

Gulf Weekly

The community newspaper at the heart of Bahrain



April 1 - 7, 2020

BAHRAIN.OURS.YOURS.

Vol 19 - Issue 14

www.gulfweekly.com

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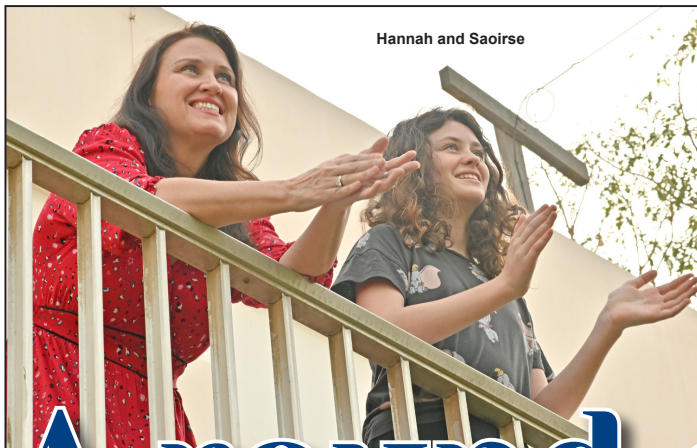
SWEET STORY
Giving back
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FACT-CHECK
Surviving an infodemic
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ITALIAN STALLION
Return of an icon
SEE PAGE 6



Hannah and Saoirse



A round of applause

TOMORROW at 8pm, residents and citizens of Bahrain will be coming together virtually from the safety of their homes for the 'Clap for Bahrain Carers' community initiative to give a raucous round of applause to all doctors, nurses and medical staff working on the frontlines of the kingdom's fight against Covid-19.

The idea was conceptualised last Thursday when 11-year-old Saoirse Lynch and her mother Hannah Turner stood in the balcony of their Umm Al Hassam flat, clapping in solidarity with their friends and family overseas. Millions across the UK and Ireland were part of national initiative to honour the National Health Service



COMMUNITY REPORT
By NAMAN ARORA
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(NHS) workers who have been fighting to contain the crisis in the country.

Saoirse, who studies at St. Christopher's, told *GulfWeekly*: "It was amazing to be able to appreciate all the hard work that NHS has been doing, in solidarity with our family in the UK and Ireland. It got me thinking about my own experience. Myself and 39 other classmates were in Italy incidentally in the red zone with five of our teachers on a school skiing trip when the crisis really started affecting everything.

"Flights were cancelled and the school made the decision to cut the trip short by two days. Our flight had to be re-routed through Istanbul



Hana Ali

and we landed in Bahrain on February 27. We were amongst the first few batches of passengers to be tested at Bahrain International Airport, so it took over seven hours for us to go through passport control, screening and testing.

"My best friend, Emily (O'Shea) was also tested and I remember the staff at the airport being very kind and helpful throughout. My mum and I wanted to appreciate all

their hard work and let them know that we are grateful for all that they, and all the medical workers in the kingdom, do and risk every day."

Saoirse and Hannah, who have essentially been self-isolating since Saoirse returned and tested negative for Covid-19 along with Emily, called up their friend Hana Ali for further support. Hana designed the poster for the event. The thankful trio have been working hard over the weekend to spread the word about the initiative.

The initiative has flourished on social media, with Arabic, Tagalog and Malayalam translations of the event now circulating on *WhatsApp* and *Instagram*.

Clap for Bahrain Carers encourages everyone to stay at home and make some

noise from their gardens or balconies or social media, recognising the kingdom's medical workers, who, as of Monday night, had tested more than 31,526 people for the virus and cared for nearly 500 diagnosed with the disease.

Hannah added: "In addition to the appreciation, we also want medical workers to know that they can trust us to follow their advice and stay home until this crisis is over."

People can become part of the initiative by clapping tomorrow evening at 8pm from home, record themselves, follow and tag @ClapForBahrainCarers on Instagram and join the Facebook event, where they can also post photos and videos, to express appreciation the kingdom's medical workers.



A sweet initiative

MEMBERS of Bahrain's diverse community have been finding their own ways of giving back and assisting in the fight against the global Coronavirus Disease (Covid-19) pandemic.

While all businesses in the kingdom have seen a dramatic loss of revenue, Bahraini businesses like Jamal Showaiter Sweets are contributing through donations of products, property and services, where possible.

Jamal Showaiter Sweets, a hallmark of Bahrain traditional sweets for the last 30 years, has been distributing its halwa, distakia, simsamia and other sweets and goods in the quarantine centres and



COMMUNITY REPORT
By NAMAN ARORA
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at the Bahrain International Airport, to those being tested and treated for Covid-19.

