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250 Fils



Decision looms on Kuwait's July 27 election

Kuwait's Constitutional Court will decide on July 14 whether to suspend the country's snap election after concerns were raised that it will not be legal.

Lawyer Adel Abdulhadi has submitted a petition to the court arguing that the Cabinet did not have the power to set a new poll date. Under Kuwaiti law, an elected representative from the National Assembly is required to make the decision.

The assembly was sacked last month after the Constitutional Court ruled that the December 2012 election was null and void. That left only government members appointed by the Prime Minister. State Minister for Assembly Affairs and Planning, Dr. Rola Dashti, who is a member of the government, was elected to the assembly in 2009 and could be considered the sole elected Cabinet member. However, Abdulhadi said that would mean the entire 2009 assembly would have to be reinstated. That assembly was twice dissolved, in December 2011 and October 2012.



The court received a similar petition on Sunday and would immediately begin reviewing the arguments, as reported.

The separate petition was filed earlier this month with the Administrative Court demanding the election be postponed until after September 18, when the Constitutional Court is expected to provide legal reasoning for its decision to sack the December assembly. A date is yet to be set to hear arguments supporting this petition.

The new election is due July 27 and would be the country's fifth in as many years. The 2009 assembly was first dissolved in December 2011 following street protests led by the opposition.

A new election was held in February the following year but nullified on June 20, 2012, meaning the 2009 assembly was reinstated, only to be nullified again less than four months later. The Constitutional Court also last month upheld a change that moves the country to a one-vote system, which is controversial among opposition supporters who claim it goes against them.

Police brutality on the rise

Ricky Laxa

Staff Writer

A significant number of police and criminal cases have been reported in local news during the past two weeks streamlining police brutality with abuse of authority. One of the most vocal among foreign embassies in the country is the Philippines, which opted to have their legal battles transparent to local and foreign media. The embassy's Consul General and Charges D' Affaires Attorney Raul Dado with his team of officials from the Assistance to the Nationals Unit has been heading its rescue missions constant repatriation of its distressed workers and waging legal battles against its nationals' perpetrators and abusers. For the past two weeks reports of sexual rape, brutality and abuse of authorities have been filed against local police. On the other hand, Kuwait law prosecutes and brings to justice these criminals, allowing no stones unturned during its investigations.

Among the incidences raised and published in local news include a Filipina woman who was sexually abused in her own residence Kheitan. She reported hearing knocks on her door at three in the morning. Four men, three of which are clad in police uniforms and an Egyptian national accompanying demanded to see her Civil ID. After excusing herself to get the ID from her bag, one of the men followed in the room and sexually abused her successively by another police and the Egyptian national.

Continued on Page 8

Kuwait ranks highest in obesity among GCC states

A new United Nations report has ranked populations in the Gulf among the world's fattest, and close to half of adults in Kuwait have been identified as obese.

A study by The State of Food and Agriculture reports that the rising obesity rates could cost the global economy $47 trillion over the next two decades, due to loss of labor productivity and fees associated with treating lifestyle diseases, such as diabetes and heart disease.

Kuwait has the highest proportion of obese adults in the GCC, with 42.8 percent falling into this bracket in 2008, followed by Saudi Arabia at 35.2 percent. In the UAE, 33.7 percent of the population was identified as having serious weight problems, while in Qatar it was 33.1 percent and, Bahrain 32.6 percent. In terms of the Gulf, obesity was least prevalent in Oman, although at more than a fifth (22.1 percent), it was broadly in line with developed European countries.

The report said that the prevalence of overweight and obese adults was rising in nearly all regions, with the global average increasing from 24 percent in 1980 to 34 percent to 2008.

The UN study blamed rising obesity rates on factors including lower prices of food and increased availability of highly-processed food products, as well as genetic pre-disposition. The GCC countries have some of the highest rates of lifestyle diseases in the world, with the International Diabetes



Foundation last year forecasting that about 20 percent of the population is afflicted by the disease.

The overall spending on healthcare in the Gulf, according to figures from Deloitte, is just $1,200 per capita, compared to $5,000 in developed countries.

Meanwhile it was reported that the Kuwaiti government is considering intervening in the private health sector to force providers to reduce their fees for medical treatment and services, as reported.

Continued on Page 8



Foreign Minister Sheikh Sabah Al-Khalid underscores close ties with Africa

The Foreigner Minister has underlined significant improvement in Kuwait's ties with African nations, namely in the south of the continent, noting Kuwait's aid for development projects in the region.

Ties between Kuwait and the eastern seaboard of Southern Africa stems from many centuries ago as sea-faring traders from Kuwait sailed the oceans to trade with countries of this region. This form of trade represents an exemplary partnership for exchange in the domain of culture, commerce and social, said Sheikh Al-Khalid Al-Hamad Al-Sabah.



Sheikh Sabah Al-Khalid was addressing a banquet, held late on Friday, for honoring delegations taking part in the 15th ministerial meeting for the Southern African Development Community (SADC) gathering in the Tanzanian city of Dar Es Salaam.

In recent times, the Kuwaiti minister added, the relations between Kuwait and Southern African countries, as well as the African countries in general, acquired a new dimension through cooperation in the field of development, spear-headed on our part by Kuwait Fund for Arab Economic Development.

The operations of the Kuwait Fund in the Member Countries of the Southern Africa Development Community (SADC) started in 1975 with a development project in Tanzania. Since then, the Kuwait Fund succeeded in creating a partnership with 13 member countries of SADC which resulted in financing 62 different development projects. In addition to assisting in financing the execution of projects, the Kuwait Fund also extends technical assistance to some member countries of SADC by providing funding to conduct feasibility studies and preparation of various projects. "I take this opportunity to reaffirm our commitment to further continue our cooperation with the member countries of SADC and to assist in all efforts to help realize their development hopes and aspirations," Sheikh Sabah Al-Khalid said.

"We believe that many avenues exist for strengthening Arab-African cooperation. To this end, the State of Kuwait has the honor to host the 3rd Arab-African Summit during the period 18-20 November 2013 and is in constant contact with the African Union and the League of Arab States to realize the goals set out for the Summit's theme entitled: "Partners in Development and Investment" which will further enhance the south-south cooperation, Sheikh Sabah Al-Khalid added, Aiming to emphasize on the vast cultural and human links that exist between the African continent and the members of the League of Arab states, the summit will hold - as well - several cultural activities to showcase the rich Arab-African heritage. Moreover, in the goal of enhancing the economic cooperation between our two important regions, the Kuwait Fund is envisaging to organize an economic forum prior to the summit. Whereby, members of the private sector, NGO's and experts in the domains of finance, industry, and commerce, will discuss a vast array of topics pertaining to Arab-African investment flows, promotion of cooperation, enhancement and guarantees offered to investment and trade between our two regions and issues regarding agricultural development and food security. "While we look forward to welcoming you in Kuwait next November for the 3rd Arab-African Summit, allow me to reiterate my sincere gratitude for your generous invitation and kind attention given to me today and wish you all the success in your meetings tomorrow," he added.

Sheikh Sabah Al-Khalid was addressing to officials and dignitaries, namely Bernard Membe, the Minister of Foreign Affairs and International Cooperation of the United Republic of Tanzania, heads of delegations to the 15th Meeting of the Ministerial Committee of the Organ on Politics, Defense, and Security of the South African Development Community.

He expressed gratitude to Membe for the "this generous invitation extended to me to attend this dinner in order to address your distinguished gathering, as it reflects the close ties of friendship and cooperation amongst member countries of SADC and Kuwait."

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City Centre opens 4th branch in Kuwait

City Centre Hypermarket, Kuwait's premier megamarket, opened their fourth hypermarket in Kuwait at Slayil Al Jahra. The new hypermarket was inaugurated at 9.30pm on Thursday, 11th July, 2103, in the presence of a large gathering of shoppers, well-wishers and top management of City Centre.

With the opening of a fourth hypermarket, City Centre hopes to entrench its position as the leading international hypermarket group in the country offering 'Mega-Value' promotions, competitive prices, wide range of quality products and excellent service.

Complementing the three other branches in Shuwaikh, Salmiya and Dajeej, the new City Centre Slayail Al Jahra offers a wide range of products, including grocery, fresh and frozen foods, household items, electronics, beauty-care, stationery, toys and a whole lot more.











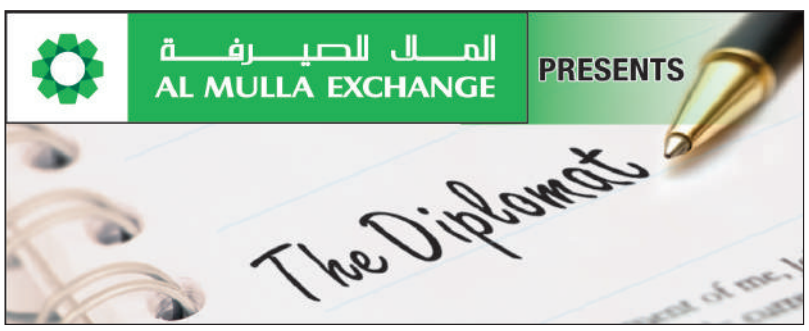
Belgium

A storied past that fashioned modern Europe

H.E. Damien Angelet



Staff Report



It is exactly three years since I arrived in Kuwait to take up my assignment here. Along with my wife and little daughter I have made this my second-home, was how His Excellency Damien Angelet, Ambassador of the Kingdom of Belgium in Kuwait described his stay in the country. In an exclusive interview with The Times the ambassador added, "I would like to state that the years I have spent here have been both professionally stimulating and personally exciting. The hospitality of the people and the host government have been excellent and I am extremely happy with our stay in this wonderful country."

Prior to his appointment in Kuwait, Ambassador Angelet worked at the Belgian embassies in London, Manila, Bujumbura in Burundi and in Geneva, as well as in Brussels. However, a major part of his diplomatic career and main activities were with the United Nations in New York. The diplomat went on to say, "Arriving here, after a diplomatic career that has taken me to various capitals around the world, I must say that I am extremely impressed by the tremendous achievements Kuwait has made in every field. Especially on the diplomatic front, where Kuwaiti diplomacy has enabled the country to successfully conduct bilateral and multilateral engagements around the world. The Kingdom of Belgium is very proud of its long standing and strong relations with the State of Kuwait, and we are pleased that in 2014 the two countries will be celebrating 50 years of diplomatic links."

Elaborating on the strong bilateral ties, the envoy added, "The strong and deep-seated relations were further cemented in 1991 when Belgium participated in the liberation of Kuwait. Three naval minesweepers from Belgium were involved in clearing mines off the Kuwaiti coastline. We believe that we were right in taking part in these operations and in helping Kuwait to once again become safe and secure country. We are happy that the Kuwaiti people still remember and appreciate this support by the Belgian government."

Clarifying that besides diplomatic and popular relations, there were strong bonds of friendship and respect between the Royal families of both countries, the ambassador continued,"Her Royal Highness Princess Astrid of Belgium visited Kuwait at the end of 2011 as a special representative of the United Nations to advance discussions on UN Millennium Development Goals. Also, before his ascension, King Albert II of Belgium visited Kuwait at the head of trade delegation to get acquainted with development projects in Kuwait and to explore ways of strengthening economic and financial relations in different fields between the two countries. Through their various meetings with the rulers, government officials and influencers in the country, the Royal Family has facilitated and reinforced bilateral relations."

Cordial relations at the highest level have also led to cooperation between the two countries in political, economic and social fields like health and education stated the envoy adding: "In December 2012, the Belgian vice Prime Minister and Minister for Foreign Affairs and Foreign Trade Didier Reynders visited Kuwait to further enhance mutual relations and to examine ways of increasing trade and investment between the two countries. During his significant visit, Minister Reynders held fruitful discussions on bilateral issues with His Highness the Amir, as well as with the Prime Minister and the Minister of Foreign Affairs of Kuwait. Talks between the leaders centered on strengthening economic and investment cooperation, as well as support in non-commercial fields such as education and health."

"Belgium has a lot to offer Kuwait in different sectors of the economy, especially in the fields of health and education where Belgium is recognized as a world-leader. According to the Global Competitive Index, Belgium is ranked second in the world in terms of healthcare delivery, and fourth in providing education and training. The Global Competitive Index, which is released each year at the World Economic Forum meetings in Davos, Switzerland, identifies and measures drivers of economic performance of countries around the world."

In a move designed to further boost bilateral cooperation and collaboration in the health sector, in May, 2013, Kuwait's Minister of Health, Mohammad Barrak Al-Haifi, headed a high-level medical delegation to Belgium. During their two-day visit the Kuwaiti delegation toured several hospitals and medical institutions, and held discussions with representatives of various healthcare facilities. The visiting Health Minister also held talks with Foreign Minister Reynders, and the two agreed to set up mechanisms for bilateral exchange of expertise and training. "Following discussions it was decided that a team of health officials from Belgium would visit Kuwait regularly and for Kuwaiti doctors to travel to Belgium for advanced studies and training in different medical specialties. With extensive experience in the field of delivering high-quality healthcare, the Belgian side also expressed their keen interest to collaborate with the private sector and participate in engineering, financing and constructing hospitals and other medical facilities in Kuwait."

> Belgium welcomes Kuwaiti investment in its economy and in fact is keen to increase current levels of trade and commerce between the two countries.

Located strategically at the center of a highly industrialized region, a closely integrated transport infrastructure that links it to the rest of Europe and a strongly globalized economy, Belgium is an ideal location for trade and investment. It is also a country with a historic past that helped fashion modern-day Europe. Brussels is not only the capital of Belgium, it is also the headquarters of both NATO and the EU, and as such is the venue for decisions that have profound influence across the world. While bilateral trade between Belgium and Kuwait has increased by 20 percent annually in recent years, there is plenty of scope for boosting trade and investment between the two countries.

Elaborating on the suitability of Belgium for investments, the ambassador said, "Belgium welcomes Kuwaiti investment in its economy and in fact is keen to increase current levels of trade and commerce between the two countries," said Ambassador Angelet, adding: "Belgium is also an ideal tourism destination with top-rated hotels, restaurants and shopping venues that are home to many of the world's luxury brands. There are several cities across Belgium that are exciting to visit for their beauty, as well as being some of the best shopping venues for jewelry, fashion and food. For instance, the city of Antwerp, besides being one of the biggest ports in Europe, is also one of the world's centers for diamond trade."

Looking at future relations between the two countries the diplomat stated, "I am confident of the continuation of healthy partnership that exist in our strong bilateral ties. Belgium and Kuwait are linked together by many similarities, we are both small countries surrounded by large neighbors, and this has created a particular frame of mind in our people and governments. We both favor cooperation rather than confrontation in our relations with neighboring countries, and we share the experience of having gone through and successfully survived wars and invasions. We are both open-minded societies and in general have a high regard and appreciation for our respective Royal Families."

The constitutional and popular monarch King Albert II of Belgium (73) recently announced his intention to abdicate, for health reasons, in favor of his eldest son Crown Prince Philippe. While the King will transfer powers to his son through a ceremony at the Royal Palace in Brussels on Sunday, 21 July, which is the Belgian National Day, the 53-year old Prince Philippe will be sworn in as King Philippe I of Belgium in a solemn civil swearing-in ceremony that will be held before a joint-meeting of the two houses of the Belgian Parliament. "The abdication and ascension ceremonies are expected to be a very Belgian affair. In Belgium, we tend to do things in a more somber manner, with little or no international fanfare. Of course the new king will officially meet with all members of the diplomatic corps in Belgium after assuming office," added the envoy.

Pointing to the frequent constitutional crises that keep cropping up in both countries as in a way a good thing, the ambassador noted, "It is a clear sign that both our peoples and leaders want to solve issues in a broad, democratic and consensual manner. Governments and leaders in both countries remain close to the people and prefer to work in harmony with civil-societies in order to meet the desires and needs of citizens and to help them achieve their aspirations. When you have the engagement of strong civil-societies and a desire for broad consensus on issues, there is bound to be delays in the decision process. A government that is non-authoritarian and which encourages active participation of all sections of society in the decision forming process may at times be perceived to be slow and indecisive; but in the long term, this is certainly good for the country as well as for society."

"Since arriving here three years back, we have thoroughly enjoyed our stay in this wonderful country and the hospitality of the people and government has been remarkable. Moreover, we so enjoy our stay here that we do not even leave this country, not even in summer," said the ambassador, with a smile, in conclusion.



Indian state minister for External Affairs visits Kuwait





Indian Minister of State for External Affairs E. Ahamed, who was in Kuwait recently on an official one-day visit, met with His Highness Kuwait Crown Prince, Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah, the First Deputy Prime Minister and Interior Minister, Sheikh Ahmad Hamoud Al-Jaber Al-Sabah and the Foreign minister Sheikh Sabah Al-Khalid Al-Hamad Al-Sabah. The Indian minister held discussions with the Kuwaiti dignitaries in the wake of ongoing security crackdowns that resulted in several thousand Indians being deported from Kuwait and a fear psychosis gripping the community.

