

Manama outclass Al Sadd of Qatar

Bahrain champions win final group game to advance to qualification round for Gulf semi-finals in FIBA West Asia Super League | P16

WORLD 10 **Erdogan pledges to ease Iraq's water shortage**

I'm so proud of my son, says Iggy Azalea 12 CELEBS

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Eats and Treats



P08-09

Ramadan set to begin tomorrow

TDT | Manama

The moonsighting committee has announced that tomorrow, Thursday, will be the first day of the Holy Month of Ramadan in Bahrain, based on the sighting of the crescent in the Kingdom of Saudi Arabia.

The panel, which included Shaikh Adnan bin Abdulla Al Qattan, Dr Shaikh Fareed bin Yacoub Al Meftah, Dr Shaikh Ibrahim bin Rashid Al Merrikhi and Shaikh Rashid bin Hassan Al Bouainain, met yesterday evening at the Supreme Council for Islamic Affairs (SCIA)'s headquarters and said that it had not received any testimonies.

On the occasion, the Supreme Council for Islamic Affairs extended congratulations to His Majesty King Hamad bin Isa Al Khalifa, His Royal Highness Prince Salman bin Hamad Al Khalifa, the Crown Prince and Prime Minister, members of the Royal Family, the people of Bahrain as well as the Arab and Islamic nations, wishing all of them many happy returns.

Bahrain condemns Israeli Finance Minister statements

TDT | Manama

The Kingdom of Bahrain condemned the statements of the Israeli Minister of Finance, Bezalel Smotrich, who denied the existence of the Palestinian people.

The Ministry of Foreign Affairs denounced Smotrich's use of a map of Israel that includes borders from the Hashemite Kingdom of Jordan and the occupied Palestinian territories.

In a statement yesterday, the ministry affirmed Bahrain's rejection of incitement rhetoric and acts that contradict moral and human values and principles, spread hate speech and violence and undermine international peace efforts.

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HM King commends solid Bahrain and UK relations

TDT | Manama

His Majesty King Hamad bin Isa Al Khalifa praised the solid historical relations between the Kingdom of Bahrain and the United Kingdom.

This came as HM the King received at Safriya Palace yesterday Lord Norman Foster.

His Majesty thanked Lord Foster for his visit to the kingdom. He commended the services, projects and consultations provided by Lord Foster in the development and architecture fields.

Lord Foster briefed HM the King about his projects and development plans, expressing thanks and appreciation for the gracious welcome.

Personal Representative of His Majesty the King, His Highness Shaikh Abdullah bin Hamad Al Khalifa, and Representative of His Majesty the King for Humanitarian Work and Youth Affairs, National Security Advisor, His Highness Shaikh Nasser bin Hamad Al Khalifa, also attended the meeting.



HM the King receives Lord Foster

'Provocative' move

United States 'extremely troubled' by Israeli parliament vote backing settlements in West Bank

AFP | Washington

The US said yesterday it was "extremely troubled" by the Israeli parliament's vote in support of settlements, calling the move "provocative" and in violation of promises to ally Washington.

"The United States is extremely troubled that the Israeli Knesset has passed legislation rescinding important parts of the 2005 disengagement law," State Department spokesman Vedant Patel told reporters.

"The legislative changes announced today are particularly provocative and counterproductive to efforts to restore some measure of calm as we head into the Ramadan, Passover and Easter holidays," he said.

Patel said the move was in "clear contradiction" of promis-



A general view of the Israeli settlement of Givat Zeev, near the Palestinian city of Ramallah in the occupied West Bank. (AFP)

es made by then-prime minister Ariel Sharon to then-US president George W. Bush as well as assurances made just two days ago by Prime Minister Benjamin Netanyahu's government.

"The US strongly urges Israel to refrain from allowing the return of settlers to the area covered by the legislation, consistent with former prime minister Sharon and the current Israeli government's commitment to the United States," he said.

The vote pushed by the hard-right government annulled part of a law that banned settlers from living in areas of the West Bank evacuated in 2005.

Patel, however, stopped short of announcing any repercussions against Israel for its actions.

'New era' of ties

Xi and Putin put 'united front' against West

AFP | Moscow

China and Russia's leaders hailed a "new era" in their relationship yesterday, putting on a united front in Moscow as Vladimir Putin accused the West of rejecting Beijing's proposals to end the Ukraine conflict.

The nations, eager to curb Western power, expressed concerns about Nato expansion in Asia and agreed to deepen a partnership which has only grown closer since Putin launched an offensive in Ukraine.

Putin said he was open to talks on Ukraine and praised Beijing's 12-point position paper on the conflict, which includes a call for dialogue and respect for all countries' territorial sovereignty.

He accused Kyiv of not being willing to implement China's

proposals, which the US has said would simply consolidate "Russian conquest" and allow the Kremlin to prepare a fresh offensive.

"Many of the provisions of the peace plan put forward by China... can be taken as the basis for a peaceful settlement when Kyiv and the West will be ready for it," Putin said after talks with Chinese leader Xi Jinping.

"However, so far we have not seen such readiness on their part."

Ukraine's President Volodymyr Zelensky said Kyiv had invited China to talks, and is waiting for an answer from Beijing.

"We offered China to become a partner in the implementation of the peace formula. We passed over our formula across all channels. We invite you to di-



Putin and Xi shake hands after delivering a joint statement yesterday. (AFP)



China and Russia share a mutual distrust of the West and disdain for what they see as US "hegemony" in international affairs.

ologue. We are waiting for your answer," Zelensky told a press conference yesterday.

Moscow and Beijing have over the past years ramped up cooperation, both driven by a desire to counterbalance US global dominance.

Bahrain thanked by Pakistan President for condolences

TDT | Manama

His Majesty King Hamad bin Isa Al Khalifa and His Royal Highness Prince Salman bin Hamad Al Khalifa, the Crown Prince and Prime Minister, received cables of thanks from Pakistan President Arif Alvi in reply to their cables of condolences over the victims of the terrorist attack in a Peshawar mosque.

HRH the Crown Prince and Prime Minister received a similar cable from Prime Minister Mian Muhammad Shehbaz Sharif.



HM the King



HRH Prince Salman

HRH Prince Salman issues edict on committee for national plan

TDT | Manama

His Royal Highness Prince Salman bin Hamad Al Khalifa, the Crown Prince and Prime Minister, yesterday issued Edict (24) of 2023, on establishing a committee to follow-up on the implementation of the “National Plan to Promote the Spirit of Belonging to the Nation and Reinforce Patriotic Values”, based on the proposal of the Minister of Interior, and following the approval of the Cabinet.

The committee shall be chaired by the Minister of Interior, and comprise the following

members: Minister of Labour, Minister of Justice, Islamic Affairs and Endowments, Minister of Cabinet Affairs, Minister of Tourism, Minister of Information Affairs, Minister of Education and Minister of Youth Affairs. The Minister of Interior shall implement the provisions of this edict, which comes into force immediately.

Anti-Drug Committee

HRH Prince Salman also issued Edict (23) of 2023, on restructuring the National Anti-Drug Committee, based on the proposal of the Minister

of Interior, and following the approval of the Cabinet.

The committee shall be chaired by the Minister of Interior, and comprise the following members: Minister of Social Development, Minister of Health, Minister of Justice, Islamic Affairs and Endowments, Minister of Information Affairs, Minister of Education, Minister of Youth Affairs, Chief of Public Security, President of Customs, and the Director-General of the General Directorate of Investigation and Criminal Evidence at the Ministry of Interior (who will be the Rapporteur of the Committee).

CSB instructions on Ramadan working hours

TDT | Manama

Following the circular issued by His Royal Highness Prince Salman bin Hamad Al Khalifa, the Crown Prince and Prime Minister, and Article (19) of the Civil Service Law promulgated by Decree-Law (48) of 2010, the Civil Service Bureau (CSB) issued instructions on working hours during the holy month of Ramadan this year.

In this regard, CSB President Ahmed Zayed Al Zayed said that the official working hours during the holy month of Ramadan will be from 8am to 2pm for employees working according to the regular working hours, reducing the weekly working hours to 30 for employees working 36 hours per week.

He added that for employees working on extended hours, official duty hours during the holy month of Ramadan will be 33 hours and a half, from 8am to 2:45pm from Sunday to Wednesday, and from 8am to 2:30pm tomorrow. Regarding the flexible system, he said the maximum number of flexible hours for staff working in accordance with this system will not exceed one hour per day in all normal, long and special working hours. Therefore, employees will complete the flexible hours after the completion of their basic hours.

Full-scale emergency exercise at Bahrain airport successful

TDT | Manama

Bahrain Airport Company (BAC) and its partners marked the successful conclusion of Bahrain International Airport’s (BIA) 17th full-scale emergency exercise, demonstrating their ability to handle diverse crisis scenarios and the efficacy of the Aerodrome Emergency Plan.

The bi-annual exercise plays a major role in improving overall airport safety by assessing the capabilities, readiness, and effectiveness of BIA’s emergency response and rescue services.

This year’s mock crisis simulation was centered on aircraft accident within the vicinity of Bahrain International Airport.

A full-scale emergency alert was activated and teams from BAC and the Ministry of Interior (MOI) took coordinated action to achieve a successful outcome.

The exercise involved participants, including volunteer actors playing the part of injured passengers, National ambulances, risk and fire fighter vehicles, and Medivac.

BAC Chief Executive Officer Mohamed Yousif Al Binfalah said: “I would like to extend my thanks to everyone involved in this exercise. Given the size of the new terminal compared to its predecessor, this was an immense challenge that required efficiency, teamwork, coordi-



BIA team shows efficient emergency response and rescue services

nation and the highest levels of professionalism.

“All necessary measures were taken to ensure that BIA’s operations, including aircraft and passenger movement, were not impacted during this mandatory exercise.”

Al Binfalah added: “This was the biggest emergency exercise to date and the airport community has once again proven that BIA is well prepared to swiftly, and effectively handle any potential incidents that may occur. The bi-annual exercise plays a key role in identifying and test-



This year’s mock crisis simulation was centered on aircraft accident within the vicinity of Bahrain International Airport.

ing the emergency response procedures and allow us to identify areas for improvement in our emergency planning.

“The lessons learned from this drill will enable us to refine our procedures even further, ensuring BIA continues to operate as a safe and secure airport in

line with international aviation standards.”

BIA hosts the full-scale emergency drill every two years in accordance with the regulations issued by Bahrain Civil Aviation Affairs, and global industry procedures enforced by the International Civil Aviation Organi-



The lessons learned from this drill will enable us to refine our procedures even further, ensuring BIA continues to operate as a safe and secure airport in line with international aviation standards

MOHAMED YOUSIF AL BINFALAH, BAHRAIN AIRPORT COMPANY (BAC) CHIEF EXECUTIVE OFFICER

zation (ICAO).

The exercise was conducted in cooperation with strategic partners, Bahrain Civil Aviation Affairs at the Ministry of Transportation and Telecommunications, Bahrain Defense Force, Airport Police, the General Directorate of Criminal Investigation and Evidence, Airport Customs, the General Directorate of Civil Defense, the General Directorate of Traffic, Nationality, Passports and Residence Affairs (Airport), the Operations Department, the Police Aviation Wing Department, Government Hospital, National Guard, the General Directorate of Women’s Police, Gulf Air (National Carrier), Bahrain Airport Services (BAS), and Hala Bahrain Hospitality.

Maritime security



Coastguard Commander, Brigadier Jassim Mohammed Al Ghatam, received the Commander of the Combined Taskforce (CTF 152), Colonel Mohammed Yousif Al Meer, and his accompanying delegation. The Coastguard Commander welcomed the officials and discussed with them coordination regarding issues of common concern in the fields of maritime security, training and building capabilities. Topics of common interest were also reviewed.

Kingdom congratulates LAS Secretary General

TDT | Manama

Shura Council Chairman Ali bin Saleh Al Saleh and Speaker Ahmed bin Salman Al Musallam sent cables of congratulations to Arab League Secretary General Ahmed Aboul Gheit, on the League of Arab States (LAS) 78th anniversary.

Al Saleh and Al Musallam and praised the continuous efforts of the secretary-general to consolidate the LAS’s role and its keenness to unite Arab countries and prepare various regional and international challenges.



Al Saleh



Al Musallam



The signing of this MoU is a clear evidence of the positive co-operation between the Foreign Ministry and the High Commissioner, which will

GCC man cleared of drug abuse charges by Lower Criminal Court

TDT | Manama

A GCC man has been acquitted of drug abuse charges by the Lower Criminal Court after producing a prescription to prove that the pills he was carrying were for medical purposes.

