

Abdulwahed, Al Hashemi triumph in endurance championship

HH Shaikh Nasser bin Hamad Al Khalifa crowns winners of the 120km race | P12

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Bahrain drops COVID-19 self-isolation rules

TDT | Manama

Bahrain yesterday scrapped the mandatory self-isolation rules following a review of the health situation and occupancy rates in hospitals and Intensive Care Units in the Kingdom.

The new rules that take effect today read: "Self-isolation will no longer be in effect, while advising active cases to isolate for five days and avoid contact with others."

Besides, starting today, Bahrain will only employ a "positive rapid test" as the diagnostic tool for confirming COVID-19 infections at local health centres, confirmed the National Medical Taskforce for combatting COVID-19.

Polymerase Chain Reaction or PCR tests will be performed only when indicated as per medical evaluation.

"It's, however, necessary to continue following precautionary guidelines, including taking the booster shots and testing when having symptoms such as fever, cough, or difficulty in breathing," said Lt. General Dr Shaikh Mohammed bin Abdulla Al Khalifa, the Supreme Council of Health Chairman and head of the National Medical Taskforce.

Al-Mustaqbal Primary Girls School wins UN SDG competition

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Al-Mustaqbal Primary Girls School has emerged as the winner in the primary school category of the UN Sustainable Development Goals Champions of Change project competition (Green Earth, Healthy Life).

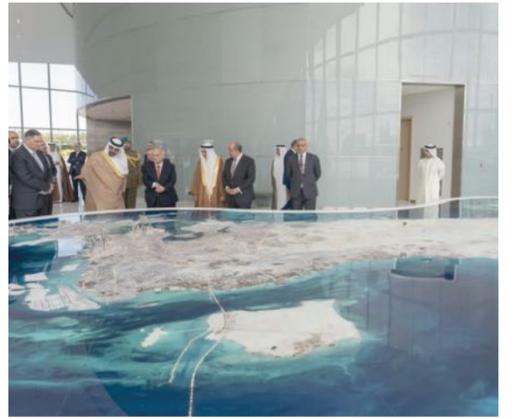
The remote competition, which saw participation from 100 schools from 45 countries, was organised by the Global Twenty-First Century Skills Committee, American platforms Weeklet and Book, and the British SPSC organisation.

Education Minister Dr Mohammed bin Mubarak Juma extended his congratulations to the school's teaching and administrative staff, as well as students and parents.



HRH Prince Al-Hassan visits EDB

His Royal Highness Prince Al-Hassan bin Talal, Chairman of Jordan's Arab Thought Forum (ATF), paid a visit to the Economic Development Board (EDB) headquarters at Bahrain Bay. He was received by several high-ranking officials including Deputy Prime Minister Shaikh Khalid bin Abdullah Al Khalifa, Minister of Finance and National Economy, Shaikh Salman bin Khalifa Al Khalifa, and other senior officials. HRH Prince Al-Hassan was briefed on the workings of the Bahraini government, the economic recovery plan, investment opportunities, and the role of EDB in promoting investments in vital sectors. The meeting also covered the mechanism of the EDB and its role in attracting foreign investments to Bahrain.



Lifesaving mission

Bahrain sends a team of doctors to help Earthquake affected areas in Syria

● Team have specialists in treating fractures, injuries and general surgery

● Doctors to join efforts in Aleppo

● Syrian Doctors Syndicate thanks Bahrain for timely help

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In a move ramping up its humanitarian efforts, Bahrain yesterday sent a team of doctors to Syria to provide much-needed medical assistance to those impacted by the recent devastating earthquake that left behind a harrowing trail of fatalities and destruction.

The team, comprising Bahraini volunteer doctors and members of the Bahrain Medical Society, landed in Damascus and was on its way to Aleppo yesterday.

Dr Mustafa Al-Sayed Al-Ameen, RHF Secretary-General



Bahraini medical team arrives in quake-affected areas in Syria

and CEO of the National Committee for Supporting Earthquake Victims in Syria and Türkiye, said the doctors are being awaited to perform several life-saving surgeries there.

The team of Bahraini doctors, he said, includes specialists in treating fractures, injuries and general surgery.

The doctors will also visit hospitals and medical centres in Aleppo governorate to identify the need for medical supplies.

"This will contribute to raising the efficiency of the medical services provided to those af-



As of March 13th, 2023, the confirmed death toll from the earthquake exceeded 55,700. Out of this number, over 48,400 deaths occurred in Turkey while more than 7,200 deaths occurred in Syria. This earthquake represents the deadliest natural disaster in modern Turkish history since the 526 Antioch earthquake.

ected through donations from government and private hospitals in Bahrain," he added.

The move is in line with the directives of His Majesty King Hamad bin Isa Al Khalifa to support the brotherly Syrian people in their humanitarian ordeal

caused by the earthquake.

The decision also follows an agreement signed with the Syrian Doctors Syndicate to help those injured by the earthquake.

The relief operation is being coordinated through the Royal Humanitarian Foundation led

by His Highness Shaikh Nasser bin Hamad Al Khalifa, HM the King's Representative for Humanitarian Work and Youth Affairs and Chairman of the National Committee for Supporting Earthquake Victims in Syria and Türkiye.

Chairman of the Syrian Doctors Syndicate, Ghassan Fandy expressed his deepest thanks and appreciation to the Kingdom's leadership, government and people for their swift response.

He affirmed pride in Bahrain's honourable stance during the painful crisis Syrian is going through.

Dr Al-Derazi expressed appreciation to the RHF, led by HH Shaikh Nasser, for ensuring easy procedures for dispatching the Bahraini medical team to Syrian.

He said that the quake-affected areas will benefit from Bahrain's medical expertise and identifying the needs of hospitals and health centres.

Dr Al-Ameen lauded the support enjoyed by RHF from the government, led by His Royal Highness Prince Salman bin Hamad Al Khalifa, the Crown Prince and Prime Minister.

'I'M BACK'

Trump returns to Facebook, YouTube after two-year ban

Washington, United States

Former president Donald Trump wrote his first posts on his reinstated Facebook and YouTube accounts Friday, more than two years after he was banned over the US Capitol insurrection.

"I'M BACK," Trump exclaimed, alongside a 12-second video clip that appeared to show him giving his victory speech



Facebook page of Trump on a smartphone screen in Los Angeles

after winning the 2016 election saying: "Sorry to keep you waiting -- complicated business."

The 76-year-old Republican leader -- who is running for president again -- has been un-

able to post any content for his 34 million Facebook followers and 2.6 million YouTube subscribers.

The platforms benched Trump days after the January 6, 2021 insurrection, when a mob of his supporters seeking to halt the certification of his election defeat to Joe Biden stormed the US Capitol in Washington.

He was sanctioned for posting content that the platforms said incited unrest, with YouTube

announcing his reinstatement on Friday, two months after Facebook.

"Starting today, the Donald J. Trump channel is no longer restricted and can upload new content," YouTube said.

"We carefully evaluated the continued risk of real-world violence, while balancing the chance for voters to hear equally from major national candidates in the run up to an election."



Israeli Ambassador hopes to 'attract' 'other countries' to Abraham Accords

Ambassador Eitan Na'eh highlights trust and partnerships as key accomplishments of the deal signed in 2020

Julia Cassano
TDT | Manama

Israel's Ambassador to Bahrain, Eitan Na'eh, has identified trust, partnerships, and relationships as the most significant achievements of the Abraham Accords signed in 2020, which he said: "will continue to progress in time".

In an exclusive interview with *The Daily Tribune*, Na'eh also expressed his hopes of attracting more countries to join the Accords and stressed the need for both Bahrain and Israel to create roadmaps and leverage their strengths to achieve common goals.

The ambassador further emphasised the importance of discovering solutions together and opening new markets for each other. Effective, since, September 15, 2020, the Accords is a series of joint normalisation statements initially between Israel,

Other countries will look at the success produced between us through cooperation, and desire for the same. We should discover solutions together, and open new markets for each other

ISRAEL'S AMBASSADOR TO BAHRAIN,
EITAN NA'EH



the United Arab Emirates, and Bahrain. Morocco and Sudan joined later in 2020 and 2021, respectively. Highlighting the ties with Bahrain, he said: "Other coun-

tries will look at the success produced between us through cooperation, and desire for the same."

"Creating roadmaps and combining strengths" will be key to achieving this, he said.

He also stressed the need to determine contrasting strengths to achieve success and prosperity between Bahrain and Israel.

According to Na'eh, the potential opportunities between the two countries are vast, particularly in the areas of trade, tourism, investments, and partnerships.

"More progress and accomplishments will unveil as we continue to learn more about each other, our people, and our economies," Na'eh added. He revealed that programmes to exchange students and experts will be set up to benefit both nations.

Na'eh also stressed the need to focus on improving trade, tourism, investments, deals, and

partnerships. "We should aim to expand specific centres of excellence, where we can share different technologies and develop them together," he said. The ambassador emphasized the need to "open your mind and open your heart" and stated that "seeing is believing."

Encouraging traffic between both countries, both in trade and tourism, will be critical for people-to-people relationships to develop, Na'eh said.

"For people-to-people relationships to develop, they need to understand each other and work together to promote diverse and integrated societies," he added. "This will help both countries 'partner together to create advanced ideas, technology, and solutions for the future."

Na'eh concluded by emphasizing Bahrain and Israel's potential to collaborate and create innovative ideas, technology, and solutions for the future.

Bishop Aldo Berardi is new Apostolic Vicar of Northern Arabia

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The Holy Mass at the Cathedral of Our Lady of Arabia in Awali yesterday witnessed the Episcopal Ordination and installation of Msgr. Aldo Berardi O. ss. T. as the new Apostolic Vicar of Northern Arabia. He succeeds Camillo Ballin, who served as the Apostolic Vicar from 2011 to 2020.

