

DT NEWS

DAILY TRIBUNE

Thursday, August 24, 2017 Issue No. 7483

News of Bahrain

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WEEKENDER EXCLUSIVE FOR DT NEWS SUBSCRIBERS

11th Hour

Palestinians seek Trump pledge before talks

Ramallah, Donald Trump's team must commit to a two-state solution and oppose Israeli settlement construction before the US president's peace push can move forward, Palestinian officials said yesterday. Their comments came ahead of talks on Thursday with Trump aides.



P 02

Al Naem crush Al Dair

Chad shuts Qatari embassy, tells staff to leave

Chad announced Wednesday it was closing Qatar's embassy in

N'Djamena and giving its staff 10 days to leave, accusing Doha of seeking to destabilise the country via Libya. "Given the continued involvement of the state of Qatar in the attempts

at the destabilisation of Chad from Libya, the government has decided on the closure of the embassy and the departure of the ambassador and diplomatic personnel from national territory," the foreign

ministry said in a statement.

"They have been given 10 days in this regard," it said.

It added that the decision was driven by the will to "safeguard peace and stability in the region." Chad, Mauritania

and Senegal recalled their ambassadors from Qatar in June.

They acted after Saudi Arabia, UAE, Bahrain, Yemen and Egypt broke off diplomatic and trade ties with Qatar. -AFP



▶▶ P 24

Rooney retires

Kingdom blasts Al Jazeera

DT News Network Manama

Security authorities yesterday hit out against Qatar's Al Jazeera for falsely accusing Bahrain of human rights violations.

"The alleged human rights organisations that claim systematic torture in Bahrain are unknown and imaginary, besides they lack credibility," state news agency BNA said in a statement yesterday quoting security agencies.

Referring to anonymous human rights organisations that issue anonymous statements, the security agencies said that they lack credibility and are issued for

malicious purposes.

The security agencies said that some of the names mentioned as activists in those reports are fugitives and others are involved in terrorist cases pending trials at Bahrain's courts.

Pledging to take legal action against Al Jazeera and those issuing canards, they said that the charges in the reports are false and baseless and aimed at harming peace in the Bahraini society.

"Adaptation of Al Jazeera channel to malicious reports and dedication to intensively release them indicate that those reports are part of the historical Qatari conspiracy

against Bahrain and its people, and reveal the strong cooperation between the channel with its political agenda and the media sources of Vali-ye-Faqih (Guardian Jurist) against Gulf countries and nationals," they said.

"The security authorities are committed to their duties, including the protection of security and stability. The dispensation of justice are based on the Constitution and the laws.

The UN Human Rights Council was told that all police stations are equipped with CCTVs to monitor all their operations," the authorities said.



P 21

N.Korea reveals missile plans



P 22

Bahrain set to take on Brazil



P 23

De Villiers quits as South Africa ODI skipper

Al Naeem crush Al Dair

DT News Network
Manama

Al Naeem Youth Centre crushed Al Dair Club 9-2 on the third day of the Round of 16 knockout matches in the Fifth Khalid bin Hamad Futsal League for Youth Centres, People with Disabilities and Girls (Khalid 5) at the Khalifa Sports City Hall in Isa Town.

The man of the match was adjudged as Al Naeem's Ali Abdulhassan as his team qualified for the quarter finals.

In the second match, Jidhafs Youth Centre advanced to the quarter finals after coming from two goals down in the first half to edge out Hoor and Gudaibiya Youth Centre 3-2, with the man of the match being Hussain Al Qassab, which saw four yellow cards shown to players of both teams.

Attending the latest matches was Professor Riyadh Hamza, President of the University of Bahrain, who also visited the photo gallery organised on the sidelines of the league.

This tournament is being played under the patronage of HH Shaikh Khalid bin Hamad Al Khalifa, First Deputy President of the Supreme



Professor Hamza greeting players



Titleholders Safrah were eliminated from the league

Council for Youth and Sports and Honorary President of Bahrain Sports Federation for Disabilities and organised by the Ministry of Youth and Sports Affairs and the Media Office of Shaikh Khalid bin Hamad Al Khalifa, under the slogan #Generations_Meeting.

It started on July 24 and continues until September 14 and features 59 teams, divided into 36 youth centres teams, 9 unregistered clubs, 8 teams of people with disabilities institutions and 6 girls teams.



Action between Al Naeem and Al Dair

Al Naeem players celebrating



Jidhafs's Hussain Al Qassab receives man of the match award



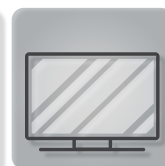
Al Naeem's Ali Abdulhassan receives man of the match award

Today's Schedule:

5pm: North Sehla Youth Centre vs Bu Quwah Youth Centre
6pm: Hamad Town Youth Centre vs Sanabis Youth Centre



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22 to 26 August 2017

9:30 AM - 1:30 PM
4:00 PM - 10:00 PM

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Pakistan family struggling for legal stay in Kingdom

DT News Network
Manama

The descendants of the head of a Pakistani family who passed away on Tuesday after a long struggle for legal stay in the country are in a catch-22 situation. They neither have the documents to go back to Pakistan nor to stay legal in the Kingdom.

Hafeez Khan, the man who struggled for legal stay in the Kingdom since 2013, succumbed to cancer and his body was repatriated to

Pakistan.

"The family had been struggling for a long time to stay legally in the country. They had approached the Pakistan Embassy several times for help as the father had served the embassy for more than 35 years, but they just kept stalling his request," said a man close to the family.

"The family had been going to the Embassy for help since the time the departed man was in coma. Also, the family was pressurized from all sides

and they are clueless as to what to do now as the head of the family is no more. They family is helpless to stay in the Kingdom and lead a better life," the source said.

"All the family now asking is a guarantee to stay legal so that they can be relieved as they have no clue what will happen to them as their sole breadwinner has passed away," the source added.

"It is very unfortunate to hear a situation like this as the person has served the

Pakistan embassy to Bahrain for so many years. We will make sure to work alongside the embassy to ease the problems of the family and do all we can to solve the matter," said General Secretary of the Bahrain Human Rights Watch Society. The embassy officials will do what ever they can to support and help the family, said Murad Wazir, the HOC of the Pakistan Embassy.

Two arrested for extortion

DT News Network
Manama

General Director of Criminal Investigation and Forensic Science yesterday announced the arrest of two men for extortion, impersonating as policemen in Ras Ruman area. The duo extracted money from people, pretending to be police

personnel.

An investigation was launched shortly after the police received information about the incident and the suspects were identified, arrested and the car they used for their crimes was seized.

Legal proceedings are being taken to refer the case to the Public Prosecution.

PM issues edicts

Manama

His Royal Highness Prime Minister Prince Khalifa bin Salman Al Khalifa yesterday issued Edict 12/2017 on amending some provisions of the Executive Regulation of the Civil Service Law promulgated by Edict 51/2012. Under the edict, clauses 1, 6 and 7 of the Executive Regulation of the Civil Service Law were amended. A new

clause, 42 biz, was added to Edict 51/2012. The Civil Service President shall implement the edict which will take effect a day after its publication in the Official Gazette. HRH Premier also issued Edict 13/2017 on amending some provisions of the Payroll table determining salaries and benefits and prescribing conditions for their entitlement for employees who are subject to the Civil Service Law.

Video prompts BHRWS to launch rights campaign

DT News Network
news@dt.bh

Manama

A campaign has been launched by a human rights organization after seeing a new video of a man picking up tomatoes from the trash bin. The person who recorded the video claimed that the man was collecting tomatoes from the trash to be used in food prepared in his restaurant.

"He was searching for tomatoes inside the trash bin to take with him," the voice in the video said.

The video that lasted over a minute showed the man scrounging the garbage bin at a crowded area. Another man helps him pack what they collected from the garbage bin. The video abruptly cuts off as the man recording the video moves towards the men.

The video has been submitted to Bahrain Human Rights Watch Society (BHRWS). The BHRWS has launched an awareness campaign titled 'Be right, Know your rights', to educate citizens about their rights and enable them to take action whenever they see such malpractices.

"We are launching this campaign to highlight the rights of the citizens and to correct wrong practices," BHRWS stated.




A screen grabs from the video

Responding to the video it stated, "We call upon the Ministry of Health and the Ministry of Industry, Commerce and Tourism to investigate and take action".

Last week, a similar video showing several men picking out vegetables from a garbage


bin had gone viral.

The Society urged residents to record videos when they come across any such wrongdoing. To participate in the campaign, one can send such videos to the Whatsapp number 336633882 or 336455424.




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His Majesty King Hamad bin Isa Al Khalifa received Commander of the US Central Command, Gen. Joseph Votel yesterday at Safriyah Palace. HM the King praised the solid long-standing Bahraini-US relations highlighted by joint coordination and coordination in various fields, especially in military and defence



Prime Minister HRH Prince Salman Al Khalifa hailed the strong ties binding Bahrain and Thailand. Receiving outgoing Thai Ambassador Chayapan Bamrunghong at Gudaibiya Palace, HRH the Premier lauded joint cooperation in all fields.



The Ministerial Committee for Legal Affairs has convened a meeting chaired by Deputy Prime Minister Jawad Salem Al Arrayed, to discuss the topics and memos listed on the meeting's agenda. The committee discussed proposed draft laws by the Council of Representatives and the Shura Council to the government and prepared its relevant opinion memos in this regard.

DALLAH  PRESENTS

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A Millennial Perspective

Noor Rana

Humility: The search for a lost virtue.

Over the past few decades, the world has been altered; transformed and seemingly developed in more ways than one can count. Amidst the advancements and the discoveries, whilst we continue to grow, we have found ourselves in decline with regards to areas that we have unfortunately embraced with comfortable acceptance.

Throughout distant years in history, we have faced an abundance of travesties, trials and tribulations; we conquered and we fought, we became one on so many levels, yet found ourselves still separated. But Alas, that is the way of the world. Humanity however, agreed on certain virtues; areas of morality, and blissful existence that became the key to a unified and respectfully peaceful global community. Humility is one such virtue: one that continues to decline...to deteriorate and to steer itself into impending extinction.

Although we seek to eradicate this ego-driven society, of which we are often in denial, we forget the significance of humility in every aspect we embark on. Professionally, the decline in humility has created faltered leaders, power-thirsty individuals, and a line of dissatisfied employees that succumb to maltreatment. Emotionally, we live in a world where the lack of humility instigates an alarming rate of verbal, mental and physical abuse that has birthed itself into every existing generation. Socio-politically, the 21st century has been blinded to tolerance, and compassion; which are ultimately the most predominant aspects of humility. Thus, we find ourselves numb and indifferent to the intensity of violence and tragedy that we hear about with every passing day.

Stressing on lost virtues has never been as imperative as it is today; in a progressive world, we have begun to find ourselves navigating further away from aspects of such nature. Families, society, educational institutes and the economic workforce have adversely redefined humility; We have adamantly negated the basic etymology of the word itself, which is ironically enough, rooted from 'Human'. We have opposing associated words such as cowardice, indecisive, and weak to those individuals who carry an essence of humility in them. Whilst humility denies arrogance and narcissism, it is those very traits that have begun to form a desirable being; one who has the lines between arrogance and confidence very aptly and strategically blurred.

Although facts and figures would most certainly reaffirm the decline in virtuous living, the state of affairs on a global and personal front has become the main indicator of such an unfortunate and volatile circumstance. One that can only be rendered and restored once we understand that humility does not entail that we think less of ourselves, but rather that we think of ourselves, less.

(The views and opinions expressed in this article are those of the author and do not necessarily reflect the policy or position of this newspaper.)

Top honour for Brave champion

Manama

Elias Boudegzdame, the Featherweight champion of Brave Combat Federation, was honoured by Algeria for his remarkable performance at a global platform.

Boudegzdame recently became the first ever Featherweight Champion of Brave by submitting Mexico's Massio Fullen via a first round triangle during 'Brave 3: Unstoppable' held in Abu Dhabi.

The victory was heralded as a national achievement by El Hadi Ould Ali, the Minister of Sports for Algeria. During an official welcome organised by the Ministry of Sports, Algeria, the Algerian MMA fighter also received the national

jersey of Algeria for his future championship defence match.

The Ministry of Sports also appreciated the efforts of

Bahrain for promoting Mixed Martial Arts on a global scale and providing opportunity and platform for global athletes.



Elias Boudegzdame with El Hadi Ould Ali, Minister of Sports, Algeria



His Highness Shaikh Khalid bin Mamad Al Khalifa crowns Brave Combat Federation Champion Elias Boudegzdame

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iGA's live a big hit

Manama

Information and eGovernment Authority's (iGA) InstaLive broadcast, a first of its kind effort to interact directly with the public, has turned out to be a huge hit with the programme receiving more than 4,200 hits until its last day.

The move forms part of an initiative by the Chief Executive Mohammed Ali Al Qaed to present a new framework to enhance the communication between citizens and government officials.

"iGA blog and its modern approach has followed the directions of His Royal Highness the Prime Minister, which emphasizes the importance of direct communication and interaction with the citizens," said Al Qaed.

The interaction through iGA's Instagram account @iGABahrain and the national portal *bahrain.bh* began on August 2nd and continued until August 22 as part of the move launched by iGA.

About 400 people viewed the broadcast. The topic of the discussion "eServices and

"iGA blog and its modern approach has followed the directions of Prime Minister, HRH, Prince Khalifa bin Salman Al Khalifa"

eTransformation Projects" received many suggestions and queries, a statement by the iGA said.

The comments, according to iGA, were answered in a timely manner or transferred to the relevant departments to publish the response later.

Al Qaed added that iGA might reactivate the blog if there is a need to introduce its projects and services, or if a new topic emerged in its competence.

