIME: 6pm – 11pm
Music maestro A R Rahman is going to be performing on the 22nd of March at the Khalifa Stadium.

Cycling: Losail Circuit Sports Club
WHERE: Losail Circuit
WHEN: Ongoing
TIME: 5pm
Losail Circuit Sports Club, in association with Qatar Sports For All Federation, invites all cyclists, runners and walkers to train under the floodlights of Losail International Circuit every Wednesdays.

Mehaseel Festival will be open every Thursday, Friday and Saturday until 31st of March. It is a perfect market to get amazing local fresh produce.
A new gain in bid to alleviate back pain

As in nature’s design, the Penn team’s replacement discs are “seeded” with living stem cells, which produce collagen over time to replace the synthetic materials as they degrade, writes Tom Avril

Of all the parts of the human body, the stubby little discs between the bones in the spine represent one of the more remarkable feats of nature’s design. Consisting of tough, rubbery rings of collagen with jelly-like centres, they compress with every step we take. They twist. They flex. Over a lifetime of wear and tear, they replenish their supportive matrix of collagen despite having no internal blood supply. “It is really a marvel of engineering,” said Robert L. Mauck, who as a biomedical engineer at the University of Pennsylvania, has the chops to say that. So naturally, Mauck and a team of colleagues have attempted to recreate it in the lab. That’s because nature’s design, though impressively rugged, does not last forever. With age, nearly everyone’s spinal discs degenerate to a degree, in some cases causing terrible pain. Lower back pain was the world’s leading cause of disability in 2017, according to the Institute for Health Metrics and Evaluation at the University of Washington. In severe cases, patients resort to having vertebrae fused together, but they lose flexibility and often are not satisfied with the result. One-third come back for repeat surgery.

In late 2018, the Penn team published a promising study of what they hope is a better option: replacement discs made from a combination of synthetic materials and living cells. So far, the researchers have implanted their discs only in rats and goats, but they appear to behave much like the real thing, said Penn Medicine orthopaedic surgeon Harvey E. Smith, the clinical leader of the effort. “It’s a living structure,” Smith said.

The results have impressed other researchers who are working on the same challenge, among them Lawrence J. Bonassar, a Cornell University biomedical engineering professor. “Clearly, there is more work to do, but obviously these results are incredibly encouraging,” said Bonassar, whose team has reported success with implanting a different type of replacement disc in dogs. It has taken more than a dozen years for the Penn team to get to this point, and a lot of varied expertise. In addition to engineers and orthopaedists, the group includes veterinarian Thomas P. Schaer, a research director at Penn’s New Bolton Center, who joins Smith in implanting the experimental discs in the necks of goats.

Most of the study authors also are affiliated with the Crescenz VA Medical Center in Philadelphia, such as biomedical engineer Sarah Gullbrand, the lead author of the study, and some of their funding came from the US Department of Veterans Affairs. That is because members of the military suffer

Clearly, there is more work to do, but obviously these results are incredibly encouraging

—Lawrence Bonassar, biomedical engineering professor
especially high rates of disc degeneration and back pain, whether from combat injury or operating large machinery, Mauck said.

Bus and truck drivers also may be at higher risk of disc degeneration, as are cigarette smokers — likely because smoking harms blood vessels, and therefore discs, among many other body parts.

When a disc ruptures or collapses, pain can arise in several ways, though the cause is not always clear.

A tough, rubbery disc is located between each pair of vertebrae in the spine, cushioning the joint and allowing it to move. Nearly everyone’s discs degenerate somewhat with age, in some cases causing terrible pain. University of Pennsylvania researchers are testing replacement discs in goats. They are made from biodegradable materials and living cells.

Nearby nerves can be compressed, causing pain to shoot down the leg—a condition called sciatica. If the failed disc is in the neck, similar pain can travel down the arm.

Less clear is how disc failure causes pain in the back itself, said Smith, an associate professor at Penn’s Perelman School of Medicine. Some of the pain may be a kind of warning signal: the body’s attempt to limit motion so that an injured back can heal. Inflammatory chemicals and swelling can play a role.

In some cases of disc rupture or herniation, back pain lasts for years. But in others, it goes away after a few months, though their MRIs may look similar to those patients who remain in great pain. And plenty of older people with degenerating discs never experience the pain at all.