Cardinal Miguel Angel Ayuso Guixot, the Prefect of the Dicastery of Interreligious Dialogue of the Holy See, led the ceremony as the principal consecrator. Archbishop Eugene Nugent, the Apostolic Nuncio to Bahrain, Kuwait, and Qatar, and



Aldo Berardi

Bishop Paul Hinder, the Apostolic Administrator of Northern Arabia, joined as co-consecrators in ordaining Bishop Aldo to the episcopacy.

Other bishops who participated in the liturgy were Bishop Paolo Martinelli, the Apostolic Vicar of Southern Arabia, Bishop Claudio Lurati, the Apostolic

Vicar of Alexandria in Egypt, Bishop Jean-Pierre Vuillemin, the Auxiliary Bishop of Metz, and Bishop Joseph Naffah, the Patriarchal Visitor of Maronites in the Arabian Gulf. Additionally, 80 priests, several religious sisters, and approximately 2,500 faithful attended the celebration, including several members of the Trinitarian Order to which Bishop Aldo belongs. Msgr. Berardi's appointment was announced by Pope Francis on 28 January 2023 in Rome. Bishop Aldo Berardi will hold a Mass of thanksgiving at the Sacred Heart Church in Manama on 19 March at 5:30 pm.



Yesterday, under the patronage of His Royal Highness the Crown Prince and Prime Minister's Advisor, Shaikh Ali bin Khalifa Al Khalifa, and in the presence of Their Highnesses and Excellencies, the Mosque of Her Highness Shaikha Hessa bint Ali bin Hamad Al Khalifa was inaugurated in Riffa, located in the Southern Governorate of Bahrain. The Chairman of the Sunni Endowments Council, Sheikh Dr Rashid bin Mohammed bin Fatees Al-Hajeri, commended Bahraini leaders for their attention to houses of worship. The mosque was constructed using traditional Bahraini architecture and has a capacity of 850 male worshippers, as well as an additional hall that can accommodate 150 female worshippers. It also features a residence for the Imam and Muazzen, public amenities, and parking facilities.

Farmers' Market ready to meet Ramadan rush

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Organisers of the Bahraini Farmers' market have assured that they are ready to meet the increased demand for vegetables during the holy month of Ramadan.

The market, held by the Ministry of Municipalities and Agriculture in partnership with the National Initiative for the Development of the Agricultural Sector, has continued to enjoy a surge in visitors.

According to Jaafar Muhammad Hassan Abdelnabi, a farmer at the market, they have ample quantities of vegetables to meet the needs of customers during Ramadan. He added that demand during this time is mostly for tomatoes and peppers, but they have enough stock to fulfil the rush.

Farmers at the market said they are expecting citizens and residents to purchase more vegetables, especially with the various offers available at the market in Budaiya.

Abdul Mahdi Ahmed Issa, another farmer at the market, also



This season, the market celebrates the tenth anniversary of its launch with the slogan "Our Harvest is Bahraini." It has the participation of 32 farmers, four agricultural companies, five nurseries, four apiaries, four activities specialized in dates, and 20 productive families. Additionally, a children's village has been set up, which has attracted over 15,000 children since its launch on December 10, 2022.

confirmed that there is sufficient availability of vegetables to meet the increasing demand during Ramadan.

Man ordered to pay back BD8000 in informal agreement case

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The High Criminal Court has ruled in favour of a plaintiff who claimed that a man, a Bahraini national, failed to return BD8000 borrowed under an informal agreement. The agreement was that the amount would be repaid three years later, but the plaintiff claimed that the defendant had disavowed the agreement.

Following a review, the Court confirmed the validity of the documents, despite them being informal.

Based on this, the judges also ruled that the defendant is obligated to return the money as agreed.

The Court, therefore, ordered him to pay back the full amount.

IQAir ranks Bahrain among most polluted for air quality in 2022

IQAir World Air Quality Report 2022 says only 5% of countries Meet WHO PM2.5 Air Pollution Guideline

● Bahrain (66.6 mcg/m³) more than 13 times higher than the WHO PM2.5 annual guideline

● The acceptable levels of air pollution is below 5 mcg/m³

● A total of 118 (90%) out of 131 countries and regions exceeded guideline value

● Only six countries met the WHO's updated health limits

● Lahore is the most polluted metropolitan area of 2022

Rank	Country/Region	2022	2021	2020	2019	2018
1	Chad	89.7	75.9			
2	Iraq	80.1	49.7		39.6	
3	Pakistan	70.9	66.8	59	65.8	74.3
4	Bahrain	66.6	49.8	39.7	46.8	59.8
5	Bangladesh	65.8	76.9	77.1	83.3	97.1
6	Burkina Faso	63				
7	Kuwait	55.8	29.7	34	38.3	56
8	India	53.3	58.1	51.9	58.1	72.5
9	Egypt	46.5	29.1		18	
10	Tajikistan	46	59.4	30.9		

”
Too many people around the world don't know that they are breathing polluted air. Air pollution monitors provide hard data that can inspire communities to demand change and hold polluters to account, but when monitoring is patchy or unequal, vulnerable communities can be left with no data to act on. Everyone deserves to have their health protected from air pollution

AIDAN FARROW, SR. AIR QUALITY SCIENTIST, GREENPEACE INTERNATIONAL.

WHO's updated health limits: Australia, Estonia, Finland, Grenada, Iceland, and New Zealand, the report said.

The most polluted cities globally were Lahore, Pakistan; Hotan, China; Bhiwadi, India; Delhi, India; and Peshawar, Pakistan.

The damning report also highlights that about 90% of the global population experiencing unhealthy air quality in 2022.

The report also said that India and Pakistan endured the worst air quality in the Central and South Asian region, where more than half of the population resides in areas with PM 2.5 particle concentrations about seven times higher than WHO's suggested levels.

In the US, the most polluted cities were Columbus, Ohio, followed by Atlanta, Chicago, Indianapolis, and Dallas. Air quality in Columbus hit 13.1 micrograms of PM 2.5 particles per cubic meter in 2022, making it the most polluted major city in the US.

In 2021, this report included data from 6,475 locations in 117 countries, territories, and regions. In 2022, these numbers have increased to 7,323 locations in 131 countries, territories, and regions.

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Bahrain is among the top five most polluted countries in 2022 for air quality, alongside Chad, Iraq, Pakistan, and Bangladesh, according to a report from Swiss air quality technology company IQAir.

The report finds that Bahrain's air concentration level of 66.6 micrograms per cubic meter (mcg/m³) in 2022 is 13 times higher than the WHO PM2.5 annual guideline.

It means that for every cubic meter of air, there are 66.6 micrograms of lung-damaging airborne particles known as PM 2.5. Research shows that exposure to such particulate matter can lead to heart attacks, asthma attacks, and premature death.

Studies have also linked long-term exposure to PM 2.5 with a higher death rate from Covid-19.

The sources of pollution are sandstorms, industrial emissions, private vehicle usage, and fertilizer manufacturing.

When the WHO first published air quality guidelines in 2005, it said the acceptable levels of air pollution were less than 10 micrograms per cubic meter. In 2021, the WHO changed its benchmark guidelines to below five micrograms per cubic meter.

In 2021, the same study also picked Bahrain as among the ten nations having the worst air quality.

Situation yesterday

So, *The Daily Tribune* went on and checked IQAir's website to find out the situation yesterday. Our search showed that yesterday, in Manama, PM2.5 concentration was 22.1 mcg/m³, which is 4.4 times the WHO annual air quality guideline value. The report also states that the worst month to breathe in Bahrain was July, with PM2.5 concentration hitting 51.6 mcg/m³.

From February through until the end of November, the air

quality was "Unhealthy for sensitive groups" with figures between 35.5 and 55.4 mcg/m³.

The remaining months of December and January saw the best air quality, with figures between 12.1 and 35.4 mcg/m³, even though it was of "Moderate" quality.

Bahrain not alone!

Bahrain was not alone among the Gulf Cooperation Council nations when it comes to deteriorating air quality standards.

Following Bahrain on the IQAir ranking from GCC was Kuwait at the 7th spot with 55.8 mcg/m³, the United Arab Emirates at 11th with 45.9mcg/m³, Qatar at 14th with 42.5mcg/m³, and Saudi Arabia at 15th with 41.5mcg/m³. The worst, however, is Chad with 89.7 mcg/m³ (17 times higher), Iraq at 80.1 mcg/m³ (14 times higher), Pakistan at 70.9 mcg/m³ (14 times higher), and Bangladesh at 65.8 mcg/m³

(13 times higher than the WHO PM2.5 annual guideline).

For this report, scientists analyzed data from more than 30,000 air quality monitoring stations across 7,323 locations in 131 countries, territories, and regions.

Can we do something about it?

Yes, says the report, highlighting the steps taken to conserve energy through several initiatives, such as promoting the trend towards green energy, policies to reduce consumption, and enhancing the utilization of natural resources.

Only six met WHO limits

Only six countries met the



Worldwide, poor air quality accounts for 93 billion days lived with illness and over six million deaths each year. The total economic cost equates to over \$8 trillion dollars, surpassing 6.1 percent of the global annual GDP.

FORECAST
Manama air quality index (AQI) forecast

Day	Pollution level	72 US AQI	Weather	Temperature	Wind
Today	Moderate	72 US AQI	☀️	23° 20°	21.6 km/h
Sunday, Mar 19	Unhealthy for Sensitive Groups	129 US AQI	☁️	25° 21°	18 km/h
Monday, Mar 20	Unhealthy for Sensitive Groups	111 US AQI	☀️	24° 22°	18 km/h
Tuesday, Mar 21	Unhealthy for Sensitive Groups	103 US AQI	☀️	23° 21°	36 km/h
Wednesday, Mar 22	Good	46 US AQI	☀️	21° 20°	25.2 km/h
Thursday, Mar 23	Moderate	58 US AQI	☀️	22° 20°	21.6 km/h
Friday, Mar 24	Moderate	67 US AQI	☀️	23° 21°	14.4 km/h

Students create a splash with AI-powered fish ponds

Zahra Ayaz
 TDI | Manama

An innovative smart fish pond created by Bahrain Polytechnic students, incorporating the use of Artificial Intelligence (AI), is turning heads in the Kingdom.

