

1184 BC

Troy is sacked and burned during the Trojan War, according to calculations by Eratosthenes

1963

US President John F. Kennedy says segregation is morally wrong and that it is "time to act"



1987

Margaret Thatcher is the first British Prime Minister in 160 years to win a third consecutive term

2009

The World Health Organization declares H1N1 swine flu to be a global pandemic, the first such incident in over forty years

## First oil tanker from Gulf heading to Europe since March: Kpler

AFP | Paris, France

A tanker carrying two million barrels of crude oil is heading towards Europe having left the Gulf at the end of May, the first such shipment since March, data from the maritime tracking firm Kpler showed yesterday.

The Advantage Victory, a Marshall Islands-flagged tanker, passed through the Strait of Hormuz on May 27 without indicating its destination.

The vessel revealed its destination only on Monday, with its AIS signal indicating "NL RTM", the code for Rotterdam in the Netherlands, one of Europe's biggest ports.

It is scheduled to arrive on July 7.

The tanker, which was loaded with Iraqi oil at Basra on February 24 and March 1, is currently off the coast of Madagascar, according to its transponder.

It was the first tanker to traverse the Strait of Hormuz



with oil heading to Europe since March 1, when the ship New Vision left the Gulf amid the confusion after the United States and Israel began attacking Iran on February 28.

The tanker unloaded in Le Havre, France and Southwold, Britain in early April.

Around 103 oil tankers have left the Gulf through the Strait of Hormuz since March 1st, carrying a total of 185 million barrels of crude oil, according to Kpler data.

Specifically, 92 million barrels of Iranian oil have left the Gulf since the start of the war, along with 42 million barrels of Emirati oil, 22 million barrels of Iraqi oil, 20 million barrels of Saudi oil, seven million barrels of Kuwaiti oil, and three million barrels of Qatari oil.

From the beginning of the war until mid-April, when the US blockade of Iranian ports began, oil leaving the Gulf through the Strait of Hormuz was primarily Iranian, at 81 percent.

## Israeli strike hits centre of Sidon, south Lebanon



First responders and residents gather at the site of an Israeli airstrike that hit a car in Sidon

● Lebanese officials said 11 people were killed in airstrikes on the southern city of Tyre

AFP | Sidon, Lebanon

An Israeli strike hit a car in the centre of the southern Lebanese city of Sidon on Wednesday, state media reported, as Israel persisted with its attacks across the country's south.

An AFP correspondent heard an explosion in the area before seeing a car burning as rescuers and firefighters headed to the scene.

The correspondent saw rescuers pull two people from the targeted vehicle.

Lebanon's state-run National News Agency reported "an enemy strike on a car" in the city.

The largest city in southern

### UN sending mission to Lebanon mission to collect abuses evidence

Geneva, Switzerland

The UN rights chief said Wednesday he would send a mission to Lebanon to collect evidence on alleged rights abuses since the war began between Hezbollah and Israel.

"Accountability cannot be overstated. Prompt and independent investigations into alleged violations of international humanitarian law must be conducted," UN high commissioner for human rights

Lebanon, Sidon was relatively spared from the major Israeli strikes that have pummelled much of the country's south and east since the Iran-backed Hezbollah drew Lebanon into the Middle East war on March 2. The city, home to the largest

Volker Turk told journalists.

"This is why I have agreed with the government of Lebanon to conduct an impartial and independent assessment mission in the country.

"I will soon be deploying a team to collect information and evidence on alleged violations and abuses of international human rights law, and violations of international humanitarian law and related law committed by the parties to the armed conflict in the country since March 2."

Palestinian camp in the country, also shelters a large number of people displaced by the current war. The last time it was targeted was on May 28, when an Israeli strike on a building killed five people according to the Lebanese health ministry.

### U-TURN WITH UK

## Can Food Delivery Apps Help Children Eat Home Food?



P. UNNIKRISHNAN

One of the biggest problems many parents face today is that children are increasingly attracted to junk food. Many prefer ordering through food delivery apps even when fresh, healthy and tasty food is available at home.

