

Bahrain begin Asian Games campaign

Kingdom's senior men's volleyball team, under-23 Olympic football team get medal bids underway today in Hangzhou Asiad | P12

WORLD 6 US, Iran swap prisoners after \$6bn deal

THE DAILY **tribune**



Salma Hayek reveals secret to looking so youthful

8 CELEBS

BUSINESS 5 'Premature' to predict hit from US auto strike: Yellen

Earthquake hits central Italy

AFP | Rome

A 4.8-magnitude earthquake struck central Italy north of Florence yesterday morning, sending residents into the streets but causing no immediate damage, authorities said. Schools were closed in some areas as a precaution and trains were delayed pending checks on the railway lines. Italy's National Institute of Geophysics and Volcanology (INGV) measured the quake at 4.8 on the Richter scale, with its epicentre near Marradi, a town of about 3,000 residents in the province of Florence within the Apennine mountain range.

HM King praises RBAF personnel's patriotism

TDT | Manama

His Majesty King Hamad bin Isa Al Khalifa, the Supreme Commander of the Armed Forces, commended the patriotic efforts exerted by the brave Royal Bahraini Air Force (RBAF) personnel to protect the nation. HM the King praised their sincere determination, round-the-clock combat readiness and distinguished skills to carry out their sacred duties of defending the nation, its accomplishments and the security of its citizens, alongside their valiant brethren from the Bahrain Defence Force (BDF). His Majesty was speaking as he paid a visit yesterday to the Royal Bahraini Air Force (RBAF).



HM the King visits the Royal Bahraini Air Force

He congratulated all RBAF affiliates on receiving "F-16 Block 70" fighter jets, which are the among the latest and most effective military aircraft, as part of the plans to advance all BDF branches.

HM King Hamad commanded the ongoing military cooperation with brotherly and friendly countries to contribute to safeguarding regional security and global peace, as well as protecting navigation and the flow of



energy supplies, in addition to regional and global trade. HM the King, the Supreme Commander of the Armed Forces greeted a number of RBAF pilots who were gracing by taking souvenir photos with HM.

HM the King requested RBAF pilots to convey his greetings and appreciation to all RBAF officers, non-commissioned officers and servicemen, wishing all of them continued success. **(Continued on Page 2)**

US F-35 stealth jet disappears from skies

AFP | Washington

The US military scrambled yesterday to locate a stealth jet that went missing after the pilot ejected - with the failure to track the aircraft drawing amazement and ridicule in equal measure.

When the F-35 disappeared over South Carolina on Sunday, Joint Base Charleston (JBC) issued a plaintive call on social media asking for anyone who had information to call in. The JBC said that "based on the jet's last-known position" the search was centered around two large lakes north of Charleston, suggesting it may have crashed.

Proposed law to ban 'offensive' clothing in China

AFP | Beijing

Clothing that "hurts the feelings" of the nation could soon be outlawed in China, according to recent draft revisions to legislation, with their vagueness sparking concern over the broad scope for interpretation and enforcement.

The proposed law states that both speech and clothing deemed "harmful to the spirit of the Chinese people" or that "hurts the feelings" of the nation will result in fines or even jail time.

Bahrain and US ties reach new heights

Cabinet hails HRH Prince Salman's successful official visit to the US

● Kingdom vows to support countries in need as part of royal directives

TDT | Manama

The Cabinet yesterday commended His Royal Highness Prince Salman bin Hamad Al Khalifa, the Crown Prince and Prime Minister's official visit to the US and the strengthening of Bahrain-US strategic relations. This came as the Cabinet reviewed a report on HRH Prince Salman's successful visit to the US, highlighting its importance and the meetings that he had with US senior officials. It affirmed that the longstanding Bahrain-US strategic relations will be further strengthened following the signing of the Comprehensive Security, Integration and Prosperity Agreement, which will enhance



HRH Prince Salman chairs the weekly Cabinet meeting

the two countries' cooperation across a range of areas, from defence and security to emerging technology, trade, and investment. During yesterday's weekly meeting at Gudaibiya Palace, chaired by HRH Prince Salman, the Cabinet highlighted the

Kingdom's longstanding commitment to supporting countries in need, guided by the vision and directives of His Majesty King Hamad bin Isa Al Khalifa. It acknowledged the recent directives to provide humanitarian aid to several regions in the eastern region of Libya,

expressing condolences to the victims of the devastating floods. The Cabinet also reviewed measures taken to assist those affected by the earthquake in Morocco. The Cabinet expressed its sincere condolences to Libya for the victims of the floods, and wished a speedy recovery for those injured, and for the safe return of those who are missing.

Praise for Saudi efforts

The Cabinet welcomed the Kingdom of Saudi Arabia's efforts, in coordination with the Sultanate of Oman, to invite a delegation from Sana'a to Riyadh to hold discussions in an effort to reach a compromise and permanent ceasefire in the Republic of Yemen and a sustainable political solution acceptable to all Yemeni parties. The meeting also aims to strengthen and expand the humanitarian truce and discuss reaching a sustainable political

solution acceptable to all Yemeni parties under the sponsorship of the United Nations. The Cabinet reaffirmed the position of the Bahrain in support of the Saudi initiative announced in March 2021. The Cabinet congratulated the King, government, and people of Saudi Arabia on their National Day. The Cabinet commended the achievements made by Saudi Arabia under the leadership of the Custodian of the Two Holy Mosques, King Salman bin Abdulaziz Al Saud, and the support of His Royal Highness Prince Mohammed bin Salman bin Abdulaziz Al Saud, the Crown Prince and Prime Minister of Saudi Arabia. In recognition of the International Day of Peace, the Cabinet affirmed Bahrain's commitment to promoting peace to achieve the shared goals of enhancing security and stability and establishing coexistence at the regional and global levels.



HM King briefed on RBAF's modern military system

(Continuation from Page 1)
TDT | Manama

His Majesty King Hamad bin Isa Al Khalifa, the Supreme Commander of the Armed Forces, was welcomed by the Bahrain Defence Force (BDF) Commander-in-Chief, Field Marshal Shaikh Khalifa bin Ahmed Al Khalifa, upon arrival at the Royal Bahraini Air Force (RBAF) yesterday.

HM the King, who was accompanied by Lieutenant-General His Highness Shaikh Nasser bin Hamad Al Khalifa, National Security Advisor and Royal Guard Commander, was also welcomed by Lieutenant-General Theyab bin Saqr Al-Nuaimi, BDF Chief of Staff, Air Vice-Marshal Shaikh Hamad bin Abdulla Al Khalifa,



HM the King meets the Royal Bahraini Air Force personnel

RBAF Commander, and a number of senior RBAF officers.

The RBAF Commander delivered a statement in which he welcomed the visit of the Supreme Commander of the Armed Forces to RBAF.

He expressed profound thanks and gratitude to HM the King for his unwavering support for the RBAF, which, he said, is a source of pride for all its affiliates.

The RBAF Commander also expressed appreciation to His

Royal Highness Prince Salman bin Hamad Al Khalifa, the Crown Prince, Deputy Supreme Commander of the Armed Forces and Prime Minister, for his constant interest in the RBAF. He also paid tribute to the BDF



Commander-in-Chief for his constant follow-up and support for the RBAF.

Air Vice-Marshal Shaikh Hamad bin Abdulla briefed HM the King on the continuous provisions of the latest integrated

military system to the RBAF, within the ongoing efforts to strengthen the capabilities of various BDF units and branches.

A number of RBAF aircraft conducted a fly-past to welcome HM King Hamad.

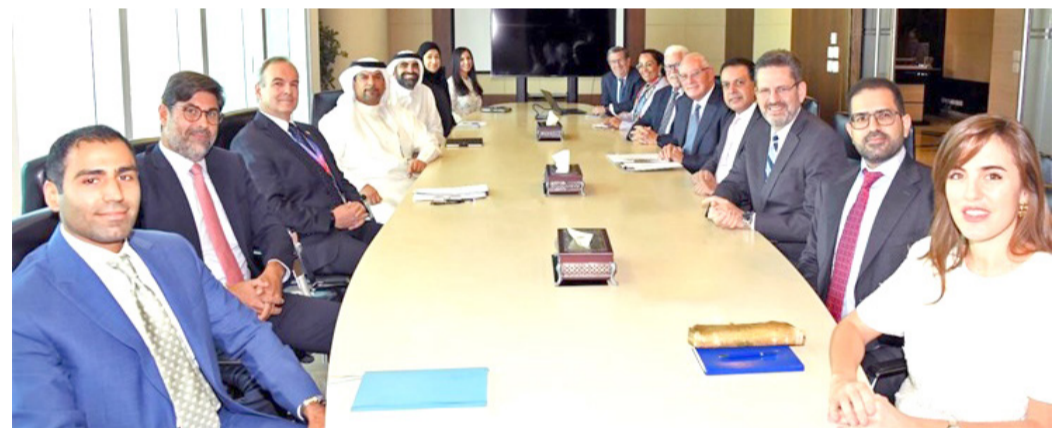
Bahrain keen to adopt innovative environment-friendly technologies

TDT | Manama

Bahrain is committed to upholding environmental principles, adopting innovative green economy plans,

and using environment-friendly technologies to achieve the Sustainable Development Goals (SDGs) and Bahrain's Economic Vision 2030. This was affirmed

by Oil and Environment Minister Dr. Mohammed bin Mubarak Bin Dinah, Special Envoy for Climate Affairs, as he met with members of the American



Dr. Bin Dinah with AmCham Bahrain members

Chamber of Commerce in Bahrain (AmCham Bahrain).

The meeting reviewed sustainability initiatives in the oil and energy sectors, the private sectors role in enhancing national efforts to diversify energy sources, as well as Bahrain's strategies for diversification and transformation in the energy sector.