The latest to join the bandwagon of enthusiasts lauding the achievement was Wael bin Nasser Al Mubarak, the Minister of Municipal Affairs and Agriculture.

According to him, this groundbreaking technology will revolutionise the traditional methods of fish farming in the Kingdom.

The National Centre for Fish Farming joined hands with the students for the project.

"It's a pioneering effort due to its continuous AI monitoring, which enables prompt response to any risks that may arise, such as oxygen shortage or excessively hot water," said Al Mubarak.



"The introduction of this innovative initiative will enhance the productivity of the National Centre for Mariculture and decrease the reliance on human labour and the costs involved in the agricultural process."

Explaining, the students said their innovation will help improve the quality of the fish production as they are employing the latest technologies to measure the physical characteristics of the cultured water.

This is important, as the water, the students said, acts as the breeding or hatching ground for fish.

"Fish thrive in a specific location where there is an abundance of nutrients, and biological and physical variables, leading to high numbers of fish," they said.

Minister Al Mubarak, top officials and students inspecting the ponds at the National Centre for Fish Farming

INJAZ Bahrain Youth Festival attracts more than 5000 visitors in two days

TDT | Manama

Under the patronage of Shaikha Hessa bint Khalifa Al Khalifa, the Chairperson of INJAZ Bahrain, the second edition of INJAZ Bahrain Youth Festival has opened its doors.

The event was graced by the presence of Minister of Youth Affairs Rawan bint Najeeb Tawfiqi.

The festival, held at Water Garden City, has already attracted more than 5000 visitors in two successive days.

The event aims to empower Bahraini youth and prepare them for the labour market



In pictures, the INJAZ Bahrain Youth Festival

by building a generation of young entrepreneurs who are capable of enrolling in the financial and business market.

During the opening ceremony, Shaikha Hessa expressed that the festival provides a platform for the youth



to gain practical experience in market management. She also emphasised that hosting the festival for the sec-

ond time is part of the plan to empower Bahraini youth and prepare them for the labour market.

CAPTAINS CORNER

Community soft power needs more perks



CAPTAIN MAHMOOD AL MAHMOOD

One of the most meaningful things that I enjoyed contributing to in my role as a government official (Undersecretary, Ministry of Information) and later as Member of Parliament, was to strengthen the community. As Ministry of Information decision-maker, I could enable new ways of sharing culture between countries. We shared performance spaces and made artiste visas easier to process. Similarly, as MP, I was able to work with youth in my area of Galali and help to develop sports facilities for them.

As the Kingdom of Bahrain expands its layered approach to tourism with destination wedding

Why not extend the convenience of a no-cost visa for cultural events just as we do for wedding guests and top performers? The events organized by the community are the real interactive basis of soft power exchange.

their bands too get free visas to perform here because their presence puts Bahrain on the events map and builds the Kingdom's reputation.

There are many countries which have cultural MoU with Bahrain to deepen the soft power scaffolding of the relationship. My observation is that often, this does not go beyond one or two showpiece events sponsored by either government. Why not extend the convenience of a no-cost visa for cultural events just as we do for wedding guests and top performers? The events organized by the community are the real interactive basis of soft power exchange.

In my opinion, cultural and sports programmes must be encouraged and exempted from visa charges. Any profit that the organisers make must be subject to VAT and an additional Event Fee that can go towards stipends and scholarships for Bahraini artistes. This will ease the pressure on organisers and bring in many more events to Bahrain. Eid is round the corner – maybe we can start restructuring for the festivities?

(Captain Mahmood Al Mahmood is the Editor-in-Chief of The Daily Tribune and the President of the Arab-African Unity Organisation for Relief, Human Rights and Counterterrorism)



Participants at the Camp held at the Indian Club

Free Mega Women's Medical Camp benefits over 200

Zahra Ayaz
TDT | Manama

Over 200 women received free medical care at a mega camp organised by Annai Tamil Mandram and Shifa Al Jazeera Medical Centre in Bahrain

Annai Tamil Mandram, in collaboration with Indian Club and Shifa Al Jazeera Medical Center, hosted the free Mega Women's Medical



A cake cutting ceremony

Camp on Friday, in honour of International Women's Day.

The event was held at the Indian Club in Manama and lasted from 9 am to 1 pm.

Priyanka Tyagi, the Consul General at the Indian Embassy, KM Cherian, the president of the Indian Club, Senthil GK, the president of ATM, Sushma Anillumar, the secretary at Pravasi Legal Cell, Kavitha Pugalendi from Gulf Fencing, and Babu, the founder of Sangeetha Restau-

rant, were among the notable attendees.

In addition, housekeepers were given dry ration packets during the event.

Senthil GK, the president of ATM, expressed gratitude to doctors, nurses, and support staff at Shifa Al Jazeera for their invaluable contributions to the success of the event. He also thanked all the sponsors for their generosity and support in making the event a massive success.

Sleep Apnea: The silent killer on the rise - experts warn of potential health hazard

TDT | Manama

Sleep disorders such as snoring and sleep apnea

are on the rise and are often overlooked by people. But experts warn that sleep apnea could be the next major

health epidemic.

In response, the annual World Sleep Day was celebrated on Friday with the theme 'Sleep is Essential for Health' to raise awareness about the significance of good sleep and promote better prevention and management of sleep disorders.

Dr Rashu Mittal, a Fellowship in Craniofacial & Sleep Apnea Surgery ENT Specialist at Bahrain Specialist Hospital, explained the hazards associated with sleep apnea, including heart attacks, strokes, diabetes, hypertension, dementia, memory loss, and an increased risk of silent death.

He pointed out that patients with sleep apnea may remain unaware of their condition until their bed partner informs them of their loud snoring followed by choking attacks or sudden



Patients with sleep apnea may remain unaware of their condition until their bed partner informs them of their loud snoring followed by choking attacks or sudden pauses in breathing, which can create panic for family members

DR RASHU MITTA

pauses in breathing, which can create panic for family members.

The risk population for sleep apnea includes middle-aged obese men, although it can affect any age or sex group.

The first line of management involves lifestyle modifications such as regular exercise, weight reduction, and maintaining good sleep

hygiene.

The purpose of this year's theme was to emphasise the importance of good sleep for physical, mental, and social well-being, similar to how a healthy diet and exercise are crucial for good health. World Sleep Day seeks to reduce the burden of sleep disorders on society and promote the importance of good sleep for overall health and well-being.



Bahrain Aluminum Extrusion Company (BALEXCO)

BALEXCO invites applications for the following positions: -

SALES MANAGER

- Professional qualification in Sales, Business Admin or equivalent.
- Seven (7) plus year's managerial experience in the Sales and Marketing within an industrial organization preferably.
- Candidate is expected to assume overall responsibility for sales, foresee the markets and lead the sale activity and team.

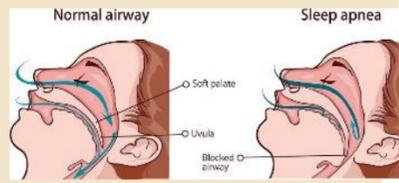
SALES EXECUTIVE

- Bachelor degree in either Sales & Marketing, Mechanical Engineering, or any related major.
- Five (5) Plus year's hands-on experience in Sales, within an industrial organization preferably
- Candidate expected have good communication, negotiation skills and Develop customer relationships.

- Candidates should be willing to travel visiting customers.
- Age not more than 50 years
- Applicants to submit CV along with a covering letter with photo stating the current and expected salary package, notice period for joining and relevant certificates within 7 days to email: career@balexco.com.bh



At least 22 million Americans have Obstructive sleep apnoea. It's estimated that more than 80 percent of all sleep apnea cases go undiagnosed. You can have OSA and not snore, and you can snore but not have OSA. If you're irritable during the day for no apparent reason, you may have sleep apnea



Bahrain and India strengthen economic ties

High-level Economic delegation concludes successful visit to India

TDI | Manama

Bahrain's high-level delegation successfully concluded its official visit to India, which the Industry Minister said, "will pave the way for a more strategic partnership."

The visit, which took place from March 14th to 17th, included stops in New Delhi and Mumbai and featured the signing of a Memorandum of Understanding between Export Bahrain and the Confederation of Indian Industry (CII). The Minister of Industry and Commerce in Bahrain, Abdulla bin Adel Fakhro, and Bahrain's Ambassador to India, Abdulrahman Mohammed Al Qaoud, were present at the signing to increase bilateral trade between the two entities.

The visit, supported by the Ministry of Industry and Commerce and the Bahrain Econom-



Bahraini delegates during India visit

ic Development Board, aimed to highlight key investment opportunities in Bahrain and

strengthen bilateral trade relations between the two countries. Over 60 representatives from

various public and private sector entities, including the MOIC, Bahrain EDB, Bahrain Cham-

ber of Commerce and Industry, Bahrain Tourism and Exhibition Authority, and Export Bahrain, along with several leading Bahrain-based businesses and business societies, were part of the delegation.

The investment and trade opportunities highlighted by the delegation focused on Bahrain's financial services, manufacturing, Information and Communication Technology (ICT), logistics, and tourism sectors, in line with the Economic Recovery Plan (ERP). Abdulla bin Adel Fakhro described the visit as crucial for achieving the goals set under Bahrain's Economic Recovery Plan.

Khalid Humaidan, Chief Executive of the Bahrain Economic Development Board, emphasized the long history of cooperation between India and

Bahrain and the importance of continuing to focus on driving investment into key sectors of Bahrain's economy.

The visit included sessions and activities with key Indian government officials, business representatives, and potential investors, such as the 2023 Partnership Summit hosted by the Confederation of Indian Industry (CII) in New Delhi.

