

'Fire that destroyed many shops, caused massive losses could be a case of arson'

Kuwait embassy website in Sri Lanka hacked

KUWAIT CITY, Dec 9: The fire that happened recently in the Shuwaikh Industrial Area which razed to the ground shops and stores on a vast area containing electric and electronic items worth thousands of dinars is believed to be a case of arson, reports Al-Anba daily.

According to a fire source CCTV footage from one of the cameras installed in the area shows a person intentionally setting fire to the store and did not leave the area until he saw the fire had engulfed the store and then left the area.

The source said this video has been handed over to the Ministry of the Interior, which has begun investigations and is confident of arresting the arsonist and know the reasons why he committed the crime.

However, the source said the act of arson may have to do something with insurance, because it is common knowledge that companies sign insurance contracts, especially against fire, and in the event of loss of goods they demand compensation.

It is evident from the video clip that it was recorded during the night when visibility is not clear, but the Ministry of the Interior has techniques that enable to clarify the image. It is noteworthy to mention the fire broke out past midnight in the early hours Thursday and the firefighting engines from 9 centers fought the flames for more than 11 hours.

Embassy site hacked: The local newspapers in Sri Lanka said



26 engineering trainees took part in the training program. KFSD photo

KCCI organizes fire safety training program

The training program on fire safety organized by Kuwait Chamber of Commerce and Industry (KCCI) has concluded.

According to a press release, a total of 26 engineering trainees who are not firefighters took part

in the training program, which lasted for four days.

These trainees are employees of different enterprises such as banks, insurance companies and industrial companies.

Deputy Director General of

Kuwait Fire Service Directorate Major General Khalid Fahd Abdullah and the Coordinator of the training program ret Lieutenant General Yousef Al-Ansari participated in the closing ceremony.

nearly 10 websites including the website of Kuwait Embassy in Sri Lanka, have been hacked, reports Al-Qabas daily.

The daily added, all websites end with '.lk' and '.com', and the concerned authority has sent warned all those who are affected by the hacking incident.

The daily quoting the source said e-hacking is politically motivated and may have links to the terror attacks that hit Sri Lanka during last Easter Day.

Traffic snarl victim: Police are looking for an unidentified person for hitting a Kuwaiti on the head and causing him serious in-

jury following an argument over the right of way, reports Al-Rai daily.

The daily added, the suspect forced the victim to pull over, got out of his vehicle and hit the man on the head with a hard object.

The victim has submitted a medical report to the police station in the Ahmadi Governorate issued by the Adan Hospital.

A security source stated the complainant has provided security men with the license plate numbers of the suspect's car.

It's OK to file case: Does a citizen have the right to file a com-

plaint in Kuwait if he was attacked by someone outside the country?

As per the law, a victim is supposed to pursue the suspect where the crime occurred, but an unidentified Kuwaiti, born in 1990, is said to have filed a complaint with the Sabah Al-Salem Police Station accusing an unidentified compatriot of assaulting him, reports Al-Anba daily.

The misdemeanor case has been filed under No. 467/2019, which indicates it is permissible to file such cases although the incident happened outside the country.

However, it is not known if the investigation authorities will request for a medical report.

Other Voices

Buthaina, Istanbul ... barefoot?

By Ahmad alsarraf

Awareness is growing globally of the importance of walking barefoot. Walking barefoot has many benefits and the experts stress on the importance of not wearing shoes from time to time. Walking barefoot helps train the muscles of the feet and become stronger. It also helps children and the adolescents to remain healthy and the healthy growth of the feet.

One of the advantages of barefoot walking is that it helps revitalize the muscles of the foot, makes feet warmer, and gives them natural massage. Experts confirm, according to the German 'Parfois' website, the mistake of the prevailing idea that walking barefoot causes the foot to cool or it damages the kidneys or internal organs in the body.

In general, shoes, especially those with high heels worn by women, distort the shape of the foot and toes and cause damage to the toe nails over time, while walking barefoot helps in softening the skin and preserving the shape of the foot and keep the nails healthy. It also helps to adjust and moderate the way you walk.

Walking without shoes is also beneficial for health, especially it improves the mechanics of the hips and knees. There are indications that in some societies where people walk without shoes are often healthier than the people who wear shoes permanently and as a result usually suffer from back pain.

Barefoot walking also contributes to protection against colds and strengthening the immune system, as the change in the temperature enhances the body's resistance ability. According to 'Parfois' experts advise

walking barefoot on ice for a quarter of an hour during severe winter, saying it has many health benefits as it helps warm the foot throughout the night.

Barefoot walking protects the varicose veins because it increases the effectiveness of pumping blood into the veins and thus annoying varicose veins do not occur, especially among women.

There is a long discussion about the benefits of walking barefoot, but there are some things that must be taken into account, the most important of which is choosing a place to walk without shoes, to avoid injury or exposure to microbes, so experts advise walking on the beach or clean green parks without shoes.

Believing in this logic, the authorities in Istanbul opened the first walkway in Eselnar district for people who prefer to walk without shoes. The area is 250 meters long and combines 10 different materials such as sea sand, pumice stone and white stone, with the aim of unloading energy, revitalizing the muscles of the feet and strengthening the immune system.

Some readers and friends, including sister Buthaina, have asked me to write on this topic to urge the Kuwait Municipality or the concerned authorities to open walkways.

I am writing about the topic not to urge the rational government to allocate barefoot sites, it has enough on its hands, but they asked me to be more positive and that they want the boards of directors of the cooperative societies in each region to carry out this activity or collect money from the residents of the region to establish such a walkway. As for the authorities concerned, we are waiting for them to pay attention to such issues.

I am ready to contribute financially towards the establishment of such a vital project in any residential area ... Is anyone ready to get involved?

□ □ □

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Some professions targeted

No social, child allowances for NGOs

KUWAIT CITY, Dec 9: The Public Authority for Manpower has announced the authority will stop the disbursement of social and child allowances to some professions and craftsmen and workers in non-governmental agencies, reports Al-Anba daily.

The sources told the daily, this will be done in cases of stopping the practice of the profession or trade, the end of the work relationship with non-governmental agencies, or receiving a pension, as well as when the owners of professions and craftsmen join compulsory or reserve military service.

The sources added in the event that one of the conditions mentioned in Article Five of Resolution No. (391) of 2001 is lost.

On the other hand, PAM has identified the citizen service centers which will receive transactions from Kuwaitis --, the Capital Governorate Center (Liberation Tower), Farwaniya Governorate Center (Jleeb Al-Shuyoukh Central), Ahmadi Governorate Center (Jaber Al-Ali Central + Ahmadi Petroleum Center), Jahra Governorate Center (Central Jahra Region), Hawalli Governorate Center (Sadiq center in the management of

business owners and owners of small and medium enterprises), and these centers will provide services to obtain registration notice for national workers, as well as the payment of social allowance and children, and also to obtain a certificate that works and does not work, registered and not registered with the authority.

Drug addict arrested: Police have arrested an unidentified young drug addict who was found fast asleep inside a car on King Fahd bin Abdul Aziz Road, reports Al-Rai daily.

According to the security sources a police patrol saw car parked on the side of the road and when they approached it they saw 'someone' slumped behind the wheel.

The officer knocked on the glass window until the motorist woke up and later police discovered the man was on his way home after spending some time with friends in a chalet. However, he could not continue driving because he was abnormal.

Police found in his car a cocktail of drugs.

The drugs and the motorist have been referred to the General Department for Drugs Control (GDCC).



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