In brief

**BUSINESS**

**REGION**

Iran open to tanker swap with Britain

Iranian yesterday told the Telegraph that it is open to a tanker swap with Britain as the owner of an Iranian ship seized by British Royal Marines in the Gulf as part of its efforts to provide England with hope for "positive progress" after speaking to the country. The seizure of the Stena Impero has been seen as a new front in the tense relationship between Britain and Iran, which has recently been under international sanctions.

**ANAR WORLD**

Conflict

Air raids kill 20 civilians in Pakistan's Swat Valley

Bombardments by the Syrian regime and its allies killed 20 civilians in the Pakistani province of Swat Valley, a region under the control of al-Qaeda-linked militants, according to local reports.

**AMERICA**

Trump, Mueller hearing: a "dismal"

Mueller yesterday described Robert Mueller’s testimony to Congress in the US capital as a "dismal" performance, saying the former special counsel to appear on Capitol Hill, Trump had refused to answer most of his questions, but after the first of two congressional hearings this week, the Judiciary Committee said he had made his first public comments.

**SCIENCE**

World temperatures rose faster in the 2010s than in any decade since 1900

According to recent research released yesterday, worldwide temperatures increased by 1.2°C (2.2°F) in the 2010s, the highest of any decade since 1900, new research suggests.

**POLITICS**

Legal penalties dent Facebook profit

Facebook's quarterly profits fell 49% from a year ago to $2.6bn, while revenues increased to $16.9bn.

**PM Johnson promises a bold new Brexit deal**

Vows to quit EU by end of October, come what may

Johnson promised in his first speech as prime minister to lead Britain out of the European Union (EU) on October 31, with or without a deal, if the British parliament continues to obstruct a "bold new Brexit deal".

**SPORT**

Hungarian teen Milak smashes Phelps record

Moldovan teen Milak smashes Phelps record in 100m butterfly

Hungarian teen Milak smashes Phelps record in 100m butterfly.

**THE PUBLISHERS**

New bridge set to be opened at Al Luqta tomorrow

Al Ruqta Island will be available for traffic.

In the Prime Minister and Interior Minister Sheikh Abdullah Nasser Al-Khater visited today, with Pakistan Prime Minister Imran Khan, the Al Luqta Bridge construction ceremony, during the first slab to be put to the country. He, the Prime Minister, then placed a dawn marker in his honor.

When your team grows, your phone system costs won't, with Business Collaboration Solution.

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The new PM is expected to add his voice to the ongoing negotiations between the UK and the EU for the future of the UK's relationship with the EU, including the issues of the Irish backstop and the role of the European Court of Justice in the UK. The new PM, who has been a vocal supporter of a hard Brexit, is expected to take a tough stance on the negotiations, with no indication of a willingness to compromise on the key issues.

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Doha Bank Hi net profit rises 10.2% to QR859mn

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Prime minister meets Pakistani counterpart

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**Public cautioned against leaving kids in hot cars**

**Ministry of labour launches occupational heat stress study**

**Zakat Fund spends over QR33.5mn on tuition fees project**

**Qatar-Chad bilateral ties reviewed**

**FM sends message to Croatian counterpart**

**Saudi Arabia condemns bombing in Pakistan**
Five ICT features make Al Janoub Stadium unique

The Smart LED lights within the stadium were programmed for light show effects during the opening ceremony. The entire event fully utilized the stadium sound system, which consists of 42 Grindingworks speakers, with an all-new communications system designed by legendary architect Luca Shiakib. Features of the new infrastructure include:

1. LED lights: The LED lights were programmed for light show effects during the opening ceremony.
2. Air conditioning: The air conditioning and cooling system was designed to handle the expected summer heat.
3. Audio system: The stadium sound system was fully utilized during the event.
4. Video production: Video production was used extensively during the event.
5. Wi-Fi network: The Wi-Fi network was designed to support the expected number of users.

Bedaya Centre organises fashion styling workshop

The Bedaya Centre for Entrepreneurship Development Bandar Juma, in collaboration with Vodafone Qatar, has organised a workshop for women on how to style their outfits for the workplace. The workshop was designed to teach the participants the guidelines and guidelines on styling and dressing appropriately. The workshop aimed to train the participants to coordinate garments/accessories to look their best and present a professional image.

Vodafone promotes parents’ digital literacy

Vodafone promotes parents’ digital literacy with a series of quick interactive sessions to equip their children with the digital smarts they need to keep their children safe in the digital world. The sessions were designed to help parents understand how to navigate the digital world and take full advantage of its benefits.

Temporary traffic shift at Makkah Al Mukarramah Interchange

The Public Works Authority (Ashghal) has announced a temporary traffic diversion at Makkah Al Mukarramah Interchange from Tuesday, August 6, to Thursday, August 8. The traffic shift will be in place to accommodate the opening of the new bridge at Al Lusail and accelerate the road safety crossover at the remaining works of Makkah Al Mukarramah Interchange and servicing road.

From Al Gharrafa towards Al Rayyan: The second phase will be on August 6 and will last for a week. Traffic will be diverted from Makkah Al Mukarramah Interchange to the new bridge at Al Lusail. The signalised junction will remain open to traffic.

From Al Waab and Al Rayyan towards Al Gharrafa: The third phase will be on August 8 and will last for a week. Traffic will be diverted from Al Gharrafa towards Al Rayyan. The signalised junction at the Al Waaed intersection will remain open to traffic.

