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Putting Children's
Health First

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Kuwait keen to prevent NCDs to save lives

Staff Report



According to the World Health Organization (WHO), non-communicable diseases (NCD), such as cardiovascular problems, cancers, chronic respiratory ailments and diabetes, are the leading cause of death worldwide. In 2016, NCDs were responsible for 41 million of the total 57 million deaths worldwide.

World is fast approaching the inflection point with regard to NCDs. Unless governments act now they will find it difficult to deliver on the promise they made in 2015 to the United Nations Sustainable Development Goal, of reducing by one-third the premature mortality from NCDs through prevention and treatment, and promoting mental health and well-being. Without significant investments now, millions will continue to die unnecessarily from causes that are manageable if not preventable, says the WHO in its latest report on NCDs.

The recently published WHO country profile on member states, shows that in Kuwait of the total 11,000 fatalities

in 2016, more than 7,900 deaths, or nearly 72 percent, were from NCDs. Of the total NCD fatalities, the largest number of deaths (57%) were on account of cardiovascular diseases, followed by 21 percent from cancers, 4 percent from diabetes, 4 percent from chronic respiratory diseases, and 14 percent from other NCDs. The WHO report also pointed out that an estimated 9,400 lives

in Kuwait could be saved by 2025, if the country were to implement all of the 'best buys' recommended to combat NCDs.

The high NCD mortality rate in Kuwait, in particular the increased incidence of cardiovascular diseases has prompted the Ministry of Health to expand and enhance treatments for NCDs, as well as launch campaigns to create awareness

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PACI launches HD maps of Kuwait using laser

The Public Authority for Civil Information (PACI) recently launched an advanced road scanning system for the first time in the Gulf region. The project aims to create a high-definition (HD) map of all regions of Kuwait using Lidar, a technology that provides highly accurate maps using laser to measure ranges.

The country's Geographic Information System (GIS) databases will be updated and the high-resolution map will contribute to the collection of data for various applications of PACI, such as the Kuwait Finder program. The system will also allow for the future usage by autonomous vehicles.

The new system depends on

field scanning, using specialized vehicles that roam the streets to specify all of its dimensions, as well as a 360 degree photographic survey of all the country's roads.

The Director General of PACI Musaed Al-Asousi said that this is a one of a kind in the world, organized by a government agency. Such projects usually target a city or part of it, but this project will cover the entire country.

This system is a brand new one in the region and has all the requisite tools that allow all the state's institutions and ministries to benefit, especially the Municipality, Interior Ministry, and Ministry of Public Works.

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While passion, as a word and a virtue, has somewhat dulled in impact due to overuse, it continues to remain the cornerstone of successful enterprise. Passion permeates into every facet of a venture, from fueling new ideas to getting a team to commit to a common purpose, from determining the work culture to providing the stamina needed to move forward.

Over a career spanning close to six decades, Dhiraj Oberoi has helmed the Kuwait Indo Trading Co, a food brand beloved by generations who have grown up in Kuwait, for whom the crisp crackle of the KITCO chip can bring on a bout of heady nostalgia. It is an inexhaustible supply of pure passion that has enabled him to not only build a strong and dynamic business but also successfully overcome the many challenges he encountered along the way.

Oberoi first came to Kuwait from New Delhi around the age of 16 while on school vacation. His father, who ran a grocery shop in Kuwait, fell ill and he was called upon to shoulder the responsibility of running it. Giving up the opportunity to continue his education he accepted without any resentment the hand fate had dealt him and stepped into the business. In the next 54 years, the grocery shop he took over would grow to become a wholesale business, he ventured into distribution before becoming a manufacturing pioneer in the regional food industry. Today, the company has an assortment of offerings from chips to biscuits and cakes, with factories located in Kuwait, Qatar and Saudi Arabia. In addition to UAE, all this, a never complacent and always-on-the-move Mezzan Group took the company public two years ago and is happy that the group is now listed on the Kuwait Stock Exchange.

Oberoi shared his motivations behind taking the leap from trading to manufacturing, and introducing their first product, the KITCO Rings, "When you are in the food business, the lower end is grocery and the upper end is manufacturing. As you are looking to grow in the business, manufacturing

■ Dhiraj Oberoi: An Epitome of Success

Teamwork makes the dream work

EXCLUSIVE to THE TIMES KUWAIT

your own products is the epitome. We had visited factories when we were distributors for certain products but we didn't know much about manufacturing. We were always traders, so getting into manufacturing was a new ballgame."

"It was scary at first because as humans, we always think - what if it fails?" He shared that the learning curve was steep and the finances were a challenge, "But we have been very fortunate that our partners, the AlWazzan family, is very respectable, they gave us their full support and my brother Sudhir Oberoi joined me in the business four years later and his contribution has been no less. KITCO Rings was the first not only in Kuwait but the entire region."

Speaking of the early days, he shared that doing business in Kuwait then was very relaxed. "Communication was very slow, one of the fastest means at our disposal was the telegram. The pace of doing business was very relaxed. After you first made an inquiry, it would take three or four days for you to receive a response, and then you would probably go back to them and negotiate a better price and they would come back with another offer. So finalizing a deal could easily become a ten-day process. But they were happy days with a lot more simplicity."

Reminiscing, he adds, "In our time, a shoe was a shoe. If it got torn, you would try to go to the cobbler and fix it, there used to be value and attachment to our possessions. Today, everything is so disposable."

"There was a lot more togetherness, and social interaction with the people around you, and a lot more love and affection. I feel that that is now diminishing. I am not saying that it was not a materialistic society back then, but I do see a big difference now. Before, a business promise or word for a deal, a yes or no, was final. That is no longer how things are done now," he continued.

Contrary to the belief of many that Kuwait is a first-movers market, Oberoi shared that any advantages that pioneering firms enjoy can be easily lost, "It is a race, but the winner is not he who runs the fastest, but he who runs with endurance, principles and ethics. Without principles and ethics, no matter how fast you run, you will fall."

The company expanded through the 70s and 80s even as the Kuwait economy boomed and pushed forward, and the market grew as a result of advancements made in worldwide logistics. The food industry saw a rise in competition from not only local producers but regional ones as well. Oberoi adjusted quickly to every turn of the market, even as the choice for consumers grew from two brands in a bakala to multiple shelves of aisles in a hypermarket. "You have to work with the demands of the time. I was a salesman on foot for seven years and today selling a product requires a different kind of finesse because the consumer first buys through the eyes."

The Iraqi invasion of Kuwait brought huge setback to the company. "The invasion really pulled us back many years. Like everybody else at the time, we suffered huge losses. The Iraqi soldiers would destroy what they couldn't take away. Our running factories were halted and the equipment rusted and spoiled." But Oberoi was resolute in his optimism after the liberation of Kuwait, "We never looked back with a lot of sorrow. What is gone, is gone. It is

very important to have a positive outlook in life."

Oberoi underscores that passion is paramount to success in business or any other pursuit in life. "When you have passion for something, you are focused on it. Thinking about your business is a 24-hour job and the mind does not switch off when you reach home. New ideas come as long as your mental computer is able to receive it. When you first start out there is a need to work hard in order to earn money. But by the time you start earning well, the work becomes a habit and less about the money."

He urges young professionals and entrepreneurs to find their passion and pursue it, "The job has to be a pleasure, it is not just a means of earning a living. If you do things ethically, with hard work and passion, money follows. Don't do something which you don't like because the output will be mediocre. Without passion, there is nothing."

He shares that while formulas taught in business schools worldwide focusing on price, promotions, product and placement hold true, experiential knowledge is as important. "There is no fixed formula to meet the challenges that you will face. But experience and hard work go a long way. I have only seen people who have failed lean more towards luck. But those who have succeeded have done so through hard work and more importantly, continuous hard work."

Oberoi firmly believes that teamwork indeed makes the dream work. "Success doesn't come solely from the leader, it comes from the team. But unfortunately we only focus on the personalities at the top. I have high regard for my staff and the contribution they have made to our success."

He defines a good team as being one where individuals feel a sense of ownership with the company and do not consider themselves as mere employees. "It is important to grow where you are. In our company, the guy who comes as a salesman becomes a sales manager. It is one of our unwritten policies that people who are capable have to come up the ranks." When not pursuing his passion for business, Oberoi spends his time with family as a grandfather of seven. Always the optimist, he is hopeful that the Mezzan group will grow to become much bigger than it is, "We have not stopped thinking about growth or working for it, the passion for more is as fresh today as when I first began."



“

There was a lot more togetherness, and social interaction with the people around you, and a lot more love and affection. I feel that that is now diminishing. I am not saying that it was not a materialistic society back then, but I do see a big difference now. Before, a business promise or word for a deal, a yes or no, was final. That is no longer how things are done now.

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Dasman Diabetes Institute and Blue Circle sign collaboration agreement



Dasman Diabetes Institute, which was founded by Kuwait Foundation for the Advancement of Sciences (KFAS) signed an agreement with Blue Circle to offer blood glucose monitors and its consumables at a minimal cost for patients with diabetes.

Blue Circle is a voluntary team of young adults with different backgrounds and various experiences, working together to impact the lives of young people with diabetes by offering support and improving their physical, social and mental well-being as well as change the misconception of diabetes in society. Both

the Dasman Diabetes Institute and Blue Circle through this collaboration will also offer training and education on how to use these monitors.


