



INTERVIEW

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KUWAIT
through the lens

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LOCAL

Why is Kuwait
deporting expats?



Kuwaitization, deportation, not long-term solutions

THE TIMES REPORT

The government's Kuwaitization policy, of retrenching most expatriate workers in the public sector and replacing them with nationals within the next five years, is reportedly running into the brick wall of budget constraints.

In recent months the Civil Service Commission (CSC) is understood to

approved by the finance ministry.

They noted that most expatriates were usually hired for low consolidated salaries and were not a heavy burden on the salary budget. But replacing them with Kuwaitis would entail far higher salaries and perks that were simply not sustainable, especially in view of the government's current policy of streamlining costs in public undertakings by reducing expenses

Experts had warned earlier that in a country with a demographic structure such as that of Kuwait, where expatriates form nearly 70 percent of the population, it is not feasible to remove nearly a million foreigners each year and replace them with nationals, as some have suggested. Obviously, it is far easier to stand up and holler, "let's throw the expats out", than to sit down and do the numbers. If someone did take the time and effort to do the latter, they would soon realize it was not realistic to implement the former.

Let us take a look at how the numbers add up. Latest statistics from the Central Statistical Bureau as on 30 June 2018, show 301,714 Kuwaitis and 99,343 expatriates were employed in the public sector. The only government entities that employed over a 1,000 foreigners were Kuwait Airways employing 5,571 foreigners (89% of the airline's total workforce); Kuwait Flour Mills and Bakeries Company with 4,330 workers (96%); Kuwait Public Transportation Company with 2,721 expat workers (97%) and Kuwait University with 2,162 expatriates (31%). In addition to the combined oil sector companies employed 1,529 foreigners (7.5%).

Among the ministries, the only two with a large component of expatriates were Health with 34,920 non-Kuwaiti workers (57%) and Education with 29,776 foreign employees (26%). Additionally, Awqaf & Islamic Affairs employed 3,451 non-Kuwaitis (19%), Electricity and Water hired

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EU lauds Kuwait's middle-ground policy

THE TIMES REPORT

The European Union (EU) last week commended Kuwait on its neutral stance and its role in supporting peace and stability in the region.

Speaking during an interview before her visit to the UAE, Oman, Qatar and Iran, Helga Maria Schmid, the Secretary-General of European External Action Service (EEAS), the diplomatic service and the foreign and defense ministry of the EU said, "Kuwait's stance is deeply appreciated by the European Union. His Highness the Amir's commitment to peace and stability stands out as a bulwark in the Gulf region and we regard Kuwait as a natural ally in promoting regional cooperation."

The "EU knows that it can count on Kuwait to work towards the promotion of a rules-based order, built on mutual respect and the defense of human rights and principles," she said. "We have valued Kuwait's presidency of the UN Security Council and its leading role in the stabilization of Iraq. Kuwait's generous contributions



to UNRWA in Palestine, to Syrian refugees in Jordan or to children in Yemen are remarkable examples of its humanitarianism", said the senior EU diplomat.

Though she is not slated to visit Kuwait during her current trip to the region, Ms. Schmid said she planned to visit the country in the future and added that the EU and Kuwait were working together on the opening of an EU Delegation in Kuwait in the near future.

She added that the EU, along with its international and regional partners, had for years been attempting to address the multiple challenges faced by the region. "During the past few weeks, we have seen a worrying trend towards escalation.

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have been inundated with letters from various public sector organizations expressing their inability to comply with the government's Kuwaitization drive. Government establishments have said that it was difficult for them to remove expatriate workers and replace them with Kuwaitis on the same salary budgets that had been

and curtailing ministry budgets.

Moreover, many government organizations have complained that for many highly qualified jobs done previously by experienced expatriates there were no suitable Kuwaiti replacement available, and, for the jobs that Kuwaitis are qualified for, there were very few takers.

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Expats accused of littering, causing pollution

Opinionated lawmaker Safaa Al-Hashem is back at doing what she does best, expat bashing.

In her latest tirade against foreign workers in the country, the parliamentarian alleged that expatriates were responsible for the enormous amount of garbage left behind on beaches and parks after the recent Eid holidays. She called for imposing fees on expatriates to use these public venues.

Her snide comments drew strong response on social media platforms, with many people uploading images of Kuwaitis littering cinema halls, malls and food courts around the country.



Some pointed out to the lawmaker that littering reflected poor upbringing, lack of civic sense and social etiquette of the individual offenders, and had nothing to do with their ethnicity or social grouping.

Disregarding the response to her comments that bordered on the racial, Al-Hashem continued in the same vein, highlighting the ramifications of the lopsided population structure in the country, where "there are more than three million expatriates compared to a little over one million Kuwaitis in the country". She warned the government of

dire consequences if it continued to disregard the demographic imbalance in the country, which she said "strongly contributed to the deterioration of the country's infrastructure".

She urged the government to impose fees on expatriates for the use of public venues, including the new Sheikh Jaber Al-Ahmad Al-Sabah Causeway. Failing to act on these issues would lead to the concerned minister being held responsible for deterioration in the country's infrastructure, warned Al-Hashem.

On a different topic but on the same note, Al-Hashem was recently quoted as saying that the high concentration of expatriates living in areas such as Hawally, Salmiya, Khaitan and Farwaniya resulted in the generation of large quantities of waste that caused pollution in the country. She called on the Environment Public Authority (EPA) not to be negligent in the implementation of environmental laws, and to impose heavy penalties on those found creating waste.

In a related development, the Ministry of Interior has revealed that since the beginning of the year, more than 10,000 expatriates had been deported from the country. A source at the ministry said the authorities were facing pressure from the need to deport such a large number of expatriates, as it takes over two weeks to process the deportation of expatriates detained for violating the residency law, and moreover, it had become difficult to get affordable plane tickets in view of the summer travel rush out of the country.

The source also disclosed that around 320 erring expatriates were referred to the Deportation Department during the holy month of Ramadan – 50 of whom were deported immediately for begging and majority of these expatriates came from other Arab countries, whereas the remaining 270 were being evaluated.

DWC welcomes new Chad Ambassador



The Diplomatic Women's Committee (DWC) held a luncheon in honor of the newly appointed Ambassador of Chad to Kuwait Her Excellency Batoul Zakaria.

The graceful social event allowed the Chad Ambassador to meet with other lady ambassadors and the wives of ambassadors of African countries associated with the Kuwait diplomatic community, and part of the Board of Directors of DWC. The ambassador of Kyrgyz Republic Samargiul Adamkolova and the

Advisor of the Committee Madam Narjis Al Shatti, highlighted the role of the committee in establishing a bridge of friendship and cooperation in various aspects between the diplomats in Kuwait and the diverse institutions of the Kuwaiti community.

On behalf of the committee, they wished the newly appointed ambassador a wonderful stay in her second home of Kuwait and hoped for her success in her appointment as the Chad ambassador to Kuwait.

Good Samaritan pays for free ice cream distribution

People in Qadisiya area were surprised to witness an ice cream vendor distributing free ice cream to all who passed by his cart.

On enquiry it was found that a good Samaritan had paid the ice-cream man the price for all the ice-cream in his cart and had asked him to distribute it for free to everyone passing by, in order to provide a soothing cool relief from the scorching outside temperature.



Request driving license test dates online

The Ministry of Interior (Moi) announced that starting from Sunday, 9 June, all new bookings for a driving license interview must be done through the ministry's website at www.moi.gov.kw. All necessary information regarding the applicant must be entered online and a date for the interview will be given accordingly.

In a press release, the General Department of Public Relations and Security Media of the ministry explained that the General Traffic Department will stop the manual booking for driving license



interviews at all its departments in the various governorates with immediate effect.

TCRO organizes Blood Donation Drive



To commemorate World Blood Donor Day 2019, the Office of the Taipei Commercial Representative Office (TCRO) in collaboration with Instagram celebrity AbdulKareem Al-Hendal and the Central Blood Bank launched a blood donation campaign at its offices on 13 May.

The campaign announcement event was attended by the Ambassador of Honduras H.E. Nelson Valencia Garcia, Counselor of the Embassy of Guinea, Sveso Delamini, former Undersecretary of the Civil Service Bureau, Dr. Mohammed Hamad Al-Roumi, Dr. Ameera Al-Hassan, Acting Director of the United Nations Office for the Human Settlements Program, members of the Taiwanese community and media personnel.

TCRO Ambassador Ray Mou stated, "We presented the slogan of our campaign, 'Safe Blood for All, Taiwan can Help', which is similar to the



slogan of the World Health Organization". "The goal of our campaign is to encourage more people to donate blood, which is considered a noble humanitarian act and an initiative that contributes to saving the lives of patients," he stated.

Ambassador Mou alongside friends from the Kuwait and Taiwanese community visited the Central Blood Bank on 15 May to donate blood. The representatives from the Bank expressed its deep appreciation and gratitude to the Taiwanese office.

Ambassador Mou also highlighted Taiwan's efforts in assisting other countries during times of disasters and diseases by training 1,500 medical and nursing staff in 65 countries around the world. He noted that Taiwan's advanced health insurance system utilizes modern technology and artificial intelligence in the medical field.

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Joseph Shagra

KUWAIT

through the lens

Joseph Shagra, a Syrian photojournalist who has spent nearly six decades in Kuwait is the man behind many of the iconic images that over the years have captured our attention, and haunted our imagination, from the pages of newspapers and magazines in Kuwait and abroad.

BY CHRISTINA PINTO
STAFF WRITER

Every photograph has a story to tell that was captured by the careful eye of a photographer. When it comes to the news industry, a single poignant picture could be worth more than a 1,000 words if it condenses a whole story through one image.

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Ambassador of Peru

“When I first started off, the camera equipment was very heavy, you had a camera and flash, with the battery of the flash alone weighing more than 3kg. The weight of the camera with the flash was often more than 7kg. And we had to lug this weight around everywhere we went”



Ambassador of Guyana

As a dedicated press photographer for the last 19 years with Kuwait Times newspaper, Joseph has witnessed many historic events as they unfolded, capturing those moments for posterity from behind the lens of his camera. In recent years, with Kuwait playing a pivotal role in the economic, political and humanitarian developments taking place locally, regionally and internationally, Joseph has been busy man recording these memorable events through his camera.

A trusted and well-known name in Kuwait media circles, he has won praise from his peers and the news industry for his images captured at the right moment and from the right angle. A silent figure happy to work from behind the camera, he allows his work to speak for his phenomenal photographic abilities.

As he prepares to retire and leave the country, The Times Kuwait had the opportunity to sit down with Joseph Shagra for an off-the-cuff interview on his views of the country and his work from behind the lens.

Speaking of his entry into the news industry, Joseph said, “After high school, my cousin and I applied for a visa to go to the United States. My cousin who was then working in a newspaper, helped me get a job at his newspaper, so that we could earn while waiting for our visa to arrive. Unfortunately, only my cousin received his visa and I ended up staying in Kuwait while he made his way to the United States on his own.