The four-lane bridge at Al Janoub Park, which spans on Al Thakira Main Road as per figure, is designed by the Ministry of Municipality and Environment (MME) in partnership with Gulla. The Foundation is designed to be equipped with 5GB mobile network, high-speed mobile communications signals that cover the entire stadium area. During the final, signal speeds were measured at 5GB and 5G, with a provision for full mobile communication signals across the stadium. The smart LED lights within the stadium were programmed for light show effects during the opening ceremony. The entire event fully utilized the stadium sound system, which consists of 42 Grindingworks speakers, with an all-new communications system designed by legendary architect Luca Shiakib. Features of the new infrastructure include:

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Sale of 10.7 tonnes recorded on first day at Dates Festival

The fourth edition of the local Dates Festival has recorded a gross revenue of QAR 7.2 million, with sales of 10.7 tonnes of dates on the opening day.

The festival, which was held from July 14-25, has become a major event for local farmers and a popular destination for tourists. The festival featured a variety of dates, including local and imported varieties, and was supported by local and international companies.

PM meets Pakistan's Imran Khan

The Prime Minister of the United Kingdom, Imran Khan, has arrived in Qatar for a two-day visit. Khan is expected to meet with Qatar’s Prime Minister, Sheikh Mohammad bin Abdulrahman bin Jassim Al Thani, to discuss a range of bilateral issues. Khan is also expected to visit the Amir Cup final, which took place in Doha on Thursday.

Ford Ranger 2016-2017 models recalled

The Ministry of Commerce and Industry, in collaboration with Volkswagen’s company, has announced the recall of Ford Ranger of 2016-2017 due to a possible defect in the rear brakes that could lead to a loss of brake force and increased traffic-related travel distances. The ministry has asked Ford owners to follow up on the recall and report any issues that may arise.

Porsche Panamera models recalled

The Ministry of Commerce and Industry has announced the recall of Porsche Panamera models of 2014-2018 due to a possible defect in the front brake system. The recall is due to a possible defect in the front brake hose assembly, which could increase the risk of an unintentional brake failure. The ministry has asked Porsche owners to consult the dealer to follow up on the recall and report any issues that may arise.

Temporary traffic shift at Makkah Al Mukarramah Interchange

Al Janoub Stadium in Al Waaed City, the latest stadium in Qatar to be inaugurated, is expected to attract millions of fans from around the world.

Al Janoub Stadium was showcased for the first time when it hosted the 2019 Amir Cup Final between Al Dhiha and Al-Rayyan. The stadium is designed by legendary architect Luca Shiakib. Features of the new infrastructure include:

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The new bridge will be opened at Al Luqta

New bridge to be opened at Al Luqta

The new bridge will be opened at Al Luqta on Friday, August 9. The bridge, which will be opened to traffic, will replace the existing bridge at Al Luqta.

Villa and transient particular area

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West Bay Lagoon witnessed the highest overall salinity in waters followed by Lusail and The Pearl, according to a new report. The report shows that the salinity levels have increased in recent years due to increased industrial activities and increased water consumption in the area.

A quarterly capital depreciation of 0.7% was observed in areas of Al Reeh, Al Waaed, Al Sawade and Al Khor. The remaining clusters experienced a quarterly capital depreciation of 1%.
The State of Qatar expressed its strong condemnation of the explosion that targeted the Ministry of Mogadishu building, causing deaths and injuries. In a statement yesterday, the Ministry of Foreign Affairs reiterated Qatar’s firm stance on rejecting violence and terrorism, regardless of motives and reasons. The statement expressed Qatar’s condolences to the families of those who lost their lives and to the Somali people. It also extended its sincere sympathy to the injured. The statement expressed Qatar’s full readiness to cooperate with any initiative to promote peace and stability in Somalia. The Ministry of Foreign Affairs reiterated Qatar’s full readiness to cooperate with any initiative to promote peace and stability in Somalia.
**QNB moves closer to full digitisation with contactless cards**

QNB Group has launched its full-fledged contactless cards on its credit, debit, and prepaid products partnering with Visa and Mastercard deploying Point of Sale (PoS) terminals that can process both contact and contactless transactions. The move comes within the group’s strategy to enhance its digital footprint with innovative digital banking solutions and to fully digitise its financial transactions. With their latest add-ons on contactless payment capability, it opens the door to Anglicise cardholders to transact safely using a chip-enabled worldwide at any terminal that are Visa/ Mastercard terminals in Qatar or overseas. Whether the cardholder chooses a watch payment accessory, a fitness wearable such as a smartwatch or using a smartphone, a smartphone-based or card-based PoS terminal will fit perfectly into any lifestyle and allow the consumer to experience seamless tap and pay transactions.

QNB is replacing its existing cards offering its Qatar operations, to introduce a new generation of contactless cards that are enabled by NFC technology that can be supported by the state-of-the-art terminals offered by any terminal that is Visa/ Mastercard terminals in the market.

With about 30 locations in Qatar that has this capability, the in-branch experience for customers to get their cards replaced and discounts being awarded for their cardholders to use contactless payments is another testament to the group’s strategy to enhance its digital footprint with innovative digital banking solutions and to fully digitise its financial transactions. The innovative technology shares the same level of protection and security as a regular chip and PIN transaction. QNB was the first bank in Qatar to introduce contactless functionality on its cards and payment services in 2012. Since then, QNB has been working on several fronts within the cards and payment services industry to leverage the contactless transactions and continue its dominance as the market leader in the payment services market. Moreover, with these new wearable payment products, QNB’s customers can enjoy the convenience of paying without having to pull out a card, memorising a PIN code or fumbling for cash.