This initiative aims to promote frequent blood glucose checking to make sure patients can do that themselves at their convenience, which helps better control their diabetes. This stems from the belief of the Institute that self-care is essential in the comprehensive approach of the management of diabetes, where the patient is involved and empowered to partake in his/her treatment plan.

PACI launches HD maps of Kuwait using laser

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PACI also worked on the 'Kuwait Finder' project, which provides live updates on traffic jams, side by side with the 'Lider System', which offers high definition photos of Kuwait's streets from all directions. This lays a solid base for launching the self-driving cars. In addition, the type and accuracy of the data produced by the project is of great importance and can be used in many areas that serve the different

state agencies. Al-Asousi also stressed the importance of updating the data on a regular basis, and the Authority has purchased the equipment and programs for collecting and processing the data, and will conduct the survey on a regular basis. This project is part of the government's efforts to achieve the vision of His Highness the Amir Sheikh Sabah Al Ahmad Al Jaber Al Sabah to make Kuwait a financial and trade center and realize the vision of Kuwait 2035.



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■ Dr. Ahmed Altimimi

Putting Children's Health First

By Nourah Al-Oseimi

Exclusive to The Times, Kuwait

When I was a young girl, I had a paralyzing fear of dentists. I avoided them at all costs and I associated them with all things that are evil. As I grew up, I forced myself to face this fear and realized that dentists are actually good for you and want what is best for your overall health – and not just your oral health. Alas, I still know plenty of adults who never overcame this fear. I had the pleasure of interviewing Dr. Ahmed Altimimi – a renowned pediatric dentist in Kuwait, and I found myself wondering if I had him as my dentist when I was a child, would I have been so afraid?

Dr. Ahmed Altimimi completed his studies in Kuwait University in 2011, following which he worked in the government sector primarily treating children. He then continued his studies at the University of Leeds where he gained his Doctor of Paediatric Dentistry and Special Needs in 2016. He currently works full-time in the private sector at Dr. Nael AlHazeem Dental Centre treating pediatric and adolescent patients, including anxious, medically compromised and patients with special needs. A variety of techniques are used for patient management, including non-pharmacological and pharmacological techniques such as use of nitrous-oxide sedation and general anesthesia.

"One of the main issues is lack of accountability. For example, parents tend to blame their child for their poor hygiene or oral health, when in fact in some cases they may be partly responsible. Common things we hear are 'they never brush; they always eat sweets'. As parents they are the primary providers and should be able to regularly monitor what enters their house in terms of unhealthy food items, and also encourage a positive attitude towards general and oral health." Dr. Ahmed elaborated that parents are ultimately responsible over the well-being of their children and as such are accountable for their oral health.

"Sometimes we also see parents bringing in their kids late for treatment. The child presents with a chronic infection or pain for more than a few months that may have been an issue for the child, but some parents seem to either neglect or miss the signs, not considering it as a priority. Or in some cases, we get parental diagnosis, meaning they self-diagnose the problem and treat it at home with over-the-counter remedies, believing primary teeth are not important. There has been a well-established link between poor quality of life as a result of dental infections and diseases, even at a young age. Another issue is lack of accountability in the schools. Though the policies are changing, there are

still some schools that allow the sale of carbonated drinks and unhealthy snacks."

And so, the question remains, how will this impact the overall health of a child?

"A child with pain and infection is a child who is more likely to miss time from school, time from play, and miss multiple opportunities. Constant infections may affect eating and sleeping habits. When we only see children with pain, they are more likely to link dentists with pain, and these patients may provide a challenge to the dentist to try and 'convert' them to non-anxious patients." Dr. Ahmed's words perfectly articulated the reason that I, as a child, along with many other children fear dentists. Essentially, we link them with pain because we are only taken there when there is a problem that needs to be addressed.



“One of the main issues is lack of accountability. For example, parents tend to blame their child for their poor hygiene or oral health, when in fact in some cases they may be partly responsible.”

There are several factors affecting children's understanding of dental health and oral hygiene, and according to Dr. Ahmed, they are "parents' cooperation, knowledge, attitude and behaviour. Families in the same house tend to share similar behaviours, though there may be some exceptions. Also, maternal anxiety has been linked to children's anxiety when it comes to dental treatment. We always

want to encourage our children even if we have negative feelings about the dentist. A good dentist as well, will help prevent the development of further disease before treating the damage that the disease has caused. As one of my previous teachers once said, if the house is on fire, before putting up new windows, stop the fire. The same principle applies to treating dental decay."

In an affluent country such as Kuwait, is it not disheartening to have such high recurrences of dental issues affecting children? "This is a very preventable, and in the early stages, reversible condition. However, there is a lack of belief of how important 'temporary' teeth are. Some families believe they will fall out anyways so why do anything. Another issue is finding the time. Lots of parents are very career-oriented, and so, finding time to take your child to the dentist in the midst of work, parenting, and other family matters may not be so easy. Though afternoon dental services are available, it is all about using the service and having the best staff to manage the service as well. We need to shift our focus from treating the disease to preventing it first. The cost of preventing it long term is significantly less than treating disease."

Another recurring phenomenon I wanted to discuss with Dr. Ahmed is the need for orthodontic care and how necessary it has become to sustain a long-lasting, healthy smile. How soon is too soon to start considering this option for children?

"This can be quite variable, but ideally, the patient should be regularly seen from the age of 1 year, allowing us to pick up and manage the case in a timely manner. Treatment can start as early as 7 years for single-teeth alignment, however, it depends on the condition. Orthodontic treatment covers a large spectrum of managements, from interceptive tooth extraction to fixed wire braces. We can also give orthodontic appliances to stop habits like digit sucking. The main message is that regular check-ups with your pediatric dentist, even in the absence of pain and infection, is critical to help identify orthodontic problems as early as possible so we can collaborate with other specialists in our field to plan timely management."

Finally, Dr. Ahmed has left us with the following key tips and pointers to take care of our children's dental health – as well as our own.

"Please, watch what your child is eating and drinking. It will be cruel to not allow sweets altogether, but a quick sweet straight after lunchtime is fine. Instead of giving your children money to buy their lunches at school, prepare a wholesome meal for your



“The main message is that regular check-ups with your pediatric dentist, even in the absence of pain and infection, is critical to help identify orthodontic problems as early as possible so we can collaborate with other specialists in our field to plan timely management.”

children, with no fizzy drinks, offering water or milk instead."

We know you love your child and want the best for them, that is why you are going to the dentist, but it is important to allow the dentist to build a rapport with your child. Interrupting them and using negative words like pain and injections may actually be counterproductive. Pediatric dentists are likely to use more friendly terms. If you do have any questions or concerns, by all means, share them but be aware of your child and how they may react to what is said in the clinic.

Some parents resort to bribing or lying to their child to attend their appointment, that rarely works and may be difficult for the dentist to rectify afterwards. Speak to your pediatric dentist beforehand, as some clinics provide dental stories to prepare children for the first visit.

It is important to understand your child's limits, and for some, an extra 10 seconds or 1 minute on the chair may be going past their limit. So, if we do not always finish what we intended to, it is okay. Encourage the positive bits of the appointment like "you know today you helped the dentist a lot, you stayed still and opened your mouth really big" or "you did a great job putting the tooth to sleep". Please do not try to explain things to them as an adult. Kids are kids and some adult words may actually be too scary for them like "you were very brave with the needle".

To learn more about Dr. Ahmed Altimimi, visit @drahmedaltimimi on Instagram

Nourah Al-Oseimi is a 26-year-old Kuwaiti who holds a Master's degree in Business Administration. Nourah has worked in different places such as the Central Bank of Kuwait and the United Nations. She serves as a free-lance contributing writer to the Times Kuwait – Newsmagazine. Her column – Essentially Kuwaiti – will feature an in-depth look on exceptional young Kuwaitis and their efforts towards the realization of a New Kuwait.



Dining IN KUWAIT

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

AJ's Kitchen & Food Truck



Experience the 'food-truck' culture at this food stall with a variety of signature dishes as well as fast foods like tacos and hamburgers. The atmosphere is cheery and fun-filled, tempting you to try out the deliciously cooked Short Ribs and be bowled over by the taste of their

signature Southern Chicken. There is even a Kids Meal with some good options. The standouts are AJ's Burger and their Dirty Burger that oozes flavor. You could also cool off with their authentic side of corn that brings American southern appeal to Kuwait.

Popular dish: Rice Bowl



Bneid Al Qar

Winner's Restaurant



Start your savory adventure at this restaurant with selections from its distinctive Indian, Asian and Chinese cuisines. The enduring appeal of this place is in presenting popular dishes, such as Chicken Tandoori, Chicken Biryani and Brilliant Shrimp, with signature flavors. The dishes are made from traditional recipes handed down from generation to generation. Other noteworthy dishes include the Chicken Patiala and Chicken

Tikka Masala, both prime with tasty ingredients. Their extensive soup menu includes options such as the Cauliflower Sweet Corn Soup, Seafood Soup and Shrimp soup with sweet corn, each its own tantalizing flair. The restaurant's signature Sizzler and Steak section is worth a visit on its own. Winner's captures the whole dining experience, with a combination of good food, attentive staff and a fantastic ambience.

Popular dish: Chicken Tandoori



Salimiya. Call: 25739954, 25735094

Sweetncup



decadent menu of mini cupcakes, cakes, molten cakes and date chocolates.

Their Family Offer is certainly all it should be and includes the Rocky Road Original, a delectable molten cake, one cupcake mini, and one mix crispy that allows you to sample a bite of different deliciousness in your box. Other great choices that will complement every meal are the Pecan Caramel, Rahash Molten Cake and the Mix Crisps. Explore their extensive menu to fully understand just how amazingly beautiful chocolate and desserts can be.

