

DT NEWS

DAILY TRIBUNE

News of Bahrain

Thursday, September 21, 2017 Issue No. 7511

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Record victory for Cheroben

▶▶ P 22



Tweet of the Day



We are keeping our friends and neighbours in Mexico and the Caribbean foremost in our thoughts now and in the difficult days ahead.

@BillClinton

Today's Weather

	Max	Min
	37 °C	28 °C

Weekender
Because every week deserves a happy ending.

Lady with a big heart & food buckets

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WEEKENDER EXCLUSIVE FOR DT NEWS SUBSCRIBERS

FM attends key UN meeting

New York
Foreign Minister Shaikh Khalid bin Ahmed bin Mohammed Al Khalifa participated in a high-level meeting, that was chaired by the Prime Minister of the United Kingdom, Theresa May, in the presence of President of the Republic of Turkey, Recep Tayyip Erdogan, and a number of Presidents and senior officials. The meeting held at the United Nation's headquarters discussed forced labour, modern slavery and human trafficking.

Legal action over arrest of fishermen

Muhannad Mansour/DTNN news@dt.bh

Manama
Attorneys have been assigned by the Government of the Kingdom of Bahrain to secure the release of 19 Bahrain-based fishermen detained by the Qatari authorities recently. Foreign Affairs Ministry affirmed in a statement issued yesterday that legal procedures are being taken to ensure the safety of the detained fishermen by the

Qatari authorities and grant them all their rights, especially after the repetition of similar practices by the authorities in Qatar. The statement followed the announcement made by the Coast Guard Commander Brigadier Ala'a Siyadi on Monday, confirming that the Qatari authorities had seized three Bahraini boats with 16 sailors on board earlier this week. The ministry confirmed in its statement that a legal firm has been tasked to follow up on the case.

Foreign Affairs Ministry has hired a firm to take legal steps against Qatar to secure the release of 19 Bahrain-based fishermen

"Dealing with these issues is governed by international treaties related to maritime safety and the need to comply with the legal procedures established in this regard. The ministry will continue its

procedures and follow up on the matter until the detained seafarers and impounded fishing vessels are released at the earliest," it was mentioned in the ministry's statement. As reported on Tuesday,

Brigadier Siyadi confirmed that the number of Bahraini boats seized by Qatar has reached 15 boats and a total of 20 sailors are in the custody of Qatari authorities, adding that some of the boats had been seized as far back as 2009. "Showing commitment to legal procedures in accordance with international conventions on maritime safety in this regard is important. The Coast Guard is taking the required steps to have the sailors and the boats released," he added.

11th Hour

HM extends greetings

Manama
His Majesty King Hamad bin Isa Al Khalifa has extended best wishes to the leaders of the GCC on the occasion of new Hijri Year 1439. HM also exchanged cables of greetings with kings and presidents of the Arab and Islamic countries on the occasion.

Respect rights of workers, Qatar Airways urged

Muhannad Mansour/DTNN news@dt.bh

Manama
The human rights watchdog in the Kingdom has expressed its concerns over the arbitrary termination of Bahraini workers employed in Qatar Airways.

Commenting on the recent plea of Bahraini employees of the airlines over their

sudden dismissal, the National Institution for Human Rights (NIHR) called upon Qatar Airways, which is owned by the Qatari Government, to respect the employees' rights.

"The right to work and the rights of workers are important principles on which human rights are based, and the right to have decent work is guaranteed in international human rights charters and is the source of

human dignity, family stability and the key to the prosperity of societies," the NIHR said in a statement posted on its official page on Instagram.

"Based on the principles mentioned in the International Covenant on Economic, Social and Cultural Rights, relevant ILO conventions, the Arab Charter on Human Rights and the Gulf Declaration on Human Rights, we call upon all the

related authorities, especially Qatar Airways to respect these rights," NIHR said.

The statement came after 27 Bahraini employees of the airlines announced that they were informed by the company's manager here that their services are no more needed.

The employees have pleaded to the authorities here to look into their situations,

as they're left jobless with financial commitments with banks and other establishments, in addition to ordinary expenses.

According to a circular which DT News obtained a copy of and was issued by the airlines management here, the 27 employees were given until tomorrow (September 22) as the last working day for them in the company.



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Saudi game for big change



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Assaulted Woman not asked to leave hospital: SMC



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Arnold Quero signs up for Brave 9



King Salman bin Abdulaziz Al Saud

Kurds urged to scrap independence vote

Riyadh

Saudi Arabia yesterday urged Iraqi Kurdish leader Massud Barzani to call off a planned referendum on independence for his autonomous region to avoid further "crises" in Iraq and the region.

A Saudi government official said Barzani should drop plans to hold a referendum "in light of the situation in the region and the dangers it is facing,

and in order to avoid new crises".

He called on the Kurdish leader to make use of his "wisdom and experience", the state-run Saudi Press Agency said.

Holding the referendum as planned on September 25 could have "negative consequences on the political, security and humanitarian fronts".

It could also "affect efforts to

establish security and stability in the region, as well as efforts to fight against terrorist organisations and their activities," the official added.

Saudi Arabia is the latest country to voice its opposition to the referendum in oil-rich Iraqi Kurdistan.

But Barzani has so far resisted pressure from Baghdad and Iraq's neighbours Turkey and Iran, as well as from the

United States and its Western allies, to call off the vote.

Iraq's supreme court has ordered the suspension of the referendum to examine claims made by the federal government that it was unconstitutional.

The Saudi official called on "all concerned parties to engage in a dialogue that would serve the interests of the entire Iraqi people". (AFP)

Saudi game for big change

Setting up \$2.7bn entertainment investment firm



A handout picture provided by the Saudi Royal Palace shows King Salman bin Abdulaziz Al Saud (C) meeting with members of the Saudi national football team at the Royal Palace in Jeddah.

Riyadh

Saudi Arabia's sovereign wealth fund is set to create a \$2.7 billion entertainment investment company, state media said yesterday, as the kingdom opens up avenues for leisure.

The country seeks to increase domestic spending on entertainment and launch hundreds of recreation

centres across the kingdom as part of its Vision 2030 plan to reduce its dependence on oil.

"The Public Investment Fund is in the process of developing a new company to act as its investment arm in Saudi Arabia's growing entertainment sector," the Saudi Press Agency said.

"The company, which will have an initial capitalisation

of SAR 10 billion, will play an active investment role in various areas of the entertainment sector."

The unnamed company will invest in a variety of projects, including an entertainment complex that will be launched by 2019, SPA said, adding that it aims to create more than 22,000 jobs by 2030.

SPA did not give further details about the projects. Alcohol, cinemas and theatres are currently banned in the kingdom.

Vision 2030, an ambitious economic diversification plan unveiled in April 2016, aims to broaden its investment base to make citizens reliant on private sector jobs rather than on government largesse.

Women allowed to enter stadium

Riyadh

Saudi Arabia has invited women to a sports stadium for the first time to attend annual national day celebrations with their families, state media said Wednesday, opening up a previously male-only venue.

Families will be allowed into the King Fahd stadium in Riyadh, used mostly for football matches, and seated separately from single men to mark the kingdom's 87th National Day this weekend.

"The stadium is ready to receive about 40,000 people divided between individuals and families to be seated separately," the official Saudi Press Agency said in a statement, citing the general authority of entertainment.

This marks a shift from previous



Representative picture

celebrations in the kingdom where women are effectively barred from sports arenas by strict rules on segregation of the sexes in public.

Under the country's guardianship system, a male family member -- normally the father, husband or brother -- must grant permission for a woman's study, travel and other

activities. But the kingdom appears to be relaxing some norms as part of its "Vision 2030" plan for economic and social reforms.

In July, rights campaigners welcomed an "overdue" reform by the education ministry to allow girls to take part in sports at state schools. (AFP)

Locks are off for internet calling apps

Riyadh

Saudi Arabia will lift its ban on internet calling applications on Wednesday, authorities said, easing restrictions online.

Voice and video calling apps such as WhatsApp and Skype will be "widely available to users", a government statement said Tuesday, in a move aimed at improving business confidence as the kingdom transitions into a post-oil era.

"Access to VoIP (Voice over Internet Protocol) will reduce operational costs and spur digital entrepreneurship," the statement

said, citing a directive from the communications and technology ministry.

"Digital transformation is one of the key kick-starters for the Saudi economy, as it will incentivise the growth of internet-based businesses, especially in the media and entertainment industries."



Woman beaten up by ex-husband not asked to leave hospital: SMC

Muhannad Mansour/DTNN
news@dt.bh

Manama

The Syrian woman who was brutally beaten up by her Bahraini ex-husband earlier this week wasn't asked to leave the hospital as reported by a local newspaper yesterday.

DT News has learnt that Zahra Subhi, 35, who was hospitalised at Salmaniya Medical Complex (SMC) on Saturday after her ex-husband brutally attacked her, will remain in the hospital for the next few days.

Denying the report published by a local daily yesterday, claiming that the woman was surprisingly asked by SMC administration to leave the hospital, National

Institution for Human Rights Complaint Monitoring and Follow-up Committee Head Deena Alladhi told DT News that the institution has communicated with the administration of SMC, which denied the allegations.

Alladhi, who's in charge of NIHR's team tasked to follow up on Subhi's case confirmed, "Subhi's condition is stable now and she's quickly recovering. She was not asked to leave the hospital as mentioned in the report, despite that her condition allows her to be discharged. She will be kept under observation for the next couple of days, as confirmed by the medical team monitoring her case. She will be sheltered at Dar Al Aman Home for Domestic



Zahra Subhi at SMC

Violence Victims once she is discharged."

She informed that efforts are being taken to provide a permanent shelter for Subhi and her five children after she is discharged from SMC. Alladhi said that four of the victim's children are sheltered at Dar Al Aman Home for Domestic

Violence Victims, while the youngest child is staying with the aunt of the father as per Subhi's request.

DT News reported earlier that Subhi was divorced from her 52-year-old Bahraini husband around three months ago, after being married for ten years.

As per a previous court order, Subhi lived at her

ex-husband's residence in Jebel Habshi, as she is the legal custodian of the kids.

The man assaulted the mother of children on September 12, punching her, banging her head against the wall and hitting her head with a piece of tile. Subhi claims that her ex-husband continually assaulted her in the past, but she insisted that he was attempting to murder her this time.

"This is not the first time that he beats me. But this time he wanted to kill me so he can marry a Bahraini woman who's an employee so she can take care of all of his expenses. I hope that everyone who knows my story would stand with me and support me," Subhi said in a video message

that was widely circulated on local and regional social media networks in the past few days.

Several entities in the Kingdom immediately took action after Subhi's message went viral. Interior Ministry announced that it had arrested the attacker and referred him to the Public Prosecution few hours after the case was reported. The Prosecution said on Sunday that it had ordered to detain the man after interrogating him in the presence of his lawyer.

Northern Governorate Prosecution Head Mohammed Salah reaffirmed in a statement yesterday that the prosecution is following up the case with the authorities, adding that "the victim is receiving the treatment at SMC".



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Detox Diets Do they work?!

Dr Mathews Joseph Chooracken dispels claims about 'toxin cleansing'

Mohammed Zafran/DTNN
zafran@dt.bh

Manama

It is really difficult not to get lured by the detox industry which claims that eating a pile of vegetables will wash away all our caloric sins.

The idea sounds too good and easy that many simply believe that drinking a 'lemon

cleanse' for a week will flush out all the toxins from their body and will leave their organs squeaky clean.

However, experts differ and reject the idea and call it a scam or pseudo-medical concept to sell things, as they believe diet and exercise are the only proven way to get healthy.

"There is no scientific

evidence for all of this advice," says Dr Mathews Joseph Chooracken, a Gastroenterologist, as "these are all based on anecdotal evidence."

The reason for the popularity, he says, might be "someone has tried it and it worked for them so they may be advising others."

Some may have found

results, he says, but may not hold true for the patients on a large scale.

"We still don't know anything about the effectiveness of the methods, for they haven't been studied properly."

Contrary to the popular belief, Dr Chooracken, who recently joined Middle East Hospital (MEH), says, following detox diets may not have any a miraculous effect on the body though it has been gaining some popularity among those who wish to live a healthy lifestyle or to heal from diseases.

"The assumption behind detox is that you consume a particular food and it goes through the body cleaning the body in the process," he says "I don't think it works like that, in reality, it is far more complex than that."

Dr Chooracken also rejects the idea of superfoods. "Instead of following an extreme diet, one needs to adopt healthy lifestyle choices to remain healthy," he says.

Most importantly he also points out that to live healthier



Dr. Mathews Joseph Chooracken

"one needs to exercise". "One should also make sure that the dietary intake is varied."

"You need to take vegetables, fruits, proteins and all nutrients the body needs," Dr Chooracken says. "Mediterranean diet is a classic example of a healthy diet."

Dr Chooracken also explained how unhealthy eating impacts the body. "Unhealthy eating is when the

constituents of a diet are from one food group only such as a high protein diet or a high carbohydrate diet or when there are a lot of chemicals in what you are eating," he says.

"All these can give rise to a heavy metabolic load into the liver, besides you are not getting many antioxidants.