“QNB continues to invest and innovate in technology to ensure that our customers’ demands and changing lifestyle needs are met,” added Hat al-Tamimi, general manager QNB Group, Retail and Digital Banking, said: “QNB is the forefront of introducing new payment solutions and to fully digitise its financial transactions and to continue its leadership in the payment services market.”

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**SriLankan Airlines** announced a "SriLankan Travel Fest" offering a discount of 40% on Business Class to over 15 destinations and special offers on Economy class tickets when booked through the airline’s online platform.

More than 6,000 schoolchildren have participated in Generation Amazing sessions delivered by Generation Amazing in Qatar, the Supreme Committee for Delivery & Legacy (SC) tweeted. More than 35 destinations and over 1,000 cities in 160 countries are served by SriLankan Airlines with its route network of 111 cities in Asia Australasia, the Indian Ocean, and Africa at W orld Travel Awards; and ‘Asia’s Leading Airline to the Indian Ocean’ at the W orld Travel Awards; and ‘Asia’s Leading Airline to the Indian Ocean’ at W orld Travel Awards.

“Travel Fest” for Economy class travelers the freedom to travel any-time from July 27, 2019, to July 25, 2020, and to July 15, 2020, on Business Class. The promotion can only be booked until July 28, 2019. The ongoing offer gives travelers the freedom to travel any-time from July 27, 2019, to July 15, 2020, on Business Class. The promotion can only be booked until July 28, 2019.

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Iran is open to UK tanker swap, says Rouhani

Iran's Defence Minister Brigadier-General Amir Hatami responded to Tehran yesterday by saying the Islamic republic had put out a display the wreckage of the USS boxeship that it had captured last month.

"It is available to us," he said, while continuing this, "the Iranian president added.

"Iranian authorities, " said its chief executive, "to find it at the bottom of the sea after the US drone it shot down."

"We want to be the business of people, " the US president said in December.

"Iran this year, the situation has worsened

"The arch-enemies have been locked in

"Iranian Armed Forces band and a local

"This campaign had been launched in

"The museum aims to offer a "new

"I'm happy that Sudan still remembers

"It was a dangerous experience, but

"Fish tanks: Jordan sinks military

"Thanks for not forgetting us to

"I didn't know Mattar before, but now we allow him," a student in Khartoum, Mattar was one of the demonstrators who were killed during the raid.

"I was interested in immortalising

"We will not forget you Rahim to

"Many times such artwork remained

"Economic Zone Authority (ASEZA) shows (clockwise from top) a battle tank, an anti-aircraft bat-

"One of their one-storey house in Bahri, a small

"I was interested in immortalising

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Google introduces new maps feature in Nigeria

Google’s motorcycle direction feature will also be available in Benin Republic, Rwanda, Tanzania and Uganda, the company said.

In the coming months, maps features will also allow users in Lagos to see directions on what it calls “urban footprints,” which are areas that people tend to walk into. The feature will also allow people to choose between walking or cycling routes. In Nigeria, it’s hugely popular,” said Ramesh Nagarajan, Google’s director of product management.

“We’re going to market the feature in Nigeria,” he said. “The technology behind the feature, owned by Alphabet Inc, is aimed at empowering new users and those who already use the map service.

“Google has been investing in Nigeria, and we’re excited to be able to offer such a service to users for the first time,” said Jeff Albertson, Google’s director of product management.

Google has worked hard to expand its presence in Nigeria, especially since the launch of its Google Play store in 2013. The company has also been investigating insects as a potential food source.

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Crispin Rai has been writing for Nairaland and other Nigerian media outlets for over a decade. He has been investigating insects as a potential food source, and has already introduced Cape Town to a variety of insect-based dishes. He has been investigating insects as a potential food source, and has already introduced Cape Town to a variety of insect-based dishes.
Mueller reiterates he did not ‘exonerate’ President Trump

Special counsel Robert Mueller and former deputy special counsel Aaron Schlossberg prepare to testify before the House Intelligence Committee in the Rayburn House Office Building in Washington, DC.

Mueller spent 22 months investigating Russian interference in the election and the president’s conduct. He appeared for more than 3½ hours before the House of Representatives Judiciary Committee, then testified to the House Intelligence Committee, before testifying to the Senate Intelligence Committee.

The Judiciary Committee’s Democratic chairman, Jerrold Nadler, praised Mueller and said no one, including Trump, is “above the law.”

But hours later at the outset of the second hearing Mueller confirmed his report did not find evidence that the president committed a crime.

“Mueller avoided being drawn at the core of the government’s investigation of the president’s conduct. The problem was that the president of the United States is not above the law,” Nadler told CNN.

“The special counsel’s evidence is clear and unambiguous. That is why the president and his administration are so desperate to undermine the Special Counsel,” Nadler said.

Democrats are deeply divided over whether to launch a formal impeachment process, with a key House panel’s chairman saying he wants to focus on pursuing witnesses and documents instead.

“I don’t say that a president could be charged with a crime after a hearing,” Nadler added.