Fuad Mohamed Alrayes, chairman of Jamal Showaiter Sweets, said: "This is our opportunity to give back to the kingdom, which has given and supported us in countless ways through the years. We have been providing some of our products, in small individual packaging, to the quarantine area in Sitra as well as the test waiting lounge at the airport."

"While Bahrain continues to do an exemplary job of containing the virus, testing and treating cases, this is our small way of supporting the task force and directives of His Royal Highness Prince Salman bin Hamad Al Khalifa, Crown



Sheikh Salman



Jamal, Abdul and Fuad

Prince, Deputy Supreme Commander and First Deputy Premier.

"We cannot count the ways Bahrain's government has made our success over the years possible by providing security, stability and a tourist-friendly environment. Most recently, they granted us a 10,000sqm parcel of land as well as a BD1 million loan to build a new household food products factory in the Bahrain International Investment Park that will export many food products, including traditional Bahraini sweets, internationally."

Jamal Showaiter Sweets,

co-owned by Fuad, Jamal Showaiter and Abdul Majeed Theruvath, operates 20 shops and three production centres across the kingdom. It has seen a 97pc decrease in business over the last month due to closed regional and international borders.

In addition to sweets, the company donated the use of their newly constructed building in Gufool last week to the Ministry of Health for use during the crisis as the Ministry sees fit.

Abdul added: "We contacted the ministry and sent an official memo last week. While we had been

thinking about it for a few weeks, seeing Sheikh Salman bin Ali Al Khalifa's contribution galvanised our response. The ministry

hasn't visited the property or officially gotten back to us, but we hope that the property can be put to good use, in whatever way possible. And we also want to encourage other businesses and community members to contribute however possible."

Last week, Sarkco Group chairman Sheikh Salman bin Ali Al Khalifa handed over the group's 10-storey hotel in Juffair with 162 rooms to the Executive Committee, headed by HRH the Crown Prince.

In comments to our sister newspaper *GDN*, Sheikh Salman said: "It is our national duty to support the government committee. I request businessmen and merchants to join the national campaign to combat Covid-19."



The donated building

Fun activities at home

While businesses have been doing their part to assist in the national campaign to combat Covid-19, private individuals and not-for-profit organisations have been coming up with ways to keep Bahrain's residents and citizens occupied from the safety of one's own home, after the government issued guidelines for social distancing that encourage everyone to stay at home as much as possible. Here are some of our picks!

- ◆ The Manama Theatre Club (MTC) and its members put out a seven to 10-minute video every day as part of their "In the Living Room with MTC" series. Each video introduces (and sometimes re-introduces) children and stuck-at-home 'netizens' to a fun activity. Activities so far have included dramatic readings and games. Follow them on *Instagram* @mtcbahrain to enjoy the videos.
- ◆ Toastmasters clubs across the

- kingdom, including Manama Toastmasters, are conducting their meetings virtually and guests are welcome to join. Visit <http://www.toastmasters.org/find-a-club?q=Bahrain> and contact your local club for more information.
- ◆ Vihangam Yoga is conducting free breathing exercises and meditation sessions daily from 5:30pm to 6pm, and on the weekends at 8am and 8:45am. Follow them on *Instagram* @VYBahrain for more information.

HealthWeekly

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What's up Corona?

HEALTH REPORT
By MAI AL KHATIB-CAMILLE
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WHATSAPP has launched an initiative in support of the global fight against Covid-19 to help the likes of health workers, educators, community leaders and non-profit organisations communicate with ease during these troubled times.

The popular messaging services app partnered up with the World Health Organisation (WHO), the United Nations International Children's Emergency Fund (UNICEF) and the United Nations Development Programme (UNDP) to launch the WhatsApp Coronavirus Information Hub to provide simple, actionable guidance for health workers, educators, community leaders, nonprofits, local governments and local businesses that rely on WhatsApp to communicate. The site, [whatsapp.com/coronavirus](https://www.whatsapp.com/coronavirus), also offers general tips and resources for users around the world to



Will



reduce the spread of rumors and connect with accurate health information. These recommendations

provide quick guidance on how small groups can make the most of WhatsApp features and will be distributed by UNDP to those coordinating local efforts. Will Cathcart, the head of WhatsApp, said: "We know that our users are reaching out on WhatsApp more than ever at this time of crisis, whether it's to friends and loved ones, doctors to patients, or teachers to students. We wanted to provide a simple resource that can help connect people at this time."

WhatsApp is working with WHO and UNICEF to provide messaging hotlines for people around the world to use directly. These hotlines will provide reliable information and will be listed on the WhatsApp Coronavirus Information Hub.