So we develop something called oxygen radicals, he says, which can cause damage to the cells



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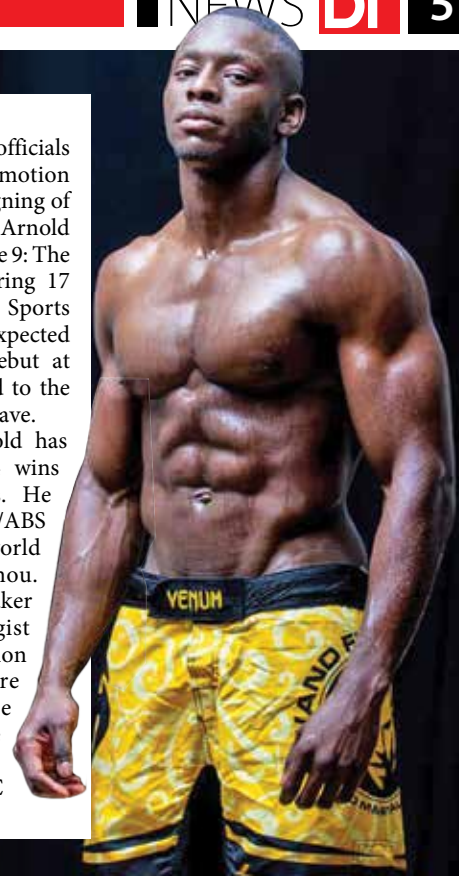
Marilou Ignacio Basangan from Philippines, won a car in the final draw of BFC's 100 year bonanza campaign. In the picture, Basangan being handed over the grand prize (Mitsubishi ASX) at BFC Manama Branch in the presence of senior BFC and Zayani Motors officials.

Arnold Quero signs up for Brave 9

Manama

Brave Combat Federation officials confirmed that the promotion had successfully closed the signing of a major athlete from France. Arnold Quero will be compete in Brave 9: The Kingdom of Champions during 17 November 2017 at Khalifa Sports City, Isa Town. Arnold is expected to make his promotional debut at Brave 9. Quero will be added to the Bantamweight division for Brave.

At 30 years of age, Arnold has a professional record of 14 wins out of his 21 appearances. He trains out of MMA Factory/ABS Team with Heavyweight world contender Francis Ngannou. Yousef Nassar, Match maker and competition strategist at Brave Combat Federation had announced that more international athletes will be signed making the event the largest mixed martial arts event to be hosted in a GCC nation.



US efforts to solve issues in ME hailed

New York

Foreign Affairs Minister Shaikh Khalid bin Ahmed Al Khalifa yesterday hailed the strategic role played by the United States in resolving issues and crises of the Middle East through enhancing joint cooperation with the countries of the region.

This came during a reception held by the US President Donald Trump for the leaders and heads of delegations of the world countries participating in the 72nd session of the United Nations General Assembly in New York.

Shaikh Khalid participated in the Summit on Global Pact for the Environment, chaired by President of the Republic of France, Emmanuel Macron, in the presence of United Nations Secretary-General Antonio Guterres, at the UN Headquarters in New York. The summit aims to mobilise efforts to seek effective solutions to all environmental problems as well as to create a global charter for the environment.

Shaikh Khalid conveyed the greetings of His Majesty King Hamad bin Isa Al Khalifa, His Royal Highness the Prime Minister, Prince Khalifa bin Salman Al Khalifa, and His Royal Highness the Crown Prince, Deputy Supreme Commander and First Deputy Prime Minister, Prince Salman bin Hamad Al Khalifa, to the President of the United States of America, Donald Trump, and their wishes to the friendly people of America of further progress and prosperity.

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INTERIM CONDENSED CONSOLIDATED FINANCIAL STATEMENTS FOR THE SIX MONTH PERIOD ENDED 30 JUNE 2017

INTERIM CONSOLIDATED STATEMENT OF FINANCIAL POSITION

In United States Dollars ('USD')	30 Jun 2017 (reviewed)	31 Dec 2016 (audited)
ASSETS		
Cash and cash equivalents	4,174,292	4,962,758
Statutory deposits	11,427,860	6,759,898
Deposits more than 3 months	13,721,339	18,142,842
Investments	10,637,786	10,131,083
Contributions receivable	20,027,867	18,337,248
Receivable from takaful and retakaful companies	1,940,272	1,970,932
Deferred acquisition cost	3,480,017	3,750,082
Deferred retakaful share of contribution	7,181,762	11,850,516
Retakaful share of outstanding claims	15,336,536	17,378,491
Property and equipment	627,329	815,822
Other assets	3,698,897	4,210,649
Total assets	92,253,957	98,310,321
LIABILITIES, PARTICIPANTS' FUND AND SHAREHOLDERS EQUITY		
Liabilities		
Technical reserves	60,928,211	61,454,491
Payable from takaful and retakaful companies	2,882,928	4,031,084
Other liabilities	9,058,288	8,722,788
Total liabilities	72,869,427	74,208,363
Participants' fund		
Accumulated deficit	(40,785,437)	(35,123,196)
Foreign currency translation reserve	304,659	400,876
Total of participants' fund	(40,480,778)	(34,722,320)
Equity		
Share capital	58,000,000	58,000,000
Statutory reserve	1,288,932	1,288,932
Investment fair value reserve	2,079,656	2,142,759
Foreign currency translation reserve	(801,924)	(960,577)
Accumulated losses	(8,538,533)	(9,405,523)
	52,028,131	51,065,591
Non- controlling interest	7,837,177	7,758,687
Total shareholder' equity	59,865,308	58,824,278
TOTAL LIABILITIES, PARTICIPANTS' FUND AND SHAREHOLDERS EQUITY	92,253,957	98,310,321

INTERIM CONSOLIDATED STATEMENT OF PROFIT OR LOSS

In United States Dollars ('USD')	Six months ended 30 June	
	2017 (reviewed)	2016 (reviewed)
Income		
Wakala fee	5,360,467	3,894,548
Investment profit income	222,902	274,814
Mudarib share	22,387	50,574
Other income	129,710	105,709
Total income	5,735,466	4,325,645
Expenses		
General and administration expenses	4,828,510	4,706,859
Total expenses	4,828,510	4,706,859
Profit / (loss) for the period before contribution to KFAS	906,956	(381,214)
Contribution to KFAS	(1,147)	(2,128)
Zakat	(1,278)	(2,364)
NET PROFIT / (LOSS) FOR THE PERIOD	904,531	(385,706)
Profit attributable to:		
Share holders of the parent	866,990	(455,292)
Non-controlling interests	37,541	69,586
NET PROFIT / (LOSS) FOR THE PERIOD	904,531	(385,706)

The Board of directors have approved the interim condensed consolidated financial statements.

INTERIM CONSOLIDATED STATEMENT OF PARTICIPANTS' REVENUE AND EXPENSES

In United States Dollars ('USD')	Six months ended 30 June	
	2017 (reviewed)	2016 (reviewed)
Contributions		
Gross contributions	29,542,823	36,444,095
Retakaful share of gross contributions	(7,305,998)	(18,199,925)
Retained contributions	22,236,825	18,244,170
Unearned contributions adjustment	(3,253,325)	2,667,792
Net earned contributions	18,983,500	20,911,962
Policy issuance fee	321,329	326,165
Policy acquisition costs	(1,508,334)	(2,061,459)
Re-takaful discount	1,361,771	1,951,972
Net acquisition costs/ discount income	174,766	216,678
Unearned acquisition costs / discount income adjustment-net	(154,623)	(131,340)
Net earned acquisition costs / discount income	20,143	85,338
Net earned takaful revenue	19,003,643	20,997,300
Claims		
Gross claims paid	17,631,631	21,291,328
Retakaful share of claims paid	(3,140,105)	(4,843,968)
Change in Outstanding claims - gross	948,956	442,234
Change in Outstanding claims - retakaful share	2,122,005	(1,728,111)
Transfer to technical reserves	-	(276,607)
Net claims	17,562,487	14,884,876
Net earned revenue over net claims incurred	1,441,156	6,112,424
Wakala fee	(5,360,467)	(3,894,548)
General and administrative expenses under mudarib model	(1,811,993)	(1,963,390)
(Deficit) / Surplus from takaful operations	(5,731,304)	254,486
Profit income	155,842	609,719
Mudarib share	(22,387)	(50,574)
Other expense	(64,392)	(59,216)
(DEFICIT) / SURPLUS FOR THE PERIOD	(5,662,241)	754,415

INTERIM CONSOLIDATED STATEMENT OF CHANGES IN SHAREHOLDERS' EQUITY

In United States Dollars ('USD')	Share Capital	Statutory reserve	Foreign currency translation reserve	Accumulated losses	Investment fair value reserve	Total	Non-controlling interest	Total equity
2017								
Balance at 1 January	58,000,000	1,288,932	(960,577)	(9,405,523)	2,142,759	51,065,591	7,758,687	58,824,278
Profit for the period	-	-	-	866,990	-	866,990	37,541	904,531
Other Comprehensive income	-	-	158,653	-	(63,103)	95,550	40,949	136,499
Total comprehensive income for the period	-	-	158,653	866,990	(63,103)	962,540	78,490	1,041,030
Balance at 30 June	58,000,000	1,288,932	(801,924)	(8,538,533)	2,079,656	52,028,131	7,837,177	59,865,308
2016								
Balance at 1 January	58,000,000	1,288,932	(853,230)	(9,219,141)	110,015	49,326,576	6,781,635	56,108,211
Loss for the period	-	-	-	(455,293)	-	(455,293)	69,588	(385,705)
Other Comprehensive income	-	-	103,613	-	473,668	577,281	247,406	824,687
Total comprehensive income for the period	-	-	103,613	(455,293)	473,668	121,988	316,993	438,981
Balance at 30 June	58,000,000	1,288,932	(749,617)	(9,674,434)	583,683	49,448,564	7,098,628	56,547,192

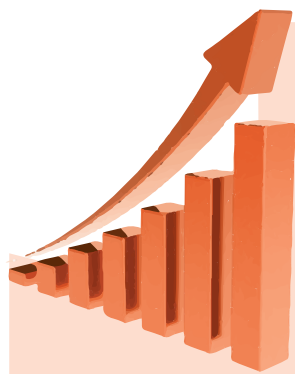
INTERIM CONSOLIDATED STATEMENT OF CHANGES IN PARTICIPANTS' FUND

In United States Dollars ('USD')	Accumulated deficit	Foreign currency translation reserve	Total
2017			
Balance at 1 January	(35,123,196)	400,876	(34,722,320)
Deficit for the period	(5,662,241)	-	(5,662,241)
Foreign currency translation reserve	-	(96,217)	(96,217)
Balance at 30 June	(40,785,437)	304,659	(40,480,778)
2016			
Balance at 1 January	(33,538,014)	346,281	(33,191,733)
Surplus for the period	754,415	-	754,415
Foreign currency translation reserve	-	(24,536)	(24,536)
Balance at 30 June	(32,783,599)	321,745	(32,461,854)

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COUNTRY/CURRENCIES	BUY	SELL
AUSTRALIA	0.3085	0.3060
BANGLADESH	0.00476	0.00466
CANADA	0.3155	0.3122
DENMARK	0.0637	
EGYPT	0.0234	0.0217
EURO	0.4578	0.4553
HONGKONG	0.04971	0.04931
INDIA	0.00607	0.00592
INDONESIA	0.00003056	0.00002914
IRAN TUMAN	0.000323	
IRAQI DINAR	0.000304	
JAPAN	0.00355	0.003483
JORDAN	0.5350	0.5354
KOREA	0.00038547	
KUWAIT	1.249	1.249
MALAYSIA	0.0922	0.0922
NEW ZEALAND	0.2791	0.2792
NORWAY	0.0503	
NEPAL	0.00395	0.00369
OMAN	0.98014	0.98301
PAKISTAN	0.00379	0.00358
PHILIPPINES	0.00763	0.00739
QATAR	0.2831	0.10376
SAUDI ARABIA	0.10058	0.10066
SINGAPORE	0.2852	0.2832
SOUTH AFRICA	0.03000	0.02990
SRI LANKA	0.00274	0.00247
SWEDISH	0.0505	
SWITZERLAND	0.4012	0.3982
SYRIA	0.001740	0.0017
TAIWAN	0.013100	
THAILAND	0.011620	0.011620
TURKEY	0.1162	
UNITED KINGDOM	0.5187	0.5158
UNITED ARAB EMIRATES	0.102500	0.102840
UNITED STATES OF AMERICA	0.37790	0.37800
YUAN	0.056800	0.056800

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GULF INTERBANK RATES

COUNTRY	1 US DLR	1 UK STG	1 SFR	100 YEN
BAHRAIN	0.3770	0.5738	0.3937	0.3441
KUWAIT	0.2855	31.2834	0.2982	0.2606
OMAN	0.3849	0.3685	0.4020	0.3513
QATAR	3.6420	3.4872	3.8037	3.3238
UAE	3.6730	3.5169	3.8360	3.3521
SAUDI	3.7500	3.5906	3.9164	3.4223

Top experts, officials to speak at 8th GPCA fertiliser convention



Charlotte Hebebrand
Manama

Some of the world's leading experts in the fertiliser industry will be in Bahrain to take part in the 8th Gulf Petrochemical and Chemical Association (GPCA) Fertiliser Convention.

The event, from September 26 to 28, being held at the Ritz Carlton Bahrain Hotel and Spa, will also host leading industrial leaders from the Gulf and beyond.



Khalid Al Madifar

Participants will discuss important issues, including the potential impact of changes in fertiliser trade, key factors of future growth, and topics related to creating a stable environment, re-create global distribution channels, and link innovation to business.

