



LOCAL

*Altruism
 a hallmark
 of Kuwaitis*

3



LOCAL

*Renewed
 call for taxing expat
 remittances*

5

8

LOCAL

*Events
 and Activities*



www.timeskuwait.com

Expats harassed for mistakes in new Civil ID

STAFF REPORT

Recent decision by the government to amend Kuwait's Foreigners Residence Law, so that the residency status would no longer be stamped in the passports of expatriates, is causing untold difficulties for many foreign nationals.

issued by the Public Authority for Civil Information (PACI). To exit or enter the country, expatriates will now have to submit their new Civil ID to confirm their legal residency status, as well as their passport to stamp their departure or arrival to the country.

At a press briefing on 6 March, the Director General of General

to the enforcement of the decision will be exempted, provided their residency and civil IDs were valid.

The policy behind the new law and how it would help expedite processes at government offices were clearly explained at the press briefing. But, what was not explained, or obviously foreseen, was the hassle it would cause to expatriates. As they say, the devil is in the detail, especially when it comes to implementation of laws related to expatriates.

A month after introduction of the newly amended law, there is chaos at the airport immigration counters, and at the residency section of passport offices, as well as at the PACI headquarters. Expatriates are given the runaround and sent from one office to another, because of discrepancies in their names in the new civil ID and the old residency sticker in their passports.

Expatriates seeking departure from Kuwait are the ones suffering most. They are stopped at the immigration counter, after they have checked in and their luggage has been boarded, because the authorities find that the name in their passport and new civil ID do not match. The expatriate is turned back from his flight, and asked to rectify the error before being allowed to travel.

...CONTINUED ON PAGE 6



According to the new amendment No. 135/2019, which came into effect from 10 March, residence visa stickers will no longer be affixed to the passports of expatriates when they renew their residency status. Instead, all the details pertaining to residency will be included in the new civil identification card being

Department for Residency Affairs Brigadier Abdulqader Al-Sha'aban had explained that the amendment was intended to upgrade services in various government departments. He revealed that the law was being applied to expatriates holding all types of visas. He also clarified that those with residence permit stickers in their passports prior



Digital Revolution's Silent Majority



EDOARDO CAMPANELLA
A Future of the World Fellow at the Center for the Governance of Change at IE University in Madrid.

EXCLUSIVE to
THE TIMES KUWAIT

Statistics can hold brutal truths. We are constantly told that innovation is occurring faster than ever, yet the data coming out of the so-called Fourth Industrial Revolution suggest that it is anything but revolutionary. Among advanced economies, productivity growth is the slowest it has been in 50 years.

This 'productivity paradox' is often attributed to measurement problems or lags following the adoption of disruptive technologies.

...CONTINUED ON PAGE 12

Have you met the World? She's Gorgeous!

Holiday Packages | Cruise Holidays | Hotel & Resorts
 Air Tickets | Travel Insurance | Visa Assistance | Meet & Greet
 City & Airport Transfers

For the best travel deals ☎ +965 22 958200 📞 +965 98 028028 ✉ kuwait@itlworld.com 🌐 www.itlworld.com

Asia | Middle East | Europe

Ministry moves to reduce overcrowding in jails before Ramadan

The Ministry of Interior is attempting to get sponsors to cancel absconding reports registered against their domestic helpers, so that such cases can be expedited and the expatriate shifted from holding cells in police stations, or from the deportation center.

The move to reduce overcrowding

in cells at the police stations and at the deportation center is expected to start before the holy month of Ramadan.

Many police stations in the country have reported overcrowding in their cells due to the rising number of domestic helpers arrested for running away from the sponsors. The number of domestics



holding Article 20 visa and accused of running away from sponsors is estimated to be around 100,000.

Many of those arrested for such violations have been languishing in jails or at the deportation center, as the cases against them for absconding from their sponsor remain unresolved.

Kuwait Kannada Koota holds outdoor sports and picnic



Residents in Kuwait from Karnataka, India (Kannadigas) affiliated to Kuwait Kannada Koota, held an exciting outdoor sports and picnic event on 22 March at Wafra Farm House. The event, aptly named 'Kreedaa Sanchaya', also celebrated 'Holi' the Indian festival of colors.

The ever-enthusiastic convener of the sports committee, Girish Shenoy, ably assisted by his team comprising Anil Prabhu, Harish Nayak, Karthik Gowda, Chandrashekhara, Suresh Kunder and Pramod Rao managed the day's event.



The four Houses of the Koota led by respective captains, Dr. Preethi Shetty, Shylaja Hombali, Sourabha Vikram and Dr. Jyothi Mittapalli cheered and encouraged their house teams to actively participate in the outdoor sports activities and in the indoor 'Quiz and Antakshari' competitions.

The day's events were formally inaugurated by the Executive Committee led by its President Dr. Shashikiran G Prabhu, Vice-president Prabhu Achar and Treasurer Ramesh Nayak. The president declared the sports event open by lighting the torch which was taken around the open ground in a relay by the house captains.

Group Games such as throw ball, dog-and-bone, football, tug-of-war were held for both

grownups and children, while games such as sack race, balloon hitting, aiming for the pot and others were exclusively for the kids.

The members were welcomed with breakfast at the venue, while tea/coffee and snacks were also served during the day. The Holi celebrations and quiz competitions were held after the sumptuous afternoon lunch. Delicious food and snacks throughout the day were served by M/s Oriental Restaurant. Playing with Holi colors was particularly impressive because it was a responsible act by the members as they used all-natural colors and no annoying synthetics.

An army of volunteers, including Nayana Shenoy, Gayathri Shashikiran, Sandhya Arunkumar, Bhaskar Kulkarni, Rameshchandra, Vinod, Ramachandran, Sunil A.K., Nagaraj Shanbhag and Ratnakar Shetty, readily agreed to assist the sports committee in judging the various games and making arrangements for smooth execution of the day's events.

The technical team led by Kiran Bhat showed excellent DJ capabilities and was ably assisted by his team. The sound systems and mixing effects made the games and events, Flash Mobs, Antakshari and quiz competitions highly lively and kept everyone involved.

The full-day program was made very colorful and enjoyable through songs and dances (Flash Mobs) directed and choreographed by Koota ladies that enthralled everyone. Credit for these flash mobs goes to the wonderful children and ladies of the koota and their mentors Dr. Preeti Shetty, Sandhya Arunkumar, Spoorthy Kamat, Nayana Shenoy and Sourabha Vikram.

The Koota expressed its thanks to Gokuldas Bhat for transport facilities and M/s Oriental Restaurants for the mouth-watering dishes and snacks. The 'Kreedaa Sanchaya' ended with a delicious dinner.

Adeeb Ahamed receives nomination to CWEIC Global Advisory Council

Adeeb Ahamed, MD, Twenty14 Holdings with Lord Marland of Odstock, Chairman of Commonwealth Enterprise and Investment Council (CWEIC) in London. Adeeb Ahamed was recently nominated to the prestigious CWEIC Global Advisory Council.



Kuwait hosts '5th Holistic View to the Future' conference



Children's National Medical Center, the leading international pediatrics health system based in Washington, DC, in collaboration with the Kuwait Medical Association (KMA) and the Kuwait Pediatric League (KPL), hosted the '5th Holistic View to the Future' conference from 12 to 14 April.



Held under the patronage of H.E. Dr. Basel Al-Sabah, Minister of Health of Kuwait, the three-day forum brought together leading local physicians from the healthcare sector in Kuwait, along with renowned international experts from Children's National, to share knowledge, expertise and

best practices on key issues in pediatric specialty care. The team of speakers from Children's National included Gerard Martin, MD, Anastassios Koumbourlis, MD, Jeffrey Lukish, MD, and Anil Darbari, MD.

With regards to the conference, Dr. Gerard Martin, Medical Director of Global Services at Children's National, said: "An international collaboration, through the form of scientific meetings and medical conferences, is important for bi-directional learning and enables professionals to gain fresh perspectives and expand their knowledge base.

On his part, Rami Al-Tayar, Regional Director at Children's National, said: "We are proud of our long and fruitful partnership with the medical community in Kuwait, and this conference is only the latest in a long string of collaborative projects we have had in this great country. We are delighted to have the continued opportunity to engage with healthcare providers across Kuwait, enabling our own pediatric specialists to share their medical.

Kuwait Pakistan Youth Society organizes musical extravaganza

Kuwait Pakistan Youth Society (KPYS) organized a musical night labeled, 'Ranga Rang Season 2' with the participation of renowned Pakistani singers and supported by top-quality music.

Famed singers and prominent musicians, Ali Abbas, Ali Sher, RJ Jahanzaib and Uzair Rashid traveled all the way from Faisalabad, Pakistan to participate in the musical extravaganza. A large gathering of Pakistani community members from all walks of life attended the evening of music.

The program began with rendering

of the national anthems of Kuwait and Pakistan. Jameel Ali Mir, Nabil and Poornima, local well-known talents from Kuwait, then enthralled the audience and gave a rocking performance and brought to life the songs through their live music.

A special tableau was presented by Pakistan English School, Jaleeb Al Shuyoukh. KPYS founder Naeem Jan along with RJ Jahanzaib conducted the program. Uzair Rashid presented humorous skits, while Ali Sher and Ali Abbas presented their hit songs including Pashto, Punjabi, Qawalli



and Bhangra numbers that had the audience dancing to their live performance.

Speaking on the occasion, Ambassador of Pakistan H.E. Ghulam Dastagir praised all the efforts made by KPYS team to organize a well-managed show for the Pakistani community in Kuwait. The program concluded with a vote of thanks by the KPYS President, Abdul Waheed who appreciated the support of sponsors, audience, well-wishers and staff from Pakistan Embassy for all their efforts in making the event successful.

Dining IN KUWAIT

For a complete list of featured restaurants, visit
http://www.timeskuwait.com/News_Dining_In_Kuwait

Piccola Milano



Attractive and inviting, Piccola Milano reflects the traditional Italian dining experience. The restaurant offers a menu with various authentic Italian fare of salads, pastas,

Popular dish: Parmigiana

Alhamra, Sea View & Marina Waves. Call: 99969247, 99692457.

pizzas and desserts. To start off your meal, order a Fagioli soup, or one of their healthy options such as Cavolo or Quinoa salads. The antipasto serving of Parmigiana or Mozzarella sets you up for pasta delights such as Timballo Verde or Di Mare, or pizza options such as Verde, Pollo or Calabrese with their amazing toppings.

The Secondi Piatti or main course brings in a delicious assortment of chicken dishes or beef steaks that are bound to satiate you. Nevertheless, you must make room for desserts, as it is hard to resist the traditional Italian options such as Torta Di Formaggio, Mousse, Panna Cotta and Tiramisu.

Healthylicious



A hip restaurant that takes healthy lifestyle to a new level, Healthylicious provides a fine selection of fresh gourmet Angus grilled burgers and steaks. Spices break down the tough brisket meat while allowing its flavors to converge with the complexity of the in-house secret sauces.