Addressing a gathering of community representatives at the Indian embassy, the minister said, he had requested the Kuwaiti leadership to provide enough time for the expatriates overstaying, or on irregular visas, to return on their own or to regularize their stay as per the law, before undertaking rigorous security crackdown. Urging community members to wait for awhile, he said that following his discussions with the Crown Prince he strongly believed that the decisions the Kuwaiti authorities take will favor Indians.

Community members from a wide stratum of society who gathered to meet and listen to the minister expressed their dismay at the random nature of the ongoing security crackdown and narrated several harrowing experiences. The minister replied that in his talks with the authorities they had emphasized that the recent crackdown was not intended to target any specific community and that anyone who was in the country legally had nothing to worry. Stressing that security, law violations, visa and immigration matters are the sovereign rights of every nation and that other countries cannot interfere in these legal policies and procedures, the minister added that India and Kuwait have a long history of warm and friendly relations. He further pointed out that Kuwait is very liberal in its issuance of visas to Indians, which is why over 700,000 Indians are currently living in Kuwait.

Speaking on the occasion, the Indian Ambassador to Kuwait H.E. Satish C. Mehta, clarified that Indians were not being unfairly targeted by the authorities, adding, “We are very closely engaged with the Kuwaiti authorities to ensure that Indians do not face any harsh problems as a result of the ongoing security checks. The ambassador noted that the number of Indians deported in the first six months of this year were fewer than the number deported during the same period in 2012.

LuLu Exchange Launches operations in Qatar

LuLu Exchange Company W.L.L., on Wednesday opened its main branch in LuLu Hypermarket at D-Ring road, Doha. The company which is in existence since 1996 has been rebranded as “LuLu Exchange Company W.L.L” and will be managed by LuLu International Exchange L.L.C, a fast growing remittance and foreign exchange company.

His Excellency Mr. Sanjiv Arora, Indian Ambassador to the State of Qatar inaugurated the branch.

Speaking to the media at the side lines after the inauguration of the branch Mr. Yusuff Ali M.A., Managing Director of LuLu Group International, said, “This management agreement between both the parties is a bond of brand value and experience in equal measure. LuLu International Exchange which enjoys considerable brand loyalty and patronage operates out of four GCC countries out of the five and we have brought in the experience coupled with expertise to Qatar through this management agreement to serve our customers here.”

He further stated, “The years of experience that we have built over the years has made us one of the strong contenders in the business. We are proud to have introduced strict yet sophisticated compliance and AML norms in the industry and have delivered unparalleled customer satisfaction. We have tied up with the best financial institutions backed with technological proficiency with an aim to provide fast, safe and reliable service to our customers.”



“The company’s corporate slogan, “Valuing Your Trust” is the reflection of the company itself. LuLu Exchange has been successful in tirelessly delivering the best of service excellence to its customers earning their complete satisfaction and trust in the bargain. LuLu Exchange has ensured fair business practises including rigorous compliance to global anti-money laundering protocols, in the best interest of its regulators and customers. We dedicate this new branch to the service of our esteemed customers, who have always supported and encouraged us to deliver the best.” Mr. Yusuff Ali added.

Mr. Adeeb Ahamed, Managing Director of the company, said, “Bringing convenience to customers has always been a priority to us and it is this approach that has made us a favourite of customers and has helped us grow in a fast pace. It is our vision to be the first choice in financial services by setting up high standards of customer satisfaction and compliance and leverage technology to speeden remittance process and enhance customer experience. We will provide our customers a one stop shop for all their remittance and forex requirements along with our personalized and responsive services.” Amongst the dignitaries present at the occasion were the senior management of the company apart from many others.

LuLu Exchange Company has been constantly growing by garnering the trust of customers. The exchange house, well known for its customer centric approach and value-laden service provides safe, reliable and quick services for its customers to send money to their loved ones across borders. Apart from sending money, customers can also get their foreign currency exchanged at the most competitive exchange rates clubbed with personalized customer service.

With a vision & mission modelled on responsible corporate governance, LuLu Exchange Company W.L.L is all set to be the most preferred destination for retail and corporate services alike. LuLu Exchange Company W.L.L has strategic partnership with Western Union Worldwide Remittance Services, which only further guarantees that clients’ hard earned money reaches its destination in a fast and secure way.

Currently the exchange house caters to markets world over with direct online remittance arrangements to India, Bangladesh, Srilanka, Nepal, Philippines, and Indonesia.

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Reality and Obligation in Ramadan



During this Ramadan do not let the sweetness of our deeds vanish into the night, leaving only emptiness.

When one contemplates the texts on fasting, its wisdom and goals in Shariah (Islamic Law), and looks at the reality of the Muslim communities, one realizes a wide gap between reality and our obligations.

This is an attempt to present the essential causes of this gap and to suggest some remedies. Primary reason for the gap is ignorance about the goals of fasting and the wisdom behind it. Many Muslims ignore the purpose and wisdom of fasting. Fasting is done merely to conform to the social environment without contemplation. If one is not aware of the divine wisdom of Shariah (Islamic Law) and its fruits in this world and in the hereafter, one will not apply it in the right way.

Goals of Ramadan Fasting:

Achieving piety (Taqwa): is one of the most important wisdom of fasting. Fasting brings on Taqwa as it lessens the desire of the stomach and mutes the sexual appetite. Whoever fasts frequently would overcome these two desires more easily. This deters against committing abominations and sins and assists in controlling life leading to Taqwa.

Strengthening willpower and acquiring patience: Holy Prophet Muhammad (pbuh) called Ramadan the month of patience as it increases one's will power to control his desire and the selfishness of his soul. This training allows him to be strong in following Allah's commands. The person trains himself to be patient in obeying Allah by stopping at the limits set by Allah both by way of action and abstention. Allah said: "These are the limits set by Allah, so approach them not." (Holy Quran 2:187)

Fasting is pure worship: The fact that he is abstaining from food and drink both in public and in secret shows his honest faith and strong love of Allah and his knowledge and feeling that Allah is all-knowing of everything. For this reason Allah has made the reward for fasting greater than for any other type of worship.

Relieving Muslims from life's distractions: Eating, drinking, and socializing all distract a person and weaken ties with Allah. It is by the Mercy of Allah that Muslims are ordered to fast so as not to be bothered by the intrusion of these activities. Nor by the thought about them nor the anticipation for them when devoting themselves to the all types of worship either reading the Holy Quran, offering additional prayer or making Itikaf. For this reason Holy Prophet Muhammad (pbuh) said: "Fasting is a shield and a secure fortress against Hell fire" (Related by Ahmad)

Discovering Allah's Blessings: During fasting a person experiences the hardship of the poor and he should then be thankful to Allah who has blessed him with His bounty, while others are deprived. This should make him more sympathetic and willing to share this bounty. The poor rediscovers that fasting helps a person be more devoted to worship, more able to concentrate and meditate. He should then be able of this devotion all year long, a blessing he should thank Allah for.

Acquiring strength and endurance: It has been discovered that depriving the body of food for a period of time helps its defense and endurance mechanism. This in turn protects the body from certain diseases.

Common errors made during Ramadan:

Excessive spending: Ramadan should be a time to avoid being wasteful, and learning to be prepared in facing harder times by distinguishing the needs from the luxuries. Unfortunately, many people go beyond their limits to spend during Ramadan, whether in the varieties of food that they savor each night, or by the other types of spending.

Staying awake during the night and sleeping during the day: Some people sleep during most of the day when they are fasting. Ramadan is not a time of being lazy, and this does not allow the full benefit from the experience of fasting. It is as if they have only inverted their nights into days and vice versa. In addition, some may spend a great portion of the night indulging in eating and drinking and socializing.

Spending more time in socializing: Because people invite each other more often during Ramadan they do tend to spend more time socializing with friends, and relatives. While it is a good deed to feed the fasting person, this should not result in precious time lost in vain talk. Instead, use the occasion for remembering Allah and offering additional prayers.

Reading Holy Quran too fast: Some insist on finishing the whole Holy Quran once or more, even if they have to read very fast. Although reading the Holy Quran many times is desirable, this should not be done hastily, without pondering upon its meaning. Allah said: "This is a Book which We have sent down to you, full of blessings that they may ponder over its verses." (Holy Quran 38:29)

Socializing in Itikaf: Many people are eager to do Itikaf, but some confine themselves in the Masjid not to pray and worship Allah, but to talk and socialize with others.

The ways of doing good are numerous in Ramadan. Many people try to perform more than they are able to. By going beyond their capabilities, they end up not performing any deed in the desired way.

Scholars and Preachers should assume a more prominent role in educating the people - both by talking to them and by giving the best example in their behavior which should comply to the Shariah (Islamic Law) and following the Sunnah.

The Muslim should realize that his priorities dictate that he does what benefits him in the Hereafter and should not put worldly interests first.

The Muslim should apply himself to deepen his sense of following the Sunnah of Holy Prophet Muhammad (pubh), in every aspect of his life, at all times and especially during the month of Ramadan. This necessitates seeking more knowledge about the Fiqh of fasting and its etiquette, assimilating the wisdom and goals of fasting, and facilitating the means that allow all the Muslims to benefit from their fasting.

Bake sambousek in a 250°C preheated oven for 13-15 minutes or until it becomes golden brown in color. Remove from oven and serve immediately.

Chicken and Vegetable Sambousek

Ingredients:

For the dough:
420g plain flour
1 tablespoon sugar
1½ teaspoons salt
4 tablespoons vegetable oil
1 tablespoon yeast, dissolved in 4 tablespoons warm water
185ml water

For the stuffing:
2 tablespoons vegetable oil
1 small onion, diced to small pieces
250g chicken, minced
1 medium baby zucchini, diced to small pieces
1 small green capsicum pepper, diced to small pieces
1 baby eggplants, diced to small pieces
1 medium tomatoes, peeled and chopped
1 tablespoon tomato paste
2 cubes Chicken Bouillon, crumbled
2 tablespoons pine seeds, toasted
¼ teaspoon ground black pepper
½ teaspoon seven spices



Preparation

Place flour in a deep bowl; add sugar, salt, oil and mix well with your fingertips until it resembles fine breadcrumbs.

Add the dissolved yeast and mix. Gradually add little quantities of water and mix thoroughly until a dough forms. Cover with kitchen cloth and set aside for 30 minutes.

Meanwhile heat the oil in saucepan and sauté onion for 2 minutes then add minced chicken and stir until chicken is cooked then add the baby zucchini, capsicum and eggplant and stir over a medium heat for 5 minutes or until vegetables are almost tender. Add the tomato, tomato paste and the crumbled Chicken Bouillon cubes. Stir and cook for 5 minutes or until all vegetables are well cooked and liquid is almost steamed. Add pine seeds and spices. Stir and remove from heat.

Roll the dough into round 3 millimeters thin pastry and using a medium size cup or dough cutter, cut round pieces of the dough. Place one tablespoon of the stuffing in the center of each piece of dough, and seal the edges by twisting them or pressing with fork.

Place the stuffed sambousek in a greased oven tray, leaving around 1cm space between each piece and place them in a warm area for 30 minutes or until stuffed sambousek dough rise up.

Our branches

Hawally	Sharq	Fahaheel	Farwaniya	Salmiya 1	Sharm El-Sheikh
22626782	22425131	23911174	24726126 / 7	25722223	+20693604548
22626783 /4	22425132	23911175	24740003 / 4	25722224	
Al-Rayan	Jahra	Fintas	Salmiya 2	Marina Mall	
23911174	24565111 / 222	23900026	25729292	22244523	
23911175	24565333	23900027	25729293		

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IBC hosts Dr. Ahluwalia

Indian Business council, IBC, hosted a reception for visiting dignitary Dr Montek Singh Ahluwalia, the Deputy Chairman, Planning Commission of India and accompanying delegation. Dr Montek Singh Ahluwalia visited Kuwait along with a high level delegation from India for a two day official visit to bolster economic relations.

The reception hosted by IBC comprised of its members and prominent Indian community members and was held at the Marafie Grand Ballroom at Radisson Blu Hotel.

IBC Chairman S.K. Wadhawan, welcomed Dr Montek Singh Ahluwalia and the accompanying delegation along with the distinguished guests to the gathering. Indian Ambassador to Kuwait HE Satish C Mehta also spoke on the occasion. He emphasized on the importance of interaction between the Indian and Kuwaiti Business communities, who have long standing business and cultural ties.



Dr Montek Singh Ahluwalia said that the current economic slowdown is not exclusive to India, but the whole world is facing the slowdown. "You should always take a long term view with respect to investment", he said. Growth last year and this year slow downed in the whole world, by contrast our performance is much better, he said.

Red tape daunts new airline hubs in Middle East

The chairman of Kuwait's Jazeera Airways said he would like to set up additional hubs around the Middle East for the low-cost carrier but the amount of red tape involved means the risks are too high.

"Having other locations is good but let's not forget that the challenges and risks entangled in our part of the world is so high that you won't risk your investors' money on that," said Marwan Boodai, chairman of Jazeera Airways in a recent interview.

While UAE low cost carrier Air Arabia has its main hub in Sharjah, it has launched subsidiaries in Egypt and Morocco. By comparison, Irish low-cost carrier Ryanair has been able to set up around 50 bases around Europe, in addition to its main hub in Ireland, due to the easier regulatory environment in Europe.

"If you compare to Easyjet or Ryanair, you can easily open up in Europe and get yourself a base in Marseille or other parts of Europe," Boodai said. "In the Middle East, we still don't have the regulatory framework that allows us to freely open up and obtain local AOCs (Air Operators Certificates) on subsidiaries. It becomes so complex, so we decided to shelter Jazeera Airways completely from any hubbing, or other operations, unless the regulation changes."

Instead, the airline is focusing on boosting its capacity and this month announced plans to add 61 flights to its summer schedule. The extra flights will increase frequency of routes servicing Jeddah, Dubai, Amman; Luxor, Assiut and Sohag in Egypt; Al Najaf in Iraq and Mashhad in Iran.

Jazeera Airways, which is listed on the Kuwait Stock Exchange, last year carried 1.1m passengers.

Meanwhile, the chairman confirmed that Jazeera Airways is planning to buy new aircraft in 2014. To date, the carrier has taken delivery of 13 Airbus A320s since 2005, as part of an order for 15 aircraft. The two remaining aircraft are scheduled to be delivered in October 2013 and May 2014 and the airline will then look to purchase more jets in order to push its fleet size above 20 aircraft.

Last month, the airline announced it had secured funding worth $90m for future aircraft purchases with the National Bank of Kuwait (NBK) and DVB Bank. The loan, which has a 12-year



term, aims to fund the purchase of three new Airbus A320 aircraft. "This financing trance will take us up to the last aircraft on order right now... Above that we have cash on our balance sheet of about $130m, that's more than our paid up capital so for the time being Jazeera is cash rich and we don't see any further financing for the foreseeable future before our next aircraft purchases," he said. The airline more than tripled its net profit in the first quarter of 2013, reporting its best Q1 performance on record. Revenue of KD14.7m ($51.4m) represented a 15.7 percent increase compared to Q1 last year while net profit rose to KD3.6m, up 229.4 percent.

Abu Dhabi's SWF said to eye $200m Indian buys

Abu Dhabi Investment Authority (ADIA) plans to invest about $200m in Indian real estate, two sources said, underscoring a trend for large Gulf sovereign wealth funds to diversify away from traditional developed markets such as Europe.

ADIA, which manages the surpluses the Gulf emirate earns from oil exports, has appointed Kotak Realty Fund, run by Kotak Mahindra Bank Ltd, to invest the money, one of the sources familiar with the matter said. Earlier this month, Oman's State General Reserve Fund and the Government of Singapore Investment Corp (GIC) and Temasek committed to invest $200m in a real estate fund run by India's biggest mortgage lender, Housing Development Finance Corporation.

In May, Qatar paid $1.26bn for a 5 percent stake in Indian telecoms firm Bharti Airtel Ltd, the world's fourth-biggest mobile phone company by customers.

India's finance minister P Chidambaram visited the Gulf region in May for the second time in two months seeking investment in Asia's third-largest economy.

ADIA has investments of about $400-$500m in India which includes an 11.22 percent stake in Infrastructure Leasing & Financial Services and a $50m investment in Red Fort Capital, a real estate private equity fund.

Kotak's appointment comes a little over a year after ADIA hired an India-dedicated investment manager for real estate and infrastructure to look at direct investment opportunities in the country.