He also urged the public to send suggestions regarding the topics of interest to discuss through "Tawasul App" available on eGovernment App Store *bahrain.bh/apps*.



iGA's CE Mohammed Ali Al Qaed



Kingdom of Bahrain

The Bahrain Petroleum Company BSC (Closed) hereby invites tender for the following:

| Tender Title | Tender No. | Initial Bond (BD) | Tender Fees (BD) | Tender Submission |
|--|--------------|-------------------|------------------|---|
| FEASIBILITY STUDY TO REPLACE EXISTING THREE GAS TURBO GENERATORS | T170091 (39) | 100/- | 15/- | Day Date Time |
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| | | | | NOTE: Purchase Tender Documents Deadline: 20-Sep-2017 13:30 |

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- Quotation should be deposited in the tender box provided at the **Tender Submission Office, Tender Board Arcapita Building 551 – Ground Floor Road 4612 – Block 346 Bahrain Bay Manama – Bahrain**, before 01.30 pm on the tender closing date.
- This tender is subject to the provisions of Legislative Decree No.36 of 2002 with respect to Regulating Government Tenders- Auction and the Legislative Decree No.37 of 2002 with respect to the Tender Law's Implementing Regulations.
- The following conditions shall be complied with:
 1. Enclose a copy of the Commercial Registration Certificate valid for the current year, and be in conformity with the subject tender.
 2. Submit quotations on "Tender Submission Form" No. (TB 02).
 3. Enclose a copy of Certificate of Compliance with the Employment Percentage for Bahraini Manpower issued by the Ministry of Labour.
 4. Ensure to stamp with the official seal on all the original documents and copies thereof, which form part of the offer.

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- **This announcement is considered as a part of the Tender Documents.**

Gulf Air and Oman Air in Codeshare

Manama

Gulf Air announced it has launched a new codeshare agreement with Oman Air, the national carrier of the sultanate of Oman, that sees the airlines' combined frequencies between Bahrain and Muscat increase to 6 daily flights.

Ahmed Janahi, Gulf Air Chief Commercial Officer, commented on the agreement: "With this agreement we are not only increasing our flight frequencies to and from Muscat but also giving Muscat-based passengers an expanded range of connections with Gulf Air via Bahrain International Airport to various destinations across our network."

Abdulrahman Al Busaidy, Deputy CEO and Chief Commercial Officer, of Oman Air said: "Through this codeshare, Oman Air offers its guests a combined frequency of six daily flights."

The codeshare flights connecting Bahrain and Muscat are currently available for sale and Gulf Air tickets can be purchased via the airline's official website *gulfair.com*, its 24-hour Worldwide Contact Centre on (+973) 17373737 in Bahrain, or any Gulf Air sales offices and approved travel agencies.



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INTERIM STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME (UNAUDITED)

FOR THE PERIOD ENDED JUNE 30, 2017

| | Six-month period ended June 30 | |
|---|--------------------------------|--------------------|
| | 2017 BD | 2016 BD |
| Gross premiums written | 57,774,786 | 49,268,922 |
| Reinsurance premiums ceded | (49,541,413) | (35,710,218) |
| Excess of loss premiums | (257,254) | (261,131) |
| Net premiums written | 7,976,119 | 13,297,573 |
| Movement in provision of unearned premiums | (2,469,468) | (588,891) |
| Net premiums earned | 5,506,651 | 12,708,682 |
| Gross claims paid | (32,477,908) | (32,974,446) |
| Reinsurance share of claims paid | 27,577,018 | 24,407,580 |
| Net movement in outstanding claims | 1,032,220 | (219,147) |
| Net claims incurred | (3,868,670) | (8,786,013) |
| Reinsurance commission and fees | 301,510 | 1,788,844 |
| Policy acquisition costs | (467,626) | (1,660,828) |
| Profit commission | 125,565 | 106,505 |
| Net underwriting result | 1,597,430 | 4,157,190 |
| Interest income | 1,112,447 | 816,150 |
| Share of profit in an associate | 532,426 | 609,743 |
| Dividend income | - | 51,199 |
| Other income | 2,341,338 | 34,100 |
| Other income | 3,986,211 | 1,511,192 |
| Expenses | | |
| Operational and technical expenses | (2,242,712) | (1,839,627) |
| Profit before tax for the period | 3,340,929 | 3,828,755 |
| Taxation | (26,315) | (33,758) |
| Net Profit for the period | 3,314,614 | 3,794,997 |
| Other comprehensive income | | |
| Items that may be reclassified to profit or loss subsequently | | |
| Net change in fair value of available-for-sale investments | (6,098) | (371,525) |
| Other comprehensive loss for the period | (6,098) | (371,525) |
| Total comprehensive income for the period | 3,308,516 | 3,423,472 |

INTERIM STATEMENT OF FINANCIAL POSITION AS AT JUNE 30, 2017

| | (Unaudited) | Audited |
|---|-----------------------|---------------------------|
| | June 30 2017 BD | December 31 2016 BD |
| Assets : | | |
| Bank balances and cash | 22,397,251 | 18,786,076 |
| Guarantee deposits | 8,573,418 | 7,438,949 |
| Group treasury account | 31,839,626 | 29,027,642 |
| Investment in an associate | 9,522,150 | 8,989,724 |
| Available-for-sale investments | 1,094,092 | 1,100,190 |
| Premiums and reinsurance receivables | 7,555,891 | 5,980,747 |
| Reinsurers' share of unearned premiums | 969,863 | 877,475 |
| Reinsurers' share of outstanding claims | 26,469,290 | 18,129,901 |
| Due from related parties | 1,695,178 | 2,799,277 |
| Deferred policy acquisition costs | 584,850 | 325,606 |
| Other receivables and prepayments | 897,991 | 974,662 |
| Property and equipment | 599,211 | 602,964 |
| Total assets | 112,198,811 | 95,033,213 |
| Liabilities and Equity: | | |
| Liabilities | | |
| Gross unearned premiums | 8,093,323 | 5,531,467 |
| Gross outstanding claims | 34,135,594 | 26,828,425 |
| Deferred commission income | 245,338 | 173,098 |
| Reinsurance payable | 15,484,718 | 11,684,129 |
| Taxes payable | 162,470 | 218,988 |
| Due to related parties | 192,834 | 409,190 |
| Accounts payable and accruals | 2,695,692 | 2,311,660 |
| Employees' terminal benefits | 1,116,274 | 1,112,204 |
| Total liabilities | 62,126,243 | 48,269,161 |
| Equity | | |
| Share capital | 20,000,000 | 20,000,000 |
| Statutory reserve | 4,426,509 | 4,426,509 |
| Investments revaluation reserve | (240,675) | (234,577) |
| Retained earnings | 25,886,734 | 22,572,120 |
| Total equity | 50,072,568 | 46,764,052 |
| Total liabilities and equity | 112,198,811 | 95,033,213 |

These statements have been extracted from the interim condensed financial information which were approved for issue on August 13, 2017 and reviewed by Deloitte & Touche

Facebook losing teens to Instagram-Snapchat

San Francisco

Facebook use in the US will slow as teens and young adults opt for image-sharing services Instagram and Snapchat, according to an eMarketer forecast. The market tracker expected Facebook's online community to grow, saying it would be due mainly to increased adoption by older folks while use by those 24

years of age or younger sags.

eMarketer said Snapchat on a monthly basis in the US this year, will grow 25.8 percent to 79.2 million. Instagram use will likely grow 23.8pc this year to 85.5m people monthly. "Facebook is fortunate that it owns Instagram," said eMarketer principal analyst Debra Aho Williamson.



| COUNTRY/CURRENCIES | BUY | SELL |
|--------------------------|------------|------------|
| AUSTRALIA | 0.3059 | 0.3023 |
| BANGLADESH | 0.00478 | 0.00467 |
| CANADA | 0.3068 | 0.3025 |
| DENMARK | 0.0629 | |
| EGYPT | 0.0234 | 0.0217 |
| EURO | 0.4536 | 0.4494 |
| HONGKONG | 0.04968 | 0.04928 |
| INDIA | 0.00595 | 0.00592 |
| INDONESIA | 0.00003054 | 0.00002890 |
| IRAN TUMAN | 0.000323 | |
| IRAQI DINAR | 0.000304 | |
| JAPAN | 0.00361 | 0.003540 |
| JORDAN | 0.5350 | 0.5354 |
| KOREA | 0.00038381 | |
| KUWAIT | 1.249 | 1.249 |
| MALAYSIA | 0.0905 | 0.0902 |
| NEW ZEALAND | 0.2778 | 0.2764 |
| NORWAY | 0.0499 | |
| NEPAL | 0.00395 | 0.00369 |
| OMAN | 0.98014 | 0.98262 |
| PAKISTAN | 0.00371 | 0.00358 |
| PHILIPPINES | 0.00761 | 0.00738 |
| QATAR | 0.10381 | 0.10376 |
| SAUDI ARABIA | 0.10058 | 0.10066 |
| SINGAPORE | 0.2812 | 0.2791 |
| SOUTH AFRICA | 0.02990 | 0.02980 |
| SRI LANKA | 0.00270 | 0.00247 |
| SWEDISH | 0.0497 | |
| SWITZERLAND | 0.4002 | 0.3954 |
| SYRIA | 0.001740 | 0.0017 |
| TAIWAN | 0.013100 | |
| THAILAND | 0.011550 | 0.011550 |
| TURKEY | 0.1142 | |
| UNITED KINGDOM | 0.4927 | 0.4879 |
| UNITED ARAB EMIRATES | 0.102500 | 0.102840 |
| UNITED STATES OF AMERICA | 0.37790 | 0.37800 |
| YUAN | 0.056800 | 0.056800 |

Rates are for indication purpose only. For firm rates or for currencies not listed above please call Bahrain Financing Company. Telephone: 17228888, Website: www.bfc.com.bh

GULF INTERBANK RATES

| COUNTRY | 1 US DLR | 1 UK STG | 1 SFR | 100 YEN |
|---------|----------|----------|--------|---------|
| BAHRAIN | 0.3770 | 0.5738 | 0.3903 | 0.3463 |
| KUWAIT | 0.2855 | 31.0795 | 0.2955 | 0.2623 |
| OMAN | 0.3849 | 0.3718 | 0.3984 | 0.3536 |
| QATAR | 3.6420 | 3.5182 | 3.7702 | 3.3456 |
| UAE | 3.6730 | 3.5481 | 3.8023 | 3.3741 |
| SAUDI | 3.7500 | 3.6225 | 3.8820 | 3.4448 |

Top honour for Bin Hindi

Mobis Korea honours Bin Hindi Motors with Business Excellence Award

Manama

Bin Hindi Motors, exclusive distributors of Kia Motors vehicles and genuine spare parts have been conferred with "Business Excellence Award" by Mobis for the year 2016 at the Middle East and Africa Parts Conference, which was held in St. Petersburg, Russia.

Ullas Yohannan, Parts Manager received the award from Hoon Lee - Managing Director - Mobis Parts Middle East (MPME).

In his keynote, Lee had specific commendation on KIA Bahrain's Genuine Parts sales, sufficient stock and its strategic genuine parts sales channels which has managed to uplift the confidence of thousands of happy KIA customers.

Lee also expressed his greatest satisfaction on number of line items the Bahrain distributor has in stock, which included the complete range of mechanical as well as body parts. "The award clearly depicts that more and more customers are opting for Genuine Parts rather than counterfeit parts



Ullas Yohannan, Parts Manager, Kia received the award from Hoon Lee - MD, MPME.

as it is durable and value for money which in turn ensures the customer a safer and smoother drive especially on extreme weather conditions" - says Ullas Yohannan, Parts Manager, Kia Motors Bahrain.

"Our competitive prices which are set for the KIA

Genuine parts gives the counterfeit parts business no room to thrive" he added.

Meanwhile, Rama Subbiah, General Manager, KIA After-Sales Centre, said that Bin Hindi will develop several micro Genuine Parts dealerships across Bahrain in

the coming years to improve the accessibility of KIA genuine parts.

Ahmed Bin Hindi (Vice Chairman & CEO) and Nawaf Bin Hindi (Director & Deputy CEO) of the A.A. Bin Hindi group congratulated the members of the after-sales team.

Gulf Air Company invites vendors for the forthcoming tender:

| Seq. | Tender Title | Tender No. | Initial Bond (Refundable) | Tender Document fee | Last date of accepting bids | | |
|------|--|----------------|---------------------------|---------------------|-----------------------------|-----------------|-------|
| | | | | | Day | Date | Time |
| 1 | Supply of individual Chocolate (Pack of 3) for Falcon Gold Class | 17-07-1681-BTB | BD 500/- | BD 15/- | Wednesday | 04 October 2017 | 13:30 |

NOTE: Tender documents can be purchased online using e-Tendering system starting on 24 August 2017

- Tenderers who are eligible to supply/provide the goods/ services/ works specified above are kindly requested to purchase the tender document online through the e-Tendering portal <http://www.tenderboard.gov.bh> (for assistance please contact the Tender Board help desk on Tel: +973 17566617).
- An Initial Bond should be enclosed for the amount specified above or at a rate of 1% of the quotation value whichever amount is lower, provided that no initial bond's value shall be less than BD 100/- . Ensure that the Initial bond is in a form of Certified Cheque, Cash, Bank Guarantee or Insurance Policy, valid for the duration specified in the tender documents.
- Quotation should be deposited in the tender box provided at the Tender Submission Office, Tender Board Arcapita Building 551 – Ground Floor Road 4612 – Block 346 Bahrain Bay Manama – Bahrain, before 13:30 on the tender closing date.
- All tenders/auctions are in compliance with the government tendering & purchasing regulations issued in Decrees Nos. 36 & 37 of 2002 and its executive regulations.
- The following conditions should be complied with:
 - Enclose a copy of the Commercial Registration Certificate valid for the current year, and related to the subject tender.
 - Submit the quotations on Form No. TB 02 - tender submission.
 - Enclose a copy of Certificate of Compliance with the Employment Percentage for Bahraini Manpower issued by Ministry of Labour.
 - Ensure to stamp with the official seal on all the original documents and copies there-of, which form part of the offer.
- This announcement is to be read as part of the Tender Documents.
- All public tenders related to Gulf Air Company are published on the Tender Board website: <http://www.tenderboard.gov.bh>
- For any enquiry on the Tender Documents, please contact Procurement and Logistics department on Telephone: +97317338456 +97317338790/+97317338545, Fax: +97317327999

Important Note: All participants are invited to attend the opening of the tender at the Tender Submission Office, Tender Board Arcapita Building 551 – Ground Floor Road 4612 – Block 346 Bahrain Bay Manama – Bahrain on the next day of the closing date.