The American Facebook-owned, cross-platform messaging and voice over IP service, also donated \$1m to the Poynter Institute's International Fact-Checking Network (IFCN) to ensure accuracy within the #CoronaVirusFacts. "We are also pleased to be able to partner with the Poynter Institute to help grow the amount of fact-checking organisations on WhatsApp and to support their life saving work to debunk rumors," added Will. "We will also continue to work directly with health ministries around the world for them to provide updates right within WhatsApp."

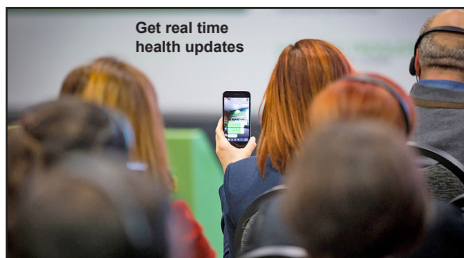
To date, WhatsApp has worked with a number of national health ministries and NGOs to provide factual information to users via text in several countries. As these efforts continue, the hub will be updated with the latest resources.

Achim Steiner, administrator of the UNDP, said: "Getting up to date information about COVID-19 to local communities around the world is a critical piece of the international community's efforts to stem the spread of the virus. Partnerships with private sector companies like WhatsApp will help get this vital, real time information

from the World Health Organisation and local health officials to billions of users around the globe." Baybars Orsek, director

of IFCN, added: "The timely donation from WhatsApp will help the fact-checks published by the CoronaVirusFacts Alliance to

reach wider audiences and, in consequence, help people sort facts from fiction during this avalanche of information that WHO called an 'infodemic'."



Get real time health updates

How WhatsApp can help you stay connected during the coronavirus (COVID-19) pandemic

WhatsApp helps you connect with those who matter most. Here are some of the ways you can use WhatsApp to look after friends and family, stay up to date with the latest official health information, and share information responsibly



Connect remotely

Use WhatsApp features, like groups, voice, and video calls to stay connected and provide support to loved ones even though you might not be able to be in the same place.



Choose reliable sources of information

Connect with local, national, and global organisations. Turn to trusted sources, like the World Health Organisation or your national health ministry, for the latest information and guidelines.



Help prevent the spread of rumors

Think about the messages that you receive, because not everything you are sent about coronavirus may be accurate. Verify the facts with other trusted official sources or fact checkers. If you aren't sure something's true, don't forward it.



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Leisure Guide



Listings, lifestyle, travel, entertainment and sporting events by Naman Arora

Due to on-going public health concerns, restaurants and hotels are limited to deliveries and takeaway only until approximately mid-April. Many of our partner hotels are offering limited versions of their regular menus within the comfort and safety of your own home.



THE INTERCONTINENTAL-REGENCY

From 6:30am until 10:30pm daily, enjoy a multi-outlet menu with Arabic, Indian, American and International cuisines, available for delivery or takeaway. Party platters and ouzi are also available for order, with two days' notice. Takeaway orders enjoy a 15% discount.

❖ Intercontinental-Regency
☎ 17227777 / 36967701

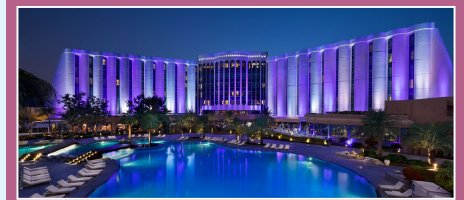
GULF HOTEL BAHRAIN

At Waha, La Pergola, Margarita Mexicana, Sato, China Garden, Royal Thai and Takht Jamsheed are offering curated menus for delivery and takeaway from 11am to 11pm daily. Call to enjoy Al Waha's hot mezzeh and mixed grills, La Pergola's pizza and pasta, Margarita Mexicana's empanadas and tacos, Sato's teriyaki and teppanyaki, Royal Thai's tom yum and curries, Takht Jamsheed's kebabs and khoresht and China Garden's dumplings and noodles, delivered to your doorstep. Prestige club members enjoy 20% off all takeaway or delivery orders.

❖ Gulf Hotel Bahrain
☎ 36445585/ 36551222/ 17746425/ 17746426



THE RITZ-CARLTON, BAHRAIN



At the Ritz-Carlton, Bahrain, The Gourmet Lounge and The Lobby Lounge are offering their existing menus for takeaway only.

The Thai Lounge is offering a special menu featuring Thai, and Balinese cuisine and a selection of items from La Plage, Primavera, Nirvana and Cantina Kahlo will be offered by La Plage to be enjoyed at home with your family and loved ones. All other outlets at the hotel are currently closed.