ADIA, whose assets range from Citigroup bonds to a stake in Britain's Gatwick airport, allocates between 5 to 10 percent of its portfolio to real estate and prefers to invest mainly through third-party fund managers or joint venture agreements. The sovereign fund's real estate portfolio is widely believed to be skewed towards developed countries but it said in its review it is seeking more investments in emerging markets.



Condolence

Mr.Victor Ronald D'souza (Ronny)

born on 13th April, 1959

Working at Kuwait Flour Mills
passed away in Kuwait on
Tuesday, 9th July 2013



Our heartfelt condolences to his bereaved wife
Mrs. Sybil D'souza, daughter Rachel & son Shannon.

May His Soul Rest In Peace.

From his dear Family members ,Friends and Office Staff.

Young designer Sara Karami fuses vivid colors, flamboyant textiles and dramatic designs

Ricky Laxa
Staff writer

Fashion in its truest sense reflects a woman's environment, traditions, heritage and culture and in locales like Kuwait where dress codes are non-existent, designers draw fresh inspirations from its neighbors, the West as well as the Far East. Sara Karami, a designer enriched by her Indian and Iranian heritages, has been known for her bold colors, flowing materials, rich



fabrics and innovative style earned her a following in Kuwait's fashion market. Sara Karami speaks to The Times.

Kindly tell us something about yourself

Sara: I was born and raised in Kuwait, my father is Iranian and mother is Indian. I am a qualified graphic designer. Two years back I realized that I could not stay behind my computer but the needed to interact with people and such urged me to engage in fashion. It's been five years now since



Sara Karami spends time entertaining clients and customers at Beit Al-Cedra, where her collections are currently exhibited.

I started my very own label "Just Jazz Just Sara".

How and when did your interest in fashion begin?

Sara: Five years ago I started mix matching textiles with inspirations from other designers and my knowledge and experience in graphic designing helped a lot. I have had series of exhibitions and fashion shows s well as invitations to showcase my creations.

What obstacles did you have to go through?

Sara: Not much really but the time element; I used to look at fashion based on what I thought look good but it took a while for me to adjust to local fashion influence.

How did the name "Just Jazz, Just Sara" come about?

Sara: It's my mom's recommendation; she suggested that a name has to describe me as a designer. Jazz is about music and expresses my love for it and Sara is my name, so it's all about me really. The fashion label speaks about prolific matches of colors, no two items are identical and "Daraas" with heavy brocaded top are what the fashion label is.

If you have to dress up a celebrity, who would it be?

Sara: I believe the local women of Kuwait since my designs are made for them in particular during the month of Ramadan. I am glad that they are satisfied and return to seek advices and choose my creations.

Where can interested clients view and purchase your creations?

Sara: For the month of Ramadan, my collections are available at Beit Al-Cedra located near Al;-Amiri Hospital.

They can follow me in Facebook; Just Jazz Just Sara and Instagram: justjazzjustsara.

How do you want to be remembered as a designer?

Sara: I wanted to be remembered through my unique mix and match designs and rare textiles, which could not be found in ordinary places.

Your message to your designers.

Sara: Follow your dream, make it your passion and don't give up.



Some of the designs of Sara Karami

Share a touch of love this Ramadan

Arijut Ghose, Managing Director, General Management – Unilever Gulf, speaks to The Times about the company's innovative annual community campaign across the GCC.

'Share A Touch Of Love this Ramadan' with Comfort Creations is a clothes donation campaign across the UAE, Kuwait and Oman, that encourages the people of the GCC to donate clothes to those less fortunate during the Holy Month, said Mr. Ghose. He added, "This is the fourth consecutive year that we are rolling out our annual community campaign across the GCC. Our donation campaign that started with two malls in UAE has now grown to six malls across UAE, Kuwait and Oman.

Elaborating on the company's partners in the campaign, Mr. Ghose said, "We are partnering with three separate charities, according to country. For the UAE, we're partnering with Red Crescent for the 4th year; for Kuwait, we're partnering with Layan and in Oman, our partners are Dar Al Attaa.

Explaining the genesis behind the campaign Mr. Ghose stated, "Comfort is a family-driven brand, and its key audience are mothers who want only the best for their family —which not only includes doing the best for them personally, but also doing the best for others, particularly in this Holy month of Ramadan. This campaign encourages people to donate and help those less fortunate as part of their Ramadan charitable acts. Moreover, there is a natural synergy between Comfort as



a leading fabric conditioner and the concept of a clothes donation stand – so this is a way for Unilever to activate their ongoing initiatives and get directly involved with their immediate communities.

The Managing Director also noted that in addition to all related costs of the campaign, Unilever/Comfort would be donating a combined total of US$ 10,000 to their supporting charities.



Police brutality on the rise

Continued from Page 1

One took her mobile number and called while she was at work. By mistake one of the policemen dropped his cuffs that further helped in identifying the officials who were at on duty that day as well as the phone number registered. Three perpetrators were arrested and currently facing legal charges filed by the Philippine Embassy.

Another prominent case published was a fitness instructor working for a local female gym in Khaldiya who reported being attacked by a police stationed in the premises of "Baladia" of Health Municipality in Sharq. The Filipina fitness instructor told The Times that she along with other Romanian instructors were brought by their "Mandoob" or company representative to the Baladia office to renew their papers, after sometime since she could speak Arabic, she spoke to her mandoob that resulted to a light argument. After two hours, The Egyptian mandoob retuned with a police who demanded to talk to her, thinking that their papers were ready, she followed them. The police however asked her as to why she was creating a problem, the instructress was appalled with the rude and harsh reaction of the policeman, however the instructress explained that there is no such incident, the police in turn grabbed and picked her up from her head and dragged her down a steep staircase. It took a minute of tow when screams and were heard that panicked her colleagues to see the commotion. They rushed down and saw their Filipina colleague in a sofa, unconscious and bloodied. Cleaners were asked to clean the crime scene immediately in an attempt to conceal the crime. They were not allowed to get near her but later asked to accompany in the ambulance where she was able to tell recounts of her ordeal before she passed out. The Filipina instructor suffered a broken knee that require major operation, broken wrists and head trauma. The witnesses have positively identified the policeman and the Egyptian mandoob of the company who still works in the gym transporting female instructors to and from work. Amidst assurances given by her gym owners to fully support her. The Filipina instructor worries as to how she can still work in such condition since her arms and legs are her tools in teaching aerobics. Medical reports have been submitted to the Philippine Embassy and preparations are being done with lawyers assigned in filing the case and initiate arrest on her attackers.



Charges D' Affaires of the Philippine Embassy Atty. Raul Dado



Filipina fitness instructor currently confined in a hospital recovering from broken knee, wrists, head and facial trauma.



Another incident was reported to the Times two days back by the head of the Assistant to the Nationals Mar Hassan that another Filipina domestic helper was reported by her Lebanese employer to the embassy that two policemen on patrol beat her house helper and left her on the road bloodied. According to the report, the Filipina worker was about to throw garbage when two policemen called her, fearing for her safety since news of police abusing and beating up Filipina women were circulating she ran towards apartment where her employer was. The police caught up and commenced beating her, the employer ran down to aid her maid and explained that she is legal and she has papers to prove. However, the police told her to stay out or she will suffer the same fate. The police took her to the car, the employer took the documents to prove her househelper's legal status and she proceeded to Salwa police station. The Lebanese employer arrived but did not find the policemen and her maid instead after sometime; the two policemen arrived and told her that her maid is home. She rushed back and found her maid badly bruised. The Filipina claimed that she was beaten up by the two policemen. They wanted to file the case in the same police station in Salwa but were asked to return few times.

The police refused to accept the case for no reason causing the employer to doubt if the police were trying to protect an official who caused the crime. The employer then sought the assistance of the Philippine Embassy, which immediately assigned lawyers to look after her case. "The Philippine Embassy has sworn to protect its nationals' interest, welfare, rights and safety and we are confident that Kuwait justice upholds its integrity and respect for human rights. We thank them for quick actions and response in taking action to their commitments and we are grateful," commented Charges D' Affaires Atty. Raul Dado.

Most of these incidences along with other cases of civilians posing as local authorities posted on social media channels have gone viral that have caught the attention of international and local human rights lawyers who have offered their services free to defend the victims in Kuwait court. "What do these people think when they commit these crimes? That this country is a jungle and that there are no laws and repercussion to what they do to people? The most terrifying thing is if they can commit such crime to foreigners without remorse what about to us in time it can happen," commented Human Rights lawyer Sheikah Fauziah Al-Sabah.



Sexually abused by two policemen and Egyptian national, Filipina victim speaks to local media.

Kuwait ranks highest in obesity among GCC states

Continued from Page 1

Ministry of Health officials recommended measures to cut fees at private hospitals and medical facilities. A final decision is expected to be made by Minister of Health Dr -Haywf. Kuwaiti citizens and expats are often forced to attend private medical centers because free or low cost government facilities are notorious for long queues, limited privacy and extended waiting hours.

The private facilities are significantly more expensive, with patients usually charged simply to open a file, as reported. The government recently launched a trial to segregate expats and nationals at public hospitals and clinics in a bid to reduce waiting times for citizens.

During the six-month trial, Kuwaitis will be given priority for medical checkups during the morning hours, with expats only able to access doctors in the afternoon, unless it is an emergency.

Embassy Updates

Togo Embassy Ramadan Timings: During the holy month of Ramadan, Togo Embassy will be open to the public Sunday through Thursday from 9:00am to 2:00pm.

Pakistan Embassy Ramadan Timings: During the holy month of Ramadan Al-Karim, the office timings of the Embassy of Islamic Republic of Pakistan would be from 8:00am to 2:00pm. The Consular Services would also be available during the office timings.

Russia Embassy Facebook site: The Embassy of Russia has launched its official page on Facebook social network which can be found by following address: http://www.facebook.com/RussianEmbassyKuwait.

All necessary information about Russia, bilateral relations between Russia and Kuwait and information for those who are going to apply visa can be found there. Please don't hesitate to contact us if you have any questions. We will be happy to help you.

Liberia Embassy Notice: The Embassy of the Republic of Liberia would like to inform the public that the opening hours and contact information for consular activities are as follows: Opening hours for the public: Consular Matters (Issuance of Visa and other Consular matters): the opening hours are from Sunday to Thursday from 10am to 2pm.

Working hours: Monday to Thursday from 8:30 am to 4:00pm ; Sunday, they are 9am to 2pm.

The Embassy is located at Al-Zahra'a, Block: 8, Street: 807, Villa: 162/7. Contact info: Telephone: 25249734/5, Fax: 25249733 or E-mail: liberiaembassy.kuwait@yahoo.com.

S.African Embassy Ramadan Timings: During the Holy month of Ramadan, the South African Embassy will be open to the public, Sunday through Thursday from 9am to 2pm. Please note that the Consular Section operation hours will be from 9:30am to 12pm, Sunday through Thursday.

Indian Embassy online visa: Foreigners requiring visas for India need to apply it online w.e.f June 16, 2013. Applicants may log on to the public portal at www.indianvisaonline.gov.in. After successful online submission, the hard copy, so generated, has to be signed by the applicant and submitted with supporting documents in accordance with the type of visa along with the applicable fee in cash at any of the two outsources centers at Shraq or Fahaheel.

It is essential that applicants fill in their personal details as exactly available in their passports. Mismatch of any of the personal details would lead to non-acceptance of the application. Fees once paid are non-refundable. All children would have to obtain a separate visa on their respective passports.

India Embassy Helpline: The Embassy would like to request Indian expatriates to ensure that they abide by all local laws, rules and regulations regarding Residency, Traffic and other matters. It would be prudent to always carry Civil ID and other relevant documents such as Driving License, etc. In case, an Indian expatriate encounters any improper treatment during checking, it may be conveyed immediately with full details and contact particulars to the Embassy at the following: Phone No: 67623639. E-mail Id: consularhelp@indembkwt.org.

The authorities in Kuwait have conveyed that strict instructions have been issued to ensure that there is no harassment or improper treatment of expatriates by those undertaking checking. They have also said that should there be any complaint; the same could be conveyed to the Operations Department, Ministry of Interior as the following numbers: Fax: 22435580 Tel: 24768146/25200334.

Pakistan Embassy hotline: The Embassy of Islamic Republic of Pakistan has setup the following hotline contacts to facilitate and help out the Pakistani expatriates regarding the ongoing checking process initiated by the local authorities; Phone number: 60768007, 66850287. The community members can convey their complaints and seek help on the above mentioned contacts anytime in care they feel they are being unjustly treated during checking.

The embassy also requests the community to ensure strict compliance of the rules. Always carry your Civil ID and other relevant documents. Work for your designated sponsor (Kafeel) only. Never drive without license and strictly follow the residency and traffic regulations.

Botswana Embassy website launch: This is to announce that the Embassy of the Republic of Botswana is launching the website www.botswanagulf.com. The site has information on investment, trade, tourism and general views. Those interested to follow up on any issue can contact the Embassy at the following e-mail addresses: mplesctedi@gov.bw, mmabutho@gov.bw.

Embassy information and press releases can be addressed to the editor via email on info@timeskuwait.com

Military spending in Middle-East accelerates



The Middle-East region accelerated military spending by 8.3 percent over the course of 2012 despite an overall slowdown in global military expenditure last year, according to the Stockholm International Peace Research Institute (SIPRI).

Oman increased its expenditure by 51 percent in 2012, the largest hike posted by any country, while Kuwait's defense budget increased by 10 percent.

In Saudi Arabia, spending rose by 12 percent. The Stockholm agency put the kingdom's military expenditure at $56.7 billion last year, and estimated that spending had risen by 111 percent over the last decade. It is the world's seventh biggest spender in military terms, with 3.6 percent of global expenditure.

SIPRI said that the total figure for the Middle East was uncertain due to a lack of data from the UAE, Qatar and Syria. Both the UAE and Qatar are expanding their armed forces considerably, investing in missile defense systems, combat aircraft and naval vessels.

In North Africa, where several countries are modernizing their armed forces and attempting to combat the resurgence of Islamist groups in the Sahel, spending rose by 7.8 percent.

The Middle East and North Africa are the only two regions of the world in which the rate of military spending has accelerated over the period 2003-2012. SIPRI said that reasons for this could include "higher oil prices, tensions between the Gulf states and Iran, and possibly the effects of the Arab Spring".

Overall global spending dropped by 0.5 percent last year to $1.75 trillion, the first fall since 1998. The decrease was largely driven by spending cuts in the US and Europe, as well as in Australia, Canada and Japan.

"We are seeing what may be the beginning of a shift in the balance of world military spending from the rich Western countries to emerging regions, as austerity policies and the drawdown in Afghanistan reduce spending in the former, while economic growth funds continuing increases elsewhere,' said Sam Perlo-Freeman, Director of SIPRI's Military Expenditure and Arms Production Program.

US expenditure fell by 6 percent in real terms last year, and the superpower's share of world military spending dropped below 40 percent for the first time since the collapse of the Soviet Union. Notable increases in military spending last year came in Russia (up 16 percent), Venezuela (up 43 percent) and Ukraine (up 24 percent).

Al Jazeera a mouthpiece for Egypt's Islamists



On July 3, hours after the military putsch that ousted Mohamed Morsy's government from power in Egypt following days of protests, attention turned to Al Jazeera, the Muslim Brotherhood's media enablers. Egyptian security forces raided Al Jazeera's office in Cairo — along with those of other Islamist-leaning channels — detained several staff members, and took the channels off the air.

A number of Egyptian expatriates have since petitioned the military-appointed interim president, Adly Mansour, to cancel Al Jazeera's license and block it from broadcasting on the Egyptian-owned satellite operator Nilesat. Cairo's prosecutor general also issued an arrest warrant for Al Jazeera's Cairo bureau chief, Abdel Fattah Fayed.

Qatar, Al Jazeera's home country and financial patron, gave billions of dollars in aid to Morsy's government in the past year and has been accused of supporting regional Islamist movements, much to the chagrin of neighboring Arab states. At the height of the Egyptian uprising against the Brotherhood on June 30, Al Jazeera disregarded the protests and instead aired an interview with a Syrian dissident — as well as soccer training updates.

Al Jazeera's bias is often glaring, like in June 2012, when it aired a report claiming that Morsy deserved a military salute simply because his wife asked to be called "Um Ahmed" instead of the first lady. This week, it didn't win any sympathy from non-Brotherhood Egyptians with a controversial report headlined "US bankrolled anti-Morsi activists," which declined to mention that many of the civil society organizations it cited received funds even during Hosni Mubarak's era.

