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# Football safety

The future could come down to research in Riddell's suburban Chicago office. **P2-3**



**DEMONSTRATION:** Testing being done on a Riddell Speedflex Precision fit helmet at its headquarters in Des Plaines, Ill. The firm is racing to develop a safer football helmet in light of growing concerns over concussions and CTE.

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My best friend is the one who brings out the best in me.

- Henry Ford

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# Playing it safe

Scientific evidence linking concussions and less-severe head injuries in football players to chronic traumatic encephalopathy has accelerated the once sleepy science of helmet technology into a gridiron moonshot



**GETTING THE ACT TOGETHER:** The Riddell impact response system which includes the alert monitor, in box above, and sensor pads used in the Riddell Speedflex Precision fit helmets at the Riddell headquarters.

**Robert Channick**

**W**ith youth participation waning and football facing increased concerns over head trauma, the future of the game could well come down to the work being done in a windowless room in a generic suburban Chicago office building.

That's where Riddell, the nation's largest football equipment manufacturer, is testing out design innovations and racing its competitors to build a safer helmet.

"There is a sense of urgency to advance the protective capabilities of football helmets," said Thad Ide, senior vice president of product development for Riddell.

From *Friday Night Lights* to the Super Bowl, football remains the quintessential American sport, with millions of participants and fans. But scientific evidence linking concussions and less-severe head injuries in football players to chronic traumatic encephalopathy,

has accelerated the once sleepy science of helmet technology into a gridiron moonshot.

The nexus of that quest is in Illinois, home to Riddell and Schutt, which dominate the half-billion-dollar football helmet market. About 37 percent of NFL players use Schutt helmets, while 60 percent wear Riddell, according to the companies.

Seeking to protect players, and its market share, Riddell is funnelling increased resources into research and development, from 3-D scanning technology and engineers scribbling formulas on a whiteboard to a dungeonlike testing lab where helmets are smashed, dropped, frozen and heated to test the limits of their protective capabilities.

Schutt and upstarts like Seattle-based Vicis are similarly engaged in efforts to develop a better helmet as football confronts what some consider to be an existential threat in CTE.

The helmet manufacturers face an uphill battle, said Robert Cantu, a neurosurgeon and co-founder of Boston University's CTE Center.

"I don't think helmets are going to be the ultimate solution," Cantu said. "To the extent they get better, that's all good, but I don't think they are going to solve the problem."

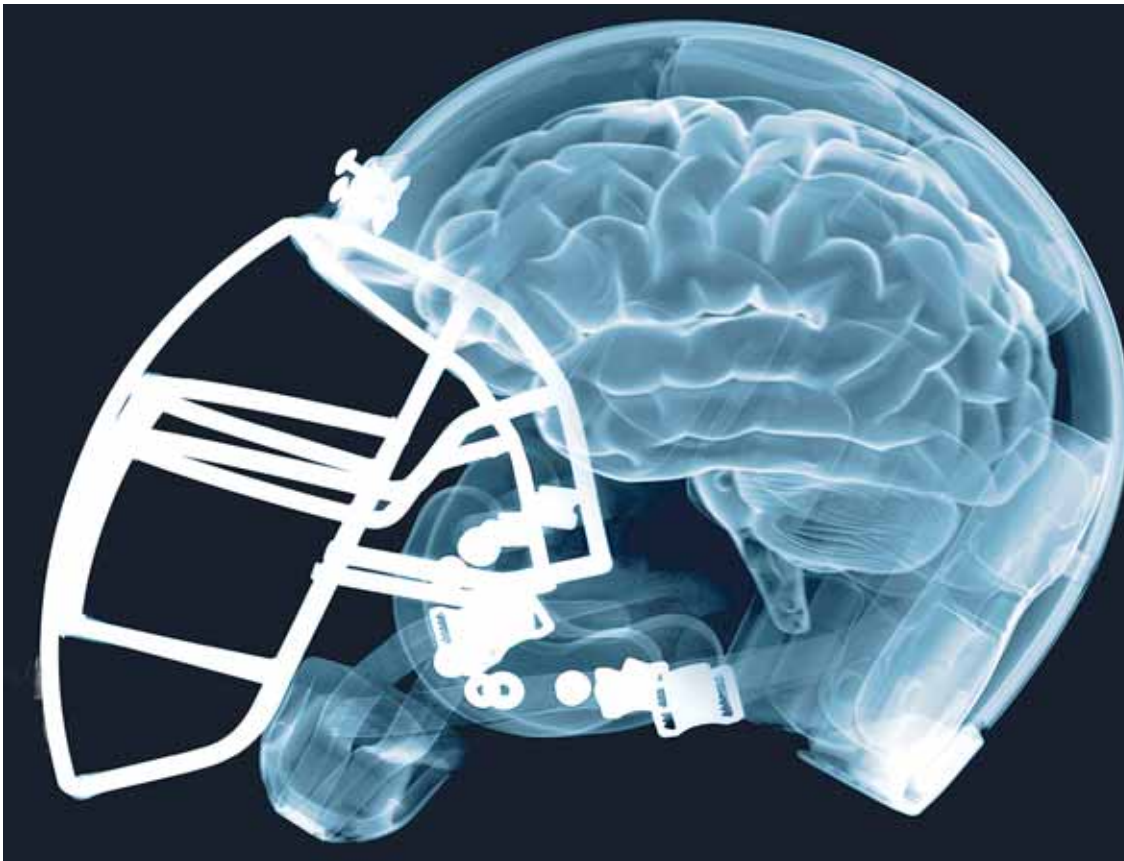
A degenerative brain disease caused by repeated blows to the head, CTE was first diagnosed in boxers nearly a century ago as a condition commonly known as "punch drunk."

Symptoms of CTE include memory loss, depression, dementia and suicidal tendencies. Definitive diagnosis can only be made from the posthumous examination of brain tissue.

First linked to football in 2005, CTE has since been diagnosed in dozens of former NFL players, including Ken Stabler, Junior Seau and Dave Duerson, who committed suicide in 2011.

More recently, former New England Patriots tight end Aaron Hernandez, who committed suicide in April at age 27 while serving a life sentence for murder, was diagnosed with severe CTE.

In July, the CTE Center, which received a \$1 million unrestricted gift from the NFL in 2008 but is funded primarily through grants from the National Institutes of



**Symptoms of CTE include memory loss, depression, dementia and suicidal tendencies. Definitive diagnosis can only be made from the posthumous examination of brain tissue. First linked to football in 2005, CTE has since been diagnosed in dozens of former NFL players, including Ken Stabler, Junior Seau and Dave Duerson, who committed suicide in 2011**

Health, published a study that found CTE in the brains of 110 out of 111 former NFL players. Heightening concern for parents, the centre released a study last month that showed players who participated in youth football before age 12 had an increased risk of emotional and behavioural problems later in life.

Cantu said research indicates kids should not play tackle football until the high school level to reduce the risks of CTE.

Youth football participation has declined by 12 percent nationwide over the last five years, according to the Sports and Fitness Industry Association, a manufacturers trade group. At the high school level, football participation declined nearly 4 percent nationwide over the last five years, according to the National Federation of State High School Associations.

The NFL has implemented dozens of rule changes since 2002 designed to reduce the risk of injuries, especially to the head and neck. Those changes include prohibiting a runner or tackler from initiating contact against an opponent with the top, or crown, of his helmet.

Cantu advocates even more aggressive rule changes, such as eliminating hits to the head entirely, but he said helmet manufacturers are making strides in lessening the impact and subsequent damage.

NFL players are allowed to wear any helmet certified to comply with the requirements of the National Operating Committee on Standards for Athletic Equipment, according to the league.

Results from the league's 2017 helmet lab testing found Schutt and Riddell were well-represented among the top performers, but the top helmet was a newcomer: the Vics Zero1, which features a soft outer shell and an underlying layer of columns designed to reduce head trauma from collisions.

Riddell and Schutt have been engaged in patent infringement lawsuits since 2008, with Schutt filing for Chapter 11 bankruptcy in 2010 after losing a \$29 million judgment to Riddell. Los Angeles-based Platinum Equity acquired Schutt in an auction for a reported \$33 million.

Riddell is part of BRG Sports, which is owned by Fenway Partners, a private equity firm based in New York.

Founded in 1929, Riddell has always been headquartered in the Chicago area. Its equipment is manufactured at a newly opened plant in North Ridgeville, Ohio.

Riddell invented the modern hard-shell football helmet in 1939 and has been refining it ever since. The company's latest innovation is the Precision-Fit, which uses a 3-D scanner to custom-design the helmet and padding to the individual head. Introduced last spring, Precision-Fit helmets, which cost \$1,750 each, are worn by 120 NFL players and 300 college players.

Schutt Sports, a century-old company headquartered in southern Illinois, has the second-largest helmet share in the NFL. Helmets are manufactured in Illinois, with a reconditioning facility in Easton, Pennsylvania.

This year, Schutt introduced the F7, which features "Tektonic Plates" at the crown and back of the helmet that move independently of the shell to improve impact absorption and reduce rotational forces. The F7 retails for \$975 — Schutt's most expensive helmet ever — but the company makes clear the limits of its protective capabilities with a disclaimer on its website:

"Our position is pretty clear," said Robert Erb, president and CEO of Schutt. "We put it on every helmet in the form of a warning label."

A former Ohio high school football coach, Erb has led Schutt for 10

years. He said innovation is driving football helmet manufacturers, with everybody searching for new materials that are lighter and offer greater energy absorption. Despite intense competition from old and new players, he believes the industry has yet to make a quantum leap.

"We haven't experienced the game-changing technology or disruption," Erb said. "It's hard to imagine exactly what that would be."