It will also showcase the latest and most important regional and global technological developments in the industry.



Dr. Abdulrahman Jawahery

The conference is being organised under the patronage of Minister of Oil Shaikh Mohammed bin Khalifa bin Ahmed Al Khalifa, who will speak on the support of governments in the Gulf for the fertiliser industry and help them overcome challenges and to counter instability.

Gulf Petrochemical Industries Company (GPIC) President Dr. Abdulrahman



Shaikh Mohammed Jawahery

Saudi Arabian Mining Company (Ma'aden) Chief Executive Officer Khalid Al Madifar, Secretary General of the International Fertiliser Industry Association (IFA) Charlotte Hebebrand; National Chemical Information Advisory Centre Chief Executive Officer Peter Huang and Maire Tecnimont Innovation Centre Vice President Robert Sumlders will address the delegates.

Gulf Air goes Daily to Istanbul

Gulf Air will introduce a permanent increase to its Istanbul service with daily flights on the route effective early November 2017. Launched in 1986, Istanbul is one of the airline's main tourist destinations with growing numbers of passengers from Bahrain and the GCC throughout the year.

"Gulf Air's Istanbul route performance to date has been promising with consistently strong passenger demand throughout the year,"

Captain Waleed Abdul Hameed Al Alawi,
Gulf Air's Deputy Chief Executive Officer

Cool Trends

CONNECTS
42 CITIES

Operating double daily flights or more to 10 regional cities, Gulf Air provides excellent connectivity for passengers travelling to/from Istanbul with connections to various cities in the Middle East, Indian Subcontinent and Asia. The airline's network currently serves 42 cities in 25 countries spanning three continents.

Book online

Gulf Air flights can be booked online at gulfair.com or through 24 hour Worldwide Contact Centre on (+973) 17373737, or any Gulf Air sales offices and approved travel agencies.



London parrot does online shopping by mimicking owner

London

A pet parrot managed to place an online shopping order by mimicking its owner on a voice-controlled smart speaker, a British newspaper reported yesterday.

Buddy the parrot ordered a £10 (\$13.50, 11.50 euro) set of gift boxes via Amazon's Alexa voice-controlled system, The Sun reported.

The mystery order triggered an inquest in Corienne

Pretorius's house in southeast London, but after ruling out her husband and son, she figured out Buddy was to blame after hearing him interact with the speaker.

"I couldn't believe it when I realised that Buddy had made an Amazon order," the South African said.

Users can shout commands to the Amazon Echo speaker to access a host of services. It responds to the name Alexa.

Footage on the Sun's website shows the parrot squawking "Alexa!" and the device next to his cage lighting up blue, indicating that it is listening for commands.

"Buddy said 'Alexa' and some gibberish, and the machine replied, 'What is it you want to order?'" Pretorius said.

She thought nothing more of it until she got a notification that an order had been placed

for some golden gift boxes.

"I laughed out loud because I knew then that it was Buddy."

Amazon said customers were asked to confirm a purchase by saying "yes", and the settings can be adjusted to turn off voice purchasing.

"Buddy is hilarious. We have a cat and he mimics that, too. He is such an attention-seeker. He also swears in Afrikaans. When we go to bed, he says, 'goodnight'," his owner said.



Corienne shows off the packages ordered by Buddy

EXPO

Nass Marine Services Co. is participating in the upcoming Seatrade Offshore Marine & Workboats Middle East in Abu Dhabi National Exhibition Centre between 25th and 27th September 2017.

companies to showcase in Abu Dhabi event

Bahraini

An artistic, 3D visualization of the new Nass Marine Services Co. facility to be opened in 2018.



More capacity

The specialised builder of vessels and barge is set to open the new facility in the year 2018 which will increase its annual building and repair capability to 40 barges and vessels instead of the current eighteen, in addition to providing maintenance, periodic repair and upgrade services to all customers.

“

This is going to be our first participation since expansion has started, and we are thrilled to demonstrate our future capabilities in the new facility,”

David McKay,
General Manager of Nass Marine Services Co.

Tailor-made

The in-house design office can provide standard design projects, as well as tailor-made constructions to meet any client specifications.

Nass Marine

Nass Marine Services Co. was established in 2006 and has the organisational infrastructure to deliver projects on time and within budget. The Company's skilled workforce of 400 craftsmen can build barges and the 520 - 700 ton-capacity, up to 70 meters long Marine Jetty for Mooring and Repairs.

eTransfers on the rise in Bahrain



Manama Bahrain's

Electronic Fund Transfer System (EFTS) has witnessed a remarkable growth in the first half of 2017, recording a noticeable increase in the number of transactions made through Fawri+, Fawri and Fawateer systems, according to a report by the Central Bank of Bahrain.

EFTS, launched on 5 November 2015, accommodates customer fund transfers within local banks through smart phones, computers or tablets. The facility allows retail bank customers to instantly transfer funds, throughout the day, from their bank accounts to recipient accounts in any other bank in just 30 seconds.

The number of Fawri+ transactions amounted to

approximately 153 thousand, worth about BD37.9 million during the first half of 2017, a growth of 211pc when compared to the value of transactions during the first half of 2016. "Fawri+" allows users to transfer a maximum total amount of 1,000 Bahraini Dinars per day.

The number of Fawri transactions was 2.4 million, worth about BD4.6 billion during the first half of 2017, which was a growth of 44pc compared to the value of transactions during the same period of 2016. "Fawri" allows transferring funds to a single or multiple recipients, such as payment of salaries, within the same bank business day or future date.

As for Fawateer, the number of transactions was around 553.2 thousand, worth about BD29.7 million during the first half of 2017,

a growth of 458pc compared to the value of transactions during the same period of 2016. "Fawateer" service allows customers to pay their bills through an efficient and fast system. This service aggregates all the outstanding bills from different billers in order for the customer to pay these bills in one transaction within 30 seconds.

Commenting on the growth, Shaikh Salman bin Isa Al Khalifa, Executive Director of Banking Operations at the Central Bank of Bahrain, said: "The central bank's policy is to continuously develop all banking transactions by introducing the latest technologies in the field of payment and settlement systems, in order to significantly benefit the local economy."

The Central Bank of Bahrain in collaboration with the BENEFIT COMPANY has initiated the systems.

BIC and Think Pink attempt Guinness Record for charity

Manama Bahrain International Circuit (BIC) hosts on Saturday at 3pm, one of the biggest charity initiatives ever to take place on the island.

In cooperation with Think Pink Bahrain, a Guinness World Record will be attempted as the community comes together to build the largest pink chain ribbon which aims to help raise

breast cancer awareness to a whole other level in Bahrain and across the Gulf.

With the aim of reaching 10kms overall and with each piece of ribbon measuring 20 inches, over 60,000 pieces combined will be needed to achieve the complete distance.

Saturday's event marks the first national scale community initiative in the Kingdom - with both

individuals and corporate entities participating together. It not only raises awareness for breast cancer but it also donates to the Bahrain Breast Cancer Society.

Think Pink Bahrain is calling on societies, community groups and individuals to support this attempt. For more info, visit www.bahraingp.com or call the BIC Hotline on +973-17-450000.

Raspberry and Brownie Trifle

Prepare with raspberries, strawberries, chocolate brownie, chocolate chips, cashews and whipped cream, this trifle recipe is super-awesome with which you can also impress your loved ones. Try it!



Easy desserts within 30 minutes

No meal is complete without dessert, so end your day on a sweet note with these quick and easy dessert recipes. Sometimes, going the easy way is better than preparing complicated recipes. It takes less than 30 minutes to prepare some of these mouth-watering recipes. Try from this collection of some amazing, drool-worthy desserts which includes Microwave Chocolate Pudding, Nankhatai, Frozen Brownies, Nutella Cheesecake Shooters and Nutty Chocolate Balls. Try these delectable dessert recipes and thank us later!

Peanut Butter and Banana Ice Cream

Peanut Butter and Banana Ice cream is a dairy-free dessert recipe that you can prepare for your family and friends anytime in summer season, and it would be loved by all!



Frozen Brownies

For all the chocolate lovers who can never get enough of chocolate, Frozen Brownies is the most desirable dessert recipe. This easy-to-make recipe is made with dark chocolate, condensed milk, butter, digestive milk, mixed dry fruits.



Nankhatai

Nankhatai is a super-delicious and buttery North Indian biscuits that you can enjoy with a cup of hot tea or coffee. Try this amazingly rich in taste cookie recipe at home and enjoy with your loved ones. (TOI)

Nutty Chocolate Balls

Wondering how to treat your loved ones? Then, try out Nutty Chocolate Balls recipe. It is made with chocolate chips, cocoa powder and lots of nuts which can be an absolute delight for your taste buds.



RECIPES

Caramel Apple Crack

Ingredients

- ▶▶ 1 8 oz. tube crescent dough
- ▶▶ 1 apple, cored, peeled and chopped into 1/2 inch pieces
- ▶▶ 1/2 c. brown sugar
- ▶▶ 1/4 c. cinnamon sugar
- ▶▶ Pinch kosher salt
- ▶▶ 1/4 c. Caramel

Directions

- Step 1.** Preheat oven to 375°. Line a baking sheet with parchment and spray with cooking spray. Set aside.
- Step 2.** Roll out crescent rolls onto parchment. Pinch seams to make one single sheet. Prick all over with a fork. Top with a single layer of brown sugar, doing your best to

cover all over.

Step 3. Top with apples distributing evenly, then sprinkle cinnamon sugar on top. Drizzle caramel on top. Bake until golden, 22 to 25 minutes.

Step 4. Let cool completely before slicing into pieces and serving. (delish)



Weekender



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LOUNGE IN PALATABLE WONDERS



PAGE 11

WHEN 'TALENT' OUTSHINES 'DEGREES'



PAGE 12

RIHANNA, WE LOVE YOU BUT WHAT IS THIS???



PAGE 14

WEEKLY WELLNESS WITH SONIA AND MO



SUMMER CASSEROLE

PAGE 15

Lady with a big heart & food buckets

One of the hard-hitting realities we need to face right now is how dogs continue to be neglected when it comes to a permanent solution for their welfare and health; however from this unfortunate situation, what needs to be applauded is how compassionate and persistent welfare programs from various NGO's have also taken form and come into the limelight.

With so many people involved in social welfare of animals, especially strays, where they are leading a miserable life, the ability to singlehandedly take gigantic steps to ease their suffering is commendable. Alise Lappo is one such person. Having begun as an intern under Fathiya Al Bastaki, who herself is in this noble field with her initiative called 'Bahrain Strays' on Facebook, served as an inspiration for Alise in treading the path of social cause for dogs. Her love for dogs drew her attention towards strays, which were deprived of love and affection. Initiating her welfare task, she found a pack of strays in areas like Sitra, Tubli and Salmabad. Treating, caring, loving, feeding and stroking 300 dogs affectionately isn't easily done, but passion had lead the way. Lappo says, "Treating 300 dogs alone



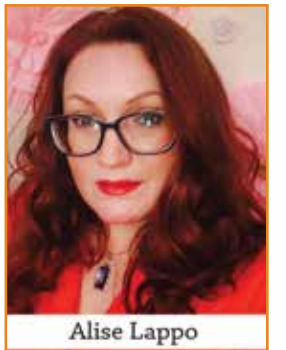
and that too in a day requires commitment and even though feeding them takes me 6-7 hours which I solely do on my own as nobody is there to help me out, I continue to do so because of my passion and love for these poor souls."

The first step that needs to be taken is nourishing the strays and focusing on their health check. "They are taken to hospitals whenever there are ticks. However feeding is a regular task and they are fed three times a week with leftovers from restaurants, along with chicken from Burger land, generously provided free of cost," says Lappo. She also mentioned about the hospitals that are conducting surgeries free of cost and this initiative is in fact helping in reducing the sufferings of the strays.

Food, which serves as the savior for them, at times becomes difficult to cater, owing to the territories they own in different locations. "People who want to offer any leftovers can contact me; they can even donate bottles of Laban, 20ml shampoo or dry fruit packets, these can serve as an excellent method for storing leftovers," the social worker said.

Looking back at how 30 dogs were poisoned in old Sitra last year, under the fear of contraction of ticks and rabies, Alise stated how spreading fear about these creatures amongst the public is creating immense nuisance and will further dampen the efforts to relieve their suffering. They are the beautiful creations of the Lord and one should extend their hand of friendship instead of fearing them. By doing so, one will definitely get to see the loving side of the strays and understand their condition."

For those who wish to help Alise in her daily efforts to feed them or would like to donate containers for food distribution, can call her on 39433899.



Alise Lappo

Open Call for Artists in Bahrain!

Bahrain Authority for Culture & Antiquities is setting the stage for the Fine Arts Exhibition to be held in the beginning of 2018, announcing an open call for local and Artist in Residence to register and take part in this annual event.

In its 44th edition, the exhibition is open to all artists living in the Kingdom both national and international, living as artist in residence, regardless of tendencies, their styles and schools of thought. Bahrain Annual Fine Arts Exhibition continues its conquest of the traditional visual boundaries and transcends limits by mixing colours with thoughts, brushes with love of the open-ended spaces. BACA invites artists to submit their different their artworks that could include any of the following: sculpture, oil-painting, graphics, photography and all types of painting styles. Since its inception in 1972, it has always attracted young talented and creative artists given its splendid art treasures. During the Annual Fine Arts Exhibition, the art community gathers to present their finest work, uninhibited by a subject or theme, showcasing a colorful display of styles, techniques, through different mediums of expression. Thus, the exhibition has become is a dialectical image not because it immobilizes time but because it captures the unity of past and future in a mobile present.