إنستاشوب
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From a nearby shop

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Ice Cream Cones

Though the waffle cone became a hit the very moment it was created, but its invention had a different story altogether. In 1994, at the St. Louis World's Fair, an ice cream seller was running short of ice cream cups to which a pastries seller came to his rescue and creatively rolled his waffles-like pastries into ice cream cone.



Potato Chips

Potato chips came into existence with the constant efforts of Chef George Crum, who had an unsatisfied customer who complained about the thickness of the French Fries. It was then the chef out of anger sliced a few thinner potatoes and deep-fried them.

Some of your popular foods did not come into being on their own. Someone, somewhere tried and tested and invented them for us all to relish. Your humble potatoes were turned into potato chips when a customer complained about the thickness of his french fries and your ice cream cones were invented when a chef rolled his waffles. Here we have listed six food items that were actually invented accidentally and have an interesting story behind them.

Corn Flakes

In 1898, brothers W.K. Kellogg and Dr. John Harvey Kellogg were working in a sanitarium in Michigan. While exploring healthy food for patients they accidentally let some boiled wheat go stale. When they tried rolling the hardened dough it cracked into flakes, which they further toasted. And that is how Corn Flakes came into existence.



Chocolate Chip Cookies

In 1930, a woman named Ruth Wakefield who owned a tourist lodge called Toll House Inn, was trying to make cookies for guests, and as she was short of baker's chocolate, she used broken up pieces of Nestlé's semi-sweet chocolate and thus chocolate chip cookies can into existence, all thanks to her.



Coke

It was Pemberton, a pharmacist who experimented to create something that could cure his addiction towards morphine. It was then in 1886 he created a tonic that contained small amounts of cocaine as well as the caffeine. Then, in year 1887, another pharmacist, Asa Candler, bought the formula from Pemberton and in the late 1890s, Coca Cola was introduced as a beverage in the American market, all thanks to Candler's aggressive marketing strategy. (TOI)



Sandwich

It is documented that in early 1700s, sandwich was introduced as a food item by John Montagu, a prolific British statesman and a gambler. It is believed that he introduced this easy-to-make food item so that he would not have to leave his gaming table to take dinner.



FOOD ITEMS THAT WERE INVENTED ACCIDENTALLY!

RECIPES

Za'atar-Dusted Pita Chips

Ingredients

- ▶▶ 2 teaspoons dried savoury
- ▶▶ 1 teaspoon dried thyme
- ▶▶ 2 teaspoons sesame seeds
- ▶▶ 1/2 teaspoon sumac
- ▶▶ 1/2 teaspoon kosher or flaky salt
- ▶▶ 4 pita bread rounds
- ▶▶ 1/4 cup extra virgin olive oil

Directions

Step 1.
Preheat the oven to 350°F. Using

a mortar and pestle or clean spice grinder, grind the savoury, thyme, sesame seeds, sumac and salt until the mixture is finely ground and fragrant.

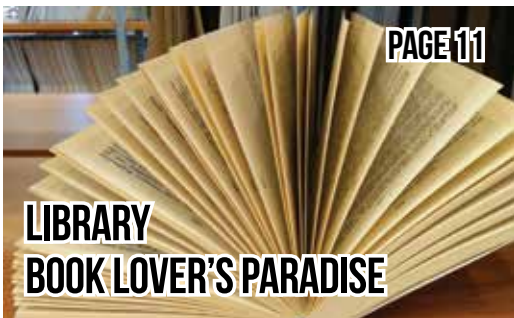
Step 2.
Cut each pita bread into eight wedge-shaped pieces and peel apart the layers to make two thinner pieces of bread out of each wedge. Arrange the wedges closely together in an even layer on two baking sheets. Brush the wedges with the olive oil

and sprinkle with the ground spices.

Step 3.
Bake the chips until they are golden brown and crisp, 8 to 10 minutes, rotating the baking sheets once from top to bottom and from front to back and stirring the wedges while baking. Cool the chips on cooling racks before storing in an airtight container for up to 3 days. Reheat the chips in a 350° oven for 4 minutes before serving after they have been cooled. (foodrepublic)



Weekender



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WISDOM**



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**THE AMAZING
BENEFITS OF BREATHING**



**APACHE FRIED RABBIT
WITH CORN, BLUEBERRY &
WILD RICE SALAD**

PAGE 15

Bringing Back The Parks Culture



There are places that a child would expect to go and play along with his friends. Some may choose malls and many others prefer an empty land to play. But, many children at the age group of 3 to 10 favor parks where they can run, jump and swing. To underscore the fact, a park is a convenient place that a town should not miss. These are the places where the kids could leave their apartments and take a short journey to their childhood plays. At the sunniest month, Weekender's Santhosh Rajendran managed to shortlist the best parks in Riffa, which have the environs for kids to enjoy and rejuvenate.

The Riffa Garden Park has a beautiful massive model of a traditional Arabic pitcher, golden color. The meadows surround the play area making it comfortable for children to play and roam around with their friends. Situated right next to the main crossroad, the Riffa Garden Park is the best-elect park in Riffa amongst the parents. Even though the humidity is at its peak, leaving no one to come out of their home, the parks seem fairly crowded with families, especially during the evenings. Situated next to the Shaikh Salman bin Ahmed Al Fateh Fort, the Hunnainya park is headed with children of different age groups. Close a hectare in size, this park plies enjoyment to many people who come here for various purposes. On one side, there are children playing football,

skating on boards and clubbing with their same age whereas on the other side there are homemakers exhibiting their products like handmade chocolates, and clothes to sell.

These parks witness toddlers scrambling and running over the walks to teenagers trying to do exercises and seniors engaged in serious discussions. Even at late night, these parks seem fully occupied with people, engaging in their own activities or even seen sharing foods. These public parks of Riffa are housed with rows of swings and slides. Tunnels that weaved in and around the play area provides a maze for children, taking themselves in their own world.

As the winter is approaching, children along with their parents will find these parks a perfect spot for the outing, and as a semi-natural space for enjoyment and peaceful gathering. Not only children, even adults would come across these green meadows in the park, anticipating to spend quality time with their family members. Each park at Riffa has its own serenity and tranquillity. Right from the play area to the greenish fields, these parks play a vital role in the development of children in due course. All parks are secured with safety measures to ensure maximum protection to the children and most of them are supervised by security personnnels.



Eating Out

WHAT: THE DOGFATHER'S RESCUE FUNDRAISER
WHEN: 26TH AUGUST 2017 - 1.00 - 4.00 PM
WHERE: UPSTAIRS DOWNSTAIRS, ADLIYA

Join Platinum singer/songwriter Sandi Thom, local artist Ibantuta and renowned Bahrain DJ Mysterio for a fabulous afternoon of Live Music, an amazing buffet and unlimited beverages including Beer, wine & spirits! Plus fantastic prizes to be won in our raffle! BD25 inclusive of food and Beverages or BD13 exclusive. All proceeds go towards the care of animals at the Dogfather's Animal Rescue & Rehabilitation Centre.



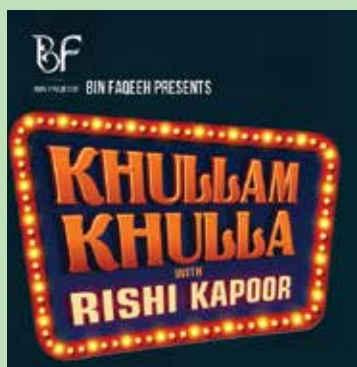
WHAT: SHAKEYOBONZI BEACH PARTY
WHEN: SEPTEMBER 3 – SEPTEMBER 4, 12:00 PM TO 1:00 PM
WHERE: PALM BEACH AMWAJ

Back again with a killer event of the season. Dallah Promotions presents Shakeyobonzi Beach Party. Come and join them at Amwaj Marina with the best lineup of DJ's in Bahrain. As well we will be celebrating EID & Labor Day in style.



WHAT: KHULLAM KHULLA WITH RISHI KAPOOR
WHEN: SEPTEMBER 1, 2017
WHERE: CROWNE PLAZA, BAHRAIN.

A special night featuring Rishi Kapoor at his impromptu, hilarious best, hilarious best, uncut censored, Honest bold and candid. Tickets start from BD15.



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Adhari
CELEBRATE EID AT ADHARI PARK
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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.

MOLO

BREED: DOMESTIC LONG HAIR
COLOUR: BLACK
SEX: MALE
AGE: 2 YEARS



Molo is a great cat to have and to be around. He is always on the lookout for his next visitor and enjoys spending quality time with his pen friend Sunny who came to the Shelter at the same time. He is nothing short of an affectionate boy looking for the next available lap to dose off into. Molo is neutered and fully vaccinated.

SMILEY

BREED: MIX
COLOUR: WHITE AND BEIGE
SEX: FEMALE
AGE: APPROX 1.5 YEARS



Smiley is very athletic and physically able. She is an expert at grabbing your attention by showing you how high she can jump. She is good fun, very affectionate to those that give her some time and would make a fantastic pet. Smiley is neutered, tick treated and fully vaccinated.

meanwhile not in Bahrain

SCOTLAND
THE BLACKENING OF THE BRIDE

Marriage is one of the most memorable moments in a bride's life, where the event is made more precious with the pre-wedding rituals. But, the most bizarre ritual that can ever be introduced in any wedding preparation is "Blackening of the Bride." Predominant in Scotland, this is one of the nastiest pre-wedding traditions, where the bride and groom are pelted with food trash, which includes rotten eggs and fish. This is done with this belief, "If they can withstand this, they can withstand anything in life."



ANGOLA
THE MAN WITH THE BIGGEST MOUTH IN THE WORLD:

Before you start to consider how a monkey would taste, this is a buffet for monkeys. The local monkey population of around 2,000-3,000 in the Lopburi Province north of Bangkok is gifted with a feast of 4,000 kilograms of fruits, vegetables, cakes, and candies every November. After the monkeys are given their treat, youths dressed up as monkeys perform dances. The festival first occurred in 1989, run by a local businessman who thought of this unique way to drive up tourism in Lopburi. Luckily for him and the monkeys, it worked.



XOCHIMILCO, MEXICO
ISLAND OF THE DOLLS

What would one's reaction be, if they woke up to find themselves surrounded by dolls? If one is on the sands of the island Xochimilco, one will definitely come across dirty and disfigured dolls. Don Julian Santana Barrera found the dead body of a girl on the canal. Believing to be haunted by her spirit, he came up with the idea of these dolls and the scariest part here is that, one can witness these dolls whispering to each other, which highlights the spirit these dolls have been possessed by.



Library: BOOK LOVER'S PARADISE

I have always imagined that Paradise will be a kind of Library." This quotation by Argentine essayist, poet and short story writer, Jorge Luis Borges highlights not just the bliss a book lover experiences, but the positive vibration one feels when they step into this paradise. How calm and vibrant were those days, when in the list of our daily routine, going to a Library was given its share of importance. Reading, which not just acts as a tool in giving wisdom, but also dons the role of an angel in spreading happiness is something that has been limited to reading E-books, all thanks to the wonders of Science. But, if one travels deep within them, one would definitely agree with this quote by American novelist and essayist, Ray Bradbury, "Without libraries what we have? We have no past and no future."

There are various libraries, where some house books belonging to a mixture of languages and some treasure collections of just one particular language. "Library is not just the storehouse of books, but the key to unraveling the secret of being young at heart," says Zain Sakrani, who is an IT/ PR manager at Alliance Francaise. "Alliance Francaise, which aims at educating French worldwide and spreading the spirit of the language French across the globe, came up with the idea of French Library, where students can borrow books, magazines and language learning materials in order to keep the spirit of the language 'French' alive. By doing so, the goal of keeping the habit of Reading vibrant will definitely pay rich dividend in changing the term 'average' to 'crowded'," adds Sakrani.

Having a vibrant collection of books catering to the needs of the crowd, keeping in mind the present generation's likes and dislikes plays a crucial role in keeping the charm of a Library alive. Isa Cultural Library, which houses a mixture of English as well as Arabic books, admires the collection of the books it houses. "Having a wide collection of books where 75% of the books are in Arabic, but seeing students and the youth visit our library, makes us feel that we are going on the right track in keeping the habit of reading alive. To enroll in our library, a CPR is required, where one can borrow 2 books for two weeks. For two year membership, 2BD is all that is required. We are also trying to develop the collection of our books, where we aim of housing more and more of English books, so that there is not just balance between both the languages, but also the crowd will be more, thus keeping the spirit of the

library vibrant", says Nasser Mohammed Ali, who is the Chief of Library Services at Isa Cultural Centre. Technology. This ten-letter word may have made life easy, but it serves as a culprit in not just diminishing the interest and enthusiasm one generates from visiting a library, but reducing visits to the library. "Today's society is full of screens (Tablets, phones, computers, TV etc). And people tend not to go to the libraries and borrow books because they think everything is available on their screens. This is one primary factor in eliminating the interest in not just reading books and reducing visits to the library, but building one's excessive passion for technology," adds Sakrani. "One reason why visits to the library have diminished owes to availability of the content online which has not just made the work of the public easier, but has drifted the crowd away from the library, thus resulting in the decrease of the visitors to the library. Most of the sources that a person wants, they can depend on books rather than spending too much time on PCs and laptops," says a Librarian, who does not wish to be named. Not necessary, the ideas and viewpoints will always be negative about technology. "I strongly believe that technology acts as tool in helping students in their research projects. Whatever the books fail to provide, technology bridges the gap in giving the required information, thus donning the role of a blessing. Yes, I do admit that technology has diminished the spirit of reading books and enjoying the warmth of a library, but having a proper balance and utilizing your gadgets when required will definitely go a long way in the development of a child," adds Ali.

"Library is indeed a paradise on the Earth. Our library is open to everyone where outsiders must pay BD 30 membership fee + BD 20 security deposit per annum for whole family," adds Sakrani. My suggestion to all the parents is to develop the habit of reading at an early stage, where the creativity of a child not just unleashes, but also helps in the development of their vocabulary." adds Sakrani. "Library is not just a paradise, but a place of information, where one inculcates the habit of life-long development of their personality. One cannot force people to read, as Reading is a habit, which should be developed at an early stage of a child's development. After all, liveliness springs from imbibing the positivity of a library, isn't it?" Nasser signs off.



