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Warplanes carry out strikes on Libya's Derna

Security chief moved

BENHAZI, Libya, May 29, (RTRS): Warplanes launched three air strikes on the eastern Libyan city of Derna on Monday, a witness said, an apparent continuation of Egyptian raids on the city that began last week after militants ambushed a bus and killed Egyptian Christians.

There was no immediate confirmation of Monday's strikes from officials in Libya or neighbouring Egypt, nor any claim of responsibility for the raid on the city at the eastern end of Libya's Mediterranean coast.

However, Egypt has previously acknowledged conducting air strikes on targets in Libya since Friday and said it

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Ramadan Timings

Iftar Tuesday 18:42
Imsak Wednesday 03:06

Opinion

Egypt strikes 'terror nests'

By Ahmed Al-Jarallah

Editor-in-Chief, the Arab Times

EVERYONE in the Arab world knows the real objective behind the massacre carried out by terrorists against the Egyptian Copts. It was aimed at expelling Christians from Egypt, either through intimidation and threat, or by pushing the country into religious sedition and eventually plunging it into a civil war.

This would pull Egypt out of its confrontation with either the Israeli enemy or the expansionist scheme of the Iranian regime.

We all know that the main aim of the Israeli leaders since the inception of Israel has always been to tear apart Egypt. Another objective was added in 1979, when Egypt was intentionally taken off from the center stage in order to facilitate easy control of the region for the Iranian regime under the theme, "Revolution Import", and to divide influence with Israel.

Everything that happened in the past decades especially in the last six years was never outside the endeavors of Israel and Iran.

From this perspective, we need to look at the terrorist attacks, most recent of which was the attack on the Egyptian Copts in Minya. We will discover that Egypt's war on terrorism — not only inside but also outside its borders — becomes a legitimate right in any place.

This is the new strategy that the Egyptian President, Abdul Fattah el-Sisi had announced in his recent speech, clearly addressing the countries that support, directly or behind the curtains, terrorist groups including the Muslim Brotherhood Group, DAESH or their likes.

He affirmed, "There will be no red lines from now on. Egypt's hands will forcefully strike any place that poses a danger to Egypt."

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Gulf alliance in crisis: UAE

'Urgent need to rebuild trust'

DUBAI, May 29, (RTRS): A United Arab Emirates government minister has warned that an alliance of Gulf Arab states was facing a major crisis and he said there was an urgent need to rebuild trust.

Anwar Gargash, UAE Minister of State for Foreign Affairs, made his comments on Twitter less than a week after Saudi Arabia and the UAE signalled frustration at Qatar. Its state media published purported remarks by Qatari Amir Tamim bin Hamad al-Thani criticising Gulf rhetoric against Iran and suggesting strains between the Amir and US President Donald Trump.

Tensions have been rising between Iran and its Gulf Arab

neighbours, who accuse Tehran of trying to expand its influence in Arab countries including Syria and Yemen.

Qatar denied making the critical comments, saying its news agency had been hacked, but Saudi Arabia and the United Arab Emirates allowed their state-backed media to continue running the story, angering Doha.

"The Gulf Cooperation Council countries are passing through a new sharp crisis that carries within it a great danger," Gargash said. "Fending off sedition lies in changing behaviour, building trust and regaining credibility," he added, without mentioning Qatar by name.

Gulf countries have made no official comment on the rift, which emerged after Trump's first visit to Saudi Arabia and his meetings with Arab and Muslim heads of state since he

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After Iftar **بعد الإفطار**

Simple 'tips' for Ramadan health

By Fay Ahmad Shahata

After a long, hot day of fasting, it can be extremely tempting to overindulge when it comes to food and drink. Many people find themselves making some rather unhealthy choices, throwing their diet into complete disarray. However, it is crucial that you maintain a healthy, well-balanced diet during the Holy Month, in order to keep the body nourished and full of energy.

Here are five important things to keep in mind:

1. Start eating the first meal slowly and avoid over-eating

Overeating will most likely cause an insulin spike in the blood. Why is this important? Insulin is the hormone responsible for lowering blood sugar, and the more insulin your body produces, the more likely it is to store fat. Eating slowly can help avoid this spike, and will also help prevent indigestion.

Set aside at least 20 minutes for each meal, as this is how much time the brain usually needs to let your body know that you are full.

2. Don't skip suhoor!

Skipping suhoor will only make you feel exhausted during the next day, so make sure to eat a fulfilling and nutritious meal that will keep you energized and fueled until iftar.

Here are a few guidelines to help you choose a well-balanced meal for suhoor:

■ Avoid simple carbs and sugars (i.e. rice, pasta, refined or white bread, sweets), as they are less filling and are digested more quickly, meaning you get hungrier quicker

■ Add complex carbs or fiber-rich foods (i.e. oats, whole grains, vegetables, fruits), because fiber slows down the digestion process, which keeps you feeling full for a longer period of time

■ Add proteins (i.e. eggs, meat, legumes), because the body takes longer to digest proteins and this delays the onset of hunger

■ Add healthy fats (i.e. nuts, seeds, avocado, olive oil), which can help control your appetite and increase satiety

■ Avoid high-sodium foods (i.e. salty nuts, pickles, certain kinds of cheese), as they make you feel thirsty due to their ability to "steal" water from the body

Also, don't forget to hydrate well during suhoor (more on the importance of hydration below).