Artists may submit applications for participation only by filling in the online form on Bahrain's Authority of Culture and Antiquities' website www.culture.gov.bh. It is now a requirement that each artist should upload an image of his artwork/s when registering for the competition online. For more information, email: fineart@culture.gov.bh. Registration is open until 15 December 2017

YOU CLICK IT - WE FEATURE IT!

WEEKENDER'S CITIZEN JOURNALIST PROGRAMME



Drooling over a 'Spanish Paella' at La Vinoteca Barcelona

By Sanchali Roy

send your entries to editor@weekender.bh show us the island through your lens

meanwhile not in Bahrain

JAPAN BAGEL HEAD INJECTIONS

What all do people don't undergo, as to what they think, will make them look 'beautiful'? Different places have different beauty rituals, where one considers them 'useful', and others 'weird'. What may appear to be eccentric, it is considered to be the most sought after in Japan. Bagel Head Injection, which is injecting saline in the forehead and pressing in the swollen area of the thumb, is a practice, which lasts only for 16-24 hours, after which the forehead reduces back to its normal size. This practice has resulted in the fans of this procedure enjoy 'saline parties', though 'bagel heads', show up even in fetish parties.



MILAN, ROME SMILE PLEASE

Won't life be beautiful if one came across smiling faces wherever they went? Won't every moment be exciting, if 'smile' was the ultimate thing in life? This is bound to be true in Milan, as one will need to smile most of the time to avoid a fine. The Italian Metropolis has initiated a ban on frowning, and it is a legal requirement to smile all the time, except during funerals or hospital visits. So, if one steps in Milan, they will have to follow the rule of 'SMILE PLEASE'.



SPAIN LLORET DE MAR

DISASTER CAFÉ: Earthquake is one such disaster, which people dread to experience. The unusual moment it strikes one, not just spreads fear, but also stills the mind, which leaves one unthinkable, as to 'what should we do now'? But, if earthquake strikes, whenever you snack, and that too in a particular spot, how would the reaction be? Disaster Café, as the name suggests, is a café, where one experiences earthquake at a magnitude of 7.8, while enjoying their delicacies. Though it is shut, the reviews given by people about their experience, it is mostly positive.



FOREVER HOME HOPEFULS

Ready to take them?



Every week, Weekender, in collaboration with the Bahrain Society for the Prevention of Cruelty to Animals (BSPCA), will showcase two adorable fur babies from BSPCA who are on the lookout for a forever home. Let's make this world a better place by adopting, not shopping. Call 17591231 or visit the Animal Welfare centre to know how you can take one home today! For more updates, follow @BSPCA on social media.

MANGO

TYPE: DOG
BREED: MIX
COLOUR: WHITE
SEX: FEMALE
AGE: APPROXIMATELY 3 YEARS AND 10 MONTHS

Mango arrived a very timid puppy at our shelter over 3 years ago and initially was brought over for our CNR programme. It took her a while to gain some confidence and now welcomes all and wishes someone would soon notice how much of a confident and loving girl she has become. Mango is neutered, tick treated and fully vaccinated.



FELIX

TYPE: CAT
BREED: DOMESTIC SHORT HAIR
COLOUR: WHITE AND BLACK
SEX: MALE
AGE: APPROXIMATELY 6 MONTHS

Cicek is an adorable girl. She loves to be fussed over and is full of character. Cicek loves her toys and is always ready for a game or a cuddle. She took her name from a Turkish volunteer who said it means flower. Cicek is neutered and fully vaccinated.



Night Out

WHAT: CALEXICO TACO TUESDAY/ LATIN SESSIONS
WHEN: 19TH SEPTEMBER, 2017- 24TH APRIL, 2018
WHERE: CALEXICO, ADLIYA

Enjoying evenings, which is accompanied by Music, makes a tiring day more relaxed and peaceful. Calexico Taco gives a different experience, where one will definitely fall in love with the ambience and happenings. So, trace your footsteps towards Calexico, and have a wonderful night!



WHAT: HAPPY HOUR AT B28
WHEN: 24TH JULY, 2017- 31ST DECEMBER, 2017
WHERE: B28- 28TH FLOOR AT SWISS BELHOTEL, SEEF, BAHRAIN

Having a happy hour, not just on weekends, but every moment and every second, is a dream come true for everyone. B28 comes to one's aid over here. Experiencing 30% discount on beverages, B28 gives one not just a happy, but a unique feeling, which will definitely make one go back, and make their hours 'Happy Happy'.



WHAT: THE COOKOUT PARTY
WHERE: SOFITEL BAHRAIN ZALLAQ THALASSA SEA & SPA
WHEN: ONGOING

Enjoy live barbeque right by the venue's private beach with your favourite beverages, chill out music by the mystery guest DJ and a relaxed ambience to set the mood for an epic weekend. Starting from 21st September, join Sofitel for their very first BBQ Beach Bar experience from 7pm onward and have fun at the island's most élegant cookout party. The BBQ Beach Bar is free to access for everyone from 7pm onward. For anyone that wishes to use the pool and beach facilities before 7pm, they would have to pay for the regular pool and beach pass (BD30 on weekends and Bd20 on weekdays).



Eating Out

WHAT: UNLIMITED SHRIMPS EVERY TUESDAY
WHEN: 12TH SEPTEMBER, 2017-31ST OCTOBER, 2017
WHERE: FISH EXPRESS, BUDAIYA

Who does not love feasting on shrimps? Who does not love binging on exotic dishes, which highlights shrimps in different ways, which can be cooked? Fish Express is a blessing for all the shrimp lovers, as one can taste unlimited shrimps every Tuesday, and experience bliss, in the form of flavours, which can be felt, when one shrimp is served inside the mouth.



WHAT: STEAK & WOK!
WHEN: 4TH SEPTEMBER, 2017-30TH SEPTEMBER, 2017
WHERE: FUSIONS, THE GULF HOTEL BAHRAIN CONVENTION & SPA

Food is always an all-time favorite of people, as it not just fills the stomach, but keeps the mood of a person, in a good space. Steak & Wok will give you a unique exposure on different flavours and cuisines. It is all about steak, which is cooked in two ways, and the wok. Available in Fusions Restaurant, one is definitely bound to fall in love with Steak & Wok!



WHAT: 50% DISCOUNT ON SUSHI
WHEN: 25TH SEPTEMBER, 2017
WHERE: FISH EXPRESS, BUDAIYA

Feasting on seafood, especially 'Sushi' is definitely bound to fall into the list of favourites in the food section of people. Who does not love Sushi? Who does not want their tongue to enjoy the pleasure of exotic flavours and ingredients that Sushi is decorated with? Fish Express comes out as a boon, as it offers 50% discount on Sushi, thus giving people a reason to celebrate and rejoice.



When 'talent' outshines 'degrees'

In our everyday interactions, we come across all kinds of people; there are those whose achievements and educational milestones are well-known and acknowledged by all. However there are also those whose talents and aesthetic intuition is not quite out in the public eye, yet it's something to be marveled upon, especially when it defines and shines upon the cultural settings of a country. Judging a person based on how many degrees they have earned, and how their performance has been throughout the academic year, needs to be changed, as there is life beyond what 'bookish knowledge' defines. Craft Industries Development Centre, is one establishment that stands proud due to its authentic handicraft creations, keeping the culture of Bahrain alive. Having a pool talent, especially women, where they project their love on the work assigned to them, definitely makes one thing very clear, "love completely whatever it is that you do".

"Talent is a gift given from God. Though I did not get the opportunity to go to school, recognizing my hidden talent makes me feel very special and unique, not just in the eyes of others, but in the eyes of myself," Laila Hamad Isa told Weekender, as she brushed upon how she has been working in the Craft Industries Development Centre (CIDC), since 1997. She says, "Handicraft was something that always made me feel happy and calm. Training in creating different, but beautiful handicraft items, makes me fall in love with what I do every moment." CIDC appears to be the only school, Laila went to, and the best part about her journey was that she was already into craftwork before being properly trained.



Laila Hamad Isa



Having been taught a variety of things, where she created bookmarks, tissue boxes, among others, the metal 'Al Naqda', which she uses in designing her creations, appears to be the area of her expertise, which has got humungous praise from the buyers as well as onlookers.

"I discovered how good I am at drawing and painting ceramics, making boxes for tea and jewellery, putting henna, and creating craft items out of Al Naqda, which motivated me to do better and better, and preserve the heritage of Bahrain," another member Fadhela shared with us, who has been part of this initiative for the past 10 years.

"Being a proud Bahraini, the changing times possess the capacity to shift the interest of the generation away from the handicraft creations, which is the pride of the country. Every minute, when I sit to create new handicraft items or when I get so much of love and appreciation from people, I get the feeling that I am working hard in preserving the culture of Bahrain." Proficient in henna, she developed her knowledge and today, she supervises two to three ladies, who are also showing signs of never-ending passion for creating handicraft items.

The pride of the island

Jameela who is the backbone of the project started the welfare for women segment of the establishment, where she also provides training for women with special needs, so they can discover their capability of doing great things in life. One interesting creation in process that Weekender team witnessed at the CIDC workshop was the making of paper out of palm leaves. "Palm Tree is the pride of Bahrain," says Imaan, who supervises the team in the creation of papers out of palm leaves. Having joined eight years back, every moment and every second serves as a bliss for Imaan, owing to the fact that she is into the noble act of polishing the handicraft culture of Bahrain. "There are so many people, who are not schooled, but what makes such kind of people unique and different from others is the talent they possess, where their love for their talent makes them above all the degree holders. Nobody is born foolish, nobody is born without talent. Everybody has something hidden within him or her, which needs to be unleashed. Once that is unraveled then no negative thought or energy can stop them from ruling the world," Imaan concluded on a positive note.





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When it comes to looking our absolute, glamorous best, we are spoiled for choice as we hit the malls. The endless brands can seem intimidating and shopping sometimes becomes a humdrum affair. Alas, Weekender has yet again come to the rescue to make your shopping a pleasant experience - we have decided to browse through the most popular and in demand beauty picks, setting the battlefield between two brands you can choose from, having a final verdict on which you should give the cold shoulder and which one should be going home with you. Let the beauty wars begin! This week:

ADD LUSTRE TO YOUR LOCKS

Head and Shoulders Dove

Who does not love their locks? Who does wish their hands to slide down their tresses, where one can feel the smoothness of their strands? Our hair goes through a lot on a daily basis, isn't it? Extreme heat, harsh winds, hard water, unhealthy diet, and what not, destroys the texture of our hair? Mostly, problems crop up, when we put the health of our hair at the bottom, and give importance to those things, which hold no relevance in reality. What exactly makes hair brittle and rough to handle? Oiling the hair and shampooing does not solve all the problems. With a list of shampoos that have come out in the market, what are the ones, which will keep your locks shining and smooth? Choosing the right brand of shampoo, which suits our hair type, goes a long way in protecting the shaft of our hair, and keeping 'bad hair days' at a bay for some period of time.

Head and Shoulders

Head and Shoulders shampoo has over the years established a tremendous customer loyalty in terms of the promises it has stood up on, in clearing hair related issues and protecting the shaft of the hair, by keeping the moisture of the hair intact. Having been introduced in the year 1961, Head and Shoulders basks on the presence of those ingredients, which has guaranteed and will guarantee to keep bad hair day at bay. Shampoos work best, when it is kept on the hair for 1-2 minutes, after the head has been giving hot oil massage. This process is bound to give a unique shine to the hair, which will make one feel the softness of their strands. Starting at BD 1.175, Head and Shoulders is available for solving every hair woes, and it can readily be found in hypermarkets, supermarkets and departmental stores. Overall, Head and Shoulders hits the bull's eye in keeping the scalp clean and moisturized.



Dove

Who does not love Dove? Dove has over the years established itself in giving a unique glow to its customers, which has indeed resulted in the establishment of a strong customer loyalty base. Body Lotion, crème, deo, shampoo and what not? Dove contains the presence of those special ingredients, which not just solves the hair woes, but also nourishes the scalp, thus giving a velvety touch to the locks. As explained earlier, the shampoo works best when it settles for 1-2 minutes on the hair, and it works wonders if a hot oil massage is given to the hair. Starting at BD 1.895, it is available for solving multiple number of problems, and one can find it in hypermarkets, supermarkets and departmental stores. As a whole, Dove races ahead in giving a silky touch to the hair.



And the winner is:

Though both the shampoos are unique in their own way, Head and Shoulders wins the crown in giving a problem free scalp and a healthy look to the locks. Go for it!

Gossip corner



**RIHANNA,
WE LOVE YOU
BUT WHAT IS THIS???**

With another successful collection at New York Fashion Week and the launch of her new beauty brand, Rihanna is seemingly taking over the fashion world. But one particular item that featured in the singer's Fenty x Puma Spring/ Summer 2018 show has left fans very confused. Not everyone was on board with the heeled flip flops that appeared on the catwalk during New York Fashion Week last week - with one person branding them as 'ugly as hell'. Even some of the most committed Rihanna fans were unconvinced, saying they 'support everything' the singer does, aside from the statement heels. The bizarre shoe - which comes in a range of colours - features a thick ankle strap and a block heel, while looking like a classic flip flop at the front. Sure as celebrities they hold the power to influence us readily with whatever they throw at us but sometimes a fine line needs to be drawn and we think it might be a little too soon or too crazy for fashionistas to adapt this new look, just yet. What do you think?