Circumstances of Wisdom



ANJALI JOSEPH

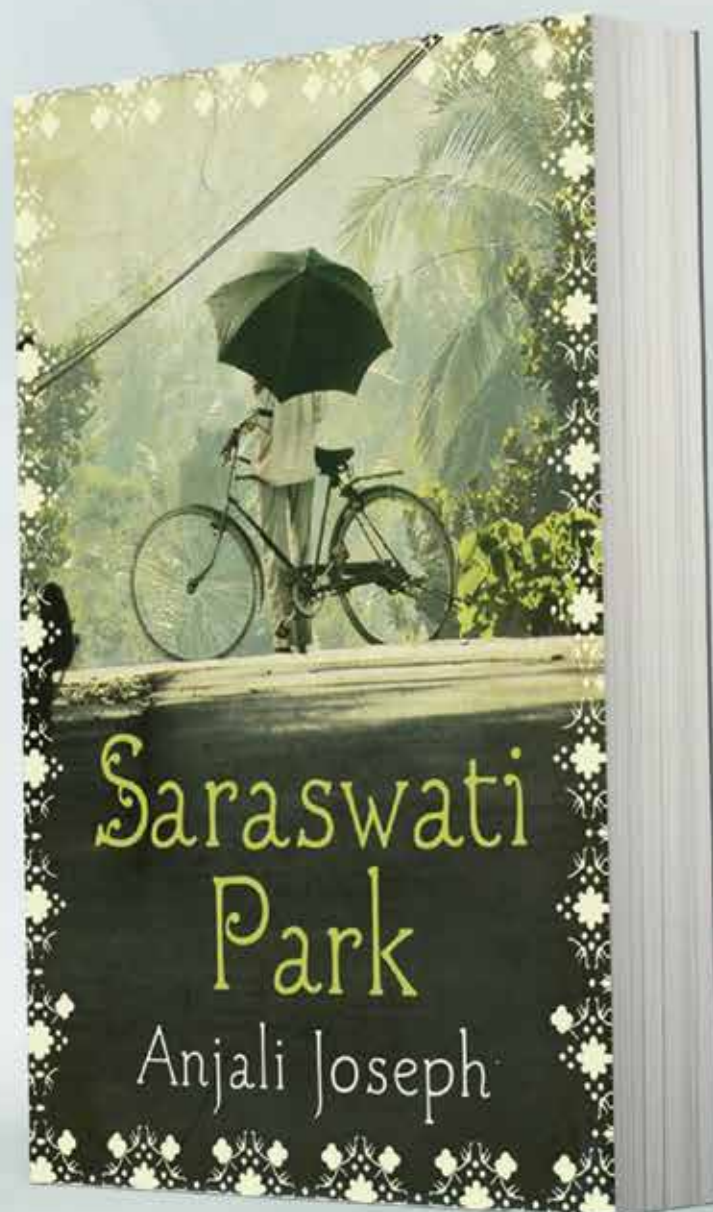
Dreams give one the confidence of living life with a purpose. Isn't it? Acknowledgement of oneself about their personality and coming to terms with the acceptance of the flaws makes life easier than expected. Sometimes, life spins one in the web of love, confusion, responsibilities and loss, where the ability of a person to clear up the baggage that has held them back and disrupted their present situation poses a challenge in front of them. *Saraswati Park*, penned by Anjali Joseph dives deep into the complexities of relationships, where the struggle for the acceptance of one's sexuality and the trouble in one's marriage voices loud enough to bring the reader to come to terms with the realities of life.

Set in the present day Mumbai, the novel opens with a middle aged man named Mohan Karekar, who is visualized asking for the stationery items to serve the requirements of his letter writing profession. The visualized irritation on the face of the shopkeeper would make one reminisce their bargaining strategies which they ever indulged in. As the story proceeds further, the introduction of his wife, Lakshmi Karekar and her wavering mind, swinging between the days when she was newly married and the behavior meted on her by her in-laws, and coming back to the present, highlights one important fact to the readers: Present is always blissful. The picturization of events where the mind swings from past to the future and back to the present, highlights one important aspect: Mind behaves like a pendulum. Married and blessed with a daughter living her life abroad, the constant bickering between the couple, which is not showcased badly, and their moments of silence which traces them back to the past is one plus point as it makes the reader travel with the protagonist and experiences their state of mind.

Homosexuality. This word may look easy and understandable meaning wise, but it is perceived negatively world wise. The stigma attached to it in society may not just make one loathe their personality but may also make one stoop to the level of making one lost in their own world. Parallel lead in this story, Ashish Datye, who is the nephew of Mohan and is repeating his final year B.A. at Elphinstone College, to puts light on the plight of the people suffering from this complexity. The turning point of this novel is when his complex relationship with his rich classmate, Sunder is explained, where the secret fantasy of Ashish in leading a blissful life with the 'love' of his life, would make the reader's heart melt where the foundation of his dream is built on fantasy and not on love and respect.

What makes the novel inspiring, understanding and touchy, is when Mohan traces his footsteps backwards and reminisces the days when he enjoyed writing and aspired to be a novelist. Ashish opening up himself in his uncle's house is evident when he makes Mohan participate in a competition that eventually results in the victory of the latter. Living his dreams which he had never thought he would prove to be inspiring and heartwarming. Ashish, who has been left at his uncle's place by his parents for the completion of his year, is welcomed whole heartedly by his aunt, Lakshmi, who has a strange fondness for her husband's nephew.

Reciprocation of that love is evident when he compares the culinary skills with his mother, where he feels the ingredient of love lacked. This very gesture is one point which explains the emotional patterns of relationships which actually brings Ashish to a point where he begins to understand the ways of life, and his complex relationship with Sunder comes to an end where his end is joined with the beginning to his French tuition tutor, Narayan. What makes *Saraswati Park*, an enjoyable read is not just about relationships or the realities of life, but the emotions which have the capacity to build a castle as well as destroy a castle. Anjali Joseph hits the bull's eye where she has succeeded in entertaining the readers and giving them the required philosophy necessary to enjoy and appreciate. Overall, my thumbs are up!





Battle of the Brands!

When it comes to looking our absolute, glamorous best, we are spoilt 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:

Emanate Freshness

Yardley **VS** Enchanteur

Our body goes through a lot on a daily basis. Isn't it? Performing our daily routine can at times get so stressful, that one tends to don the hat of neglecting their physical hygiene. Perfumes. Who does not like them? The ability to keep the fragrance on for a long time is something which everyone is on the lookout for. Our body is often treated like a machine where it is natural for the body to emanate odor one generates from sweat. With a variety of brands that have come out in the market, it is quite difficult to choose the most trusted one as the main idea over here is to keep the fragrance linger on the body for a long time.

Yardley

This brand has gone a long way in grooming one in terms of their physical hygiene. Powder, soap, face wash, perfume and what not? Yardley perfume has played a big role and will continue playing in keeping the body away from bad odor, thus making the body linger in fragrance. Available in Rose, Jasmine, English daily and the list goes on, Yardley hits the bull's eye in keeping the fragrance on for a long time and for being skin friendly. Starting at BHD 0.950, Yardley is available in hypermarkets and departmental stores, and this is one brand, nobody would regret in making a part of their daily routine.



Enchanteur

Who does not like this brand? Having come up with various other products where the main aim is to help one in their beauty routine, Enchanteur has established in keeping the public's physical hygiene in its best form. Enchanteur perfume possesses the quality of not just keeping the fragrance linger for a long time but of protecting the skin from rashes, which otherwise is caused by some brands. Starting at BHD 0.740, Enchanteur perfume is available in departmental stores and supermarkets, and the application of this would make one fall in love with their body and the fragrance it emanates.



Though both the brands are unique in its own way, Enchanteur races ahead in not just giving a fresh fragrance but in keeping that on from the time of the application till the end of the day. Being skin friendly, Enchanteur is one brand nobody would regret in incorporating in their daily routine. Go for it!

And the winner is:

Though both the products are unique in their own way, what really makes our feet happy is the care and love we shower despite our busy schedules. Glysolid hits the goal, where it preserves the moisture of our feet for a long time and is quick and swift enough to cure the cracks of our feet. Go for it!



WATERMELON GINGER JUICE

Who does not want to look good? Who does not want their skin to shine? Summer is the time when one not just gets dehydrated, but even is the time when one goes through a bad phase of skin breakouts, acne and pigmentation. There are various health drinks one must have tried in the past, but, has anyone ever had a combination of watermelon and ginger? Watermelon, which possesses the ability to keep the skin fresh as well as healthy, is something that is present in every juice list. Ginger, which consists of the properties that keeps cold and flu at bay, is one compulsory item that is present in the kitchen of every woman. If both are combined, one will definitely notice their skin looking fresher, which one must have never felt before.

INGREDIENTS:

- 4-5 cut pieces of watermelon
- Chopped pieces of ginger

Beat both the watermelon pieces and the chopped ginger in a mixi. Filter the contents. Add ice cubes and, watermelon ginger juice is ready to boost your skin.



Beauty Treats To Add To Your Festive Haul

This Eid Al-Adha, awaken your skin with vibrantly scented beauty products from luxe beauty brand, Prismologie. Formulated with gemstones and enriching fragrances to enhance your mood, these skincare treats will give your skin the much-needed hydration it needs after the harsh summers. Choose from a range of beauty delights that are spot-on for gifting your loved ones this new year:

These products are designed to do exactly that - leave you feeling glowing, confident and ready to take on the world!

If you suffer from dry hands, Prismologie's Happy Hands collection will come to your rescue. This ultra-hydrating exfoliant and hand cream combo with its miracle ingredients will restore your hands to their youthful glory.

Comprising of the Jade & Vetiver Restorative Exfoliant and the Rose Quartz & Rose Hand & Cuticle Cream, this luxurious collection contains a bespoke blend of gemstones and active ingredients that will soothe your hands with its hydrating power and your mind with its sensuous scents.



In Fine Fettle

with Elouise

Weekender collaborates with Elouise Voget from Impulse Fitness Studio to share with our readers how to keep their workout and wholesome eating habits in check! For more info, contact Elouise on instagram: @fitness_el



THE AMAZING BENEFITS OF BREATHING

What is breath? Do you ever stop and marvel at the magical and mysterious occurrence that is breath? We've become so used to it as a common every day/every second occurrence that "just happens," that we don't ever step back and wonder why, or how, for that matter. Few of us actually realize just how powerful our breath really is.

JUST BREATHE

We've all heard it before, but do any of us really know what is truly meant? And do those telling us to just breathe even know the wisdom of their own words?

So, here's the great news: Breathing has tons of physical and mental benefits. Now, here's the better news: Breathing is easy! This whole time it's been right under (and in) our nose – The most effortless exercise, ever.

PROPER BREATHING

Modern men, and especially women (listen up ladies!), have a bad habit of "shallow breathing." Short breaths to the upper chest characterize this incorrect breathing – so open up (your diaphragm, that is), and take a long, deep breath! By fully filling our core, we are practicing proper breathing, which is known as "diaphragmatic breathing."

While breathing is an involuntary bodily function – which happens all the time, non-stop (until we die) – we have the ability to control it at will. This control of the breath is known as Pranayama.

Pranayama is a Sanskrit word made up of two roots: Prana (Life Force) and yama (control). There's a reason this breathing practice is such a big deal in Eastern cultures. It's about time we Westerners utilize this tool, too.

SIT YOURSELF DOWN

Sit comfortably, with a tall and erect spine. Bring your shoulders up, then roll and drop them down on your back. Once you have perfect alignment, place your hands on your stomach to create a diamond shape around your navel.

For each part of the breath, use a counting ratio of 1-4-2. For example: if you slowly inhale for five seconds, hold the breath for 20 seconds and then exhale for ten.

TAKE A BREATH

Inhale deeply through your nose – aim for the center of that diamond shape over your navel and imagine that you are filling up a balloon. Begin by filling the stomach first, then the ribs, followed by the upper chest. Remember to continuously count each of your inhales.

HOLD IT

Hold your breath for four times longer than your inhale. If this feels uncomfortable (like your face is turning blue or you're starting to feel like you'll be unconscious soon), reduce the inhale time until you build up those lungs! Never force anything and listen to your body. After all, it is your temple.

By holding your breath, you are giving it ample time to travel deep into your bronchial tubes and replace the stale air trapped inside the millions of air sacs in your lungs with new, fresh oxygen.

LET IT GO

Exhale slowly for two times longer than your inhale, starting with the stomach, ribs and upper chest as if you are squeezing all of the air out of a balloon. A longer exhale ensures a larger expulsion of carbon dioxide and wastes in the body.

Repeat steps one through four for at least ten minutes and try to make it a daily practice.

BREATHING AND YOGA

Breathing is an essential part of Yoga. In Yoga, one flows with the breath, but beginners tend to hold their breath as they hold a pose. I've seen it time and time again. Ideally, when the spine is curved and we fold forward, we let out a full exhale and when we are stretching and expanding, we inhale. Once we come to a steady pose, it's important to maintain steady breathing. Although it may seem difficult to remember to keep breathing while you're trying to focus on balancing on one foot, one hand, one head, etc., a Yoga flow isn't complete without consistent and coordinated breaths. Not only does deep breathing bring fresh oxygen to your muscles and organs, but it also trains you to focus inward during your Yoga practice.

BREATHING AND EXERCISE

Better breathing means better performance. When you exercise, your muscles need more oxygen. As you work out and use energy, your body is producing lactic acid and carbon dioxide, which causes fatigue. But again, by breathing properly and consistently, you are maintaining high energy levels while helping your body dispense the wastes and therefore working out longer... harder, better, faster, stronger.

BREATHING AND PAIN RELIEF

Endless studies show that slow, deep breathing relieves pains. This is because slow diaphragmatic breathing has a direct effect on our sympathetic nervous system. Additionally, short, shallow breaths can make our body tense, which increases pain, while long, deliberate breaths have a calming effect on our body, which releases pain.

BREATHING AND STRESS RELIEF

Our modern, fast-paced life is exciting and we have tons of opportunities that didn't exist a century ago, but it can also be overly stressful. Our multi-tasking age causes mental fog and exhaustion, but this can also be overcome with Pranayama. By counting and following the breath, we are forcing the mind to sit down and calm itself, in turn calming our central nervous system. By training our attention to stay on the breath, we are practicing discipline and focus. With this clarity, we can perform better at work, in our relationships and life itself.