Popular dish: Healthylicious BBQ Lean Tenderloin Steak

Salmiya, Sabah Al Salem in Platinum Gym, Egalia in Sama Mall and Palms Hotel.

The burger options include the Fit Lean Beef Burger and Bomb Lean Beef Burger while the grilled chicken selections range from Balsamic Chicken Breast, Mushroom Chicken Breast or BBQ Chicken Breast.

If you are a pizza lover, then delight in the low carb, low fat, healthylicious pizzas section with the Low Carb Low Fat Chicken Pizza, Low Carb Low Fat Whole Wheat Chicken Pizza and Low Carb Low Fat Margarita Pizza.

Complementing the menu is a comprehensive list of desserts, including fruit smoothies and protein shakes that are suited for every taste, whether you want to bulk up, have a protein recovery shake or to enjoy a soothing Juice Mocktail like Ruby or Tangyberry.

Khaneen



A jewel in Kuwait's cuisine crown, Khaneen provides the best place to enjoy traditional Kuwaiti cuisine. It boasts a menu filled with pan fried dishes, charcoal grill, soups, salads, and desserts. For a dash of crunchy salads, choose between Fattoush Salad or

Popular dish: Chicken Machboos

Located at Avenues in Al Rai. Call: 1850005

the House Salad, which add texture to your meal. For the main meal, delight in a mouth-watering biryani options of Lamb Biryani, Chicken Biryani or Chicken Machboos. Many of the dishes feature small surprises and flavorful twists like the Pan Fried Truffle, Pan Fried Amer Mix, and Pan Fried Shrimp. If you prefer something simple, and basic yet laden with taste, there is Meat Kabab, Mixed Grill, Kabab and Yoghurt or the Eman'S Arayis, which is quite satisfying. Wrap up with a taste of dessert treats such as Crème Caramel or the traditional Kuwaiti baked custard – Elba, which provides a perfectly sweet finale to a very enjoyable meal.

Thought for the week

I want to see a man proud
of the place in which he lives;
I like to see a man live in it
so his place will be proud of him.

- Abraham Lincoln

Foods to slim your waistline

Ask Mira : Eating Right to Live Happy & Healthy



Are you tired and not sure about how much fat and sodium you are consuming every day? Maybe, you don't know what are the fat burning foods that help in slimming your waistline, right? Are you aware that your body needs more energy to digest proteins than carbohydrates and fat? Yes. The more protein you eat, the more calories your body burns. Here are some foods to help in slimming your waist.

Beans: Beans can cause flatulence, but they are excellent sources of proteins, fiber and iron. White beans, red beans, kidney beans can be included in your meal as side dishes, or as main meals or even sprinkled on salads. But be careful of the way you cook it. Only boil it, or steam beans. Fried beans are loaded in fat while canned beans are full of sodium, neither which you need in your diet.

1 cup of cooked beans: 80 calories, 0.8 g of fat, 52 mg of sodium

Edamame: This is an organic soy bean found in Japanese restaurants. These are good for your diet, and are rich in protein. You can prepare it at home. Simply buy it, boil it and add some spices. The finished dish is quite tasty, with only 2 mg of sodium. However, you shouldn't have it with the mayo sauce.

Low fat dairy products: In one study, it has been proven that women who ate low-fat dairy products (cheese, yogurt, and milk) lost 60 percent more fat than people who didn't include it in the diet. A warning, don't overdo it. Watch your total daily calorie intake. Extra calories are converted to fat.

Eggs: Although eggs contain cholesterol, they are super high in proteins and will help you in burning the unwanted belly fat. Dietary fat and especially the bad fat are the real enemies of cholesterol, 10 times more than eggs.

Eggs are not harmful for people with cholesterol, three eggs per week are fine, and the egg yolk has all the proteins and vitamins your body needs. If you are still worried about your cholesterol level, you can remove the yolk as it is high in fat and cholesterol.

1 egg has 75 calories, 5 g of fat, 47 mg of sodium

PS: I didn't mention the sodium content of dairy products and lean proteins; because it depends on



which type of foods you will eat (like the types of cheese and fish). So the best thing you can do is to check the nutritional information on the label, and the serving size.

Lean proteins: Lean meat, chicken and fish have the ability to reduce belly fat. As I told you before, it takes more energy to digest proteins, so your body is working hard. Stay away from salmon, or limit it once a week. Although it is rich in omega 3, it is high in sodium which causes water retention.

Lean proteins can best be served with

steamed vegetables, boiled beans instead of rice for maximum benefits.

Grapefruit: One grapefruit a day can speed up weight loss. The fruit is high in water and vitamin C, and has been known to aid in proper digestion by creating an alkaline condition in the intestines. Moreover, grapefruit has the effect of suppressing your appetite, which helps you to slim down by making you feel fuller longer and reducing your interest in eating.

1 grapefruit: 110 calories, 0.3 g of fat, 0 mg of sodium

Asparagus: I mentioned in another post that asparagus has the ability to prevent cellulite. This is because asparagus is high in water and cleans the system. It will also help you to get a flat stomach.

4 asparagus: 27 calories, 0.2 g of fat, 1g of sodium

Canned asparagus is high in sodium, so if you want to have it, you need to wash it many times with water. The amount of sodium is listed as 'Sodium' or 'Na'.

The daily sodium intake: 1200 to 2500 mg (for someone who doesn't have medical problems).

Other tips for a slim waist is to drink warm lemon water in the morning to clean your system and flush toxins out of the body. Two glasses of water before each meal is a must.

To subscribe to my diet programs,
don't forget to log in to:
www.eatlikemira.com.

Every week, our 'Dining in Kuwait' section features selected restaurants in the country that provide sumptuous cuisines from around the world. Want to feature your restaurant in our 'Dining in Kuwait' section and reach out to our wide reader base? Email us at editor@timeskuwait.com with a brief about your restaurant along with images in high resolution.

Mira is a go-to source for nutrition and wellness and has joined The Times Kuwait team in a new weekly column discussing nutrition and answering queries. You can send in your questions to infotimeskuwait@gmail.com



Renewed call for taxing expat remittances



A draft law has been submitted in parliament calling for the imposition of a 5 percent

tax on remittances by expatriates. Parliament's Financial and Economic Affairs committee has approved the bill and forwarded it to the National Assembly for approval.

Earlier, the Legal and Legislative committee and the government had rejected the bill on the basis that it would hurt the economy, but the Financial and Economic Affairs committee insisted that it is within what the constitution permitted and



there was no violation.

According to the International Monetary Fund (IMF), the total amount

of remittances by expatriates in the six-nation Gulf Cooperation Council (GCC) bloc is around US\$84 billion. The IMF

had pointed out that applying a flat tax of 5 percent on these remittances would yield \$4.2 billion — equivalent to around 0.3 percent of the total income of the GCC countries.

The IMF warned that the remittance tax would hardly make a dent in improving the economy or raising budget incomes of these nations. At the same time, the tax could have serious negative implications on the expatriate community.

Lulu launches Summer Collection 2019



Lulu Hypermarket, the premier lifestyle destination in the country, launched its Summer Collection 2019 promotion on 18 April. The promotion, which runs at all Lulu outlets in the country, except Khaitan and Salmiya branches, features the latest summer wear in vogue.

As part of promotion, a Bloggers Meet was arranged during which 15 of the most popular fashion bloggers in the country had the

opportunity to view the new summer fashion collection and interact with their fans.

A children's fashion show was also held on the same day and witnessed the enthusiastic participation of young fashionistas, modeling in the latest summer fashion apparel. Similar Summer Collection Kids Fashion Shows are slated to be held on various dates at other Lulu hypermarket outlets.

Lulu's Summer Collection 2019 features a range

of new and exciting fashion garments from popular brands that will appeal to fashion-conscious shoppers. Shop for the latest trends in clothing styles for men, women and children, which are available at unbeatable prices during the promotion.

Discover quality summer-wear from popular brands such as Cortigiani, De Backers, Eten and John Louis during the promotion period. Complementing the choice of summer apparel

are a range of stylish accessories and footwear that combine affordability with style, and are chic assets suited for any summer ensemble.

The Summer Collection 2019, which provides shoppers with a complete outfit for summer from a range of international brands at affordable prices, once again reinforces why Lulu Hypermarket remains the destination of choice for discerning shoppers.



Italian embassy holds decorative art exhibition

In celebration of Italy's National Day, the Italian Embassy in collaboration with The Avenues Mall opened an exhibition titled 'Precious Ornament Decorative Art', featuring historical jewels and accessories used in films.

The exhibition, which will run from 14 April to 4 May and is being held at 'The Prestige' in the new expansion area of Avenues Mall, was inaugurated by Italian Ambassador to Kuwait H.E. Giuseppe Scognamiglio in front a gathering of special invitees.

Organized by the Colosseum Cultural Association of Rome and curated by Enrica



Barbano and Luciano Calosso, the exhibition has been created in collaboration with Pikkio, the Rome-based artisan company with a strong focus on technological innovation in creativity.

The exhibition showcases the high aesthetic value of historical jewels and ornaments that were

specifically designed for films following a careful study of history. The show, which highlights the craftsmanship and artistry Italian master craftsmen, and the high-quality manufacturing capabilities of Italian artisans, also add to the exceptional prestige of the 'Made in Italy' label.

Parle Rusk
Crispy and crunchy toasts

Made from the choicest of ingredients. Baked to perfection and enriched with Elaichi, it's the perfect companion to your daily cup of piping hot chai.

PARLE

Sole distributor in Kuwait
Al-Othman & Al-Bisher Trd. Co. W.L.L.
P.O. Box: 22984 Safat 13090 Kuwait
Tel: +965 247 16 819 / 247 55 074
Fax: +965 24755073 / 24760108
Email: obtkwt@qualitynet.net
www.obtkwt.com

40+
years of Continued Excellence
Since 1974

TAT showcases health and wellness offerings of Thailand

Tourism Authority of Thailand (TAT) organized a Health and Wellness Roadshow 2019 at Sheraton, Kuwait City on 17 April to highlight the country's medical tourism and wellness offerings. During the event, representatives from the medical and wellness industry in Thailand interacted with travel professionals in Kuwait and discussed Thailand's extensive offerings in the medical tourism and wellness areas.

The Health and Wellness Roadshow 2019, aims to reach travel professionals in key markets in Kuwait and Dubai, and serves to highlight Thailand's many offerings to the travel industry across the Middle East region.

This year, 10 Thai companies specializing in medical tourism and wellness, namely Bumrungrad Hospital, Vital Life, Phiyathai 2 Hospital, APEX Medical Center, Absolute Health Clinic, Sukumvit Hospital, Verita Life, The Spa Samui, Dr.Saran Clinic and



FEMTO Research Group were part of the roadshow together with 80 travel agents.