While Erb would not disclose sales for the privately held company, he said the helmet market is not growing and its challenges are complex — everything from flat sales and patent litigation to rising insurance premiums.

"With respect to the market realities, it is a tough business," Erb said. "It's not for the faint of heart."

Dave Marver, CEO and co-founder of Vics, previously served as CEO of Cardiac Science Corp., a maker of automatic external defibrillators.

Launched with \$40 million in initial funding, Vics is in its rookie season in the NFL, with 50 players moving to the innovative soft-shell design of its Zero1 helmet.

"We do think there's an opportunity for a return," Marver said. "If you can come in with a disruptive technology that's clearly better, given the profound need that's out there, I think there's an opportunity for a business to do that and do well."

The inaugural Vics helmet sells for \$1,500 and was designed for elite NFL and major college players. Vics is looking to scale up over the next four or five years, and it plans to roll out a youth model within two years.

While the numbers are small, its impact on the helmet market is already being felt, Marver said.

"We think that our presence is catalysing others to invest more in R&D, and that's just going to benefit everybody," he said.

Riddell's spacious new digs include

a large area devoted to the research and development team — and a budget to match.

"Riddell invests more in research and product development than all of our competitors combined," the company said in a statement.

On the first floor, a windowless testing lab puts the helmets through their paces, recreating everything from the frozen tundra of Lambeau Field to a Dick Butkus-like hit. The centerpiece is a device called the linear impactor, which simulates a jarring helmet-to-helmet collision.

The machine is presided over by Brian Gant, product test supervisor, who rings a bell before a battering ram-like device strikes a helmeted dummy.

"The bell was installed a few years

ago to keep him from scaring people in the laboratory when he's doing the testing," Ide said.

Other tests include the helmet drop, with a freezer, oven and humidifier on hand to simulate the range of weather conditions a player will encounter on the field. Sensors reveal a variety of head injury metrics to help understand how well the helmet is reducing impact forces to the player, Ide said.

While manufacturers have made advancements, the goal of a helmet that can prevent all concussions remains distant.

"There's not a concussion-proof football helmet on the near horizon," Ide said. "There are certain risks that are part of a contact sport." — *Chicago Tribune/TNS*

**"I don't think helmets are going to be the ultimate solution. To the extent they get better, that's all good, but I don't think they are going to solve the problem"**

**— Robert Cantu, a neurosurgeon and co-founder of Boston University's CTE Center**





**PREVENTABLE:** The research suggests this common and disabling valve disorder is not an inevitable consequence of ageing.

## Hypertension may up heart valve disorder risk

**P**eople with high blood pressure may be at an increased risk of developing common heart valve disorder, researchers said.

The findings showed that higher blood pressure in early life was associated with a significantly greater future risk of mitral regurgitation – a condition which makes the heart less efficient at pumping blood around the body,

and in severe cases can lead to heart failure.

“Our research suggests this common and disabling valve disorder is not an inevitable consequence of ageing, as previously assumed, but may be preventable,” said lead author Kazem Rahimi, Professor from The George Institute for Global Health at the University of Oxford.

Mitral regurgitation leads to a backflow of blood into the

heart, causing symptoms such as shortness of breath, tiredness, dizziness and chest pain.

It is more common in older people, and may be associated with a greater risk of mortality.

The study, published in the journal *PLOS Medicine*, followed 5.5 million adults in the UK over 10 years.

Despite significant advances in the understanding of valve disease, mitral regurgitation has

until now been largely considered a degenerative disorder, resulting from a weakening of the valve over time due to ‘wear and tear’.

This has led medical practitioners to focus on treatment, namely surgery to repair or replace the valve, rather than prevention.

Further research is needed to test whether lowering blood pressure, through exercise, diet or blood pressure-lowering

drugs, could reduce the risk of the disorder occurring, the study suggested.

“With worldwide ageing and population growth, we are likely to see an increasing number of cases of this condition,” Rahimi said.

“We need to find effective and affordable measures to tackle it, and our study suggests one possible avenue for prevention, by reducing high blood pressure,” Rahimi added. – IANS



**EFFECTIVE:** The “dual n-back” is a memory sequence test in which people must remember a constantly updating sequence of visual and auditory stimuli.

### This exercise can boost brain power

Researchers have found that practicing what is known as a “dual n-back” exercise can lead to improvement in working memory, which is what people rely on to temporarily hold details in their mind like phone numbers and directions.

The “dual n-back” is a memory sequence test in which people must remember a constantly updating sequence of visual and auditory stimuli.

“People say cognitive training either works or doesn’t work. We showed that it matters what kind of training you’re doing,” said lead author Kara Blacker who was with Johns Hopkins University in Baltimore at the time of the research.

“This one task seems to show the most consistent results and the most impact on performance and should be the one we focus on if we’re interested in improving cognition through

training,” said Blacker, now a researcher at the Henry M. Jackson Foundation for Advancement of Military Medicine Inc in Maryland.

The researchers decided to compare directly the leading types of exercises and measure people’s brain activity before and after training.

First, the team assembled three groups of participants, all young adults. Everyone took an initial battery of cognitive tests to determine baseline working memory, attention and intelligence.

Everyone also got an electroencephalogram (EEG) to measure brain activity. Then, everyone was sent home to practice a computer task for a month. One group used one leading brain exercise while the second group used the other.

The third group practiced on a control task.

The training programmes compared are not the commercial products available sold to consumers, but tools scientists rely on to test the brain’s working memory.

Everyone trained five days a week for 30 minutes, then returned to the lab for another round of tests to see if anything about their brain or cognitive abilities had changed.

The researchers found that the group that practiced the “dual n-back” exercise showed a 30 per cent improvement in their working memory. That was nearly double the gains made by the group working with the other common task, known as “complex span”.

The dual n-back group saw squares flashing on a grid while hearing letters.

They had to remember if the square they just saw and the letter they heard were both the same as one round back. As the test got harder, they had to recall squares and letters two, three and four rounds back.

The other test, called “complex span,” also involves remembering items in a sequence, but they do not need to continually update the items in their mind.

“The findings suggest that this particular task is changing something about the brain,” said study co-author Susan Courtney, Professor at Johns Hopkins University. – IANS

### How seizures may lead to memory loss

Researchers have discovered a mechanism that can explain how even relatively infrequent seizures can lead to memory loss and other cognitive deficits.

The study published in the journal *Nature Medicine* may lead to future strategies to reduce cognitive deficits in Alzheimer’s disease and other conditions associated with seizures, such as epilepsy.

“It’s been hard to reconcile how infrequent seizures can lead to persistent changes in memory in patients with Alzheimer’s disease,” said corresponding author Jeannie Chin, Assistant Professor at Baylor College of Medicine in Houston, Texas, US.

“To solve this puzzle, we worked with a mouse model of Alzheimer’s disease focusing on the genetic changes that seizures might trigger in the memory centre of the brain, the hippocampus, that could lead to loss of memory or other cognitive deficits,” Chin said.

The researchers measured the levels of a number of proteins involved in memory and learning and found that levels of the protein deltaFosB strikingly increase in the hippocampus of Alzheimer’s disease mice that had seizures.

In this study, the researchers found that after a seizure, the protein remains in the hippocampus for an unusually long time.

“Interestingly, because deltaFosB is a transcription factor, meaning that its job is to regulate the expression of other proteins, these findings led us to predict that the increased deltaFosB levels might be responsible for suppressing the production of proteins that are necessary for learning and memory,” Chin said.

“In fact, we found that when the levels of deltaFosB increase, those of other proteins, such as calbindin, decrease,” Chin said.

When researchers experimentally increased deltaFosB levels in normal mice, calbindin expression was suppressed and the animals’ memory deteriorated, demonstrating that deltaFosB and calbindin are key regulators of memory. – IANS

# Nutrition security in Himalayas possible through future smart foods: experts



**OLDEST:** Finger Millet, which is one of the FSF crops grown in the Hindu Kush Himalaya region. Other FSF crops that are grown here include buckwheat, amaranth, naked barley and high altitude rice. Millet is perhaps one of the oldest foods known to humans and possibly the first cereal to be used for domestic purposes.

By Imran Khan

**W**ith climate change a reality and the latest Global Hunger Index revealing a horrific scenario for the world's mountain people in developing countries in South Asia, including India, promoting genetic plant diversity in the mountains can be one important step to battle food insecurity.

Traditional plants provide sufficient nutrition and have adapted well to the mountain environment. Historically, these crops have been referred to as neglected and underutilised crop species (NUS) but in recent years they have been re-branded as future smart foods or FSFs, experts say.

FSFs are traditional crops, the genetic resources of which are vital for sustainable agriculture.

They can play a fundamental role in supplementing the incomes of mountain communities as many of these species do not require high inputs and can be successfully grown even in marginal and degraded wastelands.

"FSFs provide useful genes to breed better varieties capable of withstanding climate change scenarios. A crop rotation system, including FSFs, would also disrupt some pest and disease cycles, reducing infestation and contributing to more sustainable food production. Examples of FSFs include taro, black gram and horse crop, among many others," Lipy Adhikari of the Kathmandu-based International Centre for Integrated Mountain Development

(ICIMOD) has said in a new research paper based on a field study in the Hindu Kush Himalaya (HKH) region.