“I could have someone who’s 60, and they have bone on bone, and they don’t have any pain,” Smith said.

(In still other cases, back pain is purely a muscular ailment, which may be alleviated with rest followed by exercise.)

For those who suffer disc-related pain, one option is fusion, in which the surgeon removes the damaged disc and inserts a piece of bone in between the vertebrae. That decompresses the nerves but the joint can no longer move, so there may be more stress on the vertebrae above and below it.

Another option is a replacement disc made of metal and plastic. Those allow somewhat more motion than spinal fusion, but they wear out, eventually shedding small particles of debris—which can trigger immune reactions such as inflammation. And unlike other joints that surgeons replace with metal-and-plastic devices, such as the hip, the spine is a less forgiving environment, said Cornell’s Bonassar.

The fluid-filled hip joint is better able to clear out some of the bits of plastic and metal. “In the spine, there’s no place for all these particles to go,” he said.

That is why the Penn team uses biodegradable materials to make its replacement discs: a sugarlike synthetic gel to mimic the collagen-based jelly inside a natural disc, and layers of a high-tech polymer to mimic the stiffer type of collagen that makes up the outer ring of a real disc. The polymer is made through a process called electrospinning, using electricity to draw out threads of fibre from a nozzle.

Also, as in nature’s design, the Penn team’s replacement discs are “seeded” with living stem cells, which produce collagen over time to replace the synthetic materials as they degrade.

“In the long run, it’s the cells we’re putting in that are going to maintain this living tissue,” Mauck said.

And when they do, the discs resisted compression and allowed the discs to move. Nearly everyone who had the disc implantation could walk without pain in their neck.

“The discs in goat necks performed well for the two months their progress was followed. The animals retained their normal range of motion and the discs resisted compression much like natural discs, the authors reported in their study. Next steps include implanting discs into more goats, which will be followed for two years, and implanting discs in the lower back of rabbits.

It will be years before Smith can implant replacement discs into his human patients. If it works, people would achieve relief from pain while maintaining flexibility. And maybe the surgeon and his colleagues will get to the core of why some people suffer pain and others do not.

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“Back pain is sort of like the common cold,” Smith said. “Everyone has it. We know how to treat it. But we’re still trying to get down to the root causes. In terms of the fundamental science, we have a long way to go”—Philby.com/TNS
PWF-Q marks International Women’s Day

Pakistan Women Forum – Qatar (PWF-Q) recently organised an event to mark International Women’s Day at Corp Hotel. The event paid a tribute to the powerful and influential women of the world. Abida Irfan Taj, wife of Commodore Irfan Taj, Defence Attaché at the Embassy of Pakistan, was the chief guest at the event.

Speaking on the occasion, Abida Irfan Taj, said, “We as women have the power to change the world. Woman as a mother, wife, sister and as daughter can play a vital role in making this world a better place to live.” Dr Shaheen, Rubi Hassan, Mala Waseem and Shehla Khalid also spoke on the occasion. Shahida Khan, Founder Chairperson of PWF-Q, welcomed the gathering. “Our forum wants to construct a different world of work for women. For this we have put this first milestone by empowering women in Qatar. Pakistan Women Forum – Qatar is providing a lot of opportunities to women in Qatar to build up their careers and,” she said. Humaira, Rabia, Shabana and Aisha, members of PWF-Q, also attended the event.

ALTC organises Annual Speech Contest

Abha Ladies Toastmasters Club (ALTC) recently conducted its Annual Speech Contest. The contest was divided into four categories, including Humorous, Evaluation, International and Table Topics. The winners of the competition, included Indira Saravana Kumar, first in International Speech category, Priya Sathyavijayan, Humorous Speech, Santhana Vairamuthu, Evaluation Speech, and Sarita, Table Topic. Gowri Bommana, Lakshmi Padukone, Sumathi Rajkumar, Smitha Joshi and Amudha Manjunath were the runners up in the contest. The event was attended by notable personalities, including Thayalan K, District Club Growth Director; Girish Jain, Division Director, Krishna Kumar, former Division Director; and D S Murthy, Area Director.

DPS-MIS organises ‘Fun Mela’

DPS-Modern Indian School (DPS-MIS) recently organised an event Fun Mela for the students of Primary Section. The event featured various games for the little ones, including aim the target, feed the clown, ring the cone and tug of war. The venue was decorated with colourful balloons and display boards.