❖ The Ritz-Carlton, Bahrain
☎ 17580000

FOUR SEASONS HOTEL BAHRAIN BAY

CUT by Wolfgang Puck and re/ Asian Cuisine are now offering take-away and home delivery service from noon to 10pm daily. The menus combine specialties from both CUT by Wolfgang Puck and re/ Asian Cuisine and feature your favourite salads, steaks and sides. And for the first time, the Wagyu Cheesesteak will also be available to order. The Family Pack is also available at BD16.5 per person (with a minimum order for two) and includes your choice of starters, mains, sides and desserts, with Wagyu Rib Eye Steak and Filet Mignon available for an additional BD4 per person.

❖ Four Seasons Hotel Bahrain Bay
☎ 17115000



CRUST & CREMA



From 8am to 11pm, Crust & Crema is offering a selected takeaway and delivery menu, including pizzas (starting at 11am), sandwiches, acai bowls, smoothies, coffees, frappes and beverages. Check out their Purple Immunity booster smoothie with acai berries, now available for takeaway and delivery through Talabat.

❖ Crust & Crema Karbabad/ Galleria
☎ 17214155/ 38821512 – takeaway and information only. Delivery through Talabat only.



JUMEIRAH ROYAL SARAY BAHRAIN

Every day from 7am to midnight, pick up your favourite salad, pasta, pizza, signature sandwich and grills from Jumeirah Royal Saray Bahrain and relish in the cuisine from the comfort of your home.

❖ Jumeirah Royal Saray Bahrain
☎ 77707070

THE WESTIN CITY CENTRE BAHRAIN



Every day from 8am to 10pm, Furn Bakery is open for takeaway only offering cake slices and other bakery items on display as well as items from the a la carte menu.

❖ The Westin City Centre Bahrain
☎ 17171441

Designed for your absolute relaxation, the Lagoon Beach boasts serene views from sunrise till sunset and is one of Reef Clubhouse's most scenic spots in the kingdom.

The Reef Clubhouse's new indoor pool is open! The large-scale indoor pool is a sight to behold. Whether enjoying the warm water, a beverage poolside, soaking in the Jacuzzi, or relaxing on deckchairs, the pool offers a world-class environment in which to spend moments of leisure. Enjoy their Pre-Launch Special and relax

REEF RELAXATION

and unwind every day until Sunday. For BD10 net/person at the food savoury area, guests can enjoy free access to Lagoon Beach facilities including the new indoor pool while children under five are free of charge. Located at Reef Island, the scenic Clubhouse & Lagoon Beach are perfectly positioned overlooking the panoramic view of Bahrain skyline where guests can create memories with loved ones aboard the

Lagoon Moon floating restaurant as they witness the striking view.

The Clubhouse is a vibrant hub of lifestyle amenities placing you at the heart of a world where dining, well-being, leisure, socializing and relaxation are all yours in luxury surroundings. It also has a playground area where a sphere of entertainment and educational-fun will keep younger guests amused in a safe and engaging environment.

❖ Reef Clubhouse, Reef Island
☎ 77900700

Reef Clubhouse



Smart shopping



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Captain Waleed Abdulhameed Al Alawi, deputy chief executive of Gulf Air, Juzer and officials from the Ministry of Industry and Commerce welcome the chartered flight from India to Bahrain



Lulu food security

LULU Hypermarket airlifted a special food consignment on a chartered Gulf Air flight last week in line with its goals of maintaining food security in the kingdom.

In line with this, Lulu chartered one of Gulf Air's flagship Boeing 787-9 Dreamliners from India



SHOPPING REPORT
By NAMAN ARORA
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to Bahrain in an initiative spearheaded by #Team Bahrain.

The company noted, in an official release: "Lulu Group, the largest retail group in the kingdom, received a special consignment of food

produce from India and chose to partner with Gulf Air, the national carrier of the Kingdom of Bahrain, to execute a common shared goal to serve the people of the kingdom. Gulf Air's line professionalism and co-operation in executing this airlift in the interests of national food security is much appreciated and we

assure customers that similar airlifts shall continue as long as required."

Amidst the global outbreak of the Novel Coronavirus (Covid-19), supermarkets and hypermarkets around the world have faced significant shortages of food and basic supplies.

Bahrain's large supermarkets and

hypermarkets have largely avoided this due to food security initiatives supported by the government.

Lulu Group director Juzer Rupawala told *GulfWeekly*: "Lulu Hypermarket is keenly aware of its responsibility to the kingdom's food security chain and in line with the directives of

the Ministry of Industry, Commerce & Tourism, we have implemented our corporate commitment and responsibility as a partner of government to maintain clear lines of food supply. We are humbly offering our expertise to the vision of HRH the Crown Prince, who has been leading us all in this time of global crisis."