Find an assortment of hidden gems in a variety of flavors, from sweet to savory, at this gourmet bakery shop. You could eat your way through their rich and

Popular dish: Rocky Road Original



At the Qurtoba Coop. Call: 97977967

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.

Thought for the week

The worst of
attitudes
is indifference

Stephane Hessel

- French diplomat and Human Rights champion

Nutritional advice during Breast Cancer Awareness Month

Ask Mira : Eating Right to Live Happy & Healthy

Though there has been a remarkable increase in breast cancer awareness, many forget to take the steps to detect the disease in its early stages and encourage others to do the same. October is Breast Cancer Awareness Month, which is an annual campaign to increase awareness of the disease.

As you always hear, some food can make your body the healthiest it can be, boost your immune system, and help keep your risk for breast cancer as low as possible. But also maintaining a healthy weight may help reduce the risk of breast cancer.

Studies have shown that women who gained weight after their breast cancer diagnosis had an increased risk of recurrence, so weight is an important factor.

Many studies have found the link between food and breast cancer rates, studies have found that Japanese women (they eat healthy food) have a much lower rate of breast cancer than American women. But when Japanese women emigrate to live in the USA, their breast cancer risk goes up. So the difference in risk is influenced by lifestyle or the environment rather than any inherited risk. And the most obvious change is their whole lifestyle (way of eating, activity factor, pollution etc.)

Regarding the food we eat, there is no strong evidence that one specific food or supplement will prevent the risk of being diagnosed with breast cancer or reduce the risk of recurrence.

Actually the research of relating diet and breast cancer is still ongoing, but what we need to focus on:



Eat plenty of vegetables and fruit (more than 5 cups a day), as those contain a lot of antioxidants, that prevent oxidation, and so prevents free radicals from producing in the body. Free Radicals formation are a risk factor of any cancer.

Keep your body weight in a healthy range.

- Try to limit your fat intake to less than 30% of your total calories per day. So start eliminating some food with the highest fat content and gradually lower the amount of unhealthy fat you eat, like fried food, butter, yellow cheese, croissants, donuts and cakes.
- Eat food high in omega-3 fatty acids like salmon, tuna, nuts, avocado, olive oil and canola oil.
- Eat more Soy, like edemame, or drink soya milk. Soy contain

isoavones, that act as weak estrogen in the body, and prevent cancer cells for developing.

- Avoid trans-fat, red meat, and any food that has been cooked on very high temperatures, or even eating burnt food.
- Stay away from processed food and food that contain Nitrates, like salami, hotdog and mortadella.
- Stay away from any food that contains colorant like candies and soft drinks.
- Stick with fresh fruits and vegetables with healthy nutrients.

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



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

Super-quick salad dressing ideas



Salads are a simple dish which anyone can do. Throw some fresh greens in a bowl, toss in whatever fruits or vegetables are on hand, maybe add some cheese and something crunchy, and you will be happy. People also love to keep things simple and easy, typically with store-bought dressing. However, it will be far more satisfying to try homemade dressing.

The real beauty of making your own is the customization. You can tailor-make your dressing for your salad, using the juice of other things you might already be throwing in (like

tomatoes, peaches, or in the winter, citrus) or trying out different combinations of herbs, acids, and oils. You can also customize your salad according to your mood, going as complex or uncomplicated as you want. Good olive oil and vinegar or lemon with some flaky salt all thrown right into the salad bowl is a winning, and super-simple combination you are probably familiar with. Here are two ideas to make a fantastic dressing for your salads.

Herbaceous and Bright: Part pesto, part vinaigrette, this dressing is reinforced with white beans—which makes it thick enough to schmear over the crusty brown bread you pair with your salad.

Steps: To make dressing, stick 1 cup torn basil leaves, 1/4 cup olive oil, juice of a small lemon, 1/2 cup cooked white beans, 2 large cloves garlic, and salt to taste in a food processor or blender and blend until it is smooth and dressing-y. For a thinner situation—or if you are using a milder green in the salad—add a small spoonful of water to the mix.

Citrusy: Subtly bright, this dressing has just enough lime to add a sour bite to fruit-forward salads or mild lettuces.

Steps: To prepare dressing, combine 2 limes, peeled and piths removed, 1 clove garlic, 1/4 teaspoon sea salt, and 1 teaspoon sherry vinegar in the pitcher of a blender. Pulse to break down limes, scrape the sides, then turn blender to low. Slowly drizzle in 1/3 cup olive oil, stopping to scrape down sides as needed. Add a pinch or two of sea salt, as needed.

Guyanese Embassy launches recycling initiative

By Christina Pinto
Staff writer

Embassy of Guyana in partnership with Beatouna Recycling Company recently launched a recycling initiative to encourage the recycling of paper, plastic, glass and metal among the Kuwaiti community. The Times Kuwait recently spoke with the Ambassador of Guyana H.E. Dr. Shamir Ally, and his wife Dr. Maryann Ally, to learn more about the initiative, which has been gaining wide acceptance among citizens and residents in Kuwait.

"Global warming is a real issue and the effects can be seen in many countries, including even in the Antarctic where conditions are worsening by the year on account of how people treat the environment. My wife and I decided to take up this recycling initiative to encourage people to recycle," said the ambassador.

He disclosed how he and his wife initiated the campaign by first starting with the embassy. "We noticed that at



our embassy, staff were just throwing out their trash without thinking. So we held a respectful and informative session to educate and encourage them to recycle the trash. We instructed them that actions reflected on the person and that they should take the extra effort to recycle."

"Once we succeeded in implementing the campaign at the embassy, we decided to branch out to the wider local community. We were contacted by a recycling company that offered to take our trash for free," added Dr. Maryann.

Elaborating on the initiative, Ambassador Dr. Ally said, "We restructured the guard houses outside

the embassy and printed out signs designating this place as a drop-off point for paper, plastics, and cardboard. We then collect the trash in biodegradable bags and leave it out. When we have a sizable amount, we call our partners, the Beatouna Recycling Company, and they pick up the trash for free. They have a recycling plan and are well-equipped to recycle trash properly.

"Once we got the process started, we started talking about our 'Keep Kuwait's Sand and Gulf Beautiful!'



campaign to others, and people saw what we were doing and were impressed. Soon, people in the community were getting in touch with us to add their recyclable plastics and cardboards to our trash. I talk to a lot of people and, whenever possible, I encourage them to recycle because we set up such an easy process and it is done completely free of charge."

Elucidating on the purpose of



the project, the ambassador said, "Working together, we can all help to keep Kuwait clean while also protecting the environment and safeguarding animal life in the country. I consider Kuwait my home, and I would love to keep the country clean and pristine. Animals are especially at risk from our littering, as discarded plastics often end up in their stomachs."

Ambassador Ally remains optimistic about the potential and reach of the 'Keep Kuwait's Sand and Gulf Beautiful!' campaign. "We have received plenty of volunteers and active participation from the community. The people see what we are doing and want to contribute and be a part of our initiative. Many people now come by to drop their trash, including citizens, residents and even printing companies. Larger companies with huge amount of trash can call the Beatouna Recycling Company directly."

The ambassador added that there has been a remarkable interest

in the recycling campaign, "Many diplomats have also voiced their support in our training program and are cooperating with us in our campaign to recycle."

He is confident that there will be further cooperation from the community as the campaign gains traction. "With this initiative we hope to inform the public that the Guyanese embassy is doing its part for the environment, and that anyone can join in. Just drop off the trash outside the embassy and just like that... you will make a difference."

Ambassador Ally stressed that it was his love for the environment that compelled him to seek change. "Anyone can make difference... you just need to take the first step and start getting involved, he said. The ambassador also disclosed that there will be beach cleanup drives organized in November that he hopes will do a world of good in helping make our beaches cleaner.



Jazeera Airways inaugurates duty free shopping at T5, managed by Dufry

Jazeera Airways, Kuwait's leading low-cost airline, operating regionally and internationally, today announced the opening of the new duty free shopping area in partnership with Dufry and That Al Salasil in its terminal T5 at Kuwait International Airport.

Covering 470 square meters, the new duty free store offers over 3,000 items from food, beauty, travel accessories and jewellery, in addition to exclusive offerings and novelties that are introduced all year-long in the food

and beauty categories.

Jazeera Airways CEO, Rohit Ramachandran, said: "Since the opening of the Jazeera Airways terminal, our customers have enjoyed an easy, fast and fully-dedicated gateway to travel from and back to Kuwait. With more services and features ready to roll out at the new terminal in the coming months, customers can today enjoy great products and offers at the new duty free after a short time spent checking-in and completing

immigration and security checks. We are glad to have partnered with leaders in the field as Dufry and That Al Salasil has consistently served the local airport for over a decade."

With the inauguration of its new dedicated terminal T5 in May 2018, Jazeera Airways provides travellers a seamless travel experience thanks to a capacity exceeding 2.5 million passengers annually through a quick and simple 90-meter journey from parking to boarding.



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Uzbek orchestra to perform in Kuwait

Staff Report

The Ambassador of the Republic of Uzbekistan H.E. Dr. Bahramjan Alov, praised the deep relations between Kuwait and his country, and lauded the fruitful cooperation with the private sector in Kuwait. Ambassador Alov also noted the distinguished bilateral relations and the friendly ties between people of the two countries.