RECOGNITION: Olive International School recently felicitated the students who had taken part in Science Olympiad. The achievement of students in various subjects, including English, Mathematics, General Knowledge and Science were recognised with the certificates of appreciation and medals.
MONA elects new office bearers

Myagdi Overseas Nepal Association—Qatar (MONA) recently elected its new management committee under the leadership of Tilu Sharma Poudel. Chakra Bahadur Thapa, Nepali community leader, was the chief guest on the occasion. Speaking on the occasion, Chakra Bahadur said, “MONA is present in 24 countries worldwide, and we can exchange skills and learn from each chapter to support our Myagdi district.” The financial report of MONA was also presented on the occasion. The event also featured various cultural performances by local Nepali artistes. The new office bearers of MONA include Min Bahadur Karki, Senior Vice-Chairperson; Nagendra Fagarni, First Vice-Chairperson; Lock Bahadur Rasali, Second Vice-Chairperson; Tham Kumar Giri, General Secretary; Devi Dutta Kandel, Secretary; Bhumishwor Sapkota, Treasurer; and Gokul BK, Sub-Treasurer. Other members include Kulmati Sunar, Mahendra Bohora, Darnit Bahadur Thajali, Tek Sagar Bishwokarma, Chakra Bahadur Khatiri, Nil Prasad Pun, Ganga Basnet and Hem Baniya.

- Text and photo by Usha Wagle Gautam

FLSF celebrates International Women’s Day

Women Department of Federal Limbuwan Social Front (FLSF), a Nepali community organisation, recently organised an event to mark International Women’s Day at White House Hotel. The event featured various cultural performances and interactive session. Karim Baks Miya, journalist, spoke about various problems faced by Nepali women working overseas. She said, “We need to work together to solve the problems faced by our sisters.” Speaking on the occasion, Sangita Theng Lama reiterated Qatar as a safe destination for Nepali women to work. “Qatar can be an option where our women friends can work safely, earn and be independent,” Lama said. Sabitri Girir also spoke on the occasion. The event featured a performance by Sadikshya Thapaliya, Sajana Swornakaar, Dev Ghimire, Raj Lama and Puja Gajurel, local Nepali singers. The event was anchored by Binita Rai, Head of Women Department, and Rekha Rai, Nepali community leader.

- Text and photos by Usha Wagle Gautam

AMAG achieves WASC accreditation

Al Maha Academy for Girls recently achieved accreditation by the team of Western Association of Schools and Colleges (WASC). WASC is an international organisation which has moved school community members into a cycle of continuous school improvement. The WASC team praised the quality of education at Al Jazeera Academy. The review team was led by Dr Barry Groves, President of WASC, and Nancy Brownell. Alison McDonald, Principal of AMAG, appreciated the efforts of her staff and the whole academy community. She said, “We are honoured to receive WASC accreditation. It is truly a team effort from students, staff and parents. Our girls are the focus of all we do every day. We place the highest emphasis on quality teaching and learning. Pleasingly this is exactly what the evaluation team are reporting. AMAG can move forward with confidence.”

Dr Mohammed Saefan, Director of Education, added, “This well-deserved recognition is testament to the conscientious hard work and dedication of leadership and staff at the Academy. The accreditation is further proof that Ta'allum Academies offer high quality education with a strong basis of Islamic values.”

Ahmed al-Mannai, CEO of Ta'allum Group, said, “We are delighted at this success and to see the fruits of the whole Academy’s labour. Al Maha Girls is contributing strongly to Ta'allum’s progress.”
Malayalam Radio 98.6 FM marks International Women’s Day

Malayalam Radio 98.6 FM, in association with Naseem Al Rabeeh Medical Centre, recently organised a panel discussion to mark International Women’s Day at Naseem Al Rabeeh auditorium. The discussion was attended by 24 leaders of various ladies’ organisations in Qatar. The programme included panel discussions on 6 topics, presented by 4 panelists each and moderated by RJ Neenu Rajeev from Malayalam Radio.