The two sides also shed light on the private sectors' investment opportunities in renewable energy projects, and enhancing environmental cooperation between US energy companies and their Bahraini counterparts,


in addition to a number of topics related to environmental issues and clean energy. AmCham Bahrain President Qays Al Zubi emphasised the importance of the private sector in environmental sustainability in Bahrain.

"As part of our partnership with the Ministry of Oil and Environment, AmCham Bahrain demonstrates its commitment to supporting Bahrain's Economic Vision 2030's environmental sustainability goals, and we are eager to explore innovative ways to work together and contribute to the achievement of these objectives," he added.

Enhancing cooperation

During the meeting, they also discussed ways to enhance cooperation between the ministry and AmCham Bahrain in the sustainable development and renewable energy sectors.

The minister praised the private sector's efforts in boosting national and international entities aimed at protecting the environment, as well as achieving a logical balance between the environmental, developmental and economic rights of humans.




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Communications sector cooperation



Transportation and Telecommunications Minister Mohammed bin Thamer Al Kaabi received Mario Maniewicz, Director of the International Telecommunications Union (ITU) Radiocommunication Bureau. Adel Mohamed Darwish, Director of the Regional of the (ITU) for the Arab States was present. The meeting discussed the importance of strengthening international cooperation to develop the communications sector. They also shed light on the work of the ITU and the importance of developing regulations over AI technologies and the utilisation of space for communications.

Bahrain condoles with Egypt over military bus accident

TDT | Manama

The Ministry of Foreign Affairs expressed the Kingdom of Bahrain's sympathy and solidarity with the Arab Republic of Egypt over an accident

involving a bus loaded with ammunition during an armed forces training exercise south of the 10th of Ramadan City, which resulted in the death and injury of a number of officers

and soldiers. Bahrain expresses its condolences to the government, Egyptian people, and the families of the victims, wishing a speedy recovery to all those injured.

Bahrain embraces minimalism

Finding meaning in simplicity and breaking free from materialism for a more fulfilling life

Zahra Ayaz
TDT | Manama



In a world consumed by excess and driven by the constant pursuit of more, a growing movement in Bahrain is urging individuals to embrace minimalism, a lifestyle that advocates for simplicity, intentionality, and conscious consumption.

As people seek to break free from the shackles of materialism, minimalism is gaining popularity globally, offering a more meaningful and fulfilling existence, say experts.

In an exclusive interview with The Daily Tribune, environmentalist and an advocate of minimalism Kai Miethig shed light

on several eye-opening facts. He revealed that an average of 33 to 50 percent of food is wasted annually, resulting in a staggering 1.6 billion tons of food and a loss of around \$1 trillion. Astonishingly, this amount could be used to feed every single human on the planet, he said.

Locally, the per capita waste is one of the highest in the world.

“If food reaches its expiration date, it does not necessarily mean it has gone bad immediately. It is often a ploy by the food industry to encourage consumers to buy more. Food can be used well beyond its ‘expire date’ with proper storage.”

- KAI MIETHIG, ENVIRONMENTALIST AND AN ADVOCATE OF MINIMALISM

Mr. Miethig emphasized, “If food reaches its expiration date, it does not necessarily mean it has gone bad immediately. It is often a ploy by the food industry to encourage consumers to buy more. Food can be used well beyond its ‘expire date’ with proper storage,” he stated.

He further mentioned that canned food lasts almost in-

definitely, as without oxygen and light, there are no reactions taking place. As an example, a German magazine tested canned milk powder from 1950 in 2015 and found it to have the same quality as new milk powder, Mr. Miethig said.

On a global scale, an astounding \$400 billion worth of fashion is wasted each year, with 85 per-

cent of it ending up in landfills or textile mountains in various regions such as Chile, Asia, and Africa. These regions are flooded with second-hand items discarded by consumer societies in the developed countries, the expert pointed out.

To combat fashion waste, Mr. Miethig provided some valuable insights. He recommended decluttering by giving away any item that hasn't been touched in a year, repairing clothes and shoes instead of replacing them, and opting for long-lasting quality items rather than cheap fast fashion products.

He also highlighted the issue of e-waste generated by technology-minded communities, which amounts to a stagger-

ing 53.6 million tons annually worldwide, comprising valuable mineral resources worth 62.5 billion USD.

When asked how individuals can adopt a minimalist lifestyle, Mr. Miethig emphasized the importance of saving resources. This includes reducing the number of light bulbs in the house, purchasing from local markets to avoid excessive plastic bag usage, utilizing bicycles for shorter distances, and cutting down on overconsumption to save both money and resources. He concluded by reminding everyone that saying ‘No’ to unnecessary items is crucial, as there is “No Away” as almost everything eventually ends up somewhere else.

GCC Ministerial Council meeting

Foreign Affairs Minister Dr. Abdul Latif bin Rashid Al Zayani participated in the foreign ministers meeting of the GCC countries, which was held at the headquarters of the Permanent Mission of Oman to the United Nations for the 78th Session of the United Nations General Assembly (UNGA) in New York. The meeting was chaired by Badr bin Hamad bin Hamood Al Busaidi, Oman's Foreign Affairs Minister and chairman of the ministerial council's current session, in the presence of GCC countries' foreign ministers and Jasem Mohamed Al Budaiwi, GCC Secretary-General. The ministers discussed current developments in Iraq, and the consequences of the Federal Supreme Court's ruling regarding the agreement concluded in 2012 between Kuwait and Iraq, relating to the regulation of maritime navigation in Khor Abdullah, and the inaccurate historical merits included in the court's ruling out of context. They also discussed developments in current Arab, regional and international issues.



Praise for alternative penalties, open prisons implementation

Cairo

Arab Parliament Speaker Adel Abdulrahman Al Asoomi has praised the sound vision of His Majesty King Hamad bin Isa Al Khalifa in implementing alternative penalties and the open prisons programme, stemming from HM's pioneering humanitarian approach and reformist mindset.

Addressing the opening session of the ninth Arab Interior Ministers' Conference on Human Rights, Al Asoomi expressed appreciation to Government of Bahrain, led by His Royal Highness Prince Salman bin Hamad Al Khalifa, the Crown Prince and Prime Minister, for upholding human rights values and advancing human rights in Arab countries.

Al Asoomi affirmed the Arab Parliaments' support for Bahrain's efforts to enhance human rights respect in security work, praising the Kingdom's distinguished experience in this field.

He said that promoting human rights is a key responsibility of Arab interior ministries, as they require achieving a balance between ensuring security and stability, and keeping these measures in line with human rights standards and international law.

Arab national ‘innocent’ in medical malpractice case

TDT | Manama

The lawyer of an Arab national implicated in the case of two doctors whose medical malpractice resulted in a young man's death during a gastric sleeve operation claimed that his client had not been negligent with the patient.

His role was limited to anaesthesia during the operation, which was scheduled to take place in two hours but lasted for six, he added, stating that the first doctor was responsible for botching the operation by performing manual stitching at the start after a stapling device malfunction, the lawyer confirmed.

The Lower Criminal Court decided to postpone the case to a hearing on September 24 for pleading by the second defendant's lawyer and to complete the submission of the civil claims list by the victim's representative, Zainab Al Dairi, who attended on behalf of lawyer Nour Abdullah.

The second defendant's law-



Image used for illustrative purposes only

yer attended the hearing and requested sufficient time to present a plea on his client's behalf. He presented a brief defence in which he demonstrated his client's innocence. He confirmed that negligence rested on the part of the first defendant since his client's role was limited to the process of anaesthetising the victim, rather than critical care.

“The first defendant committed medical errors and failed to monitor the condition of the victim. When the stapling device malfunctioned at the start of

the operation, the first defendant continued the procedures through manual sewing,” the lawyer argued. With regards to his client removing the respirator from the victim, he confirmed that the victim's physical indicators appeared normal at the time.

Lawyer Zainab Al Dairi attended on behalf of Lawyer Nour Abdullah and submitted a document addressed to the Ministry of Justice related to the fees imposed in a civil lawsuit. She requested a deadline for the submission of the civil

claims list.

The Public Prosecutor in attendance stated that Public Prosecution stands by its pleading and confirmed that sufficient evidence was presented condemning both defendants. It indicated malpractice and violation of accepted medical standards by the two, who hadn't exercised the necessary care to protect the victim, leading to his death. He requested that maximum penalties be implemented against their actions which demonstrated carelessness in preserving human life.

The details of the incident began when the Prosecution received a report from the father of the deceased, stating that a doctor caused the death of his son during a gastric sleeve operation. Investigations promptly began. The body of the deceased was examined and his medical file was seized.

Statements were taken from the father and the medical staff supervising the patient's condition, while a forensic doctor was

delegated to conduct an autopsy. The National Health Regulatory Authority was tasked with reviewing the medical procedures that were followed during surgery to assess the extent to which they complied with applicable medical standards and to ascertain the alleged medical malpractice.

Investigations concluded that the consultant surgeon was responsible for the death of the victim, wherein several errors occurred during the operation and subsequent medical interventions, which he failed to rectify due to negligence.

Furthermore, the doctor supervising the condition of the deceased was also held responsible for failure to monitor the patient's condition and follow medical protocol in the intensive care unit.

The forensic report concluded that the death occurred from a heart attack and bacterial blood poisoning resulting from a leak after gastric incision, which affected the patient's body organs and caused them to shut down.

Four Asian nationals arrested for illegal shrimp fishing

TDT | Manama

The Chief Prosecutor of Ministries and Public Entities announced that the Public Prosecution has taken action against four Asian nationals who were caught fishing for shrimp using banned bottom trawl nets in the Sitra area.

The Coast Guard Command reported the incident after spotting two boats engaged in illegal

fishing activities. While four individuals were apprehended, others managed to escape.