According to her, buckwheat, amaranth, naked barley, finger millet and high altitude rice are some FSFs traditionally grown in the HKH region that have been part of the agricultural system for several millennia. Millet is perhaps one of the oldest foods known to humans and possibly the first cereal to be used for domestic purposes. Some FSFs have high medical importance. For instance, people in remote areas of the HKH have used jamun to treat diabetes. In Gilgit-Baltistan in Pakistan, locals have re-engaged sea-buckthorn for

its nutritional and medicinal value. FSFs are gaining more attention at national levels as well. Triggered by India's Defence Research and Development Organisation, seabuckthorn juice is being marketed across the country, while in Uttarakhand, the government is promoting nutri-cereals under its Rashtriya Krishi Vikas programme to ensure increased millet consumption with close attention to processing and value addition.

In eastern Nepal, the Nepal Agricultural Research Council (NARC) has established a Hill Crop Research Station to revive the availability of, and interest in, traditional FSFs. It has so far run encouraging pilots on a variety of

crops, including sorghum, finger millet and tartar buckwheat. Farmers work closely with the researchers to ensure quality of production.

Ninety per cent of the world's mountain people live in developing countries, where hunger is acute and detrimental, pushing millions of people who are already impoverished further into poverty. Close to 75 per cent of mountain people in developing countries are already at risk or actually experiencing hunger. Around 40 per cent of the world's mountain population suffers from hunger, Adhikari said.

Data from 2014 reveals that 62 per cent of the world's 490 million people who are undernourished live in Asia and the Pacific. Of them, 281 million are from the South Asian sub-region. In the 1980s, countries such as China, India, Pakistan and Bangladesh successfully transformed themselves from chronic food-deficit countries to self-sufficient ones.

Unfortunately, this positive trend lasted little more than a decade, with changing climatic variability leading to several agricultural setbacks. Increasing water stress, partly due to rising temperatures, the growing frequency of El Nino and a reduction in the annual number of rainy days were responsible for a major decline in foodgrain productivity in South Asia. As a result, the most basic food and nutritional needs of people remain unmet.

In Nepal, the mid-1990s was a difficult time in terms of food security. The national food deficit stood at 14.3 per cent but the deficit varied greatly by region, with the mountains representing nearly fourth-fifths of that percentage. In pursuit of income through commercial crops, many rural mountain farmers in Nepal have been abandoning traditional crops like millet, barley and buckwheat. As a result, over time, these nutritious crops developed a reputation as "foods of the poor" and declined sharply in the diets of many Nepalis.

Adhikari said the ICIMOD has been investing its expertise on FSF research in the HKH through its programmes such as the Kailash Sacred Landscape Conservation and Development Initiative and the Rural Livelihoods and Climate Change Adaptation in the Himalayas. If these ideas about FSFs are mainstreamed into contemporary agriculture and policy, these traditional crops will go a long way towards strengthening nutrition security for millions of mountain communities, she noted. - IANS

**Data from 2014 reveals that 62 per cent of the world's 490 million people who are undernourished live in Asia and the Pacific. Of them, 281 million are from the South Asian sub-region**



**DELICIOUS:** Rasmalai, basically a creamy and milky syrup, originated in North India.

Photo by the author



Cardamom pods 3-4 no  
Saffron strands few strands  
Sugar 4 tbsp  
Pistachio, chopped 1 tbsp

**Method:**

For the rasmalai balls, boil milk in a heavy bottom container.

Once the milk has boiled, turn off the flame and add 1/2 cup of water to the milk to bring down the temperature.

Wait for 8-10 minutes to allow the milk to cool down and add lemon juice to curdle the milk.

Add more lemon juice till the milk curdles completely.

Using a strainer drain the water and collect the chenna.

Rinse the chenna under cold running water to remove the traces of lemon juice and reduce the sour taste of lemon.

Leave in the strainer for 10-15 minutes to drain out any water and squeeze out to remove the water.

Add corn flour and start smoothening the chenna with your palm until it is smooth.

Make sure to smoothen the mixture to ensure it is smooth.

Divide equally and roll into small sized balls.

Heat 1 cup of sugar and 4 cups of water in a wide pan and wait until it comes to full boil.

Flatten the balls using your palms and slide them into the sugar syrup and cook for 10-12 minutes to cook them and bind them together

The balls will double in size by then.

Strain the balls from the syrup and drop them in fresh water, if they sink in bottom they are cooked properly.

For the thickened sweetened milk, boil 500 ml of milk in a heavy bottom pan

Add few saffron strands, crushed cardamom pods, chopped pistachio and bring to boil, ice the milk boils, reduce the flame and reduce the milk for 20-25 minutes.

Once the milk is reduced add sugar and mix, allow the milk to cool down to warm temperature.

Transfer the balls to the thickened milk and chill in refrigerator for 5-6 hours.

Garnish with chopped pistachio and saffron strands and serve chilled

**Note:** Being a milk based dessert the shelf life of this dessert is 1 or 2 days and should be ideally consumed on the same day of preparation.

● Chef Tarun Kapoor,  
Culinary Mastermind,  
USA. He may be contacted at  
tarunkapoor83@gmail.com

# Rasmalai is simply the dessert to beat

**W**ith the festive season in full swing all that we think is to celebrate and enjoy mouth-watering desserts.

Rasmalai tops the chart as the exotic festive sweet. Rasmalai is a combination of two words "Ras" meaning juice and "Malai" meaning cream. The dessert is also described as a rich cheese cake without a crust. The name itself is exotic and denotes the richness of this delicate Indian sweet. Rasmalai undoubtedly tops the list of all Indian milk based desserts. Rasmalai is a dessert originating from the eastern part of India as almost all the milk and cream based desserts originated in that part of India.

According to one of the local sweet

shops in Kolkata, this Bengali origin dessert was first made and perfected by KC Das. Although these claims are not easily verifiable.

Another dessert popular and originated from Eastern India is the Rasgulla also known as the sponge Rasgulla due to its spongy texture. An important factor while cooking any food item is the water used in the preparation. The water will have its peculiar ratio of the minerals and other natural additives which will greatly affect the recipe and that's why some particular items are related and taste better in one region only. Example, the New York pizza will taste better in New York as compared to the other regions. Similarly the Rasmalai or Rasgulla prepared in Bengal always tastes better when prepared there as

compared to the rest of the India.

Rasmalai is basically a creamy and milky syrup that consist of Chenna (cottage cheese) balls. The syrup is purely made from milk, sugar, cream and saffron mixture. The super soft cottage cheese in the recipe is the essence of the recipe and makes it a great dessert for special occasion and is always served chilled. The Chenna should not be over cooked as that will result in a hard mass which cannot be called a Rasmalai. There are few variants of this exotic dessert like the fruit versions like mags Rasmalai, blueberry Rasmalai, strawberry Rasmalai, angoori Rasmalai and chenna payesh.

The sugary white cream coloured or yellow coloured balls of chenna soaked in rich milk cream flavoured with saffron, cardamom, rose water

and pistachio. Unlike other Indian desserts this dessert needs skill and practice to perfect and get it right. The biggest problem while making Rasmalai at home is that the Rasmalai balls often turn out hard whereas they should be totally soft and in fact melt in mouth that's when you know that you have perfected this classic Indian dessert.

## Rasmalai

### Ingredients

For the rasmalai balls  
Whole milk 1 litre  
Lemon juice 1 tbsp  
Corn flour 1 tsp  
Water 4 cups  
Sugar 2 cups  
For the syrup  
Whole milk 500 ml

## Bhavan's Public School marks International Day of the Girl Child

Bhavan's Public School marked the International Day of the Girl Child recently in all three of its campuses. Students at the Al Wakrah campus presented a skit. Students at the New Salata campus got a chance to express their messages in drawings, eventually combining the finished sketches into a 30-metre-long canvas. Students of Class 2 at the Matar Qadeem campus

presented at a special assemblage, highlighting the message to fight against the social stigma associated with a girl child. A short film was also screened to raise awareness of inequality faced by girls worldwide. Principal M P Philip, Headmistress Shailaja Krishna Kumar and Asha Shiju gave speeches.