On his fruitful and vibrant career as a press photographer, Joseph says with his characteristic smile, “I have been in Kuwait since 1962, which is more than 57 years in this same country. I began my professional career as a press photographer by joining Al Yassela newspaper in 1979; I then worked with Arab Times and in the Arabic magazine, Al Majalis, before shifting to sports photography. For the next 13 years, as a sports photographer, I shadowed the Kuwait national football team wherever they went, including regional and international matches.”

“In 2000, I took a job in Kuwait Times and have been working there ever since. Besides this job, I work with regional and international news agencies and newspapers, such as the Asharq al-Awsat, an Arabic international newspaper headquartered in London.”

Remembering his early days as a professional news photographer, Joseph recalls the way progress has swept through Kuwait and the news industry. “Earlier, there were only a few magazines and newspapers in Kuwait, to be more specific only five Arabic newspapers and two English ones. Now there are more than 30 magazines, and with the phenomenon of social media, people are constantly sharing photographs. It is not easy, like it was before. Social media has changed

the way events are covered; often people who are present at any venue will deliver news faster than newspapers.

“When I first started off, the camera equipment was very heavy, you had a camera and flash, with the battery of the flash alone weighing more than 3kg. The weight of the camera with the flash was often more than 7kg. And we had to lug this weight around everywhere we went,” he said.

“Today, everything weighs less and



Ambassador of Senegal

digital camera equipment is smaller, lighter and much more powerful. Before, as a professional photographer you had to know how to work on a manual camera, where you had to do everything from aperture to speed adjustments. Now, anyone can be a photographer, you simply click pictures on an automatic digital camera,” he added.

“Before, you were given a roll of film, and you had to not only earn to take the best pictures, but also develop them in the darkroom. Back then, all newspapers had a darkroom, where you had to develop the negatives, print out the pictures, and then select the best ones for publication. Nowadays, we don’t do much; just click the photo and download it to the computer.”

Speaking about his experience as a photographer, he is full of praise for the country, saying that he has enjoyed working in Kuwait. I consider this country my second home; Kuwait and Kuwaitis have been very good to me. I have also received immense support from peers, and well-wishers in this job.

However, as a professional photographer he is saddened by how the situation has changed from what it was before, to what it is today. “Before we could move around and photograph freely, now there are so many security restrictions. Previously, photographers could directly approach and take pictures of His Highness the Amir of Kuwait, or when foreign dignitaries arrived at Kuwait



airport, but this is no longer the case. The security is very difficult and we cannot go anywhere close. All photographs are provided by the official Kuwait News Agency (KUNA), and the Amiri Diwan after their approval.”

Joseph, who finds his current work at the Kuwait Times very rewarding, has fond memories and appreciation for the newspaper’s founder and his family. “I enjoyed my experience at the Kuwait Times, my colleagues were friendly and gave me a lot of support for my endeavors. I have no regrets, I will leave with a lot of memories, especially of the former editor-in-chief and founder of Kuwait Times, Yousuf Saleh Alyan, who was a wonderful teacher and mentor. He was also a great inspiration, and his passing away was a huge loss to me personally and to the industry.”

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Asked about his future plans, Joseph smiles brightly and says, “I plan to return to my family in Syria, and simply rest. All these years, I was unable to bring my family here, so I am looking forward to enjoying the rest of the time with my wife and children. Nevertheless, I will miss all my friends here, and I have great respect for them. I hope to keep in touch and maybe see them sometime in the future when our paths cross again.”



Summer CAMPS 2019

Keeping out of mischief

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E-NEWS FOR THE KUWAIT EXPATS
WWW.LIVINQ8.COM

To have your summer camp featured in The Times Kuwait events page, please send the details to eventstimeskuwait@gmail.com



Heguru's Summer Camp

Date: 9 June to 15 August, 2019
Time: 9:00 am to 1:00 pm
Venue: Heguru Salmiya

Enroll your kids in a stimulating and exciting summer camp organized by Heguru Kuwait, a Right Brain Education School specialized in educational programs.



Summer Camp Education

Date: 9 June - 18 July, 2019
Time: 10:00 am - 2:00 pm
Venue: The Center of the Arts

Join the most exciting summer camp at The Center of the Arts where a host of activities are available for children from 3 - 15 years old. Boys and girls can try exciting activities such as arts, crafts, gymnastics, sensory play and other fun activities. Ballet is for girls only. Register <https://www.coakuwait.com/>.



Blank Summer Camp

Date: 9 June - 4 July, 2019
Time: 10:00 am - 2:00 pm
Venue: Sheikh Abdullah Al Salem Cultural Centre
Sign up now for the Blank Summer Camp to be held for ages 4 to 12 years. Please register at 55525265.



Flow House Camp

Date: 10 June - 30 July
Time: 10:00 am - 10:00 pm
Venue: Kuwait Towers
For more information, go here: <https://www.flowhousekw.com/> or call +96556545000 to register.



Summer dance intensive classes

Date: 15 June - 7 July; 13 July - 4 August
Time: 4:00 pm - 9:00 pm
Venue: Millennium Hotel and Convention Center
Summer dance intensive classes for moms and kids with Jumana Al Refai, Kuwaiti dancer, choreographer, and teacher. Female dancers of all dance experiences and levels are welcome. Available for ages 10-17 and 18+. Register: <https://www.jumanaalrefai.com/>



Summer Dance Intensive

Date: 16-27 June
Time: 10:00 am - 2:00 pm
Venue: Baia Kuwait
The British Academy of International Arts (BAIA) is excited to announce their Intermediate Summer Dance Intensive Program for teens. Join to improve on your dance technique, flexibility and creativity. Classes to be held from Sunday to Thursday. Register at 50962809.



Kids Summer Camp

Date: 16 June - 4 July
Time: 11:00 am - 4:00 pm
Venue: Radisson Blu Hotel
A Kids Summer camp for children ages 3 to 15 with an itinerary of fun and cool activities including treasure hunts, zumba, cooking, arts and crafts, swimming, beach activities, outdoor



games and field trips. Camp Hours are from Sunday - Thursday. Their mission is to challenge kids to step out of their comfort zones, interact with other campers, help them to discover their skills and abilities, and build self-confidence, character and responsibility. Register at <https://www.campunitykw.com/>.



French Summer Camp

Date: 16 June - 24 July
Time: 9:00 am - 12:45 pm
Venue: Institute d'Francais

French Summer Camp for children from 6 to 12 years old to be held from Sunday to Wednesday. Fees for one week is KD60.



Acrylic for Kids

Date: 16 - 19 June
Time: 7:00 pm - 9:00 pm
Venue: SB Arts Academy

Let your kids learn acrylic drawing at SB Arts Academy, which will be a colorful and fun journey. Register by Whatsapp at: 66080110.



CODED Juniors Summer

Date: 17 June - 10 July (4 weeks)
Time: 10:00 am - 2:00 pm OR 3:00 pm - 7:00 pm, 10:00 am - 7:00 pm

The CODED Juniors Summer Coding Camp for ages 7 to 12 years old, sign up your kids! The programs teach children the ABC's of coding and technology using robots, art, and science. The camp is held from Monday to Wednesday. Register here: <http://juniors.joincoded.com/>



Toll for trucks using Jaber Causeway starting 16 July



Minister of Public Works Jinan Ramadan has announced on Wednesday, 12 June a KD1 per ton toll to be paid by trucks using Jaber Al-Ahmad Causeway and Doha Link, which would start on 16 July.

The Public Authority for Roads and Transportation (PART) has put regulations for

truckers in a bid to assure the safety of the causeway and commuters, said Ramadan, also Minister of State for Housing Affairs, in a press release. He revealed that revenues expected will be allocated; in part, for the bridge's maintenance and operation costs, as well as checkups and supervision.

According to the release, the weigh-in and toll collection processes would take place at stations set before the trucks enter the causeway, which would guarantee adequate traffic flow. The truck drivers choosing not to pay could use Road 80 then Road 801 to reach the northern area. The mega bridge cost approximately US\$ three billion, and it spans the Bay of Kuwait in two directions and comprises the Main Link, which connects Kuwait City with the future Silk City; and Doha Link, which connects Kuwait City with Doha and Kuwait Entertainment City.

ILO DG stresses treatment of children reflects our societies and values

International Labor Organization (ILO) Director-General Guy Ryder urged Governments, workers and employers to make a final push to end child labor, he said in a statement released for World Day Against Child Labor.

"How we treat our children is a reflection of our societies and values. The World Day Against Child Labor gives us an opportunity to take stock, define goals and recommit to action", Ryder said in his statement. "Our reflection this year – the ILO's Centenary – is particularly significant because the ILO has been working for the abolition of child labor since its earliest days", he added.

Two of the first six Conventions the ILO adopted in its first year, 1919, addressed child labor. Its abolition is now the subject of one of the ILO's fundamental principles, along with ending forced labor and work-related discrimination, and promoting freedom of association and collective bargaining. In 100 years, the ILO had made substantial progress, not least because of intense advocacy and national mobilization backed by legislative and practical action.

Between 2000 and 2016 alone, there was a 38 percent decrease in child labor globally. The ILO's Convention on the Worst Forms of Child Labor, 1999 (No. 182) has achieved almost universal ratification by the ILO's 187 member States, and the ratification rate of the Minimum Age Convention, 1973 (No.138) is not far behind.

"Countries in every region can be proud of this progress, but we cannot be complacent. It would be fitting if universal ratification of Convention No. 182 is achieved in the ILO's Centenary year. And our member States are striving towards this goal", Ryder said



"Of course, legal foundations are essential, practical change is another. 152 million children are still trapped in child labor, and 73 million of these – almost half – are in hazardous work. This is simply unacceptable", he explained.

"We need to urgently accelerate the pace of progress. But to do this – and also meet Target 8.7 of the Sustainable Development Goals, which calls for the end of child labor by 2025 – more coherent action is required, ensuring the availability of quality education, social protection for all, and decent work for parents", he added. In 100 years of working together for social justice the global community has achieved so much.

The ILO is proud to have played a part in this progress. "I urge Governments, workers and employers to come together and make a final push to end child labor and ensure that it does not reappear", he said.

Residents facing difficulty at airport, fake video claims MoI

The Ministry of Interior (MoI) has affirmed that a recent video clip which surfaced on some social media sites, showing residents allegedly not being able to travel without civil identity card, was a fake and that no such incident took place.

The ministry reiterated that expatriates could still travel via the airport by presenting solely a valid residency stamped on their passport. In a statement the ministry clarified that any resident with a valid residency stamped in their passport, before the ministerial decision 135/2019 (making civil ID mandatory for travel) came into effect on 10/3/2019, can travel by solely presenting their passport.

The ministry added that those who renewed or received a new residency from 10/3/2019 onwards, or those who transferred data from



their old passport to a new one, are obliged to present the civil ID card upon traveling.

However, the ministry urged all travelers using their civil ID as residency proof should ensure that their Latin first and surname are the same as that in their passport. Moreover, the nationality of the holder, their passport number and other details should be the same in both the civil ID and their passports.