Trump’s new asylum border rule clears initial legal hurdle in Washington court

Trump won’t let the press in for his state of the union address

The president told his White House aides and congressional aides “you perpetuated injustice” and “there’s no way out,” according to a transcript of his discussion with his top advisors.

Democrats are deeply divided over whether to launch a formal impeachment process, with a key House panel’s chairman saying he wants to focus on pursuing witnesses and documents instead.

“I don’t say that a president could be charged with a crime after a hearing,” Nadler added.
Human-produced pollution is causing climate change, which is leading to increased hot days and severe heatwaves. It is not only a health issue but it’s already having negative impacts on mental health. The climate has adverse effects on mental health, and living in a place that is too hot or too cold is not beneficial for our mental health.

Mindfulness is an example of how you can benefit from the power of your mind to help improve your mental health. It is a practice that involves being present in the moment and focusing on one’s breath or sensations.

**This is climate emergency**

**Don’t be shouted by your subconscious**

You may have ever had that thought and immediately buried your own subconscious because you are afraid of your brain to have an impact on your life. We all have subconscious, but you may never have thought of hearing about it before. To understand what a subconscious is and how it impacts our lives, let’s look at a few examples.

*A Subconscious* is an area of the mind that stores information from everyday experiences. Subconscious information is not easily accessed by our conscious mind and is not easily retrievable.

However, in the world we live in, there are plenty of things we are not aware of on a daily basis. Subconscious thoughts and beliefs can influence our behavior and decisions without our意识.

As a result, it is important to become aware of the subconscious and how it affects our behavior and decision-making.

One trick is to drink a bit of coffee and then wait 10-20 minutes before napping so it kicks-in and make it easier to fall asleep. We have this choice in every situation. It is simple. Some- times you have said or done in that situation, and it is affecting your life now.

The subconscious is a medium I supposedly believe it’s still be you with another person’s subconscious. Essentially, we need to know your thoughts, send me a message about your thoughts.

Asking yourself powerful questions can help you gain insight into what is affecting your life. For example, I just thought about how much I need to change my life.

By Skreds Ali

**Wellness Meal Plan**

**Chia Pudding with Raspberries and Chia Seed Butter**

**Who are you eating good for you?**

Chia seeds offer a long list of nutritional benefits, including fiber, potassium, magnesium and calcium, along with plenty of antioxidants and omega-3 fatty acids.

Not only are chia seeds a great food to eat, but they also have a long list of nutritional benefits including fiber, potassium, magnesium, and calcium. They are also high in antioxidants and omega-3 fatty acids.

**Ingredients**

1 tsp of white chia seeds
1 tsp of maple syrup
1 tbsp of milk or yogurt
1 tbsp of coconut oil
1 tsp of vanilla extract
A handful of raspberries
2 tbsp of chia seed butter
2 tbsp of crushed almonds
1 tsp of cinnamon

**Method**

1. Mix all the dry ingredients together in a bowl.
2. Add the milk or yogurt of your choice and mix well.
3. Add the chia seed butter and mix until it forms a thick consistency.
4. Add the vanilla extract and mix well.
5. Add the raspberries and mix well.
6. Transfer the mixture to a serving bowl and top with crushed almonds.

Enjoy this healthy and delicious chia pudding recipe to keep you feeling good all day long.

**Selfie**

There is a fine line between self-confidence and self-assurance. Confidence is about believing in your abilities, while self-assurance is about being aware of your strengths and weaknesses.

Self-assurance is a key component of self-confidence, and it can help you feel more confident and capable in your daily life.

In the other hand, a lack of self-assurance can lead to a feeling of worthlessness and low self-esteem. It can make you feel like you’re not good enough, and it can prevent you from taking risks and trying new things.

This can be beneficial in some situations, but it can also be detrimental in others. For example, it can lead to a lack of motivation and a lack of drive to succeed. In other situations, it can lead to a lack of empathy and a lack of understanding of others.

**Are you getting the most out of your sleep?**

A good night’s sleep is essential for our overall health and well-being. It is a time when our bodies repair and recharge, and it is important to make the most of this every night.

**Are you getting the most out of your sleep?**

**Exercise**

Are you exploiting? And when you are exercising? We all know that exercise is a great way of strengthening your body, but it’s also important to make sure you are getting the most out of your sleep.

**Method**

1/2 a spoon of coconut oil
1 cup of white Chia seeds
1/2 cup of cashew nuts

**Ways to do it**

1. Soak the Chia seeds in the coconut milk and cashew milk. Add the main ones being:
   - Chia seeds
   - Cashew nuts
   - Coconut milk
   - Almonds

2. Mix all the ingredients together before you fall asleep.

3. Keep it in the fridge to soak overnight. Serve cold with raspberry, and more omega-3 fatty acids.

**Light and Night**

Are you aware of the light and night? You should try to expose yourself to natural light during the day and less/Night after rolling up to the night. Our brains need more melatonin (a hormone that helps you sleep) and less through to the night.

**Benefits**

- Better sleep quality
- Reduced stress
- Improved mood
- Increased energy levels

**What is the most efficient way to have a good night’s sleep?**

1. Avoid using electronic devices before bed.
2. Try to maintain a consistent sleep schedule.
3. Limit sleep time only, condition your cycle.
4. Wake up only with an alarm, that helps your brain have this choice in every situation.

**Address**

By Sanah Thakur

**Food**

Are you mindful of what you are eating? What should you be doing? Go for food that is healthy and provides you with energy throughout the day.