FinTechFocus



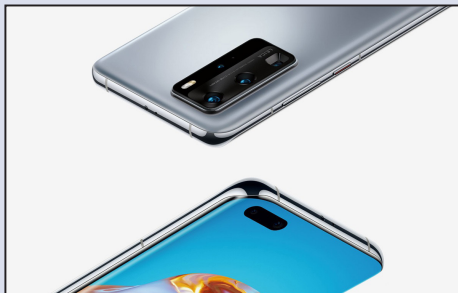
Promising P40

Huawei introduced the P40 family during a global online-only event, making its second flagship move away from Google, writes Naman Arora.

The P40 family will be comprised of three P series devices – the P40, P40 Pro and P40 Pro Plus. The P40 and P40 Pro will be available next week, and the P40 is set to launch in early June.

Since the launch of the P40's predecessor, Huawei has faced a tumultuous year with the US-China trade war raising significant questions about the Chinese company's smartphones.

However, starting last September, Huawei has introduced Huawei Mobile Services and focussed on developing its own operating system EMUI to rival Google Mobile Services and Android, and in addition to its own app store (AppGallery), it is introducing its own first-



party applications, like video-chat application MeTime and digital assistant Celia.

Despite bold inroads offering developers the chance to penetrate the Chinese market, Huawei's biggest challenge remains the significant shortage of applications, compared to Google and Apple.

On the hardware side, losing access to American processors

has helped Huawei show off its Kirin processors, which have shown strong GPU performance and energy efficiency. With the P40 family, the Kirin 990 processor will only be offered in 5G, with no 4G-only option.

The display too is a significant upgrade, with the Pro and Pro+ offering a 6.58-inch 90Hz refresh rate OLED Overflow Display that curves

at the top and bottom as well as on the sides. The P40 is the smaller handset, on account of its 6.1-inch flat screen.

There is no notch but the elliptical punch-hole for the 32MP dual-front camera may not be for everyone either.

The cornerstone of the P series is the camera, and the P40 does not disappoint, both on the software and hardware end. The P40 family has a Leica multi-camera array - The P40 has a triple camera rear, the P40 Pro a quad setup and the Pro+ a penta system.

Consistent across all models is a 50-megapixel SuperSensing sensor with two variants of the wide-angle camera: the P40 has a 16-MP sensor at a 17mm focal length, while the Pro and Pro+ offer 40MP at 18mm (so it's slightly less wide for the sake of edge/corner quality). The higher-resolution 'cinema lens' is also used for 4K video.

All three P40 models have optical lenses: the P40 a 3x



zoom, the P40 Pro a 5x zoom, the P40 Pro+ a 10x zoom.

The Pro and Pro+ also come with a Time-of-Flight depth sensor, deriving distance information, which the software utilises in layers to create background blur in portrait mode.

All three P40 cameras offer advanced Artificial Intelligence and Night Mode modes. The launch teased

features like removal of passers-by from photos and a better-photograph suggestion mode that captures a burst of photos in the background.

Overall, the P40 is a solid phone, especially if you are looking for a phenomenal camera setup. However, if you depend on Google features like Gmail and YouTube, you may be better off looking elsewhere. At least for now.

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MotoringWeekly

Steering you to the best deals on wheels

The Giulia GTA roars again



MOTORING REPORT

By NAMAN ARORA
naman@gulfweekly.com

TO celebrate its 110th anniversary, Italian luxury carmaker Alfa Romeo is returning to its roots, bringing back the legendary Giulia GTA for a limited-series production run, this time nearly tripling the power of the 1965 icon.

The new Giulia GTA is technically and conceptually inspired by the 1965 Giulia Gran Turismo Allegerita (GTA) developed by Autodelta, the award-winning Giulia Sprint and the Giulia Quadrifoglio.

On June 24, Alfa Romeo will turn 110, during which its engineers and designers have relentlessly pursued innovation while remaining true to the brand's DNA combining sportiness and elegance.

Renowned amongst gearheads, Alfa Romeo has created some of the most iconic cars ever built - vehicles right at home on the track, the road and even in beauty pageants. To mark its birthday, Alfa Romeo's new Giulia GTA is a return to



the brand's origins, paying tribute to one of the most emblematic vehicles of automobile history while

Allegerita (allegerita being the Italian term for "lightened") originated in 1965 with the Giulia Sprint

GTA, a specific version derived from the Sprint GT, designed as a sports car and presented at the Amsterdam Motor Show. The body of the Sprint GT was replaced with identical aluminium, "lightening" its load by nearly 200kg and with an optional 1.6 twin cam engine with dual ignition; the new beast reached a then-impressive 115hp on the road.

also showcasing its latest innovations. The Gran Turismo

On the track, Autodelta, the official Alfa Romeo racing team calibrated it to hit a maximum output of 170hp and the model's success in competitions was immediate: three consecutive European Touring Car Championships, multiple national championships and hundreds of individual races in every part of the world.