Raytheon provides training to future cyber defenders



Raytheon Company, a leader in global technology and cybersecurity, in cooperation with the Department of Computer Engineering at Kuwait University launched the second series of its Cyber Academy workshop on 9 June.

The workshop has been designed to equip students with cybersecurity skills to counter 21st century threats and address the growing cyber talent gap in the country.

Gary Menke, President and Country Leader, Raytheon Kuwait, said, "We are excited to bring back the Raytheon Cyber Academy workshop to Kuwait University after its successful debut in the country last year.

For his part, the Head of Computer Engineering Department at the Faculty of Engineering and Petroleum at Kuwait University, Dr. Mohammad Al-Failakawi said, "Raytheon's Cyber Academy workshop is being held daily at the College of Engineering and Petroleum until 13 June, with the participation of 15 repeat students from the Department of Computer Engineering and a total of 23 students taking the course. This demonstrates the value of the Academy and the eagerness of

our students from various departments to learn new intermediate defensive cyber skills that will contribute to their future." He added, "We want our students to seriously consider a career in the cyber domain and become future defenders of Kuwait's cyber interests."



The Raytheon Cyber Academy partners with local universities and organizations to bring world-class cyber training expertise to its partners to improve operational cyber protection capability. Raytheon's Cyber Academy first launched in the United Arab Emirates in 2016.

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Dining IN KUWAIT

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Madison & Heig



An American Bistro with a versatile menu showcasing delicious food with an innovative twist. The unique bakery features some of the best fresh sourdough, viennoiseries and pastries. Maybe the best thing you can eat at Madison & Heig is the breakfast menu including Granola Bowl, Porridge or toast topped with raspberries. Particularly most appetizing is the newly added Tortilla De Patata and Croissant French toast with lemon mascarpone.

Better than you might imagine are the starters like Burratina, Shrimp Tacos and Mama's Pumpkin Soup. The deeply flavored salad accompaniments

such as Carrot Avocado Salad, Kale Pecorino Salad and Green Salad will add crunch to your plate. Savor the bold flavors of pasta offerings with choices such as Shrimp Linguine, while the pizzas receive praise for its Cherry Tomato and Kalamata pizza or Pizza Margherita.

The restaurant also has a drink section with tasty treats such as Stone Fruit Smoothie, Avocado Smoothie and Blueberry Matcha Smoothie. The restaurant also does specialty food such as Greek sea bass on a bed of cauliflower purée, as well as specialty dishes on occasions laden with a wealth of flavors.

Popular dish: Juicy Jospier-grilled chicken served with a side of tortillas.

At Zaid Al Khazemi Street Bneid Al Gar Block 1, Kuwait City.
Call: 6626 9222

Jneinetna



Looking to satisfy your appetite for Lebanese fare with a touch of fusion, Jneinetna will fulfill your urges. This spot's menu features a wide range of options, encompassing cold mezza, hot mezza, oven snacks, grills and tabliyah wrap style. Those looking for lighter fare can also choose from the Cold Mezza including Baba Ghanouj, and Hommos while the hot mezza includes Potato Harra and Mekanik. Get piping hot oven food such as Lahme Bel Ajine.

For the grilled options, enjoy the Grilled Chicken Wings, Taouk, and Chicken Mussakhan are very crave-

worthy, as is the Mixed Grills, including Chef Mix Grill and Jnaynetna Mix Grill, which are marinated in great flavors. Especially with accompaniments like Skewers Grilled Vegetables.

The Wraps also show huge potential with amazing selections such as Sojuk Sandwich, The Special Taouk Wrap, The Classic Kafta Wrap and The Classic Taouk Wrap, with the meats carefully prepared with seasonings and veggies. But the starring dish on the menu is the Tabliyah Wrap Style featuring the Tabliyah Authentic Tikka Wrap and Tabliyah Classic Kafta Wrap, which makes for a wholesome lunch.

Popular dish: Chicken Mussakhan

At Marina Walk, gulf road, Salmiya

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

“Your peace is more important than driving yourself crazy trying to understand why something happened the way it did. Let it go.”

— Jay Shetty

Can you mix Seafood with Dairy?

Ask Mira: Eating Right to Live Happy & Healthy



I hear that many people do not like to mix fish and dairy products (such as yogurt) together as it can lead to some allergies or you can be poisoned. But is that true?

Maybe it is not that tasty to mix seafood with dairy together, but if the combination was harmful, maybe more than half the population would be in trouble. Right?

Actually that combination doesn't cause food poisoning but it can only lead to some digestive problems.

In other words, some food, if mixed improperly in the digestive system, will cause distress.

- A seafood combination is fine if no other food groups are eaten at the same time, apart from salads. Any fish meal is ideal with salads or cooked vegetables.
- Yogurt is best eaten alone or with a simple addition of slices of apple, apricot or peach.

The idea is that you eat fish and yogurt at separate meals. Why?



Protein-rich foods require a highly acidic environment for digestion while carbohydrates and fats require a more

alkaline medium. So fish and yogurt need two different environments for digestion. If ingested together, your stomach produces a medium where both foods will not be well digested and that is the cause of all sorts of digestive stress, including gas, heartburn, cramps, bloating, constipation, and so on.

Keep the meals simple and you will have a better digestion.

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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



Make potato salad without mayo

Good news for the mayo-averse, you do not have to stick with the winning combination of potatoes and mayo. There are a number of condiments that work equally well as a potato salad dressing, here are the best options.

Tahini: The sesame paste most commonly used to make hummus not only lends creaminess to potato salad, but also adds a nutty, toasted flavor.

Pesto: Stir pesto into most things and it will be better — and that definitely includes potato salad. Pick up your favorite store-bought brand to keep things easy on yourself, or if you have an abundance of basil, make your own.

Buttermilk: A splash of buttermilk is often added to traditional mayo-based potato salad to thin out the mayo and offset its full flavor with a touch of tang, but it can also be used on its own if you are looking for a little creaminess that is not overpowering.

Greek Yogurt: One of the best substitutes for mayo ready



and waiting. You can swap in all or some of the mayo called for in a potato salad recipe with Greek yogurt. You will just want to opt for full-fat to achieve the richest, creamiest taste, although low-fat can be used if you prefer.

Sour Cream: Sour cream and potatoes are a natural pairing. Like yogurt, sour cream brings creaminess with the addition of tang. It can also be used in

place of or in combination with mayonnaise.

Vinaigrette: The simple vinaigrette you use to dress your green salad every night is also a solid choice for your potato salad. To get the most out of it, toss it with the potatoes while they are still warm, so it can soak into them and make each bite extra flavorful.

Olive Oil: Good olive oil can be equally as rich and flavorful as mayo. Again, toss it with the potatoes while still warm to ensure they will absorb it easily, and toss in extra spices or chopped fresh herbs, too.

Companies to face consequences for non-payment or delay of salaries

Aiming to tackle the issue of delay in the disbursement of salaries by a number of companies in the private sector, a reliable source has revealed that the Public Authority for Manpower (PAM) will enforce an article related to disbursement of salaries for all companies of the private sector, governmental projects, small enterprises, and all activities and professions covered under the



labor law of the private sector.

The source clarified that the files of companies that delay in transferring salaries of its

employees by the 8th day of each month will be blocked, and mentioned that the law has specified the 7th day of each

month as the deadline for the transfer of salaries. He reiterated that the files of companies that do not abide by this law will be closed.

Meanwhile, PAM has stressed the need for employers to abide by its decision that bans laborers from working in open areas from 11:00 am to 4:00 pm in order to ensure the safety of the laborers and the interests of employers, said a reliable source from PAM.

He indicated that PAM has taken all necessary actions to apply the decision, adding that any violations of this decision will not be tolerated. The source said all mechanisms have been set in place to ensure inspection teams will conduct campaigns in open areas, adding that these teams will be provided with automated devices which will be linked directly to the concerned departments.

Ministry of Communications warns erring subscribers to pay dues

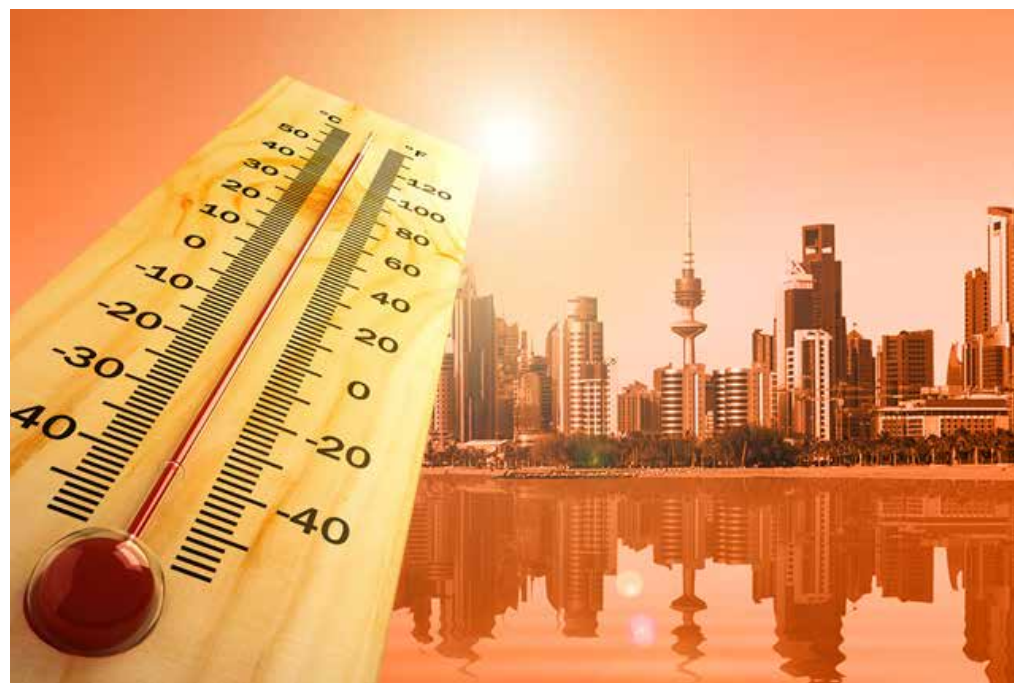
The Ministry of Communications has appealed to landline subscribers to pay their bills for their telephone service, and warned that the automated service cutting will be implemented for June according to the same standard procedures. The ministry will send the first warning message on Sunday, 16 June, and the second one to the telephone numbers with no payments on the next Sunday, 23 June.

The Ministry stressed that after the broadcast of the second warning message, the following Sunday, 30 June is when the phone lines of owners who defaulted on their payments will be cut. It added that that maximum limit after which the service would be cut is KD50 for house landlines and KD100 for commercial ones. The

Ministry added that the phone lines of people who have agreed to settle their amounts due will be interrupted directly, and the telephone service will be cut for those who are late in paying their annual subscriptions for a period of 6 months and more, especially for the commercial and residential categories of expats and citizens.