**Methods**

1. Avoid processed foods and sugary drinks.
2. Eat a balanced diet with plenty of fruits, vegetables, and whole grains.

**Get your bodies to align themselves to this new biological sleep cycle possible.**

**Road**

What would happen if you were to implement this new biological sleep cycle? What would happen if you were to sleep with your eyes closed and let your body naturally sleep through the night?

**Trends**

Are you mindful of what you are eating? What should you be doing? Go for food that is healthy and provides you with energy throughout the day.

**Method**

1. Avoid processed foods and sugary drinks.
2. Eat a balanced diet with plenty of fruits, vegetables, and whole grains.

**Understanding**

Are you aware of the light and night? You should try to expose yourself to natural light during the day and less/Night after rolling up to the night. Our brains need more melatonin (a hormone that helps you sleep) and less through to the night.

**Benefits**

- Better sleep quality
- Reduced stress
- Improved mood
- Increased energy levels

**What is the most efficient way to have a good night’s sleep?**

1. Avoid using electronic devices before bed.
2. Try to maintain a consistent sleep schedule.
3. Limit sleep time only, condition your cycle.
4. Wake up only with an alarm, that helps your brain have this choice in every situation.

**Address**

By Sanah Thakur

**Food**

Are you mindful of what you are eating? What should you be doing? Go for food that is healthy and provides you with energy throughout the day.

**Methods**

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**Get your bodies to align themselves to this new biological sleep cycle possible.**

**Road**

What would happen if you were to implement this new biological sleep cycle? What would happen if you were to sleep with your eyes closed and let your body naturally sleep through the night?

**Trends**

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China warns of war over any Taiwan independence move

China has for years been overshadowed in the region... and undermined global stability and security by the challenge presented by the United States. The US State Department has accused the United States of attempting to have its cake and eat it too, by demanding a return to five-nation talks with Taiwan.

Two men who set fire to a mosque in Lebanon are said to have been killed in a firefight with security forces after they were chased by a crowd.

The US State Department has issued a travel warning for citizens in Taiwan.

The US military has said it will continue to conduct joint military exercises with South Korea.

Two Thai soldiers were killed in an ambush in the southern province of Narathiwat.

China has warned of war over any Taiwan independence move.

The Chinese military has said it will not hesitate to use military force if necessary.

South Korea, Russia trade charges over space intrusions

Four dead in rebel attack on Thailand army base

Peoples' Democratic Party have been killed in a ambush.

A total of 21 people have been killed in the attack.

The attack, which was carried out by the National Democratic Front of the People of Papua (NDPP), has prompted calls for a new constitution and greater autonomy for the region.

The attack is the latest in a series of attacks by the National Democratic Front of the People of Papua (NDPP), which has been fighting for autonomy.

The attack comes as the government is preparing to send a delegation to the United Nations to discuss the issue of territorial disputes.

The attack has been condemned by the United Nations and other international organizations.

The United States has expressed concern about the situation in Thailand and has called for a peaceful resolution.

The United States has been a strong supporter of the government in Thailand and has provided military aid.

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Heatwave smash European records

B attlers quenching their thirst for 11 days in a hotel for as long as it is hot. Record temperatures have become the new normal. For the first time in a century, the temperature has topped 35°C in what is considered to be the coolest month of the year. Emergency services are on alert, but the country remains on high alert.

Further north, the temperature in Belgium hit 36.6°C, smashing the record for that date. An extreme heatwave has pushed workers to the limit.

In the Netherlands, hit its own heat record of 35.6°C, breaking the previous record set in 2017.

A chimpanzee enjoys an ice cream made of curd and cherries in its enclosure at the zoo in Magdeburg, eastern Germany.

A hedgehog temperatures reached 35 degrees Celsius. Baby elephant Ben Long cools off in his pool at the zoo in Leipzig where temperatures reached 36 degrees Celsius.

The findings are clear: at the start of this century, the Earth will have reached 1°C above pre-industrial temperatures — a threshold described by many experts as the starting point of climate change.

Researchers used data from 103 meteorological stations, from which they calculated that temperatures over the past 250 years have risen by 1.1°C, with a truly stark difference between the 19th and 20th centuries.

The study found that between 1901 and 1950, temperatures rose by 0.1°C, while between 1951 and 2000, they rose by 0.6°C. Since 2001, temperatures have risen by 0.3°C per decade.

The study also concluded that human activities have never witnessed such rapid climate changes.

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**ACCIDENT**

**Two Britons die in light plane collision in France**

Two Britons died when the light plane they were travelling in crashed into a motorway on Saturday afternoon, according to police in Chambery. The two victims were identified as a 50-year-old man and a 43-year-old woman. The plane, a light twin-engine plane, was flying from Chambery airport to Nice.

**SECURITY**

**Security firm raided over Bulgaria data breach**

A security firm has been raided by police in Bulgaria after a data breach that exposed personal information of millions of customers. The firm, Volkirat, is accused of failing to secure data properly, which led to the breach. The data breach affected over 10 million customers.

**INVESTIGATE**

**Nord Stream ex-PM questioned at war crimes court**

Former Prime Minister of Crimea, Sergei Aksyonov, was questioned at a war crimes court in Germany. He is accused of war crimes committed during his time in power.

**POLITICS**

**Spain socialists, far-left in last-ditch govt talks**

The Spanish Socialists and far-left party Podemos are in last-ditch talks to form a government after months of political deadlock. The talks are crucial for Spain to move forward after a general election in April.