Pichaya Sais, Director of TAT's Middle East office, said: "Kuwait is a key market for us and we are incredibly excited to speak to local agents here about our cutting-edge medical and wellness offerings."

"Thailand has emerged as a leading destination for medical and wellness tourism and is a world-

leader with several JCI-accredited hospitals, specialized clinics and private healthcare centres, which offer impeccable world-class facilities, highly trained doctors, Thai hospitality and affordable prices," he added.

Pointing to the benefits of seeking medical treatment in Thailand, he noted, "Thailand has adopted some of the most innovative and holistic health and wellness programs



including the latest plastic surgery procedures, functional medicines, anti-aging, dental, aesthetic, cell therapy, Lasik, elderly care services and much more. We hope by bringing the roadshow to Kuwait that we can increase health and wellness tourism by 5 percent by fourth-quarter of 2019."

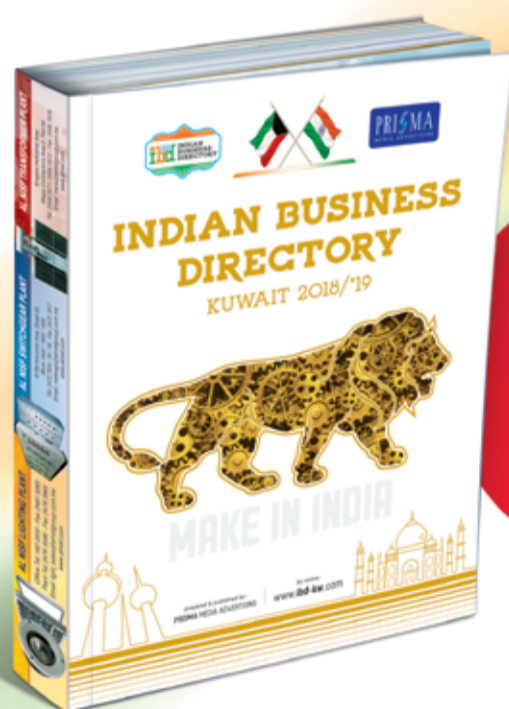
Kuwait ranks among the top three countries in the Middle East with the highest number of visitors

to Thailand, with over 74,000 tourists from Kuwait arriving in Thailand last year. Thailand remains one of the most popular destinations for Arab travelers seeking medical tourism offerings, with over 20 percent of tourists from the Middle East visiting Thailand for medical reasons. The top three most requested medical treatments are medical checkups, plastic surgery and orthopedic surgery.



LAST CHANCE TO PARTICIPATE WITH

INDIAN BUSINESS DIRECTORY-KUWAIT



TOGETHER TO ENHANCE TRADE TIES BETWEEN INDIA AND KUWAIT

All Indian & Kuwaiti Companies who wish to advertise or to be listed and increase trade with India are welcome.

to email us with there information like:-

Name of the Company - Contact Numbers - Classification to be Listed in

Send Your Company Information & Contact Numbers to:

Email: information.ibd@gmail.com or Email: artwork2008@gmail.com

Any Queries Call: (965) 66 86 96 09 - 979 422 43



Prepared and Published by
PRISMA MEDIA ADVERTISING



Hawally, Tunis Street, Al-Refai Center, Office No. 9 - Tel: (+965) 2227 4780 - Fax: (+965) 2227 4781

ILOA organizes two-day workshop to highlight comprehensive learning techniques



Indian Learners' Own Academy (ILOA) hosted a two-day workshop for teachers in cooperation with Educational Initiatives titled 'Understanding students' learning through insightful assessment' on 13 and 14 April. It focused on showcasing comprehensive learning through insightful assessment and how it could help schools to transform learning and improve a teacher's effectiveness. A general semantic approach was organized by EI (Educational Initiatives). Prabhat Kumar, an eminent resource

person who has been working with Educational Initiatives was the resource person for Mathematics and Science. Sanjitha Basu, who is a seasoned educationalist with specialization in English, was the second resource person for both the days. She has developed and managed the Teacher Assessment Tool (TAT).

The workshop helped the teachers to enhance students learning through a series of probing questions to aid students in determining the extent of their knowledge and understanding.

Expats harassed for mistakes in new Civil ID

..CONTINUED FROM PAGE 1

Expats are also not allowed to travel without the civil ID in hand as the residence is now in the civil ID. So after stamping their residence many expatriates cannot leave until the new civil ID has been issued, which can take any number of days, causing mental distress and financial loss in some cases.

Many people who cannot read their own native language, are being punished for the ineptitude of some pencil-pusher at the residency department who entered the name incorrectly in the previous residency sticker. Expatriates who reach the airport with high hopes of seeing their near and loved ones in a few hours time, instead find themselves at PACI headquarters in South Surra waiting in queue to correct a mistake that they had no part in the making.

But the correction process is not a simple change in the computer, it entails visiting the fingerprinting office to have your fingerprints taken again, and waiting for the data to be verified and updated in the system. Then it is back to South Surra PACI headquarters, to have a new civil ID issued. The icing on the cake to this whole convoluted process is that you also have to pay for the new civil ID.

Not only do you endure the emotional loss of not seeing your loved ones as planned and probably the monetary loss from a nonrefundable airline ticket, you also have to suffer the ignominy of paying for the ineptness of someone at the residency department.

In addition, some countries are not even aware of the new system introduced and are denying boarding to passengers who do not have residency stickers in their passport. The inconveniences will only keep mounting as the summer travel season may see a lot more harassment as a result of the new system.

Where else would this happen and be accepted as the norm, but in Kuwait. We sincerely hope the authorities would step in and do the needful to ensure expatriates do not continue to endure such unnecessary suffering.

Number of social media users in Kuwait hits 3.9 million

Social media platforms have created a sharing revolution that has spread its influence, whether benign or malignant, throughout most modern societies including Kuwait. It is especially potent in molding social, political and economic opinions.

President of the World Club of Electronic Media, Hind Nadhim a Kuwaiti, said the number of social

media users in Kuwait has reached 3.9 million (with one user accessing multiple social media sites), which reflects the passion of followers of social media.

As of January 2019, out of a total population of 4.2 million, 98 percent of the population or over 4.1 million people were internet users. Of these users, 3.9 million were active social media users. The overwhelming

majority (3.1 million people) of social media users were active on mobile platforms, which is not surprising given that mobile subscriptions exceed the population (168%) with 7.1 million SIM cards sold.

The number of prepaid users is 62 percent compared to 38 percent for post-paid users and that 92 percent of those who connect to the Internet do so through a broadband (3G or 4G)



network. Breaking down the social media users, she disclosed that there

were 3 million active Facebook users (29% female, 71% male); WhatsApp and Instagram active users was 1.8 million (38% female, 62% male); Twitter had 1.68 million active users (25% female 75% male) while Snapchat had 1.65 million active users (55% female 45% male). Snapchat is probably more popular among females because it contains filters to modify the image and is distinct from other applications.



Grand Hyper announces winners of first 'Money Rain' draw

Grand Hyper Kuwait, a leading retail giant in the country, organized its first 'Money Rain' mega draw on 15 April at their Al Rai outlet. It was the first of many draws that will be taking place from 29 April to 20 August, 2019 across Grand Hyper outlets in Kuwait.

The lucky draw was conducted by Abdul Azeez Al Athar, a representative from the Ministry of Commerce. The first mega draw winners were Mini Mol and Jaleel, who each received prize money worth US\$2222. Aside from the main winners, there were 50 lucky winners

chosen for prize money worth US\$222 each.

The 2nd Mega Lucky draw will take place on 29 April at Grand Hyper Farwaniya outlet. During the promotional period, all customers who purchase KD5 and above worth of goods from any Grand Hyper outlet is entitled to a raffle ticket to enter the lucky draw.

The total prize money is US\$150,000, which will be divided into smaller winnings to be given to over to 459 winners that will be picked during multiple draws.

COSTO opens second outlet in Kuwait



Costo, a customer-centric retail chain, opened its second store in Kuwait at Fahaheel on 20 April. The opening of a second outlet comes on the heels of a successful run of their pilot store in Khaitan. The new outlet is located in the basement floor of Al Rtaj Tower on Mecca Street.

COSTO, a customer-driven purchase store where customer feedback determines the future products in the store, allows customers to buy their preferred brand or products. In addition, new deals are offered every day to keep customers excited at all times. The Fahaheel store is spread over an area of 11,000 sq.ft, and features a limited set of products across categories that cater to the necessary needs of customers.

Costo is part of Regency Group, which is among the foremost retail players in the GCC region. The best price for customers is made possible as the group has its own sourcing centers in Turkey,

China, Indonesia, Thailand and Sri Lanka. This also ensures the best quality products are available in minimum time at the lowest prices.

Costo Managing Director Dr. Anver Ameen stated that the vision of Costo is to be the preferred retailer for providing anything from Fresh Foods and Non-Food items, household, fashion, footwear, electronics, mobiles and laptops of world-class quality at best possible prices. Perishable goods, farm produces and meat are exclusively flown in from around the globe on a daily basis to offer uncompromising quality standards.

In order to achieve its mission of reaching every customer, the promoters, Regency Group, aim to expand this retail store concept in all the major areas of Kuwait. The third store is all set to open before the end of this month, with further details being revealed in the future.

South African flautist charms audience in Kuwait



South African embassy in coordination with Dar al-Athar al-Islamiyah organized a concert featuring well-known South African flautist Wouter Kellerman along with his band at Al Yarmouk Theater on 17 April.

The highly-regarded flautist, noted for his ability to traverse from African music to Western classical music to jazz, enchanted the audience at Yarmouk Theater. Kellerman is the second South African musician to win a Grammy Award since Miriam Makeba was honored by the Recording Academy in 1966. Kellerman's Winds of Samsara, a collaboration with Indian composer and producer Ricky Kej, was named winner in the Best New Age Album category at the 57th Annual Grammy Awards in 2015.

He also won the 2011 SAMA (South African Music Award, the South African equivalent of the Grammy) for 'Best Instrumental Album', reinforcing his status as one of South Africa's foremost musicians. 'The Long Road', a solo flute piece written by Kellerman for Nelson Mandela, highlighted

his music writing skills and won him the Global Peace Song Award in the public-voted Acoustic/Contemporary Music category. Kellerman also performed at the 2010 FIFA Soccer World Cup closing ceremony to a global television audience of over 700-million people.