ADORNING GORGEOUS WRIST PIECES

Who does not love watches? Who does not enjoy adorning their left hand with a watch, which not just tells the time, but gives a unique look owing to the way, it has been designed? The unique piece, which started off as a plain looking one, soon came out with exciting designs, which in turn resulted in 'Watch' becoming a strong member of fashion. Available in various and beautiful designs, where some are studded with precious stones and some have a plain look, incorporating watch in your daily life, is definitely bound to increase your fashion quotient and give you a different and a unique look. What appears to run in thousands of dinars, one can easily catch hold of them at a relatively cheaper rate at Bab Al Bahrain, with the same precious stones, which holds value, and makes one stand out of the usual crowd. Every fashionable thing has its own set of benefits, which give it the look of a bracelet rather than a watch. Who does not love bracelets? Though getting hold of them proves to be an expensive affair, if, the watch showcases the time, and its beauty in the form of precious stones, which gives one the feeling of a 'Bracelet cum Watch'. Every fashionable thing is remarkable in its own way, which defines not just one's fashion sense, but their overall personality. Feels different, good different: How boring and clichéd are the watches we keep putting on, or have been doing so in the past? Adorning your left hand, with precious stone watches, is bound to make one stand out of the crowd, where one feels special and adorable. Available in different stones: How jubilant would one feel if the watches were available in Emerald, Ruby, and the list go on. Getting hold of watches as per the colour of your clothes, and its ability to gel on any attire is something that will make one incorporate this accessory in their daily life.



Is your ultimate jewelry piece: How expensive is a jewellery piece? How much do we have to shell to make our party look attractive? Precious stone watches is no less than a jewellery piece, and can be worn anytime of the day, thus making the look more fashionable and attractive.

Available at economical value: Precious stone watches are indeed expensive which may not be affordable for a few. Good news over here is that, it is available at a cheaper rate, where the starting price is BD 70, and the ability to offer good quality is quite commendable and exciting.

So, when are you off to adorn your hands with this mesmerizing accessory?



Lounge in palatable wonders



If there's one thing the Weekender team is good at, it's finding bliss in new pleasurable stances to the taste buds. This island may be geographically small but it serves as an immeasurable haven of delectable wonders that continue to surprise and thrill us. Who does not love binging on a new variety of servings in new spaces? Food itself isn't enough now; the ambience matters just the same and we were delighted and impressed by what The Cacao Lounge and Restaurant, whose stone of inception was laid recently, offered to its fortunate invitees on its opening night.

Cacao Lounge, nestled in the charming and quiet setting of the RUW Corner, provides a unique experience that isn't just limited to what you devour. Surrounded by mystical décor that is completely heightened with mesmerizing paintings of the Victorian era, the lounge isn't your regular eatery; it's a trip to remember. With amazing lighting that hints romance and curiosity, the exceptional paintings, while subtle in color, are interestingly centered on a common theme: food. And that is why we were there too.

The launch set menu had so much to offer; even becoming slightly overwhelming for it was diverse as it was tempting. Everything on the menu stood out and once we started off with the appetizers which included Tatakhi Duo' –a fresh serving of salmon and tuna, we knew this

would be an exemplary dining experience. The equally impressive appetizer combo of arancini, Mac & Cheese Meatballs and the mouth-watering Bread & Cheese Bomb setup the party mode; they are cheesy, and perfectly soft and chewy.

Of course for those who lean more towards green munching, they indulged in the crispness of the Quinoa salad which was a fusion of many tastes that beautifully complimented one another. This included dried cranberries, chickpeas, argula, mint, mozzarella cheese, tomatoes, onions and the lip-smacking dressing by the chef.

The exotic and piquant dishes from the main course were impressive and consisted of ingredients that were pure love; honestly even a sonnet could have been composed on how amazingly all the tastes mingled together. The House Lamb Shoulder was probably the most tenderly cooked and fantastically flavored meat we had ever tasted. It was finely complimented by roasted rosemary potatoes, saffron rice and delicious grilled vegetables that would be appreciated by even those who aren't much of veggie fans.

Aside from that, those who prefer chicken or fish over lamb and meat can opt for the tantalizing serving of Chicken Florentine-which was stuffed chicken breast with spinach and cheese over a creamy mushroom sauce with mashed potatoes and fried leeks. Again, it was a full orchestra in play that gave the dish such perfected textures and flavors. Surely something you would want to keep coming back to. From the stimulating and impressive plating of the 'Salmon in Green Tide', we especially enjoyed the caramelized tomatoes with the butter basil sauce. The Rose Pasta also

didn't just give a tempting look, but also an extraordinary taste due to extra cheese and the presence of oregano sauce.

Chocoholics ...rejoice!

Alas the sweetened highlight of the dining extravaganza has arrived. For a place that is designed to emphasize and offer customers the complete chocolate and cocoa experience, we knew desserts would be artistic revelations and we were not disappointed. Be it the innovative take on Kunafa with the creamy yet light Kunafa Tart, or the unparalleled cheesecake presentations of Baked cheesecake and Brownie cheesecake, we were on cloud nine s we nibbled and savored the goodness of desserts and how their presence completes our life. Cacao Lounge's chocolate offerings are a world of their own and even for those who won't call themselves chocoholics, the full range will appeal to all of one's senses, gifting a full chocolate sensory experience unlike any other.



KUNAFI TART



LAMB SHOULDER



MAC AND CHEESE BOMBS



BROWNIE CHEESECAKE



SALMON IN GREEN TIDE

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Weekly wellness with Sonia and Mo

Weekender teams up with Coaches Sonia and Mo who are here to help our readers on their journey to good health, but in a fun and more realistic way!

Find out more about them at
www.thehealthconscience.com



Starting off with a 'basic stretch'



Let's begin with an introduction of who we are. We are coaches Sonia and Mo. What we love doing is helping people get fit. We've been coaching for the last 5 years; before that Sonia worked as cabin crew and Mo was a management consultant. We exercised whenever we could and we ate as healthy as we could. Somehow it just wasn't enough. Our fitness levels always seemed to fall short of what we imagined. As we delved more in to learning about fitness, we realized that there is an overwhelming amount of information and so much of it is contradictory, like –

- Is jogging good for you or is it bad for the knees?
- Are carbs good for you or not?
- Should women lift weights or not?
- Is breakfast important or can we skip it?
- Is olive oil good for cooking or not?

And on and on...

A simple Google search will leave you with over a million confusing results. How do we filter out the facts? As coaches, we spend hours everyday reading research, checking study results and verifying sources. After all, it's our health that we're talking about here. Most of us don't have the time or energy to do so much analysis. It's our mission to help you get the facts right and make healthier choices. Through this column we will share relevant information that will help you understand your body better and develop healthy habits.

The first step to healthy habits is asking your self this.

Can you name one thing in your life that you can do well if your health is bad?

Can you be a good student?

Can you be a good worker?

Can you be a good parent?

Can you be a good leader?

Can you be happy if your health is bad?

It is obvious that we need good health as much as we need air to breathe.

We must prioritize our health, and that is extremely difficult when we have all of our time committed to so many other responsibilities. We can start by making simple changes in the form of healthy habits. It's the little things that we do consistently which build a foundation of wellness.

So the first tip that we will give you is to stand up. If you are reading this while sitting, you need to stand up, lift your arms up and stretch your hands towards the ceiling or the sky, take a deep breath and then sit back down. Go ahead do it now before you read further.

Feels good right! A simple habit of getting out of our chairs every 20 minutes and doing a basic stretch is all that's needed to improve your spine and back health. It improves blood circulation and gives your eyes a much needed break.

Every week we will bring you information on workouts, nutrition, yoga, meditation, posture and lots more. Till then, keep moving!

SINCE YOU ASKED...

Something troubling your mind? Need some professional guidance? Weekender has collaborated with the finest specialists in town, who shall help in answering your doubts and queries, ranging from relationships to anxiety, trauma, career, health and a whole bunch more. Send your question to editor@weekender.bh (Pseudonym can be used) and our expert will get back to you with the best approach to your problem.



Why is 'back to school' so hard?

Dear Anita.

Since the lazy days of Summer vacations are over, I am looking forward to settling into the school routine but i am finding a hard time in adjusting to that as well since my kids are very much used to the routine of sleeping in late and waking even later. Now I have two cranky kids-preschooler and first grader who don't like to be woken up and they remain gloomy mostly through the day. Please help me on how to get them all excited about school and wake them up all happy and excited.

Natasha J.

Dear Natasha,

Coming back to school can be stressful for children and their parents. Waking up early, preparing school bags, lunch boxes, ensuring everyone has nutritious breakfast, right uniform, clean teeth and seatbelts on. That's pretty much a morning routine in each family and as some of us probably know from experience, we tend to master it throughout the whole school year, 'flying' on autopilot in May or June. Each period of holiday puts us in a relaxed mode: we allow ourselves a bit of laziness, sleeping late and longer than normally. No wonder our bodies are in shock when this blissful time ends and we need to face reality.

That's why it's good to make certain preparations ahead of time in order to enter a new school year smoothly. First of all, about one to two weeks before the school year begins, gradually bring the bed time earlier. This way, it will be easier to adjust, especially for children. Also buy uniforms and stationery supplies ahead of time to avoid long queues in the shops. That's less stress for the parents. Do you recall a last year scenario: a store filled with running and screaming kids, you looking for the size or at least trying to locate a shopping assistant who'd reply to you with panic in their voice 'in a moment Madam'? We don't want to experience that again, right?

But if you came late from holidays or somehow left preparations for the last minute, there is still a chance to survive the first week or two. Talk to your kids. I know they are little, but still, I think it's a good idea to ask them how they feel about returning to school, what they are looking forward to, who they missed. Show them support and understanding, perhaps by bringing up a relevant story from your childhood.

Try to direct their attention to positive aspects of the situation (how grown up they are, friends they haven't seen for a few months, after school activities they love etc.). A reward system could work as well. Include yourself in it. Arrange checklists of things to do every morning (for example dressing up quickly, making a bed, brushing teeth -for kids, making good breakfast, reaching school on time for yourself). Be creative! Laminate the lists so you can tick them off daily and wipe when necessary. Don't forget to reward those who achieved their targets.

Create the right atmosphere. Mornings are usually stressful for everyone but it doesn't have to be like that. Prepare as much as you can the evening before: uniforms, bags, products for breakfast and lunch boxes. Know what you'd be doing and avoid being in rush. Set some energising music in the kitchen and smile! Even if you don't feel like, your brain will record it as happiness. Surely your kids will smile back to you or at least at you when they find you singing along and dancing while making sandwiches in the morning. It's all about attitude!

Last but not least, consider organising a small party after completion of the first week to catch up with your friends. Kids could also invite some of theirs and enjoy playing together in a relaxed environment. Surviving first weeks of school surely deserves a celebration!



Anita Makowska - Al Nabbool is a Psychologist and a Nutrition Psychology Specialist. Her services range from general psychology, through nutrition psychology, consultations for expatriates (difficulties with adaptation in a new country) and organisation psychology (recruitment and career planning). For appointment, call 36722123.



Weekend COOKING



The journey we are undertaking finds its roots far earlier than my childhood, when I helped my mother to bake. In fact we need to go back to 1873 when something occurred that would influence me as a child and throughout my adulthood. It took almost a hundred years for there to be any effect on my life, but that happened when as a child I was allowed to borrow some books from the adult section of a library. The first was 'Around the World in Eighty Days.' The author, Jules Verne, was a great visionary in

his writing, with prophecies of going to the moon, and travelling vast distances under the sea. But it was the journey of Phileas Fogg that first captured my imagination, inspired me to write, and gave me a yearning to travel which is still with me this day.

I am not a professional cook or chef; I am an aircraft engineer by trade, as well as an author of crime fiction. From an early age I had an interest in the preparation and consumption of food (particularly the consumption!), often helping my mother

bake. As I grew older, I tried making my own variations of recipes, sometimes with disastrous results, but on occasion something edible emerged.

So it seemed the most obvious thing to do would be to combine my love of food with my desire to travel, and embark upon a journey of discovery of the foods and people of the world.

Welcome to my 'Around the World in Eighty Dishes.'

*Glen R Stansfield.
Author, biker and nutcase.*

Summer Casserole

FROM THE LAND KNOWN AS GREENLAND

Greenland is the world's largest island (excluding Australia, which is considered to be a continent,) and it is perhaps the world's most inaptly named place too. Over 80% of the island is covered with ice and is second only to Antarctica in terms of the size of the ice sheet. There is much speculation as to how the island came to be named. Some suggest it was an exiled Viking, Erik the Red, who named it Greenland in an effort to get other

Vikings to come and settle, while others think he landed on the southern shores in the summer, when the land is green. Some think it is merely an error in translation from the word "grunt" meaning ground.

The Inuit people are believed to have been the earliest settlers, followed in the late 10th century by the Vikings. It is thought the Vikings cleared away much of the trees and used the land for raising sheep and goats. As would be expected in such a place, the opportunity for growing crops is somewhat limited and restricted to the southern regions. Just when this form of agriculture first took place is unclear. Hunting and fishing would be the primary source of food for both Inuit and Viking alike, although the Vikings had the advantage of regular trade with other settlements.

Many of the recipes from the region owe their origins to the early hunters and fishermen, but have been modified over the years as more ingredients became available with the advent of modern agricultural methods, allowing the growing of crops that would previously have been impossible.