The Ministry praised the cooperation of the subscribers during the past month and urged them to pay their bills to ensure the continuation of their telephone services properly, and to avoid the inclusion of their numbers into the automated service cutting program. Subscribers can pay their bills online at www.moc.kw and the e-government gate at www.e.gov.kw and that they could also inquire about their bills by calling 123.

Heatwave claims two lives, Kuwait residents cautioned to be careful



Heatwave engulfing the country claimed its first two victims, both are Egyptian nationals. The first death occurred on Wednesday when police and medical personnel rushed to the suburb of Surra after it was reported that a man had fallen down while walking along a walking-lane. Medical staff who examined him on the spot declared him dead and a later coroner report confirmed that the victim had died of heat stroke.

In the second instance, police received reports of a corpse lying in an open yard in Messilah area. On medical examination, it was found the Egyptian man had also succumbed to high temperature prevailing outside.

Temperatures have been exceeding 50C in the shade over the last two days and doctors have recommended that people remain indoors under cooler conditions especially during the afternoon. Health experts are recommending that people stay well-hydrated and cautioning that very young children, the aged, and those suffering from severe medical conditions should

be particularly vigilant during the heatwave.

Here are some recommendations to stay safe during the heatwave:

- Stay indoors in an airconditioned environment or in the coolest place available
- Avoid outdoor activities if possible, and even indoors, stay away from highly strenuous work.
- Eat lightly and drink plenty of fluids.
- Avoid caffeinated drinks.
- Do not take salt tablets unless they have been advised by your doctor.
- Use hand-held, battery-operated fans and misters.
- Rub wet washcloths, packs of frozen food or ice cubes over your wrists, face and back of neck.
- Seek medical help if cooling-off measures are not working.
- Remember that heat stroke can be fatal if not recognized and treated in time.

Visa charges for visitors to be increased

Fees for family visas, as well as for tourist and commercial visit visa are set to be increased once the National Assembly provides its approval for a proposal submitted by the Ministry of Interior.

Directorate-General of Residence Affairs at the Ministry of Interior has reportedly submitted this proposal to bring these fees in line with those

charged by neighboring Gulf countries will be hiked to bring it in line with those imposed in neighboring gulf countries.

The decision to hike the fees will be implemented only after it wins approval from parliament and is published in the official gazette. The fee increases for the various visa types will be applicable to citizens of all countries and the amount will be determined by the National Assembly, as the hike will have to take into consideration political and economic conditions.

Kuwait overhauls air travel services

Directorate General of Civil Aviation (DGCA) announced on Thursday, 13 June a plan to overhaul services for passengers on par with international airports with respect of admission, weighing and handling bags and belongings.

DGCA President Sheikh Salman Al-Humoud Al-Sabah said in a statement the new services are designed to achieve optimum safety and security as well as providing best accommodations for the passengers.

It is also aimed at upgrading the services' level through continuous overhaul programs, boosting manpower and technical resources. He was speaking after launching the plan in cooperation with Kuwait Airways and the National Aviation Services Company. The DGCA had predicted that the number of passengers would reach six million between June and September, an increase by eight percent as compared to last year – 5.5 million passengers.

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Why is Kuwait deporting expats?

More than 10,000 expatriates have been deported from the country since the beginning of the year revealed the ministry of interior in a press statement recently.

Ministry of Interior authorities were facing pressure from the need to deport a large number of expatriates, as it takes over two weeks to process the deportation of expatriates detained for violating the residency law, a source at the ministry of interior revealed.

More than 10,000 expatriates have been deported at an average of about 2,000 per month since the beginning of the year and the ministry said it was finding it difficult to find plane tickets in the coming months due to the summer rush.



The ministry is keen to reduce the large number of expatriates accumulated in the detention centers and reduce the overcrowding. Most of the deportees are

residency violators who have been unable to renew their permits and have been staying in the country illegally.

Kuwait is facing a huge problem of visa trafficking which is rife in Kuwait. Traffickers exploit loopholes in the labor sponsorship system by creating work permits for fake companies or non-existent jobs, which are then sold to unskilled workers in labor exporting countries such as India, Egypt, Bangladesh, the Philippines and Sri Lanka.

When workers arrive in Kuwait often they discover they do not have a job and resort to illegal hard labor, working without a valid visa. The Kuwaiti government estimates there are nearly 120,000 people living illegally.

A crackdown on illegal workers means more deportees. Last year the government arrested 2,900 foreigners of various nationalities in the biggest-ever human trafficking case in the country's history.

Over the past few days, the ministry of interior took into custody around 90 persons who confessed in the course of investigations that they had paid large amounts of money to imaginary companies that signed contracts with various government agencies, so they can carry on working in Kuwait illegally, according to Kuwait News Agency.

Kuwaiti Public Prosecution released on bail three company owners, who brought about 3,000 workers with fake work visa status to Kuwait, after investigating them.

However, one Syrian expatriate was kept under arrest as he turned out to be the mastermind and the one who attempted to complete the necessary paper work with government agencies, enabling the three imaginary companies to bring this huge number of employees to work illegally in the country.

The details of the case began to unfold when the General Department of Residency Affairs carried out a surprise inspection in Jleeb Al-Shuyoukh and during the inspection, some foreigners were captured as it turned out that they were granted fake residencies through imaginary companies holding government contracts.

When asked about the reasons why they are working illegally instead of going to their designated workplaces, the detainees admitted that they had come to Kuwait using free visas after paying an amount of money in exchange for entering Kuwait and being allowed to work wherever they wanted.

The sources added that the General Department of Residency Affairs reviewed the files of the aforementioned imaginary companies, which are supposed to be the party that employed the detained foreigners, and discovered several alarming details. It found out that the headquarters of the three enterprises, located in Kuwait City, Al-Farwaniyah and Al-Ahmadi, is closed and out of service.

The other surprise was that the workers who entered Kuwait under the pretext of working for these imaginary companies exceeded the declared number, estimated at hundreds, to reach 3,000 foreigners from different nationalities. Nevertheless, they all had government contracts allowing them to come to Kuwait and work.

The sources pointed out that the examination carried out by the Kuwaiti Ministry of Interior unveiled that the vast majority of the employees brought by these imaginary companies are mainly Pakistanis followed by Bangladeshis and then Egyptians. Pakistani expatriates are said to have paid about KD3,000 each to come to Kuwait.



Bhavans Service Scheme (BSS) kicks off at SIS

Bhavan's Smart Indian School (SIS) inducted Bhavans Service Scheme in its own campus with a great celebration. Bhavans Service Scheme was launched in 2005, which was envisaged and executed by the SIS Chairman N.K. Ramachandran Menon. It turned out to be a marvelous move for Bhavan's SIS to have its own in the premises. The intention of this scheme has always been about the service rendered through selfless means.

The inaugural day was graced by the Chief Guest H.E. Dr. Shamir Ally, Ambassador of Guyana to Kuwait, Guest of Honor Dr. Maryann Renee Beebe-Ally, Marketing Director, Guyanna Embassy in Kuwait, Principal, IES T. Premkumar, the school Principal Mahesh Iyer, and Vice-Principal Albin Daisy. The student cadets participated in a parade down the aisle to take up their prestigious titles. Their outstanding achievements were also read out to highlight



their successes on the eventful day.

The speeches were delivered by the Chief Guest and Guest of Honor and they touched on an impactful message to be helpful and kind to fellow human beings, and that services rendered must come from within an unbiased heart. A drill was performed by the senior cadets to display their skill.

Nearly 50,000 warrants, travel bans issued since start of year



The Sentences Enforcement Department of the Ministry of Justice has issued the latest statistics which show a total of 19,848 travel bans and 28,314 arrest warrants have been issued against Kuwaitis and expatriates during the first three months of the year. The warrants and bans were issued for various reasons ranging from petty crimes to financial swindling and murder.

EU lauds Kuwait's middle-ground policy

...CONTINUED FROM PAGE 1

We are concerned about this period of intensified hostility, which, in the absence of any form of structured cooperation or regular dialogue, maybe very risky for the stability of the region.

"Although there is no one single set of solution, the goal is to promote dialogue as an antidote to confrontation. I am going there to express the EU's concern about the rise of tensions, listen to our partners' views and share our assessment, she said. "I will also stress our support for the opening of channels of dialogue and reflect how the EU could be useful in helping to de-escalate," she added.

Saying that she would use the trip to Iran to share the ongoing European efforts for the preservation of the nuclear deal with Iran (JCPOA), Ms. Schmid noted that it is the "key to the stability and security in the Middle East and beyond as well as a crucial element of the international non-proliferation architecture."

"In Iran, where I will travel to after my visit to UAE, Oman and Qatar, I will of course also discuss

the state of play regarding the implementation of the JCPOA, including the operationalization of the Instrument in support of trade exchanges (INSTEX), aiming to provide a mechanism for legitimate trade with Iran. All actors should take a constructive approach in order to preserve regional stability," she stressed.

Her trip to the region would also focus on discussions about the latest regional developments and on the situation in the region more broadly, including issues of common concern, such as the conflicts in Yemen and Syria, the Middle East Peace Process, and the situation in Libya and in Sudan", said the EU diplomat.

The visit will also be an opportunity to talk about bilateral relations. "We are keen to continue deepening our relations on an individual basis as well as through the Gulf Cooperation Council (GCC)", said Ms. Schmid adding, "It is our firm belief that by strengthening our ties we will be able to better appreciate each others' concerns and develop a relationship that is not only mutually beneficial but one that serves the stability and prosperity of the EU and the Gulf region," she said.

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Speech by the President of Tajikistan at the CICA Summit

Delivering his keynote speech at the Summit of Heads of State and Government gathered for the Conference on Interaction and Confidence Building Measures in Asia (CICA) held in Dushanbe, Tajikistan on 15 June, the President of Tajikistan Emomali Rahmon said:

At the outset, I would like to thank the People's Republic of China for their successful Chairmanship and the work they have done in a very important stage of CICA development.

Tajikistan during its Chairmanship in the Conference is of view that the primary task is to ensure comprehensive support to develop a constructive dialogue and full-fledged interaction between the member states through continued confidence building measures and promotion of prosperity and harmonized development of the entire Asian Region.

The vast region of Asia is currently faced with new challenges, in which historical destinies of peoples are closely intertwined in pursuit of economic expansion, joint sustainable development and progress.



Tajikistan highlights the importance of further promotion of peace, stability and security in Asia, deepening multifaceted cooperation and implementation of confidence building measures in political,

economic, environmental and humanitarian areas within the CICA.

Significant changes have taken place in the CICA Region since its last Summit.

The growing scale of terrorism, extremism, transnational organized crime, illicit drug trafficking and cybercrime continue posing threat to international and regional security. Countering these threats requires from all member states of the Conference undertaking immediate joint measures.

Having experienced civil war in early 1990s, the people of Tajikistan understand the value of peace, stability and absolute necessity for its maintenance and strengthening.