3. Limit sugary foods (and drinks)

High amounts of sugary foods will only make you want to eat more of them. Foods that are high in sugar tend to disrupt appetite and increase cravings. Although Ramadan is notorious for its vast array of delicious but sugar-heavy (and fat-laden) desserts and sweets, there are some healthier options that you can opt for. Fruits and vegetables are one example, as they are bursting with nutrients and even water.

Also, don't forget that many drink choices are often full of sugar. Water is always the best and healthiest option.

4. Drink enough water

If you haven't already guessed it: water is extremely important for a healthy, well-rounded diet. Water is an essential component in every chemical reaction in the body; this means that drinking enough water will help your body metabolize the food you eat better and more efficiently. Another great benefit is that a well-hydrated body is less prone to headaches — something most people often suffer from during Ramadan.

The easiest way to know if your body is hydrated enough is by checking the color of your urine: if it is a very light yellow or transparent, then you are safe.

5. Avoid or limit caffeine

Although caffeine can be beneficial, its diuretic properties can be problematic. During Ramadan, there is a reduced window of time during which people can get all their fluid needs, and caffeine just makes this even more difficult.

Fay Shahata is the resident Clinical Dietician at Fawzia Sultan Rehabilitation Institute (FSRI), specializing in developing individualized weight management programs to help patients deal with their different health, diet and weight concerns. You can contact Fay by calling FSRI at 25720338.



US President Donald Trump stands during the playing of Taps after laying a wreath at The Tomb of the Unknown Soldier at Arlington National Cemetery on May 29, in Arlington, Virginia. (AP) — See Page 11



An Iraqi boy rides a bicycle in west Mosul's al-Saha neighbourhood on May 29 as smoke billows during ongoing battles by Iraqi forces to retake the city from Islamic State (IS) group fighters. Iraqi forces pressed forward with a broad offensive targeting Islamic State group-held areas in west Mosul and called for civilians to leave areas where fighting is taking place. (AFP)

Civilians at grave risk: UN

Iraqis press Mosul offensive

MOSUL, Iraq, May 29, (Agencies): Iraqi forces pressed forward Monday with an offensive against jihadist-held areas of Mosul as the United Nations warned of grave danger to civilians in the final stages of the battle.

More than seven months into the massive operation to recapture Mosul from the Islamic State group, Iraqi forces have retaken the city's east and large parts of its western side, but the jihadists are putting up tough resistance in areas they still hold.

"Our units are continuing to advance ... and entered Al-Saha al-Oula and Al-Zinjili and Al-Shifaa neighbourhoods and the Republican Hospital," said Joint Operations Command spokesman Yahya Rasool.

IS was using "explosives-rigged vehicles and snipers and suicide bombers" to target Iraqi forces, he told AFP. The areas mentioned by Rasool —

which are located north of Mosul's Old City, where IS also still holds significant territory — are the main targets of the offensive, which was announced on Saturday.

The Joint Operations Command also said Monday that Iraqi aircraft had dropped leaflets over Mosul urging residents to leave IS-held areas — the second time this has been done within the past week.

This is the opposite of the strategy Iraqi forces employed in east Mosul, where they urged civilians to stay in their homes, and may encourage even more people to leave.

"In the past several weeks, 160,000 civilians have fled, and our expectation is that, because of this order (from the government), we could be seeing a similar number of civilians flee in coming days," Lise Grande, the UN's humanitarian coordinator in Iraq, told AFP.

"Altogether, since the start of Mosul, 760,000 civilians have left their homes, and we are looking at the possibility of another 200,000 civilians leaving," she said.

Of the 760,000 civilians who have fled, some 150,000 have since returned home, leaving more than 600,000 currently displaced.

"We are deeply concerned that right now, in the last final stages of the campaign to retake Mosul, that the civilians... in (IS) areas are probably at graver risk now than at any other stage of the campaign," said Grande.

She said that the UN estimates there are between 180,000 and 200,000 civilians in jihadist-held areas of Mosul, the majority of them in the Old City area.

The area — a warren of closely spaced buildings and narrow streets — has posed a significant challenge to

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Newswatch

TUNIS: Tunisian security forces have killed a leader of the Islamic State group who was plotting attacks during the Muslim fasting month of Ramadan, authorities said on Monday.

The interior ministry did not identify the suspect, but said he was a leading member of IS and "dangerous" and was killed in an operation Sunday night by the National Guard near the Algerian border.

Eleven arrest warrants had been issued for the suspect in connection with "terrorist operations", the ministry said. Judiciary spokesman Sofiene Sliti told Shems FM radio the suspect was a Tunisian known as **Houssein Tlithi**, born in 1997.

The interior ministry said the suspect had been on the run since 2014 and hiding in the Mount Salloum region, a jihadist stronghold.

Mount Salloum is near Mount Chambi where 15 soldiers were killed in 2014 in the deadliest attack against the armed forces. (AFP)

DUBAI: Qatar has deported a Saudi human rights activist who was on his way to Norway where he hoped to seek asylum, a

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▲ **US\$/KD 0.30350/60**
▼ **Euro/KD 0.3393**
■ **Yen/KD 0.0027**
▲ **British £/KD 0.3900**
▲ **KSE +13.23 pts** at closing May 29
See Page 35
▼ **DOW -2.67 pts** at closing May 26
See Page 36
▲ **Nasdaq +4.94 pts** at closing May 26
▲ **FTSE +29.92 pts** at closing May 26
▼ **Nikkei -4.27 pts** at closing May 29
■ **Gold \$1,265.05** per oz (London)
▲ **NYMEX crude \$49.97** per barrel
▲ **Brent crude \$52.25** per barrel
▲ **3-month \$ LIBOR rate 1.20178%**