DAWAT
RESTAURANT
Indian & Chinese



مطعم
دعوات
هندي وسيني
منذ 1992

The **BEST** Indian
Mughlai & Chinese
Cuisine Serving
Since 1992



Catering Services
Live Cooking Stations | Authentic Cuisines
Customized Catering Services for all Occasions Indian
Chinese | Arabic



Service, Quality & Price together

f dawaatrestaurant
@dawaatq8
www.talabat.com/kuwait/dawat

Benid Al Gar - 22411728 / 22411685
Abu Halifa - 23724251 / 23724254

KUWAIT This Month

To publish your
upcoming events and activities
Free of charge
in our print edition and website
www.timeskuwait.com
Please send an email to
eventstimeskuwait@gmail.com

EVENTS &
ACTIVITIES

APRIL
2019

APRIL

22

KUWAIT 17TH INTERNATIONAL JEWELLERY AND GOLD EXHIBITION

The 17th edition International Jewelry Exhibition is genuine Gold & Diamond Jewelry will be held in Kuwait and attract thousands of visitors and consumers

Date - 22 - 27 April
Time - 10:00 am - 4:00 pm
Venue - Kuwait International Fairground,
Mishref

APRIL

23

Exhibition - Foreign Architecture and Domestic Policy

Civil Architecture exhibition is a cultural practice preoccupied with the making of buildings and books about them. The work of Civil asks what it means to produce architecture in a decidedly un-civil time, presenting a new civic character for a global condition. Since its founding by Hamed Bukhamseen and Ali Karimi, the practice has attracted a strong following for their provocative works and their offer of an alternate future for a nascent Middle East.

Kuwait owns and manages approximately five thousand gas stations across Europe. Under the not-so-subtle company name 'Q8', these stations began as an investment to secure a market for the country's oil export, but their role continued to grow as they became a key player in funding and lobbying against the occupation of Kuwait prior to the Gulf War. As such Q8 is no longer a series of serving stations across the European landscape, but a roadmap for the small nation's political and economic autonomy. This exhibition tells the story of the stations that act as embassies across Europe and their role in branding Kuwait abroad in the years to come.

Date - 23 April - 23 May
Time - 10am - 4pm
(Closed on Fridays, Saturdays & Public holidays)
Venue - The Sultan Gallery, Subhan, Kuwait

APRIL

25

Music: The Jukebox Band

Enjoy a night of amazing live music featuring Temple Tree and The Jukebox Band!

Date - 25 April
Time - 7:00-10:00 pm
Venue - Jabriya, Block 12, street 6, building 41

APRIL

25



Shuddersome: Tales of Poe adapted by Lindsay Price will be performed by AUS Middle School
Tickets: KD 2 for adults and KD 1 for children.
Pay online at www.aus.edu.kw or at the event.
Date - 25 April
Time - 5:30 pm
Venue - American United School

APRIL

26



KARTING DAYS

Date: 26 April
Time: 4:30-10:00 pm
Venue: Kuwait Motor Town

APRIL

26



MUSIC NIGHT

Join the fun and enjoy live music performances, live art, and the scrumptious food!
To register DM @manifesto13 or call 65652524
Date - 26 April
Time - 8:00 pm
Venue - Manifesto13

APRIL

26



FRICH FESTIVAL

Frich Festival, a fun-filled event for all overseas Filipinos, will offer visitors food, games, raffle, live music, and much more. During the event, OFW turned millionaire Terence Rey Lim, will launch the latest OFW app - the Frichmometer - a powerful tool that will guarantee you a free and rich life forever. Attend and get a chance to win one million pesos.

Date - 26 April
Time - 5:30 pm
Venue - Nadi Oadsiya Gym (Beside Sultan Center) Hawally

APRIL

26



E-FOOTBALL CHAMPIONSHIP

Calling all e-football enthusiasts!
#RedBullBack2Back is coming to Kuwait. Register now for a chance to be crowned e-football champion. Limited seats available.
Register Now!
Date - 26 April - 2 May
Time - 5:30 pm
Venue - 360 Mall Zahra

APRIL

27



TEDxAUK - VOYAGES

TEDxAUK is bringing the TED experience to the American University of Kuwait. TEDx is a curated half day-long, immersive live experience gathering speakers, artists and audience members together with the purpose of sharing perspectives, sparking deep discussions and inspiring positive networks and impactful actions around ideas that matter.
The theme of TEDxAUK will be formed around voyages; concepts of perseverance, learning, personal growth, and self-actualization. The event will be divided between three sessions of TEDx talks, two coffee breaks with performances, and dinner.

Date - 27 April
Time - 03:00 pm
Venue - Salwa Sabah Al-Ahmad Theater & Hall, Salmiya

APRIL

27



KETO RAMADAN COOKING CLASS

Keto Ramadan Cooking Class will be held in collaboration with @ketobased with Nancy Nassar. Explore a new way of eating to lose weight and be healthy.

Date - 27 April
Time - 10:00 am - 1:30 pm
Venue - Mishref

APRIL

27



ART COMBO FOR KIDS

A three project workshop called 'ART COMBO FOR KIDS' will be conducted by three artists to help children learn to paint. The subjects include Painting birds in Watercolors, House Drawing and Decorating with different color techniques, and Customizing Bookmarks with Watercolors. Children ages 8+ are eligible to enter.

Date - 27 April
Time - 10 am - 12 pm
Venue - Salem Al Mubarak street, Block 2, Behind olympia mall, Salmiya

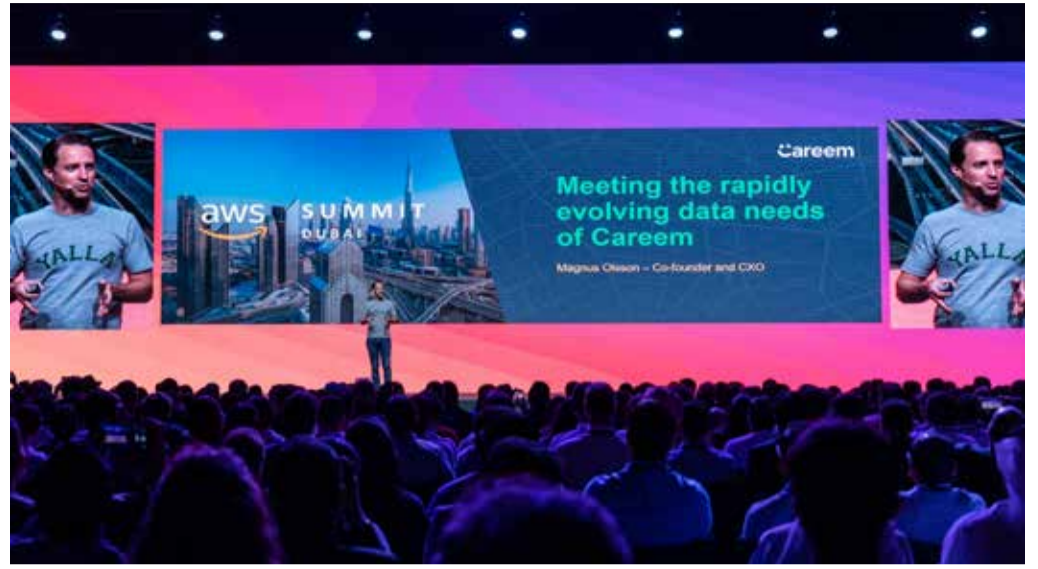
ONGOING



ASSOCIATIVE COMMITMENT AWARD 2019

The French Embassy in Kuwait and the United Nations Representation in Kuwait is opening applications for the Associative Commitment Award 2019 from 8 to 28 April. The topic of the competition is the thematic 'Sustainable City', and is open to all Kuwaiti associations. The award aims to enhance the actors of the civil society who commit themselves for the development of a sustainable city in Kuwait. Conditions of participation are mentioned in: <https://kw.ambafrance.org>.

Date - 8-28 April



AWS Summit

Growing ground support for cloud computing

STAFF REPORT

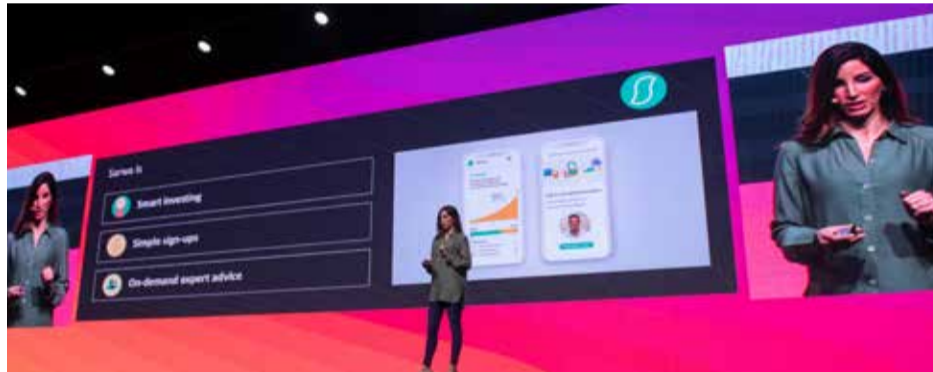
The Amazon Web Services (AWS) Summit, which was held in Dubai on 17 April, provided a platform for technologists, businesses and other stakeholders in regional cloud computing to come together, to connect, collaborate and learn more about the growth potential of AWS.

The AWS Summit aimed at helping participants develop the skills to design, deploy, and operate cloud infrastructure and applications, quickly, safely and securely through the AWS infrastructure. The full day summit had various deep-dive breakout sessions with AWS customers in the region covering topics around digital transformation, security, and how to build and innovate on the cloud.

Amazon Web Services (AWS), the cloud computing part of Amazon.com, was launched in 2006 and gives any software developer or business the keys to one of the world's most reliable, secure, scalable, and cost-efficient web infrastructures. The term 'cloud computing' refers to the on-demand delivery of IT resources via the Internet with pay-as-you-go pricing.

Instead of buying, owning, and maintaining their own data centers and servers, organizations can acquire computing power, storage, databases, and other services on an as-needed basis from AWS. With cloud computing, AWS manages and maintains the technology infrastructure in a secure environment and organizations access these resources via the Internet. Capacity can grow or shrink instantly and organizations only pay for what they use.

Delivering his keynote address, the CTO



of Amazon.com Dr. Werner Vogels, reiterated the company's commitment to the region by pointing out that Amazon was making major investments in the region and significantly boosting regional infrastructure. "We are building offices and teams around the region and these teams are not just sales or account management — we are putting heavy emphasis on technical support... We have also been investing significantly in the regional infrastructure. We recently launched two Edge locations here and the ability to have Direct Connect is directly here in the region to ensure that we have very fast connections throughout the region to the cloud.

"Of course, in the coming months we will launch the Middle East - Bahrain infrastructure Region — the first AWS infrastructure Region in the Middle East (data center) — in 2019 in Bahrain. This will bring flexible, affordable, reliable, and secure cloud computing technologies close to end users across the Middle East and will help organizations speed up their digital transformation initiatives and more rapidly innovate for the citizens of the

region," said Mr. Vogels. He went on to add, "We are investing heavily in cloud skills here, because we are convinced that given all of the digital transformation that MENA companies are going through, cloud skills will be top of the list for every possible entity. We are investing here with AWS Educate, with universities and also bringing cloud skills to entrepreneurs here."