According to court documents, the accused had travelled to Bahrain to visit his Bahraini wife and children before heading to a European country for work. He had entered Bahrain via the King Fahad Causeway, where customs officers detained him for possessing banned pills.

However, the defendant's lawyer argued that his client had been prescribed the pills for back pain and was unaware that they were banned in Bahrain. The lawyer also pointed out that the drugs were not concealed or hidden in any way, which demonstrated his client's innocence.

"If he were using them illegally, he wouldn't have put them inside his bag. They weren't hidden or placed suspiciously," the lawyer stated. "He entered with them in goodwill."

Lok Sabha Speaker emphasises Bahrain 'significance' to India

TDT | Manama

While attending the 146th Inter-parliamentary Union Assembly (IPU) in Bahrain's Exhibition World, the Speaker of the Lok Sabha, Shri Om Birla, spoke about Bahrain's importance to the Indian community.

In an interview with The Daily Tribune, Shri Om Birla said, "There are many opportunities to increase cooperation between India and Bahrain, and we will work together towards utilising them."

During his visit, Shri Om Birla met with the Speaker of the House of Representatives and the Chairman of the Shura Council to discuss bilateral relations between India and Bahrain.

"We had fruitful bilateral meetings. We will work together in the fields of Trade, Technology and Tourism. Chairman of the Shura council told me India is a second home for Bahrainis," he said.



Lok Sabha Speaker Shri Om Birla speaks to The Tribune

Shri Om Birla also met members of the Indian diaspora in Bahrain who praised the freedom to express their culture and religion in the country.

Expressing his gratitude to the leadership for organising

the IPU in Bahrain, he said, "I congratulate the leadership, Government, and Parliament of Bahrain for successfully organising the IPU Assembly."

When asked about the significance of the IPU to India and

other Asian nations, he said, "IPU General Assembly discusses several important global issues sharing Parliamentary experiences of all countries. Several countries, including our neighbouring nations, partici-

“There are many opportunities to increase cooperation between India and Bahrain, and we will work together towards utilising them.”

SPEAKER OF THE LOK SABHA, SHRI OM BIRLA

pated in the IPU. It gives a platform for enabling and empowering people's representatives to work towards the betterment and development of our people."

He added, "We agreed to cooperate to create a society where people may work together in peace, without intolerance." The Lok Sabha Speaker's visit highlights the growing ties between India and Bahrain and the potential for increased cooperation between the two nations.



Face-to-face learning will continue in all public and private schools

Bahrain approves revised Ramadan school hours

Zahra Ayaz

TDT | Manama

The Ministry of Education has approved the revised timing of all public and private schools in the Kingdom for the upcoming holy month of Ramadan.

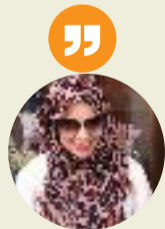
The school day would start at 8am and end at 12:25pm for primary school, primary religious institutes, according to the ministry's directive.

The evening period of technical and vocational education is set to begin at 1:30pm and end at 5:10pm.

Previously, the Education Ministry rejected claims of shifting to online classes during Ramadan terming such reports as 'false'.

The ministry said it had not taken such a decision allowing schools here to switch to remove learning during the blessed month, the ministry statement said.

Speaking to The Daily Tribune, Samar Ahmad, a parent of



“The new timing is a relief because my two children, 13-year-old and 15-year-old, will be fasting and since the timings have reduced, no one will complain of going to work or school the next morning.”

SAMAR AHMAD, A PARENT OF TWO

two, said: "The new timing is a relief because my two children, 13-year-old and 15-year-old, will be fasting and since the timings have reduced, no one will complain of going to work or school the next morning."

"It is also convenient for parents, especially during the

last days of the month when longer hours are spent praying or shopping for Eid.

"Every year during Ramadan, the timings change and we have more time to spend with family. I am not saying that people who fast become lazy, but many of them stay up late."

Meanwhile, Bahrain's public sector employees are typically required to work eight hours per day or 48 hours per day week.

However, during Ramadan, the daily working hours will be reduced by two hours, which means employees will only be required to work six hours a day or 36 hours a week. In previous years, Bahrain's ministries, authorities and public institutions have officially set their workday during Ramadan from 8am to 2pm.

The same law is applied this year, too, and employees who work beyond the reduced hours will be compensated for overtime according to the Civil Service's policy.

Exercise and maintain fitness routine during Ramadan

Julia Cassano

TDT | Manama

Exercising during Ramadan doesn't have to be a total write-off, in fact, if you don't have any health or medical issues, it is quite possible to maintain a fitness routine during the holy month.

Moayyed Feroze, a fitness coach and co-founder of The Healthy Conscience, told The Daily Tribune that people can exercise during the holy month, and it is something they can do safely and sustainably over the month.

Maintaining not over aiming

When your body is in a vulnerable state, Ramadan is not the time to hit personal bests or new goals.

Exercising when fasting can be challenging for many, hence the importance of safety and not pushing your body too far, said Feroze.

"Ensure that you are not



Moayyed Feroze

pushing yourself to unrealistic expectations or try to set records, as the goal should be to keep healthy fitness habits in place during the month, not achieving new targets when your body is in a vulnerable state."

Find a time that works best for you

When exercising in a fasted state it is not a trouble-free activity, especially as the warmer weather arrives. Everybody reacts differently, so it is best to find a suitable time to work out that ensures you do not overwork yourself.

"The best time to exercise during Ramadan is right before sunset as you can rehydrate and refuel as soon as your workout is complete," said Feroze.

Feroze pointed out that many undergo busy and relentless schedules and advised those who do not possess the time before sunset, to exercise one hour after eating as, "At this point, after the body is refueled and rehydrated, people will contain increased energy to perform their workout in a safe manner."

It is recommended not to work out in the middle of the day as those who are under fasting routines, will exhaust themselves, and won't be able to refuel their bodies.

However, the fitness coach relayed if the only time available for you is to work out during the day, to only workout for 20-30 minutes at a low intensity. "The key take-away is to not sweat too much and keep the heart rate around 120 bpm or less."

MIT and DANAT establish research collaboration on pearl identification

TDT | Manama

MIT and The Bahrain Institute for Pearls & Gemstones (DANAT) established a research collaboration to develop advanced characterisation tools for the analysis of the properties of pearls and to explore technologies to assign unique identifiers to individual pearls.

The three-year project will be led by Civil and Environmental Engineering Associate Professor Admir Masic, in collaboration with the Fariborz Maseeh Chair in Emerging Technology



Noora Jamsheer

and Electrical Engineering and Computer Science Professor Vladimir Bulovic.

The project will develop new materials characterisation tools and technologies to assign unique identifiers to individual pearls.

"Pearls are extremely com-

plex and fascinating hierarchically ordered biological materials that are formed by a wide range of different species," says Masic.

"Working with DANAT provides us a unique opportunity to apply our lab's multi-scale materials characterisation tools to identify potentially species-specific pearl fingerprints, while simultaneously addressing scientific research questions regarding the underlying biomineralisation processes that could inform advances in sustainable building materials," said Prof Masic added.

General Traffic continues to monitor all road violations

Zahra Ayaz

TDT | Manama

The General Traffic continues to monitor all violations that infringe the rights of others, and disrupt traffic in general.

A video posted on social media by the General Traffic showed people speaking out about rough drivers and the lives of two-wheelers, saying that it is the responsibility of each individual to follow the law of the country, and that the government should take strict



Strict action is needed against those who violate the law on the road, including delivery motorcycles



action against those who violate the law.

The video highlighted that the General Traffic continues to monitor violators and is implementing strict procedures on 'delivery vehicles and motorcycles' that do not carry registered plate numbers.

The fine could go up to BD500, imprisonment for six months, license withdrawal for 60 days, and seizing the vehicle for a month.

In recent years, the number of people injured in bicycle ac-

cidents has increased.

The Daily Tribune has reported numerous such incidents, including a recent one that claimed the life of a 40-year-old motorcyclist when a pickup truck rammed into the bike.

A week-long traffic safety awareness campaigns were held throughout the GCC to highlight the importance of safe driving.

Every year, the respective traffic ministries and departments hold traffic and road safety awareness events for the public.

BENEFIT registers BD1.79 million net profit last year

● A significant increase from BD715,497 in 2021

TDT | Manama

Bahrain Fintech company, BENEFIT, held its Annual General Meeting yesterday at its headquarters in Seef District.

The event provided an opportunity to review the company's 2022 financial performance, which showed a significant increase in net profit.

BENEFIT reported a net profit of BD1.79 million for the fiscal year ending December 31, 2022, an increase from BD715,497 in 2021.

In addition, the company's

total assets at the end of 2022 amounted to BD28.7 million, up from BD25.4 million in 2021.

During the meeting, BENEFIT also announced the accelerated growth of electronic payments due to its National Wallet, BenefitPay, which reached a total volume of 252.5 million in 2022, a 70.8% increase compared to the previous year.

The Electronic Fund Transfer System (EFTS) also experienced substantial growth, with over 245 million Fawri+ transactions, a 74% increase from 2021. In addition, more than 11 million Fawri transactions were made in 2022, with a growth rate of 14% compared to 2021, while Fawteer transactions grew by

31%, reaching almost 12 million.

The meeting also addressed the appointment and election of two Executive Directors and the approval of the Corporate Governance Report and compliance for the year ended December 31, 2022, per the requirements of the Central Bank of Bahrain and the Ministry of Industry and Commerce.

Mohamed Ebrahim Albastaki, Chairman of BENEFIT, expressed his gratitude to the board members, team, partners, stakeholders, and users for investing in BENEFIT.

He praised the company's innovative technology initiatives, establishing a cashless payment ecosystem and maintaining Bahrain as the region's

financial hub.

Chief Executive of BENEFIT, Abdulwahed AlJanahi, highlighted the company's success in meeting its financial objectives and the groundwork for future success.

AlJanahi said the year witnessed an increase in new achievements and partnerships, including BENEFIT's cross-border payments initiative and participation in several key regional and international events.

BENEFIT's 2022-2024 strategy focuses on Payment Infrastructure, Enabling Access to Credit, and Support Digitalization and Internationalization with multiple innovative initiatives as part of the roadmap.

Gulf Air sponsors large airlines technical conference at Gulf Hotel

TDT | Manama

Gulf Air, the national carrier of the Kingdom of Bahrain, recently sponsored and participated in the 127th International Airlines Technical Pool (IATP) Conference held at the Gulf Hotel in Manama from March 13 to 15.

The conference was attended by more than 120 airline and associate member representatives involving technical professionals from the global aviation industry and focused mainly on the importance of mutual cooperation between the members, discussing critical issues such as sharing of resources and aircraft recovery to improve the operating efficiency for the members.

Commenting on the conference, Gulf Air Chief Executive Officer Captain Waleed Al Alawi valued the opportunity of the carrier sponsoring the event and hosting it in Bahrain. This aligns with the Kingdom's vision to support and promote the aviation and tourism sectors.

The CEO also praised the variety of topics the conference addressed, including the need to deal with important issues such as sustainability, carbon emission, digital transformation and air traffic efficiency, due to their vital role in the progress of an effective global aviation network.

Delivering the Conference's

opening speech, Gulf Air Chief Technical Officer Mr Jamal Hashim highlighted the importance of parts pooling and the improvement brought about by increased cooperation between airlines.

He further emphasised the ever-increasing operating costs for airlines due to the current volatility in the industry and the importance of pooling expensive equipment such as engines, auxiliary power units (APU) and nacelle parts, besides all the other technical issues affecting the air transport operations.

Mr Hashim also spoke on the increasing demand for additional talents and skilled workforce in the airline industry, calling for an immediate requirement to establish more training organisations and programmes.

IATP includes 123 airline members and 40 associate members (service providers and OEM) in its membership and operates worldwide in about 900 stations, with pooling activities covering almost all aircraft types.

In addition, all member airlines meet twice yearly at conferences held in March and October in different countries. The member airlines manage the organisation through the elected Board of Directors, coordinating operations through a Corporate Office based in Luxembourg.

SCE to develop eco-friendly policies and programmes

TDT | Manama

The Supreme Council for Environment (SCE) has affirmed its keenness to continue developing policies and programmes that regulate the protection of the environment and preserve its resources.

It also emphasised the Kingdom's commitment to all regional and international environmental treaties and programmes that it has signed by using modern technology in organising environmental monitoring and assessment processes.

The stances were made during the workshop, "chemistry", organised by the SCE, in the presence of 500 participants

from various governmental and private agencies and civil society institutions related to chemicals.

The SCE launched the pilot phase of the first electronic system specialised in the management of chemical materials.