But if we observe carefully, the attraction is not only about the food. It is also about the drama around it.

When we order through delivery apps, the excitement begins immediately. First, the app says the restaurant has accepted the order. Then it says the food is being prepared. Later, the driver picked it up. Then comes the real excitement: "Your order is arriving in 30 minutes."

That is when the drama starts.

We begin checking the app again and again. Every few minutes, we look at the rider's location. The small moving icon on the map becomes almost as important as the food itself. When the app says the driver is only five minutes away, the body and mind are ready. The appetite reaches its peak. The food has not yet arrived, but the eating experience has already begun.

Food delivery apps do not merely deliver food; they deliver anticipation.

This is where home-cooked food often loses the battle. It may be healthier and even tastier, but it comes without suspense. It is simply placed on the dining table. There is no notification, no tracking, no countdown, no rider approaching and no doorbell moment.

In other words, what is missing at home is not always taste. What is missing is theatre.

Food is often a mind game. Packaging, smell, colour, timing, photography and expectation all work together. A burger wrapped in glossy paper suddenly feels more exciting than a fresh chapati and curry. Meanwhile, a mother's freshly prepared meal, made with care and better ingredients, may be ignored because it arrived without drama.

This is why an interesting idea reportedly discussed by a Korean social media influencer caught my attention. What if food delivery apps allowed people to "order" food without actually having it delivered?

Imagine delivery apps in Bahrain, such as Talabat, Keeta or Jahez, introducing a feature that lets a family create a home-cooked meal countdown. A child wants French toast. Instead of ordering it from outside, the mother prepares it fresh at home. At the same time, the child opens a special option in the app — perhaps called "Appetite Mode". (BLURB)

The app says: "Your French toast is being prepared."

A few minutes later: "Your meal is almost ready."

Then: "Your food will arrive at the table in five minutes."

Finally, when the food is ready, the app says: "Your meal is ready in the kitchen."

Now, present the homemade French toast beautifully on a nice plate with a little dressing. By the time it reaches the child, the mind is already prepared to eat. The same French toast that may have been rejected earlier now arrives with suspense, timing and excitement.

In medicine, we often hear about the placebo effect. Sometimes belief itself creates relief. The opposite is also true: fear and negative expectation can make discomfort worse. Students know this well. When examinations are near, some develop stomach pain or chest tightness even before the question paper arrives.

Even mobile phones play tricks with the mind. Many of us have felt the phone vibrating in our pocket, only to check and find there was no call. Expectation itself created the sensation.

Ask asthma patients: many feel relieved the moment they reach a hospital. Similarly, blood pressure often rises slightly when checked in a clinic because of anxiety.

So why should we be surprised that a food delivery tracker can increase appetite?

For food delivery companies, this could become a meaningful CSR initiative. It may appear to go against their usual marketing interests, but it can build goodwill, family trust and a healthier relationship with technology.

Maybe it is time to give home food its own drama. The mind plays a bigger game than we think — and mothers are serious about it.

Mind it!

(P. Unnikrishnan is the Chairperson and the Managing Director of The Daily Tribune)



TOP  
4  
TWEETS

01



Congratulations, Prime Minister @narendramodi on becoming India's longest-serving continuous Prime Minister. As Canada and India renew our partnership, I look forward to continuing our work to deliver greater prosperity for both our peoples.

@MarkJCarney

02



Congratulations to @narendramodi for being the longest serving democratically elected Prime Minister of India. Looking forward to further strengthening the strategic partnership between our countries and welcoming you to Germany for the next intergovernmental consultations.

@bundeskanzler

03



At a time when the international system is being tested, dialogue has the power to re-unite us for a more just & peaceful world. On this International Day for Dialogue among Civilizations, we recognize the power of open communication to solve even the most intractable global challenges.

@antonioguterres

04



Europe and the Republic of Korea have built a lasting partnership. Our cooperation is stronger than ever. Today we announce our Digital Trade Agreement & Competitiveness Partnership. Working hand in hand to deliver even more results for our people

@vonderleyen

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