Ambassador Alov announced that the Uzbek embassy in Kuwait will celebrate the 27th anniversary of Uzbekistan's independence. The country has witnessed remarkable developments in various fields since independence, especially in the field of tourism where Uzbekistan is known for its natural beauty and historical landmarks.

He added that to mark the Independence Day, his country's embassy will organize several cultural activities in collaboration with Kuwait's National Council for Culture, Arts and Letters (NCAAL) aimed at building bridges of communication on the people-to-people level, in addition to introducing the arts and literature of Uzbekistan. In line with this, a concert by the Uzbek Youth Orchestra



is planned to be staged on the evenings of 25 and 26 October at Abdulhussain Abdulredha Theatre in Salmiya.

He mentioned that a similar concert was organized by the embassy in cooperation with NCAAL last year, and it won the admiration of the public and encouraged them to organize similar cultural activities that highlight aspects of the bright culture and customs of Uzbekistan, and which bring together people of different countries.

Kuwait reiterates its commitment to assist least developed nations

Kuwait has reiterated its commitment to assist the least developed countries stemming from its full belief in the Sustainable Development Plan 2030.

This came in Kuwait's speech before the United Nations General Assembly which was delivered by Chancellor Tahani Al-Nasser on the New Partnership for Africa's Development. "We have been very interested in the effective partnership between the United Nations and the African continent, which has culminated in the promotion of peace, security and stability," she said in a report presented by UN Secretary General Antonio Guterres on the New Partnership for Africa's Development (NEPAD).

She hoped that the African countries would benefit from the report of the UN Secretary-General to work actively to support development and stability in the continent.

This, in turn, contributes to addressing the political, economic and development challenges facing the continent in order to achieve effective implementation of the United Nations Secretary General's Sustainable Development Plan 2030.

As part of the Secretary-General's review of developments with the African Union, Kuwait supports all measures taken to promote sustainable development in Africa and all measures to strengthen cooperation with the African continent through the African Union, she said.

She noted the importance of the agreement signed between the United Nations and the



African Union last year, "as it represents a cornerstone to support development in this continent." AlNasser praised the achievements of African countries in the field of development and supported all joint efforts between the United Nations and the African Union to develop a joint strategy for the implementation of the United Nations Sustainable Development Plan 2030 and the African Development Plan of the African Union 2063.

The plan was announced at the African summit last January, which aims to accelerate the implementation of the African Sustainable Development Plan and integrate the UN and African plans into a single plan to ensure effective implementation and contribute to an environmentally sustainable, human-centered structural transformation in Africa.

ILOA celebrates 8th Annual Day



Indian Learner's Own Academy celebrated its 8th Annual day on 22 September. The celebration was marked with music, dazzling dances and hues of color amidst great zest, vibrancy and elation.

The Principal Mrs. Asha Sharma extended a warm welcome to all the dignitaries and read the annual report highlighting the achievements of the

students in academics and co-curricular activities in the academic year 2017-18, which included the Dr. A.P.J. Abdul Kalam Award for the Best Principal and Best Students of ILOA. The release of the much awaited school journal 'Quest' added élan to the function. On this occasion, 12 staff members were felicitated for completion of 5 years of their dedicated service to the institution.



Trade fair of Uzbek Folk Arts and Crafts

Trade fair of Uzbek Folk Arts and Crafts opens on 24 October, at 6:00 pm at Al Jawhara Ballroom, Crowne Plaza Hotel, Al Thuraya City, Kuwait.

The event will be held between 25-27 October from 10:00 am to 8:00 pm at the Embassy of the Republic of Uzbekistan located at Mishref, Block 1, Street 7, Villa 4, Al-Kuwait.

Trade fair of UZBEK folk arts and crafts

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Study in CANADA Exhibition

The Embassy of Canada, Kuwait will be organizing its 13th annual Edu-Canada Middle East and North Africa (MENA) Tour on 24 and 25 October at Marina Hotel, Arabian Gulf Street, Salmiya, from 7pm. Representatives from around 19 leading Canadian institutions will be available to meet students, parents, teachers and guidance counsellors to present the advantages of studying in Canada. For more information: Visit, www.kuwait.gc.ca or Call, 22563025.

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Swiss Ambassador hosts reception to mark National Day

Swiss Ambassador to Kuwait H.E. Benedict Gubler held a reception at his residence on 10 October to commemorate the 727th anniversary of the National Day of Switzerland.

Addressing the gathering, Ambassador Gubler praised the excellent relations between Kuwait and Switzerland, which have been marked by close economical, political and cultural ties.

Ambassador Gubler also held an exhibition by Kuwaiti artists at his residence, which gave guests an opportunity to witness expressions from young Kuwaiti artists.



Speaking on the sidelines of the function, the Assistant Foreign Minister for Europe Affairs Waleed Al-Khubaizi praised Kuwait's close and growing relations with Switzerland in the political and economic fields over the last 52 years. He mentioned that

the close state-to-state and people-to-people friendship is driven by the shared desire of leaders of both countries and high-level bilateral visits.

Al-Khubaizi spoke highly of the fruitful cooperation and coordination at the international forums, and enumerated that both countries maintain almost identical views on regional and international issues of common concern. He added, "The two countries support the humanitarian efforts in areas struck by natural and man-made disasters, and back the initiative to reach peaceful settlement to armed conflicts worldwide."



BSK hosts Awards Evening 2018



The annual Awards Evening for Year 7-11 students at the British School of Kuwait (BSK) occurred at the Al Baraka Ballroom of the Crowne Plaza Hotel, as parents and staff celebrated the many and varied achievements of the school year 2017-18 in the presence of BSK Chairman Sadiq Al Mutawa and BSK Founder Madam Vera Al-Mutawa MBE.

The evening started with the presentation of the Special Awards including those for the House Competitions, Creative Writing, French DELF and German Goethe Institut language examinations, MUN, Quran Memorization, Hadith and Islamic Culture. Presentations were made by Madam Vera and the Ambassador of France H.E. Marie Masdupuy, Ambassador of Brazil H.E. Norton Rapesta and Ambassador of Mexico H.E. Miguel Angel Isidro Rodriguez.

Emma Bowie, the Higher Phase Head Teacher in her speech recounted the examination achievements of the BSK Year 11 to Year 13 students.

The Awards Evening also honoured over 200 students who achieved Excellence Awards and Commendations in 2017-18.

The final student awards of the evening were the much coveted Head Teachers' Awards. Five such awards were conferred to one student from each Year. The role of honour was Freya Kurniawan, Omar Badr, Arisha Saifuddin, Mariam Eskaross and Youssef Mehany.

BSK Principal, Paul Shropshire rounded off the evening by proposing a vote of thanks, congratulating the students on their great successes and looking ahead to another year of hard work and exceptional achievements.

New archery club launched in Kuwait

Rashmi Gandhi has launched the Gandhi Archery Club, the first of its kind in Kuwait, which conducts training sessions for kids and adults at The Palm Beach Resort, Salwa, Kuwait.

Sports is an integral part of the overall development of an individual at all stages of life, and archery is one of the best sports that cuts across all barriers. The sport has been known to improve your physical and mental abilities, as well as improve your upper body strength. Aim, focus, concentration, confidence, patience and proper posture are also some of the benefits of archery. The club organizes serious coaching and as well as fun and stress-busting sessions. Kids can also enjoy and learn new skills.

Mrs. Rashmi was the state champion of

Rajasthan three times and has played in the Indian national level championship. She also pioneered the start archery as a competitive sport in Mumbai. She has coached over 300 students across all ages and held district level competitions from the district body.

Since December 2017, she has set up her own Gandhi Archery at the Palms Beach Resort Salwa. Till now, over 100 students from ages 5 to 75 years have been trained. She has also conducted special camps for various school groups and corporate events. She also conducted the archery camp for the UN International Sports Day under the umbrella of 'Champions Among Us'. Her desire is to train various school students in Kuwait, specifically for international competitions.



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EXCLUSIVE to THE TIMES KUWAIT

The Big Blockchain Lie



Nouriel Roubini

CEO of Roubini Macro Associates and Professor of Economics at the Stern School of Business, New York University.

With the value of Bitcoin having fallen by around 70 percent since its peak late last year, the mother of all bubbles has now gone bust. More generally, cryptocurrencies have entered a not-so-cryptic apocalypse. The value of leading coins such as Ether, EOS, Litecoin, and XRP have all fallen by over 80 percent, thousands of other digital currencies have plummeted by 90-99 percent, and the rest have been exposed as outright frauds. No one should be surprised by this: four out of five initial coin offerings (ICOs) were scams to begin with.

Faced with the public spectacle of a market bloodbath, boosters have fled to the last refuge of the crypto scoundrel: a defense of 'blockchain', the distributed-ledger software underpinning all cryptocurrencies. Blockchain has been heralded as a potential panacea for everything from poverty and famine to cancer. In fact, it is the most overhyped, and least useful, technology in human history.

In practice, blockchain is nothing more than a glorified spreadsheet. But it has also become the byword for a libertarian ideology that treats all governments, central banks, traditional financial institutions, and real-world currencies as evil concentrations of power that must be destroyed. Blockchain fundamentalists' ideal world is one in which all economic activity and human interactions are subject to anarchist or libertarian decentralization. They would like the entirety of social and political life to end up on public ledgers that are supposedly 'permissionless' (accessible to everyone) and 'trustless'



(not reliant on a credible intermediary such as a bank).