KEEP BREATHING

Learning and applying breathing techniques is simple. We were born knowing how to breathe; now all we have to do is consciously control it a few minutes per day. Our breath has the power to ease or aid just about anything. Now, with all of these benefits, who wouldn't want to take a shot at this painlessly basic procedure? The power is (quite literally) within you. Use it!

FEEL YOUNG, FEEL FRESH

Summer is not just the season of dehydration. It is the season where people are no longer able to relate the freshness they ever felt with respect to their skin. Skin breakouts, pimples and acne caused by the heat are a very common issue during summer. What makes it worse is the appearance of blackheads which clogs the pores thus giving a very dull look to the skin. Maintaining a healthy diet and a lifestyle is a must in every walk of life, but what poses as a hindrance over here is our inability in taking efforts to keep our skin healthy. Stress and anxiety have taken the front seat of our minds, where "being healthy" is just an option, and not a necessity. To look healthy is a hard work that needs to be made a priority by pouring love and dedication into it. After all, only we can give a fresh look to our skin, isn't it?

CARROT

Rich in Vitamin A, carrot acts as a shield in keeping pimples, acne and pigmentation at bay. One can incorporate carrot in their daily life in various ways. Consuming raw or making a juice out of it, will not just keep the skin young, but will keep the everlasting glow alive.



WATER

This is one drink which acts as a potion for dull skin. Consuming 2 litres of water on a daily basis can act wonders where not just the body is hydrated, but even the skin is rejuvenated.

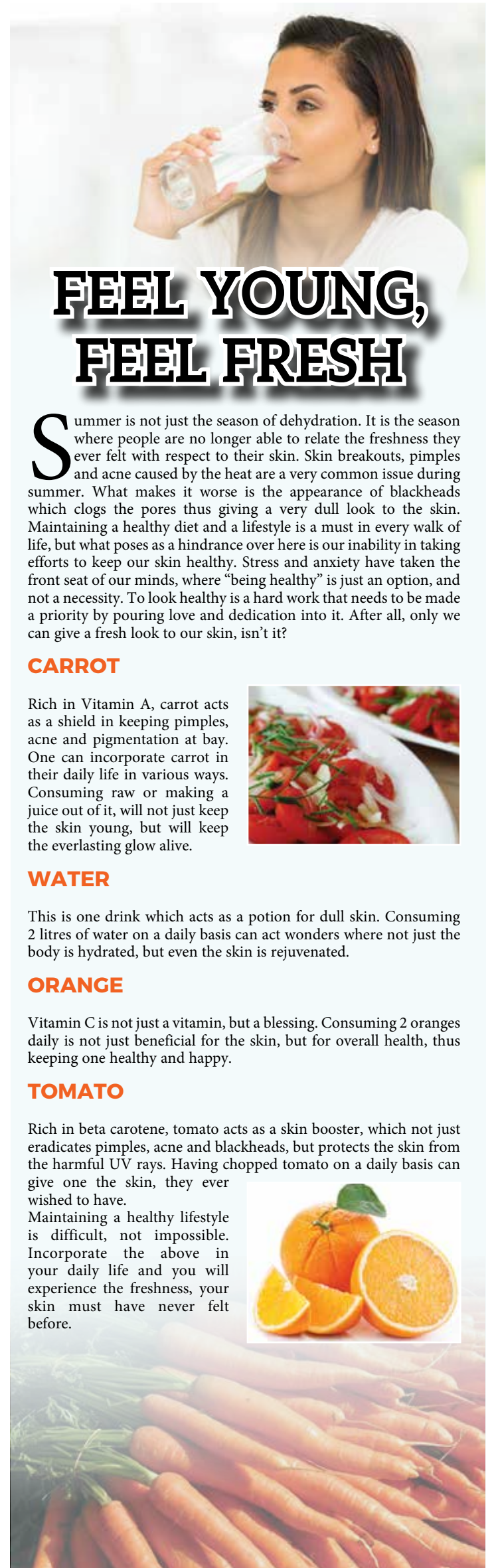
ORANGE

Vitamin C is not just a vitamin, but a blessing. Consuming 2 oranges daily is not just beneficial for the skin, but for overall health, thus keeping one healthy and happy.

TOMATO

Rich in beta carotene, tomato acts as a skin booster, which not just eradicates pimples, acne and blackheads, but protects the skin from the harmful UV rays. Having chopped tomato on a daily basis can give one the skin, they ever wished to have.

Maintaining a healthy lifestyle is difficult, not impossible. Incorporate the above in your daily life and you will experience the freshness, your skin must have never felt before.





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.

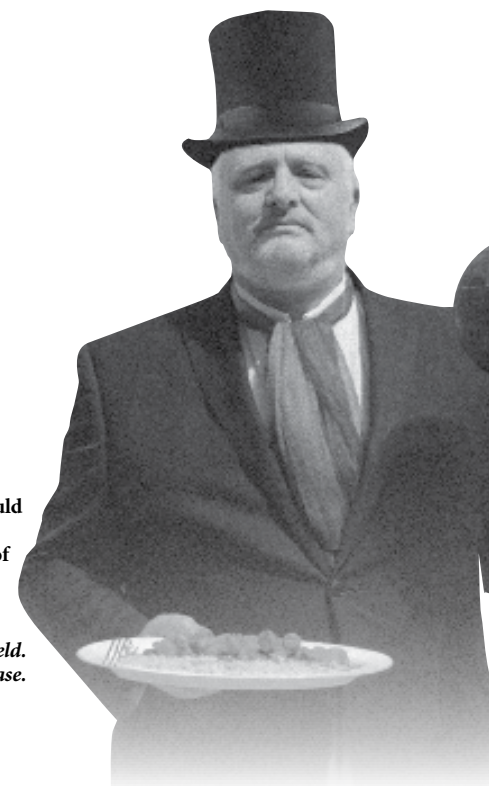
I am not a professional cook or chef; I am an aircraft engineer by trade, as well as an author of crime fiction. From an early age I had an interest in the preparation and consumption of food (particularly the consumption!), often helping my mother bake. As I grew older, I tried making

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.*



Apache Fried Rabbit with Corn, Blueberry & Wild Rice Salad

FROM THE LAND KNOWN AS USA

Throughout our journey, it has been difficult to establish original recipes of a region owing to the influence of immigrants bringing other ingredients and methods. The Native American tribes of North America can trace their roots back to well before Columbus arrived on their shores, and may have been on the continent for thirty-thousand years. Traditionally hunter-gatherers, they lived off what the land could provide, gathering the native crops; maize, squash, beans and turnips and hunting wildlife; deer, rabbits, ducks, turkeys and buffalo.

They understood the land and their own part in the natural world; never over hunting or cropping, moving from place to place to allow the land to recover. They could be considered to be early conservationists. The lifestyle was simple yet effective. Both the dishes in this recipe are as authentic as we can establish in this day and age, and have probably remained the same over hundreds of years.

WHAT YOU NEED:

- 1 prepared rabbit
- 4 tbs duck or goose fat
- 50 g all-purpose flour
- ½ tsp salt
- water sufficient to cover rabbit pieces
- Salad
- 180g wild rice
- 430ml water
- ¼ tsp salt
- 2 litres water
- 1 tsp salt
- 6 ears sweet corn, husked (or 250 frozen corn)
- 1 jalapeno pepper, seeded and finely chopped (leave the seeds in if you like it a little bit hotter)
- 100g fresh blueberries

- 4 tbs lime juice
- 4 tablespoons olive oil
- 1 small cucumber, finely diced
- 2 tbs honey or maple syrup
- 1 small red onion, chopped
- ½ tsp ground cumin
- 1 small bunch fresh coriander, chopped



WHAT TO DO

- To prepare the rabbit.
- Wash the rabbit then cut into portions and cover with water. Bring to a boil then simmer for two hours.
- Sieve together the salt and flour onto a deep plate
- Remove the rabbit from the water and dip into the flour mixture, coating evenly. Heat the fat in a frying pan and cook the rabbit pieces until golden brown.

TO PREPARE THE SALAD

- Add the rice, ¼ tsp salt and 230ml water to a pan. Bring to the boil then simmer for 25-30 minutes (wild rice takes longer to cook.) Don't worry if not all the water is absorbed. Check the rice has split open and is tender. You can reduce the cooking time if you like the rice to be a little bit crunchy. Remove with a slotted spoon and allow to cool.
- Bring the 2 litres of water to a boil in a large pan. Add the ears of corn and salt (refer to the packet if using frozen corn.) Cook covered for 5 minutes, or until tender. When cool enough to handle, cut the kernels from the cobs. Allow to cool.
- In a serving bowl, combine the corn, jalapeno, blueberries, lime juice, oil, cucumber, honey or maple syrup, red onion, cumin, coriander, and wild rice.
- Serve on a plate, topped with the rabbit.



Wild rice is a species of grass and is not directly related to Asian rice, although it is a cousin. Wild rice has a chewy outer sheath and a slightly nutty flavour.

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.

MUNCHY'S SUGAR CRACKERS

One must have tried a variety of biscuits, be it creamy, cheesy, salted or chocolaty. But, has one ever tried crackers consisting of sugar granules on it? The crunchiness and melting of the sugar one experiences when one piece is served into one's mouth, it feels nothing but heavenly. The sugar cracker races ahead of other brands owing to the fact that it has been baked. Available in hypermarkets, Munchy's hit the goal in tempting one to ask for more and more.



BAHLSSEN WAFFLE MINIS

Chocolate is something that has always been an all-time favorite of the majority. One must have tried a variety of chocolate biscuits, but what about trying something like waffle minis? Bahlsen waffle minis are rich in chocolate which is made chocolater with the crunchiness and the extra chocolate that oozes when it melts inside the mouth. Available in hypermarkets, this unique waffle mini hits the bull's eye in making the public choose Bahlsen over other chocolaty stuff.



UNCLE SABA'S POPPADOMS

Everyone loves munching on junk food. Along with munching on it, it carries the risk of the excess pile up of calories. Who likes lentils? But, if the lentils take the form of crunchiness, won't it be a substitute for all the junk food one must have tried in the past? 40% less carbohydrates and 4 times more proteins, Uncle Saba hits the goal in introducing a healthier alternative to junk. Available in hypermarkets, it is available in original, tomato, barbecue and sweet chilly and this is one snack, people can indulge in without any guilt.



EVERYONE IS A WINNER

With Weekender

WIN Six Movie tickets!



Send your answers and your picture to win@weekender.bh
Write a sentence about "What's Weekender to you?"

*Three lucky winners, 2 tickets each

Win Four Optics Vouchers!



Ehsan Optics care for your precious eyes and are offering you a 10 BD voucher which you can spend on whatever you like!

► Tell us about the beauty regime you follow on a daily basis.
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

► In the movie 'La la land', the role of a jazz pianist was portrayed by whom?

Win Karting Tickets



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

Tell us in a line: How do you beat stress?

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:

► Which three eatables have been featured in this week's nibble picks segment? (See Page13)

*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

CITYCENTRE SEEF WADI AL SAIL SAAR AL JAZIRA ALHAMRA

HITMAN'S BODYGUARD
RYAN REYNOLDS SAMUEL L. JACKSON

LOGAN LUCKY

CAPTAIN UNDERPANTS
THE FIRST EPIC MOVIE

A GENTLEMAN
SUNDAR SUSHEEL RISKY

Book your seat at cinema.bh

CINEMA

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

Classifieds

Reaching the right audience

Thursday, August 24, 2017 17

News of Bahrain



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Situation Vacant



Aspin Education Group (AEG), based in Dubai, is seeking to recruit for the vacancies listed below. AEG owns and manages two schools which follow the American, Ministry of Education and IB curricula. This is an opportunity for experienced and confident teachers to make a tangible improvement in school performance.

VACANCIES INCLUDE:-

- Class Teachers – The candidate should have a minimum of 3-2 years of experience as a teacher within a school and a Bachelor's degree in the relevant field.
- Teachers for the following subjects:

a. Mathematics b. Science c. Physical Education d. Islamic Studies e. IB Primary Years Program

The candidate should have a minimum of 3-2 years of experience as a teacher within a school and a Bachelor's degree in the relevant field.

- Heads of Departments (Mathematics, Science, Islamic Studies): The candidate should have a minimum of 10-8 years of experience in teaching, 5-3 years of experience as an HOD and a Bachelor's degree in the relevant

REQUIRED DOCUMENTS:- Updated resume
 Latest passport size photograph
 Passport copy
 Educational certificates and recommendation

Applicants for Dubai Arabian American School should fulfill the below listed requirement:

IELTS score for Class Teacher applicants to be minimum 7.5

IELTS score for Subject Teachers (except Arabic and Islamic) applicants to be minimum 6.5

Please send us the updated CV on: recruitment@aspineducationgroup.com

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CELEBS

Kim Kardashian West @KimKardashian
Good Morning world! I'm still sick but have so much to do today. Hope you all have a good day!



Craig wanted to 'make history' with Bond

London

British star Daniel Craig was lured back to play James Bond one more time by the promise that he would "make history" with the film as he would have held the milestone for 13 years in the role. The 49-year-old actor had previously said he wouldn't be making a return to the spy role, but has now decided to sign up for another movie as he would be making history of the longest reigning actor to play James Bond. "MGM and (Craig) had not spoken for over a year. Daniel said he was done, he meant it. She said he wasn't, she meant it. Sure, the financial deal was interesting. He was very proud of that (13 year milestone)," a source told *nydailynews.com*. (IANS)

ARTERTON WAS FORCED TO LOSE WEIGHT

Actress Gemma Arterton has revealed that she was once forced by the producer of one of her films to lose weight. The 31-year-old actress said the producer flew a personal trainer out to Morocco specifically to make her lose weight on the film set.

"There was one film that I was on and we were out in Morocco and a couple of weeks went past and they literally were like 'We need a personal trainer - stat'."

"And they flew someone out overnight that gave up their whole life to be with me and be my personal trainer. You know when it's like - 'Is it that bad that I need an emergency ... (it was as if they were) like on speed dial - 'Get that trainer out here now.'" she said. (TOI)



Depp sells fourth penthouse for \$1.82 mn

Los Angeles

Actor Johnny Depp has sold his fourth out of his five penthouses for \$1.82 million. The "Pirates of the Caribbean" star listed his five penthouses for a combined \$12.78 million and he now has just one left to offload, reports *dailymail.co.uk*.