To Al Jazeera's twisted coverage of events, Egyptians reacted with rage. On July 8, leaflets featuring a hand dripping with blood were dropped outside the network's Cairo office. Even journalists showed their frustration. At a news conference held by spokesmen for Egypt's Interior Ministry, also on July 8, Egyptian journalists were heard chanting "Barra! Barra!" or "Out! Out!" at Al Jazeera's bureau chief. The journalists accused the network of broadcasting images from the Syrian civil war, alleging they had taken place in Egypt.

That same day, 22 staff members of Al Jazeera's Egypt channel resigned "over what they alleged was coverage that was out of sync with real events in Egypt."

Al Jazeera in the past positioned itself as the 'resistance' channel in the region. In 2011, it became the 'Arab spring' channel. Today, unfortunately, Al Jazeera Arabic is the 'state channel' of the Muslim Brotherhood across the Arab region.

As it prepares for the launch of its US channel later this year, Al Jazeera remains a network staffed largely by good journalists, but run by a shortsighted and biased administration. One of the first steps Qatar's young new emir took upon succeeding his father was to replace Al Jazeera's Director-General, who was a member of the ruling family. Perhaps the new replacement will be able to save the channel at this critical time.

MidEast buyers drive global property markets

According to a new report by Jones Lang LaSalle, the global real estate services firm, Middle Eastern investors are continuing to play an active part in real estate investment markets globally with transactions in many of the world's largest cities. The report said buyers from the region were demonstrating their ability to deploy large amounts of capital for the right opportunities.

Fadi Moussalli, head of the International Capital Group in the Middle East said: "With inflows from relatively high oil prices continuing to provide a consistent source of capital, the opportunities provided by commercial real estate are very attractive for investors from the Middle East at the moment.

"We continue to see capital move from the Middle East to Europe and the United States in particular. Whenever good, quality core assets are on the market, investors are attracted by the consistent income flow and possibility of longer term capital growth."



Global commercial real estate markets continued to rally in 2013 with transaction volumes in H1 up 11 percent on H1 2012, Jones Lang LaSalle's capital markets research said.

The research, which spans 60 countries and over 130 cities worldwide, said direct commercial real estate investment volumes in Q2 reached $114bn globally, up four percent on Q2 2012 and up nine percent on the previous quarter.

Continued strong growth in Q2 has kept global volumes above $100bn for five consecutive quarters, evidencing increasing investor confidence in commercial real estate, despite volatility in equity and bond markets, the report said.

The largest markets globally continued to see growth over the first half of the year with Japan (up 50 percent), Australia (up 10 percent), UK (up four percent), Germany (up 43 percent), France (up six percent) all recording half year increases compared to H1 2012. Only China (down 20 percent) saw transaction volumes fall in the first half.

Jones Lang LaSalle's forecasts for the remainder of 2013 investments to remain at between $450-500bn.

The World's Highest Paid Actors

The 10 highest paid actors, chosen based purely on salary, features big well known celebrity names in the business like Tom Cruise, Leonardo Di Caprio and Adam Sandler, but also included are those that have been wise to forego a huge chunk of their salaries in return for a percentage of the film's profits. After all, they can probably earn a lot more by getting a slice of the movie's merchandising. And if the movie proves to be timeless, they can keep earning for years on end. Imagine if Humphrey Bogart had struck a similar kind of deal for "Casablanca". Here is a list of the top 10 highest paid actors in the world, totaling their income and slice of the profits earned.

1 Tom Cruise



Cruise had his big break with "Risky Business", which earned him his first Golden Globe nomination. His next big hits were the 1986 film "Top Gun", which grossed $356 million worldwide and 1989's "Rain Man", which won four Academy Awards. Cruise's first Oscar nomination came a year later with Born on the "Fourth of July", followed by a Golden Globe nomination for "A Few Good Men". Cruise's second and third Academy Award nominations came with the critically and commercially successful films "Jerry Maguire" and "Magnolia", for which he received a Golden Globe Award. To date, over twenty of Cruise's films have grossed well over $100 million worldwide. His action flick "Jack Reacher" ended up in solid shape with a $216.6 million global tally.

2 Leonardo Dicaprio



It was the 1997 film Titanic by James Cameron, a record-breaking, multi-award winning film that secured DiCaprio as a leading man. The actor moved forward with a string of successful movies, including Steven Spielberg's "Catch Me if You Can" (grossed $352 million worldwide), Christopher Nolan's "Inception" and the award-winning film "Revolutionary Road". He has starred in several films by acclaimed director Martin Scorsese: "Gangs of New York" (grossed $193.7 million worldwide), "The Aviator" (grossed $211.7 million worldwide) and "The Departed" ($289 million worldwide). Leonardo DiCaprio reportedly earned $37 million, which puts him second on the list.

3 Adam Sandler



Adam Sandler, can ask for a big paycheck simply because of his cult following and his humor that has been known to full up seats - regardless of how terrible the reviews the movie receives. It is hard to take Adam Sandler seriously in his films, but as a businessman, this Brooklyn native knows what he's doing. While he might portray a childish adult in favorites like "Big Daddy" and "Water Boy," Sandler has offered Hollywood an even greater contribution than in his films with his production skills. Creating a comedic group like that of the Rat Pack with his clan of comedians for films like "Grown Ups," and "You Don't Mess with the Zohan," Sandler offers a lot to the world of comedy and is paid $37 million.

4 Dwayne Johnson



From a career as a wrestler, Dwayne Johnson made a successful move to Hollywood with numerous hits that pushed him to the ranks of the top earning actors in the film industry. The film franchise "Fast and Furious", especially the "Fast Five" which grossed $626 million worldwide, were his hot ticket items. His wealth comes from over a decade of professional wrestling as well as a lucrative acting career. He was paid $5.5 million for his first starring movie role: "The Scorpion King". This was a world record for the most money ever paid to a newcomer. And as bounty hunter Beck in the "Rundown" he was paid about $12.5 million and a cool $15 million for starring in "Walking Tall". He got on the list for being worth $36 million.

5 Ben Stiller



The actor has been in the industry for decades, but made a name for himself in 1998 with the comedy "There's Something About Mary". This led to another set of impeccably played comedic gems like "Meet the Parents," "Meet the Fockers" and "Zoolander." Stiller is one of the highest-paid comedians in Hollywood, with his animated franchise, "Madagascar" grossing $1.6 billion at the global box office. While Ben Stiller has sporadically stayed in the limelight for years, it's his roles behind the scenes that have managed to keep him at the top of the list. With his work as a producer, writer and director, Stiller will continue to purvey films with his infectious comedic sense. With earnings around $33 million, he is a high-powered name in Hollywood.

6 Sacha Baron Cohen



Sacha Baron Cohen has become Britain's highest-paid Hollywood star, banked over $30 million in 2012 after receiving box office success with 'The Dictator' and 'Les Miserables'. Cohen added to his earnings, voicing the lemur King Julien in 'Madagascar 3' and his role as Inspector Gustave in the 11-time Oscar-winning film, "Hugo,", helped him earn more than fellow countryman Robert Pattinson. Having first gained success as spoof character Ali G, Cohen went on to enjoy critical acclaim with his controversial comedies 'Borat' and 'Bruno'. He was honored with an 'Outstanding Achievement to Comedy' prize at the British Comedy Awards in December. With a figure of little more than $30 million, Cohen is sixth on the list.

7 Johnny Depp



He's a man of little words, and even less media time – but that personality trait hasn't deprived Johnny Depp of fame. With his catalog of A-list films, bizarre roles in Tim Burton's films and his distinctive charisma that worked for performances in "Rango" and the recent, "The Lone Ranger", Johnny Depp is one of Hollywood's highest paid actors. The actor earned $74.4 million for portraying the Mad Hatter in Tim Burton's 3-D version of "Alice in Wonderland". The Disney film grossed $1 billion at the worldwide box office, making Depp the only actor to headline two $1 billion films, the other being Pirates of the Caribbean. He is on the list for his $30 million pay check.

8 Will Smith



In 2011, it looked like the actor's spectacular career was winding down. Suddenly, he was back on top, Smith was announced as one of the highest-paid actor in the world, pulling in an astonishing $46 million between June 2012 and June 2013, a nearly $20 million lead over his closest competition. Will Smith bags the number eight spot on account of delivering a comeback performance in 'Men in Black 3' that gained $600 million in the box office, and for his income that amounts to $30 million. His other movies include "After Earth", "Seven Pounds" and "Hancock".

9 Mark Wahlberg



Wahlberg's popularity has grown to make him one of Hollywood's most desirable actors. He has proved he can triumph in serious roles, adding depth to the character Micky Ward in 'The Fighter'. On the big screen, he earned a second Oscar nomination as the producer of "The Fighter" and also produced his 2012 film "Contraband" and new film "Broken City". Funny can be his forte as proof from the comedy, 'Ted', a box office hit earning $54 million opening weekend. The star ventured into entrepreneurship with the launch of a burger restaurant - "Wahlburgers" - near his native Boston which he opened with Donnie, and in 2012 unveiled a line of sports nutrition supplements. Though he is mostly recognized for his great skills and screen presence, he has been named a high earner with earnings of $27 million.

10 Robert Pattinson



Robert Pattinson has been named one of the highest paid British actors in Hollywood, raking in a whopping $26.5 million. Rob's high earnings were largely due to his role as vampire Edward Cullen in the hugely successful 'Breaking Dawn' - a two-part film that spells the end of The Twilight Saga. He was paid $12.4 million for each part of Breaking Dawn, as well as $1 million in film revenue dues for the three previous films in the series. Rob also raked in $1.4 million for his role in the literary adaptation 'Water For Elephants" co-starring Reese Witherspoon. "Cosmopolis" and "Bel Ami" were some of his other movies.

Ten Travel Facts from Around The World



Mount Everest: This stunning snow-dusted peak on the Nepal–Tibet border at around 8850m is the highest point on earth. It is more than ten times the height of the world's tallest man-made structure, the Bruj Khalifa in Dubai. And, not satisfied with that record, Everest is still growing at an estimated 4mm a year, pushed ever upwards by the immense pressure from the upward thrust of opposing tectonic plates below. The marine limestone rock that forms the summit of Everest was deposited on the seafloor around 450 million years ago. This year marked the 60th anniversary of the conquest of Mt. Everest by Sir Edmund Hillary and Tenzing Norgay in 1953. Since then, close to 700 people has successfully ascended the summit; ironically, the man after whom the peak was named in 1856, George Everest, a retired Surveyor General of British India, had never even seen the mountain.

Mexico City: While Everest is rising, Mexico City seems to be sinking. The capital of this Latin American country is 'going down' at an average rate of 10cm a year, or more than a meter in a decade, which is ten times faster than Venice, the city that is slowly sinking into the marshy Venetian lagoon. Evidence of Mexico City's relatively rapid sinking are visible everywhere; in numerous cracked pavements and building walls, balconies at odd angles and the two dozen extra steps that have been added to reach the city's iconic Angel of Independence monument. More than 500 years ago the Aztecs built Mexico City on an island in the middle of a lake. The Spanish Conquistadors who came in the 16th century soon drained the lake and began building on the lake bed. Today, the more 20 million people who inhabit the capital depend on water pumped out from subterranean water reserves below the lake. With a city built on a soft lake bed and with citizens who continue to deplete its water reservoirs, the result is a sinking city.



Vatican City: Visitors to Vatican City should allow themselves to be drowned in a profusion of Antiquity, Medieval, Renaissance, Baroque, Modern, sophisticated and the mundane, so that it gives them the opportunity to see the Holy See in a whole new light. A 44 hectare walled enclave within the city of Rome, the Vatican is the seat of Christianity, the billion-strong, millennium-spanning religion and home to its spiritual leader the pope. The Holy See is also home to the Vatican Museums that comprises centuries of collection by one of the most powerful organizations in the world. Over five million visitors are reported to visit the museums every year, bringing in their wake a horde of pickpockets, purse snatchers and shoplifters. The 130 strong Swiss Guards, in their colorful uniforms based on designs by the 16th century Renaissance artist Raphael, who oversee security in the Holy See have a hard time managing the nearly 1000 offenses that were registered last year in this city of less than 600 citizens.

Los Angeles: The city which originally went under the moniker of El Pueblo de Nuestra Senora la Reina de Los Angeles, or the Town of Our Lady the Queen of the Angels, was a small farming community that sprung up in the desert valley of the San Gabriel Mountain range around1781. Today, one can still glimpse vestiges of life in the 1800s by touring the cluster of museums, ancient plazas and vibrant markets that surround the original town site. Visit Hollywood, the capital of America's, and arguably the world's, motion-picture industry to see film stars in earthy surroundings; gape in awe at the spiritual environs of the 11-storey, ultramodern 21st-century Cathedral of Our Lady of the Angels. Drawn by its sights and entertainment, the city and the county around it received over six million international visitors and 34 million domestic visitors last year.

Buenos Aires: Going from one spiritual lady to another, the Nuestra Señora Santa María del Buen Aire, or Our Lady St. Mary of the Good Air, may not be a rival to materialistic pleasures of Los Angeles, but this capital city of Argentina offers more than its share of hedonistic venues for those so inclined. A seductive city of colonial avenues, cosmopolitan cafes and many an all-night party, Buenos Aires, and the area around Caminito in particular, is also the spot to savor tango that deliciously melancholic dance form. In a city surfeit with iconic structures the Palacio Barolo nevertheless stands out. A neo-gothic allegorical tribute to the 100 cantos of Dante's Divine Comedy that was built in 1923, the Barolo has 'Hell' on the ground floor and the entrance hall's nine vaults, engraved with Latin inscriptions from nine literary works, represent the nine infernal circles. The first 14 floors comprise Purgatory, while Paradise can be found in the upper reaches. At the top is a domed lighthouse, representing God.

Venice: For a romantic travel nothing beats gliding around Venice in a gondola; but after hours of muttering sweet nothings, if you find yourself short of words, here are some factoids on this City of Romance. While the best way to see the city might be on a gondola, you could also try footing it away from the hordes of tourists in Piazza San Marco and heading down any of the many alleyways and over 400 footbridges spanning 170 canals to discover the hidden treasures of the city. Surrounded by water on all sides, gondolas have been in use here for more than a thousand years; however, there are only 400 licensed gondoliers in the city, and only 3 or 4 new licenses are issued each year. The gondolas are valued possessions and each one is crafted elegantly from more than 280 pieces of eight different types of wood. With the left side larger than the right by about 24cm the gondolas list to starboard, this along with raised bow, allows for better maneuverability through the narrow canals.



London Underground: Celebrating its 150th anniversary this year, the London Underground inaugurated in 1863 was the world's first train subway. And, despite dense smoke from the steam engines filling the tunnel and coaches, the short initial 6km section from Paddington to Farringdon was a wondrous sensation and nearly 10 million people used it in its first year of operation. Today, the 'Tube' as it is known transports over a billion passengers a year through a total distance of more than 400km, and the trains together travel nearly 75 million km each year. The longest section of the 'Tube' is between Chesham and Chalfont & Latimer stations, a distance of 6.3km, while the shortest section is from Leicester Square to Covent Garden, a distance of only 260meters that takes about 20 seconds and costs £4.30. Though more than 55 percent of the underground is on ground level, the route varies from Amersham in the Chiltern Hills is 147 above sea level to Hampstead on the Northern line that runs down to 58.5meters. With this wide fluctuation in heights and the River Thames nearby, the underground has to pump out over 47 million liters of water each day.

Table Mountain: Once called Howrikwaggo or Sea Mountain by the original inhabitants of South Africa, the Table Mountain is a kilometer high flat-topped ridge of sandstone that looms above Cape Town. One of the oldest mountains in the world, it was officially scaled by a Portuguese climber in 1503 and has a constellation — Mensa, which in Latin means Table — named after it by its French discoverer in the 18th century . Whether you trek along one of the 350 paths to the summit, or take the scenic cableway route, the view from the top is worth the effort. Providing an expansive view of the Cape Town and Table Bay areas, the summit is one of the most popular tourist venues, attracting over 800,000 visitors to the top each year. A 'table-cloth' of clouds cover the mountain top and turns to rains when winds whip up from the southeast. The waters that roll down the mountain side create the lush vegetation found in the surrounding Table Mountain National Park area that houses unique plant life, three-quarters of which are endemic and not found anywhere else in the world.



Great Wall of China: Known to the locals as Wanli Changcheng, which translates to Long Wall of 10,000 Li (the Li refers to a distance of about half a kilometer), the longest defense construction on earth ripples across 3,460km of the countryside, with another 2,860km branching out from the main wall. The wall was constructed in segments by various independent kingdoms through a period from the 7th to 4th centuries BC before being linked together around 210 BC by China's first Emperor Qin Shi Huang. Despite its length and sturdy construction, the wall, because of its discontinuous nature, did not prevent the Mongol army of Genghis Khan from pillaging and occupying the country in the 11 century. Much of the old wall was destroyed and the stone and brick wall that remains today were constructed predominantly during the Ming dynasty from the 14th to 17th century, including the popular tourist hot spot, the segment of the Great Wall in Badaling near Beijing.