## Olive International School celebrates Diwali

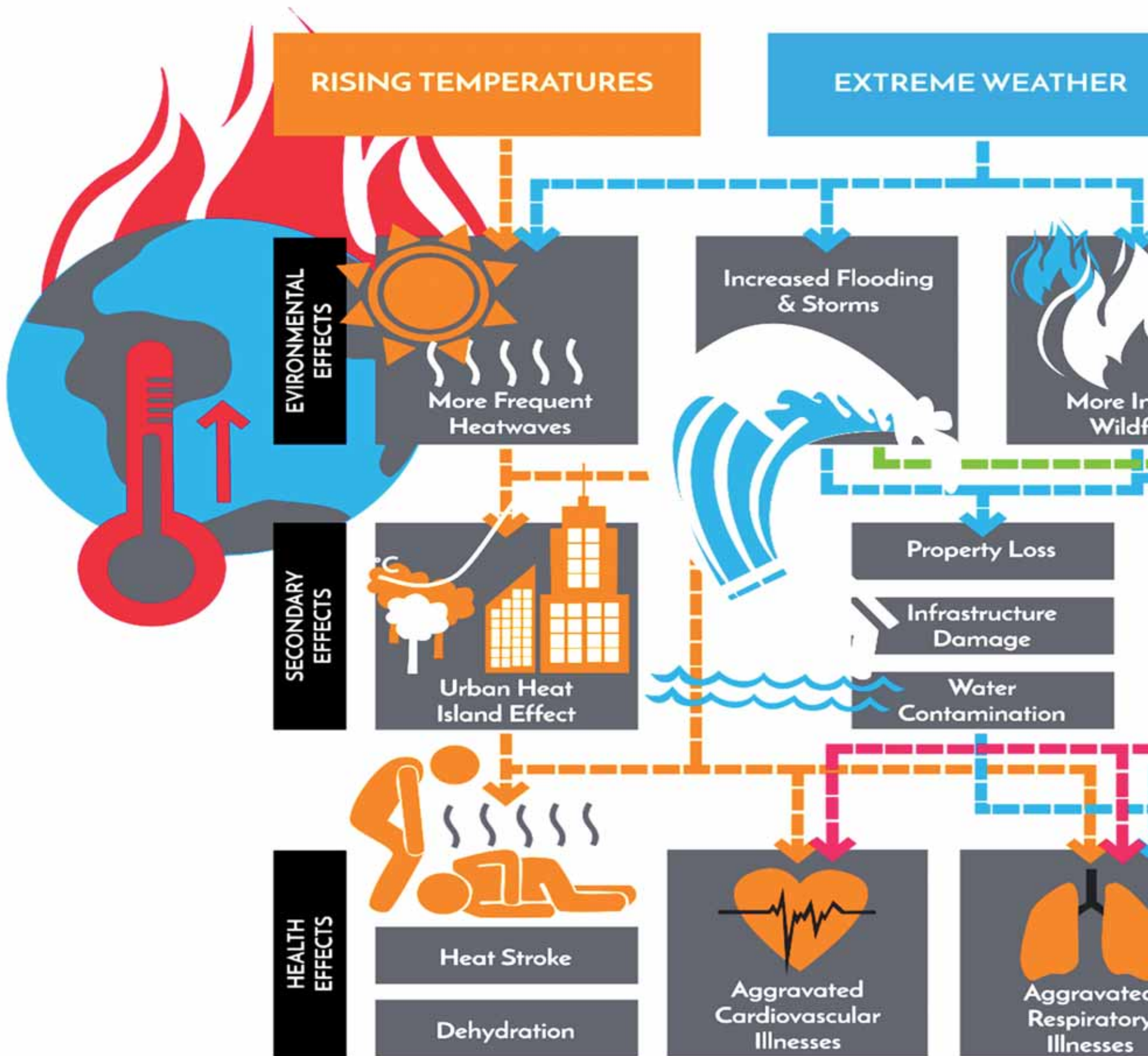
A pulsating and effervescent celebration was held at the Olive International School's Umm Salal Ali Campus recently to enlighten the students about the prominence of celebrating Diwali as a festival of lights and togetherness. To elucidate this, a few programmes were organised by the teachers

and students. These included speeches, songs and dances. Notable people at the programme included Rev. Father Johnson, Jutas Paul, Paulson, Jeas, board members of the school, and Principal Jacob K M.



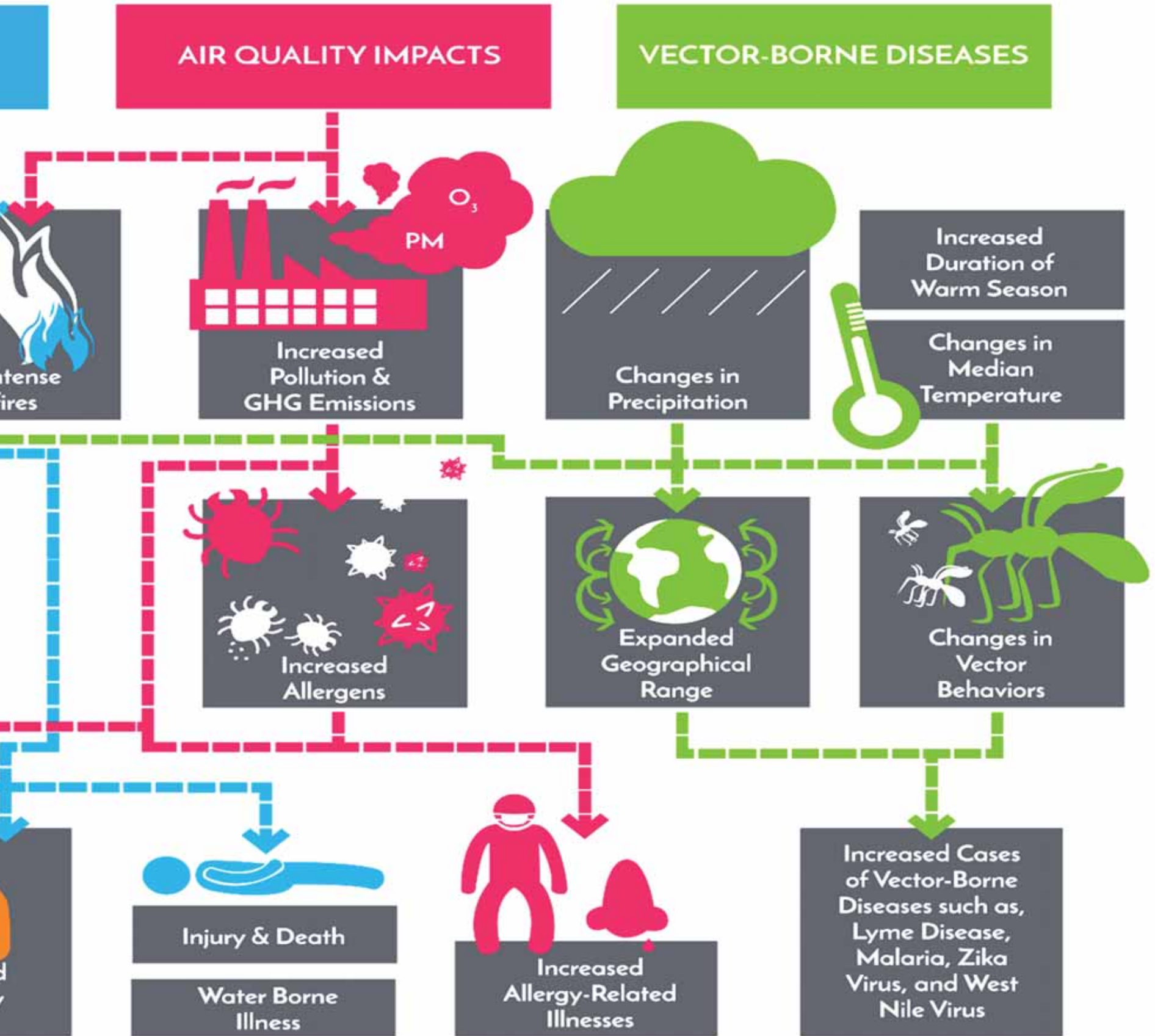


# HOW CLIMATE CHANGE AFFECTS YOU





# OUR HEALTH





# Norway can't keep up with electric-car boom

Norway's efforts to encourage residents to buy electric vehicles may be too successful: The city of Oslo can't keep up with the demand for charging stations. **By Sigrid Harms**

**O**slo has a problem that might make other environmentally conscious cities green with envy:

The residents in the Norwegian capital are buying so many electric vehicles, the local government can barely keep up.

In fact, the electric car association is even discouraging drivers from buying an electric vehicle if they don't have an option of charging it at home.

The local authority has not kept pace with the expansion of charging stations in relation to the number of cars sold, says Petter Haugneland, spokesman from e-vehicle association Norsk Elbilforening.

The proportion of newly registered electric and hybrid cars is at 35 per cent, he says. "So 1 in 3 new cars sold in Norway is electric."

In the capital, Oslo, that figure is as high as 40 per cent. Some 50,000 electric vehicles and 30,000 chargeable hybrid cars are currently registered in the greater Oslo area, according to Sture Portvik, from the city's Agency for Urban Environment.

Meanwhile, there are just 1,300 municipal charging stations.

"We are doing our best," says Portvik. "Every year we install 26 per cent more charging stations, but the number of e-cars has risen by more than 100 per cent. The gap is only getting bigger and bigger."

One of the main reasons for the e-vehicle boom is due to the financial advantages that the state offers, waiving value-added, import and motor vehicle taxes. This means that the electric version of many cars is cheaper than one with an internal-combustion engine.

"In Norway you pay around 250,000 Norwegian krone (31,475 dollars) for an e-Golf and around 300,000 krone for a petrol Golf. So that's some difference," Haugneland says.

Drivers can also park and charge for free in many districts, and they don't pay any toll fees. While this financial support costs the state a great deal of money, the Norwegian parliament has decided to keep it in place until 2020.

One reason for all this: The ambitious commitment that, by 2025, all newly registered cars in Norway should be zero-emissions vehicles. This is to be achieved



**CHARGE UP:** A large parking lot for electric vehicles can be seen in the centre of Oslo. The nation's electric car association is discouraging drivers from buying an e-vehicle if they don't have an option of charging it at home because Oslo has not been able to provide charging stations fast enough.

using a carrot-and-stick approach: The carrot takes the form of tax exemptions for those driving e-vehicles, while the stick is high taxes and petrol prices for those who stick with fossil fuels.

Experts Haugneland and Portvik are of the opinion that the 2025 goal can be achieved; the local authority just has to keep up.

The biggest challenge at the moment, says Portvik, is that 60 per cent of Oslo's population lives in an apartment, and not in a house with a garage where someone can charge his or her vehicle overnight.

For this reason, housing co-operatives and large rental companies are being urged to fit their parking garages with power sockets.

However, increasing the number of charging stations is not the solution, Portvik says.

"We have to ensure that the system becomes more effective," he says, stressing the need for smarter, faster chargers and places where people can charge not only their car, but also other forms of electric transport, including bikes, scooters and more.



**HOPE:** Norway depends on other countries following its lead and contributing to getting the electric-vehicle market off the ground, says one car expert, who said he hopes that in Germany in particular, there will be a transition.

Norway, where 98 per cent of energy is generated from hydropower, is ideally suited to be a guinea pig. The electric car association receives visits from abroad at least twice a week, from journalists, politicians and industry representatives.

"We are a good test market," explains Haugneland. "Our members test it here in real life,

this isn't a lab. We are showing how the market could look in other countries in a few years."