In the last two years, in close cooperation with the UN and other international partners, Tajikistan hosted two important high-level conferences on strengthening international and regional cooperation in countering these global threats and sources of their financing. The objective from convening these conferences was to promote strengthened



international and regional cooperation, identify effective methods of countering challenges and threats of the current time being.

Effective resistance to these challenges and threats to security urges implementing a set of measures aimed at improving social lives of our communities, reducing poverty and addressing unemployment.

We are seriously concerned with the difficult situation in neighboring Afghanistan. Taking effective measures and further coordination of efforts of the international community, including CICA member states in this area can provide a tangible solution to the Afghan case. In this context, facilitation to engagement of Afghanistan into the process of regional integration within the five dimensions of the Conference can play an important role.

Strengthening economic cooperation is key in our engagement in the region's sustainable growth. It is in our common interest to give full play to the region's transit capacity through accelerated modernization and construction of new connectivity infrastructure facilities.

The environment and climate change are other important vectors of our cooperation.

Natural disasters annually cause enormous loss to our economies. With this regard, we propose to develop effective mechanisms of comprehensive support to countries suffering from natural disasters.

Given its geographic location specifics, Tajikistan, 93 percent of which is covered

by mountains, also remains vulnerable to devastating consequences of natural disasters, which annually result in enormous material loss and human casualties.

During the last 40 years, more than 1000 glaciers vanished in our country, which in turn has negatively been affecting key segments of our national economy, including hydropower, agriculture, and industry.

Continued process of accelerated melting of glaciers negatively affects the water resources of Central Asia, more than 60% of which are accumulated in the territory of Tajikistan. It has been creating additional obstacles towards implementation of sustainable development goals.

Everybody is well aware that water resources are key component of socio-economic development and environmental recreation of Central Asian Region. With this regard, we can achieve sustainable development goals in the region only by ensuring judicious use of water resources, reducing their loss and preserving them for future generations.

Tajikistan proactively promotes global water agenda. A tour initiative, the UN General Assembly from 2003 to present proclaimed the International Year of Fresh water, the International Decade for Action "Water for Life" (2005-2015) and the International Year of Water Cooperation (2013).

Based on another initiative of Tajikistan, in December 2016 UN GA based on consensus

adopted Resolution on International Decade for Action "Water for Sustainable Development", which was officially launched last year. Comprehensive practical measures within the new decade are called upon facilitating achievement of water related sustainable development goals. With this regard, we believe the participation of CICA member states in joint promotion and implementation of this decade is very important.

Tajikistan, in the period of its Chairmanship, will facilitate promotion of cooperation on tourism and improvement of interaction between our countries in this area. In this context, we planned activities to broadly introduce representatives from CICA member states to cultural and historic heritage and abundant natural resources of Tajikistan, and create a platform to seek for new ways of cooperation in this sphere.

We hope that today's gathering will make it possible for us to share experience accumulated during the years of interaction within the Conference and identify main directions of joint activities on confidence building, security and further promotion of CICA process.

It is my belief that the summit will provide additional impetus to achievement of common objectives and strengthening of mechanisms of multifaceted cooperation and greater interaction in addressing burning issues of CICA.



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TURKISH REPUBLIC NORTH CYPRUS

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North Cyprus boasts two of the island's best-looking towns (Girne and Gazimağusa), half the capital city (Lefkosa/Lefkoşa), three of its mightiest Crusader castles (St Hilarion, Buffavento and Kantara), and arguably the island's most significant archeological site at Salamis. Its wilderness areas, particularly the Kyrenia Mountains, are a hiker's paradise and many of its beaches remain mercifully free of high-rise resorts. Furthermore, any visit to Cyprus which includes both sides of the island offers the unique experience of two very different cultures. In northern Cyprus, you will see a rich cultural and natural heritage with Turkish influences. Here are the best places to visit.



Lefkosa: Lefkosa (the northern half of what was, before 1974, Nicosia) is the capital city of north Cyprus. As with its southern counterpart, the old town is hemmed by Venetian walls, with the majority of Lefkosa's modern buildings and administrative machinery located outside the walls, and most tourist attractions to be found in the old town within the walls. Among the main attractions are Buyuk Han, a beautifully renovated sixteenth-century merchants' inn. Museums to look out for include the Mevlevi Tekke and Lapidary museums and the Dervis Paşa Mansion. The places of interest include the Samanbahçe Quarter, and the improving Arabmet Quarter, while fascinating religious sites include the huge Selimiye Mosque, visible north and south of the Green Line. Beside it is the ornately Gothic Bedestan, once a Christian church, now a performance venue. Other sights among them are the National Struggle Museum, the Museum of Barbarism and the giant flags looming on the hillside behind the city are quite spectacular.



Girne: Girne (still widely known by its Greek name Kyrenia or Keryneia) is the most beautiful town in Cyprus, owing to its amazing harbor, mighty Venetian castle, and a backdrop of sharp and craggy mountains. Apart from the harbor and the castle, there is much else hidden away amongst Girne's steep serpentine alleys. The Anglican Church, the Cafer Paşa Camii, the Ottoman Cemetery and the Chrysopolitissa Church attest to the spiritual life of the town; the tiny Folk Art Museum and Icon Museum to its cultural life, and the Bandabuliya together



with a host of shops to its commercial side. Finally, Girne's numerous cafés and restaurants offer the opportunity to eat, drink and socialize with friendly locals, or just enjoy the views and the chance to people-watch in comfort.

Gazimagusa (Famagusta): The charming city of Gazimagusa (Famagusta), boasts an atmospheric old town surrounded by crumbling Venetian walls, a legacy of its strategic position facing the Middle East. Its shops, restaurants and cafés are threaded through and between the photogenic remains of churches destroyed or damaged during the Ottoman siege of 1570-71. Immediately to the south lies the ghost town of Varosha, once

the heart of Famagusta's tourist trade, now isolated by the Turkish invasion of 1974. To the north lie a clutch of historically important sites – ancient Enkomi/Alasia, the monastery of Apostolos Varnavas, the Royal Tombs, the miles of beaches that line Gazimağusa Bay and above all - ancient Salamis.



By far the most famous and most photographed are the remains, largely Roman, of Ancient Salamis, which was one of the original kingdoms of Cyprus. The ruined city is relatively well-preserved and includes a grand gymnasium and theatre which seated some 15,000 spectators, in addition to the extensive bath complex. What is left of its ancient harbor can now be seen under the clear waters of the Mediterranean.

There are also the Royal Tombs, the Monastery of St Barnabas, now a museum, and the prehistoric remains of Enkomi-Alasia.



Guzelyurt and the west: This is an area of great natural beauty and historical importance, part of the ancient region of Cappadocia, near the much-visited Ihlara Valley. Cappadocia has an important place in the history of Christianity because Gregory of Nazianzus lived in the area. A historically large Greek population existed in

the area until the 1924 population, when they were replaced with the Turks from Thessaloniki and Kavala.

The region's main town, Guzelyurt, is worth a brief wander for its history and archaeology museum, which houses different collections ranging from the prehistoric age of Cyprus to the Byzantine period. There is also the Agios Mamas Church, and the covered market and some rather beautiful Orthodox churches. Also a must-visit is the picturesque town of Lefke (the site of Cyprus' now defunct copper mines), the Roman ruins at Soli, and the hilltop palace of Vouni.

The city of Guzelyurt is also known as the fruit-bowl of Northern Cyprus, and is surrounded by extensive citrus groves, which makes this area the greenest on the island.

The Karpaz Peninsula: Famous for its wild donkeys and relatively little else, the Karpaz Peninsula (Kırpaşa) stretches for 70km, a tapering finger of land pointing northeast towards Turkey and Syria. One of the most



unspoiled places anywhere in the whole of the Mediterranean region, the Karpas is home to an outstanding number of birds and its northern and eastern shores have some of the most beautiful and deserted beaches in North Cyprus.

With pine, cypress and maquis trees covered hills that reach an altitude of about 1,000 meters, the Karpaz is also North Cyprus' nature reserve with a substantial amount of biological diversity.



Taming the Wild West of Digital Health Innovation



ASHA GEORGE, AMNESTY LEFEVRE, AND RAJANI VED

Asha George is Chair of Health Systems Global and a professor at the School of Public Health, University of the Western Cape, South Africa. Amnesty Lefevre is an associate professor at the School of Public Health and Family Medicine at the University of Cape Town. Rajani Ved is Director of India's National Health Systems Resource Center.

Digital technology is revolutionizing our daily lives. Mobile devices monitor our movements, marketing algorithms guide our consumption, and social media shape our worldviews and politics. While such innovations have their advantages, they also carry significant risks, including potentially widening existing inequalities within our societies. This prospect is particularly worrying when it comes to global health.

Sustaining and scaling digital health innovations is hardly an easy process. Of the more than 600 pilot mobile-health initiatives that emerged in the last decade, very few reached delivery at scale, and even fewer were sustained. Nonetheless, some high-profile digital health initiatives, such as MomConnect in South Africa and Mobile Academy, TeCHO+, and ANMOL in India, shifted, at least partly, from donor to government funding. This change is part of an ongoing wave of enthusiasm for new



“Digital innovation could quickly turn into a sort of ‘Wild West’, a lawless environment in which people are at the mercy of whatever powerful new innovator comes to town.”

technologies’ potential to improve health systems and in turn, health. It reflects key opportunities to shape the digital health sector in ways that benefit all of society.

To be sure, steps are already being taken to position health-related digital technologies as a disruptive force for good. The World Health Organization (WHO) recently announced the creation of a Department of Digital Health, along with guidelines on digital health interventions.

Moreover, some initiatives that have already been rolled out globally hold significant promise. For example, the governments of Ghana, South Africa, and Tanzania, among others, are taking advantage of near-ubiquitous mobile-



phone access to supplement limited interactions with health-care providers by delivering important health information to beneficiaries.

Initiatives focused on equipping health-care providers with digital tools — in India, for example — are enabling them to eliminate cumbersome paper-based records and improve the clinical content of service delivery (with decision-support algorithms, videos, and other content that may enhance patient-provider interactions). Efforts are also underway to use blockchain technology to track funding flows and facilitate the timely payment of frontline health workers.

But there is no guarantee that digital innovations in health will bring shared benefits. That is why, before moving forward with any new digital tool, it is vital to consider who it will reach, the motivations of the various actors involved in its development and deployment, and the implications and opportunity costs for users and health systems alike.

Start with reach. If a product requires a high level of digital literacy, it might be inaccessible to people who already lack access to education or health care; as a result, adopting it would exacerbate and entrench inequalities. To optimize the design, reach, and effectiveness of digital-health programs, user capabilities and technology requirements must be aligned. Welcoming innovation includes humility about the limits of technology and the pressing need to strengthen health systems to ensure that they serve all members of society.

Then there is the question of who is designing and delivering health innovations, and who is accountable for them. In the past, innovation entailed collaborations between governments, donors, NGOs, and research organizations. In the digital age, new actors, such as mobile network operators and technology companies, have joined this process, each with its own language, agenda, and incentives. Without mediation, this can lead to distorted power dynamics, with some initiatives becoming ‘too big to fail’ and governments struggling to exercise oversight.