All five of the penthouses are in the Eastern Columbia Building here.

Depp's fourth house features beautiful views out to the city and mountains thanks to the pad's extra-large windows. It has high ceilings and picturesque skyline views in bedrooms.

Depp has one more of his five abodes up for sale and that is on the market for a slightly cheaper price of \$1.79 million. (IANS)

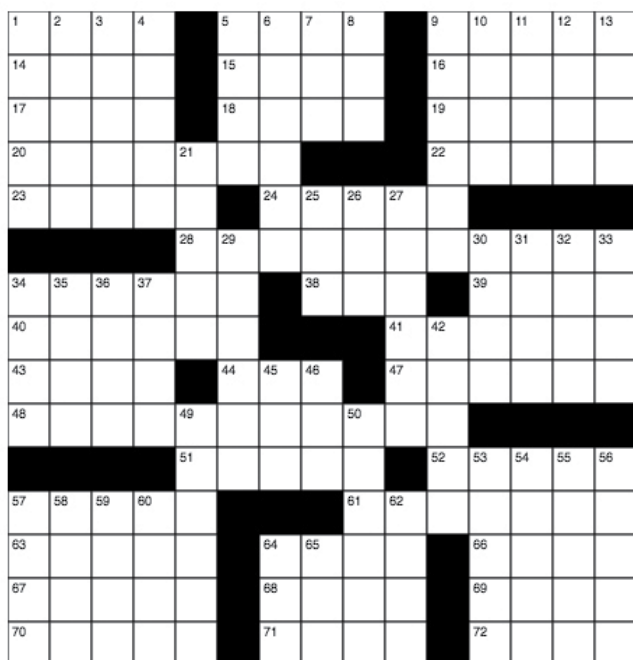


STARRY
Birthday
Rupert Grint

August 24, 1988

Actor who won a Young Artist Award for Most Promising Young Newcomer for his role as Ron Weasley in *Harry Potter and the Sorcerer's Stone*. He also starred in the film *Driving Lessons*.

CROSSWORD



YESTERDAY'S SOLUTION



Across

1- X-ray units; 5- Festive occasion; 9- Caterpillar competitor; 14- Med. school subj.; 15- Not a dup.; 16- Santa's aides; 17- ___ fide; 18- Hammock holder; 19- Appears; 20- Long Island university; 22- Weird; 23- Inventor Nikola; 24- Elector; 28- Scurrilous; 34- California peak; 38- Quick on the uptake; 39- Anklebones; 40- Seed-bearing organ of a flower; 41- Paradise; 43- "What I Am" singer Brickell; 44- Pasture; 47- Intertwine; 48- Weather-beaten; 51- Outsider; 52- Unexpected victory; 57- Jazz pianist Art; 61- Prickly plant; 63- In the least; 64- Scott of "Charles in Charge"; 66- Song in praise of God; 67- Dried plum; 68- Weapons; 69- Caesar's wings; 70- Really bother; 71- Evens the score; 72- Proceeded;

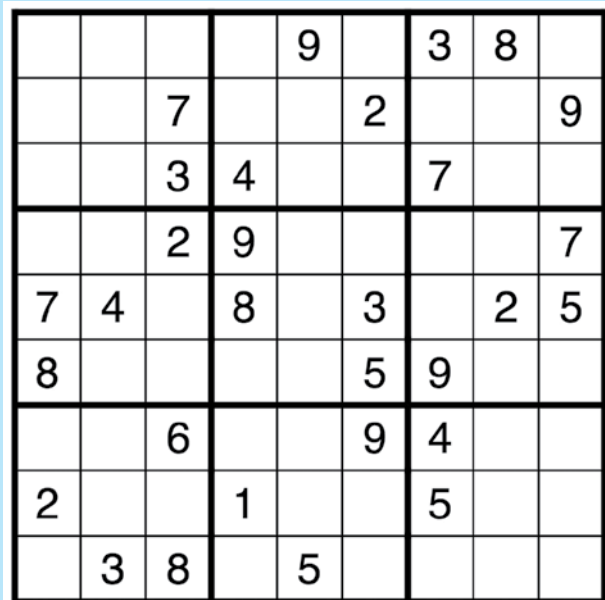
Down

1- Capital on the Atlantic; 2- Battery terminal; 3- Borge's countrymen; 4- Stable compartment; 5- Roman Empire invader; 6- Get there; 7- Whopper; 8- Era; 9- Barren place; 10- Robt. ___; 11- Always; 12- Do followers; 13- Latin being; 21- Singer LaBelle; 25- Man-mouse connector; 26- Recipe abbr.; 27- One or the other; 29- Hebrew liturgical prayer; 30- Romance lang.; 31- Vena ___; 32- Actor Guinness; 33- ___ dancing is popular with cowboys; 34- Gush forth; 35- Cover up; 36- Home to most people; 37- Editor's note; 42- Affection of sophisticates; 45- "___ tu" (Verdi aria); 46- Wonder; 49- Small village; 50- Punctual; 53- Fiddlesticks; 54- Genre; 55- Violinist Mischa; 56- Belief; 57- Record with a VCR; 58- Razor name; 59- Lacking play; 60- Forearm bone; 62- One of the Cartwrights; 64- Cave dweller; 65- Greek nickname;

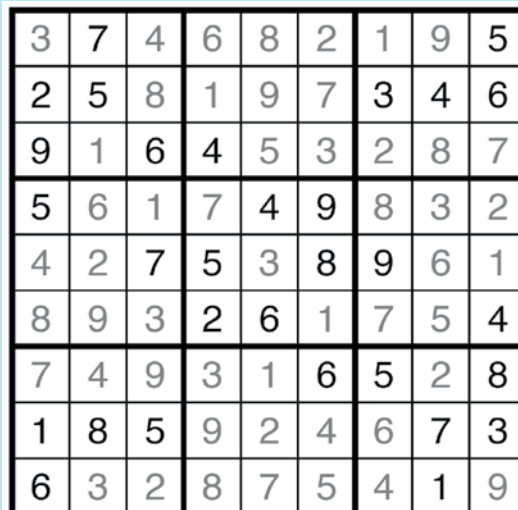
BEETLE BAILEY



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)



Your subconscious mind is active today. You might have psychic insights and some odd dreams. However convoluted they may be, they're trying to tell you something, possibly about your relationship with a friend or love partner. Make a list of the symbols and then figure out what they mean to you.

(Apr 21st - May 21st)



This isn't a good day to get together with your romantic partner, or even talk on the phone at length. Keep your conversations brief and make arrangements to meet in a few days. Your friend could be in a very agitated state of mind and might take offense at an innocent remark from you. This could cause an unpleasant quarrel. Be patient!

(May 22nd - Jun 21st)



Some technological gadgets that you make copious use of may go out of whack today. This could prove frustrating for you, but don't vent your frustrations on them. That wouldn't help! Stay calm and call in a professional to fix the problem. Think of the expense as a contribution to your own mental health.

(June 22nd - July 23rd)



If you're single, you might meet someone new and exciting today. You might feel this is the perfect partner for you. Be cautious! This wonderful new person may have money problems or be jealous and possessive. Move ahead if it feels right, but move ahead with caution and don't be swept off your feet until you're certain that this person is OK.

(July 24th - Aug 23rd)



You might have some important work to do at home, but unexpected visitors might have other ideas for your day. Don't get angry or frustrated. Explain what's going on politely but firmly, and make arrangements to meet your friends later. They'll probably understand so there's no need to try to play host when your mind is somewhere else.

(Aug 24th - Sep 23rd)



Electronic communication could be difficult today. Everything that can go wrong might go wrong - phones, email, copiers. Driving a car could land you in impossible traffic. If you really need to speak to someone, the best thing to do may be to take a walk and go see them in person.

(Sep 24th - Oct 23rd)



Money problems may seem to be escalating, and you could be hard-pressed to find a way to deal with them right now. The situation is temporary. Put all paperwork aside for now. If you wait a day until you're feeling a little less stressed, you'll be able to get a better handle on the situation and juggle your budget in order to make it all work.

(Oct 24th - Nov 22nd)



Your four walls could seem to be closing in on you today. You might feel that you'll go crazy if you don't get out for a while. But responsibilities may keep you indoors anyway. It's important to get out. Take a brisk walk around the neighbourhood, run a quick errand, return a book to the library. This should bring some relief, at least for now.

(Nov 23rd - Dec 21st)



Sudden psychic insights that seem important could come your way today, but you could be confused about their meaning. This might bother you today unless you write your thoughts down. Sometimes the process of recording your ideas can bring an insight's meaning to light. If this doesn't help, keep your notes until tomorrow. Things should become clearer then.

(Dec 22nd - Jan 20th)



You and some friends might spontaneously decide to do something adventurous, such as take a trip out of town. This might be fun. Make sure you go somewhere that one of you knows fairly well or there's a slight danger that you might get lost or hit traffic at the wrong time. Also make sure that others know where you are so no one worries.

(Jan 21st - Feb 19th)



News of an unexpected career break could come your way. This can be exciting and it should make a big difference in your life. This time definitely calls for some modesty. If you act too proud or thrilled, you might stir some envy among your colleagues, and this could come back to haunt you later. Save your excitement for your family.

(Feb 20th - Mar 20th)



Are you taking a long-distance trip by air? Postpone it if you can. It might end up being slow and tedious. If you must travel, be prepared for delays, lost luggage, or bad weather. Travel light, be at the airport early, and take some reading material. If you're planning a trip, don't confirm the arrangements or the same effects might apply when you do travel.

DT NEWS

Show Time

20 Thursday, August 24, 2017

THE HITMAN'S BODYGUARD

(15+) (Action/Comedy) New
Starring: Ryan Reynolds, Gary Oldman, Samuel L. Jackson
CINECO (20): Daily At: 11.30 Am + 12.30 + 2.00 + 3.00 + 4.30 + 5.30 + 7.00 + 8.00 + 9.30 + 10.30 Pm + 12.00 Mn + (1.00 Am Thurs/Fri) Daily At (Vip I): 12.00 + 2.30 + 5.00 + 7.30 + 10.00 Pm + (12.30 Mn Thurs/Fri) Daily At (Vip I): 10.30 Am + 1.00 + 3.30 + 6.00 + 8.30 + 11.00 Pm
SEEF (II): Daily At: 12.00 + 2.30 + 5.00 + 7.30 + 10.00 Pm + (12.30 Mn Thurs/Fri)
SAAR: Daily At: 10.45 Am + 1.15 + 3.45 + 6.15 + 8.45 + 11.15 Pm
AL JAZIRA: Daily At: 2.00 + 4.30 + 7.00 + 9.30 Pm + (12.00 Mn Thurs/Fri)
WADI AL SAIL: Daily At: 11.00 Am + 1.30 + 4.00 + 6.30 + 9.00 + 11.30 Pm

LOGAN LUCKY

(Pg-15) (Comedy/Crime) New
Starring: Channing Tatum, Adam Driver, Daniel Craig
CINECO (20): Daily At: 11.00 Am + 1.30 + 4.00 + 6.30 + 9.00 + 11.30 Pm + (12.45 Mn Thurs/Fri)
SEEF (II): Daily At: 11.30 Am + 2.00 + 4.30 + 7.00 + 9.30 Pm + 12.00 Mn + (12.45 Mn Thurs/Fri)
SAAR: Daily At: 10.45 Am + 1.15 + 3.45 + 6.15 + 8.45 + 11.15 Pm
WADI AL SAIL: Daily At: 10.30 Am + 1.00 + 3.30 + 6.00 + 8.30 + 11.00 Pm

CAPTAIN UNDERPANTS

(Pg) (Animation/Comedy/Adventure) New
Starring: Kevin Hart, Thomas Middleditch, Ed Helms
CINECO (20): Daily At: 11.30 Am

+ 1.30 + 3.30 + 5.30 + 7.30 + 9.30 + 11.30 Pm
SEEF (II): Daily At: 10.45 Am + 12.45 + 2.45 + 4.45 + 6.45 + 8.45 + 10.45 Pm
SAAR: Daily At: 11.00 Am + 1.00 + 3.00 + 5.00 + 7.00 + 9.00 + 11.00 Pm
WADI AL SAIL: Daily At: 11.15 Am + 1.15 + 3.15 + 5.15 + 7.15 + 9.15 + 11.15 Pm

A GENTLEMAN

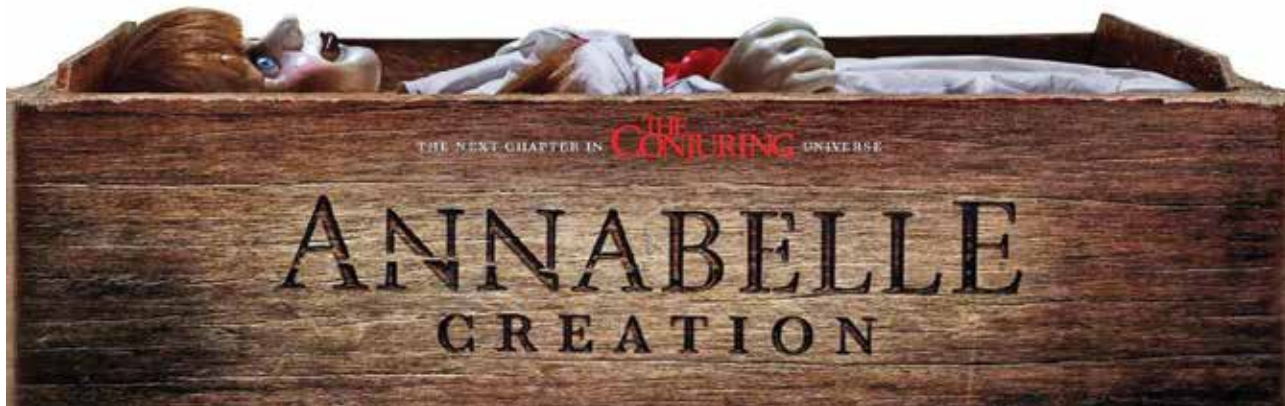
(Pg-15) (Hindi/Action/Comedy/Thriller/Romantic) New
Starring: Sidharth Malhotra, Jacqueline Fernandez, Sunil Shetty
CINECO (20): Daily At: 10.30 Am + 1.00 + 3.45 + 6.30 + 9.15 Pm + 12.00 Mn
SEEF (I): Daily At: 12.30 + 3.15 + 6.00 + 8.45 + 11.30 Pm
WADI AL SAIL: Daily At: 12.00 + 2.45 + 5.30 + 8.15 + 11.00 Pm