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**Russen opozitsiyon lider Oleg Navalny, Moskva koalitsiyasının başkanını seçmek için tutuklandı.**

**准备/Lea Seck**

Российская оппозиция лидера Олег Навальный, председателя движения «Антикоррупционный фонд» (Фонд борьбы с коррупцией), был арестован в Москве.

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**RUSSIA: Navalny arrested during protests against election system**

Alexei Navalny, the Russian opposition leader, was arrested during a protest against the country’s election system. The protest was organized by a group of activists calling for fair and transparent elections.

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**EUROPE**

**EEA contract on new rice varieties**

The European Union (EU) has awarded a contract worth €5.5 million to a consortium of researchers and farmers to develop new rice varieties that are better adapted to climate change and more resistant to pests and diseases.

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**SPAIN:**

**Spain midfielder Fabregas confirms positive test for COVID-19**

Spanish midfielder Cesc Fabregas has tested positive for COVID-19, according to reports. The player is in isolation and will miss the team’s upcoming matches.

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**A PILGRIM AND A PASSER-BY**

**People have come to Rome to see Pope Francis on his last trip to the city.**

**准备/Lea Seck**

В Рим прибыли паломники, чтобы увидеть Папу Франциска на его последнем визите в город.

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**MERKEL PROTECTS NAVALNY**

**Greenpeace demands Merkel’s protection for Russian opposition leader Alexei Navalny**

Greenpeace has called on German Chancellor Angela Merkel to protect Russian opposition leader Alexei Navalny from further persecution and harassment.

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**RUSSIA: Navalny’s allies and ordinary Muscovites**

Navalny’s allies and ordinary Muscovites staged a series of protests in Moscow. The protests were in response to the leader’s arrest and the country’s election system.

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**Navalny’s co-ordinator**

**Navalny’s co-ordinator, Annegret Kramp-Karrenbauer,**

**Germany's defence minister**

Annegret Kramp-Karrenbauer, Germany’s defence minister, has visited Moscow to meet with Russian officials and discuss the country’s military strategy.

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**GERMANY:**

**Germany’s defence minister**

Annegret Kramp-Karrenbauer, Germany’s defence minister, has visited Moscow to meet with Russian officials and discuss the country’s military strategy.

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**POLITICS**

**Spain socialists, far-left in last-ditch govt talks**

The Spanish Socialists and far-left party Podemos are in last-ditch talks to form a government after months of political deadlock. The talks are crucial for Spain to move forward after a general election in April.
In this photo taken on July 17, a herd of wild buffaloes is seen wading through floodwaters at the Kaziranga National Park in Assam.

One worker has been recovered. Rescue work continued yesterday, as many workers were rescued from the debris and were released from the hospital, company spokesman Dikken Mehra said. Nine people are still missing, with 10 others feared dead. Government officials have predicted that 15,000-20,000 animals could have been left under water following the flooding. "This is the worst flood in the park for the last 20 years," a park official said yesterday. The flood situation is improving, officials said.

Forty percent of Kaziranga National Park in Assam has been left under water following three days of torrential rains that have killed more than 70 people in the northeast state.

Theisco-tribal heritage site is home to the world's largest population of one-horned rhinoceros and the inhabited by more than 2,500 rhinos, elephants and tigers living and moving freely in this protected area.

Theorin's flooded lands have affected more than 200 wild animals – including 10 endangered one-horned rhinos – which are known national parks, officials and specialists agree.

Yesterday's developments affect the survival of one of India's best wildlife reserves and the remainders were breached at several places.

Bihar: Disaster Management officials said that the rain situation is continuing to improve and flood situation has improved, the official said.
Trump mulls Guatemala ban in row over migrants

WASHINGTON

US President Donald Trump said he is considering establishing a “travel ban” and potentially imposing economic sanctions on Guatemala after the Central American country refused to stop migrants heading for the US. The 2019 election, halfway through his term, is likely to determine his legacy. Meanwhile, the US government will continue to deport Central American migrants to legal and humanitarian aid agencies, humanitarian organizations, and the Mexican government. The United States has not yet made a final decision on whether to impose sanctions. The decision on the travel ban will be made in consultation with the Mexican government. The decision on the travel ban will be made in consultation with the Mexican government. The decision on the travel ban will be made in consultation with the Mexican government. The decision on the travel ban will be made in consultation with the Mexican government. The decision on the travel ban will be made in consultation with the Mexican government. 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Pakistan's Prime Minister Imran Khan has said that his first official visit to the United States will take place this month.

Khan, addressing a meeting of the Pakistan National Council of the Pakistan Peoples' Party (PPP), said that his visit would be part of efforts to end the ban after returning to his country. "Pakistan is not understood, specifically in the last 15 years," he said.

Khan, who will meet with the Taliban in Afghanistan, is expected to discuss the possibility of a political settlement in the country.

The visit comes at a time when the US is pushing for a diplomatic solution to the conflict in Afghanistan.

"We believe that if we all work together, we feel this is the best way," Khan said.

But he insisted that "no one" would meet with the Taliban, adding that the "way for a withdrawal of international forces" has not been finalised.

Khan also stressed that Afghanistan's presidential election in September "must be inclusive of all parties in the Taliban".

A tweet thread by the US State Department's spokesman, Ned Price, praised Khan's visit, describing it as a "reaffirmation of our strong bilateral relationship with Pakistan."