The delegation also attended two key networking events hosted by Bahrain EDB and supported by the Bombay Chamber and CII in Mumbai.

According to the latest statistics, trade between both countries reached USD 1.4 billion in 2022, and Inward FDI stocks of India to Bahrain reached USD 1.4 billion as of Q3 of 2022, accounting for around 4% of Bahrain's total FDI stock of USD33.9 billion.



In collaboration with Business and Hotel Management Schools (BHMS) in Switzerland, the Gulf Institute of Culinary Arts (GICA) organized two seminars. The first seminar focused on "Crafting WOW moments for your guest," while the second one explored "Millennials & GenZ: Redefining Services." The Regional Director of Business and Hotel Management School, Magdy Attalla, and the General Manager of Gulf Institute of Culinary Arts, Chef Manal AlFaez, along with other guests and students, attended the seminars. The main objective of these seminars was to raise awareness about pursuing a career in the hospitality industry.

NBB launches auto finance campaign

TDI | Manama

In celebration with the holy month of Ramadan, the National Bank of Bahrain (NBB) has announced the launch of a new Auto Finance campaign starting from 16th March 2023 till 31st May 2023. The Bank will be offering customers the opportunity to win back up to BD15,000 of their Auto Finance amount in cash when opting for NBB Auto Finance throughout any of the local auto dealerships in the Kingdom of Bahrain.

NBB's latest Auto Finance campaign will award one winner the opportunity to win an exclusive cash prize in the form of cashback on his/her Auto Finance.



Mohamed Raees

Customers will also be able to avail of the financing product with zero down payment

and an optional salary transfer. Furthermore, to encourage environmental practices and sustainability living, those purchasing a hybrid or electric vehicles will be exempted from any processing fees.

Mohamed Raees, Head-Retail Relationship Management at NBB, said: "We strive to provide unique offers on auto financing annually that suit our valued customers needs and reward them for choosing us as their preferred banking partner in this holy month, wishing everyone a blessed Ramadan."

NBB Auto Finance is available to Bahraini citizens and residents who are over the age of 21 to finance new and used vehicles.

Real estate sector key to boosting tourism, says Tourism Minister

TDI | Manama

Tourism Minister, Fatima bint Jaafar Al-Sairafi, has highlighted the importance of real estate projects in boosting the country's tourism industry.

The minister emphasized that these projects offer various options, including housing, investment, and residence choices for everyone, including tourists and visitors. Additionally, the facilities provided by these projects enrich the experience of tourists



The minister with officials during a photo call

and offer a variety of entertainment options.

During a meeting with the CEO Amin Ahmed Al-Arrayed, the minister discussed opportuni-

ties for joint cooperation and initiatives to further enhance the company's contribution to Bahrain's tourism sector.

She also reiterated the support of the Ministry of Tourism and the Bahrain Tourism and Exhibitions Authority (BTEA) for various partners as part of their efforts to achieve the ambitious goals of the tourism strategy 2022-2026.

Al-Arrayed expressed Naseej Company's interest in exploring

new opportunities with the government sector and briefed the minister on the company's most significant projects, including the Canal View project on the island of Dilmunia.

The project is expected to become a unique tourist destination in the Kingdom in the next few years, contributing to the growth of Bahrain's tourism sector in line with the Bahrain Economic Vision 2030 and the Tourism Strategy 2022-2026.

Bahrain Clear holds Private Market workshop for BCCI members

TDI | Manama

As part of Bahrain Clear's efforts to enhance awareness on Bahrain Private Market, Bahrain Clear conducted a workshop for Bahrain Chamber of Commerce and Industry (BCCI) Members, with the attendance of 40 members.

The workshop presented the key benefits and services that Bahrain Private Market platform provides to Closed Shareholding Companies.

Attendees were introduced to the Bahrain Private Market platform and the range of services offered by the platform



Participants during a photo call

for Closed Shareholding Companies. The workshop high-

lighted the benefits of joining the platform, as well as the pro-

cess of joining Bahrain Private Market.

Chief Operating Officer of Bahrain Clear, Abdulla Abdin

commented: "The Bahrain Private Market platform aims to ensure the safe keeping and visibility to the company's shareholders, thereby enhancing transparency and ensuring an efficient settlement process. Bahrain Private market also offers Closed Shareholding companies a range of add-on services including cash dividend distributions, AGM management, eAGM, share options and auctions, and eVoting."

It is worth noting that Bahrain Clear announced the launched of Bahrain Private Market at the beginning of August 2022.

News in brief

Japan, Germany pledge closer ties as Scholz visits Tokyo... Japan and Germany pledged closer defence ties and cooperation on diversifying supply chains as Chancellor Olaf Scholz and Prime Minister Fumio Kishida met in Tokyo yesterday.

Tunisian interior minister Taoufik Charfeddine, a close aide of President Kais Saied, announced Friday he had resigned to spend more time with his children following the death of his wife last year.

Five missing women found murdered in Mexico... The charred remains of a group of five women who were abducted and murdered have been found in violence-wracked central Mexico, authorities said Friday.

CURIOSER & CURIOSER

Mysterious Corsican 'cat-fox' revealed as unique species



An employee of the French Forest and Hunting Office holds a 'ghjattu-volpe' (fox-cat) (file photo)

The elusive striped 'cat-fox' familiar mostly to Corsican shepherds and as a source of intrigue to scientists, is indeed its own species specific to the French Mediterranean island, the French office for Biodiversity (OFB) announced Thursday.

YOU KNOW WHAT While resembling house cats in some ways, the cat-fox earned its name from its length -- measuring 90 centimetres (35 inches) from head to tail -- and its distinct black-tipped, ringed tail

New genetic analysis has "revealed a unique genetic strain to the wild cats" found in the remote forest undergrowth of northern Corsica, it confirmed.

Genetic sampling clearly distinguishes the ring-tailed Corsican cat-foxes from mainland forest felines and domestic cats, said the OFB in a statement.

Pakistan court cancels arrest warrants for ex-PM Imran Khan

Court adjourns hearing in corruption case against leader of the Pakistan Tehreek-e-Insaf party until March 30

Imran Khan unable to enter court amid clashes in Pakistan capital

AFP | Islamabad

Pakistan judge dropped an arrest warrant against former prime minister Imran Khan yesterday, his lawyers said, after the ex-cricketer star, who had skipped several hearings, travelled to court.

The 70-year-old has been tangled in a slew of court cases since he was ousted in a no-confidence motion last year and has been pressuring the fragile coalition government which replaced him to hold early elections.

Earlier this week Khan's supporters fought pitched battles with police sent to arrest him in the eastern city of Lahore after he



Supporters of former Pakistan's Prime Minister Imran Khan gather around his car as he leaves his residence in Lahore

failed to appear in court over graft charges, citing security concerns. "The court has cancelled the arrest warrant after marking Imran Khan's attendance. The hearing has been adjourned till March

The court has cancelled the arrest warrant after marking Imran Khan's attendance. The hearing has been adjourned till March 30

GOHAR KHAN, IMRAN KHAN'S LAWYER

was unable to get out of the car. Around 4,000 supporters mobbed the complex, pelting stones and throwing bricks at police officers who fired back with tear gas.

The court however accepted Khan's attendance, his lawyers said.

The case has been brought by the Election Commission of Pakistan which has accused Khan of not declaring gifts received during his time as premier, or the

YOU KNOW WHAT Khan's appearance in court was marked by violent clashes between his supporters and police in Lahore, highlighting the political tension and security risks in Pakistan

profit made from selling them. Pakistan's courts are often used to tie up lawmakers in lengthy proceedings that rights monitors criticise for stifling political opposition.

Khan claims authorities want to

throw him in jail so he is unable to campaign for upcoming elections.

Some 4,000 security officials including elite police commandos, anti-terrorism squads and paramilitary rangers have been deployed around Islamabad with hospitals put on high alert.

Police meanwhile raided his house in a plush Lahore neighbourhood after blocking nearby roads and suspending mobile services in the area.

As the political drama unfolds, Pakistan is in the grip of a stark economic downturn, risking default if help cannot be secured from the International Monetary Fund.

The security situation is also deteriorating with a spate of deadly attacks on police, linked to the Pakistan Taliban.

Last year Khan was shot in the leg during a political rally, an assassination bid he blamed on Prime Minister Shehbaz Sharif.

North Korea says 800,000 people enlist to fight 'US imperialists'

AFP | Seoul

More than 800,000 young North Koreans have volunteered to join the army to fight "US imperialists", state media said yesterday, days after Pyongyang test-fired its most powerful intercontinental ballistic missile.

After a record-breaking year of weapons tests and growing nuclear threats from Pyongyang, Seoul and Washington have ramped up security cooperation, and this week kicked off their largest joint military drills in five years.

North Korea views all such exercises as rehearsals for invasion and has repeatedly warned it would take "overwhelming" action in response.



People watch a television news screen showing a picture of North Korea's leader Kim Jong Un, at a railway station in Seoul

The official Korean Central News Agency described the ongoing drills as an American attempt "to provoke a nuclear war" and said that in response, hundreds of thousands of people had enlisted.

The young volunteers are determined to "mercilessly wipe out the war maniacs" so they

joined the army to "defend the country", KCNA said.

"More than 800 000 youth league officials and students across the country volunteered to join and rejoin the Korean People's Army" on Friday alone, it added.

Images released by Pyongyang's official Rodong Sinmun showed young North Koreans waiting in long lines to sign their names at what looks like a construction site.

The latest report comes after Pyongyang test-fired its largest and most powerful missile, a Hwasong-17, on Thursday -- its second ICBM test this year.

State media has described the launch as a response to the on-going, "frantic" US-South Korea joint military drills.

US army hit over death of recruit who alleged sexually harassed

AFP | Houston

A powerful Latino civic group yesterday called for authorities to probe the death of a Mexican-American soldier who had been the target of sexual harassment on an army base where a similar death occurred in 2020.