In the new Giulia GTA and its "street-legal" modified cousin the GTAm, Alfa Romeo engineers have pushed this formula even further.

The Giulia GTAm is the two-seater approved for on-road use, with front splitter and larger visible rear wing in carbon while the regular GTA is the supercar for everyday use with the same power, offering four seats and the same door panels, seats and windows as the Quadrifoglio.

With superb handling, an unmistakable sound and an iconic look, this beast is a beauty to every sense.

Utilising its synergy with Sauber Engineering and know-how from Formula 1 races, the new GTA's active aerodynamics have been redeveloped to increase down-force, using the Sauber Aerokit.

Handling at high speeds has been improved with 20-inch centre lock wheels, appearing for the first time on a sedan, as well as wider wheel tracks and a new set of springs, shock absorbers and bushings for the suspension systems.

On the GTAm, the aerodynamic front piece has been optimised by adding a larger front splitter and a carbon rear wing, ensuring perfect balance at high speeds.

The 2.9 V6 Bi-Turbo, made entirely of aluminium, reaches a power output of 540hp on Giulia GTA, thanks to meticulous calibrations and optimisations, including the implementation of the new Akrapovic specific exhaust system, with its distinctive sound.

Power alone is not enough to ensure extraordinary performance. With a weight reduction of 220lb, thanks to lightweight materials such as carbon fibre in the drive shaft, hood, roof, front bumper, front wheel arches and rear wheel arch inserts, and aluminium in the engine, doors and suspension systems, the

result is a 3,350lb (1520kg) powerhouse with a weight to power ratio of 6.2 lb/hp that shoots to 100km/h in just 3.6 seconds.

Inside the car, the dashboard, door panels, glove compartment, side pillars and the central trim on the seats are all designed with Alcantara trim, with matte carbon inserts, symbolic of the marque's technical and aesthetic elegance. In the GTAm version, rear seats have been removed and a rear roll bar, door belts instead of handles and fully upholstered area with mouldings for helmets and fire extinguisher have been introduced.

The two magnificent mares will be built in a limited edition of 500 units in total, each numbered and certified and supported by a particularly exclusive dedicated customer experience, treating the lucky owners to a unique one-on-one design and delivery experience. Each owner will also receive a personalised experience package kit and a race-driving course devised by the Alfa Romeo Driving Academy.

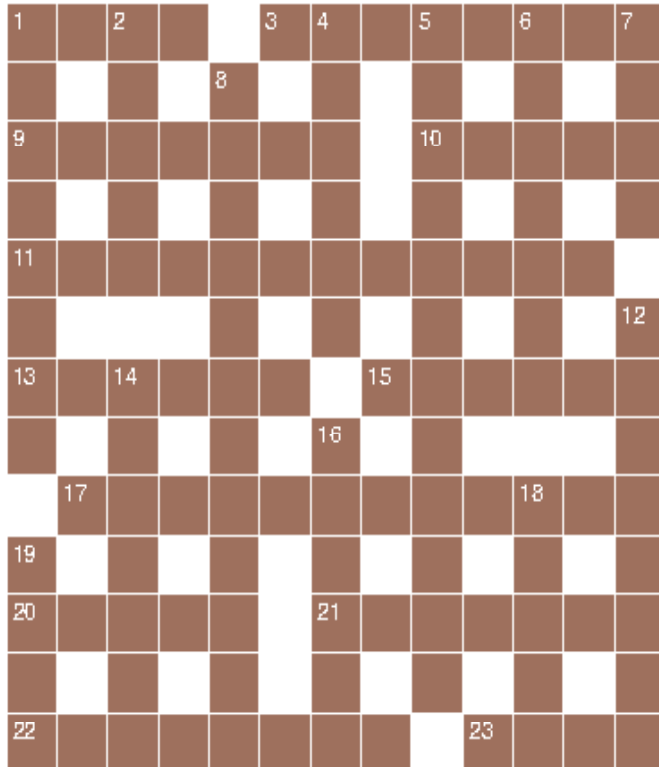


cerebrally crust & crema

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crossword break



ACROSS

1. Diplomacy (4)
3. Savage (8)
9. Non-professional (7)
10. Tree (5)
11. Hymn (4,2,6)
13. Conceit (6)
15. Stick (6)
17. Sea-bird (6,6)
20. Around (5)
21. Pariah (7)
22. Curtailed (8)
23. Boss (4)

DOWN

11. Change over (8)
2. Fetter (5)
4. Sudden (6)
5. Barrages (12)
6. Retort (7)
7. Gang (4)
8. Made manifest (12)
12. Drained (8)
14. Open air (7)
16. Past (6)
18. Respond (5)
19. Legend (4)

who, what, where, when

WHO ... resigned as British Prime Minister following the Suez Crisis?