WHAT YOU NEED

- 1kg halibut, or any firm white fish such as cod
- juice from 2 lemons
- 2 tablespoons butter
- 1 large onion, diced
- 1/2 small celeriac, peeled and cut into 2.5cm cubes
- 1 large leek, washed and sliced
- 1 carrot, peeled and diced
- 200ml white grape juice
- 1tbs white wine vinegar
- 300ml fish stock
- 2 egg yolks
- 150ml whipping cream (>35% fat content)
- salt and fresh grated nutmeg, to taste

WHAT TO DO

- Dice the fish then place in a dish, and cover in lemon juice – set aside.
- In a large heavy pan, melt the butter.
- Add the diced onion, celeriac, leek, and carrots.
- Stir until all ingredients are coated with the butter.
- Cover and cook until the vegetables are slightly tender (around 10 minutes.)
- Add the fish, grape juice, vinegar and stock.
- Cover and bring to a simmer.
- Cook for another 15 minutes.
- In a medium sized bowl, whisk together the egg yolks and the cream, adding a pinch of salt. *Take 150ml of the liquid from the pan and stir it into the cream mixture.
- Slowly add the mixture to the pan over the fish and vegetables.
- Cover and cook for a further 5 minutes.
- Remove the lid, season with salt and nutmeg, to taste.
- Serve immediately.



I hope you enjoyed the sixty-fifth of our eighty dishes from around the world. Please join me next time when we visit Iceland.

Nibble picks OF THE WEEK

If there's one thing that completes an exciting weekend, it's a platter full of munchies. Every week, we will be hitting the town to pick out a few nibble choices that'll give you a happy stomach for 2 days.

BUGLES CHIPS

Who does not love munching on chips? Who does not want their tongue to roll in unique flavours, which would make one want, more and more? Bugles, which is rich in corn, gives a unique taste to one, due to its availability in flavors like chilly, ketchup and original and the list goes on. What makes Bugles stand apart, is the fact that, it is fried in coconut oil, which keeps one in good health, and there is no specific brand that stands out. Available in hypermarkets and supermarkets, Bugles serves as an excellent snack partner, where the snack time becomes enjoyable due to its crunchiness and health factor.



PRINGLES

Witnessing potato wafers in a vertical can, is something, which everyone would love to, as it gives one the feeling of more quantity and better quality. Pringles is one perfect snack, not just for junk lovers, but also for health conscious freaks, as pringles is less oily, less salty and very light for the stomach. Available in hypermarkets and supermarkets and, in a variety of flavours where a few to name are, chilly, paprika and original, Pringles hits the bull's eye in making every time enjoyable as well as appreciable, due to its taste and cost factor.



GALAXY RIPPLE

Who does not love chocolate? Who does not wish to keep their tongue dipped in a pool of chocolate? Ripple of galaxy brand, falls into the list of mesmerizing and tempting chocolates, owing to its flakiness and extra chocolate, that oozes, when one bite goes inside the mouth. Available in hypermarkets and supermarkets, ripple does create ripple effect: not to time and sea waves, but to our mind, which will loom in immeasurable positivity and happiness.



EVERYONE IS A WINNER

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Send your answers and your picture to win@weekender.bh

▶ The song "Hips don't lie" is written and sung by whom?

*Three lucky winners, 2 tickets each

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▶ What is the name of the new health column launched this week? (See Page 14)
Send answer to the question to win@weekender.bh.

*Three lucky winners, 2 tickets each

Win two tickets to Adhari park!



Win an exciting day with a friend in one of the most joyful parks in Bahrain.

All you have to do is solve the riddle below and send your entry to win@weekender.bh

▶ I always follow my brother but you cannot see me, only him. You cannot hear him but you can hear me. What are we?

Win Karting Tickets



Want to win 2 Karting Tickets from a very popular venue?

▶ Write a tragedy in one sentence.

Win Water Park Vouchers



The only way to combat this heat, is to enjoy the coolness at Bahrain's biggest water-park. Win water park vouchers to Lost Paradise of Dilmun. Simply answer the following questions:

▶ _____ are the two brands have been pitted against each other in 'Battle of the Brands' column, and on what topic it has been featured on? (See page 13)

▶ _____ is one of the eatables featured in nibble picks this week. (See Page 15)

*Two lucky winners, 2 tickets each

Win Bowling Tickets



Ensure a great weekend by winning two bowling vouchers for one of the best alleys in town.

Simply share with us what is your favourite segment in Weekender and one thing you'll like to see in your favourite weekly.

Send your answers to win@weekender.bh



Scan the code to see the list of winners

NOTE: PLEASE BRING YOUR CPR FOR IDENTIFICATION & THERE IS A TWO WEEK LIMIT TO PICK UP YOUR PRIZE

MOVIES OF THE WEEK

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THE GOLDEN CIRCLE

Colin Firth Julianne Moore Taron Egerton
Mark Strong Halle Berry Ewan McGregor

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CINEMA

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NINJAGO
MOVIE

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Tired of the weekly mundane routine? Looking for excitement, drama, comedy or animation? Scan the QR code below for the full listing of all current movies playing in Bahrain

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MATT DAMON JOINS 'CHARLATAN' TEAM

Los Angeles

Actor Matt Damon will be seen essaying the role of a con-man doctor in "Charlatan".

He will star as John R. Brinkley, a real-life 20th century doctor who conned his patients into thinking that he had discovered the cure to impotence.

The movie marks another collaboration for Damon as a producer with Kimberly Steward, who worked together behind-the-camera on the Oscar-winning drama "Manchester by the Sea", reports *variety.com*.

Steward's company K. Period Media, which she launched in 2013 with a mandate to tell edgy stories, will co-produce the movie with Damon's Pearl Street Films alongside Jennifer Todd.

The independent film is based on a best-selling 2008 non-fiction book "Charlatan: America's Most Dangerous Huckster, the Man Who Pursued Him, and the Age of Flimflam" by Pope Brock. (IANS)

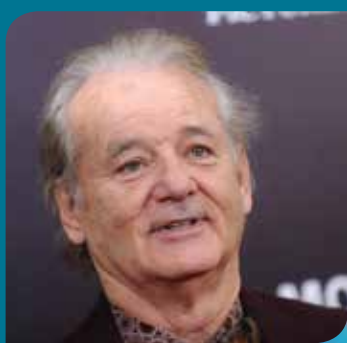
Playing Billie Jean King was challenging

Oscar-winning actress Emma Stone feels that it was challenging to play former world number one tennis player.

While talking at the Red Carpet of the movie, the 'La La Land' star said, "I've never played a real person before and it's, like, this person is an icon and an absolute badass that I could never even hope to be exactly like."

According to a report, the actress also revealed that capturing the essence of was really important to her.

"Capturing the essence was very important to us. It was super challenging, but [King] was so warm and welcoming and open to all of it. She was generous with her story that it made it much easier than if she was like," noted Stone. (TOI)



STARRY Birthday Bill Murray

September 21, 1950

Comedian and actor who was nominated for an Academy Award for Best Actor for his starring role in the 2003 film *Lost in Translation*. His best known films include *Caddyshack* and *Ghostbusters*.

Longoria shares her burger tricks

Los Angeles

Actress Eva Longoria says she knows the secret to make the perfect burger.

Before coming into showbiz, Longoria worked at fast-food chain Wendy's. On "The Rachael Ray Show" on Monday, Longoria showed off her tricks for how to dress the patty, and also revealed how she builds her favourite burger rendition, reports *people.com*. "What we learned at Wendy's was mayonnaise goes on the bun first, to seal the bun, so the bun stays nice," Longoria said. (IANS)



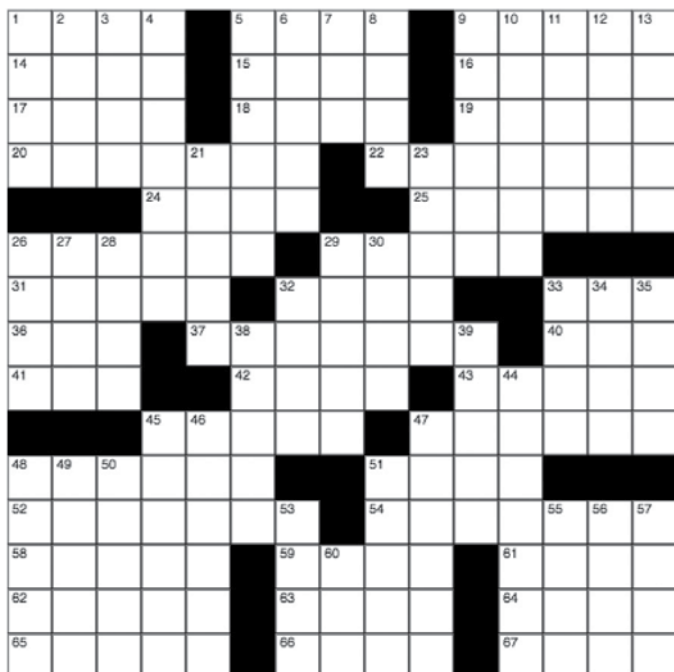
'BLADE RUNNER 2049' WAS A TOUGH SHOOT

Hollywood star Harrison Ford has said that filming 'Blade Runner 2049' was an uphill task for him. The 75-year-old veteran actor said the long hours on the sets of the sequel to the 1982 cult movie made the whole process of filmmaking quite problematic. "Going home in the morning as the sun rose. Fifty nights of rain on the back lot of Warner Bros Studios. It was tough, it was a tough shoot. The hours were long.

"You know, the lighting was complicated and difficult, there was a lot of waiting. There were a lot of complicated, physical issues with the film that... Problems had to be overcome on the day, or on the night," Ford told. (TOI)



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YESTERDAY'S SOLUTION



Across

1 Clam my; 5 Mayberry boy; 9 Packs tightly; 14 Eternally; 15 Coffee servers; 16 Royal; 17 Fair; 18 I did it!; 19 Call to mind; 20 In the place of; 22 Spoken; 24 Shakespearean villain; 25 Pester; 26 Allege; 29 Mindlessly stupid; 31 Garden figure; 32 Diving duck; 33 AOL, e.g.; 36 1972 treaty subj.; 37 Most profound; 40 Costa del ___; 41 Nipper's co.; 42 Hollow grass; 43 Author Calvino; 45 Japanese mushroom; 47 Gory; 48 Pressed; 51 Crystal gazer; 52 Baccate; 54 Sully; 58 Parsley piece; 59 Second hand, took advantage of; 61 ___ time (never); 62 "Love Story" author Segal; 63 Opaque gemstone; 64 Antelope's playmate; 65 Taboos; 66 Cutprice retail event; 67 Black cat, maybe;

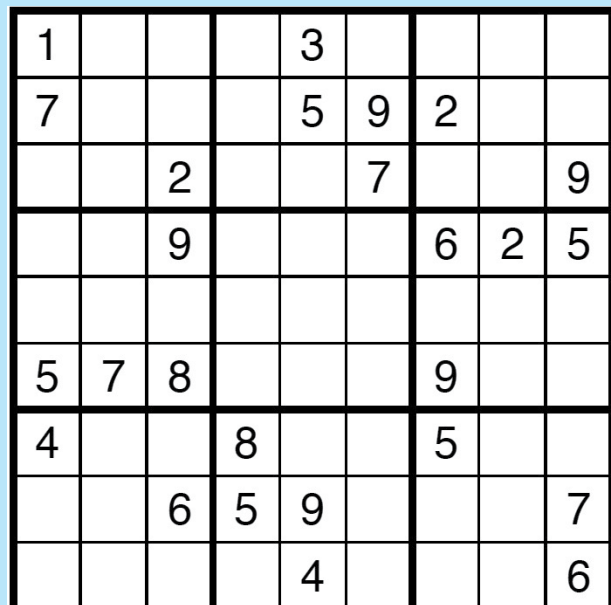
Down

1 He loved Lucy; 2 Mary Kay competitor; 3 Untidy condition; 4 Common isotope of hydrogen; 5 Power problem; 6 Madrid museum; 7 Neither Rep. nor Dem.; 8 Twin in Genesis; 9 King Minos, for one; 10 Venerate; 11 Greek marketplace; 12 Creates; 13 Luges; 21 Alleviated; 23 Melts; 26 Food thickener; 27 "Power Lunch" network; 28 Deep unconscious state; 29 Rock and Roll Hall of Fame architect; 30 Exigency; 32 Look for; 33 Golfer Aoki; 34 Auctioneer's cry; 35 Clever maneuver; 38 Wear down; 39 Floor worker; 44 Violent whirlwind; 45 Physicist Fermi; 46 Equine sounds; 47 Parish officer; 48 "Peer Gynt" playwright; 49 Dupe; 50 Hatch on the Hill; 51 Great bargain; 53 Couples; 55 Tabloid tidbit; 56 Dagger; 57 Word with French or English; 60 Health club;

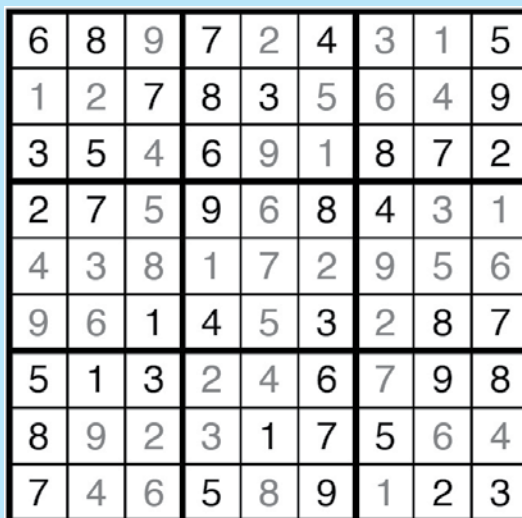
BEETLE BAILEY



SUDOKU



YESTERDAY'S SOLUTION



How to play:

Place a number in the empty boxes in such a way that each row across, each column down and each 9-box square contains all of the numbers from one to nine.