During the operation, authorities seized the two boats and confiscated approximately 410 kilograms of shrimp. The Public Prosecution wasted no time in launching investigations into the matter.

The defendants were interrogated and subsequently detained

pending further investigation. They have been charged with possession of prohibited bottom trawl nets, failure to operate the automatic identification device on the boat, lack of safety equipment, and failure to comply with the Coast Guard Command's instructions.

The Public Prosecution has also ordered the continued seizure of the two boats and

summoned their owners for questioning. In addition, efforts are underway to identify the remaining defendants involved in the illegal fishing operation. The seized shrimp will be sold at a public auction, and the proceeds will be deposited into the treasury of the Public Prosecution.

The Chief Prosecutor emphasised the importance of complying with the Law Regulat-

ing Fishing, Exploitation, and Protection of Marine Wealth, as well as relevant ministerial decisions.

These regulations aim to safeguard marine resources and protect wildlife, particularly in relation to the harmful practice of using bottom trawl nets. Such fishing methods have long-lasting adverse effects on the marine environment.

Court orders restoration of electricity to villa renter

TDT | Manama

The Court of Urgent Matters issued a ruling that restored electricity to a client who had rented a villa, following its abrupt disconnection by the owner.

The court's urgent ruling compelled the Electricity and Water Authority (EWA) to take immediate action against the villa owner, ensuring the restoration of electricity and water services.

Furthermore, the owner was mandated to bear the associated fees and expenses. The tenant

of the villa was taken by surprise when the owner, based on a request made to the EWA, cut off the electricity supply to the property, rendering it unusable.

In addition to the electricity disruption, the owner also deactivated the designated water pipes, exacerbating the inconvenience faced by the tenant. Remarkably, within a remarkably short timeframe of less than two hours from the initiation of the lawsuit, a hearing was convened.

The court expeditiously



Image used for illustrative purposes only

called upon the EWA to provide a prompt clarification regarding the owner's request for service

appear at the hearing to present any plea, defence, or evidence substantiating the lawful termination of the lease contract or any mutual agreement.

Consequently, the court reached the conclusion that the owner's actions, by depriving the tenant of electricity and water services despite the ongoing contractual relationship, unjustly hindered the tenant's rightful enjoyment of the property. Therefore, the court rendered a favourable ruling to remove this obstruction and reinstate the crucial services, thereby safeguarding the tenant's rights.

termination, which was swiftly confirmed.

However, the owner failed to

Symposium to improve passenger identification

Col. Daij Issa Al Kuwari
TDT | Manama

Colonel Daij Issa Al Kuwari, Director of the Bahrain International Airport Police Directorate at the General Administration of Ports Security, has attended a symposium on the Traveller Identification Programme (TRIP) in Montreal, Canada.

The symposium, organised by the International Civil Aviation Organization (ICAO), focused on procedures for improving passenger identification. During the event, participants discussed new technological opportunities and policies to enhance the successful application and better use of traveler identification tools.

The symposium also covered topics such as biometric measurements and the use of new passenger data reader devices in identifying travellers.

'National Educator and Teacher' programme reviewed

TDT | Manama

The Supervisory Committee of the "National Educator and Teacher" programme, chaired by Her Highness Shaikha Hessa bint Khalifa Al Khalifa, Member of the Supreme Council for Women (SCW), reviewed the second phase of

The programme aims to support female workers' participation in the early education sector and improve their performances.

the programme's action plan, focusing on family stability and equal opportunities within the National Plan for the Advancement of Bahraini Women.

The committee aims to support female workers' participation in the early education sector and propose solutions to improve its performance.

The committee reviewed proposals to enhance private sector partnerships for early education and the "Training and Wages Support" programme, aiming to establish professional paths and link them to social insurance, preparing for the end of temporary contract formulas.

They stressed the importance

of educating the administrative and educational staff working in the sector about their job rights and occupational health and safety, as well as diversifying sources and methods of development and learning through preparing guidelines and implementing specialised workshops.

Works Ministry completes deceleration lane construction project in Isa Town



The expanded eastern entrance to the educational zone

TDT | Manama

The Ministry of Works has announced the successful completion of a project aimed at alleviating traffic congestion in Isa Town.

The project involved the construction of a deceleration lane, expanding the eastern entrance to the educational zone on Bahrain National Charter Street to Road No. 4013.

By expanding the street from one lane to two lanes, the min-

istry aims to increase capacity, reduce traffic congestion, and improve the flow of vehicles to the educational area. The capacity of the previous single lane was 850 vehicles per hour, but with the additional lane, the capacity will increase to 1,700 vehicles per hour, a significant 50% increase.

As part of the project, an extra lane was built to facilitate right turns from Al Mithaq Street to Road No. 4013. The project also involved the protection and relocation of several services

belonging to the Electricity and Water Authority.

The contract for the project was awarded to Bahrain Asphalt Company by the Tenders and Auctions Board, with a total cost of 80,000 dinars.

This infrastructure improvement is part of the fourth phase of efforts by the Ministry of Works to ease traffic congestion at key intersections on the road network, ultimately enhancing the overall transportation experience for residents and visitors alike.

Important Notice

Our Valued Clients,

Al Salam Bank gives notice to its intention to cease providing any of its financial services licensed by the Central Bank of Bahrain at its branch in Muharraq, as of 19 October 2023.

Please note that clients of this branch can carry out their banking activities via digital channels or by visiting any of Al Salam Bank branches.

For more details, please contact us through WhatsApp on 17005500.

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Achieving SDGs' goals



Sustainable Development Minister Noor bint Ali Khulaif met with Amina J. Mohammed, the Deputy Secretary-General of the United Nations and Chair of the United Nations Sustainable Development Group, on the sideline of her participation in the Sustainable Development Goals (SDGs) 2023 Summit in New York. The meeting discussed cooperation, especially in achieving the SDGs.

UK carmakers hope for delay to post-Brexit tariff



Britain's Prime Minister Rishi Sunak (C) visits Land Rover factory (file photo)

AFP | London

The UK carmaking industry is hopeful of a postponement in a provision in the nation's post-Brexit EU trade treaty, which will otherwise impose a 10-percent tariff on electric vehicles.

Britain left the European Union in early 2021 after clinching a last-gasp free trade

deal, removing tariffs for the nation's largely foreign-owned carmakers.

However, under the deal's "rules of origin" condition for goods crossing the border, from 2024 at least 45 percent of the value of vehicle parts must originate from Britain or the European Union in order to be exempt from customs duties.

'Premature' to predict hit from US auto strike: Yellen

AFP | Washington

US Treasury Secretary Janet Yellen said yesterday it is too early to gauge the economic impact from an ongoing, historic strike at three top car manufacturers.

"It's premature to be making forecasts about what it means for the economy," she said in an interview on CNBC, adding that this depends on how long the strike lasts and who is affected by it.

Her comments came as the "Big Three" automakers -- General Motors, Ford and Stellantis -- were hit Friday by a limited strike after a failed push to produce an agreement with the United Auto Workers union.



United Auto Workers members strike at the Ford Michigan Assembly Plant

The UAW is calling for better conditions across the board for workers, including a 40 percent pay raise over the next four-year

contract.

The group's chief warned Sunday that the strike could expand if companies do not raise

their wage offers in current negotiations.

"We want to see the two sides come to a win-win agreement," Yellen said yesterday.

"President (Joe) Biden has made clear he expects them to work hard to negotiate 24/7 to get to a solution. And so we're hoping that that will happen soon," she added.

Asked about the US economy after multiple Federal Reserve interest rate hikes, Yellen said: "I don't see any signs that the economy is at risk of a downturn."

She noted that the United States continues to have a healthy labour market while consumer spending remains "quite robust" -- all while inflation is cooling.

Exciting opportunities for businesses at 38th Trade Expo Indonesia



Attendees at the event

Ashen Tharaka
TDT | Manama

The Indonesian embassy and the Bahrain Indonesia Business & Friendship Society (BIBSF) gathered business counterparts to announce the details of the 38th Trade Expo Indonesia (TEI) 2023, which will be held next month in Indonesia with more exciting opportunities for entrepreneurs and businessmen.

At the event, held at the Swiss-Belhotel in Seef, Indonesian Ambassador to Bahrain

Ardi Hermawan highlighted the importance of the TEI for Bahraini businessmen.

"In order to enhance the bilateral relationship between our countries, this expo could be a bridge," the Ambassador said in his opening remarks.

The 38th TEI 2023 is a continuation and further enhancement of its previous edition in 2022 as the largest and reliable Business to Business interaction platform in Indonesia, hosted by the Directorate General of National Export Development of the Ministry of Trade - Republic

of Indonesia.

TEI has been acknowledged for years as the best product sourcing destination for international buyers to find the finest export products and services at the most competitive quality, pricing, and varieties. TEI 2023 is sure to offer the latest innovative products for the global market.

As a one-stop business destination running in offline and online platforms, TEI 2023 presents 7 zones of categorized products with live interactions at Indonesia Convention Exhi-



Indonesian Ambassador to Bahrain Ardi Hermawan

bition (ICE) BSD City Tangerang - Indonesia from October 18 to 22, 2023.

Online interactions at www.tradexpoindonesia.com with useful digital features to get connected, engaged, and take advantage of doing business.

The TEI 2023 is a great opportunity for Bahraini businesses to explore new markets and partnerships in Indonesia.

Erdogan lobbies Musk for new Tesla factory



Turkish President Recep Tayyip Erdogan (R) talking with Elon Musk (L)

AFP | New York

Turkish President Recep Tayyip Erdogan urged tech tycoon Elon Musk to open his next Tesla factory in Turkey, becoming the latest leader to lobby one of the world's richest men.