WHAT ... is the chemical symbol for potassium?

WHERE ... is the Millennium Stadium?

WHEN ... was British actor Shane Richie born?

WHO ... was the winner of the UK's Big Brother in 2004?

WHAT ... was George Eliot's real name?

WHERE ... in the US is the 'Land of Enchantment'?

WHEN ... did designer Zandra Rhodes show her first dress collection?

Solutions in next week's issue.

just so

@ the day ↓

ADVANCE PROTECT
FROM THE RUMORS

DEITY BID BID BID BID

fingerfingerfingerfinger
thumbthumbthumbthumb
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thumbthumbthumbthumb

darn tough sudoku

So you think you're good enough at Sudoku to crack this baby? Remember, we were the first in the Gulf to bring you this bit of Japanese mayhem...so we don't kid around

March 18-24's sudoku

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

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

darn tough sudoku

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

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

March 18-24's Leisure Solutions

CROSSWORD BREAK:

- Across: 6 Adjourn;
7 Vital; 9 Irate;
10 Protect; 12 Credibility;
14 Distraction;
18 Rejoice; 19 State;
21 Image; 22 Theorem.
- Down: 1 Adorn;
2 Rotter; 3 Pry; 4 Pistol; 5 Paucity; 8 Probity;
11 Advance; 13 Dilemma;
15 Trough; 16 Option;
17 Otter; 20 Shy.

Just So: The dark side of the moon; The lowest of the low; Grandmother clock; As good as gold.

Who, What, Where, When: Christopher Cockerell; Yellow; London; 1988; Cole Porter; The head; Memphis; 1649.

Darn Tough Sudoku

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

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TOP OF THE LEAGUE FOR LOCAL AND INTERNATIONAL SPORT

April 1 - 7, 2020

Ironman goes virtual

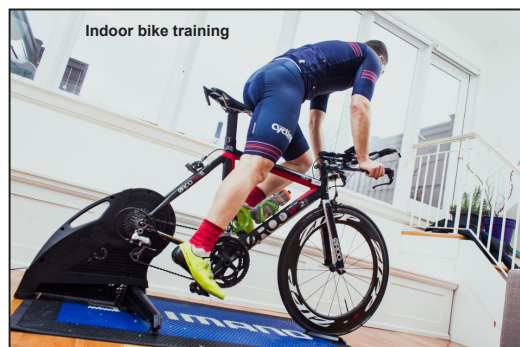
ATLETES will be allowed to train and compete from anywhere in the world at any time with the IRONMAN Group's Virtual Racing Series weekly races and challenges and Club.

The Wanda Sports Group company will also be adding the IRONMAN VR Pro Challenge, which will debut on Saturday through the IRONMAN Now page on Facebook Watch.

The IRONMAN VR Series will be offered through the soon to be launched IRONMAN Virtual Club, a web-based platform that helps athletes continue on their triathlon trials and trails.

Andrew Messick, president and chief executive for the IRONMAN Group, said: "Our mission is to provide exceptional, life-changing race experiences for athletes of all levels from their first step to the finish line. We believe that under extraordinary circumstances such as these, athletes should be able to maintain the structure and continuity that training and competition provides."

"The IRONMAN Virtual Club is an innovative digital platform that enables our athletes to continue training with purpose, remain



connected to our community and provides an opportunity to compete through the IRONMAN VR Series."

Athletes will compete in the traditional age-group categories and for select virtual races, will have the opportunity to earn qualifying slots to the 2020 IRONMAN 70.3 World Championship in Taupo, New Zealand scheduled to take place on November 28 and 29, 2020.

The first competitive race, IRONMAN VR1, will debut on Friday. The format and distances may vary each race weekend. The IRONMAN Virtual Club platform will utilise connected

devices and be compatible with most wearable technology and app trackers. Upon completion of a race, athletes will receive a finisher package including the collectible IRONMAN VR medal and finisher tees for that race.

The IRONMAN Virtual Club will additionally provide an activity-based loyalty point system designed to motivate athletes as they train and reward them through merchandise, discounts and special benefits.

During each weekend of competition, there will also be a Women's and Men's IRONMAN VR Pro Challenge. Two professional

female athletes will compete on Saturday and two professional male athletes will compete on Sunday for prize money. Anyone around the world will be able to tune-in to the head-to-head battles through the IRONMAN Now page on Facebook Watch.