Addressing the workshop, Engineer Mariam Al Ansari indicated that the "chemistry" system aims to implement

complete and qualitative electronic automation for more than 3,800 entities dealing with chemicals in the Kingdom, noting that the system is the first of its kind in Bahrain and the Gulf Cooperation Council (GCC) countries, in terms of quality and comprehensiveness in the field of hazardous chemicals management.

During the workshop, the SCE trained the participants on the new system, including its work mechanism, and how the concerned authorities can carry out their activities that require a license and prior approval from the Supreme Council for the Environment.

The SCE indicated that the "Chemistry" system has been linked to the (sijilat) system of the Ministry of Industry and Commerce, and some related systems, in order to facilitate the provision of services, payment of administrative fees, and follow-up of requests.

The SCE asserted that the "Chemistry" system provides 37 e-services, including registering institutions.

Sam Muthukulam wins prestigious Kunjiraman Nair Memorial Award

TDT | Manama

Navabhavana Charitable 2022-2023 Kunjiraman Nair Memorial Award (Well-known Malayalam poet) goes to Sam Muthukulam for the Malayalam poem "Kathirukal".

He is a former resident of the Kingdom of Bahrain, from 1994 to 2001. The award will be given to him on March 26, 2023, Sunday, at YMCA Hall, Thiruvananthapuram (Kerala).

He has written a number of books in Malayalam, including Gramabhangi, Kathirukal (collection of poems), Kristhu Geetham (Epic), Bappuvinte Lokam, Mar Ivanios-Malankarayude Mahaidayan (Biography), Bible Kadhakal, Bibilum Alphuthungalum, Appunni Kadhakal, and Appunniyum



Sam Muthukulam

Arabi Nadum (Collection of Stories).

He is active in social and literature, and also an active member of library activities. He has received many awards like Bharath Sevaka Samajam National Award, Valmiki Literature Award, Kerala Samiksha Award, Kunjinni Mash Award for Zila and Block Punchayath of Kerala State.



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**

NOTICE With regard to the license cancellation

of "Sumitomo Mitsui Banking Corporation"

With reference to the Resolution of the Governor of the Central Bank of Bahrain No. (14) of 2023 pertaining to the cancellation of the Representative Office license of "Sumitomo Mitsui Banking Corporation" issued on 16th Shaban 1444H, corresponding to 8th March 2023, the Central Bank of Bahrain hereby provides notice that the representative office license of "Sumitomo Mitsui Banking Corporation" issued on 25th June 1988, registered under commercial registration No. 10012 has been cancelled, with effect from the date of issuing and publication of the above resolution in the Official Gazette.

Bahrain ranking in World Happiness Report 2023 suffers a 'significant' drop

Julia Cassano

TDT | Manama

Bahrain is ranked among the top 50 countries in the latest World Happiness Report.

The Kingdom, however, has dropped in the rankings compared to previous releases of the report, as other GCC states have gained positions.

According to the 2022 report, Bahrain was ranked 21st, positioning itself as the top Arab country in the report. However, its 42nd ranking this year means it has declined 21 positions since the last report.

The UAE has topped the report for the Arab world, ranking a strong 26th position, with Saudi Arabia following in 30th.

Finland continues to occupy the top spot in the report, for the sixth year in a row, with a score that is significantly ahead of all other countries. The Nordic countries are closely aligned, as they all display high rankings for both equality and life evaluations.

Rank	Country	Score
19	United Kingdom	6.7
20	Lithuania	6.7
21	France	6.6
22	Estonia	6.6
23	Costa Rica	6.6
24	Romania	6.5
25	Singapore*	6.5
26	United Arab Emirates	6.4
27	Taiwan - Provincial of China	6.4
28	Uruguay	6.4
29	Slovakia*	6.4
30	Saudi Arabia	6.4
31	Costa Rica	6.4
32	Spain	6.4
33	Italy	6.4
34	Kosovo	6.3
35	Chile	6.3
36	Malta	6.3
37	Malta	6.3
38	Portugal	6.2
39	Poland	6.2
40	Norway	6.2
41	Latvia	6.1
42	Bahrain**	6.1

country.

In addition, the report claims social support can be seen to have similar proportionate effects on positive and negative emotions as on life evaluations, more importantly, freedom poses greater associations regarding positive effects.

The report not only analyses the average happiness, but also examines the scale of misery (low satisfaction) in the country among its people. It highlights for governments to prevent misery in its country, they should establish rights such as those in the United Nations Universal Declaration of Human Rights (UDHR) and broaden the Sustainable Development Goals (SDGs) to consider wellbeing and environmental policy dimensions.

Bahrain has placed important focus and is taking major steps towards achieving Sustainable Development Goals set by the United Nations General Assembly. The World Happiness Report compares the average life satisfaction in different countries, whilst seeing what features in the population explains the differences. The 2023 report ranked the countries on a 2020-2022 period; however, the Kingdom's ranking is established on averages analysed from 2020-2021.

The World Happiness Report is written by a group of independent experts acting in their personal capacities and is a publication of the UN Sustainable Development Solutions Network (SDSN).

national average life evaluations measuring six variables including, GDP per capita, social support, healthy life expectancy, freedom to make life choices,

generosity, and freedom from corruption.

Emphasised in the category of healthy life expectancy, is mental health. Mental health is a key component of subjective well-being, as it influences and drives a number of individual choices, behaviours, and outcomes.

The variables listed above are the most significant measures analysed to determine the data regarding the well-being and happiness of those living in a

Why do the happiness levels differ?

The report states that the results in the first column explain



According to the 2022 report, Bahrain was ranked 21st, positioning itself as the top Arab country in the report. However, its 42nd ranking this year means it has declined 21 positions since the last report.

NIHR stresses Bahrain human rights progress

TDT | Manama

National Institution for Human Rights (NIHR) President Ali Ahmed Al Derazi has stressed the progress of human rights and religious freedom in Bahrain are guaranteed under the constitution and relevant laws. He said that the practice of religion is within the framework of public and personal freedom equity without discrimination on the grounds

of race, language, religion or gender.

Al Derazi was speaking as he received the US Department of State International Religious Freedom Senior Official Daniel Nadel.

The US official stressed the NIHR's important role in promoting human rights and fundamental freedoms, wishing the Kingdom and its people further progress and prosperity.

Free medical camp benefits Filipinos and other expatriates



TDT | Manama

The Christ Commission Fellowship (CCF) Bahrain, led by Pastor Ronaldo Bendanio, organised a medical camp in cooperation with Shifa Al Jazeera Medical Center, led by Medical Director Dr. Salman Ghareeb and Senior Dr. Khuni Moosa, for Filipinos and other expatriates in the Kingdom of Bahrain on 24 February from 8am to 12 noon.

The event was also attended by Philippine Embassy Vice Consul Laser Blitz Sumagaysay and Cultural Attache Jiemarie Mortel-Ladrica. The event was part of CCF's goal to pray, care and share for people in need.

A total of 252 expatriates, of which 246 Filipino nationals availed of the free medical



Expats receive medical care

services that included blood test for sugar, cholesterol, uric acid, creatinine, SGPT, blood pressure and BMI check-up.

Free doctors consultation upon release of the results. The participants also received a privileged card and a voucher for free dental consultation.

Joint inspection campaigns



The Labour Market Regulatory Authority (LMRA) conducted four joint inspection campaigns in the Capital Governorate and Muharraq Governorate on several shops and work sites. The campaigns resulted in reporting violations related to the Labour Market and Residency laws. The cases were referred for legal action. LMRA noted that a joint inspection campaign was conducted in the Capital Governorate in coordination with the Nationality, Passports and Residence Affairs (NPRA).

First historical study on Victoria Memorial Hospital in Bahrain

TDT | Manama

The Bahrain Center for Strategic, International and Energy Studies (Derasat) has published a bilingual study paper titled 'Britain's Victoria Memorial Hospital in Bahrain (1905-1948)', by Derasat's Executive Director Dr. Hamad Ebrahim Al Abdullah.

The researcher examined the hospital's history managed by the British Political Agency; a successful model of Bahraini-British cooperation in the first half of the twentieth century.

The paper presents an impor-

tant chapter of Bahrain's social and political history, and offers researchers a view of its social movement.

The hospital - through its various locally-funded health services in a period of scarcity - played a role in developing modern medical services in Bahrain, as well as a greater role in Bahrain's society due to its rare nature as a facility in the Arabian Gulf and a model for regional urban and civic living requirements.

Dr. Al Abdullah focuses in his study on the details of founding the hospital, which reflected the keenness with which

Bahrain's leadership sought to establish modern facilities to serve citizens; the hospital's journey through the difficult era within which both world wars occurred; its prosperous times providing citizens and residents with healthcare under the supervision of Dr. Ralph Holmes; and factors that led to its decline and closing by 1948.


Researching the history of

Victoria Memorial Hospital included examining a wide array of primary sources, including reports, telegrams, and letters exchanged between the Government of Bahrain, the British Residency and Agency, and the hospital. These documents gave an idea on how the hospital operated, its key personnel, and major health challenges that Bahrain faced in the early twentieth century.

Cybersecurity course



The National Cybersecurity Centre, in cooperation with the General Coordination Organisation for Governorates, held a training course on the role of employees in protecting cybersecurity for some staff of the four governorates. The three-day course aimed to enhance awareness of the importance of cyber and information security, internet risks and cyber threats.



الشركة البحرينية للترفيه العائلي ش.م.ب.
BAHRAIN FAMILY LEISURE COMPANY B.S.C.

Reminder of Annual General Meeting

Please take notice that the Annual General Meeting of the Bahrain Family Leisure Company B.S.C. will be held today - Wednesday the 22nd March 2023 at 12:00 Noon at Awal Ball room in Gulf Hotel to discuss the announced agenda.

Thank you

Abdul Latif Khalid Al Aujan
Chairman of the Board

Alba completes procurement, foundation works for Block 4 main equipment



Alba officials and employees during a group photo opportunity

TDI | Manama

Aluminium Bahrain (Alba), the world's largest aluminium smelter ex-China, announced on Monday that it has completed

the procurement and civil foundation works for the main equipment of its Power Station 5 (PS5) Block 4 Project on time. Mitsubishi Power & SEPCOIII consortium, the project's EPC contractor, completed the pro-

urement process for the main equipment -- M701 JAC gas turbine, steam turbine and turbine generators as well as 50% of the manufacturing process for the same equipment. Further, all civil foundation

works for the main equipment were also completed by February-end 2023.

Alba's Chairman of the Board of Directors Shaikh Daij bin Salman bin Daij Al Khalifa, said the project is taking shape with the

completion of early milestones as per schedule, "allowing us to prepare for the major activities on site."

He said that Alba looks forward to safely delivering Block 4, a key Project under Alba's ESG

Roadmap, on schedule and as planned by Q4 2024.

Alba also announced clocking 331,723 million hours without a single Lost Time Injury (LTI) as of 19 March 2023 with the Block 4 Project.

GARMCO completes \$24.5 million expansion projects

TDI | Manama

Gulf Aluminium Rolling Mill (GARMCO), a portfolio company of Bahrain Mumtalakat Holding Company, has completed its US \$ 24.5 million expansion and development projects, in line with a restructuring plan agreed with its creditors in November 2021, after filing for reorganisation in February 2019.

The projects included a US\$ 7.5 million project for creating a production line for aluminium coils using the "continuous casting" technique to increase productivity, diversification, and expansion into new markets.

The plan also included development initiatives totalling US\$17 million, including the construction of a factory to recycle local aluminium waste for extracting dyes from aluminium scrap for export to international markets and a water and indus-



Arif Rahimi



Mohamed Rafea



Gulf Aluminium Rolling Mill "GARMCO" was founded in 1981 with Mumtalakat as one of its principal shareholders, and is regarded as one of the leading downstream aluminium manufacturing facilities in the Middle East for rolling, cutting, and fabricating high-grade aluminium that is exported to regional and global markets.

trial oils treatment project to reduce its environmental footprint. GARMCO said it is continuing to implement a plan for reducing energy consumption, modernising the hot rolling mill engine, introducing a nitrogen unit, expanding the production lines and enhancing its main units to improve efficiency and productivity.

Arif Rahimi, Chairman of GARMCO and board representative of Mumtalakat, expressed pleasure in transforming the company's operations, performance and the successful reorganisation plan.

Mohamed Rafea, Chief Executive Officer of GARMCO, said the reorganisation enhanced regional and global competitiveness and enabled the company to record the highest profitability since inception "as well as make our first repayment to creditors in the past year."

Google opens chatbot Bard for testing in US and UK

San Francisco, United States

Google yesterday invited people in the United States and Britain to test its AI chatbot, known as Bard, as it scrambles to catch up with Microsoft-backed ChatGPT.

Bard, ChatGPT and other similar apps churn out essays, poems or computing code on command, though they come with warnings that the information they create can be incorrect or inappropriate.