Erdogan and Musk have held a string of meetings both in Turkey and on the sidelines of international forums, developing a seeming friendship that they extended on Sunday in New York.

Turkish television yesterday showed Musk entering New York's Turkish House, a new skyscraper across from the United Nations building, with his three-year-old son, whom he held on his lap during the talks.

"President Erdogan called on Tesla to establish its seventh factory in Turkey," the Turkish leader's office said.

Turkey's Anadolu state

news agency said Musk told Erdogan that his country was "among the most important candidates" for the new factory.

Erdogan's lobbying efforts follow those undertaken by French President Emmanuel Macron, who met Musk in June, and Spanish Prime Minister Pedro Sanchez.

Erdogan was in New York to attend the annual UN General Assembly meeting, which he is scheduled to address on Tuesday.

Tesla currently has six factories, including two outside the United States -- one in Shanghai focused on the Asian market and a second focused on European sales near Berlin.

It is also building one in Mexico, and has tentative plans for a plant in India.

Erdogan likes to promote Turkey's high-tech sector, which is arguably most famous for its Bayraktar combat drones.

BENEFIT and Reboot Coding Institute join forces to empower Bahrain's tech talent

TDT | Manama

Reboot Coding Institute (Reboot01), the first-of-its-kind on-campus coding institute in the Kingdom of Bahrain, part of the O1Edu global network of coding schools, announced its partnership with BENEFIT, the Kingdom's innovator and leading company in Fintech and electronic financial transactions services.

The agreement marks a significant milestone and a step forward in Reboot01's mission to empower Bahraini students and build a pipeline of highly skilled digital talent for the Kingdom's key sectors, in line with Bahrain's Economic Vision 2030.

As Reboot Coding Institute's initial cohort reaches its final selection pool with over 200 students, its partnership with BENEFIT underscores their dedication to provide students with exceptional opportunities in the



Officials of BENEFIT and Reboot Coding after signing the agreement

field of technology.

BENEFIT joins a growing list of companies who have partnered with Reboot01 to obtain early access to top-tier talent from a highly-skilled pool of Bahraini developers suited to their specific needs.

As part of the collaboration, Reboot01 students will participate in BENEFIT's Masaar Internship Program, which will be tailored specifically for Reboot01 and take place at the company's renowned IT depart-

ment.

This program aims to provide students with fundamental real-world experience and hands-on learning opportunities, laying the framework for future success in the technology sector.

In a testament to BENEFIT's commitment to local talent, Reboot01 students will receive priority consideration for employment opportunities at BENEFIT.

Yanal Jallad, Managing Director at Reboot01, commented, "This unique partnership

includes a tailored internship program for our students and access to BENEFIT's test environment and sandboxes."

Salah Alwadhi, Head of HR & Admin at BENEFIT stated, "This partnership not only allows us to offer students with real-world experience through our renowned Masaar Internship Program, but it also demonstrates our commitment to promoting local talent and fostering innovation within the field."

France to allow loss-making petrol sales to bust fuel inflation

AFP | Paris

France will lift a ban on below-cost sales to bring down fuel prices, Finance and Economy Minister Bruno Le Maire said yesterday, hoping to soothe consumers' inflation anxieties.

With a draft law set for debate in October, "I hope it

will come into force from the beginning of December," Le Maire told broadcaster France 2. Selling products at a loss has been mostly banned in France since 1963, over fears larger retailers could drive small competitors out of business by offering artificially low prices whose costs they could afford to absorb.

News in brief

Three hurt in Australian university campus stabbing



◆ Three people have been wounded after a stabbing at an Australian university campus yesterday afternoon, police said. Two 20-year-old women are in hospital -- one in critical condition and one stable -- after the attack, which happened around 2.45 pm (0445 GMT) at the Australian National University in Canberra. Both women were students at the university.

Australian Capital Territory police said a 34-year-old man was also attacked and suffered minor injuries but did not need to go to hospital.

Nine youths who broke out of a juvenile detention center in Pennsylvania have been recaptured, US police said yesterday, with four of them knocking on a stranger's door after one night on the run.

The incident was the latest involving a detention facility in the eastern state, where a massive manhunt last week captured murderer Danilo Cavalcante who spent 13 days evading authorities after his escape. "All nine of the escapees from last night were picked up within the last two hours," most of them within a few miles (kilometres) of the Abraxas Academy, a juvenile facility in Morgantown, northwest of Philadelphia, said Pennsylvania state trooper David Boehm.

US police detain nine juveniles who fled detention centre



One in 10 Japanese are older than 80: government data



◆ More than 10 percent of Japanese people have crossed 80 years or older for the first time, new official data showed, as the nation faces a rapidly greying population. Government data released on Sunday, ahead of yesterday's "Respect for Aged Day" national holiday, also showed that the share of Japan's population at 65 or older expanded to a record 29.1 percent from 29.0 percent a year ago. The level compared with second-ranked Italy's 24.5 percent and third-ranked Finland's 23.6 percent, according to the internal affairs ministry.

CURIOSER & CURIOSER

NASA doubts authenticity of popular UFO video



A video grab shows part of an unclassified video taken by Navy pilots that have circulated for years showing interactions with "unidentified aerial phenomena"

Agencies

In a surprising turn of events, NASA has cast doubt on the authenticity of a widely popular UFO video known as 'GOFAST,' originally filmed by American Navy fighter pilots in January 2015.

A recent advisory report from NASA suggests that the mysterious object captured in the video may have a more mundane explanation - it was "most likely" just a conventional object "drifting with the wind."

The US National Aeronautics and Space Administration (NASA) formed an independent science team in June 2022 to scrutinize Unidentified Aerial Phenomena (UAPs) that defied conventional explanations.

Their investigation, released on September 14, challenges the notion that 'GOFAST' represents an extraordinary UFO sighting, instead proposing the possibility of wind drift.

The report indicates that the 'GOFAST UFO' failed to consider the influence of wind

speed during the sighting, a factor overlooked until now. This revelation may significantly alter the perception of the enigmatic footage that has captivated UFO enthusiasts for years.

In September 2019, Joseph Gradisher, a spokesperson for the deputy chief of Naval Operations, acknowledged the unexplained nature of three videos, including 'GOFAST,' possibly depicting "Tic-Tac"-shaped UFOs.

Interestingly, Josh Semeter, a member of the UAP advisory panel and director of Boston University's Center for Space Physics, presented preliminary analysis of the 'GOFAST' footage in May.

His calculations suggested that the object in question might have been propelled by a "strong breeze," cruising at a remarkable speed of close to 40 miles per hour (mph).

NASA's newfound skepticism towards 'GOFAST' challenges the conventional narrative surrounding UFO sightings, leaving both skeptics and believers with much to ponder.

US, Iran swap prisoners

US and Iran free five people each under deal also involving

United States and Iran release detainees in prisoner swap

Freed US citizen hails Biden 'incredibly difficult decisions'

AFP | Washington

The United States and Iran each released five detainees yesterday in a prisoner swap deal that also gives Tehran access to \$6 billion in long-frozen oil funds.

The five Americans freed by Iran, including a businessman arrested in 2015, landed in Doha just before 5:40 pm (1440 GMT) on a Qatari jet, hours after the unblocked funds were credited to Iranian accounts in Qatari banks.

The five were greeted on the tarmac before walking in the setting sun to a terminal building, three of them with their arms round each other's shoulders.

One of them praised US President Joe Biden for ignoring the political backlash and taking the "incredibly difficult decisions" that freed them.

"Thank you President Biden for ultimately putting the lives of American citizens above politics,"



US citizens Siamak Namazi (C-back), Emad Sharqi (L) and Morad Tahbaz (C) disembark from a Qatari jet upon their arrival at the Doha International Airport

Siamak Namazi said in a statement.

Two of the Iranian detainees arrived in Qatar, Iranian media said. The other three released by the United States have opted to remain there or in a third country, Tehran said.

The trigger for the exchange was the release of the \$6 billion in funds, frozen by US ally South Korea under sanctions against Iran, to the Iranian accounts.

Washington has denied the \$6 billion is a ransom payment, insisting the money will be used for humanitarian purposes.

"We hope to have total access

to the Iranian assets today," Iran's foreign ministry spokesman Nasser Kanani told a news conference in Tehran earlier yesterday.

"The prisoner exchange will take place on the same day and five Iranian citizens imprisoned in America will be released."

As the prisoners were released, Biden granted clemency to the five Iranians and announced sanctions against Iran's ex-president Mahmoud Ahmadinejad and the country's intelligence ministry.

The sanctions were imposed over alleged deceit over the disappear-



US citizens Siamak Namazi (2nd-L) and Emad Sharqi (L) disembarking from a Qatari jet upon their arrival at the Doha International Airport

ance of Bob Levinson, a former FBI agent who disappeared in mysterious circumstances and is presumed dead.

Damages claim

Iran generated the \$6 billion through oil sales to South Korea, which blocked the funds after the United States under former president Donald Trump reimposed sanctions as he withdrew from a landmark nuclear accord.

Iran's central bank governor said Iran would seek damages from South Korea for withholding funds. The equivalent of 5.57 billion

Ukraine claims gains on south front and near Bakhmut

AFP | Kyiv

Ukraine said on Monday its forces had recaptured small clutches of land from Russian forces along the southern front and near Bakhmut, regions where Kyiv's troops have focused their slow-moving counter-offensive.

Kyiv launched its bid to wrest back territory controlled by Moscow in June, after stockpiling Western-supplied weapons and recruiting assault battalions.

Its efforts have focused on the war-battered town of Bakhmut in the eastern Donetsk region, as well as several points along the frontline in the south, towards Crimea.

"Two square kilometres (0.77 square miles) were liberated in



Pedestrians look at destroyed Russian armored military vehicles on display in Kryvyi Rig

the Bakhmut sector," Deputy Defence Minister Ganna Malyar said on state media.