During the keynote, it was also announced that Arabic language support was being added to Amazon Polly, a cloud service that uses advanced deep learning technologies to offer a range of 59 voices in 29 languages to convert written content into human-like speech. The service will now turn Arabic text into lifelike speech using a female voice named Zeina, and will support companies in developing digital products that use speech synthesis for a variety of use cases, including publishing and telephony, automated contact centers, language learning platforms, translation apps, and reading of articles.

The keynote also featured AWS regional customers Anghami, Careem, Sarwa, and StarzPlay, who shared their experiences using the

AWS Cloud to innovate and grow. Organizations in the Middle East have been leveraging AWS to innovate and grow their businesses for many years, and demand for AWS cloud computing services in this part of the world has never been stronger. Amazon has seen this potential and has been investing heavily in support services and in developing regional infrastructure that directly benefits startups, enterprises and governments in the region.

In January 2017, AWS opened offices in the region and now has a presence in Dubai and in Manama, Bahrain. In 2018, AWS launched two Amazon CloudFront Edge locations, in Dubai and Fujairah in the UAE. Edge locations give organizations in the region an improved experience for their end users, including faster content delivery and added cyber-security protection. In addition, AWS also launched AWS Direct Connect in Dubai and Fujairah last year to make it easy for customers to establish a dedicated private network connection between AWS and their data-center, office, or co-location environment.

AWS is also supporting the advancement of technology education across the Middle East through various resources, including AWS Training and Certification that helps technologists to develop the skills to design, deploy, and operate infrastructure in the AWS Cloud.

Another program aimed at advancing technology knowledge is AWS Educate, which supports the development of technology and cloud computing skills at local universities, providing students and educators with the resources needed to accelerate cloud-related learning.

One Stop Solution
for All your Classified needs

FOR RENT, SALE, JOB, ?

THE TIMES KUWAIT

CLASSIFIEDS

POST AD

Post your FREE Classified @ <https://timeskuwait.com/classifieds/>

EXCLUSIVE to THE TIMES KUWAIT

Data Protection is Social Protection



MAGDALENA SEPÚLVEDA

Senior research associate at the United Nations Research Institute for Social Development and a member of the Independent Commission for the Reform of International Corporate Taxation (ICRICT). Previously, she was the United Nations special rapporteur on extreme poverty and human rights.

In recent decades, social assistance programs around the world have been strengthened to the point that they now benefit more than 2.5 billion people, usually the poorest and most vulnerable. But rising pressure to apply biometric technology to verify beneficiaries' identities, and to integrate information systems ranging from civil registries to law-enforcement databases, means that social programs could create new risks for those who depend on them.

Private companies, donor agencies, and the World Bank argue that the application of biometric tools like iris and fingerprint scanning or facial and voice recognition, together with the integration of databases, will boost efficiency, combat fraud, and cut costs. And many governments seem convinced.

While there is no systematic information available on the use of biometric technology in social-assistance schemes, a look at certain flagship programs suggests that it is already on the rise. In South Africa, 17.2 million beneficiaries of social grants receive biometric smart cards. In Mexico, the 55.6 million beneficiaries of Seguro Popular (public health insurance for the poorest citizens) must provide their biometric data to the authorities.

The world's largest biometric database, Aadhaar, is in India. Because inclusion in Aadhaar is a prerequisite for access to several social programs, 95 percent of the country's 1.25 billion inhabitants are already recorded. The provision of biometric data is also required to receive benefits in Botswana, Gabon, Kenya, Namibia, Pakistan, Paraguay, and Peru.

Biometric data stored in one social-protection program database can easily be linked to other systems using a



common identifier, even those unrelated to social protection, such as for law enforcement or commercial marketing. In most European countries, however, such database integration is prohibited, owing to the threat it poses to privacy and data protection. After all, social-assistance programs require the processing of significant amounts of data, including sensitive information like household assets, health status, and disabilities.

In many of the developing countries that are expanding their social-protection and biometric-identification programs, the frameworks for protecting personal data are underdeveloped. Yet donors and government authorities often advocate the widest possible integration of databases, among public and private entities alike. For example, Nigeria, which aims to issue 100 million biometric e-ID cards, has a National Identity Database connected to various other databases, including those maintained by law enforcement agencies.

Pressure to share sensitive social-protection data, including biometric identifiers, with law enforcement –

domestically, as well as internationally – is compounded by concerns about terrorism and migration. This pressure threatens not only basic privacy, but also civil liberties. Add the risk of negligent data disclosure or unauthorized third-party access – including by cybercriminals and hackers – and social-protection beneficiaries could also be exposed to stigmatization, extortion, or blackmail.

Then there is the possibility that access to sensitive social-protection data, including biometric information, will be given or sold to private companies. Social-protection authorities and private companies, such as MasterCard or Visa, frequently enter into commercial agreements to create smart cards for social-assistance programs or to arrange for businesses to accept those cards. For example, South Africa's social-assistance biometric card is a MasterCard.

Worse still, such agreements – which often are not publicly disclosed – tend not to include mechanisms for redress in cases of abuse and misuse of information. Yet recent media reports suggest that these risks are considerable. For example, in Chile, millions of patients' medical records – including those of HIV patients and women who had been sexually abused – were publicly exposed for almost a year.

Moreover, in South Africa, private companies used the information of millions of social-protection beneficiaries to increase corporate profits to the detriment of beneficiary interests. In India, a newspaper claimed that its reporters had gained unrestricted access to the Aadhaar database. Another report documented how Aadhaar numbers, with sensitive financial information, had been made publicly available on government websites.

The threat to social-protection beneficiaries is not eliminated even when data are accessible only to government. As the political scientist Virginia Eubanks recounts, in the United States, automated decision-making in social-welfare provision enables the government to "profile, police, and punish poor people."

As technology continues to advance, these threats will only grow. For example, facial-recognition technology may enable governments to identify protesters who receive social assistance using the digital photographs they have provided in exchange for access to benefits. Malta, for example, is already considering using CCTV cameras with facial-recognition

software to prevent "antisocial behavior."

The lack of regard for privacy and data protection in social-assistance programs should not come as a surprise. These programs serve the most vulnerable groups – people who are already at a disadvantage in defending their rights. Entrenched stigma and anti-poor prejudices often prevent other, more privileged members of society from recognizing those risks, much less advocating on behalf of social-protection recipients. Many seem to believe that if you are receiving "free" benefits, you cannot also demand privacy.



“ Pressure to share sensitive social-protection data, including biometric identifiers, with law enforcement – domestically, as well as internationally – is compounded by concerns about terrorism and migration. ”

Social-protection programs are supposed to do just what the name implies: protect those segments of society that are most in need. Demanding that these people effectively renounce their rights to personal privacy and data protection amounts to just the opposite.

That alone should be enough reason to lobby for the adoption of adequate legal frameworks, well-resourced data protection authorities, and, as a last line of defense, an independent judiciary and media. But if people need a stronger incentive, there is always self-interest, because the risks faced by the most vulnerable and disadvantaged today may well become reality for a much broader cross-section of society tomorrow.

Darbar
داربار
RESTAURANT





Buffet Dinner
every Thursday & Friday

Buffet Lunch
every Friday & Saturday

Now KD 4

• Hot & Cold Beverages
Free along with every Buffet

• Buffet Includes
Shrimp Biryani & Shrimp Curry



KUWAIT CONTINENTAL HOTEL
☎ 22527300; Ext:5, ☎ 94075445, 94075442

Discover if you are overweight

Relying on Body Mass Index (BMI) readings to gauge whether a person is overweight or obese, is no longer credible. Not even the world's most qualified experts truly understand obesity. Obesity is an issue linked to millions of variables that are not only complex but also changes through every facet of a person's life.

Usually BMI readings are taken by taking your weight in kilograms and dividing by your height in meters squared. A reading at or over 30 means you are obese. A reading of at or over 40 indicates severe obesity. However, BMI does not take into account the muscle you might be carrying in your body, leading to false readings. By BMI standards, many athletes and other sports people would be labeled obese, though they are healthy and fit.

Another inaccurate interpretation of health comes from the use of the phrase Metabolically healthy obesity (MHO) to refer to someone who is overweight or obese but have no indications of health issues. People said to be MHO believe they are healthy despite the weight they carry around.

But MHO is not a reliable indicator of future health. In fact, nearly half of the people in a study who had MHO developed metabolic syndrome such as increased blood glucose, high blood pressure, or high cholesterol levels across a median of about 12 years. Metabolic syndrome puts

you at an increased risk for cardiovascular disease, type 2 diabetes mellitus, and other health complications.

Experts have been looking for a more reliable and recognizable way to understand how a person's weight status relates to their health. The following five methods may be easier to use and understand than BMI

Waist measurement: The best and probably easiest way to tell if you are at a healthy weight is from your waist size. A waist circumference greater than 89cm (35 inches) in women and greater than 101cm (40 inches) in men could not only determine overweight status but put a hard-and-fast number on one's health.

Waist circumference above these numbers indicates excessive belly fat, a dangerous type of fat surrounding vital organs, which increases one's risk of diabetes, high cholesterol, high blood pressure, and the metabolic syndrome."

The advantage of this measurement is that it is quick to perform and is a rather reliable predictor of risk for type 2 diabetes, hypertension, and heart disease. To measure your waist circumference, all you need is a measuring tape.

Place the tape on top of your hip bone, bring it around your body and level with your belly button and take the reading. Resist the temptation to suck in



and do not make the tape too snug. An inaccurate reading only hurts you.

Snoring: If your partner, best friend, or even you notice excessive snoring and you wake up restless, it may be a good reason to check your weight. If you snore frequently and rarely get a good night's sleep, you may suffer from sleep apnea.

Sleep apnea is a condition that causes your breathing to repeatedly stop and start again when you are sleeping. It can cause loss of oxygen and extreme fatigue during waking hours. Most people with this condition tend to snore due to airway obstruction. When your body stores fat around the neck, it may narrow the airway causing shallow breathing or pauses in breathing.

Frequent heartburn: Changes in your body weight, even slight ones, can lead to more acid reflux. More than one-third of overweight and obese individuals

experience gastroesophageal reflux disease (GERD). Some research suggests there could be a connection between being obese and developing GERD. Other symptoms of this condition include belching, nausea, a bitter taste in your mouth, and abdominal pain.

Achy joints: Obesity is a risk factor for osteoarthritis, the most common type of arthritis.

Osteoarthritis is a disabling disorder that leads to joint deterioration, pain, decreased joint mobility, and a reduced quality of life. Carrying around extra weight applies more pressure on all of your joints, and as you gain weight, the pressure increases. If you have achy knees or hips, or chronic back pain, you may be experiencing signs of a weight problem.

Chronic fatigue: Excess weight puts additional pressure on your organs, including your lungs. If simple tasks, such as tying your shoes or cleaning a room, lead to fatigue, shortness of breath, or difficulty breathing, you may have a weight problem.

Likewise, overweight and obese individuals have a greater risk of developing asthma. People with weight problems may experience chronic inflammation because of the excess weight. This may lead to inflammation in airways and can make breathing more difficult.