The topics discussed included: positive parenting, work life - family life balance, life of expatriate women in Qatar, women and social media, women and the opportunities and generation next: women’s perspectives. The event was inaugurated by Anvar Hussain, CEO of Radio Malayalam. Anvar was felicitated by Mohammed Arif, Marketing Manager at Naseem Al Rabeeh, on the occasion.

The panelists at the event included: Sarita Joyce, from Qatar Malayali Moms; Noorjahan Faisal, Nadumuttam; Dr Sabeena Abdul Sathar, Naseem Al Rabeeh; Ferri Gafoor, Kozhikode Pravasi Association; Zeena Wahab, Global Kerala Pravasi Association; Latha Nair, Manju Manoj, Fun Day Club, Jayathi Vohru, Pharmacists Forum; Shahana Iyias, Malabar Adulkala; Shakira Husina, Art Essence; Sunila Jabbar, Friends Cultural Centre, Safa, Jaftar and Sharmin, KMCC, Zarina Ahad, Kerala Women’s Initiative, Silina, United Nurses of India; Suja Mol, Naseem Al Rabeeh, Dr Prathibha, Dikamesh, Febin Kunhabdullah, Malayali Moms; Nisha, Women’s India; Atta Riyaz, Focus Qatar, and Tintu Sudharshan, BDK Qatar.

GAAQ organises annual Spring Festival

GEMS American Academy Qatar (GAAQ) recently organised its annual Spring Festival. The event featured variety of food stalls along with carnival activities, games and musical and dance performances. Steemgate, GAAQ’s Battle of the Band Champions, also performed at the event.

The event was co-ordinated by the Parents Association. The group of parents worked collaboratively with school leaders to fundraise for future student programmes and school events. Some of the food vendors participating in the event, included Papa John’s, Nice Water, Boardwalk, Tiger Cookies, Aryaas, Almandarin and Gelato Divino.

Eufrasio Chacala, one of the parents of GAAQ community, said, “The Spring Festival is a wonderful event that brings the community together. There was so much to do and see. As a first-time participant of the festival, I am very pleased with everything and my feeling reaffirms that GAAQ is a pillar of Al Wakrah and nearby towns.”
Dog walking is leading to more broken bones in older adults

The number of dog-walking fractures in people aged 65 and older more than doubled between 2004 and 2017. By Stacey Burling

For years, we’ve heard that dogs can be good for human physical and mental health in part because the canines’ need for exercise gets their sluggish human companions out of the house for a walk at least a couple of times a day.

Now some University of Pennsylvania researchers point out that those walks sometimes end in broken bones and trips to the emergency room for older dog walkers. They estimate that nationally, the number of dog-walking fractures in people aged 65 and older more than doubled between 2004 and 2017, from 1,671 to 4,396. During that period, the number of older adults increased by 10 percent, or 4.6 million. Because the team’s data included only people seen in emergency rooms, the researchers believe there likely are more dog-walking-related fractures than they were able to count.

The results were published recently in a research letter in JAMA Surgery.

The Penn team included medical student Kevin Pirruccio and senior author Jaimo Ahn, an orthopaedic surgeon who studies bone healing. They searched for a topic that would have broad societal importance, Ahn said, even if it lacked the biological heft of his usual work. Pirruccio suggested looking in the National Electronic Injury Surveillance System database of the US Consumer Product Safety Commission. They found entries for injuries related to pet products treated at 100 emergency rooms, then extracted the ones related to walking dogs on leashes. After analyzing those, they estimated national injury levels.

Seventy-nine percent of the victims were female. That’s not surprising, Ahn said, because older women tend to have weaker bones than older men. Hip fractures were the most common, making up 17 percent of the total. That’s bad news, because hip fractures can lead to increased disability and even death in the elderly. Injuries to the wrist, arm, and finger were next in frequency. Twenty-nine percent of the fracture victims required admission to the hospital.

People aged 65 to 75 accounted for about half of the injuries in the studies. To put this all in perspective, though, Ahn estimated that dog walking leads to less than 1 percent of all fractures in the US.

The researchers could not study how the injuries occurred. Did people trip over their dogs or did the dogs pull them down or push them over? They also don’t know how big the dogs or their walkers were.