Her announcement came one day after Kyiv said its forces had

retaken Klishchiivka, a village south of Bakhmut, which was captured by Russian forces in May after one of the longest and bloodiest battles of the war.

Malyar also said Ukrainian forces had clawed back 5.2 square kilometres in the south, where its forces are working to push deeper at two points along the front.

But Ukraine's progress against entrenched Russian positions has been limited since June, spurring debate among Kyiv's Western allies over its military strategy.

Russian forces meanwhile have pursued their aerial bombardment campaign, targeting Ukraine's southern regions and maritime export hubs in particular.

Ukraine said on Monday its air defence systems had downed a swarm of attack drones and nearly 20 cruise missiles in Russia's latest aerial barrage overnight.

US military asks for help finding its lost stealth jet

AFP | London

A stealth-capable US fighter jet vanished on Sunday -- not from prying eyes but rather from the American military, prompting an unusual call to the public to help locate the missing multimillion-dollar plane.

After what authorities labelled a "mishap," a pilot flying an F-35 in the southern state of South Carolina on Sunday afternoon ejected from the craft.

The pilot survived, but the military was left with an expensive problem: it couldn't



A pilot climbs into the cockpit of US Air Force's (USAF) fifth-generation supersonic multirole F-35 fighter

find the jet, leading Joint Base Charleston to ask for help from local residents.

"If you have any information that may help our recovery teams locate the F-35, please call the Base Defense Operations Center," a post from the base read on X, formerly known as Twitter.

Base authorities said they were searching, in coordination with federal aviation regulators, around two lakes north of the city of Charleston.

The planes, manufactured by Lockheed Martin, cost around \$80 million each.

1356

English forces under Edward the Black Prince defeat French at the Battle of Poitiers and capture the French King John II during the Hundred Years' War



1870

Siege of Paris by Prussian Forces begins (lasts until January 28 1871)

1893

New Zealand becomes the first country to grant all women the right to vote

1985

8.1 earthquake in Mexico City kills an estimated 10,000 and leaves 250,000 homeless

Prisoners after \$6bn deal

Transfer of \$6bn in unfrozen Iranian assets



Morad Tahbaz (R) are welcomed by people upon their arrival

former euros (\$5.95 billion) was deposited in six Iranian accounts with two and is

Qatari banks yesterday, he said. "We're making a complaint on behalf of Iran against South Korea for not giving access to these funds and the reduction in value of these funds in order to receive damages," Mohammadreza Farzin said on state TV.

The five Americans of Iranian descent -- all considered Iranian nationals by Tehran, which rejects dual nationality -- were released to house arrest when the deal was agreed last month.

They included Namazi, a busi-

YOU KNOW WHAT

The prisoner exchange and fund release signify a rare diplomatic development between the US and Iran, with lingering disputes over the nature of the fund release and its impact on future negotiations

nessman arrested in 2015 on spying charges which his family has rejected.

The others are wildlife conservationist Morad Tahbaz, venture capitalist Emad Sharqi, and two others who wished to remain anonymous.

Last week, the official IRNA news agency identified the five Iranian prisoners. They include Reza Sarhangpour and Kam-biz Attar Kashani, both accused of violating US sanctions against Tehran.

A third prisoner, Kaveh Lotfolah Afrasiabi, was detained at his home near Boston in 2021 and charged with being an Iranian government

Today, five innocent Americans who were imprisoned in Iran are finally coming home. As we celebrate the return of these Americans, we also remember those who did not return

JOE BIDEN

agent, according to US officials.

The two others, Mehrdad Moein Ansari and Amin Hasanzadeh, were said to have links to Iranian security forces.

Nuclear dispute

Biden's administration has insisted Iran will only be allowed to use the unfrozen funds to buy food, medicine and other humanitarian goods.

Iran has denied any restrictions on use of the funds.

Iran's Kanani has insisted the money will allow Tehran to "purchase all non-sanctioned goods", not just food and medicine.

Biden took office with hopes of restoring the landmark 2015 nuclear agreement, under which Iran promised to constrain its contested nuclear work in return for sanctions relief.

Taiwan detects 103 Chinese warplanes around island



Chinese aircraft carrier Shandong (L) is seen being monitored by a Taiwanese Keelung class warship at sea

AFP | Taipei

Taiwan told China on Monday to stop its "destructive unilateral actions" after more than 100 Chinese warplanes and nine navy ships were detected in areas around the self-ruled island.

Beijing claims Taiwan as its own territory to be seized one day, and has ramped up diplomatic and military pressure on Taipei in recent years.

In the 24 hours between the morning of September 17 and 18, the defence ministry said it had detected a total of 103 Chinese planes, and it described the number as a "recent high".

In a statement, it said the sorties "posed severe challenges to the security across the Taiwan Strait and in the region."

Beijing's "continued military harassment can easily lead to a sharp escalation in tension and worsen regional security," the ministry said, as it called on Chi-

na to "immediately stop such destructive unilateral actions."

Of the total number of warplanes detected, 40 crossed the so-called median line of the Taiwan Strait that separates the island from China, and entered its southwest and southeast air defence identification zone (ADIZ), the statement said.

China's foreign ministry did not comment on the sorties, though its spokeswoman Mao Ning reaffirmed Beijing's position that Taiwan belongs to China.

"What I would like to tell you is that Taiwan is part of China's territory, and the so-called median line does not exist," she said.

Monday's announcement by Taipei came after an uptick in the number of incursions by Chinese warplanes and ships last week.

Beijing said last week its troops were on "high alert" after two ships belonging to the United States and Canada sailed through the Taiwan Strait.

Danish artist ordered to return museum cash he took as 'art'



A visitor looks at two blank canvases entitled "Take the Money and Run," at Kunsten Museum

AFP | Copenhagen

A Danish court on Monday ordered an artist to refund a museum which gave him 70,000 euros in cash to incorporate into artworks and he delivered blank canvases entitled "Take the Money and Run".

Jens Haaning was commissioned by the Kunsten Museum in the western city of Aalborg to reproduce two works using the cash -- Danish kroner and euros -- to represent the annual salary in Denmark and Austria.

A Copenhagen court on Monday ordered Haaning, 58, to refund the museum 492,549 kroner (66,000 euros, \$70,480), equivalent to the sum the museum had given him minus the artist's fee and the mounting cost.

Museum director Lasse Andersson previously told AFP that he laughed out loud when he first saw the two blank canvases in 2021, and decided to show the works anyway.

He said they have a "humoristic approach" and were "a reflection on how we value work".

But he said the museum would take Haaning to court if he didn't pay back the money, which he refused to do.

The Silent Threat of Rising Sea Levels



KOTA SRIRAJ

Amongst the myriad of environmental challenges, the most lethal and also the most silent threat happens to be the sea level rise. For an island nation like Bahrain, this natural threat assumes ever increasing proportions as land is already scarce and the prospect of the sea level rise usurping the coastal land seems daunting. Even a rise of 0.5 to 2 meters can submerge 5 to 18 percent of Bahrain's total area. In fact, Bahrain has already recorded sea level rises between 1.6 mm to 3.4 mm C every year since 1976. But this problem may get more difficult in the future. According to the Intergovernmental Panel on Climate Change data, by year 2050 sea levels could rise by at least 0.5 meter which can not only threaten the coastal and low-lying areas but also pollute the quality of ground water.

The Kingdom is already battling with climate change and extreme heat. In this year alone temperatures in Bahrain have frequently breached the 44-degree Celsius mark sending the air-conditioners into overdrive. But Bahrain is bravely fighting the hostile climatic conditions and is taking effective measures to meet the challenges. In order to minimise the damage due to rising sea levels, Bahrain is planning to shore up its coastal defences by widening the beaches and constructing taller sea walls and elevating land. The nation is also taking commendable steps by aiming at reducing emissions by 30 percent by 2035 and scale up renewable energy to meet 10 percent of its energy needs. Bahrain is also looking to double the areas covered by greenery and quadruple the number of mangroves. As these areas then can absorb carbon dioxide from the atmosphere over the next 12 years.

But there is another reason why Bahrain must not only put the multiplying of mangroves on fasttrack but should also add development and proliferation of salt marshes to the effort. Mangroves and salt marshes trap sediment and organic matter, allowing them to increase the land elevation. That affords rising protection against sea water inundation. In fact, according to National Oceanic and Atmospheric Administration (NOAA), just 15 horizontal feet of marshy terrain can absorb 50 percent of incoming wave energy. Similarly, Bahrain can also increase the focus on sea reefs as they grow faster and tend to outpace rising sea levels besides being good natural barriers.

The rising sea levels are a silent threat globally and Bahrain is valiantly fighting with the same with resolve and determination. Adding the above initiatives to the efforts can help get even better results faster.

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

The Kingdom is already battling with climate change and extreme heat. In this year alone temperatures in Bahrain have frequently breached the 44-degree Celsius mark sending the air-conditioners into overdrive. But Bahrain is bravely fighting the hostile climatic conditions and is taking effective measures to meet the challenges



TOP 4 TWEETS

01



Monday marks two years since girls were banned from attending high school in Afghanistan. This is an unjustifiable violation of human rights that inflicts long-lasting damage on the entire country. Girls belong in school. Let them back in.

@antonioguterres

02



We met today for the 4th meeting of the EU, @UN & @African-Union ahead of #UNGA78 to discuss the challenges & crises affecting our regions. The EU is strongly committed to strengthening our trilateral partnership across key areas - peace & security, climate change and migration.

@JosepBorrellF

03



We thank all participants for the super energizing Walk the Talk for #HealthForAll event in Central Park this morning to kick off the #UNGA in a healthy way. Special thanks to our youngest performers, who helped us to warm up...

