

 **Top tweets**



An Indian becomes the CEO of a US company and everyone's back to the 'brain drain' debate.
@tweetingash



I could say mean things about you to get back for what you did. Then I remember that'd make me like you. And I never wanna be like you.
@SilverKick



Never lie to someone because every lie brings you one step closer to goodbye.
@Greepaly



You guys. Finally listened to a Bahraini band that's been popping up lately, and the vocalist is so so off-key... All the time... It's so bad...
@nunudeen

CONGRATS ALZAIN TAREQ!

Dear editor

This success is rare ! Alzain Tareq's parents, her peers, her rivals in her own country, Bahrain, already knew her athletic skills in her butterfly swimming. But she had awed the other 64 competitors was a wonder. And when her success story has appeared on the front page of DTNews it was an honour to her family, and when it was telecasted on BBC news it was an honour that she had brought pride to her country-Bahrain.

We became proud of her, joyfully and collectively applauded her, passionately adored her, truly appreciated her motivation, enthusiasm, and dedication and we fondly look forward to her bright future, and fervently pray for her perpetual success.

Many swimmers and coaches consider butterfly swimming as the hardest of other styles of swimming. It is a swimming stroke swum on the breast with both arms moving simultaneously accompanied by a butterfly kick while other styles like breaststroke, front crawl, or backstroke can be easily swum by the beginners. It is a more difficult stroke that acquires a good knowledge of technique. The world swimming



champion Michael Phelps was able to manage this skill and now this little girl had shown her capability to the world.

Even US star Missy Franklin who won six world gold was fascinated by her success. Her praise on Alzain about her cuteness and tininess would surely

warm her heart and we recognised her as a strong, brave and determined ten years old girl who was never fazed to compete with those who were older than her.

BBC news also praised her that "Regardless of how 2015 unfolds, it is safe to say the name Alzain Tareq

will remain atop the record books for quite some time", It is a priceless compliment that she is able to cherish blissfully as long as she may live.

Swim, Alzain, Swim!
May Allah bless this little girl, Alzain Tareq. Ameen.

May May Nu



Inner pain no more

When you feel things have become 'crazy' in your life and you really lost the contact with your inner being, then it is the right time for you to rethink why you are allowing yourself to experience inner pain? Physical pain is something different and we have medicines to help us deal with this. What about the pain inside?

Maybe you forget that you have choices in life and become victim therefore you are experiencing inner pain. When you begin to see your choices, you are no longer a victim and this means that things no longer have to continue as they have always been. In all situations there is that moment of choice you can allow yourself to be tolerant or you can get angry and upset. If you are in a situation in which you feel that others are taking advantage of you rethink, ask yourself: What is this situation teaching me? Aware and move on, you will see what you are expected to learn from this situation, then things will change, they will no longer be the same as they were yesterday.

Come back to your original state of being, of love, and give yourself the possibility of experiencing thoughts in which there is peace within self, then share this with others through your smile.

Ali Al-Aradi
HRD Lecturer

Men occupying ladies seat

Dear Editor

Iwould like to draw your attention to some complaints about the red bus which is running in Bahrain for the public. The Red Bus is new, there's no dirt, seats are good and half of the seats are for men and half for ladies and the side for wheelchair persons too. But the first half is for ladies but some men sit over there; maybe because

they want to get out of the bus fast or they are in some emergency. But whenever a lady gets into the bus the men don't even bother to get up and give a seat to her. This is not just an isolated incident. I have noticed it even yesterday. When I was travelling in a bus a lady came in and at the back of my seat two men were sitting not even bothering to get up.

Earlier when the Cars were in service, the bus driver used to say if they see some thing like this. But these drivers don't say anything. And there are CCTV cameras too in the bus but does it even work or is it for show? If it is working then why don't they watch the footage and take a stand. I hope that some measures would be taken in this regard. Thanks

Shamila Ismath

