

1936

Spanish fascist junta names Franco to Generalissimo and Supreme Commander

1915

Cecil Chubb buys English prehistoric monument Stonehenge for £6,600

1898

Empress Dowager Cixi seizes power and ends the Hundred Days' Reform in China, imprisoning the Guangxu Emperor

1621

King James I of England gives Sir Alexander Sterling royal charter for colonisation of Nova Scotia



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I am a world champion in the NAC federation. My goal has been to win more titles; therefore, I have been competing with different federations internationally. In the recent 3-4 years, I've been competing with NABBA at their world championships and universe where I place in top three

TAMARA MAKAR



Tamara Makar during a workout session



Tamara Makar trains at a gym

Tamara Makar has been competing in two to four events every year with different federations, including World Amateur Body Building Association and National Amateur Body-Builders' Association at international level, worlds championships and universes

"I never thought that I have to prove myself more as a woman in bodybuilding. It's difficult enough for men and women equally. In the UK this field is more levelled out. Here in the Middle East, there are not many female competitors, and especially not in bodybuilding."

Challenges in Bahrain

Makar says that the main challenges for a female bodybuilding here in Bahrain are the lack of good female gyms.

"My biggest challenge here was to find a good enough gym to train at. Luckily swat gym was very welcoming and it's probably one of the best gyms for bodybuilding here in Bahrain. Un-

fortunately, the female gyms here are not good enough for bodybuilding. Most of them are well equipped for general fitness, but bodybuilding requires a bit more, more machines to hit the muscles from different angles, more weights. If someone is willing to train in a mixed gym then it's not an issue, there are some good gyms around." Makar also finds that there is a lack of good coaches for women.

"People need to understand that when it comes to women, training is a bit different, supplementation and diet is different, so a coach who knows how to train men would not necessarily know how to train women. Our bodies are different, our hormones are different, and it's more difficult for women to build muscles."

Makar also stated that another challenge she faced was to find someone who actually knew how to build the body.

"Most trainers are good at fitness and losing weight for an everyday person. But bodybuilding, the diet to bulk and to cut, to stand on stage, that's a completely different story.

There are many coaches for guys, but for girls the choices are limited. I recommend you always check who you train with and if they're capable of taking you all the way to reach your goal at all," Makar added.

FASHION

built a modest fashion empire



showcase a couture piece using Swarovski at the International Couture Exhibition in Dubai



Rabia Z's head to toe demi-couture collection and signature jersey hijab are sold on Modanisa

She went on to showcase modest fashion on mainstream runways and fashion weeks across cities including New York, London, Milan, Abu Dhabi and Dubai. Buyers and customers certainly took notice – today, Rabia Z sells to 71 countries.

To Zargarpur, modest fashion is more exciting than ever. "It is finally 'du jour,'" she exclaimed. "For me – (someone) who has tirelessly worked almost 18 years, the majority of it towards building awareness for this huge market at a time when neither this sector nor the term 'modest fashion' existed – I am happy to see it flourish globally."

Now she predicts that it's Saudi Arabia's turn to fully embrace the market. "Saudi women have always been style savvy and with the major changes we've seen this year, we will see some of the styles and collections in the GCC come out of Saudi," she said. "I think modest fashion will especially boom there next."

Nonetheless, she admits that there remain challenges in the industry. "It's a work in progress and lots needs improving," she said. "We need more serious, true global brands that are professional and to the standards of major mainstream designer and retail brands. We need a more sustainable industry and ethical, eco-friendly brands.

"The supply chain is another area of improvement. We

need labels that have a strong DNA and an innovative or creative direction which is currently lacking."

Back to her own business, fans of Rabia Z have plenty to look forward to. "We have always been an ethical brand and always worked with breathable and sustainable fabrics, but upon the relaunch of Rabia Z next year, we would like to not only highlight that in our collections, but also adopt more variety of sustainable fabrics," Zargarpur said, adding that there will be a separate roll out of Rabia Z Accessories.

She is continuing her collaboration with major online retailer Modanisa on Rabia Z's licensed hijab line, its signature breathable, combed cotton jersey hijab wraps that are the best-selling hijab in the world. "(It) celebrates its 15th anniversary this year and is being exhibited at the Contemporary Muslim Fashion Exhibition in San Francisco this fall."

On a personal level, Zargarpur aims to return to academia. "I was offered the opportunity to do a PhD in the Business of Fashion by the London College of Fashion, which I hope to pursue in the next couple of years, InshaAllah," says Zargarpur, who already holds a business major with a minor in fashion. "In addition to having my PhD, I would like to see our flagship stores in key cities around the world someday, sitting alongside major brands."