People wishing to play with Bard can sign up on a waiting list at bard.google.com website, distinctly separate from the tech giant's search engine.

Google CEO Sundar Pichai said in a tweet that the move is an "early experiment" allowing people to collaborate with generative artificial intelligence (AI).

"We've learned a lot so far by testing Bard, and the next critical step in improving it is to get feedback from more people," Google vice presidents Sissie Hsiao and Eli Collins said in a blog post.

"We continue to see that the more people use them, the

better LLMs (large language models) get at predicting what responses might be helpful."

As exciting as chatbots are, they have their faults, Hsiao and Collins cautioned.

They can incorporate real-world biases, stereotypes or inaccuracies in responses, according to the vice presidents.

Google has adopted a more cautious rollout of generative AI in contrast to Microsoft that has chosen to swiftly make the products available to consumers despite reports of problems.

ChatGPT's OpenAI is backed by Microsoft, which earlier this year said it would finance the research company to the tune of billions of dollars.

OpenAI recently released a long-awaited update of its AI technology that it said would be safer and more accurate than its predecessor.

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

BENEFIT holds annual General Meeting, announces 2022-"24 strategy

TDI | Manama

BENEFIT, a leading Fintech and electronic financial transactions services announced launching its 2022-2024 strategy during its Annual General Meeting yesterday at its headquarters in Seef District.

The strategy, Chief Executive of BENEFIT, Abdulwahed AlJanahi, said focuses on Payment Infrastructure, Enabling Access to Credit, Support Digitalization and Internationalisation with multiple innovative initiatives. The meeting also discussed the corporate Governance report and legal compliance for the year ended 31st December 2022 and approved the appointment of two Executive Directors until March 2025.

Termining the year as remarkable for BENEFIT, Mohamed Ebrahim Albastaki, the Chairman, said the company successfully implemented its commitments as well as made phenomenal



Benefit officials holding the board meeting. Pictures - Ashen Tharaka

advances "toward our strategic ambitions by broadening our innovative technology initiatives, establishing a cashless payment ecosystem, and maintaining the Kingdom as the region's financial hub."

Abdulwahed AlJanahi, the Chief Executive of BENEFIT, said the year had brought new successes and partnerships for

the company, which helped to enhance its sustainability. He mentioned several significant achievements, including the launch of a cross-border payments initiative, participation in key regional and international events, and strategic initiatives for advancing the economies of GCC countries. Additionally, he highlighted his commitment to promoting the digitisation of



payment infrastructure.

BHD 1,790,314 net profit

BENEFIT's net profit attributable to the equity shareholders of the Group for 2022 was BHD 1,790,314, a significant increase from BHD 715,497 reported in the previous year. The company's electronic payments grew at an accelerated pace, driven by the popularity of the National Wallet BenefitPay, resulting in a total volume of 252.5 million in 2022, up by 70.8% from 2021.

Additionally, the Electronic Fund Transfer System witnessed remarkable growth, with over 245 m Fawri+ transactions in 2022, indicating a 74% increase from 2021. Fawri transactions reached 11 m, a 14% increase from the previous year, while Fawateer transactions reached almost 12 million, a 31% increase, with their value exceeding BD 928.7 m in comparison to 2021.

BisB holds OGM, approves BD 420,286 for Zakat and Charitable Donations



The Ordinary General meeting of BisB chaired by Dr Esam Abdulla Fakhro, Chairman of BisB, at Al Dana Hall (3), Gulf Hotel.

TDT | Manama

The Ordinary General Meeting of Bahrain Islamic Bank (BisB) yesterday approved recommendations to allocate BD 170,286 to the Bank's Zakat fund and BD 250,000 for charitable donations.

Shareholders also authorised the Bank's Board of Directors to distribute them during the meeting chaired by Dr Esam Abdulla Fakhro, Chairman of BisB at Al Dana Hall (3), Gulf Hotel.

The meeting further approved transferring 1,256,740 to the statutory reserve and transferring BD 10,890,370 to the retained earnings.

The bank's net profit for the year ended on 31st December 2022 was BD 12,567,396.

In addition, shareholders approved BD 273,906 as remuneration to the Board of Directors for 2022, and the discussion of the Bank's Corporate Governance report for the same year.

KPMG was reappointed as external auditors for the year 2023 and the Board of Directors was authorized to determine their fees.

Gulf Air highlights equipment pooling, and skilled workforce at IATP conference

● The attendees emphasised the need for mutual cooperation, sharing of resources, and aircraft recovery to improve operational efficiency

TDT | Manama

Gulf Air, the national carrier of Bahrain, has stressed the need for pooling expensive equipment such as engines, auxiliary power units (APU) and nacelle parts during the 127th International Airlines Technical Pool (IATP) Conference.

In his opening speech, Gulf Air Chief Technical Officer Jamal Hashim also emphasised the increasing operating costs due to volatility and the need for sharing all other technical issues affecting air transport operations.

Hashim also pointed out the rising demand for talented and skilled workforce in the airline industry and called for an immediate requirement to establish more training organisations and programmes.



A combo of pictures showing the IATP conference held at the Gulf Hotel from 13 to 15th March

attended by more than 120 airline and associate members and discussions centred on sustainability, carbon emissions, digital transformation, and air traffic efficiency.

The attendees emphasised the need for mutual cooperation, sharing of resources, and aircraft recovery to improve operational efficiency during the Conference held from March 13 – 15 at the Gulf Hotel in Manama.

Gulf Air Chief Executive Officer Captain Waleed Al Alawi praised the Conference's alignment with the Kingdom's vision to support and promote the aviation and tourism sectors, as well as the diversity of topics discussed.

IATP includes 123 airline members and 40 associate members (service providers and OEM) in its membership and operates worldwide in about 900 stations, with pooling activities covering almost all aircraft types. Additionally, all member airlines meet twice yearly at conferences held in March and October in different countries.

Stocks extend rally as bank panic eases

London, United Kingdom

Key figures around 1650 GMT

New York - Dow:	▲ 0.5 % at 32,417.22 points
London - FTSE 100:	▲ 1.8 % at 7,536.22 (close)
Frankfurt - DAX:	▲ 1.8 % at 15,194.77 (close)
Paris - CAC 40:	▲ 1.4 % at 7,112.91 (close)
EURO STOXX 50:	▲ 1.8 % at 4,181.58
Hong Kong - Hang Seng Index:	▲ 1.4 % at 19,258.76 (close)
Shanghai - Composite:	▲ 0.6 % at 3,255.65 (close)
Tokyo - Nikkei 225:	Closed for a holiday
Euro/dollar:	▲ at \$1.0771 from \$1.0726 on Monday
Pound/dollar:	▼ at \$1.2187 from \$1.2280
Euro/pound:	▲ at 88.35 pence from 87.32 pence
Dollar/yen:	▲ at 132.27 yen from 131.32 yen
Brent North Sea crude:	▲ 1.3 % at \$74.77 per barrel
West Texas Intermediate:	▲ 1.4 % at \$68.58 per barrel

Stock markets extended gains on Tuesday, with bank shares rallying as fears of a financial crisis eased after authorities moved to shore up the sector.

Authorities in leading economies have pledged support for depositors and troubled lenders in efforts to calm the markets following the recent collapse of Silicon Valley Bank and Signature Bank in the United States.

US Treasury Secretary Janet Yellen told a conference of American banks that authorities are ready to protect deposits at other smaller lenders if they face bank runs "that pose the risk of contagion", while adding the sector is now "stabilising".

"Our intervention was necessary to protect the broader US banking system," said Yellen, hinting further interventions could follow "if smaller institutions suffer deposit runs that pose the risk of contagion."

Deposit withdrawals have stabilised after US regulators stepped in last week to ensure SVB and Signature customers would still have access to their funds.

The US Federal Reserve has introduced a new lending tool

for banks in an effort to prevent a repeat of SVB's quick demise.

It also launched a drive with other major central banks this week to improve banks' access to liquidity, action which Yellen said "reduced the risk of further bank failures."

The head of the American Bankers Association, Rob Nichols, said the sector "remains strong, resilient, well-capitalised, liquid and serves customers and communities extremely well".

Andrea Enria, head of the ECB Supervisory Board, told a European Parliament hearing that European banks still retained the "strong trust of depositors" despite a "period of turmoil," adding there was no sign of major outflows of deposits from European Union institutions.

The turmoil led to the Swiss government-backed buyout of troubled Credit Suisse by UBS for around \$3.2 billion after frantic



A man walks past an electronic quotation board displaying the closing numbers of share prices on the Tokyo Stock Exchange (L) in Tokyo

negotiations over the weekend. But analysts warned it was too early to declare victory, with the Credit Suisse takeover raising questions about which bank could be next on the chopping block.

"It's been a wild couple of weeks and while I, along with everyone else, am hopeful that the worst is behind us, I can't say I'm particularly confident," said Craig Erlam, analyst at OANDA

trading platform.

While authorities can be commended "for their firefighting skills, only time will tell if they've been successful in extinguishing the flames," he said.

Wall Street added half a % two hours into trading while Europe's main indices finished around one and a half % in the green as a relief rally continued following last week's drubbing, with European bank shares

surging, notably Commerzbank and Barclays.

On Wall Street, shares of First Republic Bank rebounded by more than 40 % as the Wall Street Journal reported that JP-Morgan Chase was leading talks with other big banks on providing fresh support to the troubled lender.

Major US banks already agreed to inject \$30 billion into First Republic last week.

Fed spotlight

The spotlight will turn to the US Federal Reserve on Wednesday, when it will announce its latest interest rate decision.

The upheaval in the banking sector has led traders to re-evaluate their bets on the Fed's plans, with speculation swirling that it could cut borrowing costs by the end of the year to provide further stability.

This would follow a series of aggressive rate hikes carried out by the Fed and other central banks since late 2021 aimed at cooling soaring inflation.

Before the banking sector's woes began, expectations were for US borrowing costs to go as high as six %, but now forecasts are for them to end at around four % from a current 4.5-4.75 %.



Tania Rebello

Eats & Treats

BAHRAIN

to your heart's content



This Meal is Key to a Smooth Ramadan

Well-planned Suhoor meals are a smart way to keep you energetic during the day

Suhoor, also called Sehri, is the meal consumed by Muslims at dawn before the day of fasting commences. While many focus on Iftar, the meal that marks the end of the fast, Suhoor could be considered the most important meal of the day and the key to a more manageable fasting period.

If you observe Ramadan, it is essential to ask yourself: Do you feel sluggish or experience low energy levels during the day? Do you find it challenging to perform regular tasks? Do you get hunger pangs? Your answer lies in Suhoor.

Fueling our bodies is crucial to maintaining energy levels and cognitive functions. A well-thought-out Suhoor during Ramadan ensures that you consume the proper nutrients. In addition, carefully planned meals keep you energetic throughout the day.

Fiber-rich foods help to control blood sugar levels. The spike in sugar levels from consuming sugar and simple carbohydrates can cause you to feel hungry sooner. Foods containing fiber keep you fuller longer as they take longer to



digest.

Fiber-rich foods include avocados, lentils, chia seeds, apples, broccoli, sweet potatoes, carrots, almonds, chickpeas, legumes, oats, and peas. These can be easily included in your daily Suhoor meal. Foul/ful medames is one such dish that

is a tasty combination of fava beans cooked with onions, garlic, spices, and herbs. Overnight oats with berries or bananas and a drizzle of honey is delicious and an excellent source of fiber.

Prepare energy balls. Remember to underestimate

the power of one of these. Make them ahead of time and eat one before starting your fast. These are delicious and contain energy-rich ingredients such as peanut butter and dates.

Oats give you fiber to help you feel fuller for a more extended period, and chia seeds contribute

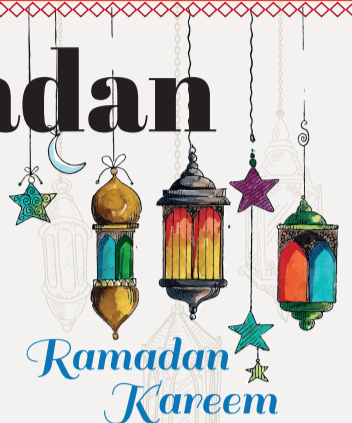
to the Omega 3 that your body needs. Energy balls are versatile, and the ingredients can easily be mixed and matched to suit your taste buds. Make these energy balls and store them in the fridge for a grab-and-go flavour-packed bite.