Prescription vegetables could be future of healthcare

According to latest projections, healthcare spending by governments and individuals will continue to grow given rising healthcare costs and aging populations around the world. A new study concludes that healthful food prescriptions could be more cost-effective over a period of time than preventative drug treatments.

Researchers at Tufts University in the US, who analyzed the effects of including healthful food prescriptions as part of government health schemes, found that offsetting the cost of healthful foods by 30 percent through health insurance would improve health and reduce costs. The researchers modeled two different

scenarios that would play out if government health schemes covered 30 percent of healthful food purchases. In both scenarios, these programs would cover 30 percent of fruit and vegetable purchases. However, in the second scenario, they would also cover 30 percent of purchases of whole grains, nuts, seafood, and plant oils.

The findings showed that the first scenario would prevent about 1.93 million cases of heart disease, while the second one would prevent close to 3.28 million cases of heart disease as well as 120,000 cases of diabetes, mainly from the positive role that whole grains, nuts, and seeds play in diabetes prevention.

Both scenarios significantly reduced healthcare utilization, leading to savings of about \$40 billion and \$100 billion respectively. The total costs for subsidizing just fruits and vegetables were \$122.6 billion, while it cost \$210.4 billion to cover the broader range of healthful foods. Comparing the net costs with savings and health benefits, both scenarios were highly cost-effective.

"We found that encouraging people to eat healthy foods — healthy food prescriptions — through government health schemes



such as Medicare and Medicaid could be more cost-effective, or at least as effective, as other common interventions, such as preventative drug treatments for hypertension or high cholesterol," said the researchers.

The new findings support the concept of US-based public initiative, 'Food is Medicine', which postulates that innovative programs to encourage and reimburse healthy eating can and should be integrated into the healthcare system.



Badr Celebrates World Health Month

For Appointments
☎ 60689323 Tel: 24759250/70/80

قطعة 4 شارع 39 بالقرب من حديقة الفروانية بالكويت
Block - 4, Street - 39 Near Farwaniya Garden, Kuwait

Get your body
check-up
done with just

2KD

Package Includes:

- Sugar
- Cholesterol
- SGPT (Liver Screening)
- Creatinine (Kidney Screening)
- Doctor Consultation

Valid till 30th April



EXCLUSIVE to THE TIMES KUWAIT

Structure of a Diplomatic Revolution



RICHARD N. HAASS

President of the Council on Foreign Relations and author of *A World in Disarray*.

It has been nearly 60 years since the philosopher and historian Thomas Kuhn wrote his influential book *The Structure of Scientific Revolutions*. Kuhn's thesis was simple but heretical: breakthroughs in science occur not through the gradual accumulation of small changes to existing thinking, but rather from the sudden emergence of radical ideas that cause existing models to be replaced with something fundamentally different. As was the case when astronomers determined that the earth revolves around the sun and not vice versa, these "paradigm shifts" usher in an entirely new model that becomes the basis for "normal" scientific study and experimentation until it, too, is replaced.

I mention Kuhn because his idea is as relevant for social science as it is for natural science. The example I have in mind is the contemporary Middle East, where the current paradigm between Israel and its neighbors has prevailed for more than a half-century.

“ A Trump plan is likely to focus on offering economic incentives to Palestinians in an effort to encourage them to compromise. It is unlikely to succeed. ”

Nearly everything said and written about the issue reflects the outcome of the June 1967 Six-Day War, which left Israel in control of territories that had previously belonged to Jordan (East Jerusalem and the West Bank), Egypt (the Sinai Peninsula and Gaza) and Syria (the Golan Heights). Since then, the "normal" diplomatic model (enshrined in UN Security Council Resolution 242 and subsequent resolutions) has assumed that



Israel would trade this territory in exchange for security and peace.

For some time, the paradigm appeared to have validity. Israel returned the Sinai to Egypt, allowing the two countries to sign a peace treaty that has endured to this day. Years later, Israel and Jordan normalized their relationship. Negotiations between Syria and Israel came close to succeeding, but failed in the end, largely because Syria's president, Hafez al-Assad (the father of current Syrian President Bashar al-Assad), was unwilling to sign on to a compromise.

It is no longer possible to imagine peace talks, much less agreements, between Assad's government and that of Israeli Prime Minister Binyamin Netanyahu. The Israeli government long ago annexed the Golan Heights, and now Assad's government increasingly depends on Israel's archenemy, Iran, for its survival, and instead of negotiations, we see Israel attacking Iranian forces and equipment on Syrian territory.

Diplomatic progress between Israel and the Palestinians is equally difficult to imagine. This was not always the case. Negotiations came close several times to establishing a Palestinian state alongside Israel under terms that both sides could accept. But at the last minute, Palestinian leaders balked, fearing that agreeing to

less than what they had historically claimed to be Palestine would leave them politically vulnerable to hardliners who believed that compromise was unnecessary because time and world opinion were on the Palestinians' side.

This was a historic error. What was on offer in the past is no longer. Israeli politics has shifted decisively rightward. Jewish settlements on the West Bank have grown dramatically in terms of both area and population. Netanyahu explicitly promised during the recent election campaign to begin annexation of the West Bank. US President Donald Trump, whose administration moved the American embassy from Tel Aviv to Jerusalem and reversed nearly 40 years of US policy by recognizing Israel's authority over the Golan Heights, may well support further Israeli annexation. Much of the world has grown weary of the conflict. Quite a few Arab governments, worried about Iran or internal threats more than Israel, are prepared to work with Israel quietly, and in some cases openly. Splits within the Palestinian leadership are exacerbating persistent divisions on what to ask of Israel and what to accept.

The Trump administration may well unveil a peace initiative in this context. But its proposal is unlikely to deal with the territorial, political, and refugee issues that are central to the creation of a Palestinian state. A Trump plan is more likely to focus on offering economic incentives to Palestinians in an effort to encourage them to compromise. It is unlikely to succeed. The most likely future is thus one of drift. Palestinians will continue to have

limited autonomy in parts of the West Bank and Gaza. At some point (one we have neared, if not reached), the potential for a viable Palestinian state will cease to exist.

All of this poses a risk to Israel as well. There is an unresolvable tension between Israel remaining a Jewish state and a democratic one if it continues to exercise political control over millions of Palestinians who are not Israeli citizens. Avoiding this choice and maintaining the status quo will frustrate Palestinians and increasingly isolate Israel in the region and the world (especially if annexation occurs).

Some will argue that this assessment is too bleak. I hope they are right. But even if they are, the benefits of progress between Israelis and Palestinians will not spread. Closely associated with the territory-for-peace paradigm was the belief that, by ushering in peace between Israel and its Arab neighbors, an Israeli-Palestinian settlement would enable the region to flourish. But resolving the Israeli-Palestinian conflict will not end the civil war in Syria or the slaughter in Yemen, or ameliorate the repression and corruption that are commonplace throughout the region.

So even if the Israeli-Palestinian conflict were to end, the Middle East's problems would not. And there is no reason to predict the Israeli-Palestinian conflict will end. It is time for a paradigm shift in how we think about the Middle East, not because a better diplomatic model has presented itself (it has not), but because the current paradigm is increasingly at odds with reality.

Digital Revolution's Silent Majority

..CONTINUED FROM PAGE 1

But another possible explanation is that public debates about technological trends tend to be dominated by the companies and entrepreneurs that are shaping them. The voices of the vast majority of companies that are struggling to keep up with technological change (or actively resisting it) are going unheard.

Acknowledging this underrepresented perspective is essential to understanding why the digital revolution is not showing up in the data, and why it may yet stall. Simply put, buzzy talk tends to rely on biased generalizations. For all of their purchase on the public imagination, artificial intelligence (AI), machine learning, Big Data, and humanoid robots fall within the remit of only a handful of firms. The attention these technologies receive is wildly disproportionate to the scale of their development and adoption. As Dan Ariely of Duke University joked back in 2013, "Big data is like teenage sex: everyone talks about it, nobody really knows how to do it, everyone thinks everyone else is doing it, so everyone claims they are doing it."

The dynamic is easy to discern. Journalists chase juicy stories. Investors seek attractive returns. Consumers try to anticipate the next technological fad. Social networks, global media,

and international conferences amplify the voices of disruptors who have an interest in inflating their own prospects. And as the information cascades, the ranks of believers grow. The rumor becomes the rule.

Consider the World Economic Forum's (WEF) latest annual report on emerging labor-market trends, which is based on a survey of large, multinational corporations. It contends that by 2022, a substantial increase in investments in machine learning, data analytics, new materials, and quantum computing will boost demand for data scientists, AI specialists, and robotics engineers, to the detriment of existing professions.

The problem is that the WEF's population sample is hardly representative of the real economy. Across OECD countries, firms employing more than 250 workers account for just 7 percent of all active firms and employ less than 40 percent of the workforce. And while the authors of the report acknowledge this bias, their conclusions still amount to dangerous generalizations. Their jobs of the future have nothing to do with the immediate employment needs of the vast majority of small- and medium-size enterprises that are still operating within the framework of the Third Industrial Revolution. Similarly, an OECD study finds that the labor productivity gap

between firms at the technological frontier and all other firms has been widening sharply over the last decade. Many of the advanced technologies one hears so much about in the media remain unexploited by a non-trivial share of companies, which suggests that we have a long wait before even the most revolutionary innovations start driving GDP.

It has been said that general-purpose technologies like electricity and the personal computer tend to boost productivity not immediately, but around 25 years after their inception. Yet it has now been 32 years since the Nobel laureate economist Robert Solow observed that, "You can see the computer age everywhere but in productivity statistics," and we still do not see the computer age in the productivity statistics. Why should AI be any different from the PC in this respect?

Ignoring the perspective of technological laggards can have far-reaching policy implications, especially if techno-boosterism (or alarmism) diverts attention from pressing problems facing education systems and labor markets in the here and now. If governments start allocating more resources to train the high-skilled professional elite of tomorrow, they could foster even deeper inequality today.

Of course, cynics might dismiss the 'losers' as having little to add to debates about technology: at best, they will fill the roles created for them by the digital vanguard; at worst, they will be forced out of the labor market altogether. But it is worth remembering that smaller firms, even if they face economic headwinds, still have the political power to push for tougher regulation of new technologies that threaten their existence.

A global giant like Uber knows this all too well. Over the years, it has encountered strong resistance from small groups of well-organized taxi drivers who were never invited to gatherings of the global elite to contemplate the virtues of the platform economy. By the same token, the 'left-behinds' across the world's advanced economies are now taking their revenge by bringing anti-trade, populist parties and politicians to power.

To avoid an even worse backlash, and to develop a better appreciation of what the Fourth Industrial Revolution actually entails, one must understand where all firms — not just those at the top — stand with respect to today's disruptions. A sustainable technological transformation requires widely shared benefits, which means that helping the laggards adapt is just as important as enabling the innovators to thrive. The voices of the disrupted must be heard.