@DrTedros

04



Nearly 70% of our kids who seek mental health care can't access it. When millions of young people are struggling, we owe them greater access. That's why we've invested billions to help schools hire and train mental health counselors and improve conditions for learning.

@POTUS

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

celebs

Salma Hayek reveals secret to looking so youthful

Celebretainment | Los Angeles

Salma Hayek has revealed "meditation" is the secret to looking so youthful.

The 57-year-old star left fans stunned earlier this month with a series of stunning bikini snaps to mark her birthday, and now she has opened up on how she avoids being bothered by growing old.

She told 'Entertainment Tonight': "I really believe it is. People say it's exercising. I think it's meditation.

"You have to find your way. For me, exercising is hard... It's really, really difficult to have the discipline to do it.

"But meditation is a walk in the park, because it's my own form of it. You sit in a moment with yourself, that's already meditation. But do I do it every day?"

Salma also reflected on her friendship with Angelina Jolie - who she starred opposite in 2021 Marvel blockbuster 'The Eternals' - noting that their bond "keeps growing".

Asked what she loves most about her pal, she added: "Everything. She's been very very enriching in my life, in so many ways - as mothers, you know. Most of all, as artists."

Over the summer, Salma delve into her "strange meditation" process, insisting she doesn't "feel the time" when she's in the zone.

During an appearance on Kelly Ripa's 'Let's Talk Off Camera' podcast, she explained: "I know what it is. Because of a lot of things in my body and health issues, somehow I developed this strange meditation that I keep evolving. I can do it for hours because I don't feel the time. It's so much fun.

"It's actually feeling the energy. It moves and it dances inside of you, different feelings and sensations." The Hollywood star actually notices a change in her appearance she doesn't meditate.



Salma Hayek

Britney Spears deletes Instagram again

Celebretainment | Los Angeles

Britney Spears has deleted her Instagram account again.

The 'Toxic' singer - who briefly left the platform in January - has been a prolific user of the platform since her conservatorship ended almost two years ago, but after posting to seemingly criticize fans for approaching her in public, she took down the post and then later deactivated her account entirely.

Sharing a photo of herself in her underwear, the 41-year-old star's last post had read: "When people say everywhere I go ... 'we missed you we missed you' I'm like so enthralled that I'm so relatable you can speak to me when when you're not spoken to ... because I CARE [middle finger emoji]," she wrote. "I mean ..."

should I not let you guys miss saying hi and disturb the peace [peace sign emoji] ???(sic)"

Britney - who split from husband Sam Asghari last month - previously blasted fans and said she felt "gaslit and bullied" when police were called to carry out a welfare check when she deactivated her Instagram account earlier this year.

She said in a statement shared on Twitter: "As everyone knows, the police were called to my home based on some prank phone calls.

"I love and adore my fans but this time things went a little too far and my privacy was invaded.

"The police never entered my home and when they came to my fate they quickly realised there was no issue and left immediately.

"This felt like I was being gaslit and bullied once the incident made it to the news and being portrayed once again in a poor and unfair light by the media.

"During this time in my life, I truly hope the public and my fans who I care so much about can respect my privacy moving forward. All the love, B." Britney Spears



Jared Leto kicked being 'professional' drug abuser thanks to 'moment of clarity'

Celebretainment | Los Angeles

Jared Leto overcame his time as a "professional" drug abuser thanks to a "moment of clarity".

The 'Requiem for a Dream' actor and Thirty Seconds to Mars frontman, 51, said he was exposed to illegal substances from a young age which made him "always interested" in drugs.

He told Apple's 'The Zane Lowe Show' about how his time experimenting with them grew into a frightening habit: "I grew up in an environment where there were drugs around. I mean, I knew what the smell of weed is, as a very, very young kid.

"I remember walking by some trees, like bushes or something as a young kid, very young kid, maybe, I don't know, fourth grade or something, and saying to the other kids, 'Oh, someone's smoking pot there.'"

"They're like, 'What do you mean? What's pot?' They didn't know what that certain spice was. But for us it was pretty normal.



Johnny Depp reveals music is his most healing outlet

Celebretainment | Los Angeles

Johnny Depp has always found refuge in music.

The 'Edward Scissorhands' actor has been on tour with his Hollywood Vampires supergroup - alongside bandmates Alice Cooper, Joe Perry and Tommy Henriksen - since he won his defamation case against ex-wife Amber Heard, 37, in 2022, and has now revealed playing guitar and singing has always been his fastest way to connect with his emotions.

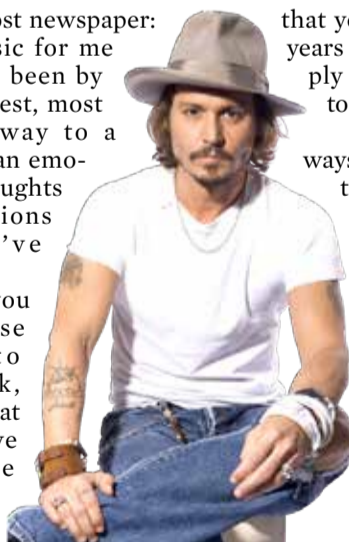
He told the South China Morning Post newspaper:

"Well, music for me has always been by far the fastest, most effective way to a feeling, to an emotion, to thoughts and situations that you've lived.

"And if you apply those things to your work, you know that you can live inside the moment

that you experienced 30 years ago, or you can apply various memories to things.

"So music has always been super important, it was always somehow connected with that lonely blues guitar. The beauty of it for me, was that it was automatically rock 'n' roll, but at the same time, it's Bach. It's Mozart as well."



Johnny Depp

Nicolas Cage says it's 'always' 'good' when his late father August Coppola, appears in his dreams

Celebretainment | Los Angeles

Nicolas Cage says its "always a good thing" it his late dad August Coppola "shows up" in his dreams.

The 'Moonstruck' star admitted he likes it when his father - who died from a heart attack in 2009 aged 75 - comes to him when he is sleeping as he "hasn't seem in person" since he passed away.

The 59-year-old actor - who changed his last name when he entered Hollywood - told People magazine: "I always like it when my father shows up. I haven't seen him in person since he passed on. So when he shows up, that's always a good thing."



Nicolas Cage

ed" to the Toronto International Film Festival following the tot's first birthday on 7 September.

He continued to the outlet: "It's becoming a tradition. She had her first, one-year birthday party yesterday. And here I am today. I'm just like sort of transported.

The 'Pig' star - who also has son Kal-El, 17, with his ex Alice Kim, 39, and son Weston, 32, with his ex Christina Fulton, 56 - dubbed it a "tradition".

Nic said: "I think it's a good tradition. We had a nice time together yesterday."

The 'Dream Scenario' actor also revealed his top four movies of all time.

SUDOKU

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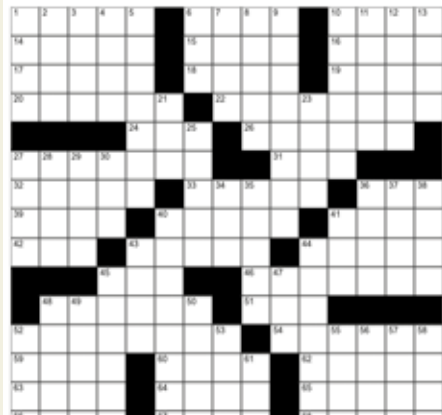
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How to play

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



Across

1- Broadcaster; 6- Cries of discovery; 10- Rampant; 14- Garden figure; 15- Ultimate; 16- I smell ...; 17- Savory jelly; 18- Sommer of film; 19- ... Blanc; 20- Sound investment; 22- Attention; 24- One ... million; 26- Abounding in trees; 27- Opportunely; 31- Multitude; 32- Swell up; 33- Sidewalk eateries; 36- Delt neighbor; 39- Tolerate; 40- Bent; 41- Dynamic beginning; 42- Swiss river; 43- Name; 44- Prize money; 45- Unit of energy; 46- Moved with the current; 48- Low bow; 51- Gal of song; 52- Needy; 54- Most cunning; 59- Internet writing system that popularized "pwn3d" and "n00b"; 60- School orgs; 62- Country album; 63- "Rule Britannia" composer; 64- Pre-Easter season; 65- Kofi Annan's home; 66- Wagers; 67- Outer limit; 68- Conger catcher;

Down

1- Turkish titles; 2- Technical sch.; 3- Weapon in Clue; 4- Islamic chieftain; 5- Proof of purchase; 6- Schooner fill; 7- Sentry's shout; 8- Off-kilter; 9- Abnormally narrowed; 10- Open shelter; 11- Golf clubs; 12- Imagination; 13- Kitchen addition; 21- John Lennon's middle name; 23- Evil is as evil ...; 25- Horse race venue in England; 27- Swedish pop band whose hits include "Waterloo"; 28- This can be guilty or not guilty; 29- Din; 30- Implement used when rowing a boat; 34- Punching tool; 35- Eats; 36- Like a minx; 37- Scottish Gaelic; 38- Like some dorms; 40- Nickname for New York City; 41- ... Wiedersehen; 43- Pitfall; 44- Plunder; 45- Makes rhapsodic; 47- ... Tafari (Haile Selassie); 48- One cubic meter; 49- Ain't right?; 50- Doled (out); 52- Hunk; 53- "Consnarit!"; 55- Spillane's ... Jury; 56- Airline to Tel Aviv; 57- All there; 58- Nicholas II was the last Russian one; 61- Canonized Mlle.;

Yesterday's solution

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Bahrain's Asiad basketball team named

Twelve-man roster set for gold medal bid in men's hoops at 19th Asian Games

● **Bahrainis to be spearheaded by Maitham Jameel, Mustafa Hussain, Muzamil Ameer and Wayne Chism**

● **Kingdom's nationals in tough Group C for preliminary round alongside the Philippines, Jordan, Thailand**

TDT | Manama

Bahrain's final 12-man team has been named to compete in the men's basketball tournament at the 19th Asian Games in Hangzhou, China.