Proteins also help you stay

fuller for a longer period of time. Protein-rich foods include eggs, quinoa, chicken, lentils, milk, fish, nuts, chickpeas, beans, and yoghurt. Eggs are versatile and can be used in many preparations, such as frittata, shakshuka, scrambled eggs on toast, and poached eggs on avocado toast. The options are endless. Chicken can be pre-cooked and prepared into scrumptious sandwiches, hearty soups, or eaten with vegetables and brown rice for a wholesome meal.

Pressure cook beans and legumes and transform them into tasty, nutritious dishes that can be stored in the fridge for a few days and reheat very well. This enables you to serve a hassle-free early morning meal. Could you make sure to prioritise Suhoor? It is beneficial to you and can make your day much better.

Ramadan Kareem!



QUICK & EASY ENERGY BITES

Ingredients:

- 1 cup dates (pitted // if dry, soak in warm water for 10 minutes, then drain well)
- 3 Tbsp all-natural salted peanut or almond butter
- 1/4 cup dairy-free dark chocolate (roughly chopped)
- 1 Tbsp chia seeds
- 2/3 cup rolled oats

Instructions:

- Pulse pitted dates in a food processor or blender until they're in small pieces or it forms a ball.
- Add oats, chocolate, chia seeds and peanut butter and pulse or mix until combined. Ensure that the pieces are small but not completely ground to a paste.
- Carefully roll into 1-inch balls (30 grams per ball), using the warmth of your hands to mold them together. Should yield 14-15 balls.
- To set, pop in fridge or freezer for 15 minutes. Otherwise, eat as is! These will keep fresh in an air-tight bag or container for up to a week. Freeze for longer term storage.



FUL MEDAMES

Ingredients:

- 1 tablespoon olive oil
- 1 medium red onion, sliced
- 3 cloves garlic, minced
- 1 teaspoon cumin
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 2 cans fava beans, drained and rinsed
- 1 1/2 cups water
- Optional - cherry tomatoes, sliced cucumbers, pita bread

Instructions:

- Heat a large pot or dutch oven over medium-high heat. Add the olive oil and once it's hot, add the onion. Sauté the onion for 7 to 8 minutes or until it starts to brown and caramelize. Add the garlic and sauté for 30 seconds.
- Add the cumin, salt, and pepper to the pot and stir for 30 seconds until the spices are fragrant.
- Add the fava beans and water, increase the heat and bring to a low boil, then reduce to a simmer for 20 minutes.
- Remove the pot from the heat and allow to cool slightly before blending the bean mixture with a blender, immersion blender, or food processor until it's mostly broken down but still slightly chunky.
- Serve with optional fresh herbs, a sprinkling of sea salt, more olive oil, or other desired toppings like cut cherry tomatoes, fried onions or feta cheese. Toast some pita bread for dipping.



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All Dressed In White

A Mahalabia Tale

Concealed within its unassuming appearance is the unpretentious Middle Eastern dessert - Mahalabia. Renowned for its velvety texture and comforting essence of orange blossom, Mahalabia has captured the hearts of many.

Upon my first taste of this dessert, I was pleasantly surprised by its distinctive flavour. Infused with a subtle hint of orange blossom, the new floral profile was gentle and soothing, piquing my curiosity to learn more about this delightful pudding.

Also known as Muhallebi, Mahalabia's name may be derived from the fact that it is a milk pudding, and 'haleeb' means milk. The history of this dessert, however, is quite fascinating.

Mahalabia originates from Persia, and in the 7th century, an Arab General named Al-Muhallab Ibn Abi Sufra had a Persian cook who served him the most delicious Persian milk pudding. The general loved it so much

that he named it after himself and called it Muhallabia. How remarkable to have a dessert named after you!

Today, Mahalabia is a well-revered dessert that graces dinner tables during Ramadan, garnished with dried fruits. It requires minimal ingredients and is quite effortless to prepare. While I am most familiar with the orange blossom-flavoured Mahalabia, I find a few other variations equally delectable. Additional components are added to enrich the flavour of the milk-based pudding, with cornflour serving as a thickening agent, although some recipes use rice flour.

I highly recommend trying the classic orange blossom Mahalabia and a mango variation, as mangoes are currently in season. Other delightful flavours include cardamom and rose water. So, are you team orange blossom, mango, rose, or cardamom? Give Mahalabia a try, and let your taste buds decide!



ORANGE BLOSSOM MAHALABIA

Ingredients:

- 1 Liter + 1 cup of whole milk
- 7 tablespoons corn starch OR 12 tablespoons rice flour
- ¾ - 1 cups sugar based on preference
- 1 tablespoon orange blossom water
- Pistachio for garnish

Instructions:

- In a pot, mix the whole milk, sugar, and corn starch/rice flour and whisk well until dissolved.
- Place pot on medium heat and whisk continuously for about 10 minutes until it starts to thicken.
- Lower the heat to low and continue whisking for a few more minutes until thickened to a pudding consistency. Ensure you lower the heat and continue whisking so the milk does not stick to the bottom of the pot and burn.
- Remove from heat and add the flavouring.
- Place in small dessert cups and refrigerate for 2-3 hours.
- When ready to serve, garnish with nuts and enjoy.



MANGO MAHALABIA Variation

- Replace orange blossom water with ½ tsp of cardamom powder.
- Prepare a mango puree to add on top of the cardamom flavoured mahalabia.

Ingredients for the mango puree:

- 2 cups ripe mango puree
- A pinch of cardamom powder
- 1/2 cup powdered sugar or more to taste

Instructions:

- Mix the ingredients together in a bowl until well combined.
- Add the mango puree layer on top of the mahalabia after it has set up in the fridge.
- Add a few pieces of chopped mango and slivers of pistachio for presentation and an added pop of color.

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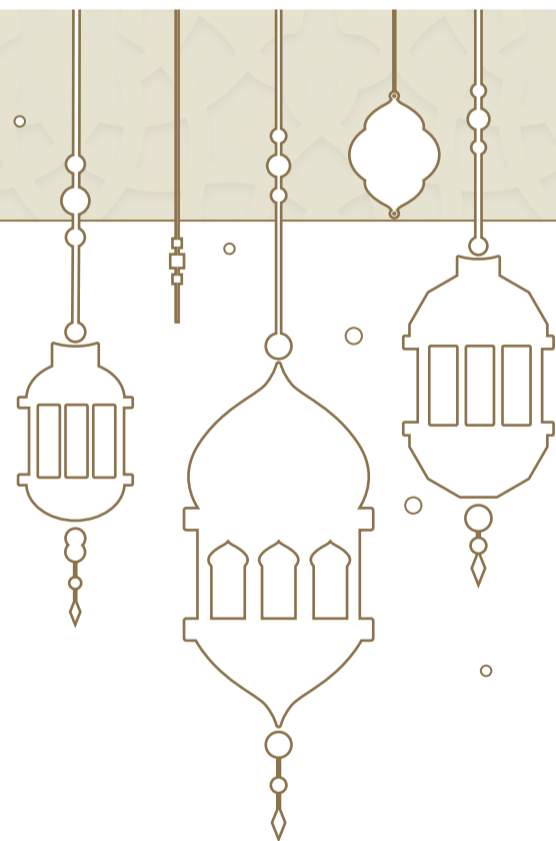
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The Emerald Buddha is moved with great ceremony to its current place in Wat Phra Kaew, Thailand



Northland Center, the world's largest shopping mall at the time, opens in Oakpark, Michigan

US confirms its troops used chemical warfare against the Vietcong

US President Donald Trump imposes \$60 billion worth of tariffs on Chinese imports

THE DAILY **tribune**

WEDNESDAY, MARCH 22, 2023

QUOTE
OF THE
DAY

TELL ME AND I FORGET. TEACH ME AND I REMEMBER. INVOLVE ME AND I LEARN
BENJAMIN FRANKLIN

News in brief

◆ The United States

yesterday inaugurated its first permanent army base in Poland, which the ambassador to Warsaw said was a sign of NATO unity in the face of Russian aggression. More than 10,000 US soldiers are currently stationed in Poland, which has become the main transit country for international aid and equipment to neighbour Ukraine. The US garrison -- the eighth in Europe -- was established in the western city of Poznan. The garrison was established following US President Joe Biden's announcement last year of a permanent US presence in Poland. Polish Defence Minister Mariusz Blaszczak said "we highly appreciate the permanent US presence in Poland, especially nowadays in Europe when Russia has invaded Ukraine and is trying to rebuild its empire." "The US army troops on NATO's eastern flank will be commanded from Poland," he added at the ceremony, calling the garrison "important for the security of Poland but also for the security of NATO".



US inaugurates first permanent army base in Poland

◆ NATO chief Jens Stoltenberg warned Tuesday that allies are not boosting

defence expenditure fast enough in the face of Russia's attack on Ukraine, as the number of countries hitting a key spending target fell. On Tuesday, the alliance's annual report said only seven -- Greece, the United States, Lithuania, Poland, Britain, Estonia and Latvia -- hit that level in 2022.



NATO Chief Warns Allies Must Boost Defence Spending

That figure was down from eight alliance members in 2021 and 11 in 2020. "Many Allies have announced significant defence spending increases since Russia's invasion," Stoltenberg told a press conference. "Now these pledges must turn into real cash, contracts, and concrete equipment, because defence spending underpins everything we do."

◆ Britain's former prime minister Boris Johnson said Tuesday he inadvertently misled parliament over the "Partygate" scandal but blamed top aides, ahead of a televised grilling that could determine his political fate. Johnson released a 52-page dossier detailing why he denied breaking the rules over two years of Covid lockdowns, when his staff were often partying in 10 Downing Street. He was fined himself by police for one gathering, along with his then finance minister and current prime minister Rishi Sunak. The former Conservative leader apologised and corrected the parliamentary record last May after previously insisting to MPs that the gatherings were above board.

UK's Johnson denies lying over lockdown parties as showdown looms

Kyiv hails 'historic' Japan PM Kishida visit as 'sign of solidarity'

◆ Ukraine's foreign ministry on Tuesday welcomed Japan's Prime Minister Fumio Kishida to Kyiv, hailing his "historic" visit as a key show of support. "This historic visit is a sign of solidarity and strong cooperation between (Ukraine and Japan). We are grateful to Japan for its strong support and contribution to our future victory," First Deputy Foreign Minister Emine Dzheppar said on Twitter.

Luxury Italian carmaker Ferrari has revealed it was a victim of a cyberattack targeting confidential information about its customers, but said it had refused a ransom demand. In a statement late on Monday, the firm said it had informed customers and was working to reinforce the security of its systems, adding that there was "no impact on the operational functions of our company".

Ferrari hit by cyberattack demanding customer details

Strong Earthquake has people fleeing in Afghanistan, Pakistan

Kabul, Afghanistan

A strong earthquake lasting for at least 30 seconds was felt across much of Afghanistan, Pakistan and parts of India yesterday night, with the United States Geological Survey putting the magnitude at 6.5. "People ran out of their houses and were reciting the Koran," an AFP correspondent in Paki-

stani city of Rawalpindi said, with similar reports coming from elsewhere in the country and in Afghanistan.

USGS said the quake was centred near Jurm in north-eastern Afghanistan and had a depth of 187 kilometers (116 miles).

Afghanistan is frequently hit by earthquakes, especially in the Hindu Kush mountain

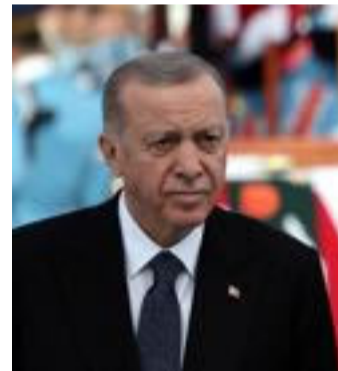
range, which lies near the junction of the Eurasian and Indian tectonic plates.

More than 1,000 people were killed and tens of thousands made homeless after a 5.9-magnitude quake -- the deadliest in Afghanistan in nearly a quarter of a century -- struck the impoverished province of Paktika on June 22 last year.

Erdogan pledges to ease Iraq's water shortage

● Baghdad accuses Ankara of withholding water in dams that choke the Tigris and Euphrates

● Erdogan told Iraq's visiting PM Mohamed Shia al-Sudani that he was aware of the "urgent need for water"



Turkish President Recep Tayyip Erdogan

Ankara, Turkey

Turkish President Recep Tayyip Erdogan pledged yesterday to step up the flow of water along the Tigris River to drought-stricken Iraq for one month.

Baghdad accuses Ankara of withholding water in dams that choke the Tigris and Euphrates rivers near their point of origin in Turkey.

The issue has gained added urgency as the entire region is gripped by a years-long drought

volume of water flowing along the Tigris River," Erdogan told a joint media appearance with Sudani.

"The issue of water will hopefully be resolved," Erdogan said.

Erdogan did not mention Turkey's dam building projects or explain how he intended to step up the water flows.