Uluru: Australia's best known natural landmark, known as Uluru to the Aborigines and more popularly as Ayers Rock to tourists, is one of the world's largest monoliths. Towering 350m above the flat desert landscape, Uluru with a circumference of 10km at its base, stretches for 3.6 km in length and is nearly 2 km at its widest point. The rock was created over 600 million years ago when the ocean covering the area withdrew exposing the iron in its sedimentary rock to oxidation and rusting giving the rock its distinctive reddish hue that is most vivid at sunrise and sunset.

The visible rock face is only a percentage of its total bulk; it is estimated that more than 2.5km of the rock lies buried underground. The nearby Kata Tjuta, which appears as separate domes nearby and are believed to have been part of one massive monolith that eroded over time, together with the Uluru have been secluded as a National Park since 1950.

Habits of highly successful women

Do you dream of success? When you envision the perfect life, does it involve you rising to the position of mentor and woman extraordinaire?

In August 2012, Forbes brought out its list of 'The World's 100 Most Powerful Women'. German Chancellor Angela Merkel, at 58 years old, took the #1 spot for the second consecutive year and ranked #4 for powerful people, in general. She has a 70 percent approval rating in her country, which is quite high for someone in office. Proving that she truly cares about her people she even launched her own YouTube channel where she communicates with the citizens by answering their questions directly.

As Aristotle once said, "We are what we repeatedly do. Excellence, then, is not an act, but a habit." So what kind of habits do highly successful women have? Here are seven:

They are organized: In order to be efficient, you have to be organized on many levels. You have to have a system in place to keep work and home in order or things can quickly get away from you. What are some things you can do to be organized?

Here are some tips:

Keep your work area neat and tidy
Have a filing system that makes sense and use it
Prioritize tasks so the important ones are completed first
Put things back in their place when you're done using them
Write things down so you don't forget them
Keep a day planner or electronic calendar

Of course, there are many more but the point is that the more organized you are, the more effective and efficient you are. You don't miss appointments or lose important information. You are dependable because you know where everything is and how to access it when you need it.

They manage their emotions: Yes, women tend to be more emotional than their male counterparts. While that is not necessarily a bad thing, there is a time and place for emotions. When it comes to business, it is not the time or place to wear your feelings on your sleeve.

Effective leaders, whether male or female, are the ones who remain calm under pressure and have a consistent disposition. How effective can someone be if they fly off the handle when chaos erupts? Or, what happens if they are so busy going off on a tangent that they cannot hear what their trusted advisors are telling them?

To rise to the top of the success ladder, you have to be able to keep your emotions in check, no matter how strong they get. Learn how to deal with your emotions in ways that are beneficial. For instance, exercise to work the aggression out of your body and mind or have a friend that you can vent to. It is okay and even encouraged, to let it out; just wait until you are not at the office.

Exude confidence: Notice that this doesn't say that you always have to be confident; you just have to act like it. Most successful women are truly confident in their abilities, but there are times when everyone feels a little unsure and questions how well they can complete a certain task. When you start to doubt whether or not you are capable of handling whatever lies ahead of you, it is time to start acting. Walk with authority and confidence. When you speak, be self-assured. If you don't know something, admit it. You can be confident without having to know all the answers.

They help others: If you look at the top women who have influenced the world, you will see that they do what they do in an effort to not only make things better for themselves, but for others as well. For example, Dilma Rousseff, President of Brazil and #3 on Forbes list, is known for launching programs designed to help those in poverty and give them greater access to medical care and education services.

Michelle Obama, First Lady in the US and #7 on the list is famous not only because she is married to the President of the USA, but also because she has focused massive amounts of attention on getting children active in an attempt to combat childhood obesity.

They take care of themselves: You can't take care of others unless you take care of yourself first, mentally and physically. In order to be your best, you have to feel good. It's tough to be effective when you are run down and tired. To take care of yourself physically, you need to eat right. Choose foods that give you the vitamins and nutrients you need to stay healthy. Try to stick to a diet that consists mainly of lean protein, complex carbohydrates, fruits and vegetables. Keep your body in good shape to handle those long, exhausting days when you are out saving the world. You need to exercise.

Mind your mental fitness too. Find a way to handle stress and anxiety so that the pressures of success don't get to you. Make it a priority to regularly engage in enjoyable activities that relax you.

They focus on their strengths: Too often, women focus on their weaknesses. They highlight what they do wrong and point out their imperfections. However, if you focus on the things you do the best, so will everyone else. We all have certain strengths and, the more you use them, the more advantageous they become. Refine your positive characteristics and learn how to make them benefit you in your journey to the top. For instance, if you are a sociable woman, channel that to work for you. Set up networking events and collaborate with other successful people. Use your ability to converse to reach out to create new relationships with people who can help you.

They set boundaries: It is easy to get overwhelmed when you are trying to maintain a successful work and home life. If you have a lot of plates in the air and drop just one, the rest will come crashing down around you. For this reason, you need to set boundaries so that you don't end up with more than you can handle. Don't be afraid to say 'no' to people. You can't do everything that everyone asks you, nor should you if you want to keep your sanity. Remember, people can only take what you are willing to give. And, you can't blame anyone else if you have too much to do. It is up to you what you accept and what you turn down.

Being successful is an honor, a privilege and a ton of work. If you already have habits like the ones listed above, you are well on your way. If not, you can get them with a little time and patience.





Simple steps to learning patience

Patience is one of those virtues that is the envy of all. Women who can exercise a certain degree of calmness and understanding when faced with difficult and stressful situations seem to have a higher level of functioning than the rest of us. Can you learn to be patient even if you have never been patient before? The answer is yes. You can transform yourself from a crazy, over-emotional, easy-to-upset person into a quiet, calm and rational human being…and, it is fairly easy to do if you take the right steps.

Keep silent: A tolerant person doesn't open their mouth and begin spewing words that they will likely regret later. So, the first step is to learn how to keep your mouth closed when faced with a situation that sends you immediately to the deep end.

You may think you can think and speak at the same time, but you cannot, particularly if you are agitated or upset. Therefore, if you want to give your mind time to process what is going on, then you have to remain silent. Don't let one word leave your lips because once it does you can't get it back. Then, you have to find a way to try to make amends because you likely said something hurtful or mean.

Recognize your own problems: It is easy to look at whoever is the cause of frustration and get mad at them, but the reality is that it is our problem. After all, we are responsible for how we respond to others and to situations. We control our own actions and responses.

There is no such thing as someone "making" you angry or frustrated or upset. You are responsible for your reaction. So, don't get mad at them and lose your control. Focus on yourself instead of on them, which is great as it keeps you in the driver's seat. Then, you can make changes that will likely rectify the situation.

Ask yourself why you are so upset: To gain patience, you have to realize what it is that is making you feel impatient. What is it about the situation or person that is sending you over the edge? This may require you digging below the surface to find out what exactly is getting under your skin. Whatever is bothering you, give it a name and recognize it. You can't deal with something you don't understand.

Look for solutions: Once you isolate the true cause of your frustration or lack of patience, it is time to look for ways to relieve the stress and anxiety so that you aren't pushed to the limit. For example, you probably easily get upset with certain people in your office. You can't stand their laziness and lack of professionalism. Find a better way to deal with them, getting them to contribute and be an asset to the company.

Don't wait around: True patience does not mean learning how to sit idle and do nothing. It is not the act of waiting in silence. Patience is the art of putting action to work amidst less than favorable circumstances. When women exercise their ability to be patient, it allows us to live through and beyond certain moments. It is having an understanding that a problem or boring situation is not permanent and developing the resolve to make a change and/or do something about it. Pull the emotion out of a situation and actually work on the problem instead of acting like a lunatic, which gets you nowhere.

Veggies for your Health



Veggies are an important part of everyone's diet. They contain dozens of important nutrients and have loads of dietary fiber. And just by getting your daily quota of five to nine servings, you help build your body's immunity to things like cancer, heart disease and diabetes. Here are some of the top veggies you should be eating to boost your disease-fighting potential.

Tomatoes: Full of lycopene, these beautiful red orbs (and all tomato-based products) are renowned for their cancer-fighting capabilities. Not only are they chock full of vitamins (from vitamins A to K), they also keep our blood pressure in check and help to reduce the number of free radicals in our bodies.

Broccoli: Few foods measure up to the disease-fighting potential of broccoli. This cruciferous vegetable is packed with antioxidants that help reduce the risk of stomach, lung and rectal cancers. And because broccoli is rich in beta-carotene, vitamin C and folate, it is also good at boosting your immunity to colds and flus.

Brussels sprouts: These little green veggies are especially important for pregnant woman because they are packed with folic acid, a B-vitamin that prevents neural tube defects. Brussels sprouts are also packed with vitamins C and K as well as fiber, potassium and omega-3 fatty acids.

Carrots: These orange-wonders are loaded with eye, skin and hair-enriching nutrients. They are also the richest vegetable source of some important antioxidants, like vitamin A. And because they are rich in vitamin C, carrots protect your cardiovascular system from damage.

Squash: A good source of anti-inflammatory nutrients like vitamin C and beta-carotene, squash, especially summer squash, can help treat dozens of conditions including asthma, osteoarthritis and rheumatoid arthritis. Squash is also rich in potassium, magnesium and fiber.

Sweet potato: This root vegetable has dozens of anti-cancer nutrients like vitamin A, C and manganese. They are also a good source of fiber and iron, so not only do they give you energy, they can also help regulate your digestive system.

Eggplant: High in heart healthy nutrients, eggplants are rich in antioxidants like nasunin (a unique compound that protects your brain cells from damage). And because eggplants are loaded with fiber and potassium, researchers believe they may reduce your risk of stroke and dementia.

Bell Peppers: Whether you prefer red, orange or yellow, bell peppers are packed with dozens of heart-healthy nutrients like lycopene and folic acid. And recent research suggests digging into a pepper every day may lower your risk of developing lung, colon, bladder and pancreatic cancers.

Spinach: This chlorophyll-packed type of produce is an excellent source of almost every vitamin and nutrient you need. Scientists believe a diet heavy in spinach may be able to prevent everything from heart disease to colon cancer, and arthritis to osteoporosis.

Onions: These pungent smelling veggies are particularly good for people suffering from (or at risk of developing) osteoporosis. That's because onions are loaded with a peptide called GPCS which scientists believe slows your body's loss of calcium. Onions may also be useful in the fight against heart disease and diabetes because they're loaded with vitamin C and folate.



Health beneficial
Essential oils

Essential oils have a secure place in a natural beauty routine: They are natural, chemical-free alternatives to everything from traditional cosmetics to potentially toxic fragrances. But many can do a lot more than just smell good: The oils highlighted here have been credited with treating problems, including digestion issues and acne; increasing concentration; killing germs and more.

Peppermint: The bright scent of peppermint does more than freshen your breath. It is also used to soothe nausea and other stomach issues, help stop itching, and cool overworked muscles (thanks to the menthol).Add drops of peppermint oil to a bowl of hot water and breathe in the steam to fight congestion, or rub diluted oil into sore muscles. And that's not all: Peppermint is a key ingredient in oil mixtures that fight PMS, cool sore throats, and quiet headaches — and it is often credited with increasing concentration, so ideal for a mid-afternoon alternative to coffee pick-me-up.

Lavender: Lavender is a go-to oil for almost any situation. Not only is it one of the few oils that is gentle enough to use undiluted, it is a 'virtual' first aid kit in a bottle. The antibacterial properties allow it to fight germs, making it an important ingredient in many all-natural cleaning products for home and body, and, like peppermint, it is often credited with aiding digestion and helping fight headaches. Lavender oil's soft scent is also said to help calm the nervous system, improve sleep quality, combat joint pain, and fight everything from urinary disorders and respiratory problems to high blood pressure and acne.

Sesame: Sesame oil may be best known for its moisturizing qualities, which make it a favorite ingredient for hair and skin treatments. But the health benefits go beyond beauty: Sesame oil has a slight SPF factor, contains fatty acids believed to lower stress and blood pressure, and has been shown to help slow the growth of cancer in cells.

Rose: Look for products labeled as Rose Otto, rose oil, or rose essential oil, and choose oils produced in Bulgaria and Turkey for the highest quality. These slightly-distilled oils won't have the strong scents of oils used for perfumes, but they are more popular with aromatherapists. Rose oil is often called "the ultimate woman's oil," because it has a reputation for improving hormone balance, treating PMS and menopause, and improving the look and health of your skin.

Lemon balm: Lemon balm essential oil, also known as Melissa essential oil after the plant's Latin name, Melissa officinalis, doesn't look like much, but it has plenty of benefits. It is an antidepressant, keeps your nervous system working smoothly, calms anxiety and inflammation, counteracts insomnia, heals ulcers, fights bacterial infections, and has been credited with treating headaches, and high blood pressure.

Are flip-flops
bad for your feet?

Flip-flops have become a staple of summer apparel, and for good reason. No one can deny the carefree feeling of donning your summer flip-flops and going for a walk on the beach or to the store. But alas, flip-flops are more sinister than they appear.

So what exactly makes flip-flops so treacherous?

A study done in 2010 at the University of Louisiana highlighted the issues. For one, as any flip-flop enthusiast knows, you often have to curl your toes just a bit to create traction on the throng portion of the flip-flop to make sure it stays on your foot. This seemingly innocuous behavior can actually lead to repetitive stress on the ankle and foot.

Flip-flops that are designed with no arch can make you flat-footed even if you aren't. Without proper arch support, your feet begin to turn inward. Also, without proper heel support, your foot can slide about, so your legs have to work harder to keep your shoes aligned with your feet. Flip-flops that are too flimsy reduce your stride length, again putting unnecessary strain on our legs and feet.

Even though thong-like sandals provide some cushioning benefit over bare feet alone, studies show they are responsible for throwing human gait kinetics out of whack. The body is forced to compensate, and what starts as stress on the arch, heel, and the rest of the foot can eventually manifest as soreness in the legs, hips, and lower back.

Among the most treated flip-flop induced injuries is plantar faciitis, an inflammation of the connective tissue along the bottom of the foot that affects close to millions of flip-flop wearers. This acute heel pain is most often sparked by all-day wear, with overweight or sedentary wearers even more susceptible since their arches are already under strain. Roughly 20 percent of sufferers develop a chronic condition, making plantar faciitis even worse.



Requirements of good footwear: Flip-flops with good heel and arch support are the best. Additionally, your flip-flops must be made of materials that are flexible and stretchable to a sufficient degree that you don't have to put too much pressure on them.

An important thing to remember is not to wear flip-flops when you do intense activities that specify special footwear. Don't wear flip-flops on long walks or climbing hills, it could be hazardous to your toes. For walking long distances, sneakers provide you much better support.

Here are a few tips to keep in mind when picking a pair to rock for the warm weather:

Time it right: Replace flip-flops every three to four months, and only wear them for short periods of time.

Opt for leather: The plastic ones may come in every color under the sun, but a soft, high-quality pair of leather flip-flops is less likely to cause irritation, including blisters.

Find the right fit: Make sure the heel and toes don't hang off the edges of the sandal and that when you bend the sandal from end to end it bends where the ball of the foot hits — not at the arch.

Wear selectively: Beach walking, pool deck trolling, and a quick run to the grocery store? Yes. Soccer game, lawn mowing, and a five-mile hike, not so much.

Know when to quit your job

Everyone has bad days at work or even long periods when they feel disheartened about their job. But how do you know the difference between ordinary, occasional dissatisfaction and a genuine mismatch? How do you know when you're truly ready to move on? And how do you then get out gracefully?

Quitting a job can negatively impact your career and disrupt your personal life. But staying in an undesirable situation can be worse. A lot of people paralyzed by their unhappiness with their current reality think it is often easier to stay put. Most people stay too long in bad jobs because the corporate world is geared towards keeping us in roles, not matching individuals up with their ideal roles. But don't let yourself get stuck. Here is what to do about your decision to quit, and if so, how to leave effectively:

Test the waters: To further explore if you are ready to leave, run a few experiments to assess whether your perception is reality. It is better to rely on information gathered from live interaction with people rather than spinning around in your own chair. Have an honest conversation with your boss about how you are perceived and what you are capable of achieving in your role. If you think your manager wouldn't be open to that kind of discussion, then look at your last two annual performance reviews. Do the comments make you feel empowered or disheartened? If your performance is stagnating despite your best efforts, you might want to quit before further reputational damage is done. You can also test whether there is a mismatch by putting your hat in the ring the next time your boss has a high-profile piece of work to be done. If you are overlooked, it may be that he doesn't appreciate your skills and it is time to move on.