"But we feel that if we all work together, we feel this is the best way," Khan said.

The US has repeatedly expressed its desire for a political solution to the conflict in Afghanistan, with the Taliban calling for a "formal peace agreement".

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Federalism is a risk to economy, BSP chief warns

By Manila Times reporter

Diokno said the government should be wary of the benefits of federalism and how it will affect economic growth. "It is important to note that the Philippines is a federation, so it is important to consider how federalism will affect the economy," he said.

He noted that the country's economic growth is projected to be higher under a unitary system. "The Philippines has been growing at an average rate of 6.5% per year, but if we had a federal system, we would be growing at 7% per year," he added.

Diokno emphasized the need for a strong central government to ensure macroeconomic stability in the country. "We need to maintain macroeconomic stability to attract foreign investments," he said.

On the other hand, he acknowledged that federalism may bring some benefits, such as greater autonomy for local governments. "But we need to strike a balance between central and local government power," he said.

He also noted that federalism may lead to a decrease in the size of the national government, which could help reduce the budget deficit.

In summary, Diokno said that while federalism may bring benefits, it is crucial to consider its potential impact on economic growth, macroeconomic stability, and the budget deficit.

Motorcycle ban on highway opposed

By Manila Times reporter

Motorcycle riders have called for a review of the ban imposed by the Makati City government on motorcycles using the northbound lane of the Skyway road network in Makati City.

"We are calling for a review of the ban because it is affecting our livelihood," said a motorcycle rider who asked not to be identified.

The ban was imposed last month by the Makati City government to prevent motorcycles from using the northbound lane of the Skyway, which is reserved for buses and other commercial vehicles.

However, motorcycle riders have complained that the ban is affecting their livelihood and that they have no alternative routes to travel.

"We don’t have other options," said another rider. "We depend on motorcycles for our livelihood, and the ban is affecting our income."

Riders have also noted that the ban is causing traffic congestion in the area and that it is causing delays for other motorists.

"We understand the need for the ban, but it is affecting our livelihood," said one rider.

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Police shouldn’t be coerced into enforcing immigration laws

After a series of victories in their fight against the Trump administration, Los Angeles and other cities are moving away from so-called sanctuary cities lastattle a last battle. An appellate court ruled against them, and they are now facing a possible federal lawsuit for awarding grants to police departments that help the federal government enforce immigration laws.

The decision is troubling, for one thing, because President Trump has turned immigration enforcement into a major issue within the context of public safety issues. It also emboldened him in his efforts to bully local authorities into enacting policies that are seen as overly aggressive. As a result, the president’s executive order to withhold funding from cities that refuse to cooperate with federal immigration authorities has come under scrutiny, and it is now being challenged.

The case stems from a lawsuit filed by Los Angeles City Attorney Mike Feuer in 2017, in which he asked the federal government’s long-standing Community Oriented Policing Services (COPS) program to stop giving grants to cities that do not cooperate with federal immigration authorities.

Local police have plenty to do without adding immigration enforcement to their workload

But that opinion overlooks the fact that encouraging cities to cooperate with federal immigration authorities is “entirely reasonable,” according to the 9th Circuit Court of Appeals. Instead, Los Angeles submitted an application for $3.1 million to hire additional immigration enforcement officers.

The case highlights the tension between the police and the community. As Mike Feuer noted in his suit, the police in Los Angeles are “trusted and respected by the community, and the police and the community have a strong trust and partnership between the police and the community.”

However, the suit notes that the city’s sanctuary policies are designed to protect against unauthorised immigration enforcement. In particular, the city’s sanctuary policies are designed to protect against unauthorised immigration enforcement.

The court’s decision also underscores the importance of community policing and the need for local authorities to work together to address the challenges of immigration enforcement.

Women on top in the world’s democracies

U.S. President Donald Trump’s recent declaration that four Democratic congresswomen, all women of colour, should “go back” to their countries was another example of his blatant racism and sexism. “Mr. Trump, if you have any brains, you would have sent all four women to their own country,” said congresswoman Alexandria Ocasio-Cortez. This is a trend that is likely to continue in the future, as the president’s focus on immigration to the exclusion of other critical issues continues to undermine our proven public safety strategies in order to improve his chances of winning the 2020 election.

The president’s decision is not only wrong, but it also highlights the rising awareness of women’s issues and the need for women to be more involved in public life.

By Neel Khrushchev

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**Is politics getting to the Fed?**

*By Robert J. Barro*

**AFP**

*From the early 2010s until the start of the financial crisis in 2008 US interest rates were at historically low levels. In the rush to get rates down fast, the Federal Reserve had committed to a monetary policy that would cause interest rates to rise more than the rate of inflation would increase in order to strengthen the real economy; and perhaps the financial system as well. The economy and the financial system would then run from July to September now starts at $56.**

In the Great Recession, the federal funds rate dropped precipitously reaching essentially zero by the end of 2008. It has been the depth of the crisis. But what has happened is that the federal funds rate would remain close to zero to ensure that all the stimulus mandated by the quantitative easing policies were in place. The federal funds rate was last placed on an upward path in December 2015. Since then the rate has been starting under Janet Yellen. The Federal Reserve along with the European Central Bank (ECB) and the Bank of Japan (BoJ) have all cut rates to near-zero levels.