The Turkish leader also failed to specify why the decision was only taken for one month.

But Erdogan's comments received a warm welcome from the Iraqi premier during his first official visit to Turkey since assuming office last October.

"I want to express my gratitude and thanks to the president from the Iraqi people," Sudani said.

Turkey's relations with its neighbour have also been complicated by the presence of Kurdish insurgents from the PKK group -- recognised as a terror organisation by Ankara and its Western allies -- in the mountainous northern Iraq.

Video shows US police piling on man who died at mental hospital

Washington, United States

Disturbing video footage released Tuesday shows the death of a 28-year-old Black man as he was being admitted to a US mental hospital, where he was forcibly restrained by as many as 10 police officers and hospital security guards.

Irvo Otieno's March 6 death in Virginia has already drawn murder charges against the officers and guards involved, thrusting the spotlight back on US law enforcement brutality and the treatment of mental health patients in particular.

Otieno was already in handcuffs and leg restraints when police brought him from the Henrico County jail near Richmond, Virginia, to Central State Hospital in nearby Petersburg. The Washington Post pub-



This undated handout photo provided by Ben Crump Law shows Irvo Otieno (R), 28, who died on March 6, 2023 in the custody of deputies in central Virginia, posing with his mother and brother.

lished a nine-minute video, drawn from 27 minutes of hospital surveillance footage of the incident.

The edited clip shows the seven officers bringing the shirtless and shoeless Otieno into a room

at the hospital on March 6.

In the video he does not appear to struggle.

They place him on the floor and then hold him down at length, the purpose unclear, with one officer laying on him

and another apparently pressing his knee to Otieno's head or neck, while up to 10 hospital workers watch, some sometimes helping out.

Eventually he goes limp and efforts by police and hospital workers to resuscitate him proved fruitless.

Seven police officers and three hospital workers, most of whom were also African American, were charged with second-degree murder in the case.

Otieno was taken by police into custody three days earlier after experiencing a mental health crisis.

Held for three days in the local jail, he was then transferred to the Central State Hospital, where he died.

According to preliminary autopsy results, he died of asphyxiation while being "physically



Crump has drawn a parallel between Otieno's case and the murder of George Floyd, a Black man whose videotaped death under the knee of a Minneapolis police officer shocked the world in 2020, triggering a mass mobilization against racism and police brutality.

restrained," Dinwiddie County District Attorney Ann Cabell Baskerville said in a statement.

Last week his mother Caroline Ouko said he was "going through mental illness."



TOP
4
TWEETS

01



When Governments and other authorities use racism & discrimination for political ends, they are playing with fire. This has played out catastrophically, throughout history. We must #FightRacism wherever and whenever it arises.

@antoniogeterres

02



Navroz Mubarak! On this auspicious occasion, I pray for the happiness and good health of everyone. May the year ahead bring greater prosperity and further the spirit of togetherness in our society.

@narendramodi

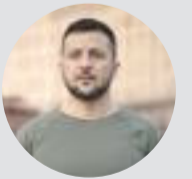
03



There appears to be zero self-awareness among legacy media that they behave like an NPC drone collective

@elonmusk

04



30,000 tons of Ukraine-wheat arrived in Kenya as part of the Grain from Ukraine humanitarian program. Program's ambassador Dr. @ChrisFomunyoh took part in the cargo receiving ceremony. Despite Russian aggression, we won't give up our participation in overcoming global challenges.

@ZelenskyyUa

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

CAMPUS

NMS team triumph in inter-school 'Clean-Plate Campaign' contest



A team of five students from New Millennium School Bahrain, won the first position in the Inter-School Clean-Plate Campaign Contest (Best Practices Adopted), a movement initiated by the Ministry of Education to sensitize school students to reduce food waste and ensure food security in the Kingdom. The contest witnessed the exhibition of innovative and creative projects and activities conducted by schools to herald their solidarity to the campaign. As part of the initiative, the NMS students have been participating in various activities conducted in the school to raise awareness about the campaign. Special Assemblies and campaigns launched on the theme reiterated the global concern of food waste management. The team also bagged second position in Video presentation category. Chairman Dr. Ravi Pillai, Managing Director Geetha Pillai and Principal Arun Kumar Sharma congratulated the winners, parents and teachers for this laudable achievement

Bahrain Diabetes Society presents new book to RCSI Bahrain



TDT | Manama

The President of the Royal College of Surgeons in Ireland – Medical University of Bahrain (RCSI Bahrain), Professor Sameer Ootom, and senior executives from RCSI Bahrain welcomed a delegation from the Bahrain Diabetes Society (BDS), led by Dr Mariam Al-Hajri, Vice President of Bahrain Diabetes Society.

During their meeting, Stephen Harrison-Mirfield, RCSI Bahrain Managing Di-

rector, presented on key developments and campus advancements RCSI Bahrain has witnessed across the years, followed by a presentation by Danah Smith, Lecturer in Nursing and Nursing Year 1 Level Director, on the RCSI Bahrain Diabetes Mobile Unit (DMU) initiatives.

Members from the Bahrain Diabetes Society, including Professor Dalal Al Romaihi, Consultant Endocrinologist and Clinical Associate Professor of Medicine at RCSI Bahrain, along with Professor Shabeen Naz Masood, Consultant Gynaecologist; Dr Muhammad Owais Fazal, Associate Pro-

fessor of Medicine at Faisalabad Medical University; and Dr Hina Ayesha, Consultant Gynaecologist at Advanced International Hospital, Pakistan, presented Professor Ootom with a copy of their new book "Diabetes and Pregnancy: A journey into the past, present and future of care", which was launched at the Maternal and Child Health Conference, under the patronage of His Excellency Lieutenant General Dr Shaikh Mohammed bin Abdulla Al Khalifa, Chairman of the Supreme Council of Health and President of the Bahrain Diabetes Society.

Bhavans - BIS conducts graduation ceremony for kindergarteners



Bhavans-Bahrain Indian School (BIS) celebrated Kindergarten Graduation on 16th March. The event is an exciting milestone for pre-primary children as it marks a new beginning that adds new dimensions to their school life. The Chief Guest of the day, Sara Zakareya A. Rahim Mohamed Saleh Buallay, an Education Specialist from Ministry of Education's Directorate of Licensing and Follow-up of Private Schools, graced the occasion along with BIS Directors Himanshu Verma and Ritu Verma. Principal Saji Jacob extended a cordial and a warm welcome to the Chief Guest, BIS Fraternity, parents, and the young students. The Chief Guest along with BIS Directors and Principal felicitated the students with the Graduation certificates. The Chief Guest appreciated the students for exhibiting their talent so elegantly and gracefully and for being confident speakers. Directors applauded the efforts of the students and also thanked parents for their constant support. Principal Saji Jacob congratulated the students on stepping up the ladder

NMS celebrates kindergarten graduation ceremony



The New Millennium School organised a spectacular function to celebrate the Graduation Ceremony of Kindergarten students, on 18th March. The theme for the morning was "We enjoy learning @ NMS". The theme was depicted through a kaleidoscope of performances ranging from divine invocation dance to show stopping grand finale performance. The chief guest Geetha Pillai, Managing Director in her speech, applauded the parents' efforts, perseverance, motivation and support that contributed to the successful completion of their child's pre-school. She appreciated the hard work put in by the mother teachers of the Kindergarten section, who deliver key learnings for children through innovative and fun-filled techniques. Principal, Arun Kumar Sharma, in his speech congratulated all the students and highlighted the importance of the collaboration between the parent and School in overall development of child's personality. Chairman, Dr. Ravi Pillai, extended his love and blessings to the children on this occasion



CELEBS

celebs



Michael B. Jordan gets 'sick and rundown' due to lack of free time

Celebretainment | Los Angeles

Michael B. Jordan often gets "sick and rundown" because he struggles to keep up with the pace of his busy life. The 'Creed' star has admitted he's terrible at carving out free time to relax in his busy schedule.

Michael B. Jordan

as he rarely has any days off - and he understands it's not healthy but he's determined to work hard for all of his success. In an interview with Rolling Stone magazine, he explained: "You know, I just don't have a lot of free time. It seems like what I have to do supersedes that so often. And I know it's not good. [I get] sick and rundown, and my body's quitting on me all the time, saying, 'Mike, f***** relax. You can't keep this pace up.'"

"But again, that goes back to making sure I deserve it. Things came easier for me. So I worked twice as hard. I put myself through that torture, that pain, to feel like I deserved the blessings that I have." The actor added giving himself some free time is "something I have not mastered" and said he tries to meditate or take himself off for drive in a bid to relax. He went on: "I meditate when I can. When I'm in the shower or if I'm cooking. Go-

ing for a drive. Three o'clock in the morning, go for a drive. Music on. Driving." However, when asked if he has any plans to slow down his busy schedule, the actor confessed: "I don't see myself slowing down. Even when I say I want to slow down - I do, in theory, [it] sounds good. But then, I'm so curious. I want to leave nothing on the table. Life's short. Like, I don't want to leave any stone unturned. I want to squeeze every f***** drop out of this."



Seth Rogen and Emma Watson

Seth Rogen reveals Emma Watson did walk off the set of 'This Is the End'

IAN S | Los Angeles

Corroborating a longstanding report that Emma Watson walked off the set of 2013 comedy 'This Is the End', actor Seth Rogen has confirmed the rumour is true. In a recent interview, Rogen said that Watson did, in fact, refuse to shoot a scene in which Danny McBride is a cannibal and holds Channing Tatum by a leash, reports 'Esquire' magazine. But Rogen said he isn't bothered by it. He told 'British GQ' magazine: "I mean, I don't look back on that and think, 'How dare she do that?' You know? I think sometimes when you read something, when it comes to life it doesn't seem to be what you thought it was."

Kaley Cuoco has 'no plan' for baby

Celebretainment | Los Angeles

Kaley Cuoco has "no plan" for the birth of her baby. The 'Flight Attendant' actress is expecting her first child with partner Tom Pelphrey and she's not done anything to prepare for motherhood because she "trusts the process" - and her boyfriend has gained more than enough knowledge for them both. She told 'Entertainment Tonight': "I have no plan and I've read zero books so that's the type of mom I will be. "All the ways I'm not like a prepper. I'm just not that way. It's gonna be great, I trust the process. Tom has googled enough for the both of us. He could probably deliver this baby at this point. "I'm just like, 'It's gonna be great.' But that's how I've gone through life. I think nowadays we get so caught up, right? We didn't even have all this stuff at our fingertips and now it's almost too much." And if she does need help, Kaley knows she can turn to her friends or her mom for support. She added: "My girlfriend I was on the phone with the other day 'cause I had a question about something, she has a newborn as well. I said, 'I don't know what

I'm gonna do,' and she goes, 'Your baby's gonna tell you what to do,' and I love that. "I was like, I know I tell people what to do. If this child is anything like me, she's gonna be like, 'This is what I want,' and I just need to listen. "My mom is amazing. She has honestly been waiting on a grandchild for, like, 20 years. So she's absolutely thrilled." The 37-year-old star can next be seen in 'Based on a True Story' and she revealed her pregnancy was specifically written into the show after she found out she was expecting. She said: "When I signed on for the show, I was obviously not pregnant and it was written very differently and as we were getting starting to shoot, I mean, we're talking literally a month or two out, I met with the producers and I was like, 'What do you think about writing this character pregnant?' "I mean, literally the room was like, 'Oh my god.' I'm like, 'I know.' I'm like, 'I'm sorry?' And they're like, 'No, this could work' and crazily enough they wrote it in for me. "It ended up being such an interesting part of this show to be honest with you. The show is so funny and so wacky and so strange and the best part about it for me is I get to be pregnant, eat whatever I want, wear like the most comfortable clothes, everyone treats me like a queen. "I had, like, 17 different chairs on set. If you're working up until your at the end of your third trimester - which I am - this was the way to do it. "Obviously the first time in my life I've ever done this, so they've really taken care of me and amazingly enough, I actually think it's a great part of the show."