Yet far from ushering in a utopia, blockchain has given rise to a familiar form of economic hell. A few self-serving white men (there are hardly any women or minorities in the blockchain universe) pretending to be messiahs for the world's impoverished, marginalized, and unbanked masses claim to have created billions of dollars of wealth out of nothing. But one need only consider the massive centralization of power among cryptocurrency 'miners', exchanges, developers, and wealth holders to see that blockchain is not about decentralization and democracy; it is about greed.

For example, a small group of companies — mostly located in such bastions of democracy as Russia, Georgia, and China — control between two-thirds and three-quarters of all crypto-mining activity, and all routinely jack up transaction costs to increase their fat profit margins. Apparently, blockchain fanatics would have us put our faith in an anonymous cartel subject to no rule of law, rather than trust central banks and regulated financial intermediaries.

A similar pattern has emerged in cryptocurrency trading. Fully 99 percent of all transactions occur on centralized exchanges that are hacked on a regular basis. And, unlike with real money, once your crypto wealth is hacked, it is gone forever.

Moreover, the centralization of crypto development — for example, fundamentalists have named Ethereum creator Vitalik Buterin a 'benevolent dictator for life' — already has given lie to the claim that 'code is law', as if the software underpinning blockchain applications is immutable. The truth is that the developers have absolute power to act as judge and jury. When something goes wrong in one of their buggy 'smart' pseudo-contracts and massive hacking occurs, they simply change the code and 'fork' a failing coin into another one by arbitrary fiat, revealing the entire 'trustless' enterprise to have been untrustworthy from the start.

Lastly, wealth in the crypto universe is even more concentrated than it is in North Korea. Whereas a Gini coefficient of 1.0 means that a single person controls 100% of a country's income/wealth, North Korea scores 0.86, the

rather unequal United States scores 0.41, and Bitcoin scores an astonishing 0.88.

As should be clear, the claim of 'decentralization' is a myth propagated by the pseudo-billionaires who control this pseudo-industry. Now that the retail investors who were suckered into the crypto market have all lost their shirts, the snake-oil salesmen who remain are sitting on piles of fake wealth that will immediately disappear if they try to liquidate their 'assets'.

As for blockchain itself, there is no institution under the sun — bank, corporation, non-governmental organization, or government agency — that would put its balance sheet or register of transactions, trades, and interactions with clients and suppliers on public decentralized peer-to-peer permission-less ledgers. There is no good reason why such proprietary and highly valuable information should be recorded publicly.

Moreover, in cases where distributed-ledger technologies — so-called enterprise DLT — are actually being used, they have nothing to do with blockchain. They are private, centralized, and recorded on just a few controlled ledgers. They require permission for access, which is granted to qualified individuals. And, perhaps most important, they are based on trusted authorities that have established their credibility over time. All of which is to say, these are 'blockchains' in name only.

It is telling that all 'decentralized' blockchains end up being centralized, permissioned databases when they are actually put into use. As such, blockchain has not even improved upon the standard electronic spreadsheet, which was invented in 1979.

No serious institution would ever allow its transactions to be verified by an anonymous cartel operating from the shadows of the world's authoritarian kleptocracies. So it is no surprise that whenever 'blockchain' has been piloted in a traditional setting, it has either been thrown in the trash bin or turned into a private permissioned database that is nothing more than an Excel spreadsheet or a database with a misleading name.

International forum showcases Tajik innovations

On the occasion of the fourth anniversary of 'Entrepreneur's Day', the International Entrepreneurship Forum 2018 was held on 15 October at Dushanbe, the capital of Tajikistan, under the theme 'Development of Entrepreneurship and Investment and Contemporary Economic Trends'.

More than 2,000 people attended the forum, including representatives of the country's legislative bodies, members of the Government of Tajikistan, heads of investment project implementation centers, senior representatives of international financial institutions and members of diplomatic missions in Dushanbe. Also attending the event were the development partners of Tajikistan, Tajik diaspora, representatives of 21 countries and domestic entrepreneurs. Prior to the forum, an exhibition was organized where domestic entrepreneurs and more than 50 local producers showcased their products and highlighted innovations in various fields.

President of Tajikistan Emomali Rahmon, opened the forum with an address to the gathering, wherein he highlighted the important aspects of the country's economy, including the



development of entrepreneurship and investment, and the modernization of economic processes as part of globalization, information and innovation technologies and the need for greater joint efforts of the international community for the rational use of opportunities and resources. He also touched on the role of modern economic processes in increasing the effectiveness, by ensuring transparency, quality, and range of goods and services in general, and sustainable development of the national economy.

The UN Resident Coordinator in Tajikistan, Pratibha Mehta,



European Bank for Reconstruction and Development, Neil McKain,



International Finance Corporation, Cassandra Colbert, Chairman of Seoul Machinery, Won Hee Kim, and Vice President of FIVES Group, Jean-François Legrain, delivered speeches during the launch part of the forum.

The aim of the forum was to provide a variety of opportunities for improved dialogue between entrepreneurs and investors, regarding the innovation entrepreneurship development, improvement of economic reforms and attraction of foreign and domestic investment in Tajikistan.

Seed oils beat olive oil for heart health

Dozens of previous studies have revealed that using unsaturated in place of saturated fat in diet reduces low-density lipoprotein (LDL) in the body. LDL, the so-called 'bad cholesterol', is a strong risk factor for cardiovascular disease. According to the World Health Organization (WHO) more than 15 million people were killed by cardiovascular diseases such as heart disease and stroke in 2016.

Doctors and dietitians often recommend replacing saturated fats such as butter or lard, with mono- or poly-unsaturated fatty acids that are found in plant-based oils such as olive oil, sunflower oil, flaxseed oil and others, to help fight dyslipidemia, or abnormal blood levels of lipids such as cholesterol.

Now, researchers at the German Institute of Human Nutrition in Potsdam say the type of unsaturated fats you consume can also make a difference. In a first-ever analysis that assessed the impact of various oils and fats on blood lipids in a single model, the researchers were able to discern which of the many plant-derived oils have the greatest benefit.

Using a statistical technique called network meta-analysis, which allowed them to glean evidence from enormous amounts of data through the use of 'direct and indirect comparisons' the study team were able to compare the effect of many different interventions on a single result.

For instance, the technique allowed the



researchers to compare butter with sunflower oil by inferring indirectly from analyzes of two other trials: one that tested butter against olive oil directly, and another that tested sunflower against olive oil directly.

The network meta-analysis allowed the team to search databases going back to 1980 for studies that had compared the effect of different types of dietary fats on blood lipids. Their analysis compared the effect of 13 oils and solid fats: safflower oil, sunflower oil, rapeseed oil, flaxseed oil, olive oil, hempseed oil, corn oil, coconut oil, palm oil, soybean oil, butter, beef fat, and lard. The study found that the 'best performers' were safflower oil, sunflower oil, rapeseed oil, and flaxseed oil. In contrast, solid fats like butter and lard were the worst choice for LDL.

However, the researchers were quick to point out that their study had limitations as it focused solely on lipid levels and not on disease outcomes.

Breast Cancer

What you need to know



Dr. Justin Stephen
MBBS, MS, FRCS (Edinburg)
General Surgeon
BADR Al Samaa Medical Centre

Breast cancer is a leading cause of cancer-related deaths in women, with almost 1.7 million cases diagnosed and more than half a million deaths every year. Breast cancer mostly affects older women, with the majority of patients being over the age of 50 when diagnosed, although around 1 in 5 breast cancers are diagnosed before the age of 50. Breast cancer in men is rare and makes up around one percent of breast cancer cases.

Breast cancer forms in the tissues of the breast, usually in the ducts (tubes that carry milk to the nipple) or lobules (glands that make milk). The exact reason why a cell becomes cancerous is unclear. It is thought that damages or alterations to certain genes in the cell makes them abnormal and begin to multiply out of control.

Risk Factors: Although breast cancer can develop for no apparent reason, there are certain risk factors that increase the chance of developing

breast cancer. These include:

- Increasing age. Risk of breast cancer increases with age. Most cases develop in women over the age of 50.
- Family history. If you have close relatives who have or have had breast cancer. In particular, if they were aged under 50 when diagnosed.
- A personal history of breast cancer. If you have had breast cancer in one breast, you have an increased risk of developing cancer in the other breast.
- Having your first child at an older age. Women who give birth to their first child after age 30 may have an increased risk of breast cancer.
- Not having breast-fed your children.
- Having never been pregnant. Women who have never been pregnant have a greater risk of breast cancer than do women who have had one or more pregnancies.
- Beginning your period at a younger age. Beginning your period before age 12 increases your risk of breast cancer.
- Beginning menopause at an older age. If you began menopause at an older age, you are more likely to develop breast cancer.
- Radiation exposure. If you received radiation treatments to your chest as a child or young adult, your risk of breast cancer is increased.
- Postmenopausal hormone therapy.

Women who take hormone therapy medications that combine estrogen and progesterone to treat the signs and symptoms of menopause have an increased risk of breast cancer. The risk of breast cancer decreases when women stop taking these medications.

- Obesity. Being obese increases your risk of breast cancer.
- Drinking alcohol. Drinking alcohol increases the risk of breast cancer.
- Inherited genes that increase cancer risk. Certain gene mutations that increase the risk of breast cancer can be passed from parents to children. The most well-known gene mutations are referred to as BRCA1 and BRCA2. These genes can greatly increase your risk of breast cancer and other cancers, but they do not make cancer inevitable.