Norway depends on other countries following its lead and contributing to getting this market off the ground, says Haugneland.

He hopes that in Germany in particular, there will be a transition – even if critics say that e-cars in Germany are not environmentally

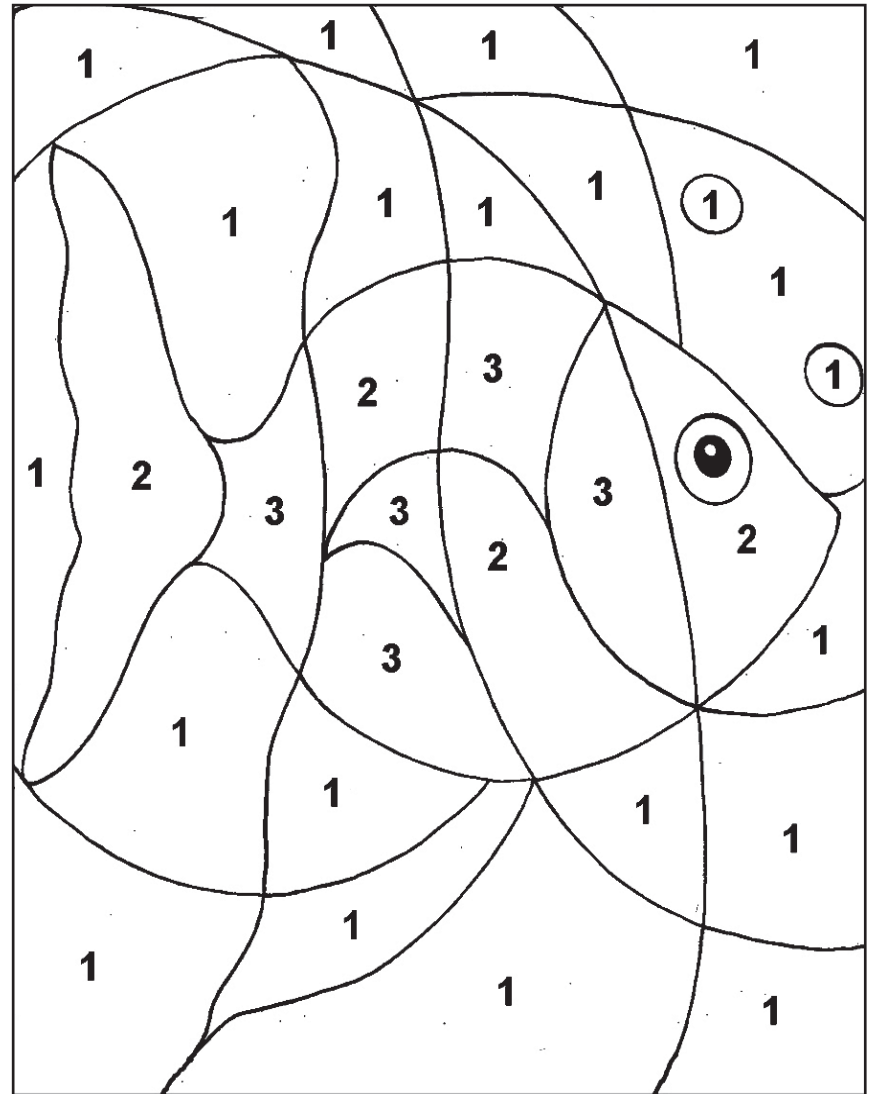
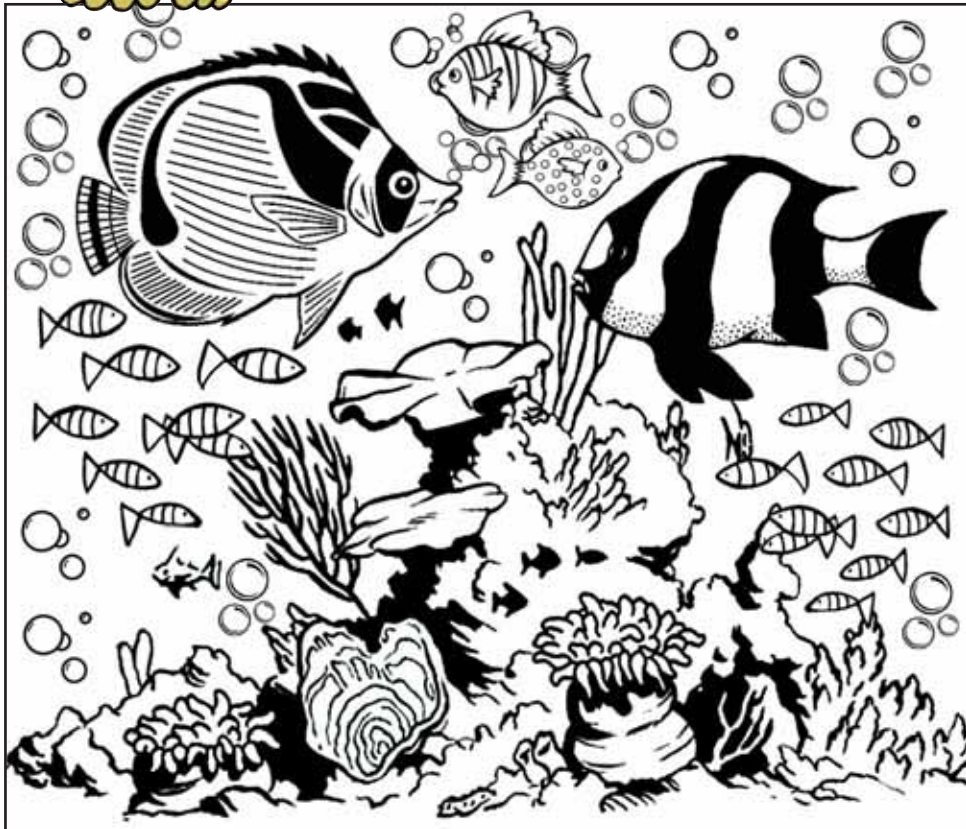
friendly because they use electricity generated from brown coal.

"We can't wait until all electricity is renewable before we begin replacing our automobile fleet. This has to happen in parallel."

With the constant expansion of renewable energy, electric cars are getting cleaner and cleaner every year, Haugneland says. – DPA