Kaley Cuoco

I'm so proud of my son, says Iggy Azalea

Celebretainment | Los Angeles

Iggy Azalea feels "so proud" of her son. The 32-year-old rap star - who has Onyx, three, with her ex-boyfriend Playboi Carti - has taken to Twitter to reveal that her son recently learned to swim. Iggy - who was born in Australia, but moved to the US during her teens to pursue her music ambitions - wrote on the micro-blogging platform: "My son started swimming without assistance today and I'm so proud. "He jumped in the pool and swam back to the side no issues. "I feel so much better knowing if he fell in a pool he can swim out! "I'm so happy for him, he LOVES the water. (sic)" Meanwhile, Iggy recently claimed that the world ought to be "less serious". The 'Work' hitmaker believes that the public should embrace the "ridiculous" nature of pop culture - rather than pushing back against it. Iggy wrote on Twitter: "Let pop culture be as ridiculous



Iggy Azalea

as it wants to be because life is short and too often dull, sad or monotonous. "I want everyone to be 25 percent less serious." Iggy was subsequently asked to explain her viewpoint by one of her social media followers. Iggy then clarified: "I mean, become 25 percent more fun. "Hahahaha (sic)" The chart-topping star also provided her own definition of a "fun person". She said: "Anyone who's not afraid of looking a lil foolish in the name of a good time. (sic)" Whats more, Iggy thinks people ought to approach life with a more positive attitude. In response to a Twitter follower who hailed Iggy's "type of fun", she explained: "Same. Hope you live a long and happy life cause this is the energy we need in the world!"

SUDOKU

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	9		3	4				
8	1		7					5

Yesterday's solution

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

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
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Across

1- Get an effort; 5- Stone marker; 10- Swedish auto; 14- Aboriginal rite site; 15- High building; 16- The Beatles' "Back in the ..."; 17- Woodstock singer Joan; 18- Broadcasting; 19- Japanese soup; 20- Cockney greeting; 21- Christian festival; 23- Knock vigorously; 25- Actor Linden; 26- Sheriff; 31- Less common; 35- Nabokov novel; 36- Once more; 38- Languishes with longing; 40- It parallels a radius; 42- Dazzling display; 44- Sometimes you feel like ...; 45- Luminous; 47- Art supporter; 49- Today; 50- Attack on all sides; 52- Pet birds; 54- Lunar plain; 56- HST's successor; 57- Feudal status; 62- Search; 66- Drop; 67- Aired again; 68- Brio; 69- Son of Isaac and Rebekah; 70- Top story; 71- Bright star; 72- Titanic's undoing; 73- Delicious; 74- A wedding cake may have three of these;

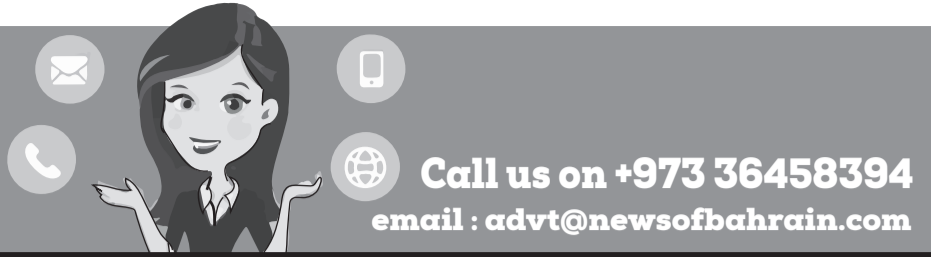
Down

1- French clergyman; 2- Young horse; 3- Hurler Hershisser; 4- Sharp instruments; 5- Strike; 6- Muscle quality; 7- Actor McGregor; 8- Film composer Stevens; 9- Debt that remains unpaid; 10- Japanese wrestling; 11- Garage sale sign; 12- Helper; Abbr.; 13- Pal in the 'hood; 22- Thunder unit; 24- Found it; 26- Handle roughly; 27- Improvise; 28- Scope; 29- Chantilly product; 30- New Hampshire's state flower; 32- Narrow inlet; 33- Boredom; 34- Employ again; 37- Mission control gp.; 39- RR stops; 41- Sights of relief; 43- Inclination; 46- Dick Tracy's love; 48- Fellow; 51- Try to shred; 53- Take as an affront; 55- Prince Valiant's wife; 57- Urr; 58- Banned apple spray; 59- Garden pest; 60- Humanities; 61- Gallop or canter; 63- "The Time Machine" race; 64- Gutter location; 65- Knot in wood; 66- Short mo.;

Yesterday's solution

A	T	E	E	N	E	E	N	S	A				
T	E	E	N	E	R	E	E	N	S	A			
E	R	O	D	E	A	E	O	N	S	H	E	E	
H	A	T	C	H	E	T	S	T	E	P	U	P	
E	N	R	O	O	T	A	T	A	R	I			
I	D	I	O	T	E	X	I	S	T	E	N	C	E
S	I	T	P	L	O	N	K						
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P	I	E	T	O	T	A	L	U	P	P	E	R	
S	L	R	E	D	I	T	S	T	E	A	S	E	

Classifieds



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Hodgson returns as Crystal Palace manager until end of season

AFP | London

"Our sole objective now is



Crystal Palace's English manager Roy Hodgson watches his players warm up for a match (file photo)

Crystal Palace have reappointed former England boss Roy Hodgson as their manager until the end of the season, with a mission to save the Premier League strugglers from relegation.

The 75-year-old, who replaces the sacked Patrick Vieira, said the "sole objective" was to ensure survival in the English top flight.

Hodgson, who was in charge at Selhurst Park between 2017 and 2021, takes over with Palace lying 12th in the Premier League, three points above the relegation zone after a 12-match winless run.

"It is a privilege to be asked to return to the club, which has always meant so much to me, and to be given the important task of turning the team's fortunes around," Hodgson said in a club statement.



It is a privilege to be asked to return to the club, which has always meant so much to me, and to be given the important task of turning the team's fortunes around

ROY HODGSON

to start winning matches, and to get the points necessary to ensure our Premier League status."

Hodgson will be assisted by Paddy McCarthy, with Ray Lewington returning as first-team coach.

Palace chairman Steve Parish welcomed the former Liverpool and Inter Milan manager back to his boyhood club, saying his experience would be crucial in the battle to avoid the drop.

"We are obviously in a very challenging period but we believe that Roy's and Ray's experience, knowledge of the club and players, alongside Paddy, can help fulfil the immediate requirement of keeping us in the league," he said.

Former Arsenal and France midfielder Vieira was sacked on Friday, taking the number of managerial sackings during the 2022/23 campaign to nine, one fewer than last season's total, which equalled the Premier League record.

Hodgson has a difficult job on his hands turning around the form of a club that have not win a match in 2023.

YOU KNOW WHAT

Former Arsenal and France midfielder Vieira was sacked on Friday, taking the number of managerial sackings during the 2022/23 campaign to nine, one fewer than last season's total, which equalled the Premier League record

Mbappe to become new France captain

AFP | Paris

Kylian Mbappe will take over as captain of France after Hugo Lloris stepped down following the World Cup final defeat to Argentina, a source close to the team has said.

Paris Saint-Germain forward Mbappe, 24, accepted the role after discussions with coach Didier Deschamps.

His first game as captain will be Friday's Euro 2024 qualifier against the Netherlands at the Stade de France, Les Bleus' first match since their World Cup final disappointment in Doha on December 18.

Tottenham goalkeeper Lloris, 36, brought an end to his international career in January, in the weeks after Lionel Messi's Argentina side beat the French in a penalty shootout following a thrilling match that ended 3-3 in extra-time.

Lloris had been skipper for more than a decade.

Atletico Madrid attacker Antoine Griezmann was named vice-captain after Manchester United centre-back Raphael Varane also hung up his boots following the defeat to Argentina in December.

Mbappe, who scored a hat-trick in the World Cup final defeat, had been heavily linked



PSG's Kylian Mbappe celebrates after scoring a goal (file photo)

66

matches have been played by Kylian Mbappe for France



In giving him the responsibility of the captaincy, it allows Kylian, when necessary, to go still further, higher, stronger

MICHEL PLATINI, FORMER CAPTAIN

with the captain's role for weeks.

Michel Platini, who captained France to victory in the 1984 European Championship, said the decision was "a very good idea".

"In giving him the responsibility of the captaincy, it allows Kylian, when necessary, to go still further, higher, stronger," Platini, the ex-head of European football's governing body UEFA, said.

Mbappe helped Les Bleus to



Kylian Mbappe's first game as captain will be Friday's Euro 2024 qualifier against the Netherlands at the Stade de France

World Cup glory as a teenager in 2018 and has established himself as arguably the leading forward on the global stage.

The Paris-born former Monaco player is vice-captain at PSG behind Brazilian defender Marquinhos and led the side in the defender's absence during Sunday's loss to Rennes.

Mbappe has scored 19 goals in 24 Ligue 1 matches this season and contributed seven goals in PSG's run to the last 16 of the Champions League, where they were knocked out by Bayern Munich.

France are grouped with the Dutch, the Republic of Ireland, Greece and Gibraltar in their qualifying group for Euro 2024, to be held in Germany.

Klaasen slams 54-ball century, South Africa level series

AFP | London

Heinrich Klaasen slammed a 54-ball century as South Africa beat the West Indies by four wickets in the third and final one-day international yesterday.

South Africa were in trouble at 87 for four chasing a West Indian total of 260 but Klaasen went for his shots and the home side chased down the target with 20.3 overs to spare.

The series was shared 1-1 after the first match was rained off.

"We try to play conditions and not the situation and the conditions were fantastic," said Klaasen.

Klaasen finished with 119 not out off 61 balls, hitting 15 fours and five sixes in Potchefstroom. He shared partnerships of 55 off 38 balls with David Miller (17) and a match-clinching sixth-wicket stand of 103 off 62



South Africa's Heinrich Klaasen watches the ball after playing a shot

deliveries with Marco Jansen (43).

"It was a good wicket and it was one of my better knocks," said Klaasen after notching his second one-day international century and the fourth-fastest for South Africa behind two

from AB de Villiers one from Mark Boucher.

De Villiers holds the world record with his 31-ball hundred against the West Indies in Johannesburg in 2014/15.

Alzarri Joseph rocked the South Africans at the start of



Klaasen finished with 15 fours and five sixes from 61 balls for his second ODI century

their innings by taking the first two wickets with aggressive, short-pitched bowling.

He finished with three for 50 but the rest of the West Indian bowlers took heavy punishment.

Klaasen was particularly severe on spin bowlers Akeal Hosen, who took two for 49 in seven overs, and Yannic Cariah, who conceded 49 runs in 3.3 overs.

Despite age, 'Ibra' open to playing in Euros next year



Sweden's forward Zlatan Ibrahimovic attends a training session of Sweden's national football team

AFP | Solna

Veteran striker Zlatan Ibrahimovic said yesterday he was hoping to play in the Euros next year despite his age, as his Swedish squad prepared for its first qualifier against Belgium.

Ibrahimovic, 41 is already set to break Italian goalkeeper Dino Zoff's age record in a Euro qualifier of 40 years and 90 days, set in 1983.

"I don't think that far ahead, given what I have been through with injuries and such. If I feel good physically I am going to keep going," the AC Milan veteran striker told reporters, when asked if he intended to play in Euro 2024 in Germany, should Sweden qualify.

Should Sweden qualify for next year's competition, Ibrahimovic could also beat the age record for a European championship, set by Hungary's Gabor Kiraly, who played in the 2016 edition aged 40

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ZLATAN IBRAHIMOVIC

Over the weekend, Ibrahimovic made history by becoming the oldest person to score a goal in Italy's Serie A.

While pleased with the achievement, the footballer said he still wanted to be able to "be compared to everyone else" and not just be impressive for his age.

"I'm not here for charity. I'm here to play my game and to provide and bring results through my performance. So hopefully I can continue to do that," Ibrahimovic said.

Should Sweden qualify for next year's competition, Ibrahimovic could also beat the age record for a European championship, set by Hungary's Gabor Kiraly, who played in the 2016 edition aged 40.

Dar Kulaib draw first blood against Al Ahli

Dar Kulaib win opening game of best-of-three semi-final series in Volleyball League

● Dar Kulaib and Ahli to meet in game two on Saturday, game three on Tuesday next week, if needed

● Winner of the Dar Kulaib-Ahli semi-finals to advance to meet Al Najma in championship series

TDT | Manama



Dar Kulaib players celebrate after scoring a point against Al Ahli last night

Dar Kulaib drew first blood last night in their best-of-three semi-final series against Al Ahli in the 2022/2023 Isa bin Rashid Bahrain Volleyball League.

Dar Kulaib swept past their rivals 3-0 (25-22, 25-19, 25-19) in the opening game of their match-up, played at the Isa bin Rashid Arena at the Bahrain Volleyball Association headquarters at Isa Sports City in Riffa.

The victors were in a class of their own and now look to secure their berths in the finals when they return to the playing court on Saturday for game two.

Ahli, on the other hand, will be looking to stay alive and extend their series to a winner-take-all third game, slated for Tuesday next week.

Both contests are scheduled

for 9.30pm starts at the same venue.

The winner of this final four match-up will move on to face the waiting Al Najma in the championship round, which will also be held in best-of-three format.

In last night's win, Dar Kulaib and Ahli matched each other point-for-point in the first set until a 17-all deadlock.