The Bahrain Olympic Committee (BOC) announced yesterday the senior men's national team roster that will be taking to the hardwood at the multi-sport event.

The squad includes a majori-

MEN'S BASKETBALL ASIAN GAMES GROUPS

Group A: Iran, Kazakhstan, Saudi Arabia, UAE

Group B: China, Lebanon, Chinese-Taipei, Mongolia

Group C: Philippines, Jordan, Bahrain, Thailand

Group D: Japan, South Korea, Indonesia, Qatar

ty of the players who flew the Kingdom's flag and claimed an historic, five-game sweep of the FIBA Asia pre-qualifiers for the Paris Olympic Games in 2024.



Bahrain's Muzamil Ameer...top talent

They booked their tickets to the Kingdom's first-ever participation in the FIBA Olympic Qualifying Tournaments, which will also be held next year.

The 11 holdovers include Maitham Jameel, Mustafa Hussain, Ali Hussain, Ali Jaber, Ali Shukrallah, Wayne Chism, Alwethaq Ali, Muzamil Ameer, Sayed Mohammed Hameed, Ali Aqeel and Mohammed Buallay. The lone addition to the roster is Mohammed Ameer.

The Bahrainis are coached by Spaniard Ricardo Casas.

Bahrain are in a tough Group C of the preliminary round.



Coach Casas

They will be going up against continental powerhouses the Philippines, Jordan and Thailand.

The nationals tip off their campaign against the Philippines on 26 September at 8.30am, Bahrain time. They then face off with Jordan on 28 September at 6am, Bahrain time; and then complete group play against Thailand on 30 September at 12.30pm, Bahrain time.

There are 16 nations in all



Bahrain has not participated in the men's basketball tournament at the Asian Games since Doha in 2006, when they were ranked 12th overall on the final classification amongst 20 competing nations

competing in men's basketball at Hangzhou. Group A features Iran, Kazakhstan, Saudi Arabia and the UAE. Group B consists of defending Asian Games champions China, Lebanon, Chinese-Taipei and Mongolia. Group D comprises Japan, South Korea, Indonesia and Qatar.

After a single round-robin, the top teams in each group will qualify directly for the quar-

ter-finals on 4 October.

Meanwhile, the second and third-ranked sides will play each other in a play-off round on 2 October for the right to determine the four other quarter-finalists. Second in Group A will play third in Group B, second in Group B will play third in Group A, second in Group C will play third in Group D, and second in Group D will play third in Group C.

The semi-finals and fifth-to-eighth ranking games are then scheduled for 5 October; and then the gold and bronze medal games, plus the final classification contests, will be held on 7 October.

Bahrain did not participate in men's basketball in the previous three editions of the Asian Games. Their last appearance on the hardwood was at the 2006 Asiad in Doha, where they were ranked 12th overall on the final classification amongst 20 participating nations.

China defeated Iran in the final of the previous Asiad in 2018 in Jakarta. South Korea were the bronze-medallists. Thirteen teams were in the fray that year.

Bahrainis lose to South Korea in U16 Asian basketball

TDT | Manama

Bahrain's youth national basketball team suffered a second successive defeat yesterday at the FIBA Asia U16 Championship 2023 in Doha.

The Bahrainis fell to continental powerhouses South Korea 62-89 in their Group C clash. It was yet another big loss for the nationals, who bowed to Jordan in their opening fixture 44-85 on Sunday.

Bahrain went behind by as many as 33 points against the Koreans. They had a strong start and trailed just 20-21 at the end of the first quarter, but were then outscored 7-23 in the second and faced a 27-44 deficit at the half.

They never recovered, and the Koreans ran away with their maiden win of the tournament after losing to New Zealand in



Bahrain's Jameela goes for a lay-up as Korea's Mingi Kim attempts to make the block

their first assignment.

The Kiwis dismantled their Jordanian counterparts 119-45 in yesterday's other Group C

contest.

Bahrain wrap up their preliminary round campaign when they play the Kiwis today morn-

ing at 11.30am, Bahrain time.

Husain Alsamaheji and Ali Altoq shared game-high honours for the Bahrainis yesterday against Korea with 17 points apiece. Hasan Jameela added 10 points in the losing effort.

Geonwoo Heo and Jihoon Yoon paced five Korean players in double figures with 12 points apiece.

There are 16 nations in all competing in the tournament. Group A features Australia, India, Lebanon and Sri Lanka; Group B comprises Iran, Japan, Qatar and Saudi Arabia; and Group D consists of the Philippines, China, Malaysia and Kazakhstan.

At the end of the preliminary stage, the top team from each group moves directly to the quarter-finals, while the second and third-ranked squads go to round two.

Bahrain set up Australia friendly



Bahrain's senior men's national football team

TDT | Manama

Bahrain's senior men's national football team will play an international friendly match against continental giants Australia in January of next year, as part of their final lead-up to the next edition of the AFC Asian Cup.

This was announced last night by the Bahrain Football Association (BFA).

The tune-up will be played in Dubai on 6 January, just a few days before the Asian football showcase kicks off in Doha on 12 January. Bahrain and Australia are among the 24 teams

competing at the Qatari capital.

The tune-up with the Aussies, nicknamed the Socceroos, is the first announced by the BFA in what is expected to be a series of exhibition matches in preparation for the Asian Cup.

According to reports, the BFA also attempted to schedule a game with Iraq, but their national federation apologised.

Bahrain's friendly with Australia will pit them against one of the highest-ranked teams in the world, with the Aussies currently being 27th and third-best in Asia. The Bahrainis are currently 86th in the world and 13th in the AFC.

Riffa outclass Lebanon's Nejmeh in AFC Cup

● **Jassim Al Shaikh, Ali Hasan Isa both on target for Bahrainis in winning start to continental clubs competition**

TDT | Manama

Bahrain's Riffa Club registered a winning start last night to their campaign in the 2023/2024 AFC Cup.

The Kingdom's representatives outclassed Nejmeh SC of Lebanon 2-0 in both teams' opening Group C game played at Khalifa Sports City Stadium in Isa Town.

Jassim Al Shaikh and Ali Hasan Isa were both on target for the Bahrainis, with each scoring in the first half.

Al Shaikh opened Riffa's account in the 35th minute with a



Al Shaikh celebrates with teammate Al Aswad after scoring Riffa's first goal against Nejmeh last night

brilliant curling shot from just inside the penalty area. He received a short pass from Isa and had teammate Komail Al Aswad unmarked to his right. But Al Shaikh opted to take the shot himself from the edge of the box and he hit the ball into the top-

left corner of goal, past Nejmeh

goalkeeper Mohamad Bechara.

Isa then added Riffa's second in the 41st minute after persistent play from his teammates. Nejmeh failed to clear a throw-in from the right wing and the ball made its way to Vinicius Vargas on the left. The Brazilian controlled the ball and turned to

make a low pass towards the face of goal, and Isa was in the right place at the right time, needing to simply tap the ball home.

Riffa head coach Hisham Mahozi started a first 11 that included Mahmood Al Ajmi in goal, Lazar Dordevic, Sayed Mahdi Baqer, Sayed Redha Issa, Hazza Ali, Ali Haram, Al Shaikh, Mohammed Anz, Al Aswad, Vargas and Isa.

In last night's other Group C encounter, Al Arabi of Kuwait defeated Al Zawraa SC of Iraq 2-1 in Basra.

Riffa's next AFC Cup match will be at home once again against Zawraa on 2 October, before they fly to Kuwait City to take on Arabi on 23 October. The Bahrainis are then set to go against Arabi on 6 November in Bahrain before facing Nejmeh on 27 November. They complete their group campaign on 12 December away at Zawraa.

Minasyan clinches medal double at weightlifting worlds

● Bahraini weightlifting superstar wins silver medal for snatch, bronze for total in men's +109kg category

● Zainab Ali Abdulla makes history as Bahrain's first woman weightlifter to compete in world championships

TDI | Manama

Bahrain's superstar weightlifter Gor Minasyan came away with a superb medal double at the World Weightlifting Championships 2023, held in Riyadh.

Competing in the men's +109kg category, Minasyan clinched silver in the snatch and a bronze medal for his total lifts.

In the snatch, Minasyan posted a lift of 213kg, earning him second place. Lasha Talakhadze of Georgia claimed the gold medal with a 220kg snatch, while Varazdat Lalayan of Armenia took bronze at 212kg.

Minasyan then took his bronze medal for his overall total of 459kg. He had registered a clean and weight of 246kg, which put him in fifth in that



Minasyan shows off his medals as he celebrates with Bahrain officials

ranking, which added to his 213kg snatch for the third-best aggregate.

Talakhadze won gold for the total at 473kg, while Lalayan clinched the silver at 460kg.

On the occasion of Minasyan's achievements, Bahrain Weightlifting Association (BWA) chairman Ishaq Ibrahim Ishaq congratulated His Majesty King Hamad bin Isa Al Khalifa and His Royal Highness Prince Salman bin Hamad Al Khalifa, the Crown Prince and Prime Minister.

Ishaq also extended congratulations to His Majesty the King's Representative for Humanitarian Work and Youth Affairs HH Shaikh Nasser bin Hamad Al

Khalifa, and Supreme Council for Youth and Sports First Deputy Chairman, General Sports Authority Chairman and Bahrain Olympic Committee President HH Shaikh Khalid bin Hamad Al Khalifa.