Symptoms: The usual first symptom is a painless lump in the breast. Most breast lumps are not cancerous (malignant). Most breast lumps are fluid-filled cysts or fibroadenomas (a clumping of glandular tissue) which are non-cancerous (benign). However, you should always see a doctor if a lump develops, as the breast lump may be cancerous.

- Other symptoms which may be noticed in the affected breast include:
- Change in the size, shape or appearance of a breast



- Changes to the skin over the breast, such as dimpling
- A newly inverted nipple
- Peeling, scaling, crusting or flaking of the pigmented area of skin surrounding the nipple (areola) or breast skin
- Discharge from the nipple
- Swelling or a lump in the armpit
- Redness or pitting of the skin over your breast, like the skin of an orange

You should see your doctor if you experience any of these symptoms. However, it is important to remember that these symptoms may also be caused by other conditions.

Outlook: The outlook is best in those who are diagnosed when the cancer is still small and has not spread. In general, the more advanced the cancer, then the less chance that treatment will be curative. However, treatment can often slow the progress of the cancer.

Precautions: Among the precautions you could take are:

- Awareness: Women may choose to

become familiar with their breasts by occasionally inspecting their breasts during a breast self-exam for breast awareness. If there is a new change, lumps or other unusual signs in your breasts, talk to your doctor promptly. Breast awareness cannot prevent breast cancer, but it may help you to better understand the normal changes that your breasts undergo and identify any unusual signs and symptoms.

- Screening for breast cancer: Mammography is a special X-ray test and aims to detect breast cancer at an early stage when treatment is most likely to be curative.
- Exercise most days of the week. Aim for at least 30 minutes of exercise on most days of the week with the aim of maintaining a healthy weight.
- Limit postmenopausal hormone therapy. Combination hormone therapy may increase the risk of breast cancer. To reduce the risk of breast cancer, use the lowest dose of hormone therapy possible for the shortest amount of time.



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UZBEKISTAN

Crossroad of civilization

The historic town of Samarkand, located in a large oasis in the valley of the Zerafshan River, in the north-eastern region of Uzbekistan, is considered the crossroads of world cultures with a history of over two and a half millennia.

Evidence of settlements in the region goes back to 1500 BC, with Samarkand having its most significant development from the 14th to the 15th centuries – known as the Timurid period – when it was capital of the powerful Timurid realm.

The contribution of the Timurid masters to the design and construction of the Islamic ensembles were crucial for the development of Islamic architecture and arts and exercised an important influence in the entire region, leading to the achievements of the Safavids in Persia, the Moghuls in India, and even the Ottomans in Turkey. The historic town of Samarkand illustrates in its art, architecture, and urban structure the most important stages of Central Asian cultural and political history from the 13th century to the present day.

The different historic phases of Samarkand's development from Afrosiab to the Timurid city and then to the 19th century development have taken place alongside rather than on top of each other. The old towns still contain substantial areas of historic fabric with typical narrow lanes, articulated into districts with social centers, mosques, madrasahs, and residential housing, making the architecture and townscape of Samarkand masterpieces of Islamic cultural creativity.

Registan Square: In the heart of Samarkand lies the city's true gem – Registan Square. A central city square that has been the capital of social interaction since the ancient period, is now a magnificent architectural complex of majestic madrasahs – the Arabic term for 'the place where they teach' – which is an icon of oriental architecture. The unique structural décor and significant history of the madrasahs has placed this site on the UNESCO World Heritage list since 2001, drawing people in from around the world to witness the rich history and culture of the region.

During the ancient period, Registan – which, when translated to the local dialect meant 'Sandy place' or 'Desert' – was a central square where people gathered to listen to the authorities recite decrees of the khan, celebrate festivities, witness public executions and carry out army training camps.

In time, artisans and farmers gathered in the square to carry out trade and sell their goods. As all the major roads of Samarkand led to Registan Square, a majority of public activity and social interaction took place here.

As the rulers in the region changed, the square underwent a number of changes to become the structure it is today. Now on the square stand three madrasahs: Ulugbek, Sher-Dor and Tillya-Kari, which were raised by the rulers Ulugbek and Yalangtush Bahadur during their period of rule over the city.

This iconic structure attracts a number of tourists and locals alike, and is the centre for concerts, celebrations and other events of the city and the republic.



Mausoleum of Imam al-Bukhari: Ismail al-Bukhari was a well-known theologian of the 9th century, who has been a renowned figure in the Muslim world for over a thousand years. Author of the haditha "Al-Djami as-salih" or "Trustworthy", which is the second Muslim book after the Koran, his burial place in Samarkand is a significant pilgrimage destination for Muslims everywhere.

Next to the Imam's tomb lies a mosque that was built in the 16th century, a revered spot not just limited to the people in Uzbekistan, but a significant and iconic destination for people all over Central Asia and other Muslim countries.



Bibi Khanum Mosque: The enormous congregational Bibi-Khanym Mosque, northeast of the Registan, was once one of the Islamic world's biggest mosques, and pushed contemporary construction techniques to the limit, so much so that the dome started crumbling even before construction had finished. The mosque partially collapsed in an earthquake in 1897 before being rebuilt in the 1970s and more rapidly in the years after independence.

The stories that revolve around the mosque are as iconic as the mosque itself. Legend has it that Bibi-Khanym, Timur's wife, ordered the mosque built as a surprise while he was away. The architect fell madly in love with her and refused to finish the job unless he could give her a kiss. This left a mark and Timur, on seeing it, executed the architect and decreed that women should henceforth wear veils so as not to tempt other men. The interior courtyard contains an enormous marble Quran stand that lends some scale to the place. The courtyard also contains two smaller mosques, one of which has an impressive untouched interior festooned with Arabic calligraphy.

Shahi-Zinda: Popularly referred to as Cemetery Street, the Shahi-Zinda complex is a string



of elegant, sparkling blue-painted tombs, harmoniously interwoven into a living and moving composition of mausoleums of different times, closely grouped along a narrow medieval street.

The name, which means 'Tomb of the Living King', refers to its original, innermost and holiest shrine – a complex of cool, quiet rooms around the imaginary grave of Qusam ibn-Abbas, who is said to have brought Islam to this area in the 7th century. According to the legend, Qusam ibn-Abbas came with a sermon to Samarkand in 640, where he spent 13 years and was beheaded by the Zoroastrians during the prayer.

Shahi Zinda is a reflection of some of the most pristine and complex tile work in Muslim architecture, the most stunning of which date back to the 14 and 15 century.

Gur Emir: The beautiful portal and trademark fluted azure dome of the Gur-e-Amir Mausoleum marks the final resting place of Timur, along with two sons and two grandsons. Timur's tomb, made of a single piece of jade, is located in the center of the dome. The graves themselves are located below, in the basement of the mausoleum and are located just like the tombstones in the hall above. The graves of the Timurids were only opened once in 1941, with which a well-known legend is associated.

The mausoleum itself is a fine example of medieval architecture. Contemporaries to this day admire the harmony of its proportions. The ribbed dome and the walls of the crypt are entirely covered with a mosaic of light and dark blue glazed bricks, gilding and paintings.

Embossed rosettes on the dome imitate the starry sky. The interior is complemented by openwork grilles on the windows, marble and onyx panels covered with painting, carving and inlaid with semiprecious stones.



EXCLUSIVE to THE TIMES KUWAIT

Euro reforms to contain the dollar



Jochen Andritzky

Former Secretary-General of the German Council of Economic Experts and a visiting fellow at Bruegel, a Brussels-based think tank.



US President Donald Trump is using economic warfare to pursue his foreign-policy objectives. In August, his administration announced that it would double tariffs on steel and aluminum imports from Turkey, in order to pressure the Turkish authorities to release an American pastor detained for two years on espionage charges. At the beginning of next month, the United States will also ratchet up unilateral sanctions against Iran.

The Trump administration knows that a key source of US economic leverage is the dollar's role as the world's dominant reserve currency. Countering America's disproportionate power to destabilize the global economy thus requires reducing the share of international trade conducted in dollars.

Can the euro serve as a credible alternative?

The euro is the world's second-leading currency, but it still lags far behind the US dollar. Two-thirds of all loans issued by local banks in foreign currencies are denominated in dollars, compared to just 20 percent in euros. Similar proportions apply

to global foreign-exchange reserves. European Commission President Jean-Claude Juncker is eager to change this. Last month, he declared it "absurd" that "Europe pays for 80 percent of its energy import bill — worth €300 billion a year — in US dollars," even though only about 2 percent of the EU's energy imports come from the US. He then called for the euro to become "the instrument of a new, more sovereign Europe," and promised to "present initiatives to strengthen the international role of the euro."

Juncker is not alone among European leaders in recognizing how powerful a tool the single currency can be when it comes to projecting power. German Foreign Minister Heiko Maas has proposed that the European Union establish its own international payments system.

But these proposals, while ambitious, may overlook what is really needed to elevate the euro's status. If the euro's role in international trade increased, so would foreign companies' holdings of euro-denominated assets and the total volume of euro-denominated loans. More global trade in euros could lead foreign banking systems to become heavily exposed to the currency. That means that, in the event of a crisis, the European Central Bank would have to take action, much as the US Federal Reserve has done in the past. During the 2008 global financial crisis, the Fed served as de facto global lender of last resort, agreeing to unsecured swap lines not only with reserve-currency central banks like the ECB and the Swiss

National Bank, but also with emerging economies like Mexico and Brazil. The goal was to stabilize the global economy, but the liquidity also helped to prevent domestic disturbances from foreign sales of dollar assets and to stop foreign banks from scrambling to buy dollars.