ROMANIA

Enchanting landscape and culture

Romania offers some of the most unspoiled wilderness on the continent, from the majestic peaks of the Carpathian mountains and the verdant, rolling hills of Bucovina to the extraordinary wetlands of the Danube Delta.

Its true charm lies in the variety of fascinating attractions in its urban centers – such as the capital, Bucharest, Braşov, Sighişoara, Timişoara and, most enchantingly, Sibiu.

However, any exploration of rural villages will be rewarding, with sights as diverse as the log houses in Oltenia, Delta villages built of reeds, and the magnificent wooden churches, with their sky-scraping Gothic steeples, of Maramureş, not to mention the country's more traditional churches, which reflect a history of competing communities and faiths. Here are some of the best places and regions to visit in Romania.



Bucharest: The Romanian capital continues to redefine itself, merging its storied history with a modern identity. At first glance, the architecture is dizzying, but it is a fascinating mix. There are pristine city parks, excellent museums and gritty yet charming lanes that weave through the Old Town. The heart of the city is the Piaţa Revoluţiei, the scene of Ceauşescu's downfall and site of the old Royal Palace – now home to the superb National Art Museum, housing a fine collection of Romanian medieval art.

North from Piaţa Victoriei, along the broad sweep of Şoseaua Kiseleff, lie Bucharest's two best museums – the Museum of the Romanian Peasant, and the Village Museum, an assemblage of vernacular buildings garnered from Romania's multifarious regions. There is plenty of greenery to explore, too – most obviously the tranquil Cişmigiu Gardens in the heart of the city, and the more expansive Herăstrău Park. You will not want to miss the vast Palace of the Parliament. This architectural colossus is known as the heaviest building in the world, the largest building in Europe (nearly

four million square feet and one thousand rooms) and the world's second-largest administrative building (after the Pentagon). Bucharest is also swathed in beautiful parks. The oldest, designed in the mid-19th century, is Cismigiu Gardens, or there is the 400-acre Herastrau Park which features an open-air theater, as well as public recreation areas.

Maramures: Tucked away in the northernmost corner of Romania, Maramures seems miles away from the modern world. A 'rural fairytale', this remote land isolated from the rest of Romania by heavy forested mountains, stands out for its distinctive rural culture, UNESCO-protected medieval wooden churches, and unspoiled bucolic charm.

With its time-capsule villages, lush magical surroundings, and ancient customs that have been kept alive like nowhere else, is perhaps the best-kept secret of Europe for the seekers of authentic experiences. Among the main attractions in Maramures are the Merry Cemetery in Sapanta, the

Danube Delta: The Danube Delta is one of the largest and best-preserved deltas in all of Europe, with 23 ecosystems that are home to a huge number of plants and wildlife. Located in Tulcea County in the Dobrogea region, the delta is a winding network of waterways that originate from the Black Sea. In total, the delta is 5,165 square kilometers, and it is listed as a UNESCO World Heritage Site. A vast changing landscape of marshes and wetlands, the Danube Delta is home to some 360 species of birds and 160 types of fish. Whether you're a bird watcher, or you just want to escape the bustle of the city, the Danube Delta is a natural paradise. You will find pristine beaches, incredible places to hike and also some of the best seafood in Romania. Tulcea and Sulina are two nearby cities you could also visit.



Wooden Churches of Maramures, as well as the cities of Sighetu Marmatiei and Baia Mare, where numerous museums can be found. The region plays host to countless natural protected areas – such as the stunning Pietrosul Rodnei Wildlife Reserve, the Creasta Cocosului Geological Reserve, and the Chiuzbaia Fossil Reserve – making this place a wonderful destination for trekking, rock climbing, skiing, snowboarding, and other outdoor activities. Last, but not least, magical Maramures is also home to one of the world's magnetic hills, near the town of Cavnici.



The Red Ravine: Also known as Râpa Rosie, is a breathtaking geological reserve in the southwest of the Secaselor Plateau, near the city of Sebes. Erosion runoff has caused the distinct sharp appearance of the mountainside, and the 800-meter-long wall is almost completely vertical, reaching heights between 50 and 125 meters. The area's red quality comes from the formation of gravel, quartz sands, and sandstones.

During the rainy season, deep ravines form and the Râpa Rosie River flows nearby.

The Painted Monasteries of Bucovina: Situated in northeastern Romania, the Painted Monasteries of Bucovina consists of a stunning collection of Byzantine jewels adorned with exquisite 15th and 16th-century frescoes that depict scenes from the Old and New Testaments. Due to their uniqueness, authenticity, exceptional artistic value, and gorgeous surroundings, most of them have been included in the UNESCO World Heritage List as masterpieces of mural art.

Among the best preserved are Sucevita, Probota, Patrauti, Moldovita, Humor, Arbore, the Church of St. George, and the Monastery of Voronet, famous worldwide for its inimitable shade of blue (Voronet Blue).

Prahova Valley: Snuggled between Romania's Eastern and Southern Carpathians, about 100 km north of Bucharest, Prahova Valley is the country's most popular destination for mountain lovers. Characterized by history, stunning natural landscapes, and a rich artisan culture, the magnificent region has close ties to Romania's royalty and features a number of well-appointed ski resorts, where you can enjoy various types of slopes, thrilling hiking and biking trails, as well as a good range of traditional restaurants.

Prahova Valley's main resorts include Predeal, Azuga, Busteni, and Sinaia. The latter is strongly related to Romania's Royal Family, its glamorous past still echoing through places like the railway station – which has been designed exclusively for the Royal Family and their noble guests; the gorgeous Peles Castle – a Neo-Renaissance jewel used as a summer retreat by King Carol I of Romania; and the storied Sinaia Casino, whose lavish interiors were once hosting grandiose parties for the European elite.



Ensure your Make-up always looks natural

In theory, natural make-up should be easy. As it implies minimal effort, right? I wish.

However, some women find out that their foundation often goes cakey, or their attempts at contouring verge on clown-like. To avoid mishaps when you are doing a natural makeup look, here are some tips.

Customise your base: One way to get a more natural base is to mix a little moisturizer into your foundation. It'll dial down the coverage and give skin a dewier, natural finish.

For a glowier finish, add a smidge of a strobe cream product to any foundation. Not only will it reduce the heaviness of any base, but it'll instantly increase your glow and leave skin looking fresh and natural.

Dial back on the concealer: It can be tempting to go heavy on the concealer, but this can lead to ashy undereyes and caking. A tip to ensure a more natural finish when using concealer, is to look at yourself in the eye when applying. Women have a tendency to zero in on all imperfections, but no one else does. So when you use concealer, look into the eyes and conceal only things that you notice within the peripheral vision.

Low-key lash hack: Mascara can be super heavy, but if you're trying to achieve a softer look, big lashes can be too much. One trick is to apply mascara as usual, but then use two cotton buds with a little makeup remover and pinch the lashes between them to remove some of the excess mascara.

Opt for definition, not drama: A great tip to define your eyes without a dramatic liner look, is to apply a black or brown eye pencil to the top and bottom waterlines of your eye. After applying it, close your eyes really tight - this will push the pigment into the roots of your lashes, deepening the appearance of your natural lashline. Then, take a cotton bud and remove the majority of the pencil at the roots of your lashes, leaving just the pigment at the roots of your lashes. Your lashes will look naturally defined, with zero harsh lines.

Mute your blush: Everyone likes rosy-flushed cheeks, but if you're doing for the no-makeup-makeup look, subtly is key. Apply your blush as normal, but then go over it with your recently used foundation brush. This helps mute down a bold blush to a softer finish - perfect if you've gone a little hard with the rosy glow.

Fluff' your lipstick: Matte lipstick is still a huge trend, but the bold pigmentation can be a little overwhelming if you want to achieve a natural make-up look. For a softer finish, grab your favorite matte lipstick, then dampen a small fluffy makeup brush with a lightweight water mist, next, use the brush to buff the color into your lips creating a diffused, long-lasting, matte lip stain.



Layer your minimalist JEWELRY



When it comes to styling your jewelry, it can be boring to pick the same pieces over and over to create your everyday look. Perhaps it's time to customize your combinations by layering a few simple pieces together. Minimalist jewelry is about unfussy designs, like clean lines, flat designs, geometric shapes, and understated details. From delicate necklaces to tiny ear studs, pairing different pieces can create a bolder and fresher look. Remember, it is about emphasizing the beauty of simple and basic shapes. Here are some tips to master layering your minimalist collection in no time.

Pick the right shapes: One of the main reasons why minimalist jewelry looks so good is because of the use of negative space. Negative space is about appreciating 'what isn't there' over 'what is there'. It creates a clean look by perfectly balancing the size of the bling with empty space in the design. The use of negative space is best reflected in geometric designs. Your best options

are geometrical jewelry like triangular rings, pyramid rings and, delicate open bracelets.

Collect pretty rings: Simple gold bands with different textures can be stacked to create gorgeous customizable looks, which also works for midi rings in different styles. You can layer on as many as you'd like or only rock a few of your favorites every single day on different fingers. Try your hand at mixing in rose gold with silver, hammered metals with smooth metals, geometric shapes with hearts or waves.

Go all-out with the ear studs: Layer up those studs and embrace an edgier look, without going over the top. One way to bring pieces together to make a statement is to follow a common theme.

Dainty necklaces: The best way to



pair your minimalist necklaces is to experiment with contrasting lengths, shapes, textures, and colors. You can even choose different lengths of necklaces with different charms and play around with what feels right for you. Achieve the layered look without the fuss by purchasing a necklace with multiple chains. However, for some, it is best not to mix metals unless you know what you are doing. If you like your gold pieces, stick to the same color to create a more uniform look. Chokers can be layered too, no matter how high or low they sit.

Stick to a theme: Adopt jewelry pieces that stick to a common theme whether it's for your ears, wrists or fingers.

Combine bangles: Stacking bangles makes your look edgy and fun. You can even consider wearing more structural bangles on one arm as they add a textural element to your look.

Fun and feminine: Heart-shaped pendants, cute symbols and even jewelry with your own names can add a personal touch to your ensemble.

Mini stones: Embrace tiny gemstone jewelry to introduce specks of color to your accessory game.



REASONS FOR UNHEALTHY HAIR

In this modern beauty world, almost every hair problem can be solved by a product. Lacking in lift? Throw some volumising shampoo in the shower. Greasy roots? Spritz some dry shampoo and move on. Damaged ends? Slather on a hydrating hair mask.

And while it's great that frustrations can be fixed fairly easily, paying attention to the problem in the first place could give some insights into your health and habits. In fact, the outside of your hair can tell you a lot about your insides.

Increased oiliness: It's not just sweaty

gym sessions making your hair greasy. Turns out if you're stressed, this can raise the level of cortisone your body is producing, which in turn makes your scalp produce more oil. Sunburn is another lifestyle factor to take into account. And lastly, a diet high in dairy can also accelerate sebum production on the scalp, as the hormones present breakdown androgens and cause an imbalance.