A 20-year-old Army private, Ana Basaldua Ruiz, was found dead in her quarters at Fort Hood, the huge Texas military base where she served, on March 13, the army press office at the base said in a statement.

"We are... concerned over the reports of her family, that their daughter was the target of repeated sexual harassment," said Analuisa Tapia, district director for the League of United Latin American Citizens, the oldest and largest Hispanic group in



Soldiers prepare their vehicles to roll out from Fort Hood (file photo)

the US. Tapia and other members of the group, known as Lulac, read a statement and held a news conference Friday outside the gates of Fort Hood, north of Austin. "Lulac demands an immediate, full and transparent investigation into these claims. This investigation needs to start now," Tapia said, adding that it must be done by "an outside authority" -- not the military.

network that her daughter told her "a sergeant was harassing her" and that she was being hounded.

She said she was officially told that her daughter "hanged herself," but that she did not believe it.

A naturalised citizen, Basaldua lived with her father in Long Beach, California, before enlisting.

"Supposedly they took it as a suicide, nothing more, and that they were going to begin investigations," her father, Baldo Basaldua, told the network.

In a second statement, issued Thursday, the base press office said "no foul play is evident" in the death but that investigators will "gather all evidence and facts to ensure they discover exactly what transpired."

ChatGPT gets more 'human' as AI wave continues



Screens displaying the logos of OpenAI and ChatGPT are seen in this illustration

AFP | Washington

The company behind the ChatGPT app that churns out essays, poems or computing code on command released a long-awaited update of its artificial intelligence (AI) technology that it said would be safer and more accurate than its predecessor.

GPT-4 has been widely awaited ever since ChatGPT burst onto the scene in late November, wowing users with its capabilities that were based on an older version of OpenAI's technology, known as a large language model.

"We've created GPT-4, the latest milestone in OpenAI's effort in scaling up deep learning," a company blog said, adding that the AI technology "exhibits human-level performance" on some professional and academic tasks.

The company said the model is "more creative and collaborative than ever before" and would "solve difficult problems with greater accuracy" than its earlier versions.

With its update, text responses from GPT-4 will be more accurate, and -- in future -- will come from

Much of the new model's firepower is now available to the general public via ChatGPT Plus, OpenAI's paid subscription plan and on a AI-powered version of Microsoft's Bing search engine that is currently being tested

both image and text inputs in a major leap forward for the technology, though this aspect has not yet been released.

For example, if a user sends a picture of the inside of a refrigerator, GPT-4 will not only correctly identify what is there, but also concoct what can be prepared with those ingredients.

OpenAI said it was working with a partner company, Be My Eyes, to prepare the next advance.

Much of the new model's firepower is now available to the general public via ChatGPT Plus, OpenAI's paid subscription plan and on a AI-powered version of Microsoft's Bing search engine that is currently being tested.

Trump expects 'arrest' on Tuesday in hush money case, calls for protests

Ex-president makes remark on Truth Social without any official confirmation of the likelihood or timing of charges being brought

AFP | Washington



Former President Donald Trump greets guests following an event in Davenport, Iowa

Former US President Donald Trump said he expects to be "arrested" on Tuesday over hush money allegedly paid to a porn star before the 2016 election, calling on his supporters to protest.

With signs mounting that prosecutors are moving closer to indicting Trump, the 76-year-old billionaire took to his Truth Social platform yesterday morning, saying: "Leading Republican candidate & former President of the United States of America will be arrested on Tuesday of next week. Protest, take our nation back!"

Trump chose to use his own social media platform to make the announcement, despite being reinstated on Facebook and YouTube on Friday, more than two years after he was banned over the US Capitol riot.

The investigation, led by Manhattan district attorney Alvin Bragg, an elected Democrat, centers on \$130,000 paid weeks before the 2016 polls to stop Stormy Daniels, whose real name is Stephanie Clifford, from going public about an affair she says she had with Trump years earlier.

YOU KNOW WHAT If Trump were indicted, the 76-year-old would become the first former president to be charged with a crime. That would also send political shock waves as Trump tries to secure the Republican nomination for the 2024 presidential election

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would also send political shock waves as Trump tries to secure the Republican nomination for the 2024 presidential election.

Trump's lawyer told CNBC on Friday evening that his client would surrender to face criminal charges if he was indicted. Trump has denied having an affair with Daniels and has dismissed the investigation as politically motivated.

In his Truth Social post, written in capital letters, Trump referred to "illegal leaks from a corrupt & highly political Manhattan district attorneys office" and said the investigation was "based on an old & fully debunked (by numerous other prosecutors!) fairytale."

Facebook and YouTube, where Trump has millions of followers, benched him days after a mob of his supporters stormed Congress on January 6, 2021, arguing that his posts incited unrest.

South Korea moves to 'normalise' military pact with Japan

AFP | Seoul

South Korea will fully implement a key military intelligence-sharing pact with Japan, a defence ministry official said yesterday, as the two countries move to thaw long-frozen relations and renew diplomacy to counter Pyongyang.

At a fence-mending summit

on Thursday, the neighbours agreed to turn the page on a bitter dispute over Japan's use of war-time forced labour.

South Korean President Yoon Suk Yeol, who has been keen to end the spat and present a united front against the nuclear-armed North, had flown to Japan to meet Prime Minister Fumio Kishida, the first such

summit in 12 years.

According to a pool report, Yoon told Kishida he wanted a "complete normalization" of a 2016 military agreement called the General Security of Military Information Agreement (GSOMIA), which enables the two US allies to share military secrets, particularly over Pyongyang's nuclear and missile capacity.

Millions of dead fish clog Australian river

AFP | Sydney

Millions of dead and rotting fish have clogged a vast stretch of river near a remote town in the Australian outback as a searing heatwave sweeps through the region.

Videos posted to social media showed boats ploughing through a blanket of dead fish smothering the water, with the surface barely visible underneath.

The New South Wales govern-



Dead fish clogging a river near the town of Menindee in New South Wales

ernment said on Friday that "millions" of fish had died in the Darling River near the small town of Menindee, in the third mass kill to hit the area since 2018. "It's horrific really, there's dead fish as far as you can see," Menindee local Graeme McCrabb said. "It's surreal to comprehend," he said, adding this year's fish kill appeared to be worse than previous ones.

"The environmental impact is unfathomable."

Populations of fish such as bony herring and carp had boomed in the river following recent floods, according to the state government, but were now dying off in huge numbers as floodwaters receded.

"These fish deaths are related to low oxygen levels in the water (hypoxia) as flood waters recede," the government said in a statement.

TOP 4 TWEETS 01 India-Bangladesh Friendship Pipeline is yet another great example of Neighbourhood First in action. Working together to strengthen energy security. @DrSjaishankar

India-Bangladesh Friendship Pipeline is yet another great example of Neighbourhood First in action. Working together to strengthen energy security.

@DrSjaishankar

02

Racism, intolerance & discrimination tear at the fabric of our societies, harming all of us. Each & every day, we can all take action to #FightRacism. Let's stand up for our common humanity & stop the hate.

@antoniogeterres

03

Glory to Ukraine. Today this phrase unites millions of people around the world. From ordinary citizens to state leaders and celebrities. Find out what stands behind the legendary motto by @United24media.

@FedorovMykhailo

04

Look, I think you should be able to be a billionaire if you can earn it, but just pay your fair share. I think you ought to pay a minimum tax of 25%. It's about basic fairness.

@POTUS

Disclaimer: (Views expressed by columnists are personal and need not necessarily reflect our editorial stances)

celebs

Demi Lovato to direct new documentary Child Stars

Celebretainment | Los Angeles

Demi Lovato will make her directorial debut with new documentary 'Child Stars'.

The 30-year-old singer-and-actress - who began her career on children's TV show 'Barney and Friends' when she was just 10 years old - is making a film for Hulu which Rolling Stone says will "deconstruct the highs and lows of growing up in the spotlight through the lens of some of the world's most famous former child stars."

Demi said in a statement: "There is no better film or topic for my directorial debut than this story, which is close to home."

"Our project sheds light on important messages about growing up in the public eye, learning to protect our boundaries, and becoming active advocates of our own destinies."

"I'm humbled to be able to learn from the individuals who have lived the unique experience of child stardom and share their stories in our film."

It is yet to be confirmed which former child stars will be interviewed by Demi for the documentary, but Hulu think the 'Skyscraper' hitmaker - who went to rehab for the first time in 2010 when she was just 18 years old and has battled alcoholism, drug abuse, an eating disorder and other mental health issues - was the perfect person to explore the subject.

Belisa Balaban, SVP of documentaries and unscripted series at Hulu Originals, said in a statement: "Demi's first-hand experience and personal relationships are all on bold display in this poignant and exploratory film."

"Our audience has long been interested in delving into the nuances of pop culture, and Demi's story - hard truths and all - uniquely suits her to the kind of stories we feel fortunate to tell at Hulu."

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Demi Lovato

Ashley Tisdale

Ashley Tisdale finally feels like herself again

Celebretainment | Los Angeles

Ashley Tisdale has only just started feeling like "herself" again, almost two years after her daughter was born.

The 'High School Musical' star admitted postpartum recovery has been a "long journey" and everything is "different" to how it was before she and husband Christopher French welcomed daughter Jupiter into the world in March 2021, but she is now more confident and accepting of herself.

Admitting she expected to feel more like her former self around the time Jupiter turned one, Ashley told E!

News: "I didn't feel actually myself until recently, until the last couple of months. It's taken two years."

"I was suffering from really bad anxiety and I was like, 'What is going on?' And I just didn't feel great about my body. The last couple of months, I feel so great and I feel so much more accepting of my body."

"It's a long journey. Your relationship with yourself changes, your relationship with your partner changes, your relationship with friends change. Even friends that don't have kids, it's just different now because they're not going through the same stuff."