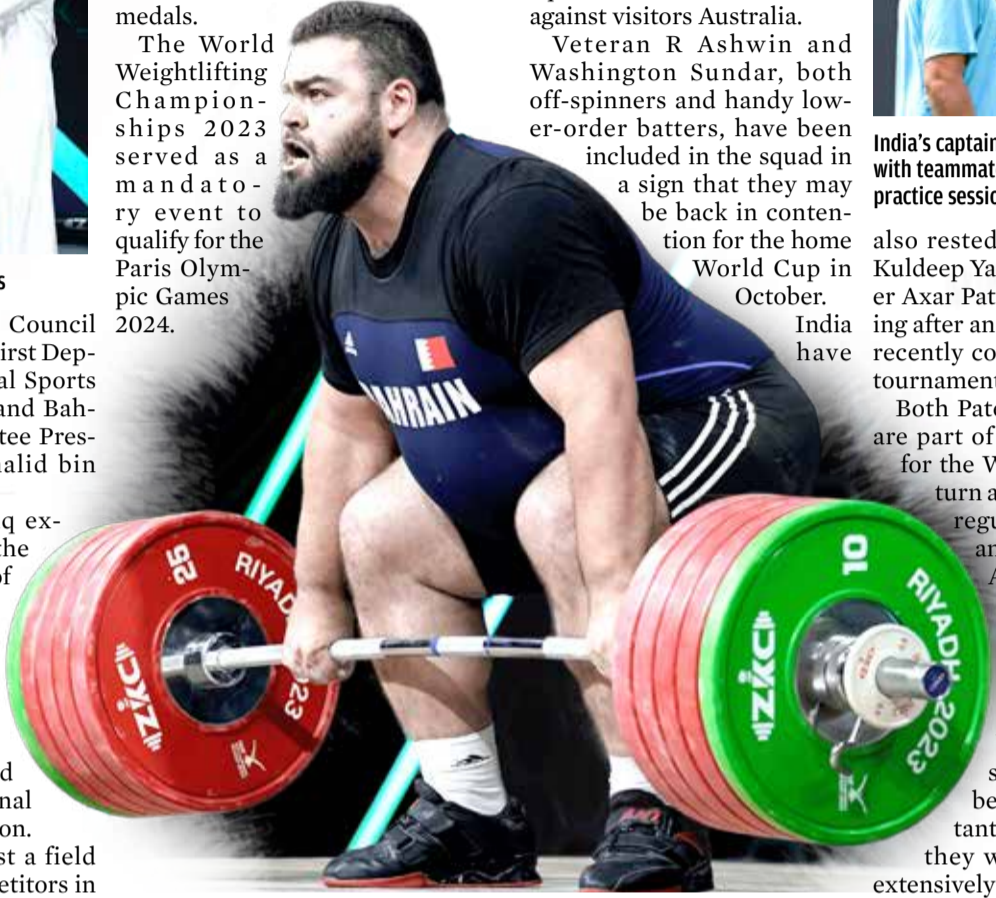
Furthermore, Ishaq expressed his pride in the historic participation of Bahrain's Zainab Ali Abdulla as the Kingdom's first woman weightlifter to participate in the prestigious world championships, which are organised and run by the International Weightlifting Federation.

Zainab was amongst a field of more than 20 competitors in

the women's 76kg category. She placed 17th overall with a snatch of 81kg and a clean and jerk of 107kg, for a total of 188kg.

At the end of the worlds, Bahrain finished as the top GCC nation on the ranking of countries to win total medals.

The World Weightlifting Championships 2023 served as a mandatory event to qualify for the Paris Olympic Games 2024.



Minasyan competes at the world championships

Kohli, Sharma rested as India tests bench for Australia ODIs

AFP | New Delhi

Indian selectors yesterday rested captain Rohit Sharma and batting superstar Virat Kohli from the 15-member squad for the first two ODIs against visitors Australia.

Veteran R Ashwin and Washington Sundar, both off-spinners and handy lower-order batters, have been included in the squad in a sign that they may be back in contention for the home World Cup in October.

India have



India's captain Rohit Sharma (L) talks with teammate Virat Kohli during a practice session

also rested left-arm spinner Kuldeep Yadav and all-rounder Axar Patel, who is recovering after an injury scare in the recently concluded Asia Cup tournament in Sri Lanka.

Both Patel and Yadav, who are part of the Indian squad for the World Cup, will return along with all other regulars for the third and final ODI against Australia.

Sharma told journalists that it was important to test their bench strength in the bilateral series starting this Friday before the all-important World Cup when they will have to travel extensively across India.

Bahrain begin Asian Games campaign

Kingdom's senior men's volleyball team, under-23 Olympic football team get medal bids underway today in Hangzhou Asiad

● Spikers to face Nepal at 9.30am, Bahrain time, in opening Pool B encounter

● Football team to take on Thai opponents at 11am, Bahrain time, in Group E

TDI | Manama

The Kingdom of Bahrain gets its medal bid underway at the 19th Asian Games today with the volleyball and football teams starting their respective competitions in Hangzhou, China.

Bahrain's senior men's volleyball squad take on their counterparts from Nepal at 9.30am, Bahrain time, at China Textile City Sports Centre Gymnasium; while the Kingdom's under-23 Olympic football team face off with Thailand starting at 11am, also Bahrain time, at Jinhua Sports Centre Stadium.

Volleyball and football are among the 17 sports Bahrain are taking part in at this year's Asiad. The others are athletics, handball, basketball, boxing, judo, weightlifting, wrestling, jiu-jitsu, rowing, shooting, cycling, table tennis, taekwondo, sailing, and e-sports.

Both volleyball and football are among the sports that begin before the Asian Games' official opening ceremony, which is scheduled for Saturday. The



Bahrain's national volleyball team with officials upon their arrival in Hangzhou

rowing team start their medal quest tomorrow, the sailing squad on Thursday, and the table tennis team on Friday.

In men's volleyball, Bahrain are competing in Pool B of the preliminary round with a 12-player squad, coached by Ruben Adrian Wolochin from Argentina. The team is spearheaded by the Kingdom's top volleyball stars, including Mohammed Yaqoob, skipper Nasser Anan, Ali Ebrahim, Ayman Haroona and Mahmood Al Afia.

The Bahrainis also feature senior men's team mainstays Abbas Sultan, Ali Habib, Abbas Al Khabbaz and Hussain Mahdi; along with two of the national game's rising stars in Hussain Ehsan and Sayed Hashem Issa.

"We enter our game with Nepal with high morale and with great ambitions to go far in this competition," said Anan. "We

want to raise the Bahrain flag high at the Asian Games, which requires us to focus on each match and give our best effort.

"The first match is always important in any competition. The Nepalese team will not be an easy opponent, and we need to play a great game to come out with a victory, which would give us an advantage to qualify for the next round."

Following their opener against Nepal today, the nationals return to the court on Thursday to face Iran, also at 9.30am.

There are six groups in the preliminaries for men's volleyball. Pool A includes China, Kyrgyzstan and Kazakhstan; Pool C features South Korea, India and Cambodia; Pool D consists of Chinese-Taipei, Pakistan and Mongolia; Pool E includes Qatar, Thailand and Hong Kong; and Pool F features Japan, Indonesia,

the Philippines and Afghanistan.

The top two teams from each of the six pools move on to the Round of 12, where a unique format will be followed. There, the victors of the match between the Pool A winners and Pool F runners-up, as well as the victors of the game between the Pool B winners and Pool E runners-up, get a bye in the quarter-finals and go directly to the semis.

The other winners in the Round of 12 will compete in the quarters for the remaining two berths in the last four.

Importance

In men's football, Bahrain's under-23 Olympic team assistant coach Ali Sanqoor stressed the importance of their contest today against Thailand, which would provide a boost for the rest of their campaign.

"We have a group of distin-

“We enter our game with Nepal with high morale and with great ambitions to go far in this competition. We want to raise the Bahrain flag high at the Asian Games, which requires us to focus on each match and give our best effort”

NASER ANAN

guished youngsters, and our roster has been reinforced with a pair of experienced players; we have great confidence in them to appear strong as we begin our Asian Games journey," Sanqoor added.

"We are aware of the potential and technical abilities of the Thai team and their players, and we hope to succeed in achieving a positive result and earning points in our match against them."

Bahrain are in Group E for the first stage of the tournament. They have a 22-player squad, coached by Dario Basic from Croatia. They include youngsters Khalil Ebrahim Ahmed, Hasan Isa Juma, Ali Mohamed Redha, Ahmed Abdulhameed

Hasan, Hussain Ali Aleker, Hassan Abdunabi Ali, Sayed Jawad Alawi, Hani Taha Alharobi, Mahmood Mohamed Ali, Hussain Abdulkarim, Hussain Jaafar Haroona, Abdulla Nemer Almesaeed, Ahmed Dheyaa Ali, Abdulla Ali Alahmed, Abdulla



Ali Alsubaiei, Mubarak Mohammed, Abdulla Al Khalasi, Salman Abdulla Qadhaib, Mohammed Abdulqayoom and Salman Adel Al Isa. Their two veterans over the age of 23, as permitted by Asiad rules, are Sayed Mohammed Adnan and Ali Adnan Dhaif.

Joining Bahrain and Thailand in Group E are South Korea and Kuwait. The Bahrainis face their Kuwaiti counterparts on Thursday at 11am, then wrap up the preliminary phase against the South Koreans on Sunday.

There are 23 nations competing in men's football, divided into six groups. Group A features hosts China, Bangladesh, Myanmar and India; Group B comprises Vietnam, Saudi Arabia, Iran and Mongolia; Group C includes Uzbekistan, Syria, Hong Kong and Afghanistan; Group D consists of Japan, Palestine and Qatar; and Group F features North Korea, Indonesia, Kyrgyzstan and Chinese-Taipei.

At the end of a single round-robin, the top two teams from each group along with four best third-placers advance to the round of 16.