Colour by choice

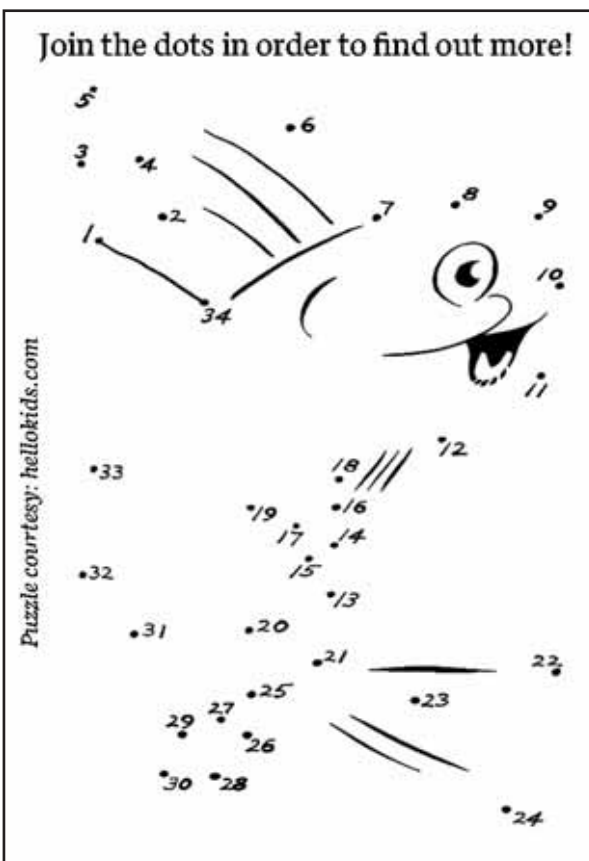


1. BLUE      2. YELLOW      3. ORANGE

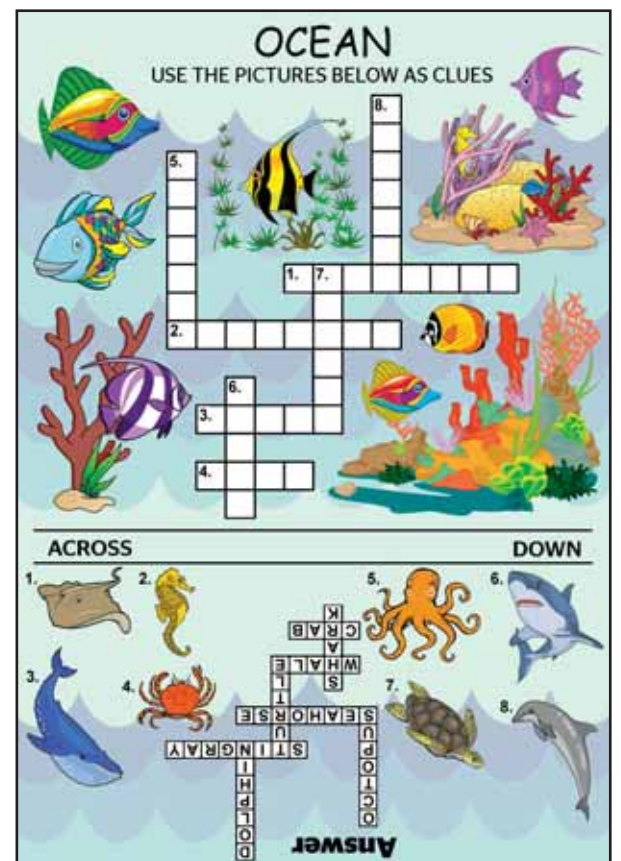
Maze



Connect the dots



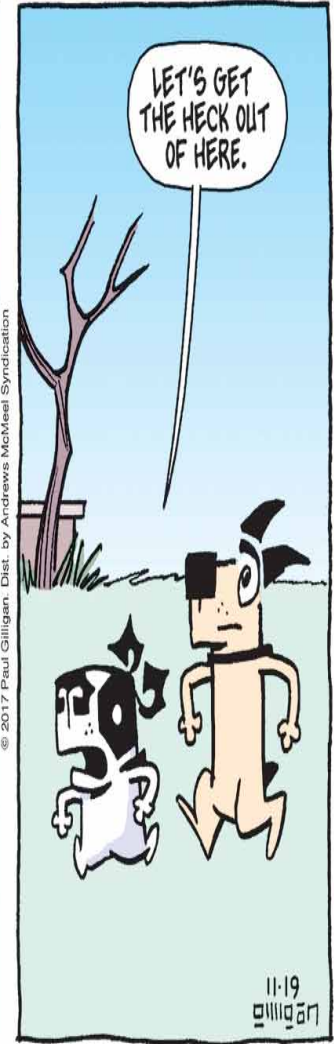
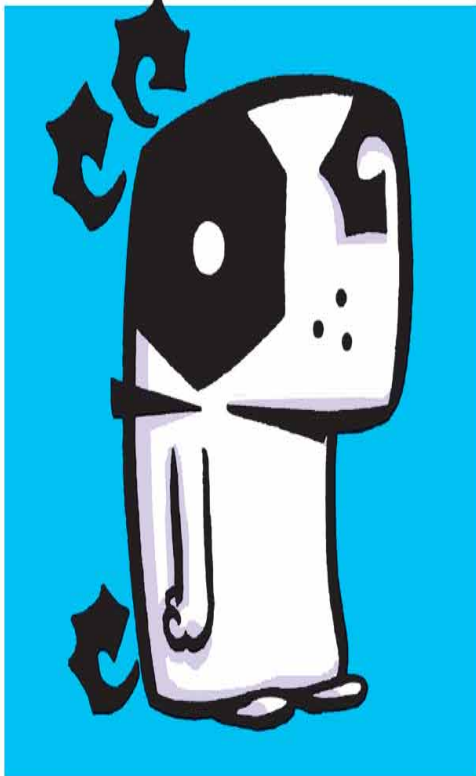
Picture crossword





# Pooch Café

By Paul Gilligan



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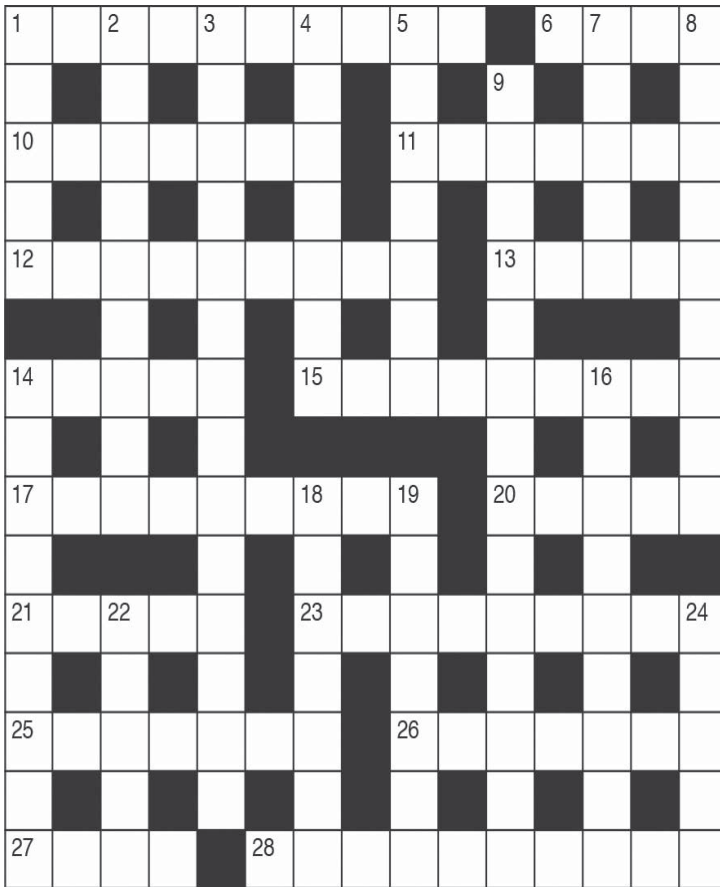
11-19  
11-19-17



LEISURE

COMMUNITY 

**Super Cryptic Clues**



**ACROSS**

- 1 The previous owner was an expert (4,6)
- 6 Go no further than second highest (4)
- 10 He's admitted he's one of the circle (7)
- 11 Think I mean to break Joe in (7)
- 12 It gets set to have a drink (9)
- 13 The vessels were sailing to the point (5)
- 14 A good head (5)
- 15 Ceases cutting the pie inside to get the pictures (3-6)
- 17 In the joke, what struck you as funny? (5-4)
- 20 Succeed, having the intelligence to enter (3,2)
- 21 Leading by very little in the cricket match, make it fast (3,2)
- 23 The man's given meat and stuff (9)
- 25 Say something to the former pupil, do! (7)
- 26 Brother, I sure knocked out that fighter! (7)
- 27 The little animal's ribs (4)
- 28 A dominating influence that's mounting all the time? (10)

**DOWN**

- 1 Having buckets of chums to protect one (5)
- 2 The merest trace of mistrust (9)
- 3 As the robot was for the automation role? (4,3,3,4)
- 4 Gives a jump and gets free (7)
- 5 In time, it again will be found in Africa (7)
- 7 Go round to get the duplicate key (5)
- 8 Goes ahead with the cupboard one's making (7,2)
- 9 Encircle the words "Greatly surpass" (4,5,5)
- 14 Journalism? (5-4)
- 16 The animal chosen to train becomes very popular (7,2)
- 18 Stamp one thousand papers (7)
- 19 A label in the jellied eel says "for consumption" (7)
- 22 Moved forwards in the end, having got so jostled (5)
- 24 Good heavens! It's Grace! (5)

**Yesterday's Solutions**

**ACROSS:** 1 Draughts 5 Slacks 10 Repent at leisure 11 Cheroot 12 Utensil 13 Detailed 15 Spurn 18 Alder 20 Carapace 23 Manager 25 Garbage 26 Slip of the tongue 27 Tsetse 28 Intended.

**DOWN:** 1 Direct 2 Apprehend 3 Gondola 4 Tract 6 Loiters 7 Clubs 8 Seedling 9 Flounder 14 Lacerate 16 Unchanged 17 Marmoset 19 Regions 21 Purpose 22 Behead 24 Naive 25 Green.

**Wordwatch**

**piacular**  
(pie-AK-yuh-luhr)  
MEANING: adjective: Making or requiring atonement.  
ETYMOLOGY: From Latin piare (to appease). Earliest documented use: 1606.  
USAGE: "The piacular sacrifice took place several days later."  
Colleen McCullough; Fortune's Favourites; William Morrow; 1993.

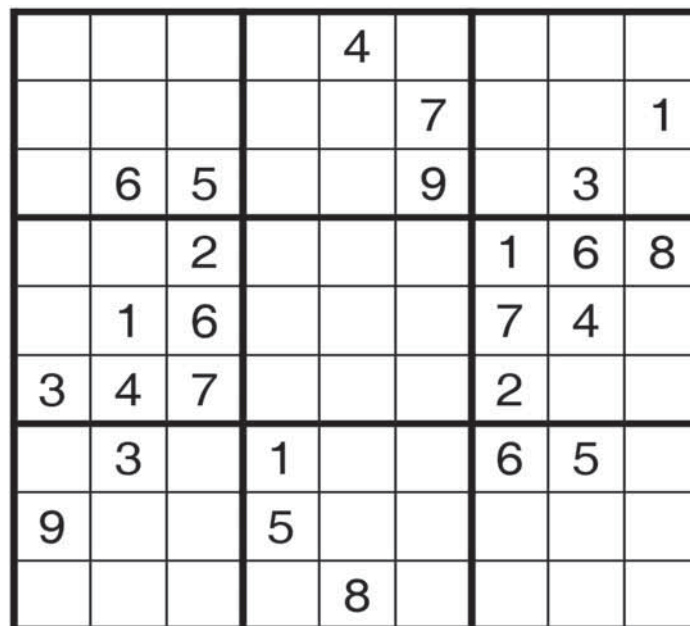
**frontispiece**  
(FRUN-ti-spees)  
MEANING: noun:  
1. An illustration facing or preceding the title page of a book.  
2. A facade, especially an ornamental facade, of a building.  
3. A ornamental pediment over a door or window.  
ETYMOLOGY: The word was formed by corruption of French frontispice

by association with the word 'piece'. It's from Latin frontispicium (facade), from front- (front) + specere (to look). Ultimately from the Indo-European root spek- (to observe), which also gave us spy, spice, species, suspect, expect, spectrum, despise, despicable, bishop, telescope, specious, speciesism, soupçon, prospicient, perspicuous, speculum, omphaloskepsis, and conspectus. Earliest documented use: 1598.  
USAGE: "I still have the physical copy, its frontispiece decorated with characters from the stories."  
Francine Prose & Ayana Mathis; Bookends; The New York Times Book Review; Oct 26, 2014.  
"An ornate frontispiece above the front door, shutters, and flower boxes add charm to the white painted brick facade."  
Lauren Beale; Eva Gabor's Onetime Estate in Holmby Hills is for Sale; Los Angeles Times; Oct 22, 2015.