Dry and lackluster hair: A lack of vitamin D can cause hair to become dry and brittle, and possibly even result in hair loss. While the sun can stimulate vitamin D production in the skin, when it comes to the hair its best retrieved from supplements, combined with a diet of healthy fats including avocado, eggs, salmon and nuts.

Premature greys: As the gland largely responsible for producing our hormones, an overactive or underactive thyroid can have an impact on the hair. Research specifically suggests that it may alter the hair follicle (where the pigment is



produced), which can result in premature grey hairs. A vitamin B12 deficiency could also be at play. This vitamin is responsible for the metabolism of both fatty acids and amino acids, essential for hair health. So if lacking, it can result in grey hairs or even hair loss. B12 is found in eggs, meat, poultry, and dairy products, so vegans and vegetarians are at a higher risk of deficiency.

Dry and brittle hair: As the main protein present in hair, keratin is key for keeping it healthy and strong. There are products that attempt to mimic the production of keratin, but ultimately, real protein needs to be built by the body from the inside out.

Hair that breaks easily or just won't grow, may reflect a low intake of protein. Try adding more lentils, fish, eggs, nuts and seeds in your diet.

Hair loss: For sudden hair loss, look at what happened 2-3 months ago. Numerous events such as a short term illness or acute period of stress can cause short term heavy hair shedding. If this is the case you do not need to do anything, hair loss will stop on its own.

However, if stress or illness doesn't seem to be connected, it may require further action. If your hair loss has been an issue for some time you may have an underlying nutritional or hormonal issue, which can be detected by a blood test.



Turn off web notifications from browsers



Whenver you visit a website that wants to send you notifications, you will be greeted with a pop up that asks whether you want to agree to them or not. Your options will be 'allow' or 'block'.

If you clicked on 'allow' before, but now realize you no longer wish to receive notifications from them, you can disable this service. Here we look at how you can turn off notification on some of the popular browsers used on the PC, Mac and Android phones.

In Google Chrome: Google's popular browser uses the same process for Windows

PC, Apple Mac and Android phone users. The first step is to open up Google Chrome on the device you are using and click on the three vertical dots in the top right hand corner. This will open up 'Settings' page; scroll down and click on the 'Advanced' button at the bottom. In the section called 'Privacy' you will find another sub-section titled 'Content Settings', where you will be able to turn off notifications.

You can either turn all notifications off by default or toggle which websites you would like to receive notifications from.

Scroll to the bottom of this page and you will find a section called 'Allow'. This is a list of all the websites you have so far allowed to send you notifications. Press on the three vertical dots to the right hand side of the website's name and you will have the option of blocking notifications, editing them or removing them.

If you choose to block them, you will not be asked by that website to activate notifications whenever you next visit.

This setting is connected to your Google account, so it should mean you will not

receive any notifications on any of your devices anymore. You may still get one or two sent through while the settings are finalized, but you should not get many if any more at all.

If you want notifications back, you will find it listed in the 'block' section at the top of the notifications page. You can unblock the site from here or alternatively head to any website that you want notification from and click on the padlock logo next to the name on the URL bar on the top left.

Here you will see a section called 'Notifications' with a drop-down menu next to it that says to either 'ask', 'allow' or 'block' depending on what you want that website to be able to do.

In Firefox on PC Mac or Android: The easiest way to unsubscribe in Firefox on PC or Mac is to enter the following into the URL box at the top of the browser: about:preferences#privacy.

This will take you to the preferences in Firefox if you are using a PC or Mac. In here you will then have to scroll down to 'Permissions', find the option that says 'Notifications' and press on the 'Settings' button to the right.

Here you will find all the websites you currently have that can send you notifications along with a status bar that will likely say 'Allow'. Press on this and change it to 'Block' and be sure to hit the 'Save Changes' button in the bottom right corner.

If you have Firefox on your phone, you will have to head to the specific website you want to stop notifications for. Here you will see a padlock in the top left hand corner, and if you press on here it will say 'Edit Site Settings'.

Once you have pressed that you will see an option that says 'Notifications' with a check box on the right hand side. Hit the 'Clear' button at the bottom of this window and you will have unsubscribed successfully.

In Microsoft Edge on PC: Access the main menu by pressing on the three dots in the top right corner, where you will find an option called 'Settings' followed by 'View Advanced Settings'.

This menu will then have an option called 'Notifications' where you can press on 'Website Permissions' to control what each page can do with your Microsoft Edge browser, and you can revoke access for notifications for each website here.

In Safari on Mac: Open up Safari Preferences on your Mac, and you will find an option that says 'Websites' along the top of the screen. Press on this, and in the list to the left you will find an option called 'Notifications'. All the sites you have subscribed to will be listed here, and you can press on either 'Allow' or 'Deny' in the drop-down to the right hand side. Once you have selected 'Deny' you will be free of Safari notifications.



Facebook to merge News Feed and Stories

Facebook is testing a radically redesigned interface for its app, which sees the News Feed and Stories feature combined into a single feed that you tap through like an Instagram or Snapchat Stories.

Currently, Facebook Stories and the News Feed exist alongside one another as distinct interfaces in the core Facebook app. You can scroll down to see the News Feed or tap one of the cards tiled along the top of the app to start scrolling through your stories. In this new design, Stories and News Feed posts — including text posts, pictures, videos, and sponsored posts — appear as part of the same interface.

Although Facebook Stories were unpopular when they were first launched back in 2017, Facebook predicted that they will surpass the News Feed in popularity in 2019. Last September, the company said that Facebook and Messenger Stories had 300 million daily active users between them. The future of the News Feed has been in question ever since CEO Mark Zuckerberg said that the company would be pivoting away from permanent public posts and toward private, encrypted messaging.

However, it is not clear when Facebook will roll out the combined feature, for the moment it is said to be in test phase.

Intel to exit 5G phone business as Apple, Qualcomm settle



Intel announced last week that it had decided to leave the 5G mobile modem market to focus its efforts more on 4G and 5G modems for PCs and smart home devices, as well as its broader 5G infrastructure business.

Timing of the announcement was dramatic as it came just hours after Apple and Qualcomm struck a surprise settlement in the two companies' ongoing patent infringement and royalties dispute related to Apple's use of Qualcomm modems in the iPhone.

It is highly likely that Intel's decision to close shop on its 5G mobile modems played a major role in Apple deciding to settle with Qualcomm. Intel became Apple's sole supplier of smartphone modems last year as the dispute with Qualcomm dragged on and became only more complex, involving multiple lawsuits around the globe. But

Apple has been growing concerned about Intel's ability to supply next year's iPhone models with 5G modems.

Announcing its departure from making 5G modems for mobiles, Intel CEO Bob Swan said in a statement that though the company was 'excited about the opportunity in 5G and the 'cloudification' of the network, in the smartphone modem business it has become apparent that there is no clear path to profitability and positive returns.'

It is unclear when Intel came to this decision, or when it notified Apple about its intention, either way Apple is now forced to turn to Qualcomm for their 5G mobile modems, as there is no one else with the capacity or capability to meet the 5G needs of mobile manufacturers.

Apple and Qualcomm agreed to settle all ongoing lawsuits, putting an end to the blockbuster legal battle that has seen the two tech giants sue one another across the globe.

As part of the settlement, Apple will now pay Qualcomm an undisclosed amount related to royalties the chipmaker accused Apple of purposefully withholding as part of the dispute. Apple, conversely, initially accused Qualcomm of overcharging it for using its technology and components. The two companies have now reached a six-year global patent licensing agreement, which may be extended for another two years. They have also agreed for Qualcomm to supply parts to Apple for multiple years, which will now see Qualcomm's 5G components make their way to Apple's smartphones that are slated to feature 5G from 2020.

SHIFA AL JAZEERA MEDICAL CENTER
Farwaniya - Fahaheel

Al Nahil Int'l Clinic
JLEEB AL SHUYOUKH

CONTACT US:

Farwaniya
60 749 749

Fahaheel
65 959 534

Jleeb Al Shuyoukh
60 057 477

Our Specialities

Diabetology & Internal Medicine | OB & Gynaecology | Pediatrics
Dermatology & Cosmetology | Orthopedic | ENT Surgeon | Radiology
Ophthalmology | Dental Surgeon | General Medicine | Physiotherapy
X-ray & Ultrasonography | Laboratory & Pharmacy

Working Hours 7am to 12.00pm

We accept all major insurance cards

مجموعة تفتاء الجزيرة الطبية
SHIFA AL JAZEERA MEDICAL GROUP
•Saudi Arabia • Bahrain • Qatar • Oman • Kuwait • UAE • India

Farwaniya - Opp. Police station & Co operative Society - Tel: 24 73 40 00
Fahaheel - Mecca Street - Near Roundabout - Life Tower - Tel: 239 19 020
Jleeb Al Shuyoukh, (Abbassiya) - Khalid hiqab Al ashhab st. Tel: 24 34 70 90
www.shifaaljazeera.com - www.alnahilclinic.com



The Sunday morning "Relax, it's under control" look

Lulu has it

From 15th 2019 to 30th 2019 or until stocks last. purchase limit may apply.

ETEN DE BACKERS JOHN LOUIS CORTIGIANI Tom Smith MARCO DONATELI

Eten Ladies Dress
was ~~₹ 5.800~~ **₹ 4.300**

Cortigiani Ladies Dress
was ~~₹ 8.900~~ **₹ 6.900**

John Louis Ladies Bag /pc
was ~~₹ 8.800~~ **₹ 6.150**

John Louis Ladies Bag /pc
was ~~₹ 9.800~~ **₹ 6.850**

Cortigiani Mens Suit
was ~~₹ 58.900~~ **₹ 44.000**

Marco Donateli Mens Formal Shirt /pc
was ~~₹ 7.900~~ **₹ 5.900**

Cortigiani Mens Jeans was ~~₹ 9.500~~ **₹ 7.100**

Eten Mens Jeans was ~~₹ 7.500~~ **₹ 5.600**

Sport Line Jogging Pant was ~~₹ 5.200~~ **₹ 3.900**

Eten Girls Jogger
was ~~₹ 2.400~~ **₹ 1.800**

Marco Donateli Mens Shorts
was ~~₹ 5.500~~ **₹ 4.100**

De backers Boys Shirt
was ~~₹ 4.800~~ **₹ 3.500**

Boys Character T-shirt
was ~~₹ 1.600~~ **₹ 1.200**

De backers Girls Party Frock
was ~~₹ 9.200~~ **₹ 6.900**

De backers Girls Top
was ~~₹ 5.800~~ **₹ 4.300**

De backers Mens Casual Shoes (Assorted)
was ~~₹ 9.900~~ **₹ 6.500**

Tomsmith Ladies Sandal (Assorted)
was ~~₹ 6.900~~ **₹ 4.500**