The broader potential effects on users must also be considered. Consider the data-privacy question. Digital health programs may involve the collection of huge amounts of personal data. As that information is collected, it passes through an array of channels, making it increasingly difficult to de-identify. This can create major privacy risks, which are compounded by the temptation to commodify and sell patient data. While this might seem like a simple way to generate more revenue to sustain and expand health programs, the sale of private data runs counter to building trust in health systems.

Fortunately, some governments recognize this, and efforts are underway to mitigate data-privacy risks. The European Union has led the way on this front, with its recently adopted General Data Protection Regulation. A number of low- and middle-income countries are now following its

example with their own data-privacy standards. But regulating existing activities is only the first step. Given the impossibility of anticipating all the ways in which data might be used in the future, robust governance structures that promote transparency and accountability must be established. Otherwise, digital innovation could quickly turn into a sort of ‘Wild West’, a lawless environment in which people are at the mercy of whatever powerful new innovator comes to town.

Next year’s Sixth Global Symposium on Health Systems Research will focus on the nexus between government stewardship, innovation, and accountability. Only with a clear-eyed assessment of a new technology, including who is responsible for it and who could be left behind if it is deployed, can we ensure that the digital revolution delivers on its promise to improve global health.

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EXCLUSIVE to THE TIMES KUWAIT

Lessons from India in Digital Disruption



NANDAN NILEKANI

Chairman of the EkStep Foundation and Chairman of Infosys Ltd., and was founding Chairman of the Unique Identification Authority of India (Aadhaar)

Digital technology can rapidly transform how countries provide services such as education and health to their citizens. The public services of the future should be effective, efficient, fair, data-driven, and responsive to individual needs. And the groundwork to turn this vision into reality needs to be laid now.

Managed wisely, data can be the key to providing quality health and education services for all – at speed, at scale, and in a sustainable way – and to boosting social and economic inclusion. Alongside these exciting opportunities, countries must also anticipate and manage the associated risks of the digital revolution. To this end, India's pioneering use of data and technology offers four lessons for other developing countries.

First, scale should be built into project design from the very beginning, instead of being an afterthought. In India, we must think about how we can help one million community health workers provide health care to rural areas, and how we improve the skills of 100 million young people seeking better jobs. The world must ask a similar question: How can we provide



safe, high-quality vaccinations to 20 million infants around the world, and educate the more than 260 million children and youth who are not in school?

Second, countries must focus on building the underlying digital infrastructure needed for sustained success, and avoid the allure of the latest shiny innovations. Too often, developing countries have seized on new technologies – “Distribute tablets to schoolchildren!” – without giving enough thought to how

they will be used in specific national contexts. This has resulted in many disappointing pilot projects that failed to deliver sustainable impact at scale.

A new report from the Pathways for Prosperity Commission on Technology and Inclusive Development, based at the University of Oxford's Blavatnik School of Government, suggests how countries can address this problem. The report urges them to establish a foundation of “digital building blocks” – including basic infrastructure and skills – in order to harness positive disruptions to education and health services. In addition, countries should provide essential “digital scaffolding” around which new technological solutions can be deployed at scale.

India has led the way in this regard, by intentionally making its new digital infrastructure a public good. For example, Aadhaar, India's biometric unique identification system, shows how cutting-edge technology can solve the societal problem of establishing unique identities in a developing country of over a billion people. Having been adopted by more than 1.2 billion citizens, Aadhaar has now become a platform for social innovation, fostering many new solutions to diverse problems and serving as the foundational ID for multiple initiatives in different sectors across India.

For example, the use of Aadhaar helps to prevent the abuse of various government schemes, ensuring that, say, the cooking gas subsidy is extended to each citizen only once in a given period. Aadhaar is also used by all citizens as proof of identity in key processes such as applying for and renewing passports, opening bank accounts, and accessing credit quickly and conveniently.

Likewise, EkStep, a not-for-profit initiative that I co-founded with Rohini Nilekani and Shankar Maruwada, has built a learner-centric, technology-based societal platform to improve literacy and numeracy for 200 million children across India. To make an impact at scale, EkStep connects various innovations isolated in siloes and engages the key actors across the education ecosystem (public, private, or social) through collaboration and co-creation networks. This open and free digital infrastructure is enabling a range of solutions, including in-class resources, learning and training content, assessment aids, a registry of teachers, rewards and recognition, and learning communities.

Third, countries must anticipate and effectively manage risks that arise from

collecting and using digital data. As an initial step, the Indian government has developed an electronic consent framework that enables citizens to understand and authorize specific uses of their data.

But, in addition to consent, we also need new data-handling institutions that do not have interests competing with those of the user. The Reserve Bank of India's well-designed digital account aggregator system, for example, enables potential lenders to review borrowers' financial assets digitally, on the basis of borrowers' explicit consent to access only specific data, for a specific purpose, for a specified period of time. To enable large-scale financial inclusion, key government, private-sector, and civil-society actors must quickly establish standards, regulations, and institutions that put citizens back in control of their own data.

Finally, a gradual evolutionary approach will not resolve large, complex societal problems. Too often, organizations believe they have the solution to a big social challenge – such as improving access

“Countries must focus on building underlying digital infrastructure needed for sustained success.

Seizing new technologies without considering their use in specific national contexts could lead to disappointments and failure to deliver sustainable impact at scale.

”

to health care across rural India – and simply need to keep chipping away at the problem.

Rather than searching for one perfect solution, countries should instead build a digital infrastructure that empowers passionate innovators, nurturing an interconnected network that can simultaneously co-create thousands of solutions to hundreds of different problems. Instead of more and better siloes, we need more nimble and open innovation environments.

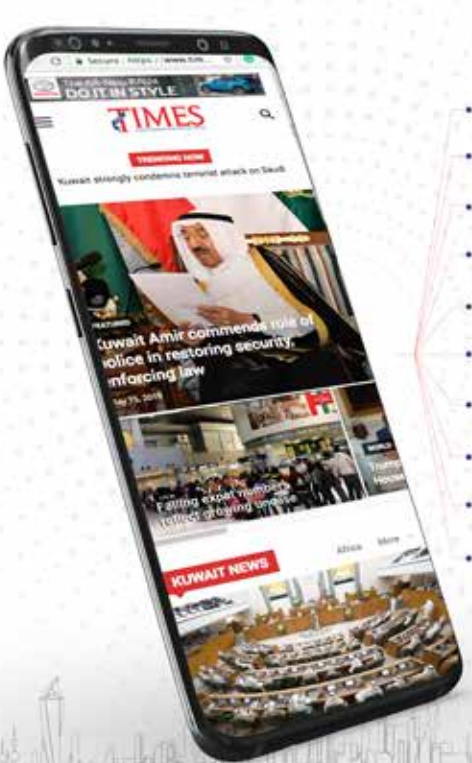
New technology, institutions, and regulations can help countries to reimagine education and health, build human capital, and prepare their young people for the jobs of tomorrow. To be sure, India still has much to do in that regard. But its success so far will, one hopes, inspire other developing countries to nurture equally bold and inclusive digital ambitions.

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Red, white meat, both raise cholesterol levels



Health experts have long recommended that replacing red meat with white meat is a healthy alternative. Red meat has been linked to diabetes, heart disease, and certain cancers. White meat was considered a superior option to red meat which was linked to a number of diseases from diabetes to heart diseases and some forms of cancer.

But now researchers say that white meat, such as poultry, is just as harmful to your blood cholesterol level as red meat. Researchers at the Children's Hospital Oakland Research Institute (CHORI) who found the harms of white meat, suggest that it is best to hold back from eating too much of either type of meat.

The findings support our current recommendations that saturated fats in general should be avoided as much as possible regardless of source. Non-meat proteins — such as vegetables, dairy, and legumes — prove to be most beneficial for cholesterol levels, according to the study, said the researchers.

For their study, the researchers recruited more than 100 healthy adults who were split into two groups. The first group ate a diet high in saturated fats, while the second followed a diet low in saturated fats.

The participants then followed three different diets — a red meat diet, a white meat diet, and a non-meat protein diet — for four weeks each. Beef made up the bulk of the red meat diet and chicken composed the white meat diet.

The researchers collected blood samples from the participants at the start and end of each diet to measure total cholesterol along with low-density lipoprotein, or LDL — the 'bad' cholesterol that can cause plaque to build up in your arteries and increase your risk for heart disease.

The research team expected to

find that red meat was more harmful than white meat. To their surprise, however, they discovered that red and white meat had the same impact on cholesterol levels, including LDL, when they had the same saturated fat levels.

Participants' LDL levels were lower after they had consumed plant-based proteins. The study also found that red and white meats with higher levels of saturated fats increased the amount of large LDL particles. This is puzzling because it is the smaller particles, not the large ones, that are more associated with cholesterol plaque build up.

LDL and very low density lipoprotein, or VLDL, are two types of lipoproteins — or a combination of proteins and fats in your blood — that carry cholesterol and triglycerides throughout the body. Cholesterol is a fatty substance that helps build cells, and triglycerides are a type of fat that stores energy in your cells. LDL transports the cholesterol, and VLDL carries the triglycerides.

While our bodies need both LDL and VLDL to function, having too much of them can cause plaque to build up in our arteries and spike up our risk for heart disease or stroke. Elevated LDL cholesterol has been demonstrated in several large scale trials to be consistently linked with increased risk of cardiovascular disease. Additionally, lowering your LDL cholesterol levels can reduce your cardiovascular risk.

High levels of triglycerides have also been associated with a heightened risk of cardiovascular disease. However, most studies have not demonstrated that reducing triglycerides lowers your risk of cardiovascular disease. That said, doctors continue to advise patients to aim for an LDL level less than 100 mg/dl and a triglyceride level lower than 150 mg/dl. In general, the lower your VLDL and LDL levels are, the less plaque buildup you will have, and the lower your risk of heart disease will be.

While studies like this one help us better understand the relationship between meat consumption and heart disease, it is clear there is still much research to be done, admitted the researchers. The added, "Our results indicate that current advice to restrict red meat and not white meat should not be based only on their effects on blood cholesterol. Indeed, other effects of red meat consumption could contribute to heart disease, and these effects should be explored in more detail in an effort to improve health."



Though several studies have linked processed food intake to problems such as obesity and intestinal inflammation in mice, nothing concrete had been shown in the case of humans.

Previously researchers have reported associations between processed foods and health outcomes, such as an increased risk of developing obesity, cancer, autoimmune conditions, and even death in humans, but there was nothing conclusive linking the two.

Now scientists working at the National Institutes of Health in the US say they have proof that suggests eating ultra-processed foods leads to weight gain in humans in as little as two weeks.

Ultra-processed foods, including soft drinks, packaged snacks, meat nuggets, frozen meals, and foods high in additives and low in unprocessed ingredients, are increasingly making up a significant chunk of energy intake around the world.