It is hard to view today’s virtually bound federal funds rate of 0% as anything with an inflation rate of 1.7%, the federal funds rate is only 0.7% on average and the ECB and the BoJ have been struggling to increase inflation, and as the cause of the weak and slow growth that has characterized growth since 2008 through early 2014. Many financial commentators argued that the Fed should push its monetary policy “normalization” and eventually shift to interest-rate cuts. That now is where you are going to hit the stock market. On average, interest-rate cuts do tend to stimulate the stock market for new investments on higher yields but does not mean that is good economic policy especially to be getting rates up, as US President Donald Trump has threatened.

This is not to say that there are not limits to what the Fed can do. It is true that the Fed can influence the real economy by cutting rates, but as US President Donald Trump has threatened.

The Fed has a unique and important role to play, but there are limits to what it can do. It can influence the real economy by cutting rates, but as US President Donald Trump has threatened.

For years, prisons in Cameroon’s English-speaking regions have been overcrowded. More than double.

*BC* "Prison overcrowding is exacerbated by a crackdown in the central African nation’s English-speaking regions since independence in two western regions spoken by separatists demanding English-speaking activists accused of trying to set up a federal council in the English-speaking regions to have its own parliament and to demand greater autonomy.

The Ba便是the division between the FPRC and the FMT.

The FMT was formed in 2014 by fighters from the disbanding FPRC, and it has been a key player in the conflict in the two English-speaking provinces of Cameroon, where separatists have been fighting for independence since 2016.

Four people have been arrested in the past week in connection with the attack.

*AFP* 

**Crime and violence in Cameroon continue.**

*By Patrick Mungé*

*Cameroon has been witness to a series of violent incidents in recent weeks, including an attack on a military camp in the country's English-speaking region.

The attack came just days after the government said it would deploy more troops to the region to combat separatist threats.

The separatists have been fighting for greater autonomy and have carried out a series of attacks in recent weeks, including a bombing at a military camp in the country's English-speaking region.

This is not the first time separatists have targeted the military in Cameroon. In March, they attacked a military base in the country's English-speaking region, killing at least 12 people.

Separatist groups have long been active in Cameroon's English-speaking region, and the government has been accused of using force against them.

The government has accused separatists of carrying out attacks in recent weeks, and it has deployed more troops to the region to combat separatist threats.
Sibra Medicine, a member of Qatar Foundation, has started a new trauma programme, marking the opening of the new Qatar Emergency and Trauma Services for children age 14 and below.

"The Arabian horses have been part and parcel of Qatar since the times of our forefathers," said Prof Khalid al-Ansari, the chair of the Children’s Emergency Department at Sidra Medicine, who launched the programme with Qatar Ambulance Service and Hamad General Hospital. "These may include severe and immediate medical attention requiring life-saving treatment or immediate medical attention requiring non-pharmacological methods."

The activation of trauma programme at Sidra Medicine is part of a compre-hensive system that has been developed and deployed by Hamad General Hospital. By signing the pact, Sidra Medicine will be the main paediatric trauma centre and care of the majority of major trauma patients age 14 and below is carried out in the country. Parents or caregivers should continue to call 999 – for a child requiring life-saving treatment immediately.

The child will be assessed by the first responder team from Qatar Ambulance Services who will bring the majority of major trauma patients children age 14 and below to Sidra Medicine. Young trauma patients at Sidra Medicine or those aged 10 and under are immediately evaluated and stabilised by a multidisciplinary trauma team of physicians, nurses, and allied health professionals.

The patient will be given continuous care from arrival to integration into the family, the community. The activation of trauma programme marks months of preparation and simulation training across all services in the hospital.

The Children’s Emergency Department at Sidra Medicine provides care to all children and adolescent patients aged 10 and under at the level of trauma is determined. Some of the key services include: Emergency, trauma, care, without charge for children and adolescents aged 10 years and below.

A multidisciplinary team of paediatric medical and surgical specialists who care for all paediatric patients including trauma patients. The team consists of doctors, nurses, and other health professionals.

Emergency treatment is provided in state-of-the-art facilities equipped with state-of-the-art equipment and operated by staff trained in paediatric care.

Path assessment and management are performed at bedside and in the emergency department. Monitoring and non-invasive ventilation are available to the patient. Polytrac system is available for all patients.

Access to emergency and trauma services are available at www.sidra.org.

As of July 2019, Qatar has one year marks one year since our CED was opened. We are working very closely with Qatar Ambulance Services and Hamad General Hospital for the majority of trauma patients age 14 and below.

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The programme also featuredbridge-building sessions with the Sidra Center, Doctors Without Borders, Red Crescent, UNICEF, bush doctors, and digital correspondent Sahar Khan, who shared questions and comments from Sidra Medicine patients around the world.

"On the occasion of Pakistan Independence Day: Gulf Times, as always, is publishing a special supplement in broadsheet format, which will give you the opportunity to convey your greetings and messages of love and respect to the people of Pakistan with the aim of popularising your product/service."

"Sidra launches trauma programme"

"Qatar’s national healthcare system continues to call 999 – for a child requiring life-saving treatment immediately. The child will be assessed by the first responder team from Qatar Ambulance Services who will bring the majority of major trauma patients children age 14 and below to Sidra Medicine. Young trauma patients at Sidra Medicine or those aged 10 and under are immediately evaluated and stabilised by a multidisciplinary trauma team of physicians, nurses, and allied health professionals."