Ashley recently took part in the Phones Down for 5 challenge ahead of the National Day of Unplugging and she admitted she felt relieved to be parted from her iPhone because apps such as TikTok only serve to make her more anxious.

She said: "Recently, TikTok has been one that flares my anxiety."

"There's such fun stuff that I love about TikTok, but then there's a lot of scary stuff and negative and toxic stuff. You just get drawn into it. And then you realise you're an hour into this TikTok situation and you're like, 'What am I doing?'"

"It's nice to be free of that and to just be in the moment more because you really feel less pres-

I'm always catastrophe-ready, says Idris Elba

Celebretainment | Los Angeles

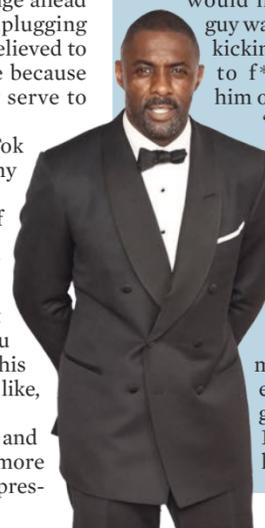
Idris Elba is always "catastrophe-ready".

The 50-year-old actor admits that he's always conscious of a "worst-case scenario" whenever he's working.

He explained to Esquire UK magazine: "I'm catastrophe-ready."

"In the film industry, you always think: worst-case scenario, what would happen if there were an explosion? What would I do? What would happen if this guy walks in and he's kicking off? I'd have to f***** knock him out."

"They're kind of dark thoughts. But depending on how you decipher what I'm saying, I think there might be readers who will go, 'Yeah, man. I kind of relate.'"



Idris Elba

Selena Gomez reveals emotional message to her younger self

Celebretainment | Los Angeles

Selena Gomez has urged her younger self to not "be afraid to ask for help".

The 30-year-old star has shared an emotional message for her younger self as she encouraged her fans to do the same as a reminder that they "deserve the world".

She wrote on Insta-

Something I wish I could tell my younger self is: Appreciate the face and the body that you have. May not look like everyone else but you are who you are and be proud of that

SELENA GOMEZ

Selena Gomez

gram: "Dear younger me, please don't be afraid to ask for help."

"Write your younger self a @RareBeauty #rarereminder and stick it on your mirror to remind yourself that you deserve the world. Love you."

The 'Only Murders In The Building' actress also posted a video on her Rare Beauty brand's Instagram account this week with an affirmation.

She said: "Something I wish I could tell my younger self is: Appreciate the face and the body that you have."

"May not look like everyone else but you are who you are and be proud of that."

Last month, Selena decided to take a break from social media amid apparent drama between herself, Hailey Bieber and Kylie Jenner.

In a TikTok Live video, she said: "I'm going to be taking a second from social media because this is a little silly."

"I'm 30 and am too old for this. But I love you so much and I'll see you guys sooner than later. I'm just gonna take a break from everything."

Her announcement came shortly after a TikTok user posted a video of Kylie of mocking Selena's eyebrows, which both stars were quick to dismiss.

Kylie commented: "This is reaching, u guys are making something out of nothing. this is silly.(sic)"

Selena - who had beaten Kylie to the title of most-followed woman on Instagram - replied: "Agreed @kyliejenner It's all unnecessary. I'm a fan of Kylie!(sic)"

Reese Witherspoon: Jennifer Coolidge deserves every bit of her success

Celebretainment | Los Angeles

Reese Witherspoon says Jennifer Coolidge deserves "every bit" of her newfound success.

The 46-year-old actress starred as sorority girl-turned-lawyer Elle Woods in the 'Legally Blonde' alongside Jennifer, 61 - who played manicurist Paulette Bonafonte in the 2001 comedy - and explained that

following her award-winning career resurgence as socialite Tanya McQuoid in 'The White Lotus', her co-star has a "natural gift" and has done "a lot of good work" in showbusiness for a long time.

She said: "I'm beyond myself



Jennifer Coolidge

about Jennifer Coolidge! She deserves every one of those flowers she is receiving right now. And she's just one of those people who is so naturally gifted and funny and that you can just tell people love her, 'cause she gets up there and everybody's like, 'I love her,' but she's just done a lot of good work in our business for so long, that it's really nice to see her getting this incredible moment."



Reese Witherspoon

SUDOKU

8	1							6
	5			8		1		
9			6	1		7		
4		1	7			5		2
				9				
3	9			2	6			7
		6		7	4			3
		4		2				7
	2					4		1

Yesterday's solution

3	9	2	6	1	5	8	7	4
4	1	7	8	9	2	3	6	5
8	5	6	3	7	4	1	2	9
9	3	1	7	6	8	4	5	2
2	8	4	9	5	1	6	3	7
7	6	5	2	4	3	9	1	8
1	7	3	5	8	9	2	4	6
5	2	8	4	3	6	7	9	1
6	4	9	1	2	7	5	8	3

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.

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12	13
14												
17												
24	25	26	27	28	29	30	31	32	33	34	35	36
39												
40												
47	48											
50												
52												
61												
64												

Across

1- Eagle's home; 6- Suit material; 11- Code-cracking org; 14- Itty-bitty; 15- Actress Taylor; 16- Freddie Krueger roamed... Street in the movies; 17- Eat away; 18- Ages; 19- Tee follower; 20- Quick cut; 22- More tender; 24- Tomahawk; 28- Increase; 30- Implant deeply; 31- Maker of Pong; 32- Fool; 33- Being; 37- Join a poker game; 38- Cheap wine; 39- Colorful moths; 40- See-sawing; 43- Portents; 45- Leaves out; 46- Leguminous shrub; 47- Ransack; 49- Seclusion; 50- Burning desire; 51- Actress Hatcher; 52- Month after avril; 53- Prospero's servant; 56- Cut's partner; 61- Crusty treat; 62- Sum; 63- Higher; 64- Camera type, briefly; 65- Prepares for publication; 66- Mock, annoy;

Down

1- Grazed; 2- Always, poetically; 3- Stutz contemporary; 4- Neither Rep. nor Dem.; 5- Range of vision; 6- Characteristic; 7- Cry; 8- Brian of rock music; 9- Poetic time; 10- Final course; 11- First prime minister of India; 12- Bed down; 13- From the U.S.; 21- New Jersey cager; 23- Mayberry moppet; 24- Robbery; 25- Actress MacDowell; 26- Hackneyed; 27- Whisper sweet nothings; 28- Sharp pain; 29- Piece of work; 31- Neural transmitters; 33- Best of a group; 34- One who cries 'uncle'; 35- Funnel-shaped; 36- Short literary composition; 38- Blue-nose; 41- Mower brand; 42- Originate; 43- Back part of the skull; 44- Do damage to; 46- Lingus; 47- Easily broken; 48- Bendable twig, usually of a willow tree; 49- Vends; 50- Rock blasters; 51- Milk source; 54- Slender bar; 55- Lord, is...; 57- Gibbon, e.g.; 58- Pampering place; 59- French possessive; 60- Before, poetically;

Yesterday's solution

B	E	L	I	E	S	I	E	N	A	A	N	T	
I	R	O	N	E	S	T	E	S	T	O	W		
P	A	L	A	N	E	C	E	A	N	I			
B	V	D	S	X	E	R	O	X					
A	S	F	A	R	A	S	T	O	U	R	I	S	T
D	E	A	D	O	N	S	E	P	A	L			
E	L	B	O	W	B	A	T	T	L	E	C	R	Y
P	A	L	B	L	U	E	S	N	A	E			
T	H	E	S	P	I	A	N	S	F	L	O	R	A
E	L	B	O	W	B	A	T	T	L	E	C	R	Y
A	P	P	E	A	S	E	W	E	S	T	E	R	N
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O	R	R	T	U	D	O	R	I	R	I	S	H	
R	E	T	E	A	R	N	S	V	O	D	K	A	
A	S	S	R	E	S	E	T	E	O	S	I	N	

Classifieds



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BAWAREJ CONTRACTING CO.W.L.L. has a vacancy for the occupation of WORKER, suitably qualified applicants can contact 13118898 or bawarej.bh@gmail.com

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Rybakina topples Swiatek to book Indian Wells final with Sabalenka



Elena Rybakina plays a forehand return to Iga Swiatek
AFP | Indian Wells

Elena Rybakina again proved too much for world number one Iga Swiatek, denying the defending champion a return to the Indian Wells final with an emphatic 6-2, 6-2 semi-final victory on Friday.

Moscow-born Kazakh Rybakina, the reigning Wimbledon champion who stunned top-seeded Swiatek in the fourth round of the Australian Open on the way to the final, will now get a chance to turn the tables on Aryna Sabalenka, who beat her in Melbourne to capture a first Grand Slam title.

World number two Sabalenka advanced with a 6-2, 6-3 victory over seventh-seeded Maria Sakkari of Greece.

Rybakina, ranked 10th in the world, was all over Swiatek from the opening game, painting the lines with her punishing ground strokes and serving with pinpoint precision.

Swiatek, winner of the French and US Opens last year in a campaign that included eight titles in all, simply had no answer and surrendered the first set with a double-fault on the first set point.

“I didn’t expect that I was going to play that good today. Hopefully I’m going to play like this on Sunday”

ELENA RYBAKINA

It was more of the same in the second as Rybakina raced to a 5-0 lead. Swiatek, who revealed after the match she was dealing with “discomfort” in her ribcage, finally managed a hold for 5-1, and pounced to break as Rybakina suddenly struggled with her first serve in the next game.

Rybakina still managed to muster two match points at 40-15, but Swiatek saved one with an overhead and another with a blistering return of a second serve, winning two more points to complete the break for 5-2.

But there would be no comeback. A mis-hit as Swiatek appeared to trip chasing a ball back to the baseline gave Rybakina another match point and she converted it with confidence.

“I didn’t expect that I was going to play that good today,” admitted Rybakina, who battled through three sets to beat Czech Karolina Muchova in the quarter-finals.