The ECB adopted a much more restrictive approach. In late 2008, it began to provide euros to the central banks of Hungary, Latvia, and Poland, but required them to put up euro-denominated securities as collateral. The ECB wanted to guard its balance sheet against unsecured exposure to Hungarian forint or Polish zloty. But these countries held too few eligible securities to obtain enough euros under the ECB's initial terms. It took another year for the ECB, under pressure from Austria and other countries, to establish proper swap lines against foreign-currency collateral with the Hungarian and Polish central banks.

Even now, the ECB will provide euro liquidity only to countries considered systemically relevant for the eurozone. This risk-averse approach contrasts with that of the Fed and, more tellingly, with that of the People's Bank of China, which in recent years has established an extensive network of swap lines to promote the renminbi's use in trade and thus its standing as an international currency.

If Juncker's vision is to be realized, the ECB will have to abandon this parochial mindset and adopt a Fed-style role as international lender of last resort. Yet it remains unclear whether the ECB actually would be willing to leave part of its balance sheet exposed to the fate of non-eurozone countries. The ECB has good reason to be cautious: it lacks a political counterpart akin to the Fed's US Treasury Secretary. With no eurozone finance minister with whom to coordinate in times of crisis, a decision by the ECB to help third countries, even EU countries, could be met with strong resistance. The ECB's reluctance to establish a swap line with Hungary may be a case in point: Hungary was already distancing itself from the EU.

Eventually, the ECB did resolve to do "whatever it takes" to save the euro. But if European leaders want to advance Juncker's vision of strengthening EU sovereignty by boosting the euro's international role, they cannot rely on the ECB to repeat that approach, without proper institutional support.

Instead, eurozone leaders should complete the reforms of the currency union's architecture and provide a political counterpart to the ECB that would support centralized monetary policy. This is the best initial response to Trump's economic attacks. Anything else would be putting the cart before the horse, yet again.

Kuwait keen to prevent NCDs to save lives

Continued from Page 1

among the public about the importance of pursuing healthy lifestyles. Speaking recently at the inauguration of a new cardiac catheterization ward in Mubarak Al-Kabeer Hospital, the Head of Cardiology Division Dr. Mohammad Zubaid, disclosed that in Kuwait the average age of heart stroke patients was 48, which was 10 years younger than in the United States and Europe. He pointed out that the hospital annually received around 850 patients suffering from heart strokes.

According to a new study by Institute for Health Metrics and Evaluation at the University of Washington in the United States, average lifespan in Kuwait would increase in the next 25 years, provided health authorities address key health drivers, including by efficiently managing and preventing NCDs. Conditional on being able to bring about health-span improvements, lifespan in Kuwait is projected to increase from the 79.4 years in 2016 to 81.4 years by 2040, ranking the country 41st globally in terms of longevity. Among the Gulf Cooperation Council (GCC) states, Kuwait's ranking is expected to be second only to that of Qatar, which is anticipated to have an average lifespan of 82.3 years by 2040, an increase of 2.4 years from the 79.9 years it enjoyed in 2016.

On the global level, the latest WHO report shows that of the four major illnesses, which accounted for nearly 80 percent of all NCD deaths in 2016, cardiovascular diseases took a toll of 18 million lives (44%). This was followed by cancers that claimed 9 million lives (22%), chronic respiratory diseases with 3.8 million deaths (9%), and diabetes which took 1.6 million lives (4%). Also, over 15 million people between the ages of 30 and 70 years lost their lives prematurely due to NCDs. In addition, 78 percent of all NCD deaths and 85 percent of premature deaths occurred in low- and middle-income countries. In addition, suicides, which were the second leading cause of death among young adults, claimed over 800,000 deaths in 2016.

Almost 10 million premature deaths from NCDs can be avoided by 2025 if governments decide to immediately implement the WHO 'best buys' for NCDs that were endorsed by the World Health Assembly in 2017. Implementing these best buys will prevent over 17 million strokes and heart attacks by 2030 in the poorest countries, and generate more than US\$350 billion in economic growth in low and lower-middle-income countries between now and 2030. It is estimated that every

US\$1 invested in the proven interventions for NCDs will yield a return of at least US\$7 by 2030.

According to the WHO, six risk factors for NCDs that people should immediately address are reducing tobacco use, reducing harmful use of alcohol, reducing unhealthy diet, reducing physical inactivity, managing cardiovascular disease and diabetes, and managing cancer.

To reduce or manage the major risk factors for NCDs, the WHO recommends that governments and health authorities should, among others, increase excise taxes and prices of tobacco and alcohol products; enact and enforce comprehensive bans on advertising promotion and sponsorship of tobacco and alcohol products; enact and enforce restrictions on the physical availability of retail alcohol, as well as cigarettes and tobacco products, and implement effective mass media campaigns to create awareness about the harms of smoking and tobacco use, and second-hand smoke.

World leaders gathered at the Third United Nations High-Level Meeting on Non-Communicable Diseases, which was held at the UN Headquarters in New York on 27 September agreed to a set of landmark steps to combat NCDs. Speaking on the occasion the Director-General of WHO, Dr. Tedros Adhanom Ghebreyesus, said the leaders had agreed to take personal responsibility for their countries' effort to prevent and treat NCDs. They had also agreed to introduce robust laws and fiscal measures to protect people from tobacco, unhealthy foods, and other harmful products, as well as expressed commitment to implement a series of WHO-recommended policies to prevent and control NCDs.

Writing the preface to the WHO country profiles on NCD, the Assistant Director-General of WHO, Dr. Svetlana Akselrod wrote: The human toll of NCDs is unacceptable. These diseases carry a huge cost that extends beyond health to trap people in poverty, deny them a life of dignity, undermine workforce productivity, and threaten economic prosperity. NCDs are also becoming an issue by creating enormous disparities of opportunity, wealth and power.

The WHO profile report also warned that the rate of progress made so far is unlikely to meet the Sustainable Development Goal target of a one-third reduction in premature deaths from NCDs by 2030. The report found that while some progress had been made, there still existed significant gaps in the delivering of health services and in access to medicines and technologies to manage NCDs in many parts of the world.



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Style tips for a Bob Haircut

Unlike lipsticks or foundations, bobs are not a one-size-fits-all sort of deal. Instead, you have to find what works for you, your routine, and your hair type.

To navigate the perfect bob haircuts, read on for some help.

If you have long, chunky layers, try a soft, A-line bob: Layers can be a trap when you have long hair: Not only do they require a lot of styling to look good, but they can easily make you think you need length to pull off a lived-in, bedhead-y style. The solution? Bring up the length so the bottom layers live closer to the shortest layer, so it has a stronger perimeter line.

Translation: Have your stylist chop off your long layers and leave the shorter ones. The result will be fairly low-shock, since you'll be able to pull off the same styles, minus the mullet-like back that heavily layered long hair can have. The biggest bonus of having a bob is that it takes less time to style, which means you can rock and uses just one product (lots of mousse).

If you have sleek, one-length hair, try a bob with strong fringe: A long, one-length look is still one of the most striking ways to wear long hair. Therefore, you can continue wearing your hair as an accessory by playing it safe with a lob. A really sharp, straight bob with bangs is dramatic and beautiful.

Blunt bobs are way more versatile than you think, and they work best when you let your natural texture be free.

If you have one-length hair with a few face-framing layers, go for a sharp, blunt bob: You will be able to transition beautifully to a sharp, blunt lob. Why? While a blunt cut can be startling for anyone, the length of this chop will frame your face even better than your layers do and give you the thick, one-length look you like.

If you have long, mermaid waves, try a chin-length, A-line bob: For many having long, trendy waves is all about feeling confident, and a textured cut that hits the chin will deliver that same feeling with even more volume.

If you have long layers, try a shaggy lob with a side-swept fringe: A shag will give you lots of movement and shape, which is the hallmark trait of a long cut with layers. Then, if you'd like, add side-swept bangs for a bit of interest. This cut allows you to style your hair smooth and voluminous or with some texture spray for something more modern. Be sure that your stylist thins the bangs so you can part them on the side.

You can even try a softly layered, mid-length lob. The classic lob is the gateway drug to shorter cuts. But the best thing about the lob is that it can be styled in any way and still feels fresh and modern.



CHIC OUTFIT IDEAS

It is not always easy to refresh your personal style, but with a few new ideas you can step out in a chic ensemble. Think of these as fixes — not overhauls, but additions — the little tweaks you can make to your basics to get the most out of your wardrobe, whether you're heading to a fancy dinner party or wherever.

Match your prints, mix your colors: Mastering a mixed print outfit is great, but the easiest hack to avoid a look that's too busy is to pair shapes of different shades — especially if you're wearing a particularly vibrant color.

Great add-ons do all the work: Don't underestimate the ability of your favorite accessories to give basics a boost. Start simply with a striped tee, denim jacket, and



jeans. Add in a bold cross body bag, heels, and your favorite earrings — et voila! — your outfit goes from every day to infinitely more attention-grabbing.

Little layers go a long way: Sleeveless summer dresses are easy to revitalize with the right layering strategy. Start with a white tee, throw on your dress, and add a sweater tied right around the shoulders. Instead of sandals, opt for ballet flats or sneakers. You can even try jumpers with flutter sleeves, bows, or ribbons, which can immediately revive most of the pieces in your closet.

