

Wide Angle



Joel Indrupati

Vacation Time and Social Media Sharing

Sandeep is in Madrid, Spain.

Julie is in Pisa, Italy and Thuraya is in Guangzhou, China. Danny is in Goa, India and Shailaja is in Zurich, Switzerland.

And, also escaping the Arabian Gulf heat, where is Biljana? And Ashish?

Biljana is in Santorini, Greece. And Ashish is in Hamilton, Bermuda.

As I watch the Facebook pictures of my friends' vacations, from different parts of the world, how do I feel?

A dash of excitement, a sprinkle of joy and, well – okay, I admit it – maybe, a pinch of envy.

But, by and large, if we love our friends, we are sure to love their travels. And also the way they are informing us about their travels.

We are their friends, after all. And what is wrong in knowing where they have been? And what's wrong in seeing places we haven't seen?

Somehow, I completely disagree with a study, I came across online, which says vacation pictures ought not to be shared on social media, lest they make your friends sad.

Actually, they are not 'really' your friends, if they feel sadness instead of happiness.

I also completely disagree with those who equate social media with mass media; and get paranoid -- that all their life is, now, all out, in the open.

No. It is not.

It depends on who your friends are, on social media, and what you wish to share with them. And also on the social media platform(s) you are using.

Our social media personality is what we are, and how we are projecting ourselves through it.

Some of us are very open in sharing our lives with others. And some of us are not. But both should be fine.

'Twitter' posts are usually public. 'Instagram', posts can be shared either with public, or with those who follow us, with our permission. And, 'Facebook' posts can be for public, or customized to specific groups of friends we have.

So, if your friends on Facebook are genuine friends, what is wrong in sharing with them your best moments? Or why not create specific sets of friends to whom you can share specific sets of posts?

It is possible. But you will need time, to understand the 'settings' on these media applications.

There are, of course, some annoying people who share everything they see; and also those who keep tagging others unnecessarily, without checking.

The real problem, I feel, is an unwillingness to learn and adapt to the changing world quickly; and to be sensitive to others' feelings.

Today, if we choose to remain dumb, and resist acquiring the much-needed skill of using smart phones and tablets, and of using social media, we can only blame ourselves.

I agree that, once our picture is in cyberspace, there is really nothing much we can do about it. It can be saved, screen-shot, photo-shopped, morphed, tagged, sent and forwarded; sometimes, without us having an inkling of doubt.

But then, we can only be responsible for our actions. Not for others'.

In real life, we know, all friends are not the same. Some could be annoying, and some could be endearing. The same is the case with social media life.

So, like in real life, when it comes to friends, we must cherish some, forgive some, and simply endure some.

Importantly, if you cannot feel happy for your friends, and for their enjoyment which they are excited to share with you, there is something wrong.

It is your personality problem. Not a social media problem.

(The views and opinions expressed in this article are those of the author and do not necessarily reflect the policy or position of this newspaper.)

Putin says Russia will respond to 'insolence' of US

Savonlinna

Russian President Vladimir Putin said yesterday that Moscow will ultimately have to respond to sanctions imposed by the United States that he condemned as insolent towards Russia.

"We are behaving in a very restrained and patient way, but at some moment we will need to respond," Putin said at a news conference after talks with his Finnish counterpart Sauli Niinisto.

He complained that "it's impossible to endlessly tolerate this kind of insolence towards our country," referring to tougher US sanctions that were backed by the House of Representatives on Tuesday.

Nevertheless he did not specify what Russia's response could be, saying simply: "When the response will be and what it will be -- that we will see," implying this depended on what action the US finally



Russian President Vladimir Putin

takes.

The Russian strongman slammed the intensifying probe into Russian meddling in the US presidential election, saying it bore witness to "a rise in anti-Russian hysteria" in Washington.

He bemoaned the worsening of relations with the United States, saying "Of course, we regret it very much."

Putin also argued that

"Russian-US relations are being sacrificed to resolve questions of domestic politics," specifying that "in this case, it is the battle between President (Donald) Trump and his political opponents."

The two countries acting in agreement "could solve very acute problems much more effectively," Putin said, specifying the "fight with terrorism." (AFP)

Make oral hygiene a top priority!



Dr. George

Manama

Appropriate oral and dental hygiene is turning out to be a necessity for many, especially at a time when healthy living, as a concept, is fast catching up among the denizens of Bahrain.

Providing an array of services, the Riffa-based, Royal Bahrain Hospital Medical Centre (RBHMC) has now launched an attractive dental scaling and polishing package for its customers.

Offering comprehensive dental care, RBHMC's Department of Dentistry provides conservative restorative dentistry, oral surgery and wisdom teeth extractions, fixed and removable prosthodontics, root canal treatment and other procedures.

Dr. George S. Bahgat, General Dentist at RBHMC, says, "For maintaining optimum oral hygiene, it is important to undertake regular scaling and polishing of our teeth. The purpose is to leave the teeth surfaces clean and smooth so that the bacteria are unable to stick to them."

Dr. George is available for consultation at RBH Medical Center-Riffa from Saturday to Thursdays.

Sugar not so sweet for mental health: study

Paris

Sugar may be bad not only for your teeth and your waistline, but also your mental health, claimed a study Thursday that was met with scepticism by other experts.

Researchers at University College London (UCL) compared the reported sugar intake of more than 8,000 people in a long-term British study, to their mood.

Missing Pets



BUBBLES - Female, 4 yrs, spayed, owner was away - always let out in garden for a bit - but this time did not come back, not wearing collar or ID tag, Nuwaidrat (behind Jawad), 200BD REWARD for safe return, 26/06/17. **39448662** or **33787650**



HATHFA - Female Saluki, 5 yrs, injury mark on the top of right leg, wearing collar, lost in Hamala from a farm, gone missing around 8/4/17. **39247411**



KONG - Male Rottweiler, 18 mos, micro-chipped, gate left open, may have been stolen, wearing gold colour chain collar - no ID, New Hidd (behind Khalifa bridge), REWARD for safe return, 18/4/17. **33008092**



MAGGIE - Female Long Hair, black with grey underbelly, one very white whisker, micro-chipped, Abu Sayba (near Harley Davidson Shop), REWARD for return, 14/1/17. **38824839**



MIA - Female Husky, 6 mos, brown and white with blue eyes, wearing pink collar - no ID, was frightened by stray dogs and ran away, last seen in Jurdab being chased, 22/3/17. **36366162**



ROLLY - Male, 1 yr, bent tail, brown eyes, all black, ran away when owner was out of country, not wearing collar or ID tag, owner has very special bond with Rolly, Isa Town (near Isa Town Club), 15/5/17. **33157048**