Know the risks: Before making a final decision, make sure you have assessed the downsides. Even if you are certain you are in the wrong job, there are risks to leaving — you may damage existing relationships, lose needed income, or blemish your resume. People usually get ten chances to quit a job in their lifetime, which works out to an average of every four years. If you are changing things up too often and it shows on your resume, companies will start looking at you as a serial job-hopper. This will hurt your professional reputation and your chances of getting jobs in the future. This could become especially problematic if you find a role you really want but can't get a foot in the door because of your dicey resume.

Always leave toward something: You can mitigate some of the risks by deciding what is next before you leave. Experts agree that it is better to have at least an inkling of what you want to do, if not a full-fledged plan. People should quit to secure a positive role, not on an emotional whim to avoid a negative situation. If you truly hate what you are doing, you should absolutely leave but not before you identify something that you have a good chance of loving in the future.

Don't run out the door: You may fantasize about telling off your boss, but that will only give you short-term relief and could possibly ruin your professional life. There is nothing worse than taking a dreadful situation and leaving it badly. How you leave is as important as how you arrive. Discuss the decision with people who matter in your life: spouse, children, friends. Ask mentors or former bosses for advice. Most importantly, look at it from your boss's point of view and think about how you can communicate a process for disengagement that is respectful of the situation. Once you have decided to quit and have a last day in mind, you should let your immediate supervisor know and follow due process.

Dealing with the fear of job loss



Job loss ranks as one of the most difficult events one can experience, ranking almost as highly in stress as divorce or death of a spouse or parent. An often-overlooked casualty of these events is the individuals who 'survive' layoffs and remain within their organizations. What does the fear of losing our jobs have on us and what should we be aware of when managing these concerns?

Researchers have found that the fear of job loss is more damaging to our emotional and physical health than losing our job. In fact, it has stronger links to poor health and depression than actual job loss or a brush with a life-threatening illness.

Although we do not have control over our current economic climate, there are various things we can do to manage the effects our fears may have on our physical and mental well-being. The following provides some ways in which we can begin to take control of this 'monster in our mind' and stay positive:

Confront the source of your fears: An important part of managing these unsettling emotions is to identify the source of your fears. For example, are your worries based on the rumor mill that is rampant in the office? If this is the case, perhaps it is best to disengage from these conversations as much as possible. Or, are they based on the countless 'doom and gloom' articles that are being published and talked about on a daily basis? If yes, it is time to read something else. Regardless of where they come from, it is important to evaluate the credibility of the source and its relevance to your current situation.

Identify your fears: It is important to identify our fears and deal with them head on. Our minds may have a way of running out of control and worsening bad case scenarios, and we invariably get caught up in it. You must learn to control your thoughts and be positive.

Stay in shape: Eating right and maintaining our exercise routines are important things we can do to fight the negative impacts of elevated stress. Our physical and emotional well-being are intricately tied and if our bodies are not taken care of, the risk of experiencing further complications of elevated stress is increased.

Seek support from family and friends: It is important to find an outlet to share your fears and concerns. Research has shown that social support buffers the impacts of various negative emotional states including depression, stress, and anxiety. Seek out someone who is capable of being supportive and giving an objective perspective. Don't seek help from someone who has a high anxiety level and/or who naturally turns a situation into a catastrophe, as this will only add to your fears. Identify the right 'support person' in terms of your emotional needs and build a strong support network.

Remember to value yourself above your job: We spend so much of our time at work that it is not surprising that for many of us, there is a risk of defining ourselves through our work. Indeed, this 'loss of professional identity' is one of the most challenging aspects of job loss reported by individuals experiencing career transition. As our concerns rise about our uncertain future, it is helpful to focus on other areas of our lives where things are going well, including our marriage, children, community involvement, etc. We need to remember that there are other important aspects of our lives than just our jobs. Keeping in touch with our 'whole' person can allow us to stay grounded during particularly challenging periods.

Remember who you are: Each of us deals with this situation differently. The key is to identify which (if any) of the above fits your situation or needs. There are multitude ways to handle these emotions. Only you know which pathways are the right ones for you to choose.

Asking for recommendations on LinkedIn

LinkedIn is the social networking site that many job seekers view as an essential tool in career development because of the quality of engagement the site provides and for the opportunities in career networking.

With LinkedIn, recommendations are important. If people took the time to write recommendation for you that tells the job interviewers something about your professionalism.

So you should have job recommendations on LinkedIn, even if you believe that they are not widely read. Here are a few ways to get recommendations on LinkedIn:

Have a goal to get at least 10 people to recommend you: And if you only have 10 job recommendations, here is how they should break down: 3 supervisors, 3 peers (people working at your same level), 3 direct reports, 1 superior that worked in another department. If you have never been a boss, replace "3 direct reports" with people that took direction from you or worked on a cross-functional team with you.

Ask for recommendations as soon as possible after leaving a company: That way your experience with that person is fresh, and they can remember specifics about the role you played.

Request specifics: If you don't ask for specifics, you will get a vague and generalized recommendation that no one will want to read. Try to get recommendations for a position that reflects on a key accomplishment statement on your resume? That way you can integrate your messaging.

Ask for a re-write: If you don't like the recommendation you get, ask for a re-write or a tweak. You can even ask them to update your recommendation so it better reflects you and your accomplishments.

Be selective when choosing recommendation: If you get one out of the blue and don't want others to see it, don't publish it. You can either leave it hidden on your profile or ask for some adjustments to make it worth a public spot.

Offer to swap recommendations: We all need them, right? As you leave a company, pick two or three people and offer to write them a recommendation. As a favor in return, ask that they write one for you. This betters the odds that someone will deliver.

Share them via e-mail first: This allows a more open discussion about the actual content before you actually involve LinkedIn. Sometimes people get nervous or anxious writing in an online form. This allows a more well-thought out approach.



Your recommendations should ideally reinforce your personal brand: If you are a strategic salesperson, a tactical marketer or a customer service focused HR manager, your recommendations should integrate with and support your own content (positioning statement, work philosophy, etc).

Be persistent: Not everyone checks LinkedIn every day. Many who are employed check it "occasionally" at best. So if you haven't heard back from a contact, try them again via LinkedIn. If that doesn't work, try to reach them outside of LinkedIn by phone or traditional e-mail. And if they don't respond, you need to move on. Not everyone likes to help. And some just don't make the time for it.



Saving money and Eating well

Eating healthy wholesome diet does not necessarily mean that you have to spend big bucks on food. It is possible to provide your family with good and nutritious meals and still save money on your food bills, just by employing some strategic tips discussed below.

Plan your meals ahead: Making a shopping list before going to the supermarket is plain smart thinking. If you plan beforehand what your weekly meals will be, you won't be spending money on things you probably won't need. Make a weekly planner of things you intend to cook and then make a list of ingredients that would be required. Check out the stuff in your refrigerator, freezer and kitchen cupboards because many times we just store things, forget about them and then keep buying them again.

Compare prices at different stores before buying: Identify the items that are routinely used by your family and compare the prices of these items at the various stores near your place. You can choose the store which offers the lowest price.

Comparing the prices not only helps you in saving almost 20 percent off your food bills but also helps you in finding cheaper alternates to items on your shopping list. Moreover, if you know the price range of the items on your list, you can stock up on them when their prices are the lowest.

Best items are not necessarily branded items: Always remember that branded items do not necessary mean that they are the best items. Shifting from branded items to items in the economy range will further help to cut your expenses without affecting the quality of food you eat. Supermarkets tend to display branded items more prominently as their sale means higher profits. But if you look around carefully, you would surely find out cheaper alternatives. This tip is especially when you are buying basic items like flour, rice, sugar and salt, there is no point shelling out extra money for branded labels.

Buy in Bulk: Many do not realize the amount of money that can be saved from cultivating a habit of buying in bulk. Almost all the food items of daily use are available in the bulk sections of most of the superstores. These include grains, flour, beans, herbs, tea, coffee, raisins and oils. You can buy in bulk from grocery stores or supermarket chains. In case your local grocery shop does not offer bulk sale, try to find out a store that does. Products that have a large shelf life, it is always advisable to buy in bulk as it translates into savings.

Cook at home: It is the fastest route for grocery savings. If you look carefully at the time you spend in going to a restaurant, ordering, eating and coming back, you will realize that you can cook a delicious meal at home in far less time and with less money. And the added bonus is that you are sure of the nutritional content of the food that you and your family consume. Involve your family members in cooking the meal and strengthen your bond with this activity.

Avoid Wasting Food: Even if you prepared a food item at throwaway price, if it lands up in the garbage bin, it means you are throwing away your hard earned money. If a food item can be consumed, there is no justification for throwing it out. Buy ingredients for cooking food for five days. Think what you can create from the leftovers for the remaining two days of the week. Also, check regularly for the 'best before dates' on the items in your fridge. If anything is close to this, shift it to the freezer for use at a later date.

Cut-down on Salts

Reducing salt is very important for protecting a person's health. If you have read up on salt facts, you will know that too much salt can cause raised blood pressure, which increases the risk of heart disease and stroke. And, you don't have to add salt to your food to eat too much of it; around 75 percent of the salt we eat is already there in everyday foods such as bread, breakfast cereal and ready meals. Remember, whether you are eating at home, cooking or eating out, don't add salt to your food automatically – taste it first. Many people add salt out of habit, but it's often unnecessary, and your food will taste good without it. Here are a few more ways to cut-down on salt intake.



Ditch fast food: If you just need one more reason to cut your habit of eating Big Macs and fries, consider the amount of sodium they contain. Often, one fast food meal will have all the sodium you should consume in an entire day. Eat less salt by opting for more homemade meals. They can be just as cheap and convenient: Just pack a sandwich to eat instead of swinging by Burger King.

Rinse your canned veggies: A lot of canned beans and vegetables contain tons and tons of salt, often because it acts as both a preservative and seasoning. The best way to avoid all sodium in canned food is to avoid canned food altogether, but that is way easier said than done. If you have to include canned veggies in your meal, rinse them in the sink before cooking with them to take some of that salt out.

Use other seasonings: You won't feel a need to use as much salt if your food is heavily flavored with delicious herbs and spices. Garlic, onion, red pepper, and black pepper are among the most universally appealing flavors that can be used in lieu of salt. Start experimenting with seasonings you may not be familiar with like fennel seed and marjoram. Get your taste buds used to appreciating real food over salty cover-ups.

Choose sour tastes: Human taste buds perceive sourness and saltiness as being somewhat similar flavors. Pickles can sometimes be made with very little salt, but might still seem salty because they are rich in vinegar. Experiment with using seasoning blends that contain lemon, lime, or vinegar. Tart herbal seasonings such as dill and lemongrass can also be helpful for cutting back on sodium while still getting the taste stimulation you crave.

Banish the salty condiments: Limit your access to salty condiments so you are not tempted to overuse them. Get that salt shaker off the table and in the kitchen cabinet so you are not tempted to put it on your food during a meal. You might just be doing it by habit without even enjoying the taste of the extra salt! Soy sauce, ketchup, mustard, and dressings also don't belong on the table. If you are using them as condiments, give yourself a single, small serving and then put them away.

Modify recipes: Whatever you're making, be it a bowl of noodle soup or a four-course meal from scratch, you can easily modify the recipe to contain less sodium. Simply skip the salt that the recipe calls for or use half the amount. If you are using something that has a "seasoning packet," like a lot of mixes for seasoned rice, tacos, or soups, just use half the packet (a handful of fresh veggies can make up for what you might otherwise perceive as a lack of flavor). You may end up liking the end result even more when it emphasizes the taste of good, quality foods over the universal appeal of salt.

Choose meats wisely: You might be shocked by how much sodium is hiding in your favorite processed meats. Sausage, ham, deli meats, bacon, bologna, and hot dogs are sometimes absolutely drenched in salt - way more than your body is meant to handle. Choose healthier meats or forgo the meat entirely. Favor freshly seasoned and cooked proteins over cured meats purchased from the deli.

Great ways to make grilled cheeseburgers

Cheeseburgers are a classic grilled favorite, but they do not always turn out as they should. Sometimes the cheese slides off, and other times it bubbles and burns. Forget about adding cheese right before removing the burgers from the grill. There are much better ways to make grilled cheeseburgers, and they come out extra tasty and perfect every time.

Add a pocket of cheese in between two thin patties: Everyone has problems now and then when preparing grilled cheeseburgers, but if you have continual issues, try a better way to prepare the meat for grilling. Instead of topping the patties shortly before removing them from the grill, add the cheese before ever getting started. Place the cheese in between two thin patties instead of on top. Make sure it is securely tucked inside and cannot seep out on melting. Brown the patties on both sides until the meat is fully cooked. Top the burgers as usual. The pocket of cheese will not be burned, and it will never stick to foil or any other covering that might be used to keep the meat warm.

Mix cubed cheese and other additions with the ground meat: If you prefer gourmet cheeseburgers, prepare them in a unique and delicious new way. Combine the raw ground meet with finely chopped onions, bits of green pepper, small cubes of cheese and your favorite seasonings. Although some of the cheese will melt away during the grilling process, the cubes on the inside will taste phenomenal, especially when chopped onions, peppers and seasonings are added to the mix. Experiment with a variety of seasonings including finely minced garlic, cumin and sage when preparing grilled cheeseburgers. Be careful though -pungent and flavorful spices go a very long way.

Top the burgers with breaded and deep-fried cheese: To make better cheeseburgers with unique flair, consider adding deep-fried cheese instead of the usual variety. Buy mozzarella cheese sticks or battered cheddar cheese curds, and deep-fry them before topping grilled burgers. They will add amazing flavor, even if other toppings are not used. However, they taste really great when topped with marinara sauce instead of ketchup. Sliced black or green olives are also terrific on cheeseburgers that include breaded and deep-fried cheese. They are a flavorful change from traditional burgers.



Best type of cheese for burgers

It's no secret that cheese and burgers taste great together, but what type of cheese makes the best cheeseburger? There's no right answer; the best cheese for burgers is whatever happens to be your favorite cheese at the moment. For inspiration, check out the list of cheeses below or head to your local cheese shop and ask for even more suggestions.

As you look through this list of five types of cheese for burgers, keep in mind that cheeseburgers don't have to be made with ground beef. Other types of meat, like buffalo or turkey, are great with cheese. Veggie burgers are especially good with a thick layer of melted cheese on top.

Blue Cheese Burgers: It is bold and intense with a sweet/salty flavor that tastes especially good with red meat. Crumble the cheese into the raw meat before making the burgers for an even and slightly milder flavor throughout or wait to sprinkle the cheese on the burger after it is cooked to an intensely blue flavor. Feeling really decadent? Grill a regular hamburger and smother it with blue cheese sauce.

Cheddar Burgers: You can't go wrong with Cheddar. But what type of Cheddar are you going to use, a sharp Irish Cheddar, an earthy English Cheddar or a nutty American Cheddar? All are great choices.

Feta Burgers: Although feta is not always the first type of cheese that comes to mind for burgers, the refreshing, tangy flavor is actually great on a hot burger. Feta has a ton of taste, but doesn't make burgers overly heavy or greasy. The cheese softens, but doesn't melt completely and undertakes a stringy appearance.

Swiss cheese burgers: Swiss cheese often makes people think of thinly sliced cheese with holes in it, but there is a whole word of Swiss cheese out there to be discovered. Up the flavor on your burger by using Appenzeller, Gruyere Or Raclette.



Smartphones to provide head-up display in vehicles

Leading satellite navigation firm Garmin is set to introduce a portable head-up display (HUD) for cars that projects turn-by-turn directions on to a vehicle's windscreen. The portable HUD works with a smartphone and Garmin app to generate navigation information.

The gadget can project directional arrows, distances, current speed and speed limits on the windscreen. Information is projected via the HUD's attached reflector lens or on to a plastic film stuck to the window glass.

The navigation system can also provide voice prompts via a smartphone's speaker or a car stereo that works with the Bluetooth short range radio technology. The app associated with the sat-nav system is available for iPhones, Android phones and Windows Phone 8 handsets.