BLIND

(15+) (Drama/Romantic/Comedy) New
Starring: Alec Baldwin, Demi Moore, Dylan McDermott
CINECO (20): Daily At: 11.45 Am + 4.30 + 9.15 Pm
SEEF (II): Daily At: 2.15 + 7.00 + 11.45 Pm

ANNABELLE CREATION

(18+) (Horror/Thriller)
Starring: Miranda Otto, Stephanie Sigman, Lulu Wilson
CINECO (20): Daily At: 11.15 Am + 1.45 + 4.15 + 6.45 + 9.15 + 11.45 Pm + (1.00 Am Thurs/Fri)
SEEF (I): Daily At: 11.30 Am + 2.00 + 4.30 + 7.00 + 9.30 Pm + 12.00 Mn
SAAR: Daily At: 11.00 Am + 1.30 + 4.00 + 6.30 + 9.00 + 11.30 Pm



WADI AL SAIL: Daily At: 10.45 Am + 1.15 + 3.45 + 6.15 + 8.45 + 11.15 Pm

KIDNAP

(Pg-15) (Thriller)
Starring: Halle Berry, Dana Gourrier, Lew Temple
CINECO (20): Daily At: 11.15 Am + 1.15 + 3.15 + 5.15 + 7.15 + 9.15 + 11.15 Pm + (12.30 Mn Thurs/Fri)
SEEF (II): Daily At: 12.00 + 2.00 + 4.00 + 6.00 + 8.00 + 10.00 Pm + 12.00 Mn + (12.45 Mn Thurs/Fri)

SECURITY

(Pg-15) (Action)
Starring: Antonio Banderas, Liam Mcintyre, Ben Kingsley
CINECO (20): Daily At: 11.45 Am + 1.45 + 3.45 + 5.45 + 7.45 + 9.45 + 11.45 Pm
SEEF (II): Daily At: 10.45 Am + 3.00 + 7.15 + 11.30 Pm

THE EMOJI MOVIE

(Pg) (Animation/Adventure/Comedy)
Starring: T.J. Miller, James Corden, Anna Faris
CINECO (20): Daily At: 10.45 Am + 12.45 + 2.45 + 4.45 + 6.45 + 8.45 + 10.45 Pm
SEEF (II): Daily At: 1.15 + 5.15 + 9.15 Pm

WAR FOR THE PLANET OF APES

(Pg-13) (Action/Adventure/Drama)
Starring: Toby Kebbell, Andy Serkis, Woody Harrelson
CINECO (20): Daily At: 12.45 + 3.30 + 6.15 + 9.00 + 11.45 Pm
SEEF (I): Daily At: 1.45 + 6.30 + 11.15 Pm

47 METERS DOWN

(15+) (Thriller/Horror)
Starring: Mandy Moore, Claire Holt, Matthew Modine
CINECO (20): Daily At: 12.00 + 2.00 + 4.00 + 6.00 + 8.00 + 10.00 Pm + 12.00 Mn

BABY DRIVER

(15+) (Action/Thriller/Crime)
Starring: Ansel Elgort, Jon Bernthal, Lily James
CINECO (20): Daily At: 12.30 + 2.45 + 5.00 + 7.15 + 9.30 + 11.45 Pm

DESPICABLE ME 3

(Pg) (Animation/Adventure)
Starring: Steve Carell, Jenny Slate, Kristen Wiig
CINECO (20): Daily At: 10.30 Am + 12.30 + 2.30 + 4.30 + 6.30 + 8.30 + 10.30 Pm
SEEF (I): Daily At: 12.30 + 4.30 + 8.30 Pm

DUNKIRK

(Pg-13) (War/Drama/History)
Starring: Tom Hardy, Cillian Murphy, Kenneth Branagh
CINECO (20): Daily At: 10.30 Am + 12.45 + 3.00 + 5.15 + 7.30 + 9.45 Pm + 12.00 Mn

FIRST KILL

(Pg-15) (Action/Thriller/Crime)
Starring: Bruce Willis, Hayden Christensen, Tu Shelton
CINECO (20): Daily At: 2.00 + 6.30 + 11.00 Pm

TISBAH ALA KHAIR

(Pg-13) (Arabic/Drama/Comedy/Thriller)
Starring: Tamer Hosney, Dorra Zarrouk, Nour
CINECO (20): Daily At: 12.45 + 5.00 + 9.15 Pm

THE DARK TOWER

(Pg-13) (Action/Adventure)
Starring: Idris Elba, Matthew McConaughey, Katheryn Winnick
CINECO (20): Daily At: 11.15 Am + 3.15 + 7.15 + 11.15 Pm

TAFFASH WA ARBA3EEN HARAMI

(Pg) (Family/Comedy/Adventure)
Starring: Ali Al Ghurair, Khalil Al Romaiti, Ahmed Isa
CINECO (20): Daily At: 1.15 + 5.15 + 9.15 Pm
SEEF (I): Daily At: 10.30 Am + 2.30 + 6.30 + 10.30 Pm

PIRATES OF THE CARIBBEAN: SALAZARS REVENGE

(Pg-15) (Action/Adventure)
Starring: Johnny Depp, Geoffrey Rush, Keira Knightley
CINECO (20): Daily At: 11.30 Am + 4.00 + 8.30 Pm

BAYWATCH

(18+) (Action/Comedy/Adventure)
Starring: Dwayne Johnson, Zac Efron, Priyanka Chopra
CINECO (20): Daily At: 10.30 Am + 2.45 + 7.00 + 11.15 Pm



SEVEN SISTERS (WHAT HAPPENED TO MONDAY)

(15+) (Thriller/Action)
Starring: Noomi Rapace, Marwan Kenzari, Willem Dafoe
CINECO (20): Daily At: 2.00 + 6.45 + 11.30 Pm

THE BEGUILLED

(15+) (Drama) New
Starring: Colin Farrell, Nicole Kidman, Kirsten Dunst
SEEF (II): Daily At: 1.45 + 5.45 + 9.45 Pm

IT COMES AT NIGHT

(15+) (Thriller/Horror) New
Starring: Joel Edgerton, Christopher Abbott, Carmen Ejogo
SEEF (II): Daily At: 12.45 + 4.45 + 8.45 Pm

BUSHWICK

(15+) (Action/Adventure) New
Starring: Dave Bautista, Brittany Snow, Christian Navarro
SEEF (II): Daily At: 11.45 Am + 3.45 + 7.45 + 11.45 Pm

THE RECALL

(15+) (Action/Horror/Sci-Fiction) New
Starring: Wesley Snipes, Rj Mitte, Jediah Goodacre
SEEF (II): Daily At: 10.45 Am + 2.45 + 6.45 + 10.45 Pm

SUKAR BARA

(Pg-13) (Arabic/Comedy) New
Starring: Eslam Gamal, Amirah Hani
SEEF (II): Daily At: 11.15 Am + 3.15 + 7.15 + 11.15 Pm

TOILET EK PREM KATHA

15) (Hindi/Romantic/Comedy/Drama)

Starring: Akshay Kumar, Anupam Kher, Bhumi Pednekar
SEEF (II): Daily At: 11.30 Am + 2.30 + 5.30 + 8.30 + 11.30 Pm

BAREILLY KI BARFI

(Pg-13) (Hindi/Romantic/Comedy)
Starring: Ayushmann Khurrana, Kriti Sanon, Rajkumar Rao
SEEF (II): Daily At: 12.45 + 5.00 + 9.15 Pm

SEVEN SISTERS (What Happened To Monday)

(15+) (Thriller/Action)
Starring: Noomi Rapace, Marwan Kenzari, Willem Dafoe
SEEF (II): Daily At: 12.45 Am + 4.30 + 9.15 Pm

VIVEGAM

(Tamil) New
Starring: Ajith Kumar, Vivek Oberoi, Kajal Aggarwal, Akshara Haasan
SEEF (I): Daily At: 10.30 Am + 12.00 + 1.00 + 2.45 + 3.45 + 5.30 + 6.30 + 8.15 + 9.15 + 11.00 Pm + 12.00 Mn + (12.30 Mn Thurs/Fri)
AL JAZIRA: Daily At: 3.00 + 5.45 + 8.30 + (11.15 Pm Thurs/Fri)
AL HAMRA: Daily At: 12.00 + 3.00 + 6.00 + 9.00 Pm + (12.00 Mn Thurs/Fri)

TISBAH ALA KHAIR

(Pg-13) (Arabic/Drama/Comedy/Thriller)
Starring: Tamer Hosney, Dorra Zarrouk, Nour
SEEF (I): Daily At: 11.45 Am + 4.30 + 9.15 Pm



Director Steven Soderbergh returns with a crime comedy that plays like a valentine to some of his most beloved triumphs. 'Logan Lucky' has the same jazzy, improvised feel of 'Ocean's Eleven', and is peppered with the Southern-fried humour of 'Magic Mike'.

The Logan brothers don't have the best of luck. Jimmy (Channing Tatum), a divorcé

who dotes on his little girl, just lost his construction job; Clyde (Adam Driver), a bartender, lost even more in Iraq - his left hand. But together, along with an assortment of bumblefuck conspirators and one devilishly charming convict still in jail (Daniel Craig, trading his Bond accent for a swampy drawl), they hope to reverse the family curse by robbing millions of dollars from a Nascar vault.

A fairground scene of toilet-seat-tossing aside, Soderbergh doesn't use his movie to poke fun at yokels; 'Logan Lucky' walks the same tricky line that 'Fargo' does. He draws divisions between the kind-hearted and the cruel, and we get swept up in his energy because we know it comes from a generous place. It's the kind of underdog comedy that's all too rare. (timeout)

N.Korea reveals missile plans



North Korean leader Kim Jong-Un (L) visiting the Chemical Material Institute of the Academy of Defense Science

Seoul **N**orth Korea revealed plans for the development of its missile programme yesterday, as leader Kim Jong-Un ordered stepped-up production of rocket engines and intercontinental ballistic missile (ICBM) nosecones.

Under Kim, Pyongyang has made rapid strides in its ballistic missile technology, which it is banned from pursuing under United Nations resolutions that have slapped it with seven sets of sanctions.

Last month it carried out two successful ICBM launches, overseen by Kim and apparently bringing

most of its sworn enemy the United States into range for the first time.

A series of threats followed from both sides, and while the rhetoric has since eased, the US and South Korea this week kicked off their annual Ulchi Freedom Guardian military drills, which the North always condemns as dress rehearsals for invasion.

The North says it needs nuclear weapons to protect itself against the US, and analysts said pictures released yesterday of Kim's visit to the Chemical Material Institute of the Academy of Defence Science revealed major technological advances and

ambitions. Kim, in a black suit, was shown next to a large brown tube that Joshua Pollack of the US Middlebury Institute of International Studies said on Twitter was a "wound fibre cylinder, evidently a large-diameter solid-rocket motor casing in the making".

It appeared to be made of Kevlar or fibreglass, added independent missile and nuclear analysts George Herbert.

Other pictures carried by the Rodong Sinmun, the official mouthpiece of the North's ruling party, included missile schematics and what appeared to be production processes. (AFP)

World's largest samosa record smashed in London



Muslim Aid staff and volunteers work as they attempt to construct and cook the world's largest samosa at the East London Mosque in London

London **T**he world record for the largest samosa was smashed in London on Tuesday by a whopping version of the popular Asian snack weighing in at 153.1 (337.5 pounds) kilograms.

A dozen volunteers from the Muslim Aid UK charity built the giant samosa then deep-

fried it in a custom-built vat at an East London Mosque.

Adjudicators from Guinness World Records were on hand to oversee the process and certify that the mega-samosa passed the required tests.

The previous record of 110.8 kg was set by Bradford College in northern England in June 2012.

The samosa was built on a giant wire mesh, then winched into a vat of cooking oil before being hauled out to be weighed.

"My heart was beating really fast," said Farid Islam, 26, the project organiser.

"It was very tense. It looked like it was going to slide off. A crack appeared and I feared the worst," he said.

#PollToday



North Korea has revealed its missile plans. Do you think Kim Jong Un is actually looking forward to a war?

Yes No Cant Say



"I respect the fact that I believe Kim Jong Un is starting to respect us. Maybe, probably not, something positive will come out of it."

Donald Trump
US President

Rest in sight

Indian railways chief steps down after crashes



The head of India's railways has quit after a series of deadly accidents on the crumbling network

S. Korea's first woman PM released from jail

South Korea's first female prime minister was released from prison after completing a two-year sentence for accepting illicit political funds.

US Treasury chief's wife apologizes over Instagram post

The wife of US Treasury Secretary Steven Mnuchin apologized after she posted an Instagram photo and comments that were slammed as tone deaf and elitist.

Online rhino horn auction set to open

Several hundred rhino horns will go under the hammer in South Africa's first online auction of the controversial product.

For more, catch us online at:
www.newsofbahrain.com
[/nobonline](https://www.facebook.com/nobonline)
[/newsofbahrain](https://www.twitter.com/newsofbahrain)

US Navy dismisses commander after collision

Tokyo **T**he US Navy confirmed yesterday it had sacked the commander of its Seventh Fleet after a deadly collision between a destroyer and a tanker off Singapore, the latest of several accidents involving an American warship in Asian waters.

Vice Admiral Joseph Aucoin was relieved "due to a loss of confidence in his ability to command", a navy statement said.

The navy is undertaking

a fleet-wide global investigation after Monday's incident involving the USS John S. McCain, which left 10 sailors missing and five injured after a gaping hole was torn in the warship's side.

The Seventh Fleet, headquartered at Yokosuka in Japan, is the centrepiece of the US military presence in Asia, undertaking sensitive missions such as operations in the South China Sea and around the Korean peninsula.