Your star today

(Mar 21st - Apr 20th)



If you're presently romantically involved, you could find that one of you feels very passionate while the other doesn't. Compromise! If you're currently unattached, someone for whom you feel nothing could express an interest in you that's more than friendly.

(Apr 21st - May 21st)



Are you working at home today? This won't make your efforts any less intense, especially if your work involves writing or speaking on the phone. Whatever you're doing will probably seem urgent. You need to do things carefully or you may miss important details or express yourself vaguely. Slow down and don't work too quickly.

(May 22nd - Jun 21st)



A strange letter or phone call could come your way today, and the information you receive could seem rather garbled. It may be good news or bad, or possibly neither, but don't accept it at face value. Somewhere along the line someone has misinterpreted some important information. If what you hear is important to you, check the facts before accepting it as truth.

(June 22nd - July 23rd)



Today is a day in which you need to use logic. You could receive an unsettling and unexpected letter or phone call, perhaps involving money. The person communicating with you is probably operating under a misconception, so don't panic if it's bad news. Talk to people in a position to know the facts before moving ahead with the information.

(July 24th - Aug 23rd)



Your level of concentration generally tends to be strong, but today you could be temporarily at a disadvantage. Your thoughts seem vague and disjointed and you're less able to express yourself clearly and precisely. Make sure the people around you know that. At the same time put in extra effort to make yourself understood or you could cause confusion.

(Aug 24th - Sep 23rd)



Today you might intuit some strange and unsettling thoughts and feelings from a brother, sister, or neighbour. This person isn't likely to want to talk about what's bothering them, even if you express concern. Sometimes people have to work these things out for themselves. Just make it clear that you're available to talk about it and then let it go.

(Sep 24th - Oct 23rd)



Some disconcerting information you receive today from a group you're affiliated with could have you wondering if you have a future with this group. This might be disillusioning for you, but this isn't a good day to make any decisions. Wait a few days and then consider what you heard today objectively and assess its impact. You'll be in a far better frame of mind.

(Oct 24th - Nov 22nd)



Usually your mind is sharp and centred, but today you'll probably feel like you can't think straight. Your thoughts might be vague and disjointed. If there's something you need to do immediately, either make a great effort to focus on the task at hand or get some help. Otherwise, leave major chores or decisions for another day. You'll be your old self again tomorrow.

(Nov 23rd - Dec 21st)



You generally tend to be intuitive, but today your sensitivity might approach the level of an oracle - or seem to! You might have some good luck picking up the thoughts and feelings of others, but your premonitions, while plentiful, are off track. Write them down and check them out later, but don't put any stock in them, at least not now.

(Dec 22nd - Jan 20th)



You may have a very strange and somewhat disturbing dream about a friend tonight. It may wake you up in an unsettled state. Write it down if you can. This might exorcise some of the emotions involved and shed some light on whatever caused you to have the dream. Don't worry! Chances are it's symbolic and not prophetic.

(Jan 21st - Feb 19th)



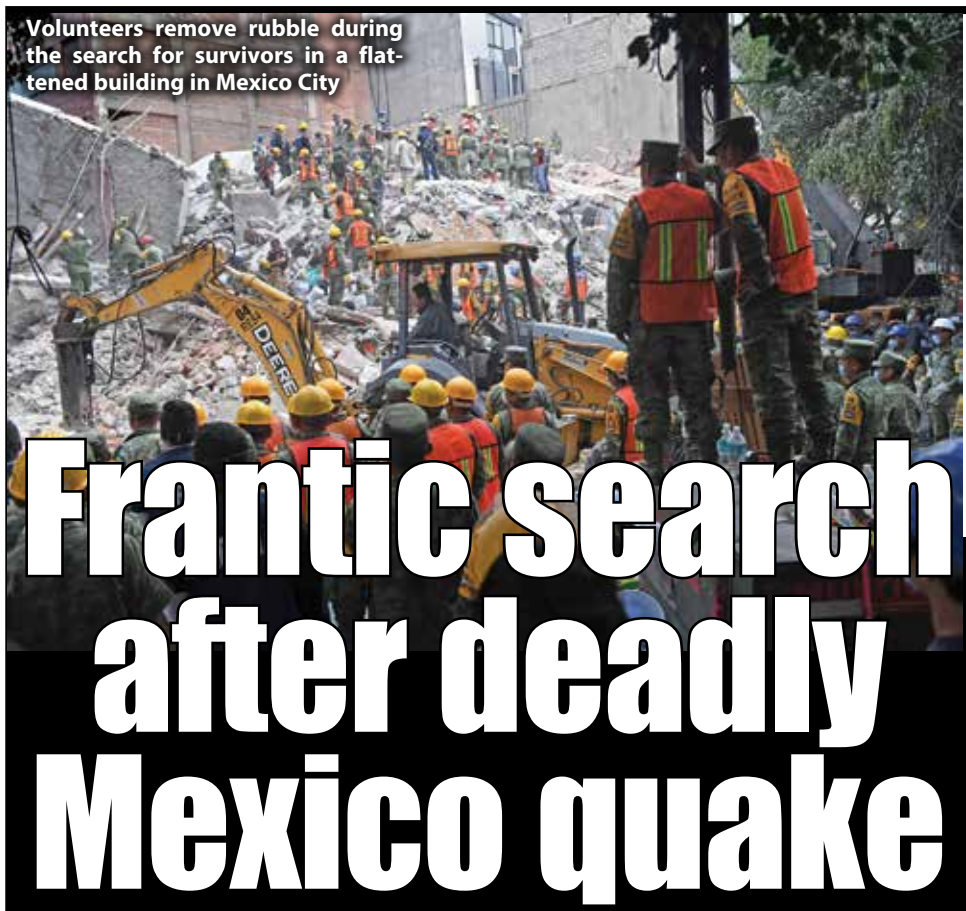
A lack of communication between you and someone close could lead to misunderstandings. This might not seem that important, but sometimes a lack of clarity can lead to bad feelings in the future. Make your intentions clear to everyone. If someone misinterprets anything thing you say, explain it more precisely right then.

(Feb 20th - Mar 20th)



Today you might be so intent on your work that you don't hear what someone says to you. No matter how important your task, take the time to listen and pay attention to what someone tells you, however trivial it may seem now. It might not matter in the end, but it's best to err on the side of caution. Sparring a few minutes now could avoid a serious rift in a friendship.

Volunteers remove rubble during the search for survivors in a flattened building in Mexico City



Frantic search after deadly Mexico quake

Mexico City

Rescue teams kept up a desperate search yesterday for survivors of a powerful earthquake that killed at least 217 people in Mexico on the anniversary of another massive quake that still haunts the country.

Soldiers, police and civilian volunteers worked through the night after Tuesday's 7.1-magnitude quake, hoping to find survivors beneath the mangled remains of collapsed buildings in Mexico City and across a swath of central states.

"The armed forces and federal police will continue working non-stop until every possibility of finding more people alive is exhausted," Interior Minister Miguel Osorio Chong said on Twitter.

The most agonizing search was at a school in the capital where 21 children and five adults were crushed to death, and where at least 30 children were still missing.

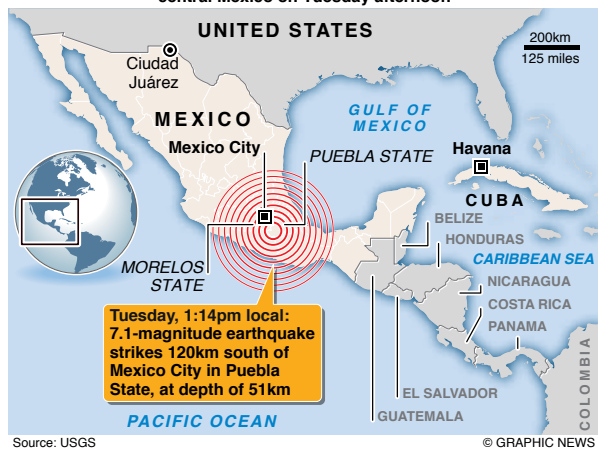
"No one can possibly imagine the pain I'm in right now," said one mother, Adriana Fargo, who was standing outside what remained of the school waiting for news of her seven-year-old daughter.

The nation's attention was fixed on the school, the Enrique Rebsamen elementary and middle school on Mexico City's south side.

Hundreds of soldiers, police and volunteers wrestled with the wreckage through the night trying to extract a teacher and two students found alive beneath the rubble.

Deadly earthquake rocks central Mexico

More than 225 people have died in Mexico City and the surrounding states of Puebla and Morelos after a powerful earthquake struck central Mexico on Tuesday afternoon



President Enrique Peña Nieto, who rushed to the site, warned that the death toll could rise.

Suspicion was already mounting of shoddy building standards at the school.

The three-storey building "ought to have had in-built earthquake resilience," said geoscience professor David Rothery of the Open University in Britain.

"Had it been properly constructed it should not have collapsed, and I expect questions will be asked about whether the appropriate building codes were adhered to."

Nowhere to go

Parks and plazas in the centre of Mexico City were meanwhile flooded with people unable or afraid to return home for the night after the quake caused their walls to sway and crack.

At Parque Mexico, in the swank neighbourhood of Condesa, nervous evacuees set up an impromptu kitchen to serve meals for rescue workers.

The destruction revived haunting memories in Mexico on the anniversary of another massive quake in 1985 that killed more than 10,000 people, the disaster-prone country's deadliest ever.

Tuesday's quake struck just two hours after Mexico held a national earthquake drill, as it does every September 19 to remember the 1985 event.

Adding to the national sense of vulnerability, the earthquake struck just 12 days after another quake that killed nearly 100 people in southern Mexico.

Experts said the two quakes did not appear to be related, as their epicentres were far apart. (AFP)

#PollToday



Do you think Myanmar would ever be ready to take back Rohingyas who fled the country?

Yes No Cant Say



"We have told Myanmar, they are your citizens, you must take them back. But Myanmar is laying land-mines along the border to stop the return of Rohingyas to their homeland."

Sheikh Hasina
Bangladesh's Prime Minister

Rest in sight

Obama begins lucrative job as Wall Street speaker



Barack Obama has begun cashing in on his time in the White House with paid Wall Street speeches less than a year after leaving office.

Third suspect arrested over London attack

British police on Tuesday arrested a third suspect over the bombing of a packed London Underground train which injured 30 people last week.

Amazon reserve already being mined

A huge nature reserve in Brazil's Amazon rainforest that the government wants to open to foreign mining companies already suffers from illegal mining activity, Greenpeace said.

Iran translator mocked for soft-balling speech

An Iranian television translator defended himself after being criticised for soft-balling US President Donald Trump's attacks on Iran in his maiden speech to the UN.

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Iran publicly hangs man for rape, murder of girl

Tehran

A man was hanged in front of cheering crowds in Iran yesterday after being convicted of the rape and murder of a seven-year-old girl which had outraged the nation.

The execution of 42-year-old Esmail Jafarzadeh was shown in an amateur video shared on the state broadcaster's website.

He was hanged at dawn in the square of the small northwestern town of Parsabad, in Ardebil province.

The execution was held in

public "to restore citizens' sense of security and relieve their troubled minds," Ardebil's prosecutor Naser Atabati told reporters.

Seven-year-old Atena Aslani went missing on June 19 after walking away from her street vendor father, sparking huge concern on social media.

Prosecutors said that Jafarzadeh, who was already

the prime suspect, confessed to her rape and murder shortly after her body was found by police in the garage of his house, the judiciary-linked *Mizan* website reported.

Six die in mudslide as rain lashes parts of India



Indian ground staff attempt to remove a plane which became stuck in the mud during overnight rain in Mumbai

Mumbai

Six people were killed yesterday in a landslide in northeast India, while heavy rain in the western city of Mumbai caused havoc after a plane skidded off the runway and became stuck in mud.

Authorities in the remote Himalayan state of Sikkim said the six died when their home was swept away by a landslide following a monsoon deluge.

"Four others have been injured," Sudhakar Rao, Sikkim deputy police chief, said.

On the opposite side of

India, dozens of flights were diverted from Mumbai after a SpiceJet plane overshot the runway late Tuesday amid torrential rain.

All 183 passengers were safely evacuated from the flight from Varanasi after it "skidded off into the unpaved surface" due to wet conditions, the airline said in a statement.

Schools and colleges also closed for the day as a precaution after severe monsoon rain late Tuesday and overnight led to fears of widespread flooding in India's financial capital.

Indian dam collapses a day before inauguration

Patna

India's Bihar state government has ordered a probe into the breach of a canal in Bhagalpur, which led to the cancellation of its inauguration yesterday by Chief Minister Nitish Kumar, and a barrage of criticism from opposition RJD and JD(U) rebel Sharad Yadav.

Nitish Kumar was scheduled to inaugurate the Rs 389.31-crore (\$60

million) Bateswarthan Ganga Pump Canal Project yesterday, aimed at providing irrigation facilities in the state and neighbouring Jharkhand.