“Hopefully I’m going to play like this on Sunday,” she added after denying Swiatek’s bid to become the first woman since Martina Navratilova in 1990-91 to win back-to-back titles in the California desert.

Swiatek, who said she still expected to defend her title at the Miami Open that starts next week, was disappointed she couldn’t execute her coach’s ideas for stopping Rybakina.

YOU KNOW WHAT
Rybakina, ranked 10th in the world, was all over Swiatek from the opening game, painting the lines with her punishing ground strokes and serving with pinpoint precision

Shakib, Towhid set up record Bangladesh win against Ireland

- Bangladesh defeated Ireland by a record 183 runs in the first ODI held in Sylhet

- Best debut innings by Towhid

AFP | Sylhet

Shakib Al Hasan and debutant Towhid Hridoy both narrowly missed centuries but still guided Bangladesh to a record 183-run victory over Ireland in yesterday’s first one-day international in Sylhet.

Shakib hit 93 and Towhid added 92 to guide Bangladesh to their highest ever ODI score of 338-8 after the tourists put them in to bat.

Ebadot Hossain led the reply with 4-42 and left-arm spinner Nasum Ahmed chipped in with 3-42 to bowl out Ireland for 155 runs just shy of 31 overs.

“The way we batted was exceptional. Wasn’t the easiest wicket to bat for the first 20 overs. But Shakib was brilliant, Towhid also impressive,” skipper Tamim Iqbal said after the match, according to Cricbuzz.

George Dockrell was the last man dismissed after making 45, Ireland’s highest total.

Stephen Doherty and Paul Stirling put on 60 runs in the opening stand but once Shakib dismissed Doherty for 34 Ireland collapsed to 5-76, never to



Bangladesh’s Towhid Hridoy plays a shot

7,000

ODI runs have been scored by Shakib Al Hasan to become the second Bangladeshi cricketer to achieve the milestone

recover.

“We were not too disappointed at the halfway stage as the wicket was good and the best time was to bat under lights,” Ireland captain Andrew Balbirnie said.

“But we kept losing wickets and didn’t get any partnerships.” Graham Hume finished with a career best 4-60 but the hosts shrugged off early pressure from the Irish bowling attack.

“The way we batted was exceptional. Wasn’t the easiest wicket to bat for the first 20 overs. But Shakib was brilliant, Towhid also impressive”

TAMIM IQBAL

Shakib and Towhid added 135 for the fourth wicket to lift Bangladesh from 81-3 after Tamim (3), Litton Das (26) and Najmul Hossain (25) all fell cheaply.

He became the second Bangladeshi cricketer to reach 7,000 ODI runs after Tamim.

Shakib is now also just the third cricketer to surpass that milestone in ODI runs and 300

YOU KNOW WHAT
Shakib Al Hasan fell seven runs short of his 10th ODI hundred after chasing a wide yorker from Hume to get the bottom edge

one-day wickets after Sri Lanka’s Sanath Jayasuriya and Pakistan’s Shahid Afridi.

He shifted gears after reaching his third successive ODI fifty and hitting Harry Tector for five fours in an over.

He fell seven runs short of his 10th ODI hundred after chasing a wide yorker from Hume to get the bottom edge.

Towhid played the best debut innings for Bangladesh in ODIs, adding 80 runs for the fifth wicket with Mushfiqur Rahim, who struck 44 off 26 balls.

Hume removed both batsmen in the same over before taking the wicket of Taskin Ahmed but the tourists were unable to stop the flow of runs.

The remaining ODIs will be played in Sylhet on Monday and Thursday.

Ireland, who will also play three Twenty20 internationals and a Test during their tour, last visited Bangladesh for a bilateral series in 2008.

Mathieu van der Poel wins Milan-San Remo

AFP | Milan

Mathieu van der Poel won Milan-San Remo yesterday to claim the first ‘Monument’ of the season with an attack which left some of road cycling’s biggest stars trailing in his dust.

Alpecin-Deceuninck rider Van der Poel won the race his grandfather Raymond Poulidor took 62 years ago after surging clear on the final Poggio climb.

Van der Poel surged away from race favourite Tadej Pogacar, Wout van Aert and Filippo Ganna, eventually finishing around 15 seconds ahead of the Italian Ganna on via Roma after 294 kilometres of riding.

Van der Poel became the first Dutch winner since Hennie



Team Alpecin’s Mathieu van der Poel celebrates as he crosses the finish line

Kuiper in 1985. He also won the cyclocross world title for the fifth time last month.

It was Van der Poel’s second major one-day classic victory in

“My team and I trained really well in the week and today my teammates did excellent work. We’ll definitely celebrate a great win”

MATHIEU VAN DER POEL

Italy after Strade Bianche two years ago.

“It’s a special win in a special race, it’s a win that everyone wants,” said Van der Poel.

“My team and I trained really well in the week and today my teammates did excellent work. We’ll definitely celebrate a great

win.” The day almost got off to a dramatic day when news filtered through of Pogacar, fresh from his win at Paris-Nice, crashing in the pre-race neutral zone.

However, the two-time Tour de France winner dusted himself down and started the race. Beyond another crash of little consequence involving former winner Julian Alaphilippe on upper slopes of the Turchino that was the end of the major drama until Van der Poel put on the afterburners.

A traditional early break featuring none of the race favourites was finally absorbed by the peloton with 27km remaining, just before the penultimate Cipressa climb.

Bahrain claim thrilling, last-gasp win

Nationals score twice in match's final minute to defeat Saudi Arabia in 2023 AFC Beach Soccer Asian Cup

● **Mohammed Yacoob fires in winning goal with 35 seconds to play with a free-kick**

● **Bahrain rise to solo first place on the Group A standings with second straight win**

TDI | Manama

Bahrain moved one step closer yesterday to securing their berth in the quarter-finals of the 2023 AFC Beach Soccer Asian Cup, currently being held in Pattaya, Thailand.

The nationals defeated Gulf rivals Saudi Arabia 4-3 in a nail-biting encounter that was decided only in the final seconds.

Salman Al Yaqoobi, Mohammed Ashoor, Rashed Jamal and Mohammed Yacoob were all on target for the Bahrainis, who claimed their second successive win in Group A.



Bahrain players celebrate at the end of the match

Al Yaqoobi opened Bahrain's account in the ninth minute of the first period, and then Ashoor doubled their advantage just moments later with a low drive past Saudi goalkeeper Alwaleed Safhi.

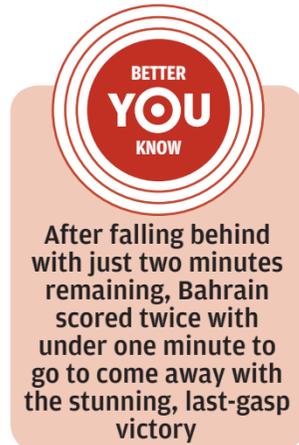
After a goalless second period, the Saudis began to threaten in the third and were able to equalise with conversions from Naif Yaki and Safhi, who scored from his own half.

The Saudis then took a stun-

ning lead with a goal from Belal Bawdah in the 34th minute.

But Bahrain registered a miraculous comeback in stunning fashion. Jamal levelled the proceedings with a header and less than a minute remaining in the game, and then, only seconds later, Yaqoob sealed the last-gasp victory with a long-range free-kick.

The dramatic result earned Bahrain their second straight win in their preliminary round



Bahrain's Mohammed Ashoor goes for goal against Saudi Arabia's Ahmed Al Hamami

pool, which earned them first place on the table with one match remaining. They are followed by Saudi, hosts Thailand and Afghanistan.

Bahrain are one of 16 teams competing in the continent's premier beach soccer tournament, which has been organised and is being run by the Asian Football Confederation (AFC).

It also acts as a qualification competition for the 2023 FIFA Beach Soccer World Cup, with the two finalists set to book their

tickets to the global championship.

The Bahrainis return to action tomorrow when they play the Thais at 4.30pm, Bahrain time.

Bahrain must finish in the top two of their group to qualify for the knockout quarter-finals.

Bahrain are in Pattaya with a 12-member squad. Aside from yesterday's goal-scorers, the other eight include Khalifa Ibrahim, Ahmed Abdulrasool, Abdulla

Abdullatif, Mohammed Darwish, Mahran Maatouq, Hamza Al Balooshi, Hassan Ebrahim and Issa Jumaa.

Bahrain won the tournament's first edition in 2006 under head coach Gustavo Zloczowick, who is now coaching Saudi.

The Bahrainis have appeared in eight of the tournament's previous editions, including in 2006, 2007, 2009, 2011, 2013, 2015, 2017 and 2019

Southampton fightback stuns Spurs, Leeds tame Wolves

● **Ward-Prowse's last-gasp penalty gives Southampton point to hurt Spurs**

● **Rodrigo seals vital victory for Leeds over 10-man Wolves in furious thriller**

AFP | London

Tottenham's challenge for a top-four finish in the Premier League was hit by a late Southampton fightback in a 3-3 draw yesterday, as Leeds boosted their survival hopes with a 4-2 win at Wolves.

Spurs looked set to leapfrog Manchester United into third as they led bottom-of-the-table Saints 3-1 with just 13 minutes remaining at St. Mary's.

But Theo Walcott's first goal in nearly two years and James Ward-Prowse's stoppage-time penalty salvaged a vital point for Southampton.

Pedro Porro's thumping finish had opened the scoring and his account for Tottenham in first-half stoppage time.

Southampton responded within a minute of the restart as Che Adams turned in Walcott's cross.



Southampton's English midfielder James Ward-Prowse shoots a penalty kick and scores his team third goal

Speculation continues to surround Harry Kane's future, but it has not affected the England captain's form as he rose highest to head in his 21st Premier League goal of the season from Dejan Kulusevski's cross.

Ivan Perisic's strike from the edge of the box then gave Spurs a two-goal cushion.