'Rare' Byzantine mosaic revealed in Jerusalem



Archaeologist works on part of 1,500-year-old mosaic floor Jerusalem

Israeli archaeologists yesterday unveiled a 1,500-year-old portion of mosaic floor bearing the names of Byzantine Emperor Justinian and a senior Orthodox priest.

David Gellman, director of the excavation in east Jerusalem's walled Old City, said that while the area was rich in archaeological finds, few such inscriptions had been found.

"Direct text and letters

from people back then are relatively rare," he said.

The Greek inscription, dated at 550 or 551 AD, commemorates the founding of a building thought to be a hostel for pilgrims near the city's Damascus Gate.

Constantine, the Orthodox priest who founded it, was abbot of the Nea Church, dedicated to the Virgin Mary and the largest church in Jerusalem when it was built in 543 AD.

Headless torso belongs to reporter missing from sub

Stockholm **T**he headless torso of a woman found at sea was identified yesterday as a Swedish journalist who likely died aboard a Danish inventor's homemade submarine, in a grisly case that has gripped the nation.

Danish police confirmed they had made a positive identification of the body, which was found on Monday.

"We have a DNA match between a hairbrush and a toothbrush belonging to Kim Wall and the blood in the submarine and the torso we autopsied yesterday," Copenhagen homicide chief

Jens Moller Jensen told reporters.

Danish inventor Peter Madsen has been accused of the negligent manslaughter of the 30-year-old reporter, who went to interview him aboard his 60-foot (18-metre) submarine on August 10.

The torso, whose head and limbs were deliberately cut off, was found in Koge Bay, about 50 kilometres (30 miles) south of Copenhagen, police say.

It also bore injuries which appeared to suggest that air had been forced out of it, Jensen told a news conference.

Lin Dan battles past Holst

Glasgow

China's Lin Dan came from behind to keep alive his hopes of a sixth world title yesterday as the 33-year-old saw off Denmark's Emil Holst 19-21, 21-8, 21-16 in a draining 81 minutes.

The decider was close, with the score tied at 16-all before Dan's greater experience helped him win the final five points and gain revenge for a defeat in the Danish Open earlier this year. Seeded seventh, Lin Dan admitted he was relieved to get through to the last 16.

"I am very happy to win and prove myself again at the world championships," he said.

"I have prepared very well and for a long time for this week and although it was a

long match I am now looking forward to tomorrow."

Holst, the world number 39, was heartbroken at missing out on a chance to claim the most famous of scalps.

"I am very disappointed," admitted the 26-year-old. "I had my chance to beat him, but I was very tired towards the end and he made me make tough decisions."

In the longest match of the championships, Vincent Wong Wing Ki, 12th seed from Hong Kong, survived a scare to overcome Japan's Kanta Tsuneyama.

The Japanese underdog had three match points -- and had to save two of Wong's -- before he went out 23-21, 15-21, 24-26 in a marathon one hour and 24

minutes.

"I wasn't too nervous when I was facing the three match points because I already prepared myself for a long and tough match," said the winner, who sank to his knees in relief at the end.

"I lost to him recently in the Asian championships so I knew it would be difficult. I am the 12th seed so the pressure is on me."

Defending champion Chen Long and top seed, Son Won Ho, both had easy passages into the last 16. Chen, the Olympic gold medallist and fifth seed, trounced Indonesia's Sony Dwi Kuncoro 21-3, 21-9.

South Korea's Son defeated Hungary's Gergely Krausz 21-13, 21-9. (AFP)



Lin Dan

Bahrain set to take on Brazil

Aidan Payne/DTNN
aidan@dt.bh

Manama

Bahrain under coach Yousif Khalifa Alasbool are set to take on Brazil at 5pm today in the Round of 16 of the 2017 FIVB Boys' U19 World Championship at Shaikh Isa Sports City in Riffa.

Bahrain qualified for the last 16 after finishing second in Pool B in the preliminary phase with a 3-1 win-loss with victories against Egypt, Puerto Rico and Tunisia and a solitary loss to the USA, while Brazil finished third in Pool with a two win two loss record.

Bahrain are captained



Team Bahrain

by Saif Yusuf, the libero is Hussain Abdulla and the rest of the squad comprises Sayed Mohammed Al Abbar, Jawher Rashed, Mohammed Jassim, Mohammed Haroon,

Hassan Haider, Hussain Thamer, Hassan Mohammed, Mahmood Abdulhussain, Yousif Saif and ayed Yousif Ashoor.

Also starting at 5pm are undefeated Iran who won all four of its Pool B matches and take on Turkey who finished fourth in Pool C with a two win two loss record.

Six other Round of 16 matches also take place today, starting at 1pm when Japan who were also unbeaten in all

four of its Pool B preliminaries, take on Puerto Rico, while Argentina face off with the Czech Republic.

At 3pm, France go head to head with the USA in a mouth-watering clash and Russia play China in the other match.

The final round of matches are at 7pm with Italy taking on South Korea and Egypt facing off with Cuba.

Also taking place to kick-off the day's action are the round-robin 17th to 20th

classification matches, which feature the four teams who finished bottom of their respective groups, with Tunisia playing Mexico and Poland up against Chile and conclude on Saturday.

The quarter finals follow tomorrow, the semi-finals on Saturday with the Gold and Bronze Medal matches on Sunday.

For more information, visit u19.boys.2017.volleyball.fivb.com.

Bahrain to host FIVB U21 championship

DT News Network
Manama

Bahrain are putting together a bid to host the FIVB Men's U21 World Championship in 2019, according to Bahrain Volleyball Association (BVA) Vice-President Jehad Khalfan, who is also the Organising Committee Director General of the ongoing 2017 FIVB Boys' U19 World Championship being played here in Bahrain.

Khalfan said hosting such competitions is part of the BVA's strategy to help boost the level of volleyball amongst the kingdom's up-and coming young players.

"When we thought of organising this under-19 championship, it was a part of our strategy at the BVA Board to help raise the level of our young teams so that they can compete with the top international teams from around the world," Khalfan said.

"Next year, we have already won the rights to host the Asian U20 Championship here in Bahrain for this same team that is playing right now in the under-19 tournament."

"Then, we are also bidding for the FIVB U21 World Championship in 2019 and are expecting to get a good report from the FIVB for hosting the under-19 competition. We hope that this can raise our chances higher than before to host the under-21 tournament," Khalfan added.

Bahrain has already hosted the FIVB Men's U21 World Championship twice in the past - first in 1987 and then again, 10 years later, in 1997.

Griezmann handed two-game ban

Madrid

France international forward Antoine Griezmann was handed a two-game ban by the Spanish Football Federation yesterday after he was sent off at the weekend for insulting the referee. The 26-year-old was dismissed during Atletico Madrid's 2-2 draw at Girona on Saturday during the opening weekend of the La Liga season.

He also received a 600-euro (\$700) fine, while Atletico were penalised 700 euros. Both have the right to appeal their

sanctions. Griezmann will miss league matches against Las Palmas on Saturday and Valencia on September 9.

He was shown a straight red card an hour into Saturday's match after insulting the referee for not awarding a penalty in his favour. He later apologised.

Real Madrid centre-back Sergio Ramos has also been handed a one-match ban after he was sent off for two yellow cards in the European and Spanish champions' 3-0 win at Deportivo La Coruna. (AFP)



Supreme Council for Youth and Sports Deputy General Secretary and Bahrain Olympic Committee General Secretary Abdulrahman Askar yesterday commended the contributions of the Bahrain Martial Arts Association during a meeting with General Secretary of the Bahrain Martial Arts Association (BMAA) Waleed Ajoor at the premises of the Olympic Committee in Seef. A report on the associations programme was presented on the occasion. Also present at the meeting were BOC legal adviser Salah Khodr and sports federations director Hisham Al Blooshi.

Froome extends Vuelta lead

Lutsenko

takes stage

Alcocéber, Spain

Chris Froome extended his lead in the Vuelta a Espana as Kazakh Alexey Lutsenko won yesterday's rolling fifth stage.

Froome crossed the line in 14th place in the wheel of long-time rival Alberto Contador some four and half minutes after Astana's Lutsenko.

Three riders had started the day just two seconds behind Froome but all lost time.

Tejay van Garderen moved up to second at 10 seconds after coming in just eight seconds behind Froome while Colombian Esteban Chaves is third at 11sec after crossing the line alongside the British leader.

But Italian former winners Vincenzo Nibali and Fabio Aru both lost time to now sit sixth and seventh respectively at 36sec and 49sec.

Spain's David De La Cruz started the day second but dropped to fifth at 23sec.

British twins Adam and Simon Yates -- winners of the young rider competition at the Tour de France these last two years -- are eighth and ninth respectively at 50sec and 1min 09sec.

But despite winning a fourth Tour just over a month ago, Froome showed



Chris Froome poses on the podium with the leader's red jersey

no signs of tiredness as his Sky team set the pace on the steep run-in to the finish, allowing him to gain time on many overall rivals.

"I think if you had said at the beginning of the stage this would be the situation at the finish, I would have definitely have signed to agree to that," admitted Froome.

"Looking at the time gaps now, the general classification is definitely taking a bit more shape.

"I'm really glad to have come through from the Tour in the shape that I hoped to be in for the start of the Vuelta."

Eritrean Merhawi Kudus was second on the lumpy 175.7km stage from

Benicassim to Ermita Santa Lucia, finishing 42sec behind Lutsenko with Spain's Marc Soler third at 56sec.

Lutsenko, 24, had broken clear of a large 17-man breakaway group, that had built up a seven-minute lead at one stage, on the tough final ascent to Ermita Santa Lucia. (AFP)

Vuelta a Espana results

1. Alexey Lutsenko (KAZ/AST) 4hr 24min 58sec
 2. Merhawi Kudus (ERI/DDT) at 42sec
 3. Marc Soler (ESP/MOV) 56
 4. Matej Mohoric (SLO/EAU) 1:11
 5. Alexis Gougeard (FRA/ALM) 1:24,
 6. Marco Haller (AUT/KAT) 1:37
- Selected others
13. Alberto Contador (ESP/TRE) 4:31
 14. Chris Froome (GBR/SKY) same time
 16. Esteban Chaves (COL/ORI) s.t.
 17. Tejay Van Garderen (USA/BMC) 4:39
 18. Adam Yates (GBR/ORI) 4:42

Overall standings

1. Chris Froome (GBR/Sky) 18hr 07min 10sec
2. Tejay Van Garderen (USA/BMC) at 10sec
3. Esteban Chaves (COL/ORI) 11
4. Nicolas Roche (IRL/BMC) 13
5. David De la Cruz (ESP/QST) 23
6. Vincenzo Nibali (ITA/BAH) 36



Kazakhstan's Alexey Lutsenko of team Astana celebrates as he crosses the finish line

De Villiers quits as South Africa ODI skipper

Johannesburg

Star batsman AB de Villiers quit as South Africa one-day international (ODI) skipper yesterday, but committed to representing his country in all three cricket formats.

"Faf du Plessis has proved to be an outstanding captain of the Twenty20 (T20) and Test teams," he said in a statement.

"Bearing this in mind, I have informed Cricket South Africa that I would like to step down as ODI captain.

"It has been an honour to lead the team for the past six years, but it is now time for someone else to take the ODI side forward.

"Whoever is chosen as the new ODI captain will have my complete support."

De Villiers last skippered the ODI team two months ago in the Champions

Trophy in England, where South Africa failed to reach the semi-finals after defeats by Pakistan and India.

He has averaged 53.56 runs in 221 appearances in the one-day format since debuting against England 12 years ago.

De Villiers rejected media claims that he was cherry-picking when to play for South Africa and putting himself before the team.

"That is simply not true. That has never been true. Playing for South Africa is, and will always be, the greatest privilege of my life," he said.

He missed the recent 3-1 Test series defeat in England, last playing for South Africa in the longest format at the beginning of 2016.

De Villiers said mental and physical tiredness and raising a young family had forced him to take a temporary

international break.

"I really do feel refreshed and revived," said the 33-year-old.

"I want to get back on the field and today assured the national selectors that I will be available for selection in all three formats of the game during the coming season.

"There is plenty of hard work ahead in the nets and I must prepare properly, but I will be ready to play, if required, from the middle of October.

"If I am lucky enough to be selected, I cannot guarantee runs and catches. Nobody can do that.

"But what I can absolutely guarantee is 100 percent commitment to the Proteas in every format of the game, as and when required.

"That was my promise when I made my debut in 2004, and that is my promise today." (AFP)



AB de Villiers (file pic)

ROONEY

bids adieu



London

England's record goalscorer Wayne Rooney announced yesterday he is retiring from international football with immediate effect after manager Gareth Southgate tried to recall him to the squad.

The 31-year-old -- scorer of 53 goals in 119 appearances for his country -- told Southgate of his decision during a phone conversation on Tuesday.

Southgate had phoned Rooney -- who had lost both the captaincy and eventually his place in the squad under Jose Mourinho at Manchester United last season -- to congratulate him on his early season performances for new club Everton. Rooney has looked rejuvenated and happy -- scoring in both their Premier League matches so far -- since he re-signed for the club that nurtured his talent as a teenager before he left for United.

"It was great that Gareth Southgate called me this week to tell me he wanted me back in the England squad for the upcoming matches. I really appreciated that," said Rooney in a statement sent to Press Association Sport.

"Having already thought long and hard, I told Gareth that I had now decided to retire for good from international football.

"It is a really tough decision and one I have discussed with my family, my manager at Everton (Ronald Koeman) and those closest to me.

"Playing for England has always been special to me. Every time I was selected as a player or captain was a real privilege and I thank everyone who helped me.

But I believe now is the time to bow out."

Rooney said his sole purpose now in football is to ensure

Everton win trophies. He had alluded to his priorities in a post-match interview on Sky Sports after he matched Alan Shearer in scoring 200 Premier League goals.

"Leaving Manchester United was a tough call but I know I made the right decision in coming home to Everton," said Rooney.

"One of my very few regrets is not to have been part of a successful England tournament side," said Rooney, whose four goals in Euro 2004 propelled England to the quarter-finals before their hopes were extinguished when he broke a bone against Portugal.

"Hopefully the exciting players Gareth is bringing through can take that ambition further and I hope everyone will get behind the team.

"One day the dream will come true and I look forward to being there as a fan -- or in any capacity." (AFP)



Wayne Rooney