In Ahn’s personal experience repairing dog-walking damage, the most common scenario is “small person/big dog,” he said. He assumes that part of what’s going on is that older Americans are more active than they used to be. The price for that is more injuries. He also thinks more seniors own dogs. That part is harder to prove. Dog statistics vary widely. The American Veterinary Medical Association says that the percentage of households owning dogs has been relatively stable over the last 10 years, at 37 to 38 percent. It did not have statistics on dog ownership among older adults.

Ahn said older adults can reduce their odds of broken bones by being active and engaging in resistance exercises. That helps keep bones strong and helps people maintain their balance.

Ahn does not have a dog himself. He has a small pet tortoise. He does have lots of friends with dogs, though. “Some of them are really well-trained, but others are really poorly trained,” he said.

Noelle Knight, a veterinarian at PetPT in Cherry Hill, agreed that the “most important thing really is appropriate training. Pretty much any dog can learn new tricks! All dogs naturally walk faster than people, she said, and they need to learn to walk at a slower pace. They need training to resist lunging at squirrels or other wildlife. Older people with dogs that are too excited by other dogs in the neighborhood might want to consider walking at less busy times.

Michael Blackwell, a veterinarian who directs a programme meant to improve access to veterinary care at the University of Tennessee, Knoxville, said safety starts with pet selection. “Matching a pet with a family is really important, and this is across age categories,” he said.

Knight thinks this is more important than the size of the dog. She said it’s wise to talk to a trainer before you choose a dog. Some will even go with you to pick a dog.

Grace Ann Mengel, a veterinarian who runs the primary care service at Penn’s Ryan Veterinary Hospital, said older people might want to steer clear of shelter dogs that have a lot of energy or anxiety. “Training doesn’t cure all,” she said. Good shelters can help match people with appropriate dogs. “There are dogs that have a quieter nature who do need homes,” she said.

She thinks breeders can also be good resources, because personality is easier to predict in purebred dogs.

Knight said the best gear for dogs that pull is either a harness that attaches in front or a head halter. She said old-fashioned leashes are usually best. Leashes that have a retractable component or a bungee teach dogs there’s some give in the leash. That basically rewards them for pulling.

Mengel said choke or pinch collars may also be appropriate for certain situations. Dogs should only wear choke collars when they are outside and supervised. If the collars get caught on something, they can literally choke the dog. She said owners should choose leashes that feel comfortable to them. Flat nylon leashes cut into her hand. She prefers a round, rope leash made by Mendota or leather leashes. “She’s not a fan of harnesses for larger dogs. They make it hard to control the front end of the dog’s body, including the head. This can be a problem when dogs are overly interested in other dogs or people. Blackwell pointed out that dog ownership is not for everyone.

“There are some people who would be best off not having a dog,” he said. “Just because someone wants one doesn’t mean it’s a good fit.” — Philadelphia Inquirer/TNS

STATISTICS: According to the study, seventy-nine percent of the victims of broken bones were females because older women tend to have weaker bones than older men.

BEST GEAR: The best gear for dogs that pull is either a harness that attaches in front or a head halter.

COMMUNITY

SENIOERS

Tuesday, March 12, 2019

GULF TIMES | 9
Lewis’ Someone You Loved a hit on charts

The death by suicide of Prodigy front man Keith Flint has left the pop world stunned and saddened. Tributes poured in to the man who looked so fearsome in Prodigy videos yet was apparently a gentle soul off stage. It has been suggested that the continued refusal of his estranged wife to reconcile their relationship led to his death. While no one is holding her responsible, it seems that Mayumi Kojima, a Japanese DJ, insisting their marriage was over left Keith feeling he could not go on without her.

He had appeared to be in good spirits on the day before his death. Keith was an enthusiastic runner and was seen enjoying lunch with his personal trainer after setting his best time in a 5,000 metres run. There were no problems in his professional life. The Prodigy released seven studio albums the last six of which all topped the UK chart. They were at number one as recently as six years ago. Their as-yet-untitled comeback album is tentatively scheduled for release in 2019. Their debut album was us doing everything for the first time.” Anders remarked. “Everything was exciting and new and we were so young. It was such a special time. Perhaps we can’t replicate the brightness of those early days but we definitely think we’ve found something special again with the songs on our new album.”

SMASH HIT: Lewis Capaldi's Someone You Loved video includes Peter Capaldi, multi-award winning Scottish actor.