Make a statement with white boots: Looking for a pair of boots that will stand out from a sea of black ankle boots? Then look no further than a pair of white ones. You can get the most out of your ruffled minidress by styling it with a stark white pair of ankle boots.

Swap your top: When your outfits revolve around your jeans, make an easy update by swapping the traditional t-shirt or button-down for something that's more trend-driven. An easy option? A feminine puff-sleeve top that makes a statement with minimal effort. Then, pair with all of your favorite pieces, per usual. You can even swap your fresh florals for school-inspired plaid prints. In classic shades, or this season's brighter yellow versions, the effect is prep-school-meets-fashion-girl.

Suede kitten heels for a touch of elegance: All women know the importance of a simple pair of kitten heels. They're elegant, provide the right amount of height, and comfortable to wear for hours on end.

are some reasons why you should consider mixing two types of mascara.

For lashes that won't droop: Layering a coat of regular mascara over a coat of waterproof mascara is the best way to coax stubborn lashes into holding a curl. Oh, and curl your lashes the right way: Pumping a curler along your lashes gives you a more natural-looking bend than just pressing it right at the base. You can also use a lengthening mascara as a primer, brushing it through from roots to ends, before adding fullness with a voluminous formula.

For ultra-natural eyes: In addition to the usual black mascara on the upper lashes, makeup artists often apply brown mascara to the lower lashes to make eyes look naturally defined. If your lower lashes look crazy long with mascara on them, try pressing the brown formula onto just the base of your lashes with the wand.

For eyes you can't stop staring at: Even before bright lashes were trendy, makeup artists were strategically using colorful mascara to enhance eyes. One tip is to apply coat of black mascara then press a burgundy shade onto just the tips or the base of lashes. It's subtle but still brings attention to the eyes.



Chances are, you apply mascara the exact same way every day and it works pretty well for you. But here's a little secret: Top makeup artists almost never open one tube of mascara, swipe the wand a few times, and call it a day. Instead, they mix and match formulas, wands, and even shades to solve the most common mascara mistakes. Here



ORANGE EYESHADOW TIPS

Colorful brows, mascara, and lids are here to bring your summer makeup routine to life. The latest in celebrity beauty is bright-eyed, citrusy, and surprisingly easy for you to pull off. From matte pigments in peach and tangerine to sunset metallics with subtle shimmer, 2018 is all about orange eyeshadow. Whether you're more of a minimalist or embrace the more is more mentality, these versatile looks are easy to master — with the right eyeshadow palettes, of course. Check out the five best ways to rock orange lids below.

Orange undereye: Wear an avant-garde swipe of citrus pigment beneath the lower lash line when you're looking for an artsy take on the trend. Blend halfway, from the inner corner out, to make your peepers look bigger. Apply mascara but keep other colors neutral to keep the style in minimalist territory.

Tangerine on top: Tangerine lids are a match made in heaven for babes with dark skin. You can even apply a touch of yellow to the inner corners of the eyes before blending a matte shade of orange towards your outer brow.

Sunset shadow: Sport an emboldened, metallic take on the sunset eyeshadow trend by playing around with shimmering and metallic orange eyeshadow.

Peachy-pink smoke show: The next generation of the pink-eye calls for colors that fall between blush and soft papaya with the slightest hint of glitter. You will surely look fantastic with softly-blended, peach-hued lids.

Orange ombré: Create a coppery smokey effect to help make your eyes pop. Look for soft shades that blend well with reds, rose, and burgundy.

Facebook hack compromises 30 million profiles

Google translation feature heads to all headphones with Assistant

The recently launched Google Pixel Buds earphones' flagship feature is its ability to translate languages at the press of a button. Now the search giant has promised the feature would soon be available on every pair of headphones that have Google Assistant built in.

Google's support page for Pixel Buds, which revealed this widespread availability, now reads: 'Google Translate is available on all Assistant-optimized headphones and Android phones.' The feature, which was previously exclusive to Google Pixel Buds, allows you to translate between 40 different languages. You can then use an Android handset as a speaker to translate your responses.

The update means that an increasing number of Google Assistant-enabled headphones, including the Bose QC35 II and Sony 1000X M3, will now be able to make use of the translation functionality.

Meanwhile, it has been reported that starting this week, the Google Translate app will be capable of visually translating 13 new languages by using the camera on your smartphone.

In 2015, Google added the visual translation feature to the Translate app with the support of 27 different languages. It allows users to translate dinner menus and



signs in real time, making communicating abroad much easier.

The new announcement adds several Indian regional languages, including Punjabi, Bengali, Gujarati, Kannada, Tamil, Telugu, and Malayalam, as well as Nepali, Vietnamese and Thai languages. The total number of supported languages for Google visual translate is now close to 50.

Users can access the feature in the Translate app by navigating to the camera icon on the home screen. The app will then prompt you to line up the text you are attempting to translate and take a photo. After that, the app will scan the text with the use of a machine learning technique known as Neural Machine Translation (NMT), which will then provide a 'reasonably' correct translation into the language of your choice.

The new additions will be available on both the iOS and Android versions of the app, and they started rolling out to devices last week.

A flaw in Facebook's 'view as' feature allowed a group of hackers to gain unauthorized access to millions of accounts in September. Last week, the company released a statement on exactly what data was accessed by the hackers as part of the breach.

According to the statement, hackers stole the access tokens of 30 million users, which allowed them to gain complete access to the profiles of those users. Of those 30 million, the hackers accessed basic contact information (name and either email or phone number) for 14 million accounts, and additional information including gender, religion, location, device information, and the 15 most recent searches for another 15 million accounts. No information was accessed for the remaining one million accounts.

As has become the staple response after such security breaches, the Vice-President of Product Management at Facebook, Guy Rosen told reporters: "We take these incidents really, really seriously. He also disclosed that the FBI was actively investigating the hack, but declined to give further details, saying the bureau had "asked us not to discuss who may be behind this attack."

Facebook has pledged to notify all 30 million users through the Help Center in the coming days. Crucially, Facebook said no data was taken from third-party apps linked to the accounts, including Facebook products like Instagram, Messenger and WhatsApp. At the same time, there may have been smaller but more invasive attacks during the same period that have yet to be uncovered by Facebook's investigation. There is also no indication that the hackers posted any content while logged in.

The statement also gives new detail into the timeline of the attack. The first spike of activity



registered on 14 September, but it only 11 days later that Facebook identified the activity as a malicious attack. The vulnerability was closed two days later and reported to users and privacy officials in accordance with breach disclosure laws.

Facebook is offering a way to see whether your account was broken into and what information was seen. If you visit Facebook's Help Center, a notice at the bottom will explain whether your account was affected. If it was, it will state what information was taken.

If your account was accessed, Facebook says you do not have to do anything to secure it at this point. Passwords were not stolen, so you do not need to change yours. Instead, the hackers took account access 'tokens' that let them log in. Facebook reset those tokens last month, which is why you might have found yourself logged out of your account one day in late September.

For now, it is not clear what, if anything, there is for users to do about the fact that the private information they entrusted to a company has once again been accessed by hackers. Of course, if you are fed up with the constant privacy issues, there is one thing you can do to make sure you are safe in the future — quit Facebook.

A PHONE FOR YOUR PHONE



Does a phone that runs off your phone make sense to you? It apparently does to Palm and to Verizon, the US network that has exclusive rights to sell it. But then, do you remember Palm, the once uncrowned king of early smartphone era is now part of TCL, the Chinese electronics conglomerate. Rights to use the Palm brand were recently purchased from TCL by a San Francisco start-up that believes your smartphone needs a junior — it is as much a phone for your phone, as it is a phone for you.

No surprise, the new Palm fits in your palm.

With an 8cm (3-inch) LCD display that boasts a high 175ppcm (445ppi) resolution, the Palm is just 5cm by 10cm across and about 0.75cm thick. In an era of phablets — smartphones with tablet sized screens — the Palm is a midget and is being sold in the US exclusively by Verizon in the same way it approaches wearables, as a \$350 add-on to your regular phone subscription.

Though the new Palm has its own data plan, it basically piggy-backs off your main smartphone, sharing Verizon's NumberShare tool to make for a single number across devices, and the Verizon Message+ app to sync your texts across both devices too. Despite being intended as a respite from your main device, the Palm still has access to all the popular Android apps, a 32GB storage and 3GB RAM, as well as an 8 and 12MP front and rear camera.

Finding who the intended customer for this new phone factor is, could be challenging. But clearly Palm, the brand, sees a niche for their device among people who would like to hold on to their phone while jogging or at the gym while continuing to escape the nagging notifications on their main device. Yes, they could achieve the same by turning on DND or airplane mode on their main phones, but then, that is not the same as having the latest uppy device.

Microsoft brings dictation to its Office web apps

Microsoft, which launched the dictation feature in the desktop version of Word earlier this year, is now rolling out the same to Web versions of Office.

Dictation (speech-to-text) will be available in the online versions of both Word and OneNote starting next week as part of a push by Microsoft to improve ease of access to people with ability challenges. The dictation feature lets you simply type with your voice in Word and OneNote immediately, and in

other web apps such as Excel, PowerPoint and Outlook in 2019.

Microsoft is also adding real-time translation inside its immersive reader to Word, OneNote, and Outlook online, as well as OneNote for iPad, Mac, and Windows 10. The translation feature will support translating full pages, words, or sentences into another language. Full page and word translations will start rolling out in the fall, with sentence translations to follow later.

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