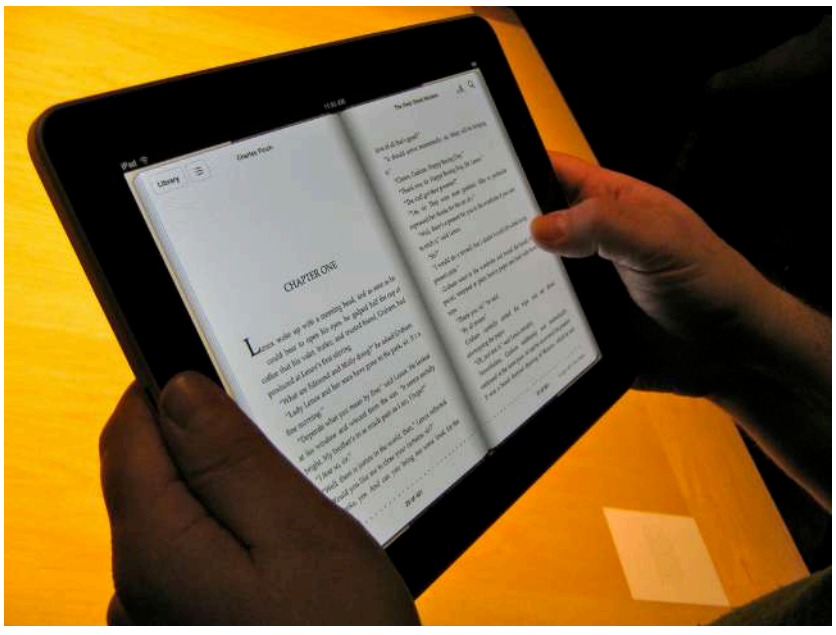
The HUD automatically adjusts brightness levels to ensure that projected information is easy to read during the day and at night.

Car makers are starting to do this themselves with HUDs starting to be standard in mid-range vehicles and no longer confined to top-of-the-line models. But their challenge has always been development lifecycles. In a car, a HUD is usually built in and you cannot update it. Smartphones change almost daily but there is a limit to how fast a car can be updated.

HUDs that project information on to windscreens can cut down on driver distraction as people spend less time looking down at instruments and more with their eyes on the road.

Such systems were likely to become more necessary as vehicles got progressively more autonomous because drivers would need to be quickly told if they suddenly needed to take over.

Apple conspired to raise e-book prices



A judge in the United States has ruled that iPad maker, Apple, "conspired to restrain trade". Manhattan Judge Denise Cote then ordered a new hearing to determine damages to be imposed on Apple.

Judge Cote said: The plaintiffs have shown that the publisher defendants conspired with each other to eliminate retail price competition in order to raise e-book prices, and that Apple played a central role in facilitating and executing that conspiracy. She added, "Without Apple's orchestration of this conspiracy, it would not have succeeded as it did in the spring of 2010."

The US Department of Justice said the conspiracy was designed to challenge online retailer Amazon's dominance of the fast-growing e-books market.

Five publishers that were originally named as defendants alongside Apple have already reached settlements; Penguin settled its case for $75m. Hachette, HarperCollins and Simon & Schuster created a $69m fund for refunds to consumers, while Macmillan settled for $26m.

But Apple spokesman, Tom Neumayr, said the Company would appeal the ruling and fight "false allegations".

US Assistant Attorney General Bill Baer called the ruling "a victory for millions of consumers who choose to read books electronically".

He said the judge agreed with the Justice Department and 33 state attorneys general that executives at the highest levels of Apple orchestrated a conspiracy with five major publishers to raise prices.

Consumer groups in the US cheered the news.

"If we let companies get away with this type of price fixing, consumers will be denied a substantial part of the benefits of the digital revolution," said Dr Mark Cooper of the Consumer Federation of America, which had filed a supporting brief in the case.

But after the ruling, Mr Neumayr insisted that Apple had brought innovation and competition to the market, not restricted it. "Apple did not conspire to fix e-book pricing and we will continue to fight against these false accusations,'' he said. "We've done nothing wrong."

Technology Developments

Solar headphones that can charge your mobile devices



A new pair of headphones is set to do away with the frustrating battery life of phones and tablets by doubling up as a solar-powered charger. A Scottish audio engineer has created a range of headphones called "OnBeat" that can charge phones and tablets using solar power. The 'OnBeat' headphones have a flexible solar cell built into the headband which captures energy from the sun, which is stored in two rechargeable Lithium Ion batteries in each ear cup. When a phone or tablet is plugged into the headphones, this stored energy can be used to charge the devices.

The solar cell on the 'OnBeat' headphones has a surface area of 55cm3 with a charge capacity of approximately 0.55W. It is made from poly-crystalline silicone.

When it's raining, or cloudy the wearer can charge the batteries using the USB port connected to a socket or computer before leaving the house.

Anderson said, "We have been working hard for the last year to develop a set of headphones that not only provides excellent sound quality, but simultaneously re-charges your mobile devices on the go. The integration of rechargeable batteries and a full headband solar panel means that wherever you go you will be able to keep your devices running all day."Anderson plans to sell each pair of headphones for around KD 50 when they go on sale in February next year.

Nokia Lumia 1020 packs 41-megapixel whopper camera



Teased and leaked to death up to the very last minute before the big reveal, the Lumia 1020's 41-megapixel shooter is what makes Nokia's next marquee Windows phone, and what gives hardware jockeys a reason to salivate. Make no mistake about it: the Lumia 1020's stunningly enormous image resolution is this smartphone's single killer feature and sole reason for being. Yep, the 1020 puts the mega back in megapixels. Nokia pairs an ultralarge camera sensor with the company's PureView image-processing software, finally bringing us the smartphone we hoped the Lumia 920 and its many variants would be.

Camera geeks looking for the nitty-gritty will find six-lens Carl Zeiss optics (as in the recently unveiled Lumia 925), which also takes on wide angles.It has high-resolution 3x zoom, autofocus (you can manually focus, too), and a dual-flash system. A smaller LED flash complements the larger Xenon flash -- a design we saw in Verizon's Lumia 928 -- and the entire shooter captures 1080p HD video at a rate of 30 frames per second. Ball bearings surrounding the lens promise image stabilization, which CEO Stephen Elop demonstrated onstage with photos he took on a wobbly boat. We suspect that ball bearings replaced the stabilizing springs found in the Lumia 920 to conserve space and keep the camera mount profile as low as possible.

Nokia has also made strides -- and had successes -- with its low-light photos. In fact, the Lumia 928's camera has the best low-light quality of any phone's that we've seen, with the iPhone 5 a close second in our photo tests. Nokia aims for even more improved low-light performance from its Lumia 1020.

Nokia's Pro Camera settings boast controls that let shutterbugs and serious photographers easily navigate their options on the 41-megapixel beast, including manual exposure settings and long exposure times. The camera app also includes a tutorial, which sounds helpful for newbies wanting to learn how to use their high-octane phone, though we'll have to wait and see what the phone can teach us. Couple that with Windows Phone camera apps, called lenses, that layer on additional settings you won't find in the native camera app, and you have an interesting camera story that -- Nokia hopes -- will run Samsung's 16-megapixel Galaxy S4 Zoom smartphone camera into the ground.

Picking the right sunblock



You are supposed to get 20 minutes of sunlight a day — but only at low levels. This includes even on a cloudy day, which stops only 20 to 40 percent of UV radiation. Beyond that, you know you have to protect your skin with sunblock.

Sun protection is non-negotiable — because it is the most critical factor in maintaining your skin's health. It is best to make sunscreen a part of your daily regimen so you won't get unexpected exposure or sunburn. Use a great moisturizer that also contains an SPF 30 sunscreen and affords the protection you need. If you are going to spent time outside playing sports, use a lotion with SPF 30 (for UVB) and a four-star rating (for UVA) and reapply every two hours.

Application: Always protect your face and your hands but allow your body to be exposed to some sunlight for a few minutes before your apply sunscreen. The light redness on the skin means your body is synthesizing vitamin D from the sun exposure. Be wary of the different types of sunscreen. A helpful hint: Zinc oxide and titanium dioxide sunscreens protect immediately, and newer versions of these sunscreens form a thin film and they don't make you look as if you smeared crayon all over your face. All the rest of the sunscreens — called chemical or organic sunscreens — take time to be absorbed into your skin. So apply them 15 to 20 minutes before you venture out or apply the zinc oxide types for better protection.

Slather on sunscreens thickly: Apply sunscreen evenly, making sure not to miss any spots such as the back of the neck, the top of the ears, and any exposed scalp. Most of us don't put on enough sunscreen, and if that's the case with you, then you're getting only half the effectiveness (if you're putting on SPF 30, it's more like SPF 15). You really need 30ml or more of sunscreen to cover your whole body.

Which product is the best: Look for ones that are hypoallergenic and non-comedogenic, because you don't want to cause other skin damage while trying to protect from sun damage. But don't put a lot of faith in those labels, since all creams can cause pimples and rashes. It is really hit or miss. Also make sure that your sunscreen is water-resistant so it doesn't end up in your eyes. Water-resistant also means it will stay on your body past the first droplet of sweat when you are hot. But even it if says "water-resistant," reapply it after swimming. By the way, hats and T-shirts don't provide enough SPF protection. Hats provide an SPF of 10 at the most, and T-shirts only about SPF 5 (but sun-protective clothing with higher SPFs are available).

Ever wonder what the SPF numbers truly mean? An SPF of 1 means that your skin covered in SPF 1 would turn red in about 20 minutes; SPF 2 would require 40 minutes, and so on. Nevertheless, the most common reason for sunscreen failure is using inadequate amounts.

Organize your Beauty products

If you have to dig though drawers and rummage through an overstuffed makeup bag to get ready every morning, then it is time to bring order to your beauty stash. These expert tips will help you de-clutter your loot and streamline your storage space.

Do a mass purge: Before you can get organized, you have to know what to keep and what to toss. Throw away anything that has a strange odor, has changed colors or has dried up inside the container. You should toss cleansers and moisturizers after six months as they can contain acids that can eventually turn rancid. Mascaras should be thrown away after three months because the last thing you want is an eye infection from old, clumping bacteria. Oxidation can cause fragrances to change scent after two years, so anything older than that should be trashed.

Put a sticker on it: A great way to keep track of how long you've had a product (especially ones that you don't use regularly like face masks), is to write the month and year that you first opened it on a small round sticker and put it on the bottom of the bottle, jar, or tube. This will make it easier to get rid of old makeup and the like during future clean sweeps

Decide what you use most frequently: If you don't wear the false lashes to work every day, there is no need to keep them front and center in your beauty stash. Set aside cosmetics that you use only for special occasions and store them in separate clear plastic bins. Store your daily items in a zippered makeup pouch for easy transport.

Separate your brushes: Most likely you have brushes that are snarled, knotted or frayed. Toss them. Brushes should always be stored in a separate makeup bag or pouch, whether you travel with them or leave them at home. These are the main tools; you should treat them with care. When you store brushes at home, keep them upright in a container or invest in a brush roll like the pros, and never neglect to clean them.

Separate your cosmetics: Keep your daily essentials together and put them in an easy-to-access place such as a small tray or basket. Instead of rifling through piles of products every day, you will have all of your most-used cosmetics within reach. Divide the rest of your makeup by category: lipstick, shadows, powders, etc., and store them in containers that fit on a shelf or in a drawer. In terms of storage, you have lots of options. You can buy a clear chest with removable drawers, or a few stackable drawer organizers. Another strategy is to pick up a bunch of flat mesh makeup bags and stash them under a sink or in a cabinet.

Tote carefully: If you don't have drawers or simply like to tote your stash with you, keep your makeup in a makeup bag. Try to keep your cosmetics separated as best as you can into three major categories: powders, creams (or anything liquid) and tools (brushes, lash curler, etc). This means that you don't necessarily want to have one big bag where all of your products are tossed in



-especially since makeup bags are a breeding ground for bacteria. Look for bags with various sections and zipper compartments to avoid spills.

Keep your cosmetics in a neat way: It can be tempting to run to a beauty store and leave with six bottles of hair conditioner just because they were on sale, but this habit could sabotage your hard work. Only buy what you need and whenever you bring a product or hair accessory home put it in its designated place immediately. You will feel better waking up to an organized beauty cabinet every day.

Makeup ideas to make you look more awake

Concealer alone will not make you look perfectly rested. In fact, too much of it draws attention to tired eyes. Here are a few ways to give you an 'awake' appearance; each one lets you fake an extra hour of sleep.

Curl your lashes: When your lashes are upturned, your eyes look more open. For the biggest payoff, squeeze a lash curler once at your lash line, once in the middle of your lashes and once at the ends. Enhance the effect and seal the curl with a layer of lengthening mascara.

Layer your liner: Lining your upper lashes with two different tones — one deep, one vibrant — will counteract shadows underneath your eyes and make the whites look brighter. First, use adark brown or black pencil eyeliner followed by a liner in a vibrant jewel tone like a sapphire blue or emerald green.



Line your lower lashes: To make your eyes look bigger and brighter, trace a nude eyeliner on the inner rims of your lower lash line, don't use black. Make sure the liner is a close to beige color and not too white. Beige looks more natural and does a better job of neutralizing redness in or around the eyes.

Build up your brows: Full, softly arched brows make your eyelids look lifted, and draws attention up and away from under-eye puffiness and dark circles. Use short, feathery strokes to fill in your brows with a pencil, a taupe shade works on most brow colors and skin tones. Then, brush the color up and out with a spoolie brush. Use a brow pencil whose texture is dry enough to remain all day and has a universal color that works on you.

Even out your complexion: A sheer, dewy foundation can do more than a concealer alone to make you look beautifully awake. Use a foundation that is luminous and totally imperceptible, though light, it evens out redness and discoloration, and makes you look instantly refreshed.

Wear Blush: A pop of color on your cheekbones brightens your entire face and distracts from shadows underneath your eyes. Look for a rosy blush with a hint of gold to counteract blue tones in your under-eye circles. Avoid shades that are too orange, which can make eyes look tired. Nars Orgasm Blush which is so incredibly popular — that shade of slightly peachy pink, flecked with gold, makes almost everyone look vibrant.

Highlight inner eye corners: Once you start doing this trick, you won't be able to stop. Take your pinky finger and dip it into a white, shimmery shadow, then apply the shadow right next to your tear duct, near your nose. Repeat on the other eye. The reflection of light onto the inner corners of your eyes will make you look rested and bright eyed.



Helpful hints to keep your
family safe

School's out for summer, and your kids couldn't be more excited to toss their backpacks aside and hit the outdoors for some good old fashioned fun. Summer is often associated with sunny skies and innocent smiles, yet hospitals across the country will tell you that the majority of injuries to young children occur during summer. While this does not mean you should lock your kids inside the house, it does mean you should pay attention to what your kids are up to this summer.

Sun safety: The two most important aspects of sun safety are sun protection and preventing heat exhaustion. When it comes to sun protection, at the least be sure your kids are wearing sunscreen. Yes, that means cloudy and sunny days. Look for products with UVA and UVB protection and an SPF of at least 15. Make sure your kids reapply every two hours or so if swimming, sweating or drying off. For those with younger children, look for shade whenever possible and dress them in protective clothing with light pants, wide brimmed hats and sunglasses.

The best way to prevent heat exhaustion is to keep your kids hydrated. Often times, heat exhaustion is caused by dehydration, so don't wait until a child says he or she is thirsty before offering fluids. Symptoms of heat exhaustion include nausea, vomiting, dizziness and confusion. If your child may be suffering from it, immediately have him or her stop all physical activity, lie down in a cool place and drink fluids.

Pool and water safety: It is an important fact that shouldn't be ignored; you should never leave kids alone near the pool, regardless of age or swimming capabilities. Instruct babysitters about potential hazards and stress the need for constant supervision. Many drownings can be prevented by having rescue equipment on hand. For extra precaution, set up a poolside telephone with posted emergency contacts. As always, be sure to educate kids on the reasons why running around the pool or diving into shallow water is unsafe. Do not use flotation devices as a substitute for supervision.

Sporting Safety: The first thing that comes to mind when we think of youth sporting is bicycle safety. Whether or not you wore a helmet when you rode a bike as a child, decades of research and knowledge have showed it is a must for young kids today. So when you send your child out on a bicycle, don't make the mistake of thinking they are invincible and send them out equipped with the right gear.

This goes for other sports as well. Choose the right equipment for the right sport. Make sure you and your child wear the proper protective gear, such as wrist guards, knee and elbow pads for roller sports. Even when your kids are just taking a little batting practice, stress the importance of helmets on the field. Everyone thinks an injury won't happen to their child until it does, so stay ahead of the curve and out of the hospital as a result of preventable injuries.

Playground Safety: Don't fool yourself into thinking every playground is a fun, safe place to let your kids play. Before unleashing them, be sure that playground equipment is age-appropriate and properly maintained. Check for loose screws and make sure the ground is covered by a protective surface such as rubber mats, mulch or wood chips. Surfaces that are too hot can cause burns and loose ropes can cause accidental strangulation. Lastly, similar to kids playing in the pool, children should be supervised at all times while on the playground, especially children under the age of five. Attentive parents, not rubber mats or wood chips, are often that which stands between a child and a trip to the hospital.

Six Strategies
to deal with whining

Before you frazzle your last nerve, or worse yet, give in to your child's demands for attention, try these six tips — and restore your sanity.