### In brief

**Keith Flint**

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### Demi Lovato / Rita Ora

It’s been a bad week for pop star relationship break-ups. Both Demi Lovato and Rita Ora are now single again. Demi’s boyfriend was designer Henry Levy. The couple originally met some years ago when they were both in rehab. They became romantically involved last year after Demi was taken to hospital after a drug overdose. Henry was happy to continue living leading a more private life. Although she essentially did try to keep their relationship quiet, it was apparently not quiet enough for Andrew.

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Aparshakti is not in race of being a hero

By Sugandha Rawal

Aparshakti Khurana is getting offers of lead roles with great money, but he doesn’t want to rush into it. The actor says he is waiting for the right script and the right part.

“There are a lot of people who approached me after Dangal and Stree to do films in lead roles with great money. But I don’t want to rush into it,” Aparshakti said on the phone from Mumbai.

“I want you to call me with a happy face that the film is rocking. And that will only happen if I make wise and patient decisions. So I am just kind of waiting for the right script and not jumping the gun and not rushing into it,” he added.

Explaining the reason behind his decision, he said: “A lot of actors have made that mistake. Apart from Rajkummar Rao, nobody has been able to do that… Somebody, who used to do smaller roles and then come into the big proper male lead character, apart from Rajkummar, I don’t think anyone else has been able to do that.”

From Dangal, Radhavith Kudi Dubhania, Happy Phir Bhaag Jayegi, Stree to his latest release Luka Chuppi, Aparshakti, the younger brother of Ayushmann Khurrana, has made his presence felt in the narrative irrespective of the length of the supportive characters.

Directed by debutant Laxman Utekar, Luka Chuppi, produced by Dinesh Vijan through his banner Maddock Films in association with Jio Studios, explores live-in relationships, and is working well at the box office.

Aparshakti feels it is important to prove one’s mettle time and again. “And be at the right place at the right time, perform at the right time, work with the right people and don’t get into the rat race of being a hero.”

Asserting that there is a difference between “being a hero and being an actor”, he said: “My modus operandi is to become a better actor.”

When people look down upon the roles he plays, Aparshakti moves his focus on the love he gets from his fans. “I was travelling and a guy came to me at the airport and said a very cute thing which makes me very happy. He said ‘Sir, aapko pata hai aapne hero ke doston ko respect de di‘ (‘Do you know you gave respect to hero’s friends’).

“I felt so good about it. And whenever somebody comes and gives me ‘gyaan’ on doing a lead role or look upon down on me as an actor because I am not doing things in the lead space, I just go back to that conversation and feel happy about it.”

He has just started writing his chapter in the Bollywood story, and feels it will get more difficult with time. “Now is the more difficult part of the journey because earlier people didn’t know who you are (I am) and didn’t know what you (I can do). But now people expect a certain kind of performance from you (me). So it is going to be more difficult.” On the film front, he is busy with Jabariya Jodi and Street Dancer 3D.

Ayushmann’s Andhadhun heads to China

Ayushmann Khurrana’s blockbuster hit Andhadhun will release in China as Piano Player.

Produced by Viacom18 Motion Pictures and Matchbox Pictures, Andhadhun is directed by Sriram Raghavan.

The film has been distributed internationally by Eros International, read a statement.

Ajit Andhare, Chief Operating Officer, Viacom18 Studios, said: “I am happy to announce that Viacom18 Studios has secured its maiden release in China and that too with our Ayushmann Khurrana and Radhika Apte, opened to rave reviews in India on October 5 last year.

Kumar Ahuja, President – Business Development, Eros International, also said: “China being a home to many Bollywood lovers, has made Andhadhun one of the most anticipated releases. Fans in the country can now witness the magic of Andhadhun unfolds in theatres across the country.”

To this, Kevin Tang, CEO, Tang Media Partners, added: “This film will be the first India movie of its genre that is released in China. We will do our best job in its marketing and distribution campaign.” The film, featuring Ayushmann Khurrana and Radhika Apte, opened to rave reviews in India on October 5 last year.

Peep was in talks for movie role before his death

Rapper Lil Peep was exploring a film career before his death in 2017.

At a screening of the Terrence Malick-produced documentary Everybody’s Everything, about the rapper’s rise and untimely end, filmmakers told variety.com that Peep was being pursued to take on his first movie role.