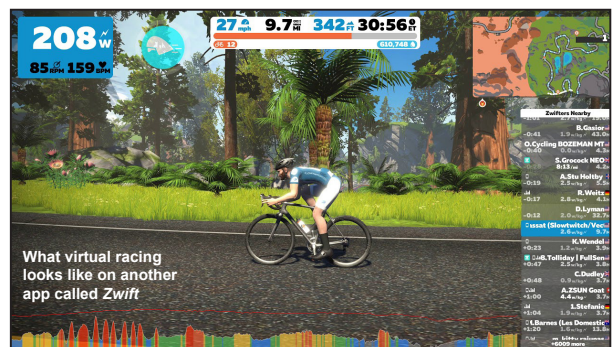
The coverage will also follow the competing age-group athletes through User-Generated Content shared on the interactive platform, allowing athletes to see how they match up against fellow competitors through live look-ins and leaderboard updates. Additionally, every Monday at 6 pm. following

the race weekend, the IRONMAN VR Rolldown Show will provide the best action from the weekend and an interactive live awarding of the 2020 IRONMAN 70.3 World Championship qualifying slots.

During the live coverage, the IRONMAN Foundation will also run Facebook fundraisers to provide support for our traditional host communities.

Full details and specifics regarding the IRONMAN VR Series and IRONMAN Virtual Club will be available at today's launch.

For more information, visit www.ironman.com



What virtual racing looks like on another app called Zwift

UNITED WE STAND

Although the 2019-2020 NBA season has been suspended during the coronavirus crisis, it has not disheartened or lessened the leagues global impact.

Over the past week, 18 NBA AND WNBA players have created public service announcement videos to share important health and wellness information about ways to reduce the spread of the coronavirus as part of a global campaign called NBA Together.

Those videos have generated more than 37 million views across the league's social media accounts. The campaign features the powerful voices of teams, coaches, doctors and other members of the NBA family. Its aim is to support, engage, educate and inspire fans of all ages during the pandemic.

The programme includes these four pillars - Know the Facts, Acts of Caring, Expand Your Community and NBA Together Live.

Know the Facts: The Coronavirus Information for NBA Fans webpage is updated daily with content and links to provide global fans the latest information on developments in their regions and how they can best protect themselves

#NBATogether



and others from the virus.

The site features resources to reduce coronavirus risk with guidance from the Centers for Disease Control and Prevention (CDC), World Health Organisation (WHO), former US Surgeon General Vivek Murthy and local and federal health experts.

Acts of Caring: This initiative shines a light on the power of

community and volunteerism by inspiring one million big and small acts of kindness.

The NBA is calling on players, fans and the general public to share ways they are supporting friends, families and communities by posting photos and videos with the hashtag #NBATogether on Twitter, Instagram, Facebook and TikTok. These acts can include teaching virtual classes, buying groceries for neighbours in need or donating supplies. Visit carens.nba.com/actsofcaring to learn more.

Expand Your Community:

The NBA is encouraging fans to expand their communities through content, activities and virtual engagement in an effort to stay physically and mentally healthy and active. This includes the launch of Jr NBA at Home which is a new interactive content series for young people who are currently unable to play with their friends and teammates, but still want to be active, work on their game and

connect with the NBA. The programme features at-home basketball skills and drills that promote physical activity and character development and can be completed individually and in limited space. It also includes curated content and messages from NBA and WNBA players to inspire boys and girls around the world to stay active in a healthy and safe way. The programme will feature daily posts on the @jrnbasocial media channels (Twitter, Instagram, and Facebook) and NBA digital properties across the globe, and integration with NBA technology partner and mobile basketball training application HomeCourt.

The NBA has also engaged education and wellness partners such as Scholastic Inc, Discovery Education, and NBA Math Hoops to promote existing resources for students and parents that have been adapted for at-home learning. NBA personalities and educators will create short virtual lessons that will make



learning at home fun.

To combat anxiety, the NBA, in partnership with Headspace, will provide mental wellness and resiliency resources and tools to encourage fans to be mindful of their own wellbeing and of those around them.

NBA Together Live: Every weekday at 3pm EST, a member of the NBA family will engage with fans globally, participating in a live interview with NBA broadcast talent or taking questions from fans on Instagram live. Additionally, every evening the NBA will stream classic games on NBA social platforms including Twitter, Facebook, YouTube and Twitch. To further help NBA fans stay

connected with their favourite players and teams, the league partnered with Turner Sports to offer a free preview of NBA League Pass, the league's premium subscription-based product, until April 22.

This complimentary offering features access to full length and condensed replays of all games from the 2019-20 season, as well as an expansive archive of classic games and content. Fans can redeem this free offer by signing into their NBA account through NBA.com or the NBA App on iPhone, iPad, Apple TV, Android mobile and tablet devices, Roku TV, Amazon Fire TV, Xbox One, PlayStation 4 and other supported devices.