The wall broke after being forcefully hit by the Ganga river waters when the pump was switched on for a trial run. Gushing waters entered Kahalgaon, about 3 km from the project site, and inundated areas in an NTPC township. (TOI)

Record victory for Cheroben

DT News Network
Manama

Bahraini runner Abraham Cheroben wins in the International Association of Athletic Federations (IAAF) Copenhagen Half Marathon in Denmark on Sunday.

Cheroben broke the Bahrain national record in a new time of 58 minutes 40 seconds and the third all-time best over the 21.1km distance.

Cheroben smashed the course record in Denmark and just 17 seconds off the world record set back in Lisbon, Portugal in 2010.

Coming in second place was Kenyan Jorom Lumbasi (58:48) with compatriot Alex Oloitiptip (58:51) in third.

Meanwhile, Bahrain enjoyed further success when Eunice Chebichii Chumba recorded a personal best in winning the women's race in one hour six minutes and 11 seconds, which in itself was the ninth fastest of all-time.

Kenyan Joan Chelimo Melly (1:06:25) clinches second place and followed in third by compatriot Brigid Jepchirchir Kosgel (1:06:35).

The event attracted over 21,000 athletes both male and female from many countries around the world.

IAAF's official website



Abraham Cheroben sizzles 58:40 world record

highlighted Cheroben's achievement and performance in the race.

HH Shaikh Khalid bin Hamad Al Khalifa, First Deputy President of the Supreme Council for Youth and Sports and President of Bahrain Athletic Federation has congratulated Cheroben. On the occasion, Shaikh Khalid commended the runner and his accomplishment and his dedication that resulted in achieving the international record, adding that

it will sure add to the various international achievements of the Kingdom of Bahrain in the different sports arenas and strengthen its position among international athletic sports.

Shaikh Khalid expressed pride in the achievement of Cheroben reflecting the improvement and development of the Bahraini sports and athletes and wishing the runner the best of luck in future participations.

Mohammed Abdullateef, Deputy

President of Bahrain Athletic Federation and Director of the National Teams affirmed that the directives, support and patronage of Shaikh Khalid to Bahraini sports and athletes have been a motive for them to spare no effort in competing for advanced places in top international sports events. He said the National Teams Committee will provide support to Cheroben by following a comprehensive plan to prepare him for the upcoming athletic competitions.

Hodgson urges caution despite Palace win



Roy Hodgson (file pic)

London

Roy Hodgson says it will take time for Crystal Palace to get back on track despite securing a much-needed win in the League Cup to end a dismal run of form.

The south London club, rooted to the bottom of the Premier League with five defeats out of five -- and no goals scored -- beat Huddersfield 1-0 in the third round on Tuesday.

In the 70-year-old's second game as manager, they earned their first victory over Premier League opposition since May and were further rewarded by Mamadou Sakho's impressive return. Sakho's return to fitness contributed to Palace's first clean sheet of the season as well as their increased confidence, and came against a team who had defeated them 3-0 on the opening weekend.

But Hodgson, who replaced the sacked Frank de Boer, urged caution despite the third-round win. "The players will understand, like the fans do, that you don't repair the kind of damage we've suffered overnight," he said. (AFP)

Horse Universal organise Workshop

DT News Network
Manama

In line with efforts to develop equestrian sport in the Bahrain, Horse Universal Company organised a special scientific workshop on the basics of horse physical formation.

Delivered by international judges, Mahmood Faraj and Elias Faraj, the event witnessed wide participation from many of those interested in the various equestrian sports field.

Muguruza enters Tokyo quarters

Tokyo

Newly crowned world number one Garbine Muguruza pulverised Olympic champion Monica Puig 6-4, 6-0 yesterday to reach the quarter-finals of the Pan Pacific Open.

Earlier, second seed Karolina Pliskova, who held the top ranking briefly over the summer, crushed Poland's Magda Linette 6-2, 6-1 as the Czech set up a clash with another former world number one, Angelique Kerber.

Wimbledon champion Muguruza recovered from an indifferent start to reach the last eight in Tokyo, the top seed catching fire after a trade of early breaks to rattle off the last seven games.

A booming serve down the middle sealed the first set for the Spaniard, who seemed intent on hitting the fur off the ball in her first match since reaching the top of women's WTA rankings last week.



Garbine Muguruza of Spain hits a return

Muguruza, chasing a third title of the year, roared through the second, a murderous backhand pass giving her a 3-0 lead to effectively kill off any hopes

Puig had of mounting a comeback. The Puerto Rican

fell apart thereafter as her Spanish tormentor turned the screw, bringing the match to a close with an ace after an hour and 14 minutes. (AFP)

RESULTS

Karolina Pliskova (CZE x2) bt Magda Linette (POL) 6-2, 6-1
Anastasia Pavlyuchenkova (RUS) bt Wang Qiang (CHN) 6-4, 4-6, 6-2
Angelique Kerber (GER x7) bt Darya Kasatkina (RUS) 7-6 (7/5), 6-3



(L to R) Austrian tennis player Dominic Thiem, Croatian tennis player Marin Cilic, German tennis player Alexander Zverev, Swiss tennis player Roger Federer and Spanish tennis player Rafael Nadal greet the audience from the stage ahead of the tennis Laver Cup yesterday in Prague, Czech Republic. European players compete against players from the rest of the World during the Laver Cup tournament that runs from September 22-24 (AFP)

Pakistan bans Latif for five years

Lahore

Pakistan cricket's anti-corruption tribunal Wednesday banned opener Khalid Latif for five years and fined him one million rupees (\$9,489) over a spot-fixing case, the second casualty after teammate Sharjeel Khan was banned late last month.

"Latif is banned for five years and fined one million rupees after the proceedings of the case," the three-member tribunal announced.

The 31-year-old has played five one-day internationals and 13 T20Is, the last of which was against the West Indies in Abu Dhabi in September 2016.

Karim Benzema extends Madrid contract



Madrid

Karim Benzema became the latest Real Madrid star to sign a new bumper four-year contract with the European champions to 2021, the club announced yesterday.

"Real Madrid and Benzema have agreed to extend the contract of the player, who will remain tied to the club until June 30, 2021," Madrid said in a statement.

Vice-captain Marcelo, Isco and Dani Carvajal all extended to 2022 over the past week as Real reward key members of the squad that became the first side to retain the Champions League trophy in June. (AFP)

Hogenkamp sails to Korea Open quarterfinals

Seoul

Richel Hogenkamp beat big-hitting Czech Denisa Allertova 6-4, 6-4 Wednesday to reach the Korea Open quarterfinals, as she fights to return to the top 100.

It is the first time the Dutch 25-year-old has reached a quarterfinal on hardcourts and afterwards said she had been focused on keeping her opponent guessing. (AFP)

Juwana crashes out of taekwondo battle

Aidan Payne/DTNN
aidan@dt.bh

Manama

Bahrain suffered another heartbreaking exit yesterday at the Fifth Asian Indoor and Martial Arts Games in Ashgabat, Turkmenistan, when Juwana Mohammed bowed out in the Round of 16 of the women's 62kg and under category on the second day of taekwondo events at the Taekwondo DanceSport Arena.

The 17-year old Bahraini lost out 27-10 to Vietnam's Thi Nguyen Ha and out of the battle for medals.

In the first round, the Vietnamese held a 9-5 points lead, then extended it to 19-9 following a (10-4) second round and finished off in style winning 8-1 in the third round.

It was an emotional outcome for Juwana, whose elder sister Jumana lost out in the quarter finals of the women's under-73kg category on Tuesday, going down to her Philippine opponent Kirstl Alora 17-10 in the quarter-finals.

Bahrain stays on two medals, thanks to Ali Monfaradi and Ahmed Shebeeb, who took the men's under-77kg gold and bronze medals, respectively on Monday.

Action continues today



Shaikh Faisal with the Bahrain Jiu Jitsu team members at a ceremony to honour the team winning gold and bronze medals

on the penultimate day of taekwondo competition, when Walaa Al Doseri, Bahrain's last hope in this discipline heads into her opening women's under-57-kg bout with Chimi Dolma of Bhutan at 7.30am (Bahrain time).

The trio Bahrainis are being coached by Tawfeeq Nuwaiser of Jordan, who earlier described the event is a golden opportunity for his young athletes to acquire more experience, improve their skills and boost their rating globally.

After the completion of taekwondo today, Bahrain's last chance of medal success rests with Adam Batirov in the 70kg freestyle category, when the former Asian champion coached by Mahmood Magomedov is in action on Monday. In total, Bahrain has sent nine athletes in three sports disciplines – Jiu Jitsu, Taekwondo and Wrestling for the 12-day games, being organised for the first time in a Central Asian country and featuring more than 6,000 athletes from 65 nations from

Asia, Oceania and a Refugee team

Meanwhile, Bahrain Royal Equestrian and Endurance Federation president and Bahrain chef de mission Shaikh Faisal bin Rashid Al Khalifa visited Olympic Council of Asia president Shaikh Ahmed Al Fahad Al Sabah, who is also present in Ashgabat.

Both sides had discussions on the games progress and the tremendous success Turkmenistan achieved so far as the first central Asian nation to

host this event.

Elsewhere, Bahrain Olympic Committee general secretary Abdulrahman Askar headed his nation's side at the Olympic Council of Asia meetings held in Turkmenistan's capital on the sidelines of the games.

Shaikh Ahmed chaired the meeting, in which he commended the efforts of Ashgabat in bringing this continental gathering on its home soil as well as the opening ceremony programme, which he described as 'outstanding.'

Dumoulin bags time-trial world title

Bergen, Norway

Dutchman Tom Dumoulin took a stunning victory in the men's time-trial at the world championships in Bergen yesterday.

Slovenia's Primoz Roglic finished second almost a minute back with Tour de France and Vuelta a Espana winner Chris Froome of Britain third.

Four-time world champion Tony Martin could finish only ninth as the punishing final 3.4km climb to the finish of the 31km course penalised the powerful German.

Having finished third behind Bradley Wiggins and Martin in 2014 and second to Fabian Cancellara at last year's Rio Olympics, this was a first major global time-trial title for Dumoulin, whose Sunweb outfit claimed team time-trial gold on Sunday.

"I can't believe it, wow! It's

really amazing, it's such a good day," said Dumoulin.

"I thought the power meter was off because it was so high! I felt really, really good. It started

raining and I had to take the corners really slowly, especially in the climb.

"The back wheel was slipping because I had a TT (time-trial)

bike because I thought it would be dry."

The 26-year-old is enjoying the best year of his career having also won May's Giro

d'Italia, his first Grand Tour success.

The finishing climb to the course in Bergen meant the race favoured good climbers and Dumoulin was expected to face stiff competition from Froome and Rohan Dennis of Australia.

Dennis was second behind Dumoulin at the second and third time-checks but a crash on the slippery, wet course cost him a significant amount of time and he had dropped to 21st by the fourth check.

He recovered to finish eighth but some 1min 37.39sec behind Dumoulin.

Froome, who 10 days ago completed a Tour-Vuelta double, seemed a little off the pace at the beginning. Whereas the roads had been dry half an hour earlier, he was amongst the final group that had to contend with rain. (AFP)



Netherlands' Tom Dumoulin competes during the men elite individual time trial at the UCI Cycling Road World Championships



Perfect start for Barca



Barcelona's Lionel Messi (L) runs with the ball besides Eibar's defender from Spain David Junca (C)

Madrid

Lionel Messi added four more goals to his soaring early season tally as a much-changed Barcelona maintained their 100 percent start to La Liga by routing Eibar 6-1 on Tuesday.

Paulinho and Denis Suarez also netted for the second consecutive game as Barca stretched their lead at the top of La Liga to seven points over Real Madrid, who host Real

Betis on Wednesday.

Barca boss Ernesto Valverde heavily rotated his side for the first time since taking charge with six changes from Saturday's hard-fought 2-1 win at Getafe.

And contrary to their fortunes last season, Barca's back-ups proved Valverde can take the luxury of resting some of his star names with Paulinho particularly impressive on his first start.

The hosts had goalkeeper Marc-Andre ter Stegen to thank early on for not falling behind though as he made a smart save when one-on-one with Sergi Enrich just four minutes in.

Messi opened the scoring in nonchalant fashion from the penalty spot on 21 minutes after Nelson Semedo had been felled by an ungainly challenge from Alejandro Galvez.

Paulinho's 40-million-euro

(\$48 million) signing from Guangzhou Evergrande was one of a series of moves that drew stinging criticism for Barca's board following Neymar's world-record departure for Paris Saint-Germain.

However, after coming off the bench to score the winner at Getafe, Paulinho powered home his second Barca goal from Suarez's corner seven minutes before half-time. (AFP)

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H.H Shaikh Khalid Bin Hamad Al Khalifa

First Deputy President of The Supreme Council for Youth & Sports
President of Bahrain Athletics Association

27 Sep - 06 Oct

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1. ايام مهرجان كريكت

10 Days

Cricket Fiesta

نجوم الكريكت الدوليين

International

Cricket Stars

مشاهير بوليوود

Bollywood

Celebrities

Guest Appearance

M. Azharuddin

Actor

Jackie Shroff

Actor

Sunil Shetty

Actor

Sohail Khan

Actress

Gauhar Khan

Actress

Sana Khan

Actress

Bipasha Basu

Actress

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Singer

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