Sebastian Jones, a co-director on the documentary, said he met Peep in Austin, Texas “three days before he passed. I was at one of his shows, and I was so taken by him. I wanted to cast him in a movie.”

Jones is a collaborator and protege of Malick’s, who himself is a longtime friend of Peep’s family, the Womacks.

Jones said he spoke to Malick about engaging Peep (real name Gustav Ahr) to star in Jones’ first feature.

“We were reaching out to him and he passed away,” said Jones.

Lil Peep died in November 2017 of a drug overdose. He was 21.
Gilgit wins Sohni Dharti’s first football tournament

By Mudassir Raja

Cricket is overwhelmingly popular in South Asian countries. However, the expatriate communities living in Qatar take keen interest in football as well. The passion of football is fast gaining momentum in Qatar as the countdown for FIFA World Cup 2022 has already begun. Like other South Asian communities, Pakistani expatriates are also attracted towards the sport.

Sohni Dharti, an Al Khor based community of Pakistani expatriates, recently concluded its first ever ‘Football Tournament 2019’. The community group has also been organising cultural, social and sport events regularly. For the football tournament, there were six teams vying to win the maiden tournament.

Talking to Community, Ghulam Farid, Sports Secretary Sohni Dharti, said: “Our community group consists of the Pakistanis living in Al Khor, working in oil, gas and fertiliser sectors. This was our first ever football competition for the community. Though the Pakistani community is more inclined towards cricket, there was encouraging response for the football tournament. As many as 90 players registered for the six teams. The names of the teams – represented the five provinces of Pakistan – were namely, Punjab Challengers, Sindh Strikers, KPK (Khyber Pakhtunkhwa) Fighters, Baluchistan Avengers, Gilgit Wonder Boys, and the sixth team was Kashmir Riders.

“All six teams played against each other at the league stage and top four competed at the semi-finals as per the tournament format. From the beginning of the tournament, KPK fighters and Gilgit Wonder Boys looked very settled and favourites. Their passing and control of the ball remained terrific. They were fortunate enough to grab good goalkeepers as well. “As anticipated, KPK and Gilgit qualified for the final with both teams depending heavily on their main strikers in the likes of Shafqat and Mohsen, the top two goal scorers of the tournament respectively. During the final match, Gilgit’s Mohsen Ali smashed the goal in the fifth minute of the start on a free kick, which was, equalised shortly by KPK team courtesy Shafqat on the penalty kick. Both the teams recorded 1-1 draw in the given time. The match was then decided on the penalty shoot outs. In the end, Gilgit Wonder Boys claimed the title of the first football tournament champions”.

He further said: “Prize distribution ceremony was held immediately after the final match. Individual awards in different categories were given away. All captains received recognition certificates for their efforts in managing their respective teams. Mohsen Ali remained the top goal scorer with 10 individual goals. He was awarded with ‘golden boot’. Umer Aeddal was adjudged as ‘the best defender’ and Ather Sharif as ‘the best goalkeeper’ of the tournament. Two players from each team were selected and were awarded as ‘the most dedicated players’. We also gave individual prizes and medals to the players of both the winning and runners-up teams. The team of Gilgit Wonder Boys was handed over the golden-colour football-shaped winner trophy.

Speaking on the concluding ceremony, Rana Anwar Ali, Chairman of Sohni Dharti, congratulated the winning team and the winners of individual prizes. He said: “I express my heartiest thanks to all the people involved in the proceedings of our first football tournament.

“The significance and meaning of sports in our daily lives is fast becoming obvious and clearer. Physical fitness holds a key in keeping life in the equilibrium. Our sport events like football, cricket, and volleyball – fetching huge audience including kids and families – reflect the harmony, unity and togetherness among the Pakistani community living in AlKhor and Sohni Dharti is proud of playing such roles through different social and sporting events.”

Habib-ur-Rehman, tournament ambassador, conveyed his happiness and acknowledged all the players for playing safe throughout the competition. At the prize distribution ceremony, the players and spectators expressed their contentment and lauded the facilities and arrangements provided by Sohni Dharti. They hoped that the football tournament will be made a yearly event.

Famous Pakistani food outlets set up their stalls carrying traditional cuisines and sweets during the tournament. The players and spectators especially enjoyed the barfi and gulab jaman of Saughaat Sweet.