A Mohammed Yaqoob spike then broke the tie and spurred Dar Kulaib to a 21-18 lead. Ahli fought back and got to within 22-23, but then their opponents were able to close the set out with a Juan Barrera spike and following an Ahli error.

In the second, Dar Kulaib were dominant and turned an

11-5 lead to 18-9. Ahli were able to narrow the gap but Dar Kulaib quickly secured their two-set advantage.

In set three, Ahli appeared determined to keep the match going and went ahead with a slim 15-14 edge, and later 17-15. But Dar Kulaib would not back down, and they scored the next three points to wrest back the advantage at 18-17.

They rode their momentum all the way until the end and took match point on a powerful Yaqoob serve that could not be received by Ahli.

Also playing key roles for Dar Kulaib were Ali Habib, Mahmoud Abdulwahed, Hassan Abbas, Hassan Alaiwi and libero Hussain Sultan.

For Ahli, they relied heav-



Al Najma had earlier secured their berth in the finals series after sweeping past Muharraq in their single game semi-final clash. Being the top-ranked team at the end of the round-of-six playoffs, Najma had a twice-to-beat advantage against Muharraq

ily on Canadian professional Jerome Cross, and local stars Naser Anan, Mohammed Anan, Abbas Al Khabbaz, Ali Alsairafi, Sayed Mohammed Alabbar and Mahmood Abdulhussain, among others.

Najma secured their berth in the finals series after sweeping past Muharraq 3-0 (25-21, 25-20, 25-18) in their single game semi-final clash.

Being the top-ranked team at the end of the round-of-six playoffs, Najma had a twice-to-beat advantage against Muharraq, and with their win, earned a direct place in the championship match-up.

FIA to clarify rules that led to Alonso chaos at Saudi Arabia Grand Prix

AFP | Jeddah

The FIA said on Monday it intends to "address" the problems at last weekend's Saudi Arabia Grand Prix where Fernando Alonso was handed a punishment at the end of the race that was later overturned.

The Spaniard crossed the line third in his Aston Martin on Sunday but was then handed a 10-second punishment that dropped him to fourth before a late-night appeal reinstated him.

Formula One posted a message from a spokesperson for the FIA, the governing body of world motorsports, who said the stewards had been caught out by "conflicting precedents" on what constituted "working on the car" serving a penalty in the pits.

The message said the topic would be addressed at an FIA



Aston Martin's Spanish driver Fernando Alonso celebrates with his teammates

committee meeting on March 23 and promised "a clarification will be issued ahead of the... Australian Grand Prix" which is on April 2 in Melbourne.

Alonso was first punished for not starting from the right spot on he grid. He tried to serve his five-second penalty at the start

of a pit stop, but a mechanic allowed a jack to touch the car. After the race finished and Alonso had stood on the podium and given interviews, the stewards, who are nominated by the FIA, finally decided that the team had been working on Alonso's car during the penalty.

They hit the Spaniard with a 10-second penalty, dropping him to fourth behind George Russell.

Aston Martin appealed and produced videos showing that other competitors had done the same in the past without being sanctioned.

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Italy lose Chiesa, Dimarco for Euro openers

AFP | Rome

Federico Chiesa and Federico Dimarco have withdrawn from the Italy squad for their opening Euro 2024 qualifiers, the national football federation announced on Monday.

Juventus winger Chiesa limped off after coming on as a

substitute as Juventus beat Inter Milan in a Serie A.

Examinations on his knee showed no injury, but the club said he needs to rest.

Inter left back Dimarco went off earlier the same game.

West Ham defender Emerson Palmieri has been called up for Dimarco but no replacement

was named for Chiesa.

Chiesa was a starter on the team that beat England on penalties in the last final in 2021.

Ivan Provedel of Lazio, one of four goalkeepers called up by coach Roberto Mancini, also withdrew and was replaced by Cremonese's Marco Carnesecchi.



Inter Milan's Italian defender Federico Dimarco reacts after being tackled during a match (file photo)

Ciccone wins as Catalunya mountain takes toll on Ineos



Team Trek-Segafredo's Italian rider Giulio Ciccone (C) crosses the finish line first ahead of second placed Team Jumbo's Slovenian rider Primoz Roglic (L) and third placed Team Quick Step's Belgian rider Remco Evenepoel during the 2nd stage

AFP | Barcelona

Giulio Ciccone won a torse-tuous, mountainous slog on stage two of the Tour of Catalunya yesterday just ahead of Primoz Roglic and Remco Evenepoel.

The trio had chased down and overtaken Colombian climber Esteban Chaves over the final 500m of a twisting shoelace climb to set up a pulsating struggle to the summit finish at a snowy 2,150m altitude.

The result leaves Slovenian Roglic in the overall lead on a race already bearing the familiar pattern of Jumbo-Visma's black and yellow tunics head-

ing up the main peloton.

Trek's Ciccone led the Tour de France as a rookie after claiming the fabled yellow jersey at La Planche des Belles Filles in 2019.

Here the Italian's performance earned him the King of the Mountains jersey on a Tour where it takes on particular significance due to its mountain-packed route.

Pretenders Mikel Landa, Jai Hindley and Joao Almeida were all close at the finish of a 164km ride featuring three climbs.

Adam Yates won here the last two times the Tour of Catalonia passed but he fell Monday and rolled across the line battered and 10mins behind.

Manama outclass Al Sadd of Qatar

Bahrain champions win final group game to advance to qualification round for Gulf semi-finals in FIBA West Asia Super League

● **Lamont Jones scores 25 points, Mohammed Ameer adds 21 to spearhead Manama in win**

● **Bahrainis wrap up preliminaries with four wins and two losses as Group B runners-up**

TDI | Manama

Bahrain champions Manama outclassed Al Sadd of Qatar 98-86 last night in their final preliminary round game in the Gulf sub-zone of the 2022/2023 FIBA West Asia Super League (WASL).

The result marked Manama's fourth win in six outings, and it earned them second place overall in Group B of this stage.

They thus marched through to the qualification game for the Gulf sub-zone semi-finals, where they will face off with Kazma of Kuwait, who finished third in Group A.

Kuwait SC of Kuwait finished as



Manama's Elijah Robinson goes for a tough basket against Sadd's Waverly Samuel Austin

Group B winners ahead of Manama and third-placers Al Nassr Riyadh of Saudi Arabia, while Sadd were last in the group.

In Manama's triumph last night, the Bahrainis shrugged off a lacklustre first quarter where they fell behind 14-26 to take control of the game in the second and third periods.

They were still behind 44-47 at the half, but with a 34-23 third went up 78-70 with only the final canto remaining. There, they rode their momentum to their biggest lead of 12 points, which was also the winning margin.

Lamont Jones scored 25 points to spearhead Manama in the game. Mohammed Ameer added 21, while Elijah

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At the end of the group stage, the top team from each Gulf sub-zone group advances to the semi-finals, while the second and third-placed squads will face-off for qualification to the last four

Robinson had 19. All three top scorers buried three three-pointers apiece against Sadd.

Ahmed Alderazi chipped in with 14 and four triples, while Steve Taylor Jr had six points and nine rebounds.

Vander Lee Blue II was the top-scorer for Sadd with 32, while Waverly Samuel Austin added 23 in the loss.

The WASL is a new basketball competition sanctioned by FIBA, the sport's global governing body. Manama are one

of 16 teams in this inaugural edition. They played home-and-away contests in the Gulf sub-zone against Sadd, Nassr Riyadh and Kuwait.

Group A in the Gulf sub-zone comprises Kazma, Al Hilal of Saudi, Shabab Al Ahli of the UAE and Al Basheer Club of Oman.

Along with the Gulf sub-zone, there is a West Asia sub-zone that includes Beirut First Club of Lebanon, Al Ittihad Aleppo of Syria, Orthodox Amman of Jordan and Zob Ahan Isfahan of Iran in Group A; and Shahr-dari Gorgan of Iran, Al Naft SC of Iraq, Al Karamah SC of Syria, and Al Riyadi Beirut of Lebanon in Group B.

Just like in the Gulf sub-zone, the top team from each group will advance to the semi-finals, while the second and third will face-off in qualification to the last four.

Eventually, the top three teams from the WASL Gulf and WASL West Asia sub-zones will qualify for the WASL Final 8, where they will be joined by Champions of South Asia and Central Asia.

The WASL Final 8 will qualify for FIBA Asia Champions Cup 2023, on the road to FIBA Intercontinental Cup 2023, FIBA's highest club competition.

Bahrain set for tough test in Asian beach soccer quarters

● **Nationals set to take on Iran in knockout game at 4.30pm, Bahrain time**

TDI | Manama

Bahrain is expecting a tough challenge when they lock horns with Iran today in the quarter-finals of the 2023 AFC Beach Soccer Asian Cup, currently being held in Pattaya, Thailand.

Head coach Sadeq Marhoon has described their opponents as "one of the strongest teams in the world", but added that they will give their best to try and claim a victory.

The match is scheduled for a 4.30pm kick-off, Bahrain time, and it will be played at Jomtien Beach Arena.

"We play with one of the strongest teams in the world, and we'll try our best to create a tactic to contain them and come out looking good," said Mar-



Bahrain's national beach soccer team in Pattaya

hoon during his pre-game Press conference yesterday.

"We have played Iran so many times and have won. At one time we were tops in beach football and now Iran are better and stronger.

"Because we are evolving at the moment, with a mix of new players and experienced ones, the challenge would be in dealing with the technical aspect and one-on-one situations."

The Bahrainis are set to play without star skipper Rashed Jamal, who was given a red card in their previous match.

"It is a big loss for us, but we have to do whatever we can to defeat Iran," said Marhoon of Jamal's absence.

Bahrain secured their tickets to the round of eight with wins against Afghanistan and Saudi Arabia, and despite losing to hosts Thailand in their conclud-

"We play with one of the strongest teams in the world, and we'll try our best to create a tactic to contain them and come out looking good"

SADEQ MARHOON

ing match of the tournament's preliminary round. The nationals finished as runners-up in Group A, behind only the Thais, who had a superior goal difference, with both sides finishing on six points apiece.

The other quarter-final games will see Thailand take on the UAE, also today, and then Japan facing Kuwait and Oman playing China tomorrow.

The semi-finals follow on Saturday and both the gold and bronze medal games on Sunday, the concluding day of the championship.

Bahrain were winners of the inaugural AFC Beach Soccer Asian Cup in 2006 and then were finalists in 2009.

Norway's Haaland to miss Euro qualifiers over groin injury



Manchester City's Norwegian striker Erling Haaland celebrates scoring a goal (file photo)

AFP | Oslo

Norway's star striker Erling Haaland will miss the country's next two Euro qualifiers against Spain and Georgia due to a groin injury, the Norwegian FA said yesterday.

Haaland, who recently scored five goals for his club Manchester City against Leipzig in the Champions League and a hat-trick against Burnley in the FA Cup, complained about groin pain following the Burnley game over the weekend.

The Norwegian Football Federation said Haaland had left the national team's training camp in Marbella, Spain, to undergo a medical follow-up

"We hoped it was just a discomfort that would pass by Saturday, but after tests and examinations yesterday it is clear that he will not be ready for the games against Spain and Georgia"

TEAM DOCTOR OLA SAND

with his Premier League club. "We hoped it was just a discomfort that would pass by Saturday, but after tests and examinations yesterday it is clear that he will not be ready for the games against Spain and Georgia," team doctor Ola Sand was quoted as saying in a statement.

Norway will play two away games in their Euro 2024 qualifying group A debut, first against Spain in Malaga on Saturday and Georgia in Batumi on Tuesday.

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Arsenal to face Rooney-coached MLS All Star team in July

AFP | London

Arsenal will take on an MLS select team coached by former England striker Wayne Rooney, in the annual All Star game on July 19, the league said yesterday.

The game will be played at Audi Field in Washington D.C, the home stadium of Rooney's DC United club.

Arsenal had previously featured in the MLS All Star game in 2016 and the game will be part of their pre-season preparations.

"Our US tour last summer was very good preparation for the season, and we're looking forward to once again visiting our amazing supporters in the US," said Gunners manager Mikel Arteta.



Arsenal's manager Mikel Arteta leaves the field with Thomas Partey (file photo)

"The match against the MLS All-Stars will be a good test ahead of the 2023-24 season." The All Star game has traditionally pitted

"Our US tour last summer was very good preparation for the season, and we're looking forward to once again visiting our amazing supporters in the US"

ARSENAL MANAGER MIKEL ARTETA

an MLS select XI against top clubs from the European game but the past two editions have been matches against Mexican Liga-MX select sides.

The match will be broadcast globally via Apple TV as part of MLS's new deal with the platform.