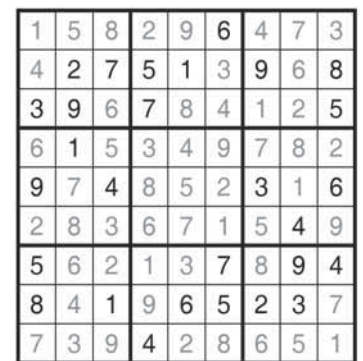
**lutestring**  
(LOOT-string)  
MEANING: noun: A glossy silk fabric.  
ETYMOLOGY: This fabric has nothing to do with a lute string. The word is a corruption of French lustrine, from Italian lustrino, from Latin lustrare (to make bright). Ultimately from the Indo-European root leuk- (light), which also gave us lunar, lunatic, light, lightning, lucid, illuminate, illustrate, translucent, lux, lynx, pellucid, lucubrate, limn, levin, and lea. Earliest documented use: 1661.  
USAGE: "Her modish Pomona green lutestring gown, which she'd thought so becoming earlier, now seemed a less than ideal choice."  
Heather Cullman; A Perfect Scoundrel; Signet; 2000.


— wordsmith.org

**Sudoku**



**Yesterday's Solutions**



 Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine (3x3) boxes. You are given a selection of values and to complete the puzzle, you must fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9 and none is repeated.

**The Mall Cinema (1):** *Secret Superstar* (Hindi) 2pm; *Raja: The Great* (Telugu) 4:45pm; *Geostorm* (2D) 7:30pm; *The Hatton Garden Job* (2D) 9:30pm; *Secret Superstar* (Hindi) 11:15pm.  
**The Mall Cinema (2):** *Monster Family* (2D) 2pm; *Monster Family* (2D) 3:45pm; *Monster Family* (2D) 5:30pm; *Mother* (2D) 7:15pm; *Geostorm* (2D) 9:30pm; *Mother* (2D) 11:30pm.  
**The Mall Cinema (3):** *Mersal* (Tamil) 2:30pm; *Mersal* (Tamil) 5:15pm; *Golmaal Again* (Hindi) 8:15pm; *Mersal* (Tamil) 11pm.  
**Landmark Cinema (1):** *Raja: The Great* (Telugu) 2:15pm; *Mersal* (Tamil) 5pm; *Golmaal Again* (Hindi) 8pm;



*Mersal* (Tamil) 10:45pm.  
**Landmark Cinema (2):** *Monster Family* (2D) 2:15pm; *Monster Family* (2D) 4pm; *Monster Family* (2D) 5:45pm; *Geostorm* (2D) 7:30pm; *Geostorm* (2D) 9:30pm; *Geostorm* (2D) 11:30pm.  
**Landmark Cinema (3):** *Secret Superstar* (Hindi) 2:15pm; *The Hatton Garden Job* (2D) 5pm; *Secret Superstar* (Hindi) 6:45pm; *Mother* (2D) 9:30pm; *Mother* (2D) 11:30pm.  
**Royal Plaza Cinema Palace (1):** *Monster Family* (2D) 2:30pm; *Monster Family* (2D) 4:30pm; *Special Show* 6:30pm; *Special*

*Show* 9pm; *Geostorm* (2D) 11:30pm.  
**Royal Plaza Cinema Palace (2):** *Mersal* (Tamil) 2:15pm; *The Hatton Garden Job* (2D) 5:15pm; *Geostorm* (2D) 7pm; *Geostorm* (2D) 9pm; *Mersal* (Tamil) 11pm.  
**Royal Plaza Cinema Palace (3):** *Golmaal Again* (Hindi) 2pm; *Secret Superstar* (Hindi) 4:45pm; *Mother* (2D) 7:30pm; *Mother* (2D) 9:30pm; *Golmaal Again* (Hindi) 11:30pm.  
**Asian Town Cinema:** *Mersal* (Tamil) 12, 1, 3, 3:15, 4:15, 6, 6:30, 7:30, 9:45, 10:45pm, 12, 12:45, 1:45 & 3am; *Parava* (Malayalam) 9pm; *Golmaal Again* (Hindi) 12:15 and 8:45pm; *Raja: The Great* (Telugu) 3:15pm; *Secret Superstar* (Hindi) 6pm.



# 5 hot trends for the home

**H**ome safety is one of the top priorities of homeowners and renters alike. Your home should be a place to relax, play and enjoy spending time with family and friends.

Here are a few of the latest trends in home security so that you can make yours a home sweet home that's equally safe.

## Home automation and controls

Home automation and controls is exactly what it sounds like: automating the ability to control items around the house – from window shades to pet feeders – with a simple push of a button or voice command. Homeowners now have the ability to make sure they really did lock the back door or turn off the lights. This trend is taking a security system and turning it into a smart home device, and consumers are loving it.

## Solatube Daylighting System

Solatube Daylighting Systems have gotten even more innovative. They harvest sunlight on the



roof and shoot it down a tube of the most highly reflective material made and into the home environment. Not only do the residents experience natural light during the day, they get the soft glow of the moon at night. Some light integrated a small solar-electric system that collects the sun's energy by day to power a night light that automatically comes on at dark. You won't have to turn on

lights for trips to the bathroom or navigate dark hallways any longer.

## Video monitoring

Having a good indoor security camera is now the cornerstone of any good home security system. This allows homeowners to watch live video footage of their home from their smartphone anytime, anywhere. It also takes the stress away when leaving pets at home for

any amount of time. Owners can monitor and speak to their animals while they are away. This trend is convenient, offers peace of mind and may deter burglars.

## Geofencing

You can think of geofencing like an invisible fence serving as a virtual perimeter. With it, homeowners can draw around any location on a map and trigger actions from their

smartphone when they enter that location through an app. A great example would be an electronic notification sent to Mom's or Dad's cell phone when their child arrives home from school, triggered by the child's cell phone. This technology also allows parents to establish a "safety" zone outside of which their child is not allowed to venture. The geofence sends mobile alerts the moment their loved ones enter or exit the area established, tracking their children's whereabouts. Overall, this trend is making homes safer, smarter and more efficient.

## Home automation with GPS

Home automation with GPS is less of a safety feature and more of an added convenience for homeowners. Home automation uses GPS in smartphones to trigger assigned actions. For example, when a homeowner pulls into his or her driveway, the home alarm is deactivated and the front door lights turn on. This trend simplifies consumers' daily routines by putting the house to work.

©Brandpoint



## ARIES

March 21 – April 19

You're feeling especially sensitive today. Your intuition is operating at a very high level. With people wearing their hearts on their sleeves now, it's very easy to tap into others' emotions. You and your mate are especially in sync, which will make for a wonderful evening. Take advantage of the aspects and broach a sensitive subject you've wanted to discuss.



## CANCER

June 21 – July 22

Your creativity is at a peak, though you may not be aware of it due to your focus on your work and social life. But don't be surprised if you have a vision, seemingly from out of the blue. You'll likely feel inspired to stop what you're doing and paint or write. Excuse yourself and spend some time alone with your friend. You'll be delighted with the results.



## LIBRA

September 23 – October 22

Expect to hear from people you haven't heard from in some time. Make a cup of tea and savour every correspondence. You could feel nostalgic for the "good old days" when life seemed simpler and more of your friends were nearby. Pick up the phone and give one of them a call. Your old pal will be delighted to hear from you.



## CAPRICORN

December 22 – January 19

It's likely that you've been feeling the urge to exercise your imagination. As much as you enjoy your profession, there isn't much chance to stretch your mind and show your creative visual side. With some time off, you could pick up paints and brushes or pen and paper and begin an art project of some kind. With all the houseguests and visitors dropping by, expect encouragement!



## TAURUS

April 20 – May 20

You're in a fun and festive mood with today's planetary aspects. Tonight you should plan a house full of people, because you're going to need an audience. Your flair for drama is working overtime. You'll have jokes to tell and anecdotes to pass on. Your guests will appreciate the free floorshow!



## LEO

July 23 – August 22

Try to be careful of missing the forest for the trees today. You may be concentrating on a detail in your personal or professional life that isn't as crucial to the big picture as you think. This kind of obsessive thinking is probably keeping you from progressing. Let it go. Sometimes it's necessary to sacrifice a battle in order to win the war.



## SCORPIO

October 23 – November 21

Try to be extra patient and affectionate toward your loved ones today. A child, friend, or pet needs some of the special attention and reassurance that only you can provide. Try to make this a priority over professional obligations. Remember that your loved ones are the most important things in your life. When you need them, they'll always be there for you!



## AQUARIUS

January 20 – February 18

This is a good day to let go. If someone has hurt or disappointed you, it's time to forgive and move on. Holding a grudge isn't going to get you anywhere. In fact, it's probably eating away at your heart and keeping you from moving ahead in other areas. If things are meant to work out with this person, they will. If they don't, it isn't meant to be.



## GEMINI

May 21 – June 20

This is a good day for meditation. You've probably been trying to distract yourself from unresolved issues through shopping or eating. Try taking some time today to think about what's really bothering you. It would do you some good to get outside and connect with nature. Try taking a long walk in a park. You're much more likely to find perspective there than at the mall.



## VIRGO

August 23 – September 22

You might feel as though your head is in the clouds today. After the frantic pace you've kept up at work, your mind has decided to take some time off. People may have to repeat questions several times before you respond. They'll think you're funny, and so should you. Try to relax and have fun in your dizzy state!