In their study, the researchers recruited male and female volunteers who stayed at the test center for 28 days. Half of the participants ate ultra-processed food for the first two weeks while the others received unprocessed foods. After the two-week period, the groups switched, allowing each participant to eat both the ultra-processed food and the unprocessed food for two weeks.

The volunteers ate three meals per day, and the researchers asked them to eat as much or as little as they wanted. They also had access to snacks and bottled water all day.

After the 28-day period, the researchers found that when the volunteers were on the ultra-processed diet, they ate an average of 508 calories more each day than when they were on the unprocessed diet. As a result, they put on an average of 0.9 kilograms during this time, mostly in the form of body fat.

Participants in the unprocessed food group lost an average of 0.9 kg after the two-week study period. This group also saw increases in the gut hormone peptide YY, which suppresses hunger, and decreases the hunger hormone ghrelin.

The researchers also found that though the study participants rated the pleasantness and familiarity of the diets as equal, they ate significantly faster in the ultra-processed group. In fact, they consumed an extra 17 calories, or 7.4 grams of food per minute, than their counterparts in the unprocessed food group.

The study suggests that textural or sensory elements of ultra-processed foods could be making the volunteers eat more quickly, not giving their gastrointestinal tract enough time to signal the brain that they were satiated, and thereby overeating.

The study also observed that the ultra-processed food group actually consumed more carbohydrates and fat than the unprocessed food group, which had slightly more protein.

Meals in the ultra-processed group had a higher energy density than in the unprocessed group, which also likely contributed to the observed excess energy intake by that group.

The researchers acknowledge that they did not take into consideration how cost, convenience, and skill influence consumers to choose ultra-processed over unprocessed foods. Ultra-processed foods contribute to more than half the calories consumed by many people as they are cheap and convenient options.

Therefore policies that discourage consumption of ultra-processed foods should take into account the time, skill, expense, and effort required to prepare meals from minimally processed foods — resources that are often not easily available to those in lower socioeconomic classes.

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EXCLUSIVE to THE TIMES KUWAIT

Paying for the Welfare State Without Raising Taxes



ROGER E.A. FARMER

Roger E.A. Farmer is Professor of Economics at the University of Warwick, Research Director at the National Institute of Economic and Social Research, and author of *Prosperity for All: How to Prevent Financial Crises*.

The current value of the US government's unfunded pension and Medicare liabilities is \$46.7 trillion, or roughly two and a half times US GDP. Other estimates put that figure much higher. In the United Kingdom, a similar calculation by the Adam Smith Institute yields a £1.85 trillion (\$2.34 trillion) 'hidden debt time bomb'. And the situation in Switzerland, France, Belgium, Germany, Austria, and Spain is little different. It seems that all advanced economies are facing public-finance trouble ahead.

Or maybe not.

What if there really is such a thing as a free lunch? What if there was a way to raise the money to pay for social-welfare programs, such as pensions and health care, without imposing extra taxes? In fact, there is: national treasuries should establish Social Care Funds that borrow money at low interest rates and invest the proceeds in the stock market.

According to one study of a century's worth of data from 16 advanced economies, the return from investing in stocks was 6.96 percent higher, on

“There is a massive free lunch staring us in the face. You and I cannot exploit it, and nor can Bill Gates or George Soros. Only the treasury of a sovereign country is rich enough to arbitrage away the equity premium”

average, than the return on government bonds. And there was remarkable consistency across countries. Denmark had the smallest equity premium, of 3.8 percent, while Japan's was the largest at a whopping 9.89 percent.

There is some evidence that the equity premium has been a little lower in recent years, so let us conservatively assume that it will be approximately 4 percent over the next 50 years. This implies that



governments will be able to borrow from the public at a rate of 4 percent below the level of stock-market returns. How can that be, and why has some rich investor not arbitrated this equity premium away?

Here, it helps to think of asset markets as existing to allow trades between different kinds of people, and specifically to allow the young to save for their old age. Taking that approach implies that market volatility has nothing to do with economic fundamentals. Rather, it reflects the animal spirits of investors, who engage in orgies of buying and selling stocks and shares, fueled by self-fulfilling waves of optimism and pessimism. According to this view of markets, volatility exists because almost all the people that you and I will trade with in the financial markets are not yet born.

In my book *Prosperity for All*, I call this the absence of a prenatal contract. Suppose, counterfactually, that such contracts did exist. In this make-believe world, the unborn would buy assets that pay off in bad states of nature, and they would pay a premium in good states. And perhaps surprisingly, the very existence of those trades would eliminate market volatility in the first place. In reality, however, asset markets are volatile because the unborn are not able to exploit arbitrage opportunities. Those opportunities are reflected in the equity premium.

But, although future generations

are not yet around to trade in the asset markets, national treasuries can trade on their behalf. There is a massive free lunch staring us in the face. You and I cannot exploit it, and nor can Bill Gates or George Soros. Only the treasury of a sovereign country is rich enough to arbitrage away the equity premium, because only it can trade on behalf of the unborn.

To see how it would work in practice, consider the UK. Its GDP is approximately £2 trillion, and the value of all traded equities in the FTSE 100 index is roughly the same. The UK Treasury would first need to decide which assets it was willing to buy. I have previously suggested that it should purchase a broad value-weighted index fund consisting of every publicly traded share. The Treasury would then borrow money and invest in the index fund.

I would also propose that the UK Treasury start small — for example, by establishing a Social Care Fund of £100 billion. Assuming a 4 percent equity premium, investing this amount in shares would return £4 billion per year on average, or roughly what the UK currently raises in inheritance taxes each year. That is not peanuts, but nor is it enough to fill the pension gap.

Still, if a trial of that size were successful, the scheme could be ramped up. If the Treasury were to borrow £1 trillion, equivalent to roughly 50 percent of UK

GDP, and invest this sum in index funds, the expected revenue would be around £40 billion per year — not far short of what the UK currently raises through corporation tax. That is serious money, and has a present value of £1 trillion if capitalized at 4 percent.

What if the government lost its shirt? Would a market crash of 10 percent or 20 percent not devastate UK public finances?

No. In most advanced economies, governments take in the equivalent of at least 40 percent of GDP in tax revenues. The net present value of that revenue, capitalized at 4 percent, is ten times GDP. Governments therefore have very deep pockets with which to move markets if needed. Alternatively, a national treasury could choose to absorb its losses by riding out a major recession. After all, markets cannot remain irrational for longer than the treasury of a large advanced economy can remain solvent.

I am not a big fan of government intervention in markets. Anyone who suggests that there is a free lunch must first explain what governments can do that private individuals cannot. The explanation, in this case, is simple: governments can make trades on behalf of the unborn that leave all of us better off. Surely that is a better way for national treasuries to pay for social welfare than trying to squeeze another £40 billion per year from an already overtaxed population.

Kuwaitization, deportation, not long-term solutions

...CONTINUED FROM PAGE 1

1,310 foreign personnel (6%), Justice had 1,270 expats (12%) and Information employed 1,121 foreigners as staff (14%). The figures show that following retrenchment of expatriates as demanded by lawmakers and citizens, there would be plenty of employment scope for Kuwaitis as pilots and hostesses, as well as in air and ground support roles with the national airline. Similarly, Kuwaiti teachers, doctors, nurses and other medical staff would also have employment chances once foreigners are thrown out. But the most number of vacancies that could come about from retrenching expatriates would be for bakers or drivers. Any takers?

Clearly, retrenching and deporting expats is not the answer to unemployment among nationals. True, there are large number of marginal and illegal workers in Kuwait who constitute a burden on the state and should legally be deported. But one also needs to examine how these workers arrived in Kuwait and ended up without the work

specified in their work visas.

Two possibilities arise: Either the company that employed the expatriate worker has completed its contract and no longer desires their service, or has gone bankrupt and is unable to pay salaries. In this case, it is the company that should be held responsible for not repatriating the employee to the country of origin after paying all their dues.

The second scenario is that the marginalized or unemployed worker had no work in the first place, and came to the country on a visa sold by an agent, or bought one locally from a citizen or his representative. Last week it was reported that the ministry of interior had deported over 10,000 expatriates since the beginning of the year. Most of those deported were euphemistically labeled 'residency law violators'. But, like it takes two to tango, the deportee alone cannot be blamed for the residency law violation.

Deportations are also not the answer to Kuwait's skewed demographics, where three in four people are expatriates. Experts in political science and international relations will point out

that a state economy that relies on a rentier model — in Kuwait's case on rent from hydrocarbon revenues — will usually have a citizenry that is encumbered with a sense of entitlement.

The belief that the state will and should pay for all their needs from cradle to grave, lessens the desire among nationals for any hard or menial work. Sure in the knowledge that in any eventuality the state will take care of them and their families, citizens prefer jobs in managerial positions. Work down the ladder that is considered 'unsuitable' or 'too arduous and technical' for a citizen is passed on to expatriates who can be hired for paltry sums. That work attitude is where Kuwait's demographic imbalance probably begins, and attempting to fix it with job quotas and deportations is not the solution.

However, this is not a problem endemic to Kuwait, much of the Gulf Cooperation Council (GCC) states suffer from this population imbalance and to a certain extent the sense. A recent report from the Pew Research Center shows that Kuwait came in second place globally in terms of people

born abroad as a percentage of the population. The statistics show that 76 percent of Kuwait's total population was born outside the country; this ratio is second only to the United Arab Emirates, where 88 percent of the population is born abroad.

Other countries in the GCC fare no better, Qatar came in third place with 65 percent of its population being foreigners, followed by Bahrain with 48 percent and Oman with 43 percent. In Saudi Arabia, the largest and most populated country in the GCC, expatriates form nearly a third of the total population of 34 million. Despite the 'Nitaqat' or Saudization program that has been rigorously implemented since 2017 and resulted in tens of thousands of expatriates leaving the country, an estimated 11 million foreigners still live and work in the Kingdom.

Work attitudes and sense of entitlement of citizens need to change or the region will continue to be reliant on foreign workers for a long time to come, or at least until oil revenues begin to dry out.

G20 plans digital tax on tech giants



Last year Amazon made a profit of US \$11.2 billion, it had to pay 0% as federal corporation tax. Similarly, the other tech giant Google saved itself more than 3.75 billion by shifting its billing and money between Ireland, the Netherlands and Bermuda. And, the secretive Apple is reported to have moved two of its subsidiaries from Ireland to Jersey after pressure from the European Union (EU) (compelled Ireland to close some of its tax loopholes).

These are just some of the whopping profits that tech companies and other multinationals make by gaming the tax system in various countries. But all that could change if the EU, the G20 and other finance monitoring entities have their way and launch digital taxes on tech firms and other tax dodgers in the years to come.

The amount of tax being paid by the world's biggest tech firms has long been a source of frustration for both the countries where they're headquartered, and those where their end customers are based.

