

 **Top tweets**



When you hear a woman's footsteps who's wearing heels is quite disturbing, especially when you find out that it's actually a man walking.
@imran_al_aradi



The best thing about the past is that it shows you what not to bring into your future.
@idillionaire



Stop feeling alone. Start laughing. Stop dreaming. Start believing. Stop Fighting. Start loving. Stop thinking. Start acting.
@KhalidAlQoud



I'm happiest with the people who let me be the saddest whenever I need to.
@SilverKick

Commuting time



Dear sir,
I am a regular traveller in the buses I run by Bahrain Transport Company. I am very happy at the introduction of bus routes criss-crossing the Kingdom. It does allow office workers like me a cheaper option to reach office in Manama from Riffa. The increase in the number of buses too has helped people like me to travel hassle-free. However, the time taken to reach

Manama from places like Riffa is way high than normal. Unless we get direct buses, we will have to break our journey in Isa Town, and then board another bus to the Capital. For a distance that taxis take only 20 or 25 minutes, even during the school rush, it takes more than 40 minutes by bus. I am afraid this beats the purpose of public transport, when people have to travel for longer time to reach closer

places. This is the frustrating part. I am aware that buses can't beat taxis, they should not, but at least if it is possible to reduce the travel timings considerably, it will benefit more people and more people will start using the buses to commute there by easing the traffic on the road. I hope authorities check the scheduling more carefully and correct this anomaly soon.

Muhammad Ali

Who is controlling your mood?

Who is controlling your mood in the workplace? Is he your employer? Or it yourself? Do you feel sometimes that you are paralyzed and don't have any choice but to do what your employer wants you to do?

Maybe your employer likes to control you to satisfy his ego of being the boss, which makes you feel irritable and weak, but what about you? Do you want to be the victim of your time or take over the rule of your life? I know you have no control or power over the external factors like your employer or workplace situation, but have you thought that you have a power of choice in your life? In the same scenario, instead of being afraid or irritable, why not be free and responsible for your choices? You can choose to achieve your departmental objectives because you want to, you are qualified and have all the required skills and knowledge to do so, not because you are afraid from your line manager! It is the high performance organization which depend on the trust and team working.

You have the power to choose and take the responsibility of what you do, by taking time to sit in silence and contact your inner-power, you will not allow situations or people to influence you negatively and your drive will depend on no one, because it is all about you.

Ali Al-Aradi



The Pet Project

Pet's annual health check

DT News Network

It is very important that our pets get an annual health check, just like our cars need an annual service. It is all very well putting in the petrol but if you forget to check the oil or water, you never know when the head gasket might go!

Most pets have a yearly health check when they come in for their booster vaccinations but six monthly checks

are recommended, especially for older animals because the vet's expertise may identify problems that are not visible to you.

At a health check, the vet will examine the animal thoroughly. The ears and skin are examined to make sure that there are no infections. The eyes are checked for any abnormalities. The teeth are checked for gingivitis or decay and a dental (eg scale and polish or extractions) may be advised. Lymph nodes are felt all over the body as enlarged ones can indicate a problem.

Many older pets are on prescription



medication for ailments such as arthritis or a poorly heart. For your vet to be able to continue treatment on a regular basis, the animal must have a prescription check every 6 months. The vet can then assess the pet's progress

and make a judgement on whether to change the type or dose of medication. If you think your pet is losing or putting on weight without a change in diet, this could be a sign of illness. A change of appetite is also important. If your pet suddenly becomes very hungry this is just as much a vital sign of a problem as not eating. Water intake is also important, as there are many illnesses that can increase an animal's thirst. Any change in your animal's behaviour can be significant and early signs of an underlying problem so if in doubt, get it checked out.

Missing Pets



Name: Loly
Date gone missing: 6-10-2015
Area: Malkiya
Gender: Female
Age: Around 8-9 months
Contact number: 37106010



MOCHA - Male Shitzu (light brown w some black areas), 2 yrs, wearing thin dark blue collar, tends to have random back kicks in series of 2-3 kicks on both feet, gate left open by workers, 6/8/15. 36603069



SARAYA - Female Himalayan Seal Point, 17 mos, spayed, micro-chipped, Little Gems Compound (Barbar Villa1), pale pink collar w heart shaped tag with name and number, hair recently trimmed - so not as long as in photo, 3/9/15, REWARD BD100. 39018055



Mingo - Female Pug, 7 yrs, gate was likely left open (perhaps then stolen), residential area behind Sar Village (near to Sar Cemetery), not wearing collar, 31/8/2015, reward BD 50. 39689494 or 39449737.



Jack - Male, Turkish Angora, 7 mod, New Arad (Block 244), red-white-blue striped collar w bell, escaped from home when door left open, 28-9-2015. 334162457.



Chooty - Female, 1yr, wearing red dog rope which accidentally came off, may have been stolen, Adliya (around old plalace). 16-9-2015. 33275888.