## SAGITTARIUS

November 22 – December 21

Your intuition is quite high right now, enabling you to accurately tune in to others' hopes and dreams. This can be a bit tricky in a social situation, however. Someone could be saying one thing when you know they're thinking something else! Don't dwell on other people's thoughts too much. Instead, direct your thoughts to how happy you are now.



## PISCES

February 19 – March 20

Resist the urge to go on a shopping spree today. You're likely to make impulsive purchases. You may be trying to fill a void or compensate for another area of your life that isn't going as well as you'd like. Try instead to do a little meditation and bring the real problem into clearer focus. Take a walk or do some yoga. It will do your spirit more good than the mall.



**DISGUSTED:** The star has called the attack heartbreaking and unacceptable.

## Deepika condemns attack on *Padmavati* rangoli

Actress Deepika Padukone on Wednesday urged Union Information and Broadcasting Minister Smriti Irani to take action against the attackers who ruined artist Karan K's rangoli depicting a poster of Sanjay Leela Bhansali's *Padmavati*.

"Absolutely, heartbreaking to see the recent attack on artist Karan and his artwork! Disgusting and appalling to say the least," Deepika tweeted, along with photographs showcasing the before and after of the "attack".

"Who are these people? Who is responsible for their actions? For how long are we going to let this go on? Allow them to take law into their own hands and attack our freedom and right to individual expression time and again?" questioned the actress, who essays the title role in the historical drama.

Deepika then tagged Irani and wrote: "This has to stop now and action must be taken! Smriti Irani."

On October 15, Karan tagged Deepika on the micro-blogging site and wrote: "A crowd of 100 people cried Jai Shri Ram and rubbed out my 48 hours intense work!"

The artist also shared two photographs on social

media. In one image, he can be seen making a rangoli inspired by the poster of the film, while the other shows the artwork completely vandalised by attackers.

*Padmavati* also features Shahid Kapoor and Ranveer Singh.

In the film, Deepika plays the role of Rajput queen Padmavati, while Shahid will be seen as Maharawal Ratan Singh and Ranveer will essay the role of Alauddin Khilji.

During its production, the film witnessed many ups and downs.

Earlier this year, activists of Shri Rajput Karni Sena assaulted Bhansali and vandalised the movie's Jaipur set over alleged distortions in the film's script.

They were forced to move to Maharashtra to continue shooting. Still, an outdoor set of the historic period drama in Kolhapur was burnt down after two dozen unidentified people torched it.

The Shri Rajput Karni Sena has maintained it will oppose screening of the film if the facts are "distorted".

*Padmavati*, presented by Viacom18 Motion Pictures and Bhansali Productions, is set for a December 1 release. – IANS

### Artificiality in film makes it redundant: Imtiaz Ali

October 26 will mark a decade since *Jab We Met* released, but to many Bollywood buffs, it feels as fresh as ever. Director Imtiaz Ali says keeping a movie "pure" is important for it to be remembered.

Imtiaz, whose last directorial *Jab Harry Met Sejal* failed to garner the response that the team had expected, made *Love Aaj Kal*, *Rockstar*, *Cocktail*, *Highway* and *Tamasha* after the success of *Jab We Met*. But the story of the vivacious and spirited Punjabi girl Geet and her tryst with a Mumbai businessman left a lasting impact with its simple story told in an entertaining way through performances by Kareena Kapoor Khan and Shahid Kapoor.

"When making a movie, you try to do your best, you write your best, you try to make it as

natural and fun. But one thing I have realised is that if you put artificiality in a film and try to make it spicy for that moment, those things start looking very redundant very soon.

"Keeping it pure is very essential in order for it to be remembered," Imtiaz told IANS in a recorded response.

What's next for him?

"For me, there are two films that I am working on and I want to make both of them at some point of time," he said.

Are they romantic?

"When I did *Jab We Met*, I thought it is not a romantic film, but obviously it is because everyone says so. It is only after my film is made, released and reacted to. As far as I think, it is not a romantic type."

*Jab We Met* will air on & pictures and & pictures HD on October 26. – IANS



**CANDID:** The film director says keeping a movie pure is very essential in order for it to be remembered.

### Johnny Depp sues lawyer for swindling

Actor Johnny Depp has sued his lawyer over claims that he conspired with Depp's former financial manager to swindle \$40 million of his wealth.

The *Pirates of the Caribbean: Dead Men Tell No Tales* actor sued Jacob A Bloom and his law firm Bloom Hergott Diemer Rosenthal & LaViolette, in a new complaint filed on Tuesday, reports tmz.com

The suits claimed that Bloom and the entertainment law firm committed "professional malpractice, breach of fiduciary duty and unjust enrichment", ultimately costing the actor tens of millions of dollars.

"Johnny Depp's lawsuit filed today reflects his continued stand against systemic, self-serving

Hollywood practices that he hopes this lawsuit will expose and end," said Depp's lawyer Adam Waldman.

In the new complaint, Depp claimed that "instead of protecting Mr Depp's interests, Bloom and his firm engaged in misconduct for their own financial benefit and violated some of the most basic tenets of the attorney-client relationship".

The complaint also alleged that Bloom "improperly and negligently collected over \$30 million in avoidable contingent fees" from his variable income over the years without a legally binding contract under California law.

Depp claimed in the new complaint that he lost out on approximately \$32 million in residual payments from his films over a three-year period due to the manipulated terms of the loan. – IANS



**SWINDLING:** The *Pirates of the Caribbean* star claims his lawyer manipulated and obtained over \$30 million in three years.



# Experiencing the colours and tastes of the Philippines

Expatriates present their food, culture at the latest meeting of the International Ladies Potluck Group. **By Mudassir Raja**

**W**omen from different cultures and countries got together to learn new things at an event organised by the International Ladies Potluck Group (ILPG) recently. ILPG members from the Philippines presented traditional dances, cultural costumes and local foods of their country at the event that was held on Wednesday at the group's usual venue, Al Jazi Garden 4 Clubhouse.

The event was co-ordinated by Ruth Sabry, a group member from Philippine, with her team, displaying some fabulous dances that delighted the audience.

With the co-operation of the Philippine embassy, Alliance of Filipino Artists in Qatar, another community group, and ILPG, the Filipino members took the opportunity to highlight their culture. The theme of the event was "One Nation, One Heart". Lovielyn Fjallstrom and Rosemie Schaab choreographed the performances and Alita Ben Othman was the emcee.

ILPG President Shriani Burlehy told *Community*, "One of the dances, called the T'boli, is a ritual dance of the T'Bolis of Lake Sebu, South Cotabato in the country. It is used to solicit good harvest, to seek deliverance from pestilence, to mark births, weddings and deaths, to prepare for war and to celebrate victories; today it was performed by Ruth Serene Sabry, Rosemie Schaab, Jenefer Malinao, Yolanda Fernandez Tacsay and Marizel Kovacs." The costumes for the T'boli dance were provided by Alex Alamares of the Banyuhay Group, she said.

The president added that Rosemie Schaab and her son, Luke Perry, led the performance of the bamboo dance, tinkling and mimicking the movements of a bird in the Philippines.



**GROUP PHOTO:** The Filipino members at the event.

She said that another kind of dance called Maglalatik was also presented. It is an indigenous dance in which coconut shell halves are secured onto the dancers' hands and vests and are struck together. The dance was performed by Chit Regondola, Jane Daly, Jenefer Malinao and Merry Jo Na.

Burlehy further said that the finale was a fashion show that highlighted the ethnic costumes of the annual Ati Atihan Festival

of Kalibo, Aklan in Central Luzon in the Philippines. The costumes were paraded by Ruth Serene Sabry and Rosemie Schaab, Marizel Kovacs, and Chit Regondola.

The president noted that the second part of the finale depicted the evolution of the Filipina dress from the late 1800s to the present. An array of colourful costumes were paraded by Ehva Khalid, Luke Perry Schaab, Matthew Daly, Jenefer Malinao, Yolanda

Fernandez Tacsay, Jane Daly, Ruth Ashley, Merlyn Longitsch, Lailani Farman and Jeanette Ocampo.

She said that the guests and members of the ILPG were served with traditional Filipino food and cuisines.

The president also thanked the sponsors of the event, which included Music House, Michael Daly, Lailani Farman, Jenefer Malinao, Jeanette Ocampo, Marizel Kovacs, and Paul Michael Schaab.

Tracy Marriott, a UK national living in Qatar and member of the ILPG, said, "It was amazing and fantastic to be there to see the Filipino cultural show. Before the show, I knew nothing about the country. Today, I learnt a lot of new things about the country, its people, and its culture."

Tracy who has been associated with the ILPG for two years added, "The cloths, the food, and the dances all were very beautiful and informative. I enjoy the events organised by the group. I get a chance to meet women from different countries and various cultures. I learnt a lot of new things. This is very special about living in Doha."

Chandni Bahri, an Indian national and member of the ILPG, said, "It was a wonderful programme. The Filipino members presented their culture and traditions in a lovely way. I really enjoyed their food and dances."

She said, "I have been associated with the ladies' group for 12 years and have been enjoying the events organised by the group. The unique thing about the group is that the members get chances to present their cultures and traditions from their perspective and they get a kind of global audience."

Sahar Mahmood, an Egyptian member of the ILPG, noted, "The programme was very colourful, diverse, and beautiful. I liked the traditional wedding costumes and their dances. It was really fun to attend."

"I have long been associated with the group in Doha and have got many chances to socialise and meet more and more new people thanks to it," she added.



**AUTHENTIC:** Traditional Filipino food was served at the event.



**RITUAL DANCE:** The T'boli, which is a ritual dance of the T'Bolis of Lake Sebu, South Cotabato in the Philippines.