Yet, even that was not enough for Antonio Conte's men.

Walcott side-footed home to set up a grandstand finish and Pape Sarr was then penalised for bringing down Ainsley Maitland-Niles.

Tottenham 'keeper Fraser Forster could not deny his former teammate Ward-Prowse to leave Spurs just two points

ahead of fifth-placed Newcastle having played two games more.

Nine-man Wolves tamed

Leeds moved out of the relegation zone after beating fellow strugglers Wolves in a six-goal thriller at Molineux.

The visitors had won just once in their last 13 league games but stormed into a 3-0 lead.

Jack Harrison fired Javi Garcia's men in front before rare goals for right-backs Luke Ayling and Rasmus Kristensen had appeared to put Leeds out of sight.

Wolves had scored just 10 goals in 13 previous league games at home this season.

But two in eight minutes

Southampton had only scored twice in its previous five league appearances but the hosts showed the same fight that saw them recently take points off Chelsea and Manchester United to come back and boost their survival hopes

gave them hope as Jonny and Matheus Cunha cut the arrears.

However, Wolves ended the game with 10 men as Jonny was sent off for a dangerous studs-up tackle on Ayling.

Rodrigo wrapped up the three points which lift Leeds into 14th.

Matheus Nunes, an unused Wolves substitute, was also shown a red card as the hosts were angered by the referee's decision to award the goal despite being sent to the pitchside monitor to check a shirt pull on Adama Traore in the build-up.

Aston Villa's fine form under Unai Emery continued as Bournemouth were beaten 3-0 at Villa Park.

Douglas Luiz turned home Leon Bailey's low cross to give the home side the perfect start.

Jacob Ramsey then sealed the Cherries' fate 10 minutes from time before Emiliano Buendia added a third.

Williamson, Nicholls double tons put New Zealand on top in second Test



New Zealand's Kane Williamson plays a shot

AFP | Wellington

Aggressive double centuries for Kane Williamson and Henry Nicholls powered New Zealand's dominance in the second Test against Sri Lanka in Wellington yesterday.

The Black Caps declared their first innings at an imposing 580-4 before reducing Sri Lanka to 26-2 at stumps on day two, leaving the tourists with a very slim prospect of squaring the two-match series.

The in-form Williamson scored 215 and Nicholls posted a career-best 200 not out, with the pair's third-wicket stand of 363 virtually batting Sri Lanka out of the contest.

Their partnership was the fifth-highest by any New Zealand pair and they became the country's first batters to reach 200 in the same innings.

Sri Lanka captain Dimuth Karunaratne will resume on 16 on Sunday and nightwatchman Prabath Jayasuriya remains on four, with the deficit a daunting 554 runs.

Sri Lanka's bowlers struggled to generate life on a flat Basin Reserve pitch, forcing Karunaratne to set defensive fields during much of the



mammoth partnership.

Williamson and Nicholls batted at a lively clip from the outset, advancing quickly from a 155-2 overnight score and barely looking troubled as they unleashed an array of attacking strokes through the first two sessions.

Williamson was impenetrable as he reached three figures for the third time in successive Tests, becoming the first New Zealander to pass 8,000 runs in the process.

It was a sixth double-century for the 32-year-old -- whose unbeaten 121 was pivotal in a final-ball first Test in Christchurch earlier this week.

Bochum compound bad week for listless Leipzig

AFP | Berlin

A second-half goal from Erhan Masovic took Bochum to a surprise 1-0 home win over RB Leipzig, dealing the visitors a blow in their top-four battle.

Looking to rebound after Tuesday's 7-0 thrashing at the hands of Manchester City in the Champions League,

Leipzig appeared listless in transition and toothless up front.

Bochum took the lead three minutes into the second half when Masovic latched onto a loose ball in the penalty area and headed past Leipzig goalkeeper Janis Blaswich.

Leipzig midfielder Dominik Szoboszlai had a late chance to

equalise but his shot hit the inside of the post and rebounded into the arms of Bochum 'keeper Manuel Riemann.

Bochum's second win in a row pushed them four points clear of the relegation playoff spot.

Leipzig could finish the weekend in fifth place should both Union Berlin and Freiburg avoid defeat on Sunday.



Erhan Masovic

Abdulwahed, Al Hashemi triumph in endurance championship

HH Shaikh Nasser bin Hamad Al Khalifa crowns winners of the 120km race

● **Asem Abdulwahed emerges victorious in the international race of HH Shaikh Nasser bin Hamad Al Khalifa Endurance Championship**

● **Mohammed Al Hashemi wins the private stables' race**

TDI | Manama

Under the patronage of HH Shaikh Nasser bin Hamad Al Khalifa, Representative of HM the King for Humanitarian Works and Youth Affairs and Honourary President of Bahrain Royal Equestrian and Endurance Federation (BREEF), the HH Shaikh Nasser bin Hamad Al Khalifa Endurance Championship took place amid wide participation.

Mohammed Al Hashemi of Al Riffa stable won the private stables' race, while Asem Abdulwahed triumphed in the open race on the HH Shaikh Nasser bin



HH Shaikh Nasser bin Hamad Al Khalifa follows the race



Action from the race



HH Shaikh Nasser bin Hamad Al Khalifa followed the race from start to end and provided valuable instructions and tips to the riders, encouraging them to double their efforts

Hamad Al Khalifa Cup, covering a distance of 120km.

HH Shaikh Nasser praised the successful displays exhibited in the championship and added that Bahraini endurance sport is heading towards accomplishing further achievements internationally. He also hailed the sponsors and supporters of the Championship, who actively contributed towards the success of the endurance races.

The international race was won by Asem Abdulwahed,



HH Shaikh Nasser bin Hamad Al Khalifa awards a trophy to a winner

clocking 04 hours, 22 minutes and 45 seconds, followed by Alasayel Stable. HH Shaikh Nasser bin Hamad Al Khalifa followed the race from start to end and provided valuable instructions and tips to the riders, encouraging them to double their efforts. He crowned the winners of the Championship, followed by Mohammed Al Suabei and Maude Radelet of

Royal Scimitar wins ASRY Cup



Winners from yesterday's races

● **Rashid Equestrian and Horseracing Club hosts 2022/2023 season-finale**

TDI | Manama

Royal Scimitar won yesterday the Arab Shipbuilding and Repair Yard (ASRY) Cup on the final race day of the 2022/2023 season at Rashid Equestrian

and Horseracing Club (REHC) in Sakhir.

Competing for Al Mohamediya Racing and Fawzi Nass, Neil Callan saddled the five-year-old gelding to first place in the eight-furlong event in one minute 35.452 seconds to claim the lion's share of the BD5,000 total prize.

Royal Scimitar was followed by runner-up Follow Suit competing for Al Remah Stable, Abdulla Kuwaiti and Husain Makkii; while Modmin clinched

third place for HBR Racing, Khalid Al Khatri and Ebrahim Nader.

Also yesterday, Kaasib won the HH Shaikh Sultan bin Hamad Al Khalifa Cup for Al Mohamediya Racing, Ali Abdulmajeed and Neil Callan; Mugheerah claimed the HH Shaikh Khalifa bin Hamad Al Khalifa Cup for Al Nayefaaf, Abdulla Kuwaiti and Salem Alajmi; Mudallal clinched the HH Shaikh Abdulla bin Hamad Al Khalifa Cup for Al Mohamediya, Fawzi

Nass and Callan; and Al Saqlawy 1807 lifted the HH Shaikh Sultan bin Hamad Al Khalifa Cup for Al Riffa, Yousif Alboainain and Abdulla Faisal.

Elsewhere yesterday, Speed Chance and Illuminated won the Al Ayam Publishing Est BSC Cups. Speed Chance won for Husain Habib Aljaboori, Osama Hashim and Abdulla Faisal; while Illuminated triumphed for MKAR Racing, Haider Ebrahim and Ebrahim Nader.

Red Bull's Perez takes pole for Saudi Arabian GP



Red Bull Racing's Mexican driver Sergio Perez competes during the qualifying session

● **Engine failure sees Max Verstappen start in 15th**

AFP | Jeddah

Red Bull's Sergio Perez will start from pole position for the Saudi Arabian Grand Prix but his teammate, world champion Max Verstappen, will only be in 15th after pulling up with a car problem during yesterday's qualifying.

Perez, who also took pole in last year's race here, topped the leaderboard with a best lap of one minute 28.265 seconds.

Ferrari's Charles Leclerc was second, 0.155sec behind Perez, but faces a 10-place grid drop, leaving Fernando Alonso

to start on the front row in his Aston Martin.

Seven-time world champion Lewis Hamilton could only post the eighth-quickest time but his teammate George Russell was fourth fastest and will start third, alongside the Ferrari of Carlos Sainz.

Lance Stroll in the second Aston Martin and Alpine's Esteban Ocon will be on the third row of the grid.

Verstappen, who won the opening race in Bahrain at the start of the month, had dominated practice, topping the board in each of the three sessions.

However, in Q2 he reported to his team "I have a problem" before adding "it's almost not accelerating".

The Dutchman pulled up and will start on the eighth row of the grid.

Croatia coach Dalic extends contract until 2026

AFP | Zagreb

Zlatko Dalic, Croatia's most successful coach, has extended his contract until 2026, the country's football federation (HNS) said yesterday.

Dalic led Croatia to

their first World Cup final in 2018 in Russia, where they lost to France. He guided his squad to the semifinals of the Qatar World Cup, where they were beaten by eventual champions Argentina, and to the last 16 of Euro 2020.

In Qatar, Croatia went on to beat Morocco in the third-place playoff and have qualified for the final four of the Nations League finals due in June. Dalic, who took over in 2017, is now due to continue to the next World Cup in 2026.

He called his job the "greatest honour and pleasure that a coach can have".

"I have a great passion and ambition to continue working with Croatia ... there are still many great challenges ahead of us," the 56-year-old said.



Croatia's coach Zlatko Dalic