The annual meeting of the G20 this

year will reportedly push ahead with plans to close international loopholes used by tech giants to lower their tax bills .A draft communique ,obtained by media ahead of theG20 meeting at the end of June in Osaka ,Japan ,notes that the group will endorse the' ambitious 'two-pillar approach to a so-called digital tax ,and that it will" redouble efforts for a consensus-based solution with a final report by".2020

The first of these two pillars is that countries are expected to tax companies based on where their goods and services are sold rather than where the company is based. The second is that they will enforce a global minimum tax rate so that even if a company shifts its sales to a country with lower taxes the benefits will be limited.

Though there is still a long way to go before a consensus can be reached on these regulations, it is laudatory that the G20 is finally putting teeth to what it had been grumbling about in the background for sometime.

Countries in the G20 group still remain divided on the digital tax .The US is concerned that any digital tax could discriminate against its home-grown tech firms ,while members of the G7 reportedly disagree on the legislation's second pillar. The plans will also need to define what a digital business is ,and the problem of who has final say over a company's taxes when it straddles multiple countries.

Earlier ,plans by the EU to introduce a digital tax were thwarted by opposition from Ireland and Nordic countries. Separately ,the UK has introduced its own plans for a digital services tax 'due to be implemented in April.2020

Spielberg pens a horror series viewable only when dark



Legendary Hollywood film-maker and director Steven Spielberg is said to be writing a horror series for the mobile screen that will stream to the device only after sunset.

The series aptly titled 'After Dark' will extend over 10 to 12 episodes exclusively on Quibi short for 'Quick Bites' (a planned platform dedicated to short-form video, created by former Disney executive Jeffrey Katzenberg and former HP CEO Meg Whitman. Spielberg has already written five or six episodes "Katzenberg announced at the recent Banff World Media Festival in Canada.

Since Spielberg wanted the show to only be available at night, Quibi's engineering team came up with a new way to deliver each episode. Using the internal clock on a subscriber's phone, Quibi can tell when the sun is about to set. A clock will appear in the app that will count down until the moment the sun disappears. The episode will be

available to watch only then .The series will then disappear from the app until the next night .Think of it as appointment television, but with a new technological twist.

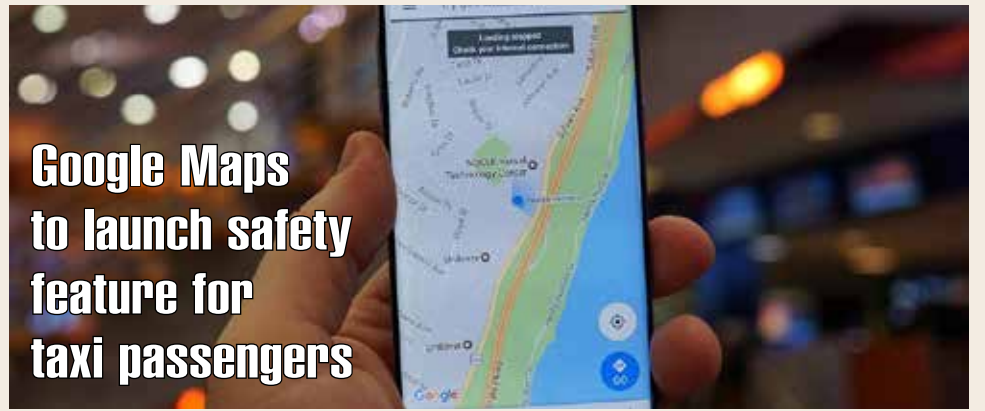
The Spielberg series is just one of the many shows Quibi has announced as part of its launch lineup. The goal is to have 125 pieces of content a week, both short films and TV shows, which works out about 7,000 pieces in year one.

Qubi is one of the stranger streaming services set to launch within the next 12 months. WarnerMedia, Disney, NBC Universal, and Viacom are all launching their own form of streaming services. Katzenberg and Whitman have raised more than \$1 billion in funding for their short-form project. The idea is to appeal to cord-cutters who want entertainment on the go, but do not want to settle in for a long series like *Game of Thrones* or a lengthy movie like *Avengers: Endgame*. Think YouTube, but made by experienced, high-profile filmmakers and TV writers in Katzenberg's contacts list.

"We're putting chapters or act breaks that are 7 to 10 minutes long .They are specifically shot to be watched on the go .If you're 25-35 years old ,you get up and you're on] a smartphone [for over five hours".

Quibi is set to launch on 6 April 2020, and will cost 4.99\$ per month for an ad-supported version, and 7.99\$ a month for an ad-free version.

Google Maps to launch safety feature for taxi passengers




Most of us have heard of the taxi scam and some of us may have been victim of one .You land in a new place and wish to find a certain location and hire a local taxi .The driver promises to take you there directly and instead takes a winding route to your destination thus raking up the meter charges ;or worse still ,diverges from the correct route with the intention of molesting you or to steal your money and other belongings.


Google is said to be testing a new safety feature for Google Maps that will alert you if your car or taxi deviates from its route by more than 500 meters .For the moment ,the

feature appears to be available only in India, where such taxi scams are often reported in local media .The feature ,called” off-route alerts ,”can be found within the’ Stay safer’ menu that becomes accessible after you have selected your destination but before you enter navigation mode.


It is unclear how close the safety feature is to a full release or whether it will be globally available or specific to the Indian market. Just last week, Google introduced two India-specific Maps features :one gives better information about public transport and the other provides flood warnings in the country.



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KD 2.190

لحم ضأن عربي/كجم
 ARABIC MUTTON/KG



KD 0.520

جبنه فيتا مصري/كجم
 EGYPTIAN FETA CHEESE/KG



KD 0.620

جبنه تلاج مصري/كجم
 EGYPTIAN THALAGA CHEESE/KG



KD 0.720

جبنه فيتا سلوفاكي/كجم
 SLOVAK FETA CHEESE/KG



KD 0.330

مخلل مصري حار/كجم
 EGYPTIAN SPICY MIXED PICKLE/KG



KD 4.790

ارز امبريلا ايزر هولي بارك/كجم
 ROYAL UMBRELLA THAI PARBOILED RICE 20KG



KD 2.490

ارز بسمتي طويله حبوبه/كجم
 INDUS VALLEY LONG BASMATI RICE 5KG



KD 1.890

زيت دوار الشمس/٥ لتر
 REAL SUNFLOWER OIL 5 LTR



KD 1.490

سكر اوريان/كجم
 AL WAZZAN SUGAR 10 KG



KD 2.490

لحم فستق اوريان/كجم
 TANG INSTANT DRINK POWDER ORANGE CONT 2.5



KD 1.290

ارز 5 حبوبه ايام راجا كلالا/كجم
 SIBLA GOLD PALAKKADAN MATTA RICE 5 KG



KD 0.890

كافيه فاني ايزر هولي بارك/كجم
 ALICAFE CLASSIC INSTANT COFFEE 20 GM 22+4



KD 2.490

فستق حبوبه/كجم
 ALMONDS WHOLES 22/25



KD 2.990

تشكيلة شوكولاته بيسنت اوف اوريان/كجم
 BEST OF OUR MINIS 2X 500 GM



KD 0.875

اوريان لحم تونة ابيض/كجم
 AL WAZZAN WHITE MEAT TUNA EASY OPEN 3 X 160 GM



KD 0.440

حمص ١٢ مم/كجم
 CHICK PEAS 12 MM



KD 2.690

دولز/كجم
 WALNUT KGS



KD 2.190

علاج زيت دوار الشمس/٢ لتر + ٧٥٠ مل
 AFIA SUNFLOWER OIL 2 X 1.8 LTR + 750 ML



KD 0.890

ارز بسمتي كامل الحليب/كجم
 ABC FULL CREAM MILK 4X1 LTR



KD 2.290

نيفيا لوشن للجسم/كجم
 NIVEA BODY LOTION 2X400 ML 20% OFF



KD 1.490

باردلي صابون تشكيلة/كجم
 YARDLEY SOAP ASSORTED 6 X100 GM



KD 2.890

اومو مسحوق تنظيف/كجم
 OMO DETERGENT POWDER 6KG ASSORTED



KD 0.390

ماش هندي/كجم
 MOONG DAL INDIA



KD 3.690

تشكيلة فستق امريكي/كجم
 PISTA ASSORTED/KG



KD 0.695

صابون فا تشكيلة/كجم
 FA ASSORTED SOAP 175 GM 5+1 FREE



KD 0.550

انكور معجون اسنان مكافح للتسوس/كجم
 ANCHOR ACP TWIN PACK+T/BRUSH 150 GM



KD 2.090

باردلي بودرة تالك تشكيلة/كجم
 YARDLEY TALC ASSORTED 2X250GM 20% OFF



KD 1.190

باردلي رول عرق بكرة دوار/كجم
 YARDLEY NEW ROLL ON 50 ML ASSORTED 2 PCS



KD 0.990

ستار مناشيف/كجم
 STAR FACIAL TISSUES 9 X150 PLY PROMO



KD 1.990

ليبتون شاي العلامة الصفراء/كجم
 LIPTON YELLOW LABEL TEA 2 X 100'S 10% OFF



KD 0.990

شوكولاته سنيكرز/كجم
 SNICKERS MINIS 22 PC 330 GM



KD 1.590

شوكولاته باونتي/كجم
 BOUNTY MINIS 15 PC 427.5 GM



KD 1.190

انشانتور لوشن للجسم/كجم
 ENCHANTEUR HAND & BODY LOTION 2X250ML 15% OFF



KD 0.990

اومو مسحوق تنظيف/كجم
 OMO DETERGENT POWDER 1.5KG ASSORTED 30% off



KD 1.290

شوكولاته مالتييز/كجم
 MALTESERS CHOCOLATE 2 X 175 GM



KD 0.790

شوكولاته جالفكس/كجم
 GALAXY MILK CHOCO 3 X 90GM 8 G VALUE



KD 1.190

انشانتور بودرة تالك معطره/كجم
 ENCHANTEUR PERFUMED TALC 3 X 125 GM 15%



KD 1.390

كورولي الذهبى زيت لطيف/كجم
 COROLI GOLD BLENDED COOKING OIL 2X1.8 LTR



KD 2.150

ساسو زيت زيتون اخضر عليه عرض خاص/كجم
 SASSO GREEN OLIVE OIL TIN 2 X 400ML SPECIAL OFFER



KD 1.490

زيت دوار الشمس/١.٨ لتر ٢ حبة
 REAL SUNFLOWER OIL 1.8 LTR 2'S



KD 1.890

الفازيت الذرة الصافي/كجم
 ALFA PURE CORN OIL 2X1.8 LTR

HAWALLY 69965738
 SOUK AL KABER 60012967
 FAHAHEEL 69933797
 CITY MALIAY 60025799
 FARWANIYA 60028265
 KAITHAN 60427737
 MAHBOUL-2 69935228
 ALRAI 60082303
 MAHBOULA -1 69939917
 JLEB 66305453
 HAWALLY 2 69025922

SAVE AND SEND "Hi" TO BE THE FIRST ONE TO KNOW OUR FLYERS