Be calm and clear: Children will use kicking, biting, screaming or crying to get a reaction from mum or dad. When parents lash back at the child out of frustration, it may have the opposite of the intended effect. A child may see their bad behavior as a way to get them the attention they desire. Instead, calmly but firmly correct your child's behavior by saying things like, "Please ask politely", if you snap at your child then expect that he or she will adopt the same tone as an appropriate way to express frustration.

Don't be afraid of discipline, but don't forget the praise: A child will quickly learn there are consequences to his actions if they result in time out, or time in the corner. If your child's bad behavior continues, make it clear that you intend to follow through on threats of discipline. "If you yell at Mummy again, you will have to go sit in the corner." When he does it again, it's straight to the corner for one minute for every year of age. When he is calm, and ready to try again, reinforce the message by asking for an apology — then give him a hug. Your child will learn that his time out was for his own good.

The key to discipline is consistency: Regardless of how busy you are, make the time for a time out when necessary. And while bad behavior deserves parents' attention, so too does good behavior. If your child resolves a conflict without resorting to whining, heap on the praise. Let him know that a calm, measured approach to frustrating situations will have the most positive outcome.



Stop whining before it starts: When a child whines or displays related behavior, he might be trying to tell you something. Perhaps your children are not stimulated enough with games or exercise, or maybe they are hungry earlier than the established time for meals. When your child starts whining, make note of the circumstances surrounding the situation. Perhaps a simple mid-morning snack will ward off a noon meltdown, or a trip to the park for some play time will give the child a positive release for pent-up energy.

Pay attention to nap time/bed time: Whining is often related to a child being tired. Parents may expect children to conform to their sleep schedule, but children demand longer and more frequent periods of sleep. Consider whether your child's sleep schedule is consistent and satisfying. If you child starts whining in the early evening, before bed time, perhaps it is their way of asking to go to bed a half-hour earlier. If your child is a terror by mid-morning, they may need to sleep it off. For your children, the need for sleep doesn't stop because it is not convenient for your schedule. You may have to make adjustments so your children get the appropriate time to sleep.

Cut the sweets: Diet and behavior are often connected, and in children sugar can be like a drug. If you are pouring glass after glass of juice, you may be exceeding your child's tolerance for sugar. Likewise, sweets, soft drink and other prepared foods are sometimes packed with sugar. Once the sugar high is gone then comes the low; and with the low comes whining. Pay attention to your child's eating habits, and make connections to their behavior. Perhaps some simple changes will make all the difference.

Be flexible: Remember, kids will be kids. So parents should understand that their minds are active and when they are engrossed in a project, or having fun at the playground, they may not want to stop. When possible, meet your children halfway — "Okay, we can stay at the park for five more minutes. Then it's time to go home and take a nap," or "Alright, we can read one more book before bed." Compromising with your child will teach them that reasoning with you is preferable to whining and acting out.

Protect your child from junk-food marketing

It is no wonder parents have a hard time getting kids to eat healthy foods; attention grabbing action movie stars, Disney Princesses, and other characters are on the packages of many sugary cereals, fruit-flavored snacks and other junk food. Though most parents try to feed their children healthy food items, their efforts are often undermined by an onslaught of food marketing that encourages kids to eat fatty, sugary, and salty foods.

There is a huge difference between what parents tell their children is healthy food, and what companies market as desirable to eat. Food marketing affects children's food choices, what they like to eat, what they ask their parents to purchase, their diets, and their health. Here are some ways to help your child resist food marketing and eat more healthfully.

Talk with your kids about food marketing: Help your child understand that marketing is intended to sell them something. Discuss the ways that ads persuade them to want a food, such as using their favorite TV show characters, contests, and toy giveaways. Talk to them about why healthy eating is important and why the foods that are marketed to them are not good for their bodies. Go online with your kids to explore.

Do your own "marketing" of healthy foods: You can make healthy food fun for kids in countless ways. Make water and low-fat milk more appealing by serving them in fun cups with curvy straws. Buy dishes decorated with your children's favorite characters for serving healthy snacks such as vegetables with low-fat dressing, cut fruit, or low-fat yogurt with fresh fruit. Wash and place a small plastic toy (big enough that it is not a choking hazard) at the bottom of your child's bowl of a healthy cereal like Cheerios, Raisin Bran, or Shredded Wheat. Let your kids help to plan your week's meals and engage them in helping to cook healthy dinners or packing healthy lunches.

Shop strategically: Establish clear shopping



rules that work for your family and stick to them. For example, in the grocery store, let kids enjoy looking at packages with their favorite character, but then return the box to the shelf before you get to the checkout counter. Also, involve your children in choosing healthy foods. Let them help choose which fruits and vegetables or which whole wheat pasta to purchase.

Serve healthy snacks: Serving healthy snacks to children is important to providing good nutrition and supporting lifelong healthy eating habits. Most of the snacks served to children should be fruits and vegetables, since most kids do not eat the recommended four cups of fruits and vegetables each day.

Try lots of different fruits and vegetables and prepare them in various ways to find out what your kids like best. Put out fruits and vegetables while you are preparing dinner or at times you think your children will be hungry.

Implement a one-treat-a-day rule: Treats are fine but should be an occasional part of the diet rather than eaten at every meal. Let kids choose which treat they would like and at which meal or snack time they'd like to eat it. Treats include foods like donuts, soda, cookies, French fries, chips, candy, juice "drinks," ice cream, and other high-sugar, high-fat, high-calorie or low-nutrition foods.

Buzzart Ramadan Expo

When: July - August 23
Where: FA Gallery, Sharq

The FA Gallery invites the public to attend Buzzart, the 'Summer Extravaganza of Creativity. Buzzart is all about imagination and individuality; and it brings together designers and products from different regions and background to showcase during the months of July and August. Don't miss out on the great finds and interesting artistic renderings. For more information, please contact 2249 8999 for more details.



Looking for Brilliant Young Minds

When: July10- August 3
Where: Aladdin Center, Salmiya.



Young Kuwaiti entrepreneurs are emerging in our society everyday with new, fresh, and creative thoughts and ideas to help their society. Abdullateef Al Fozaie is an innovative person with a sharp mind for success in the world of technology. His passion for computers and ingenuity has compelled him to invite Kuwaiti entrepreneurs to a charity event celebrating young and upcoming business owners. Talking about the selection process, Al Fozaie says, "Our unique selection methodology is what sets us apart from other exhibitions and trade shows; we are looking for individuals with unique talents to showcase true Kuwaiti work ethic and creativity. We are not looking for your run of the mill resellers and re-branders."
The following list points out all the categories eligible to participate: Creative Art & Design, Fashion, Technology, Culinary Arts "Food Stuffs", Non-for-Profit and Others. The exhibition will take place every Thursday, Friday and Saturday of the month of Ramadan from 8pm to 12am. For more information, visit the website www.Kuwait-yes.com.

Health is wealth

When: July 15
Where: Dasman Diabetes Institute

Dasman Diabetes Institute is hosting a "Your Health & Ramadan Open Day", an event filled with fun activities that will not only prepare you for the upcoming month, but will help you maintain good health. Attendees will benefit from complimentary procedures such as blood glucose monitoring, BMI calculation and blood pressure monitoring. Knowledge about health will be disseminated in presentations and workshops, cooking demos, and other interesting segments such as physical training tips and more. Timings are from 9am to 2pm.





Fantastic, Imaginative Art

When: July 16
Where: Dar Al Funoon Gallery, Kuwait



Visual Therapy presents its first ever art show, 'Not Just a Pop-Up' featuring original artwork and prints by Kuwaiti artist F160 and Brooklyn-based artist, Zebadiah Keneally. Local graffiti artist 'Monstariam' will be painting a live mural during the show. 'Not Just a Pop-Up' also includes a graffiti shop offering a unique selection of street art supplies and merchandise. In addition, the shop will debut Visual Therapy's 2nd t-shirt collaboration. This time they teamed up with Iranian artist 'A1one', a pioneer of the street art movement in Tehran. 'Not Just a Pop-Up' will open on July 16 from 8 to 11pm at Dar Al-Funoon. Please visit VisualTherapyOnline.com for more details.

Football referees coaching classes

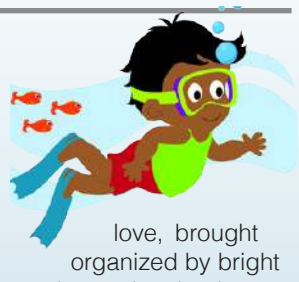
When: July 21 - August 31
Where: I E A School, Salmiya



Football Referees' Coaching Classes for new recruits and a Refresher Class for active members will be conducted by the Indian Football Referees' Association (IFRA) Kuwait at the Indian English Academy School in Salmiya from 9am onwards. New candidates who have an interest to qualify as football referees are requested to contact Sarto at 99774635 or Francis at 66858245 or Christopher at 99738635 or Mubarak Y. at 97327238. They live in the Mangaf, Fahaheel and Ahmadi area and are available to disperse more info. IFRA is the only accredited and qualified Indian Football Referee's Association in the entire Arabian Gulf region, and has an affiliation with 'BRA (Bombay Referees Association) and other Referee Associations. The Referees' Association is an organized body of people involved with refereeing. It is a voluntary organization, run by referees, for the benefit of referees and to make the game of Football more fun and competitive.

Swim Professionally

When: *June 23 - August 7*
Where: Al Arabi Sports club



Swimming enthusiasts rush to join the Poseidon program to spend the summer doing what you love, brought to you by Yousef Al Fares and organized by bright events. All participants will have a great time swimming in professional surroundings at the Al Arabi Sport Club. Register at the GO Sport place located at the Avenues Mall. The swimming sessions will also give you a good workout.

Let the crowd know about the next big event you're hosting. Calling on all associations to reach your audience by sending in your event announcements and details to info@timeskuwait.com

Your very own weekly planner



Summerific Event - Kids Talent Club

When: July14 - August 7
Where: Kuwait Continental Hotel

There is no better opportunity than the Summer Kids Talent Club for your children to express their creativity and interact with other imaginative children. Come join for a fantastic world of fun-filled summer activities that will have a great impact on your kid's minds. The summer club activities will be held at the Kuwait Continental Hotel from Sunday to Thursday. Children are entertained by specially designed activities meant to assist their wholesome development, from 9:30am to 12:30pm. Children of ages 5 to 14 years are welcome. For more information, please call 66062972 / 60981801. Fees for the event is KD40.



Eating out in Kuwait

Dawat Restaraunt



This Holy Month of Ramadan, book at the Dawat restaurant to break your fast and to savor delicious Indian and Chinese cuisine. The restaurant offers a rich platter of food items that is gratifying and filling, particularly at the Dawat Farwaniya Party Hall. Dawat offers a special discount of 20 percent if you book your spot before July 14. Call the following numbers to make your reservations, 24716000 or 24714000

Superb Iftar Invitation

Where: JW Marriott



The JW Marriott is sponsoring the "Layaly JW Marriott El Ramadaniya", a lavish Iftar and Sohour buffet. Guests can happily partake in a delectable variety of Oriental and international dishes. They will also be enchanted with the live cooking stations and the live music band as they take pleasure in the different flavours of shisha, Ramadan beverages and delicious traditional Arabic cuisine. Participate in the valuable weekly raffle draw, and receive great prices. For only KD12, JW Marriott creates a relaxed family atmosphere for Iftar and Sohour, and the timings are as followings: Iftar is from sunset till 8:30PM, and Sohour buffet opens from 10:30pm to 1:30am. Take advantage of the special Iftar and Sohour pre-paid vouchers that are available for KD 8 per person including Ramadan beverages.

Extravagant Ramadan Feast

Where: Courtyard Marriott



During the holy month of Ramadan, the Atrium Restaurant at the Courtyard Marriott Hotel is offering fantastic Oriental buffets and live cooking stations every day for Iftar and Sohour in an elegant Arabian-themed atmosphere. Specially catered to the guests varied tastes, are live stations for a range of foods; koushari, shawarma, saaj, ouzi, dry fruits, katayef, burger station, crepes, foul, ice-cream and more. Have a fantastic time for only KD 9 and Ramadan beverages are included with no charge. The restaurant is open from sunset to 1:30am. The highlights of dining at this restaurant are the valuable weekend raffle draws, exciting shisha flavors and more.

The New Arab Awakening

Dr. Anwar Mohammed Gargash
Minister of State for Foreign Affairs, United Arab Emirates

The rejection by Egyptians of their Islamist government marks a turning point - not only for that country, but for the entire Middle East. Over the course of the past couple weeks, the Egyptian people have made a clear and powerful statement that political Islam cannot and should not be allowed to suppress the broader popular will for moderation and tolerance. Islamism, or any ideology for that matter, is no replacement for competent and responsible leadership. But let us not discount this momentous opportunity: the second Egyptian revolution is a bellwether for moderates in the region who should now seek to regain the initiative.

The Arab Spring has given voice to Arab peoples eager for dignity, for change, and for inclusion. But this call risks being drowned out by an increase in violence, an unwelcome rise in sectarianism, the uncertain role of Islamist political groups, the growth in foreign meddling by regional aggressors, and a deepening economic crisis. The voice of moderation, the spirit of compassion, and the respect for others must be nurtured and protected.

Now is the time to implement a new agenda - endorsed and promoted by like-minded countries from within the region and beyond. This approach needs to represent an urgent, consistent, and linked effort to bolster Egypt's moderates and prevent extremists from taking any more advantage of the Arab Spring. Gulf Arab states of Kuwait, Saudi Arabia and the UAE have together pledged $12 billion in aid in the form of cash and oil to Egypt's interim government. This is a beginning, what is needed is a broad, six-part program to craft a new moderate political agenda in the Middle East.

First, we need to resolutely oppose the rise in sectarian politics that serves only to sow division and conflict, rather than unity and dialogue. In many countries, from Syria to Iraq, we are witnessing a dangerous widening in the Sunni-Shiite divide and sharp divisions even within Sunni Islam. There has also been the persecution of Christian and other minorities, encouraged by those who see it in their narrow political interest to provoke such tensions. We need to stand firm in support of the principles of religious tolerance and pluralism, both practicing them at home and advocating dialogue across the region.



Second, it is imperative that we do our utmost to prevent extremist groups from exploiting the emerging political vacuum to seize power and foster instability. Groups with well-organized international networks, such as the Muslim Brotherhood or al Qaeda, have used the transitions in the region as an opportunity to divert people to their cause and to impose a very narrow and dangerous interpretation of Islam. We must provide support to moderate voices and help build strong and competent institutions as an alternative to the vacant promises of political Islam.

Third, as part of our resolve to take on the extremists, we need to redouble our commitment to the empowerment of women. We must reassert every girl's right to an education, ensure women play leading roles in public and political life, and strive to protect women from violence and repression by ideologues who act in the name of a false religiosity. There can be no moderate political force in the Middle East without women at the heart of defining what kinds of societies emerge from the changes occurring across the region.

Fourth, we must inject a much greater sense of urgency into the search for a two-state solution between the Palestinians and the Israelis. The legitimate anger felt by many at the ongoing injustices suffered by the Palestinian people is being exploited by extremists to garner support for their own illegitimate causes. The moderates in the Arab world, in Israel, and in the Quartet, should grasp this opportunity to come together strongly behind the Arab Peace Initiative - and be prepared to take some political risks in order to find a solution. Furthermore, the US government must show leadership and resolve to reach a mutually acceptable solution with all parties. Fifth, vulnerable countries and revolutionary movements are at great risk of being undermined and influenced by extremist leaders in other countries. We must help these countries and movements to deal with problems like the additional pressures caused by refugee populations or by acting decisively to stem the flow of young men, many radicalized, from traveling to fight in Syria. And the international community must send a clear and unified message that extremist governments must refrain from meddling in the internal affairs of other countries or risk isolation or other, more profound, consequences.

Finally, if we have learned anything from Egypt and from the transitions in the region, it is that promulgating ideology is no replacement for creating opportunity. We need an urgent and concerted effort to provide education, create jobs, and build aspiration. Young people need to have a sense of purpose, but rampant unemployment and poverty in the region undercuts this message and provides fuel for radicalization. Extremist groups prey on these vulnerabilities. Our response should focus on promoting responsive and inclusive governance, investing in education and healthcare, and creating the conditions for people to be able to build better lives for themselves.

These are the pillars for success for moderates in the region. But while building these pillars takes time, Egypt needs our help now. Foreign assistance is a start, but a functioning government that provides needed services for its citizens and fosters economic growth is critical for long-term stability.

Of course, other nations across the region also face grave and immediate dangers - and each country must be allowed to plot its own path. But these countries should be encouraged and supported to accept, promote, and protect universal values of tolerance and openness. And they should not be asked to go it alone.

